

Creative Homes

How the Arts can contribute to quality of life in residential care



The Baring Foundation



Foreword

The purpose of this report is to celebrate existing good practice in the use of the arts with and for older people in residential care and to inspire more and better work.

The authors have come together because of our shared interest in this area though with different roles: the Baring Foundation as a major funder of arts engagement with older people; the National Association of Activity Providers for Older People (NAPA) as a key resource for the work; and the National Care Forum (NCF) as a leading umbrella body for not-for-profit care providers in the UK.

The introduction to the report makes the case for the arts in care homes and how this is integral to the definition of excellence in social care. Next a chapter on the current place of arts in NCF homes describes a survey undertaken at the beginning of 2011. The heart of the report is a series of five good practice case studies from care homes providers and five examples from arts organisations. We conclude with a series of observations, based on the survey, case studies and other material, on the ingredients for offering exciting art in any care home. Our central message is that the arts are for everyone. They delight, inspire and have many health and community benefits for residents, families and friends, and care staff. The report ends with a series of appendices offering practical tips, a directory of resources and sources of further information.

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Introduction

The arts and excellence in social care settings

With all the competing pressures a care home manager has to juggle everyday it would hardly be surprising if arts activities did not always feature as a high priority. Any care home manager interested in delivering an excellent service, though, will be aware of the contribution the arts can make to well-being and quality of life and see them more as an asset than as an additional and unrealistic duty.

The Social Care Institute for Excellence (SCIE) was commissioned by the Care Quality Commission (CQC) to develop a definition of excellence for social care for a report published in May 2011.

The following quotations from the report summarise the definition that SCIE developed:

“Excellence in social care is rooted in a whole-hearted commitment to human rights, and a continuous practical application of that commitment in the way that people who use services are supported. People who use services are demonstrably placed at the heart of everything that an excellent service does.”¹

“We have identified four essential elements of excellence. Three of these are about improvements in people’s lives as a result of using the service. These outcomes are:

- Having choice and control over day-to-day and significant life decisions***
- Maintaining good relationships with family, partners, friends, staff and others***
- Spending time purposefully and enjoyably doing things that bring them pleasure and meaning.***

*The fourth element relates to the organisational and service factors which enable these outcomes to be achieved and sustained...[.] The four elements interact with each other. They do not stand alone. Without choice and control, a person cannot spend their time in ways they would wish...[.] An excellent service, therefore, will be one that recognises the interplay between these four elements, and which addresses them simultaneously.”*²

“An excellent service supports and enables people to engage in activities, pastimes and roles which bring them pleasure and meaning and enhance their quality of life.”³

This SCIE definition of excellence rates ‘spending time purposefully and enjoyably’ as an essential element of a quality care service. And this is the link to the arts. Creativity and artistic expression are all around us – a natural part of life. Their value and potential can be harnessed therefore to the pursuit of well-being and quality of life in any care home.

The arts in their widest sense can touch on so many attributes of excellent care and quality of life: the value of active ageing, choice and control, independence and interdependence, creativity, lifelong learning, identity, confidence, friendship, emotional stimulation, intellectual fulfilment, sensory pleasures ... “this is living.”⁴

(1) *Recognising Excellence in Social Care*, SCIE, 2010, p24

(2) *Ibid* p24/25

(3) *Ibid* p29

(4) Harper, S & Hamblin, K (2010) *‘This is living’ Good Times: Art for Older People at Dulwich Picture Gallery*, Oxford Institute of Ageing, University of Oxford

‘Art helps us to breathe’

So said the 80 year old textile artist, Anni Albers, one of the great forces in 20th century art and design. It is a wonderful way of describing the fundamental part that the arts can play in our lives and the crucial impact they can have on us all. Sometimes we can be given the impression that the arts are only for people who belong to a rather exclusive club, but art is all around us, and we often “breathe it in” without even noticing. If we think about the whole range of expressive and performance arts, there can be few of us who have not had the experience of how they can make us think, laugh, cry, help us through sadder times, introduce a little excitement or fun and connect us to something that is important in our past or present. Someone might get a special feeling when they hear the music that was played at a son’s or daughter’s wedding; others might be stopped in their tracks by the sound of a brass band, a Beatles tune or a piano sonata. Some people may have had an active involvement as amateur singers, painters, dancers; maybe they are keen theatre-goers, cinema fans or avid readers. Neither should we forget the many older people who will have worked in a professional capacity in the many industries that make up the widest definition of the arts.

It can be that people who declare that they don’t know anything about art simply do not describe what they do or love as “art”. They may nevertheless have a precious painting or print, a piece of wood carving, a beautiful photograph of a place special to them, a favourite poem or song. We might look at a hand-embroidered quilt and marvel at how gorgeous it is and we can be taken out of ourselves when we watch an absorbing play on television or the exuberant performance of youngsters in a street dance group. When we start thinking of it in this way, we can start to appreciate the value of the arts throughout every stage of all our lives and realise how much of our subjective sense of well-being, our cultural identity, our sensory pleasures and even our ability to face the end of life can all be tied to artistic expressions.

Taking Part

There is increasing recognition of the benefits for everyone of having the chance to take part more actively in the arts and the impact of participation on our physical and mental health and well-being⁵. Many activities, though not all, take place in groups and bring with them social interaction and a sense of inclusion, countering a common aspect of older age – loneliness, isolation and depression. It is also important not to underestimate the amount of physical engagement that is related to many arts activities and the benefits that these may have on motoric ability and coordination. Concentrating on tasks that are enjoyable and involve focused mental activity, imagination and memory can have continuing positive benefits for us all. Participation in creative activities can bring a sense of achievement and the possibility of putting our own stamp on things, making our mark and expressing something that is significant and personal. Some arts activities can allow us to express our often hidden identities and in so doing, to challenge what others assume about us.⁶ They can be a way of saying, ‘This is who I am and I am not simply the person you thought I was!’ When we are involved in a process like this, others react to us differently and it has the potential to offer a new point of contact, something to talk about, a different form of interaction.

Providing people with the opportunity to continue with things that they have done before and build on what has been an important part of their lives in the past is crucial. It can be equally important to provide the conditions that allow people to try things that they have never attempted before and which they may have assumed were for others and not for them.

The community arts movement stresses the importance of approaches that increase participants’ confidence and allow everyone to take part whatever their level of competence and

(5) Hayes, J & Povey, S, (2010) *The Creative Arts in Dementia Care: practical person-centred approaches and ideas*, Jessica Kingsley, London

(6) Taylor, M, Self-identity and the arts education of disabled young people, (2006) *Disability and Society*, (20), 7, 763-778



Photo courtesy of Ladder to the Moon.

whether or not they have any previous experience.⁷ There is also recognition that at times, we all need support and assistance to accomplish a new task or one which seems beyond us. The pleasures of experiencing colour, sound, tactile materials, light, words and all the other elements that art is made from are important parts of the quality of life too.

Because these opportunities can be important in all our lives, it is crucial to ensure that they are available to those who are users of our services, whether they are living in supported housing, accommodation with extra care, or a care home setting. As long as we bear individual needs in mind, different forms of arts activity both individually and in groups, can contribute to health and well-being and help people stay connected to social groups and communities and to a meaningful past, present, future and end of life.⁸

There is much inspirational work being undertaken by the best care homes. It is our hope that this publication will contribute to raising awareness of the uplifting potential and power of the arts as a positive force in care home settings and as a highly rewarding and achievable means to offering excellence in care.

“The simple fact is that I was unhappy before I started painting and I’ve been happy since. Once a week is not enough. I should be painting every day. I should always have been painting...[]...I sit in this room with my paints and I feel joy, hope and happiness. I’m at one with the world for the first time.”

Winnie Mc Arthur, one of the 95,000 participants in Art in Hospital projects in Greater Glasgow since 1991.⁹

(7) Bupa and the Centre for Policy on Ageing (2011) *Keep Dancing... The health and well-being of dance for older people*, Bupa

(8) See for example: *The Arts, Health and Well-being* (2007), Arts Council England; Cayton, H, (2007) *Report of the Arts and Well-being Working Party*, Department of Health; National Institute for Creative Ageing (NICA)

(9) *I’ll be doing this sky in my dreams tonight, 2006, Art in Hospital*, p38

The Current Place of Arts in NCF Care Homes

There is a wealth of arts activity taking place in care settings across the National Care Forum membership (not-for-profit care homes in England). In August 2011 a review of the websites of NCF members found that 82.1% included details of art activities within their care home services. These examples demonstrate the wide variety of work being undertaken by NCF members:

art exhibitions and art classes; annual art competitions to design Christmas; seasonal events; regular programmes of activity which include trips and outings and sessions run by residents; reading aloud groups; intergenerational work; community involvement; the 'singing circle' for people with dementia; film clubs; collaboration with other specialist charities; memory fair celebrating the lives of residents and memory areas; 'The Active Life Team' dedicated to organising and promoting activities to enhance lives and fulfil potential and 'My Time' approaches to occupation and leisure which underline new personalised approaches; theatre, dance and music performance; maintaining individual hobbies and interests; and dedicated arts spaces such as The Arthouse – by The Meath – which operates as a part of the day centre and as an inclusive community resource. And a great many more than can be mentioned here!

