



Creative Dementia Arts Conference 2016

Arts and Dementia: Learning, researching and sharing

WORKSHOPS AND MASTERCLASSES

We have prepared these notes to help you select the workshops and masterclasses you want to book. The summaries are indicative of what the workshops and masterclasses offer. If you want more information, we have provided a link to session leader and/or their work/organisation.

We actively welcome people with disabilities including those with dementia and their carers to our conference. A quiet room is available during the conference and other support can be organised. Please get in touch with Elizabeth Mills, conference administrator at elizabeth@eminence-grise.org.uk to discuss specific requirements.

One of the most frequent queries that CDAN receives when people are booking places is about the suitability of the workshop. We have therefore added 'This workshop will be of interest to' help you make your choices.

Do book and make your workshop and/or masterclass choices as soon as possible.

We tend to cap workshops at 25-30 participants and move larger, more discursive, workshops to Mapplethorpe Hall. Masterclasses will be no larger than 22.

Workshop 1 *Researching arts and dementia* – TanDem doctoral students

This interactive workshop, led by doctoral students from TanDem who are developing research projects in arts and dementia, focuses on key research questions and issues including

- What do we mean by an 'arts intervention or activity' for people with dementia?
- What works for whom?
- How should we be evaluating projects?

The students will actively invite discussion and participation from people with dementia, researchers, healthcare professionals and arts practitioners to help in finding answers that will help shape development and delivery of future projects. They will also introduce the work of the TanDem Doctoral Training Centre. Set up to develop the evidence base for arts and dementia, TanDem is a collaboration between Worcester and Nottingham Universities in partnership with the Alzheimer's Society.

This workshop will be of interest to anyone involved in researching or evaluating arts and dementia; for practitioners and others interested in undertaking doctoral study, here is an opportunity to hear from those starting their studentships.

<http://www.worcester.ac.uk/discover/tandem-phd-studentship.html>

Workshop 2 - *Dance, movement and dementia* – Dr Richard Coaten

Dr Coaten is a Dancer and Dance Movement Psychotherapist with South West Yorkshire NHS Foundation Trust who has extensive experience in the use of movement, dance and embodied practices for people living with dementia and their carers. With musical accompaniment, Richard will be leading a dance movement workshop demonstrating the expertise for which he is so well known nationally and internationally.

This workshop will be of interest to dancers for whom working with people with dementia is a new departure, experienced dance movement practitioners seeking opportunities to participate in a reflective dance movement workshop and update their knowledge and skills.

<http://www.southwestyorkshire.nhs.uk/quality-innovation/sharing-our-knowledge/dance-movement-psychotherapy/dance-movement-psychotherapist/>

Workshop 3 *Singing and song writing for people with memory problems, dementia and their carers.* Jon Petter and Carolyn Von Stumm, for Turtle Key Arts, London

Turtle Key Arts uses singing and songwriting to engage people who are socially disadvantaged and excluded, including those with disabilities working in partnership with local organisations and communities. Tim Yealland from the English Touring Opera and Rachel Leach, musician and composer, have been working with Turtle Key Arts will offer an interactive workshop demonstrating TKA's unique approach to unlocking the creativity of people with dementia and their carers using activities developed as part of their Turtle Song programme.

This workshop will be of interest people with dementia, carers, music, dance and drama practitioners and professionals from arts venues, the NHS, local councils, and the voluntary sector in addition to care providers and indeed anyone who wants to learn about engaging people with dementia through music/musical composition in a way that is fun and enjoyable. <http://www.turtlekeyarts.org.uk/>

Workshop 4 - *Digital Community Arts* Salmagundi Films, London

Bo Chapman and Zoë Flynn at Salmagundi have developed Frames of Mind® (FOM) an approach to working with people with dementia that uses a range of digital media and stop frame animation to help those affected talk about their life memories. The workshop will showcase examples of Salmagundi's animation work including self-portraits produced by some of Central and Cecil care home residents who used photographs and iPads to sketch their facial features.

The workshop will be of particular interest to practitioners, arts venues and care providers keen to learn more about using digital media with people with dementia and carers. Anyone technophobic might wish to be enlightened and inspired!

<http://salmagundifilms.co.uk/Working-with-Dementia>

Workshop 5 – *Dementia friendly arts venues* Wendy Gallagher and Dr Nuala Morse
Education Department, Whitworth Museum, Manchester and Manchester University

The Whitworth contributed to the writing of *Becoming a dementia-friendly arts venue: a practical guide* (Alzheimer's Society, 2015), drawing on this work and the experience of providing programmes and resources for people living with dementia and their carers Wendy will provide an overview of steps arts venues can take in becoming dementia friendly. Using the development of Whitworth's successful Coffee, Cake and Culture programme for people living with dementia and their carers as a case study in good practice, participants will have the chance to explore how this might transfer to their own venues. Dr Nuala Morse will discuss ways in which venues can usefully evaluate their working practices and the impact of the arts on health and well-being.

