

Get Involved Pack



The Art of Ageing

It's tempting to shut down the shop and dim the light within,
 Or spend old age in silent rage at all that might have been.
 Life thrashes us with twists and turns but still this much is true,
 What seems at first an ending is a chance to start anew.
 Though each of us has unique gifts with which we have been blessed,
 We lack the space and self-belief to put them to the test.
 You might choose paint or pencil, chisel, song or dance.
 It's time to spark that inner flame that never stood a chance.
 Disregard the inner critic – anyone who looks askance.
 Immerse yourself. Explore yourself. Your life will be enhanced.
 Flex and stretch those make muscles. Feel your spirit throwing through.
 There may be very little time but there's still so much to do.

From charity Zumba dance, a 'Virtual' beach and even an egg n' spoon,
 Our home activities might even take 'us to the moon!'
 Chair volley ball, fresh flower arranging too,
 Making 'Yorkshire fat Rascals' in cookery club,
 'Harvest still life art' what's your favourite hue?
 Woodlands Hangman, the 'GCW' (Giant Crossword to you)
 'To Coin a Phrase,' Song First Liners' and 'Spot the Musical' we do!
 We're a pretty talented lot, our brains and bodies we do keep fit,
 Writing poetry, limericks, stories and the like,
 We've no time to just sit!
 This afternoon the 'Art of Ageing' was the topic of the day
 (Tomorrow Thursday 1st. October after all is International Seniors Day!)
 In our opinion and in the voice of us all this then is what we say!.....
 'Do less with more Ease!'
 'Always make your brain work and keep busy please!'
 'Take each day as it comes, when it comes'
 'Climb the stairs every day to keep young and always enjoy a full tum!'
 'Live each day with a giggle and a laugh,
 It's what the doctor ordered,
 'Enjoy a medicinal tippie daily, wine, sherry, G and T too,
 In this way our glasses are always full by half!'
 Helping and caring for our fellow residents and friends is the way to go,
 We may be old but this is the sort of kindness we truly know.
 Read what the ancient Greeks say, Shakespeare true,
 Look at their take on age and read their clues.
 We 'Maybe knocking on that door !...'
 We might actually feel like lying on the floor!...
 But we will slam that door well and truly in it face!
 'The Art of Ageing' is alive and kicking in our place!

Poem interpreted, completed and written by Woodlands Residential Care Home residents and written for our Art of Ageing challenge set by The Poetry Takeaway www.thepoetrytakeaway.co.uk for last year's National Day of Arts in Care Homes

CONTENTS

Introduction	4
Imagine (Planning)	6
Create (Doing)	7
Share (Telling)	8
Inspiration and Ideas	9
Resources	13
Useful links	15

INTRODUCTION

Thank you for supporting the National Day of Arts in Care Homes, an annual event which takes place every year on 24 September.

You can take part by organising an arts related event or activity in a care setting to celebrate the day. We are also encouraging everyone to share stories about their events and activities and how you are using arts and creativity in care settings, either via social media or by contacting us directly.

Support creative ageing

We believe everyone is creative, and that taking part in arts and creative activities at any age can help support health and wellbeing, and enhance quality of life.

Many people are put off by the word 'art' or 'the arts', sometimes they don't feel they are 'that kind of person' or think that they don't have any creative talents. Often, these messages are planted early in life, but we can all benefit from access to arts and cultural activities throughout our lives.

By 'arts' we mean anything that is creative or cultural including music (e.g. singing, percussion, playing an instrument), dance, drama, visual arts (e.g. painting, drawing, photography), crafts, digital arts, poetry, creative writing and baking. Watching performances and visiting museums also provides creative engagement. Everyone can find a creative activity that they enjoy.

Try something new

If you have never delivered a creative activity in your care home, this is the perfect time to start! You don't have to be ambitious, start with something small and you can take it from there.

If your care home regularly offers arts activities for residents and has staff that are keen to develop your arts offer, this might be an opportunity for them to try something more ambitious.

It is never too late to learn new skills or try new things. Trying out new art forms, materials, mediums, techniques or processes might be something you want to consider this year.

Enjoy the process

We are aware how busy staff in care homes are, especially at this time, and continue to be inspired by the care settings delivering creative activities with their residents.