The NCF conducted an initial survey of arts activity among its members, for this report in early 2011, in order to find out in more detail what was currently being done. We aimed to:

- establish some baseline data to inform future developments;
- disseminate information on existing activities;
- begin a process that gave members the opportunity to benefit from each other's experiences.

59¹⁰ care homes providing care and support to more than 5650 service users responded to the electronic questionnaire. Members returned 231 activity sheets detailing a total of 348 different activities.

They included:

- Painting, drawing and visual arts such as card making, collage, sketching, stone painting, silk art, jewellery making, mosaic; including sessions led by local artists;
- Textile work, sewing, embroidery and knitting,
- Drama, animation, storytelling;
- Staging exhibitions, shows and performances.
- Bell ringing, percussion sessions, choirs, singing, tea dances, music and movement, visiting musicians;
- Activities linked to events such as Burns Night, Christmas or 'themed' days;
- External speakers including a talk from a Museum Curator.

It is interesting to note that almost every organisation recorded 'reminiscence-type' activities and the majority have regular 'music and movement' sessions (in some cases daily) which can improve physical fitness levels, general health and well-being and impart 'feel-good' benefits for all involved. Some homes provided information on inter-generational activities involving schools, visits to galleries, crafts associated with food such as dough modelling, cake making and decorating.

Analysing the details from 231 individual activities we found:

- The majority (89.2%) were started off by a member of staff or other non-resident initiator; in only a minority of cases (10.8%), were activities initiated by residents;

(10) NCF represents over 900 registered care homes, providing services to over 50,000 people



Photo Courtesy of the Library Theatre

- Most (74%) were led by staff but artists (22.9%), volunteers (19.5%) and others (12.1%) also played a significant role in this respect;
- Respondents defined 79.7% of the activities as having a social purpose, 74.9% as being dementia-related, 30.7% as assisting learning and 65.4% as helping with physical well-being;
- While some activities were seasonal, irregular or one-off events, nearly half (44.2%) took place regularly;
- 5.6% indicated daily activities, 10.4% every few days, 32.7% weekly and 44.2% between 1-4 weeks;
- The majority (81.4%) of arts activities took place in the establishment where users lived while only 10.8% involved going out;
- In 32% of respondents the age range for participation exceeded 100 years old;
- Whilst many art activities were arranged for groups of people, and sometimes in quite large groupings, 27.6% indicated a preference for small groups and 8.2% itemised individual work;
- The majority of activities involving professional artists were jointly led with a member of staff;
- Within this sample the mean average annual budget allocation is £2,172 with one care home appearing to be allocated only £100 for a year compared to another with £5,500.

There are some interesting messages evident within these findings relating to who initiates art activity as well as who leads them; the perceived purpose; frequency and location. It is striking that in every one of our responses there is an activity coordinator with specific responsibility within the care home for arts activities. It is likely that our sample is skewed towards those organisations that routinely employ an activity coordinator (who was available to respond to the questionnaire).

As with many surveys our findings raise further questions particularly from an operational perspective for providers of care and support services for older people. Who decides on the activities? Who defines the art (as well as how and in what ways)? To what extent are art activities purposeful or meaningful and to what extent do they need to be and how could that be judged? What more should we do to raise awareness of the value and benefits of the arts? How can it be resourced?

It is clear that a wide range of creative art activity has become a natural part of daily life for these care homes and this is a positive and encouraging development. The evidence of involvement of professional artists and arts organisations in care homes appears to be less well developed and there is considerable scope for development.

While many of our members are already doing a lot in this area, others may feel that they still have a way to go and may be uncertain where to put their energies. We hope the case studies we have gathered provide inspiration and encourage others to recognise and embrace the arts as an achievable means of enabling care homes to demonstrate in practice the Excellence in Care definitions that we all aspire to offer residents now and to enjoy in our own old age.

Case Studies

RESIDENTIAL CARE HOMES

Central and Cecil

Founded in 1926 by the journalist Elizabeth Chesterton, who spent 14 days and nights on London's streets to investigate the plight of homeless women, Central and Cecil (C&C) now provides quality housing, care and support to communities in and around London and the Midlands. It meets the housing needs of frail and active older people, as well as young homeless women, the Irish community, travellers and people with mental health problems.

For the last 30 years C&C has had an Arts and Education Department led by specialist co-ordinators to fulfil its strong commitment to offering a wide range of enriching and creative activities relevant to the diverse individuals it supports and to their housing settings. Many of the projects it has commissioned and delivered are done in partnership with leading professional arts and cultural organisations such as the Royal Festival Hall, British Film Institute, Ladder to the Moon, Green Candle Dance Company and Music in Hospitals, among others.

FOCUS ON FILM MAKING

The project, "A Few of My Favourite Things", took place in Church Walk House in Barnet. Some of the residents had varying levels of dementia. The aim of the project was to enable residents to work with staff and family members to create their own short animated films. It was a collaboration with the company Salmagundi Films, who have made a number of films with people with dementia. They visited the home over three days, giving residents the opportunity to express their reminiscences and personalities and to share things that were important to them through the medium of film.

Residents learned about the process of making a stop-frame animation, being involved in different aspects of film making including choosing the props, setting up the shots, directing the action and using animation software. The repetitive, controlled nature of making stop-frame animation with often playful results can work well with people with dementia.

A professional drama therapist worked with groups of residents, staff and family members to discover special memories and important objects. During one animation session, resident Joan and her daughter Jo shared the story of their pet budgerigar that used to perch on Jo's dad's glasses as well as performing a trick of rolling coins along the table. Jo triggered Joan's memories by showing her photographs of where they lived and Joan recreated the sounds that the budgie made and laughed about the trick he performed.

Joan said 'I have fond memories of looking after the budgie while living in Scotland with my husband and daughter. And I loved using the computer'. Jo added 'The experience triggered memories for my mother and the animators were good at encouraging her to remember'.

The films were launched by the Mayor at an event at the home involving residents, families and staff. The home was decked out in bunting for the celebration, followed by a tea dance and refreshments.

OTHER WAYS IN WHICH THE ARTS ARE USED

The aim of C&C's Arts and Education Department is to help bring residents and staff together, forging a sense of community, offering the chance to learn new skills, be more creative and have fun. C&C has introduced fine art projects in several locations, such as the production of a triptych ceramic panel depicting scenes from Kew Gardens, in a home in Kew. Several homes have weekly art classes and hold regular exhibitions. Another development is regular tea dances

with professional musicians booked through Music in Hospitals and involving volunteers – often from the Department for Work and Pensions. National initiatives are used as opportunities, such as the Big Draw, Big Dance and Big Sing. ‘A Hat and a Chat’ is an on-going drama-based social history project exploring the changing gender roles that service users have experienced, which will culminate in a multi-media performance.

<http://www.ccht.org.uk>

Irwell Valley Housing Association

The Irwell Valley Housing Association was formed in 1973. It provides services to over 7,000 households in Manchester. It runs Shore Green in Wythenshawe, one of the most deprived wards in the city. Shore Green comprises four self-contained bungalows for couples as well as six one bedroomed units for individuals. These are linked with communal facilities and staff accommodation. The residents are all elderly with memory deficit issues.



Photo Courtesy of the Library Theatre

FOCUS ON DRAMA AND STORYTELLING

Story Box was a collaboration with the Library Theatre in Manchester. Sessions ran at Shore Green each Friday afternoon over ten consecutive weeks. This was thought to be a good day as the residents had fish and chips together for lunch which meant most of them would already be around and gathered in one place. Each session lasted up to two hours although the first half hour was spent sharing a cup of tea as people finished their lunch. This proved to be an excellent way to get to know the residents and highlighted how important this kind of informal social time can be in the success of a participatory project where participants may feel unsure about getting involved.

The sessions were run by two workshop leaders, Lowri and Sara. Each week they brought along the *Story Box* which contained props and costumes that suggested a specific story, location or characters. With the Shore Green group it was decided to create boxes inspired by classic films as they already had a popular film group and it was felt that these familiar stories would be a good point of access for all the residents, who have a wide range of interests and personalities.

On opening the *Story Box* Lowri and Sara took the lead to bring the story contained within to life. The group could choose to get Lowri and Sara to perform the story for them, or could decide to get up and perform parts of the story themselves. The storytelling was informal and relaxed in structure allowing participants to drop in and out as they felt comfortable. The workshop leaders also included music in each session to evoke specific situations and encouraged movement and mime/physical storytelling to support participation from those who may find verbal communication more difficult.

The sessions lasted as long as felt natural and ended with a relaxed warm down followed by social time and more tea until residents were ready to go and began to drift back to their own bungalows and / or activities.

On the final session there was an *Oscars* ceremony where participants were awarded with certificates and photographs of themselves taking part in previous workshops. These served as a reminder of the project and as a way of sharing what they had been taking part in with their family and friends.

One resident commented, ‘that Library Theatre project... it was a really good experience... It made me into a confident person.’

www.irwellvalleyha.co.uk

Royal Masonic Benevolent Institution

The Royal Masonic Benevolent Institution (RMBI) has been caring for older freemasons and their dependants for over 160 years. It operates 17 residential care homes across England and Wales offering a range of high quality care. Many of the homes are registered for both residential and nursing care and some offer specialist dementia care. Limited sheltered accommodation is offered for those people who prefer to live more independently but with emergency support nearby. The RMBI has a team of Care Advice Visitors, who can give advice on welfare rights and benefit, all aspects of the services offered by the RMBI, the other Masonic charities, and by statutory and voluntary agencies.