The workshop will be of particular interest to everyone working in arts venues seeking guidance on making their venue dementia friendly and useful ways in which to evaluate their working practice.

<http://www.whitworth.manchester.ac.uk/learn/healthandwellbeing/>

Workshop 6 Dramatic portrayal of dementia CANCELLED

Afternoon

Workshop 7 *Research: choirs in care homes* Doug Noble, Live Music Now, London

Live Music Now (LMN) is a national programme that trains young professional musicians to work with and perform for older people and children with special educational needs across the UK. Doug Noble, Strategic Director, Well Being, will be talking about LMN's involvement in the Baring Foundation funded national Choir in Every Care Home project, during which LMN has worked with partners in the arts, social care and academic research to discover the best and most practical ways for music and singing to feature regularly in care homes. The project will be near its end by April and Doug anticipates reporting final recommendations.

The workshop will be of particular interest to musicians, singers, choir leaders, researchers, care providers, staff in care homes and any other delegates interested in finding out how regular singing sessions can be promoted and supported in care homes in order to help address lack of stimulation, meaningful occupation and isolation experienced by care home residents who often experience boredom, depression and anxiety as a result. <https://achoirineverycarehome.wordpress.com/>

Workshop 8 Making theatre dementia friendly CANCELLED

Workshop 9 *Singing groups for people with dementia and carers* Diana Kerr, dementia consultant and author.

The workshop combines practical advice about setting up singing groups with opportunities to try out different formats and enjoy a bit of a sing song.. Diana has extensive experience of the development of best practice in dementia care and

dementia research. Diana has been advocating the use of music with people with dementia for 20 years. 6 years ago an ex-student told her to put her money where her mouth was and a singing group was set up in Edinburgh. Many others have followed. Diana distilled her experience into a book *Singing Groups for people with Dementia, a guide to setting up groups in community and residential settings* (copies will be on sale during the conference)

The workshop will be of particular interest to anyone who wants to set up a singing group for people with dementia in either the community or in a care home.

<http://www.dementiacentre.com.au/about/people/uk-team>

Workshop 10 Arts practitioners' dementia training Penny Allen, Courtyard Arts, Hereford and John Killick, Poet

Courtyard Arts hold one of the grants awarded by the Arts Council and the Baring Foundation to arts providers and care providers as part of a national project exploring best practice creative engagement of older people in residential care settings. Courtyard Arts is working with the Order of St John Care Trust on Making of Me, a mentored training programme for arts practitioners who are placed in OSJCT care homes to develop their skills and knowledge. Penny Allen, Adult Participation Manager at Courtyard Arts, will present this model of training and share lessons learnt; whilst John, who is mentoring project poets and writers, will reflect on his experience of the role.

The workshop will be of particular interest to all interested in arts and dementia training including arts practitioners, arts venues, care providers, and training organisations.

Find out more about dementia friendly Courtyard Arts, including a poetry project run by John Killick at <https://www.courtyard.org.uk/get-involved/arts-and-older-people/projects/in-the-pink-the-dementia-poetry-project/>

Workshop 11 Dementia, arts and health Alex Coulter, Arts and Health South West

The arts and dementia movement sits within the broader well established field of arts and health. Alex Coulter, Director of Arts and Health South West, one of the regional bodies that make up the National Alliance for Arts and Health, will set out this background as part of her presentation about arts projects involving patients with dementia in health settings. Her presentation will consider the specific challenges for people with dementia in acute care and for staff and report on findings from several projects that show how arts can improve outcomes for hospital patients with dementia.

The workshop will be of particular interest to NHS staff, health and social care commissioners, arts practitioners, arts organisations, care providers and people with dementia and their carers.

Information about the National Alliance for Arts and Health and the All Party Parliamentary Group on arts and health, including evidence from the arts and dementia roundtable is at <http://www.artshealthandwellbeing.org.uk/APPG>

Workshop 12 *The SONAS approach to dementia* Sinead Grennan, Sonas, aPc, Eire

APc stands for activating potential in communication – the goal of Sonas, a unique programme for people with dementia developed by Sister Mary Threadgold. Sinead Grennan, Chief Executive of Sonas, will introduce the work of the organisation as part of an interactive workshop to demonstrate how a structured session of Sonas is designed to engage people with dementia, carers and care staff through multi-sensory stimulation, including music and dance, in order to meet cognitive, social and emotional needs associated with dementia.