NAPA promotes a person-centred approach to care provision. By outlining three steps, Imagine, Create and Share, we hope it might help you to plan and deliver your activity or event, and involve as many people from your care setting in the process as possible. This will support participants' sense of ownership and introduce a collaborative approach involving the whole care setting. The aim is that this will lead to everyone enjoying and experiencing benefits from the activities and events, including supporting relationships and general wellbeing in your care setting.

We think that the creative process is as important as the end product itself. However, it's important to bear in mind that many people naturally tend to want to produce an end result or piece of art they think is 'good' and they can be proud of. Having a purpose and an intention in mind can also be really important in terms of motivating and involving people, especially if they are new to the chosen art form.

Be inclusive

We are proud to be part of the diverse care home community, and wish to ensure that it is a respectful environment where everyone feels seen and heard, and our diversity is valued and celebrated.

It is important to plan activities and events that enable participation from everyone in a way that suits them, reflects their cultural background and gives them a voice. If you feel you need advice on supporting inclusion, there is help available through NAPA.

Enter our Arts in Care Homes Award

If you would like your event or activity for the National Day of Arts in Care Homes to be considered for the Arts in Care Homes category of the NAPA Care awards, please register your event via our website. It's really quick and easy to do!

Register here: www.artsincarehomes.org.uk/nationalday

IMAGINE (planning)

The planning stage; thinking up ideas, sharing thoughts, suggestions and aspirations is all part of the fun of doing creative activities. We have heard how much you enjoy planning your events. Last year we could feel the anticipation and excitement building as everyone started sharing glimpses of what they were preparing for the big day on social media.

To get started on your plans for this year's event, why not organise an 'Imagine' session to help residents and staff share thoughts on what you would like to do? It is everyone's event so it is good to involve as many people from your care setting as possible from the start. You might want to have a separate session or communication so night staff, your domestic team and maintenance staff can join in. Think about whether there is a way to involve relatives, friends and volunteers in the discussion, or maybe you could invite local partners such as schools, colleges, museums, arts organisations or artists to join in.

During the Covid pandemic, all contact outside the home may need to be done by post, telephone or online but you can still involve people in the planning of your event and make them feel part of the creative community in your care home.

In your groups, start sharing ideas about what event or activities you would like to do. Think about whether you want to do something small and simple like an arts activity or event to take place on the day, a week of special activities, or maybe something more ambitious like an exhibition, community arts project or a performance.

Share ideas, be playful and ensure everyone has the chance for their voice to be heard and their ideas acknowledged and valued. You don't have to settle on an idea too quickly, often it takes time to agree on what you want to do or come up with a plan. Once you have agreed on an activity or event, start working on the details.

Think of this planning stage as part of the event itself and be creative!

Ideas to help planning:

- Make a mind map by asking people to shout out ideas and capture everyone's ideas and see how they link up.
- Ask questions of your participants such as 'What creative activity have you always wanted to have a go at?' or 'What does art mean to you?'

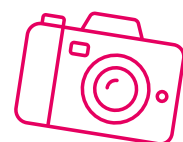
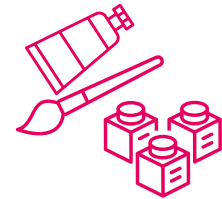
CREATE (doing)

This is the stage when you deliver the creative activity or event you have all planned together, so:

Dance, sing,
decorate, sculpt,
rhyme, build,
paint, sew,
animate, collage,
perform, draw,
act, colour,
craft, knit,
stick, fold,
write, photograph,
model, print or design...

**Most of all enjoy being creative
and being creative together!**

Your care setting might have decided that everyone would enjoy experiencing someone else's creativity by organising or booking a performance, concert, or screening in which case sit back and enjoy.



SHARE (telling)

Sharing creative work can be a great way for everyone to appreciate creativity and ideas. You might want to hold a reading to share creative writing or poems written by participants, put artwork up on your walls or windows, or display craftwork on a table. You might even want to create a museum of pictures, objects and stories in your care setting for everyone to visit. Through sharing we help make the creative experience last longer and learn more from it, as well as about each other.

Sharing can also have tremendous benefits in terms of boosting self-esteem and giving people a voice. It is useful to bear in mind that sharing can make some people feel vulnerable and on display themselves, so it needs to be carefully considered and done in consultation with participants.

A great way to share is also to film or take photographs of your events and share on social media.

How to share with us

Register your event at www.artsincarehomes.org.uk/nationalday

We would love you to share details, stories, photographs and films of your activity, event or artwork with us.

Please make sure you have obtained the necessary permission before sharing images of people.