Photo courtesy of the Royal Masonic Benevolent Institution



FOCUS ON VISUAL ARTS

The RMBI care home, Prince George, Duke of Kent Court in Chislehurst, Kent, has a longstanding relationship with Dulwich Picture Gallery in South London, the first purpose built public art gallery in England. This is organised through the Gallery's Community Programme and has taken a number of forms all of which have been free for participants. These are divided into visits to the Gallery for tours or workshops and visits to the care home for training or for art appreciation.

Staff and volunteers have been able to visit the gallery and take part in training workshops in silk art, printing, paper craft, creative textiles, collage and marbling. Not only could participants share their own art activity ideas but they were able to learn about practice in other settings such as GP surgeries and day centres.

Residents of the care home have been to the Gallery for a themed talk about the collection, delivered by one of their experts, as well as for special creative workshops in watercolour, silk art or other relevant media. These occasions are tailored for the needs of the care home residents – in terms of timing, facilitators, mobility access, complimentary refreshments and time to socialise.

Gallery representatives also visit the care home. They have given talks on art appreciation and on portraits and carried out short courses portraiture and silk art.

As well as their partnership with the RMBI, Dulwich Picture Gallery's Education and Community Programmes have relationships with several other institutions and off-site groups and wide range of creative opportunities for older people and inter-generational groups.

OTHER WAYS IN WHICH THE ARTS ARE PART OF THE LIFE OF RMBI HOMES

Training has been provided to some Gallery staff on topics such as reminiscence work, by Age Exchange, Sonas therapeutic communication and 'circle dance' techniques at Dementia UK. Volunteers are involved to give extra personal attention during creativity sessions, for instance using the Timebank resources of a local Age Concern. A number of outings will take place throughout the year in addition to Dulwich Picture Gallery, for instance to the theatre and a local arts centre. A variety of entertainers come into the RMBI homes to hold sessions. They come mainly from the local community to provide a performance and interaction with residents. Residents choose a film of the month to watch. Other activities relating to the arts can include play and poetry reading, collage, card making, art for fun classes, stone painting (which are then placed in the garden), taking part in the annual national Big Draw and clay modelling.

www.rmbi.org.uk

St Monica Trust

St Monica Trust has been providing high quality accommodation, care and support for older and disabled people for almost ninety years in Bristol and North Somerset. It was founded by Henry and Monica Wills in the 1920s and today provides retirement/sheltered accommodation or specialist dementia services to over 750 people. Its charitable status and established endowment enables it to provide high quality services to residents from a wide range of financial circumstances. It is also supported by over 75 volunteers.

FOCUS ON SINGING

The inspiration for the use of Singing at the St Monica Trust comes from when the Activities Coordinator, Domenica Hall, attended a course on Singing for the Brain sessions – a technique championed and run by the Alzheimer's Society. Sessions will usually start with a song that welcomes each person individually and may involve gentle movements to further stimulate the body. Participants tend to be more awake and alert and where long-term memory is awakened through familiar music, it can be transformational to participants' mood and other people's understanding of them.

The aims for Singing for the Brain include:

- to improve and maintain the neurological pathways through deeper breathing and gentle movement;(there is ongoing research into the relationship between singing and the area of the brain concerned with speech; there are many anecdotal reports that during singing sessions people with dementia demonstrate improved lucidity and sociability;)
- to help carers/family members of persons with dementia, see each other in happy circumstances where both have been stimulated to enjoy communication and purposeful activity;
- to lift/prevent depression through the use of elements which surprise, reassure, support, inspire and mediate, reframing a negative life viewpoint into a positive one;
- to build friendships with people that don't live or work in the home (e.g. volunteers/family members/friends) through engaging the residents with new and different conversations and experiences;
- to express emotions by singing songs that evoke many types of emotion or feelings that might be triggered by them;
- to relate to seasons, celebrations, festivals, by choosing songs which reflect these and also incorporate food that relates to the particular time or topic, which is shared after the singing.

The Trust holds three sessions each week. The largest can accommodate up to fifty people and is available to people from the local community as well as to residents. A smaller session may involve up to two dozen people and includes volunteer helpers. The sessions are led by a professional musician as well as the Activities Coordinator and funded from the Activities Coordinator's budget.

A songbook is given to each participant and the songs used are all well known. Well-designed song folders enable residents to see a song on a single page and turn the pages one at a time to assist with some of the limitations of dexterity.

Domenica Hall says that the sessions have resulted in a noticeable change in residents. "We have seen wonderful success particularly in the Dementia Unit where we sing every week and we have the same residents regularly." Domenica has seen many examples of the well-known phenomenon of people's preserved memory for song and music. Even when many memories are hard to retrieve, music may be especially easy to recall, so enabling residents, whose memory impairment may prevent them from recalling their own name, to recall poems learnt at school or the words and tunes of familiar songs with ease.

Sessions often include other sensory stimuli such as scarves, bubbles, and props to add a dimension of story-telling and fun. A session will take an hour or so and will be followed by a social session over a cup of tea. There is a joyful atmosphere at a session.

OTHER WAYS IN WHICH THE ARTS ARE USED

There is a wide variety and a fortnightly schedule of activities in three centres which have included:

- an outing to the Mikado;
- a harp concert;
- a poetry session;
- a performance by local primary school children;
- the University of the Third Age (U3A) organising a storytelling group;
- a crafts group;
- a concert of classical songs and music from a local organisation.

www.stmonicastrust.org.uk

The Somerset Care Group

Somerset Care Group (SCG) was created by Somerset County Council in 1991 – the first county to outsource all its care provision for older people in this way – to an independent not for profit organisation. It now operates 26 homes in Somerset, Gloucestershire and the Isle of Wight (through Isle Care). Within its group of businesses, Somerset Care at Home and Echoes Community Care help people requiring support in their own homes and the training company, Acacia Training and Development, provides in-house training at all staff levels across the group.

FOCUS ON TELLING STORIES

The potential for different ways of telling life stories is a passion for the Group's Chief Executive, Andrew Larpent OBE. SCG has adopted a "Tell Your Story" theme throughout the group, championing the power of imagination, creativity and teamwork at the heart of the process, engaging families, friends, staff and especially encouraging the involvement of younger people to enhance their respect for older generations.

Digital Storytelling has been made possible through the increasing access to technology. DVDs capture stories and memories using scanned and new photographs, moving image from home movies, sound-tracks of favourite music and voices. Media Studies students from Bridgwater

College have been involved in creating digital life stories creating links and genuine collaborations between generations.

As part of its 20th anniversary celebrations Somerset Care Group published a volume called *Somerset Centenarians*. It retold the lives of 20 centenarians living in their care, including Harry Patch, who became the oldest veteran of the First World War. It celebrates the many varied lives and times of this group “made extraordinary by their longevity”. It honoured and engaged the resources of Somerset in commissioning portraits by locally based and internationally renowned photographer, Anita Corbin. Local writer, Kalina Newman, captured the stories through interviews with the centenarians and their families and added further factual details from historic research.

The processes of making the book involved many people, all engaged in thinking and learning about the lives of others, the processes of ageing, the times and conditions we have lived in and live in now.



Harry Patch, oldest veteran of the First World War featured in Somerset Centenarians.

Photo courtesy of the Somerset Care Group

OTHER WAYS IN WHICH THE ARTS ARE USED

For a recently opened care home in Williton, the county visual arts agency, Somerset Art Works, was asked to organise a selling exhibition of paintings. These were exhibited and launched in the neighbouring Adult Learning Centre, enabling residents and their families to view them and local philanthropists to buy and donate pieces to the Home. Arts and crafts sessions are held, as well as music appreciation.

www.somersetcare.co.uk

ARTS ORGANISATIONS

Equal Arts

Equal Arts is one of the few arts charities in the UK whose work is dedicated to working with older people. Founded over 25 years ago, it is based in Gateshead and serves the North East of England. It works in many locations such as GP surgeries, sheltered accommodation, hospitals, community spaces and arts venues. It also runs The Arts and Dementia Network in the North East to champion the role of the arts in dementia care and to promote its known benefits for people with dementia, their carers and families.

FOCUS ON PEOPLE WITH DEMENTIA

The activity described here takes place in Shadon House Dementia Resource Centre and began in 2005. Shadon House is run by the local authority and promotes the independence of older people with dementia. As well as day care, Shadon House offers a place of safety for emergency admissions and a respite facility for short stays.

A range of work is offered by Equal Arts each week:

- a visual arts and horticulture session (work in the garden attracts more men) with a visiting visual artist and horticulturalist;
- a dance, movement and music session. The group session is followed by one to one activity.