The workshop will be of particular interest to people with dementia and their carers, health and social care commissioners, music and dance practitioners, care providers and those wanting to hear about developments in Irish dementia care. For more information about Sonas aPc go to <http://sonasapc.ie>

CDAN CONFERENCE Friday 15 April Day 2 MASTERCLASSES

Day 2 aims to enable all delegates to

- Champion the use of dance and music in improving the quality of life of people with dementia and their ability to remain active and involved in their local communities or in residential care.
- Improve their understanding of the evidence base for dance and music in dementia
- Gain confidence in using approaches and techniques that enable people with dementia to communicate their thoughts, feelings and experiences through dance or music
- Gather ideas for facilitating work with individuals and groups
- Reflect on their own practice and identify professional development needs
- Share learning and network with peers

Masterclass 1 DANCE: Filipa Pereira-Stubbs, DanceMoves, Cambridge

Filipa is a professional dancer who trained at Trinity Laban. She has considerable experience of using dance movement in work with younger and older people. Filipa has developed specialist dance practice with people with dementia and will run an interactive masterclass that draws on her experience in running dance classes in community settings and with patients at Addenbrookes Hospital, Cambridge. See more of Filipa's work at <http://www.fpereirastubbs.co.uk/>

Masterclass 2 DANCE: CANCELLED

Masterclass 3 DANCE: Dr. Azucena Guzman-Garcia, University of Edinburgh

As part of her PhD research at Newcastle University, Azucena introduced a dance from her native Mexico to care home residents with dementia. *Danzon* improved residents' cognitive, behavioural and emotional functions as they enjoyed the uplifting music and social interaction. Azucena will introduce *Danzon* in her masterclass during which she will also be presenting research evidence about the use of dance and body oriented psychological therapies to improve quality of life for

people with dementia. For more information about Azucena and her work go to <http://goo.gl/qXmBN6>

Masterclass 4 MUSIC: Tim Yealland, English Touring Opera and Rachel Leach, composer and musician working with Turtle Key Arts.

This masterclass offers an extended opportunity to experience the approach Turtle Key Arts uses in engaging people with dementia and their carers through Turtle Song providing opportunities for discussion with the leaders who will also present findings from recent evaluation of their work. Information about TKA is available at <http://www.turtlekeyarts.org.uk/>

Masterclass 5 MUSIC: Rachel Smith, Head of Music Therapy, Guideposts Trust Music Therapy, Oxfordshire

Rachel will be presenting her work with people with dementia living in the community and care homes and those who are hospital patients comparing and contrasting how the 3 very different environments influence her approach and using a series of case studies and demonstrating her technique and skills to provide learning opportunities for those attending the workshop. For more information about Rachel go to <http://rachelmsmith.org.uk/wordpress/about-blog/>

Afternoon

Masterclass 6 DANCE Fergus Early, OBE, Green Candle Dance Company, London and Trisha Vella Burrow, Canterbury Christchurch University

Green Candle is a well-established East London community dance company with a reputation for pioneering participative dance work across ages and abilities. Fergus Early, Artistic Director, will lead a masterclass that: draws on Green Candle's dance movement classes for people over 55, including people with dementia, reviews the benefits of dance in preventing falls and the value of initiatives such as the Men's Groups and reports findings from recent research about dance and older people. For more information go to <http://www.greencandle.com/participation/older/>

Masterclass 7 DANCE Dr Richard Coaten, Dance Movement Psychotherapist, South West Yorkshire Partnership NHS Trust

Richard is a nationally and internationally recognised expert practitioner who was awarded a Winston Churchill Travelling Fellowship in 2010 enabling him to visit Canada and forge relationships with dance and movement practitioners there. Besides his NHS practice, he helps raise the profile of dance for dementia through his network and activities with Community Dance. Accompanied by a musician, Richard will lead a masterclass woven through with discussions about research evidence about the effectiveness of dance movement for people with dementia. See <http://www.southwestyorkshire.nhs.uk/quality-innovation/sharing-our-knowledge/dance-movement-psychotherapy/dance-movement-psychotherapist/>

Masterclass 8 Music CDAN FLOURISH dance and music practitioners

This masterclass is led by Ben Healey, Matt Winkworth and Nia Williams who are in residence, -working with people with dementia in day care and care home settings as part of the practice element of FLOURISH, CDAN's pilot mentored training

programme for arts practitioners in Oxfordshire. During the masterclass, they will be sharing their experience of programming participative dance and music sessions for people with dementia engaging participants in what they have found 'works' and leading discussions about the support that practitioners, who often work by themselves, require in dealing with the emotional impact of such work. See www.creativedementia.org for details about FLOURISH

Masterclass 9 MUSIC: Ellie Ruddock, Chiltern Music Therapy Service

Ellie is a Music Therapist working for Chiltern Music Service. She uses psychodynamic and Neurologic techniques in her work with individuals of different ages presenting with a range of needs and will demonstrate how she applies these techniques in work with older people with dementia both in community and care home settings. Ellie will be focusing on in Music for All, a project she carried out with a large care provider in Buckinghamshire, describing how she devised the project and developed the programme. She will also show how she evaluated this project and will present her findings, reflecting on her experience of designing the study, data collection and analysis in order to trigger a discussion about the methods that solo music practitioners can use in reporting on outcomes of interventions and programmes to funders. <http://www.chilternmusictherapy.co.uk/>

Masterclass 10 MUSIC: CANCELLED