In addition there are three family and community events every year each of which is preceded by arts activity. A Summer Fayre attracts 400 visitors and the ‘Lantern Illuminations’ involves 120 participants. The latter, which takes place in the Autumn, involved a group of 12 young people



Photo courtesy of Mark Pinder

who have gone on to work on further activities with a drama worker, dancer and a visual artist in Shadon House. The dining hall is now used as an activity space with dances and parties particularly on Fridays and Saturday nights. The Sensory Room had underused 'Snoezelen' equipment. Following discussions between the centre staff and arts facilitators, this has been transformed into a cinema. It has been redecorated with period décor and furnishings and care staff dress as usherettes, distribute tickets and serve refreshments while movies are screened. There are four visits each term by the children and teachers from the local primary school

The aim of Equal Arts has been to create a sustainable model at Shadon House Centre. An example of this has been the transfer of skills to staff. A care staff member takes part in every activity in order to replicate it later in the week, doubling the amount of activities and giving care staff greater ownership. A Friends group has raised £5,000 – £15, 000 per year for activities. This has helped pay for artists' fees and materials and small capital items and improvements to the garden.

In general, the care staff team now drive the creative agenda with support from Equal Arts and fundraising from the Friends.

www.equalarts.org.uk

Ladder to the Moon

Ladder to the Moon (LTTM) is a social enterprise using coaching, training and theatre with the aim of supporting care providers to improve the quality of their services. It has developed a technique which transforms the care setting into a Hollywood studio to remake a classic film with the participation of residents, relatives and staff. The day is recorded on DVD as a lasting record and for further training. Key to LTTM's approach is work before and after with staff, to use their intervention to improve teamwork, engagement and relationships between residents and staff.



Photo Courtesy of Ladder to the Moon

FOCUS ON IMPROVING CARE STAFF TEAMWORK AND SHIFTING PERCEPTIONS

Between January and June 2011 Ladder to the Moon ran a training and development programme in Holmers House, a care home in High Wycombe owned and managed by the Charity, Heritage Care. It is a 48 bed residential care home registered for dementia care. Recent changes at the Holmers House had led to a certain degree of demotivation amongst staff. The aim of the residency was to improve teamwork, shifting the culture of care away from 'getting tasks done' to 'supporting individuals to have the best possible quality of life'.

The programme, known as Whole Home Studio Programme, started by working with the home manager and area manager to clearly articulate the vision for the home: *'Holmer's House is an excited, sharing, working together community'*. Three staff groups (27 staff), then went through a three-day training programme including coaching and creative interventions:

- Day 1:** An initial group training day led by LTTM's coach and facilitated by an actor practitioner to unpack blocks, set goals for the home and plan ways to prepare for the Studio day.
- Day 2:** The Studio filming day where the whole home recreated a classic movie (*Robin Hood*) led by two actor practitioners, with training sessions throughout the day.
- Day 3:** A final training day to reflect on learning, generate ideas and make commitments to individual and team practice, led by LTTM's coach.

The programme concluded by reflecting with the senior management team on the insights, changes in attitude and team working, and identifying and planning the next steps towards achieving the goals for developments in the home.

Starring as Robin Hood, Colin (one of the residents) got up for the dance scene, and began conducting the music. Staff noticed Colin conducting during the filming and now he regularly conducts the music group. This led to a conversation between staff and Colin's wife, talking about his love of jazz music.

Pre- and post- programme questionnaires revealed changes in attitude across the staff team towards people living with dementia. The arts project enabled staff to recognise people's positive emotions, and their ability to make decisions for themselves.

Further staff reflections demonstrated positive changes in teamwork, including active support between staff. Team leaders gained a deepened understanding of their accountability and responsibility for leadership of what happens on shifts. One team leader was reported to have said that LTTM was the best thing she has ever done, that has ever happened to Holmers House. 100% of staff agreed that they enjoy being at work following the Whole Home Studio Programme compared with 83% beforehand. Sick days taken by staff reduced by 94 days per month. Comparing the four months before the programme and the four months at the end of the programme (after a seasonal adjustment of 20%) this represents 376 days not taken for sick leave by staff.



Photo courtesy of Magic Me

Magic Me

Magic Me was founded in 1989 and has offices in the East End of London. It has become internationally famous for its work using arts to bring together young people (usually aged nine and above) with older people. In addition to a small staff team, Magic Me draws on around 30 freelance artists. Each year it brings around 450 people together in roughly 20 venues.

FOCUS ON INTERGENERATIONAL WORK

The typical model for Magic Me's work in a residential care centre is that 10 pupils (often Year 5) visit a local care home weekly over the course of a few months, to share creative activities with 10 residents. Experienced professional artists always work in pairs, enabling the group to learn skills in two different art forms, such as singing and drama, photography and puppetry, film and creative writing. Early on the group will establish a theme that everyone can relate to, such as: What makes a good community? The aim is that the group works together, gaining insight into each other's' lives and experiences, challenging stereotypes about age, gender, ethnicity and disability. At the end of each project there is an opportunity for the group to showcase their achievements at a celebration, either at the school or at the care home.

A good example of this work is a project which ran at the Hawthorn Green Care Home run by Sanctuary Care in East London with pupils from the Osmani Primary School. It was led by puppeteer, Polly Beestone and musician and composer, Julian West. The pupils visited the residents, exploring the theme of special occasions. Workshops appealed to all five senses and included people with sensory impairments and dementia. Before the start of the project, the artists led two half day training sessions for care staff. The pupils were chosen by the school as those needing more help in developing social skills. The older people were mainly white, with one African Caribbean woman and one Asian man. The children were all of Bengali origin.

The artists worked with the two groups separately for four sessions. Curiosity was aroused prior to coming together by exchanging snapshots of both groups.

During the session at Hawthorn Green Care Home the participants created puppets and performed shadow work using household implements and other objects. The group visited the nearby Museum of Childhood which was running a series of workshops on Thai shadow puppets.

The end of project celebration was held at a local community centre. Everyone dressed up for the occasion and guests were invited to try out various activities that the group had undertaken together. The group presented their creative work, including a dragon dance and a song that they had written.

'I will be gone soon but know that you will remember me and I will be looking after you.'

Resident.

'It is very exciting and unbelievable and all the elderly people are enthusiastic and they are fun people to work with. One of the residents said to me that he really enjoyed working with me and the other children. This project was the best ever.'

Osmani Primary School Pupil.

www.magicme.co.uk



Oxford Concert Party

The aim of the Oxford Concert Party (OCP) is to make live music accessible to all and in doing this it offers a diverse range of musical traditions including original compositions. In addition to public performance, recordings and touring it undertakes participatory work with a broad range of people, opening up musical experiences for prisoners, refugees and asylum seekers, people with mental health needs, children and young people in educational settings as well as older people.

FOCUS ON PARTICIPATING IN MUSIC

In 2009 OCP was funded to work with different groups of older people in Harborough in Leicestershire. This included two nursing homes, Willowbanks and the Willows, and two residential care homes, Kibworth Court and Brook House, as well as day centres, sheltered housing and Lutterworth Town Hall. The work was funded by Arts Council England, Harborough District Council and a number of local charitable trusts.

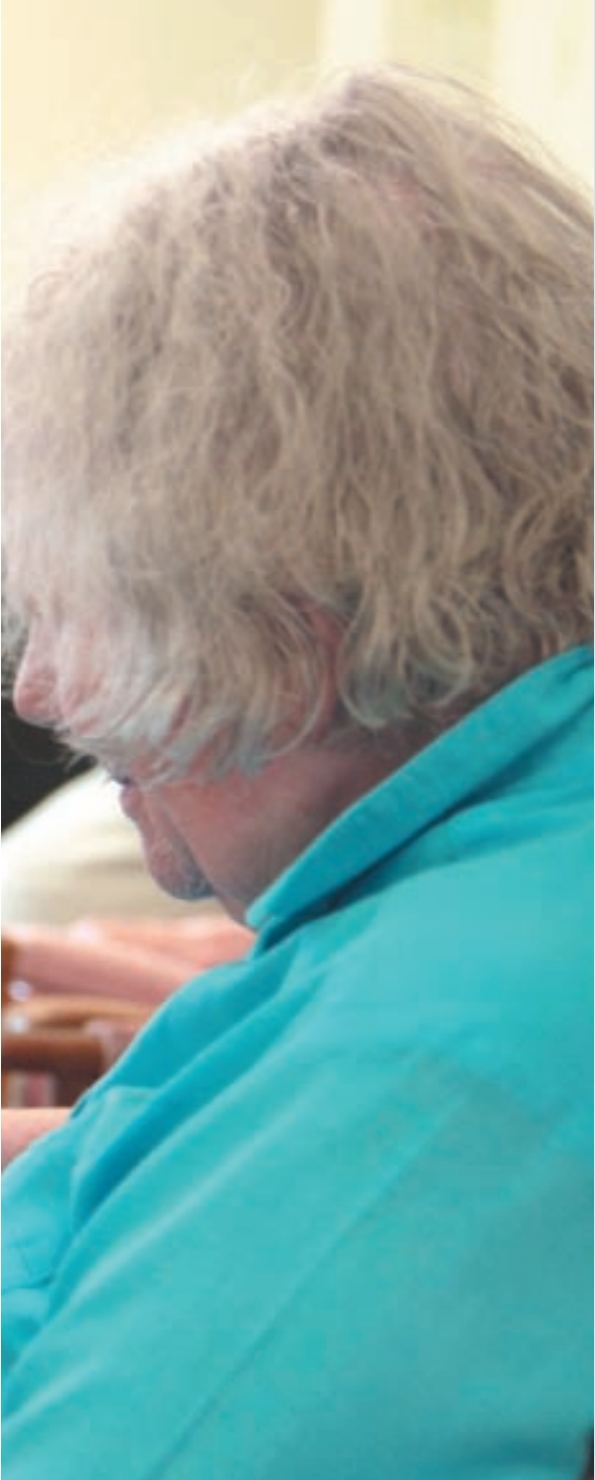


Photo courtesy of Oxford Concert Party

Two models were used: a single concert followed by a single participatory workshop and a concert followed by a four week participatory project. As well as OCP musicians, the programme included three emerging artists based in Leicestershire (two drama and one dance practitioner). Sessions combined music, song, dance and poetry. The sessions had an informal and friendly approach.

Musicians Arne Richards and Isabel Knowland work with a drama or dance practitioner for an hour with the group, using music, songs, poetry, dance and storytelling to entertain clients and stimulate memory. They draw ideas from the participants using a starting point such as school, the weather or food, generating memories and experiences from the group, and together writing stories, poems and songs.

Alongside the violin and accordion that Arne and Isabel play, they brought instruments from all over the world such as African drums, a didgeridoo, a Balinese gong, rainsticks, an ocean drum, a Tibetan bowl and a Vietnamese percussion 'fish'. These relatively unfamiliar musical instruments offer a rare opportunity for participants to enjoy their tactile and visual qualities as well as the rich diversity of sounds they can produce. Participants gain another dimension of sensory experience from being able to hear and make sound from these musical instruments.

The format and size of the group sessions aimed to make sure that the artists were able to work closely with everyone and ensure that no-one was left out of the process or got lost in the crowd. Singing and playing as a group brought the participants together and created a very supportive and fun atmosphere, generating visible responses from everyone – singing, foot tapping, clapping, conversation and a great deal of laughter.

www.oxfordconcertparty.com

Suffolk Artlink

Suffolk Artlink, based in Halesworth, has been operating for 15 years and has been a charity since 2006. It manages a number of projects across the county aimed at improving the lives of vulnerable people, including three for older people.

FOCUS ON THE TRAINING OF CARE WORKERS

In 2003, Suffolk County Council identified the need to improve the skills of its care workers in delivering activities in homes and day centres. Research and a pilot project were undertaken by Suffolk Artlink. With the contribution of artists Caroline Wright and Helen Rousseau, this developed into the 'Creative Carers' programme.

A key principle of the course is to enable care workers to experience and explore their own creativity. It emphasises the importance of participation in good quality processes, rather than the production of products; it recognises the limited time and resources realistically available to

care workers; and it aims to inspire ideas that can be adapted to many circumstances and participants. The programme starts with a training day on creativity and planning, followed by three artist-led workshops. The programme is delivered in-house to ensure it fits the needs of the centre. Two trainer-supported sessions are then carried out in the centre with the carers planning and delivering an activity which they have designed to meet their specific context. At the final stage all carers come together to share experience and initiate a self-supporting network.

As well as the satisfaction experienced by older people themselves, carers and managers have reported the following benefits from the programme:

- A decrease in requests to see the doctor;
- A more humanised relationship as carers and older people share the creative process;
- An increase among carers in confidence, job satisfaction and creative skills.

Suffolk Artlink has so far worked on the programme with a total of 15 centres across Suffolk. Staff from residential centres, day centres and, more recently, Occupational Therapy assistants have taken part. A specialist project for working with people experiencing dementia will become part of the core course and, subject to funding, Artlink is hoping to replicate the Creative Carers course in other counties through partnerships with local arts organisations.

OTHER WORK

Suffolk Artlink has also been running Culture Club for older people who are not in care homes. Across the county a network of other arts, cultural and heritage organisations, including libraries offer opportunities for elders to engage in arts and cultural activity in many ways.

Examples include: a reminiscence project at the National Horseracing Museum and at the Museum of East Anglian Life and performances at the East Anglian Traditional Music Trust. The project has considerable reach with over 1,000 participants in one year. Culture Club has had a number of projects in terms of DVDs and publications. For instance *Full of Life*, a collection of poetry edited by Michael Laskey founder of the Aldeburgh Poetry Festival, was published in 2008. The project has also recently involved more intergenerational work focussing on community cohesion.

‘Side by Side’, in partnership with the Alzheimer’s Society, is another project which Artlink delivers, focussing on providing creative activities for older people with dementia and their family carers. Dementia mapping, an internationally recognised technique for measuring well-being in people experiencing dementia, has been used to evaluate the session and all the participants in the group experienced an increased well-being score at the end.

www.suffolkartlink.org.uk



Conclusions

The arts can inspire both residents and staff in all care homes

The arts are for everyone. They delight, inspire and have many other health and community benefits. Any care home can make a start at very little cost through the use of volunteers and the skills and enthusiasm of staff or, if resources are found, more can be done through the involvement of professional artists skilled in working with older people. Some homes such as Haddon, working with Equal Arts in our case studies, successfully fundraise specifically for these activities.

Multiple Benefits

There are many benefits for residents from the arts. Dance and movement can help flexibility and physical health. Storytelling, reminiscence work and creative memory boxes can all enhance a sense of personal identity as well as reveal new aspects of the life of a resident and hence help staff relate better to them. There is increasing research to show the links between singing and music and improved brain function, particularly in relation to speech.

Involving Residents and Families

As far as possible the arts should emphasise choices and options for residents. This means offering a variety of forms of expression that residents enjoy and are able to express their agency through its design and creation. So, for instance, Oxford Concert Party sessions, described in the case studies section of this report, draw ideas for music from the residents themselves. Different residents are going to be attracted to different arts forms and different genres and traditions within art forms, just as we all are throughout our lives. Ideally a care home will offer a range of choices throughout the year.

If family members and friends can join in with creative activities, they can often enjoy a different dimension to their visit – discovering, sharing and celebrating everyone's accomplishments.

Motivating Staff

The arts will flourish best in a care home where the manager clearly shows their interest and support by giving time and resources. The arts can also be a great source of motivation where staff can take pleasure in expressing themselves and gain deeper understanding of those in their care by seeing beyond the basic care needs and appreciate their accomplishments and emotional lives as well. This will help with job satisfaction, performance and staff retention. The work of Ladder to the Moon and Suffolk Artlink, amongst others, has clearly shown this.

Some care providers, such as Central and Cecil, employ one or more specialists to co-ordinate arts activities, and this is certainly very helpful. In all cases the role of the Activity Coordinator is key and they will need a budget to help them.

Linking to the Community

The arts are a good way of strengthening the ties between the home and the surrounding community. It will be an attractive activity for volunteers to join in with. Retired artists may want to lend their skills to lead classes or to perform. Intergenerational arts will often involve local



Photo courtesy of Suffolk Art Link

schools – Magic Me in the case studies has specialised in this area. Local arts organisations and museums can develop relationships with a care home both bringing in work and facilitating trips to their venues. The arts can raise the profile of the care home and challenge negative views of older people and their capacities. A good example here is the work on Dulwich Picture Gallery with the Royal Masonic Benevolent Institution.

Working with Professional Artists and Arts Organisations

Some arts organisations take a strong interest in working with older people and some of these are listed in the directory. Working in a care home can be a very satisfying opportunity for an artist or an organisation to experience a different setting and create with people of a different generation. Over 60 such arts organisations are listed in this report who replied to our invitations to be included, but there are many more.

Arts for everyday and for special occasions

The case studies show that the arts can be used as part of the everyday running of the home with sessions throughout the week and by displaying works in the building. At the Library Theatre's *Story Box* sessions in Shore Green, Wythenshawe, a session finished each Friday with a fish and chip lunch and socialisation. They can also be used to celebrate major events in the life of a resident, or the home, or the wider community, as in our Case Study example at Church Walk House in Barnet – here they put out the bunting and the Mayor made a speech to launch an exciting new film by residents.

Making care homes happy and beautiful places

Many homes have employed the arts in making the environment, including the gardens, more attractive and inspirational for everyone. Somerset Care Group's Williton Home for instance held an exhibition by local artists and asked the community to buy pieces for display in the home alongside many paintings by their own residents.

One of the most important benefits of the arts is the way in which they promote sociability and interaction, between the residents, their families and staff. This will have a positive effect on everyone's morale and well-being in the entire home.

Appendices

TOP TIPS FOR CARE HOME MANAGERS

If you would like to see more creative arts in your care setting think about the following:

Know your residents

Gathering life stories, looking at current lifestyles and activities, listening to residents will all help you decide what creative art activities would work well in your care home.

Have a Vision

Do you want to embark on a large scale project that involves many residents and the whole staff team? Or do you want to do something smaller scale involving fewer people? It is really important that you are wholly behind whatever vision you have. If you cannot visualise it in action your care team won't be able to either.

Lead and Support

Implementing something new usually takes some thinking, planning and time before its effects begin to be realised. Support from the manager for those implementing it is essential. Many innovative ideas fail at the first hurdle because they are perceived to be too ambitious, created too much unplanned upheaval or were expected to "show results" too quickly.

Involve the Right People

Engaging a professional can make a real difference to establishing creative arts activities, but they will need to work with care staff who want to get involved. Don't leave it all to the activity coordinator and the artists. Establish a team approach to the provision of creative opportunities and involve people who all have a sense of responsibility for the well-being of the residents.

Plan your Resources

Many creative arts activities are low cost, but most require some materials and staff time. Can you juggle staff rotas to ensure support for the arts activities? Could you enlist some volunteers to help? Meeting well-being needs is of equal value to meeting physical needs and deserves the same staffing levels.

Look to the Community for Help

As well as encouraging volunteers, seek out organisations that might be able to help you. Many professional arts organisations are keen to offer their expertise in the context of Care Homes. Some raise funds specifically for that purpose or might do so in partnership with your home. Organisations like Rotary Clubs or local charities might sponsor projects.

Celebrate and Share Achievements

Celebrating and sharing the results of creativity with others can be an important part of the whole process. Your home, its staff and residents can take part in wider community events – from entries in the local Arts Festival or Fete to inviting guests in to enjoy concerts and other events in the home.

Maintaining enthusiasm

Once your creative arts activity is up and running don't ignore it. Maintaining enthusiasm and keeping up the motivation is important. Offer praise and encouragement, and celebrate achievements. You don't have to be present at all times, but seeing the effect of creative participation on residents will be the best reward.

Meeting everyone's needs

Once you are confident that your chosen activity is working well you can follow the same path to establish a broader range of creative arts activities. Can you ensure that every one of your residents has an opportunity to engage with the arts in some way? This might require more one to one or smaller group work.

Ring the Changes

Your residents' needs will change over time as will the skills of your staff. Keep the choice of activities fresh, be open to new ideas and try new approaches to bring a whole new set of rewards to celebrate.

TOP TIPS FOR ARTS PRACTITIONERS WORKING IN CARE HOMES

If you are not familiar with them, Care Homes can sometimes seem challenging environments for fulfilling creative activities, but once you get to know the people and the spaces you will find them rewarding places to be and you'll witness the pleasure your creative activities can bring. To help your sessions work well:

Get to know the residents

Remember that older people are as diverse in their experience, interests and attitudes as all other people. Try to get to know them before planning your activity. Do not rely entirely on reports of residents' interest and capabilities. Creative activities can often reveal hidden interests and untapped capabilities.

Work in partnership with staff

Try to build trust and rapport with staff as well as the residents. Don't be offended if your efforts and your love of the arts don't always seem to be received with gratitude, but equally don't assume that there are no other creative talents in the Care Home. Share your vision and plans with a key contact in the care setting.

Communicating in many ways

Be prepared to work with residents on a one to one basis. Sometimes 10 – 15 minutes spent with each person can have greater impact than trying to engage with a larger group for one and a half hours. You might have to work hard at communicating – hearing and vision impairments are very common amongst residents.

Enjoying the process

Be as flexible as possible, particularly in dementia care settings, as you may have to revise your plans to respond to residents' circumstances. Residents may benefit more from taking part and "doing" than from the end product.

The importance of now

Don't be surprised if you are not recognised or remembered by the residents. Memory problems are common and many staff can come and go during a resident's day. While a resident may be fully engaged in and enjoying the activity in the moment, they may not remember it at all after the event.

Safety

The care home is responsible for all visitors when it comes to health and safety. Find out about how to comply with their policies and practices. For instance, if you have electrical equipment they may insist that it is PAT tested and labelled as checked. There may be CRB checking procedures. Find out what emergency procedures are in place, such as a buzzer or call bell systems to call for assistance for a resident. If you are working with more than 5 or 6 residents then you should have a staff member with you throughout the session.

RESOURCES

Arts organisations that are committed to working with older people.

This is a list of organisations that contacted the Baring Foundation in response to a request to create this directory. It is not exhaustive.

Age Exchange

London & UK.

Age Exchange works with older people to improve their quality of life by valuing their reminiscences and giving them opportunities for wider appreciation in the form of visual and performance arts projects, exhibitions, publications and documentary films.

administrator@age-exchange.org.uk Tel: 020 8318 9105
www.age-exchange.org.uk

An Lanntair

The Western isles of Scotland.

We are an award winning multi media arts centre. We are currently working bilingually with the older sector of our community, drawing on the expertise of experienced local artists and the richness of island culture, to tackle issues such as memory loss and dementia in a dynamic, creative environment.

Email: jon@lanntair.com Tel: 01851 703307

Artlink West Yorkshire

West Yorkshire.

Artlink West Yorkshire works with vulnerable members of the community using creative arts to support people back to recovery and independent living. This includes moving onto mainstream opportunities within volunteering, training or employment and addressing personal needs in a positive and supported manner.

Sylvie Fourcin:
sylvie@artlinkwestyorks.org Tel: 0113 2431 005
www.artlinkwestyorks.org

Arts for Health Cornwall and Isles of Scilly

Cornwall and Isles of Scilly.

Over five years experience working in a range of care settings with older people, including specialist dementia care. We work with the service provider to develop a creative programme that addresses the specific needs identified.

Email: info@artsforhealthcornwall.org.uk Tel: 01326 377772

Art Shape

Gloucestershire, Worcestershire, Herefordshire, Wiltshire, Oxfordshire and wider UK in consultation.

Over 20 years experience of participative working cross-arts with older people. We also train those working in the care sector and leave skills in the workplace with a number of support products such as Art-in-a-box available for activity coordinators.

Email: info@artshape.org.uk Tel: 01452 863855

ATTIC Theatre Company (London) Ltd

Working in Greater London with possible extensions to the South East.

ATTIC provides entertaining shows highlighting issues of health, safety and security aimed at older and vulnerable adults, the 3 shows tour to community groups and centres supported by statutory support organisations and have reached over 12,000 people since 2002.

Email: info@attictheatrecompany.com Tel: 020 8640 6800

Bridging Arts

London.
Cornwall.

Bridging Arts' needlework and embroidery workshops bring people together to learn and to build friendships. Sessions tailored to participants' skills levels and interests e.g. tea parties when people bring in embroidery that they already possess and chat about their stories. Or we can teach basic embroidery skills through packs we have developed in our work in this area over the past three years.

Email: susanroberts@bridging-arts.com Tel: 0794 12 25 444

The British Museum

London.

Over three years experience leading outreach with objects that can be handled to stimulate discussion and creative responses. Monthly sessions at the museum including supported gallery visits, object handling and refreshments. Free for all organisations working with older adults.

Email: Communities@britishmuseum.org Tel: 0207 323 826

Capital Age Festival

London.

Capital Age Festival has delivered festival activity across London since 2003, created by and with older people. The annual summer festival creates inclusive opportunities for older people in care settings to attend and brokers partnerships between care homes and artists.

Email: info@capitalagefestival.org.uk Tel: 020 8525 0990

Carn Media

Region of work: Northern Ireland.

CM delivers multi-media workshops in art, media, animation and storytelling to schools, colleges and community centres across Northern Ireland. We have worked with people with learning difficulties, producing films, books and art pieces.

Contact: Mr Steven Noonan

Email: carnmedia-steven@yahoo.co.uk Tel: 028 795 499 78/077 990 428 36

Website (in development) Facebook page – Carn Media

Cascade Educational Theatre Company

We work mainly in Cornwall and the South West but are available to work across the UK.

Cascade Theatre Company has over 15 years experience delivering Interactive Theatre, arts and creativity workshops and reminiscence sessions. We create an enjoyable, light-hearted atmosphere where older people can rediscover their self-esteem, confidence and love of life through participation or observation.

Email: cascade@talk21.com Tel: 01872 222216

Chaturangan

All over UK, preferably the Northwest.

Extensive experience of offering Culturally diverse, enjoyable and engaging 'Age' and 'Health condition' appropriate, programme of *Dance, live music, story telling, and visual arts* by professional artists that is both relaxing and uplifting.

Email: bisakha@blueyonder.co.uk

Website www.chaturangan.co.uk

Chichester Festival Theatre

Predominantly East and West Sussex but also further afield in the South East of England.

CFT has partnerships with care homes across the district and experience of running drama, dance and reminiscence projects for older adults with a range of needs including working specifically with those with dementia.

Email: Emily.mundy@cft.org.uk Tel: 01243 784 437

Clod Ensemble

UK wide.

The Extravagant Acts programme offers free monthly lunchtime performances in centres together with intensive arts projects for attendees. The programme features a diverse range of internationally acclaimed musicians and performers from The London Bulgarian Choir to John Hegley.

Email: admin@clodensemble.com Tel: 020 7749 0555

Collective Encounters

Across the UK.

Recent experience in capacity building care staff in arts and reminiscence techniques; performances by third age company in care homes; arts and reminiscence sessions with people with dementia and their carers.

Email: annette@collective-encounters.org.uk Tel: (0151) 291 3887

Common Wheel – Polyphony Music Project Greater Glasgow, Scotland.

Summary of Work: We deliver participatory music groups for older people in residential, psychiatric hospital and community settings. Many of our participants have dementia. Our weekly activities include singing, rhythm and drumming and preferred listening.

Contact Name: Katherine Waumsley
Email: katherine@commonwheel.org.uk Tel: (0141) 211 0668
www.commonwheel.org.uk

Community Focus – the all inclusive arts centre Across the UK.

Over 30 years experience of delivering arts-based projects for older people, including visual art, reminiscence work, photography and drama. All our projects are fully inclusive and designed to empower, educate, enthuse and engage.

Email: Tim.balogun@communityfocus.co.uk Tel: 020 8369 5481

Connaught Opera Across the UK.

Since 2003 Connaught Opera have raised funds to present free, quality, professional, concerts to older people in care – particularly those who do not have access to live cultural events.

Email: maria@maria-arakie.com Tel: 020 7262 7401
Mobile: 07833 736 278.

The Courtyard Centre for the Arts Herefordshire.

New project focussing on direct delivery of arts opportunities to isolated or excluded older people in the rural areas and market towns of Herefordshire, plus training for staff in care homes and day centres.

Email: alex.outhwaite@courtyard.org.uk Tel: 01432 346514
Mobile: 07554 669423

Create

London and the South.

Eight years' experience of interactive creative arts projects (eg: music, dance, writing, visual art) – led by professional artists – with vulnerable older people. All enable participants to be creative; develop teamwork and communication skills; build trust, confidence and self-esteem.

Email: nicky@createarts.org.uk Tel: 020 7374 8485

Creative Care and Music 4 well-being

Delivered across East of England.

A work-force development initiative for staff in care settings that uses performing arts to explore creative care-giving. An emphasis on working with staff and clients with dementia simultaneously. Delivered in association with Canterbury Christ Church University.

Email: trish.vella-burrows@canterbury.ac.uk Tel: 07790 26 37 62

darts (Doncaster Community Arts)

We are willing to work in Doncaster.

For over 21 years darts has delivered creative programmes for older people. We offer a range of art forms including drama, dance, music and visual arts and are experienced in working with people with dementia, as well as offering training for staff.

Lucy Robertshaw:

Email: lucy@thepoint.org.uk Tel: 01302 341662

Dulwich Picture Gallery

South London and surrounding areas.

Combating isolation in older people by offering an annual programme of creative tours and interactive workshops based on the gallery collection both at the gallery and in the community for people over 65.

Lou Abbotts (*Good Times: Art for Older People* – Coordinator):

Email: l.abbotts@dulwichpicturegallery.org.uk Tel: 07826 112 112

engage Cymru (engage is the national association for gallery education)

Wales.

engage Cymru has been delivering gallery education projects in residential and care homes across Wales for three years in partnership with local authorities. Professional artists work alongside residents and carers offering participative opportunities linked to gallery exhibitions.

Email: cymru@engage.org Tel: 01834 870121

English National Ballet

London, Manchester, Liverpool, Bristol and Southampton.

English National Ballet's Dance for Health programme is designed to engage older people in enjoyable physical activity which combines creativity, artistic expression, improved health and well-being and social interaction.

Danielle Jones, Learning & Participation Officer:
Email: danielle.jones@ballet.org.uk Tel: 020 7581 1245

Entelechy Arts

South East London.

Multi-stranded dance, storytelling and music programme working with residents in their homes and in arts venues across south east London. Emphasis on supporting people to both access and contribute to mainstream arts activities.

Email: lou.errington@entelechyarts.org Tel: 0208 694 9007

Equal Arts

North East England.

Over 20 years experience of delivering high quality participatory arts projects to older people. We contract professional artists working cross artform in a variety of care and arts settings, including residential care homes, hospitals, arts venues and community centres.

Email: alice@equalarts.org.uk or info@equalarts.org.uk Tel: 0191 477 5775

Eventus

Yorkshire, Lincs, East Midlands.

We use a range of artforms to understand and communicate positive messages about life in care homes and which link residents, staff, families and communities. We work in partnership with organisations from Social Services to university research programmes.

Email: clare@eventus.org.uk Tel: 0114 2210 385

First Taste Charity

Derbyshire Dales & County of Derbyshire.

An arts educational charity working for over 14 years mainly in the rural Derbyshire Dales endeavouring to improve the learning and stimulative opportunities for older people in care settings. Care Staff are involved to improve their craft, IT and holistic skills, enabling them to understand the social, emotional & aesthetic needs of residents in addition to their physical needs. We are currently training care staff in our own local authority homes and day care centres, having had great success in intergenerational work.

Iris Wagstaffe:
Email: firsttaste@btinternet.com Tel: 01629 733849
www.firsttastecharity.co.uk

Generation Arts

West Lothian, Scotland.

We aim to reduce isolation and promote inclusion, good mental & physical health in older people 60+ through their participation in arts workshops, dance, music, reminiscence, photography and intergenerational projects. We work in Housing-with-Care complexes and the wider community.

Len McCaffer:

Email: generationarts.coordinator@gmail.co.uk Tel: 07521 358239.

Green Candle Dance Company

London and across the UK.

Over 20 years' experience of working in dance with older people in care settings, including chair-based dance suitable for all types of physical disability and frailty and work specifically designed for people suffering from dementia.

Email: fergus@greencandledance.com Tel: 020 7739 7722

Hearts & Minds

Our focus is Scotland. We currently work in residential care with older people in 6 local authorities across Scotland, including Edinburgh City Council, Scottish Borders Council, Clackmannanshire Council, Fife Council, Renfrewshire Council, Inverclyde Council. We would be willing to consider working in other Scottish regions if funding would be made available.

Ten years of experience of providing the Elderflowers programme, using the performing arts and theatre clowning, with a particular focus on people in the mid to advanced stages of dementia.

Email: magdelana@heartsandminds.org.uk Tel: 0131 270 6051

Hoot

Yorkshire.

Hoot provides a range of creative activities to promote mental and physical wellbeing. We create a safe supportive space in which people can get involved in music, dance, drama, singing, creative writing, visual arts and more.

Moira Wade:

Email: moira@hootmusic.co.uk Tel: 01484 516224
www.hootmusic.co.uk

Illusions

Scotland and northern England.

With a penchant for helping those who feel invisible, Illusions creates performance works for those aged 60+ to help expand hearts and minds to prove any age remains an asset in society.

Glynis Wozniak:

Email: wozwazere@btinternet.com Tel: 0795 221 6558

Jabadao

Leeds, West Yorkshire.

JABADAO promotes movement play – full-bodied and wholehearted whatever age, whatever energy. All human beings need to be fully physical – in ways that suit them. All human beings love to play – but some have to remember how. JABADAO projects, courses, resources and research open up new understanding and new possibilities.

Email: info@jabadao.org Tel: 0113 236 3311
www.jabadeo.org

Library Theatre Company

Manchester and North West Region and beyond.

We have over five years' experience of delivering participatory drama projects with older people in residential settings. We have particular experience of using storytelling and creative play to engage those with Alzheimer's and dementia in active and involved creative activities.

Liz Postlethwaite:
Email: l.postlethwaite@manchester.gov.uk Tel: 0161 234 1922

Lime Art

Greater Manchester, Lancashire, Cheshire & North West Region.

With over twenty years' experience of participatory arts and health work over a variety of art forms, Lime can offer projects ranging from writing books (*Victoria Square: The Dwellings*) to visual art projects (painting, photography) to dance to intergenerational projects.

Kim Wiltshir:
Email: kim@limeart.org Tel: 0161 256 4389

Lincolnshire Dance – Freedom in Dance Programme

East Midlands & across the UK.

LD recognises that older people are individuals who need a place to share their unique spirit and creativity. Participants deserve high quality experience therefore dancers facilitating activities are specialists and have achieved the 'Leading Dance with Older People' OCN qualification.

Email: Freedom@lincolnshiredance.com Tel: 01522 811 811

Live Music Now

England, Ireland, Wales, Scotland.

LMN is the largest UK music outreach organisation combining training and delivery. Around 1000 sessions are delivered annually by young professional musicians, selected and trained to understand the needs of older participants and how to enhance wellbeing through interactive performance.

Trudy White, Strategic Director – Health and Wellbeing:
Email: trudy.white@livemusicnow.org Tel: 020 7014 2828 www.livemusicnow.org

Living Lively

We work throughout Kent and are available to work further afield.

Living Lively is dedicated to providing high quality musical activities for older people. Our team has considerable experience in working with older people and our sessions are designed to be enjoyable and accessible whilst also being challenging and informative.

Celia Jeffery:

Email: celia@livinglively.org.uk Tel: 01233 750585

London Mozart Players

Across the UK, mostly in the South East and Lincolnshire.

Over 20 years' experience of performing live classical music in care homes, including informal music-making sessions as well as projects with residents and schoolchildren working to make music together, bridging the generation gap.

jo@lmp.org Tel: 020 8686 1996

Magic Me

London.

For over 21 years, Magic Me have led creative arts projects in care homes and other settings. We use a wide range of artforms, which bring together young people (aged 9+) and older people (55+) for mutual benefit, learning and enjoyment.

info@magicme.co.uk Tel: 020 3222 6064

Music for Life: Wigmore Hall and Dementia UK

Projects: Central London, Greater London, Hertfordshire, Buckinghamshire, Essex, Kent, Surrey, Sussex, Hampshire, Berkshire.

Training days and dissemination events: UK-wide.

An interactive, therapeutic 8-week programme of music workshops, with the aim of enhancing the quality of life for people living with dementia and providing opportunities for care staff to reflect on participants' emotional, social and physical potential.

Email: kpage@wigmore-hall.org.uk Tel: 020 7258 8240 / 269

Music in Hospitals

Across the UK.

Music in Hospitals has over sixty years' experience taking live performances by skilled professional musicians to frail elderly people in continuing care. Tailor-made programmes encourage reminiscence and active participation, and the therapeutic benefit is widely recognised in the healthcare sector.

England, Wales, Northern Ireland & Channel Islands.

Email: info@musicinhospitals.org.uk Tel: 01932 260810

Scotland – Email: info@musicinhospitalsscotland.org.uk Tel: 0131 556 5848

National Museums Liverpool

Liverpool.

Works with older people in care settings using art and culture based activities. Museum led projects support meaningful impact on vulnerable older people suffering from mental health issues, degenerative brain disease, such as Dementia, and isolated individuals from diverse communities.

Claire Benjamin:

Email: claire.benjamin@liverpoolmuseums.org.uk Tel: 0151 478 4548

Open Age

Westminster, Kensington & Chelsea, and a few of the surrounding boroughs (Brent, Barnet, Hammersmith & Fulham) in Central London.

Open Age provides a variety of activities in a wide range of Community Venues including Sheltered and Supported Housing to relieve loneliness, isolation and depression for people aged 50 to 105. Over 170 activities offered each week that relate to art provision in a variety of forms ranging from Creative Writing to Jewellery making. The activities are taught by trained CRB checked Tutors who work with the elderly and who are contracted to deliver classes on an hourly basis. We have an extensive list of appropriate people's names and addresses to call on to support this provision.

Robert Hacking:

Email: RHacking@openage.org.uk

Oxford Concert Party

Across the UK.

Over 18 years' experience delivering participatory music projects including one off concerts; six week workshops; and Day Care staff training programmes. Using music from around the world, we work well with people with dementia, accessing memories and inner creativity.

Email: debspollard88@yahoo.co.uk Tel: 0207 639 3028

Plantation Productions

Glasgow/Strathclyde, Scotland.

Working with professional artists and filmmakers we devise and deliver participatory arts, film and media projects to suit all ages and abilities, including intergenerational practice, exhibitions and community engagement projects.

Moya Crowley:

Email: info@plantation.org.uk Tel: 0141 445 1666 www.plantation.org.uk

Prism Arts

Cumbria.

We have been delivering arts activities regularly to older people for 7 years. We take a participatory approach and have delivered sing-a-longs from times gone by; including dementia units. Also painting with pastels & pencil. Other arts activities are available.

glenys@prismarts.org.uk Tel: 01228 564571

Rhondda Cynon Taff Community Arts (RCTCA)

South Wales Valleys.

RCTCA is a revenue client of the Arts Council of Wales. We reach and actively involve people of all ages in creative processes to develop meaningful artworks through the – performing arts, public/visual arts and new media activities.

Julie Evans – Artistic Director/Wendy York – Deputy Director:

Email: julie.evans@rctca.org.uk/wendy@rctca.org.uk Tel: 01443 /490392/490391

www.rctca.org.uk

Rural Media Company

Rural West Midlands (Shropshire, Herefordshire, Worcestershire), and Powys.

We develop and deliver creative media projects (film, radio, digital storytelling, web) with older people living in residential settings. We are particularly interested in intergenerational work, enabling younger and older people to share their experiences and learn from each other.

Email: nicm@ruralmedia.co.uk Tel: 01432 344039

www.ruralmedia.co.uk

Sandwell Third Age Arts – STAA

Sandwell, Black Country Region, West Midlands.

A charity using the arts to enrich quality of life for older people with mental health needs and dementia. STAA delivers participatory arts experiences using different art forms for individuals and groups, taster sessions to longer term projects.

Email: info@staa.org.uk Tel: 0121 500 1259

Sea Change Arts

Great Yarmouth, & Norfolk.

SeaChange Arts have worked extensively in care homes and with the Alzheimer's Society offering digital and film making projects, carnival arts, music and dance workshops. All the projects have included residents and participants have been actively involved in local community events including concerts, festivals and carnival parades.

Sarah James, Executive Director:

Email: sarah@seachangearts.org.uk Tel: 01493 846550

SingUnited: Bringing communities together through the arts

Delivered across East of England.

Intergenerational projects in which young community members work with people living and working in care settings in joint music/dance/drama activities/performance. An emphasis on everyone taking part (regardless of age/physical/cognitive ability) and raising awareness of age-related conditions.

Email: trish.vella-burrows@canterbury.ac.uk Tel: 07790 26 37 62

Skipoko

West Yorkshire.

Participatory arts work in care homes with an emphasis on sharing ideas and skills to produce group pieces of mainly visual arts work. We also have experience of devising and delivering intergenerational work and work with people experiencing dementia.

Email: info@skipoko.org.uk Tel: 0113 234 5355

Spare Tyre

London and UK wide.

Once Upon a Time: Interactive storytelling for older people with dementia. Multi-media, multi-sensory, and responsive approach.

Outreach: person-centred, creative, fun workshops using multiple art forms for older people with low support needs. Both projects improve well-being, grow confidence, reduce isolation.

Email: info@sparetyre.org Tel: 020 7061 6454

Suffolk Artlink

East of England across the UK.

Over 5 years experience of delivering Creative Carers – an artist-led training course for care workers in residential homes. The course is delivered in-house and focuses on creative activities suitable for the environment of the home.

Alex Casey:

Email: alex@suffolkartlink.org.uk Tel: 01986 873955

Tameside Museums and Galleries Service

Tameside.

Reminiscing Sessions with Tameside Museums and Galleries.

To help bring back your memories of yesteryear, we can arrange reminiscence sessions on various themes, such as National Service, military souvenirs, seaside holidays and make do and mend. We will bring objects from our collection to assist with the memories and bring a smile to your face.

Email: tracy.webster@tameside.gov.uk Tel: 0161 343 2878

University of the Third Age – U3A

U3As are self-help, self-managed lifelong learning co-operatives for older people no longer in full time work, providing opportunities for their members to share learning experiences in a wide range of interest groups and to pursue learning not for qualifications, but for fun.

Email: via website Website: <http://www.u3a.org.uk> Tel: 020 8466 6139

Westminster Arts

Westminster a priority, but willing to work further afield.

Over eleven years' experience of multi-media work taking a participative approach and with a particular emphasis on people with dementia.

Email: kathryn@wesminsterarts.org.uk Tel: 020 8641 1018

The Windows Project

Merseyside and the North West, & available across UK.

The Windows Project has over 30 years of experience working in care homes running creative writing, reminiscence and storytelling workshops which may lead on to the production of books, pamphlets or CDs.

Email: dw.windowsproject@btinternet.com Tel: 0151 709 3688

FURTHER SOURCES OF INFORMATION

Arts Development UK – membership of 265 local authority corporate members (representing about 85% of all authorities in England and Wales with an arts service) and individuals and organisations interested in and working in all aspects of the creative industries at local levels across England and Wales; it publishes e-zines and an electronically distributed quarterly newsletter, web-based case studies and directories of reports and case studies including a section of case studies dedicated to “Arts and the Elderly”.
www.artsdevelopmentuk.org

The Baring Foundation's publication: *Ageing Artfully* includes a list of arts organisations that produce arts work for and with older people. Download it from <http://www.baringfoundation.org.uk/AgeingArtfully.pdf> or request a hard copy by emailing baring.foundation@uk.ing.com.

In addition the Baring Foundation, after a competition has commissioned AgeUK Oxfordshire to create and run a dedicated website for the arts and older people which will launch in 2012 and contain a wide variety of resources and contacts.

Bloom is a membership-based website on managing person centred care services for older people. It is run by Lemos and Crane and has a strong focus on the use of the arts, with case studies and resources.
www.lemosandcrane.co.uk

Connected Culture is London's online community of people working in adult participatory arts. Many of its members specialise in working with or are themselves elderly arts participants.
<http://connectedculture.ning.com/>

EMPAF – East Midlands Participatory Arts Forum has a searchable directory of artists and arts organisations including specialists in arts and older people and age inclusive work.
<http://www.empaf.com/directory/tags/ALL+AGES>

National Association for Providers of Activities for Older People (NAPA) is the leading charity dedicated to increasing the profile and understanding of the activity needs for older people, and equipping staff with the skills to enable older people to enjoy a range of activity whilst living in care settings.
Tel: 0207 078 9375 info@napa-activities.co.uk
www.napa-activities.co.uk

Northern Ireland's searchable directory for participation in arts is at <http://www.arttakepart.org/>; and includes sections on arts and older people.

The Society for Storytelling offers a directory of story-tellers searchable by location.
<http://www.sfsdir.org.uk/>

Voluntary Arts Network. There are umbrella bodies, professional associations and societies for many very specialist arts and crafts practitioners e.g. The Quilters Guild of Great Britain; Calligraphy and Lettering Arts Society; Guild of Enamellers; Batik Guild; Poetry Society, National Operatic and Dramatic Association (NODA); British Federation of Brass Bands.

Many have regional sections and are affiliated through the Voluntary Arts Network – the national body dedicated to increasing arts participation and raising awareness of the contribution that the voluntary and amateur arts and crafts make to the well-being of communities, social inclusion, lifelong learning, active citizenship and volunteering.
<http://www.voluntaryarts.org>

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