You can share with us on social media using the hashtag [#AICH2021](https://twitter.com/Artsincarehomes):

Twitter [@Artsincarehomes](https://twitter.com/Artsincarehomes)

Facebook [@artsincarenapa](https://www.facebook.com/artsincarenapa)

Instagram [@artsincarehomes](https://www.instagram.com/artsincarehomes)

You can also email us at info@artsincarehomes.org.uk

We would also love to hear about arts projects or activities your care setting has been doing throughout 2021 during the week of 20 September.

You can share your examples on social media during the week using the hashtag [#AICH2021](https://twitter.com/Artsincarehomes), or by email.

NAPA events

You can also join NAPA for some related events including:

- NAPA Tea Tuesday – Arts in Care Homes chat Tuesday 7 September, 2.30pm
- NAPA Tea Tuesday – ‘A daily offer of creativity & culture’ Panel Discussion Tuesday 21 September, 2.30pm

Email communications@napa-activities.co.uk to find out how to book a place on one of these events.

Register your event or activity for the day at www.artsincarehomes.co.uk/nationalday

INSPIRATION AND IDEAS

Remembrance

Everyone has been through incredibly difficult times since the first lockdown in March 2019, and the care sector has been hit particularly hard. Your care setting might feel that this is all the more reason to plan a special event for everyone to look forward to, or you might decide together that what is needed this year is a chance to reflect on what has happened and remember those you have lost. If so, you might consider holding an event or activity on the theme of Remembrance.

Art and Craft

An exhibition

You might want to work towards an exhibition of drawings, paintings, poems or 3D objects created by residents and friends. In the months, weeks and days leading up to The National Day of Arts in Care Homes, you might decide to try out a range of creative activities and share and celebrate your achievements on the day itself.

Window galleries

During lockdown some people have created their own galleries by putting artwork up in their windows. You might want to make a display of your artwork in your windows or the reception of your care setting, so you and the local community can see what you have been doing.

- Is this something to consider for your event?
- Is there a particular message you would like to share about care settings or creative ageing?

If you are feeling adventurous you could encourage your street to take part too!

Dance and Performance

If you are a care setting with lots of extroverts and performers amongst your residents, staff and relatives you might want to work towards a performance. This could be a talent show, a concert, dancing, a play reading, a poetry recital, or even a dance-off.

Lots of performers and dancers have started delivering online sessions in the last year. You might want to book an online participative session for the day.

Music and Singing

Music is an essential element of any party or event, and we know how important and beneficial it can be in terms of activity provision in care settings and in particular in dementia care.

Here are a few ideas:

- A karaoke session
- A 'Desert Island Discs' sharing event using people's favourite songs and related memories
- A music session using instruments and words to create a song
- A 'Silent Seated Disco' with personalised MP3 Players
- A drumming or percussion session

Care Home Museums

How about creating a 'Museum of Life' reflecting the lives, memories and achievements of people who live and work in your care home? You could develop displays based on their stories using photographs and text, or take photographs of everyone in your care home and display them with their 'words of wisdom' underneath. You might wish to use special events or themes such as family life or pets as inspiration.

Another approach would be to choose and display objects that have particular meaning, memories or stories associated with them, along with short descriptions about their importance.

Poetry and Writing

Making a book

You might want to think about creating a book of poems, stories, photographs or drawings, whether as a collection or based on a theme. Another idea would be to create a book by compiling memories, stories or favourite recipes of residents and staff. Food and memories associated with food can be a popular and comforting topic. You could compile the recipes along with related memories and stories about favourite meals. Or how about discussing favourite food, collecting recipe suggestions and then having cookery sessions in the run-up to the day?

Scrap book journals

A nice way of encouraging daily creative activities is to get participants their own scrap books. Then work together, either one-to one or in small groups, filling the pages using collage, diary entries, newspaper cuttings, poems, photos, pressed flowers, postcards, calligraphy, or whatever each person is most interested in. You could use the books as artist sketch books and fill each page with different art techniques such as drawing, painting, printing and rubbings.

Have fun looking back through the books once they are finished and you could turn this into your event.

Photography

A really accessible artform for creative activities in care settings, but one that is often overlooked, is photography. Maybe you could decide on a theme for a photography exhibition or produce images for a book or calendar? You could take portraits or photographs of treasured objects. You could use digital, polaroid or even use film cameras, and could take pictures in colour or black and white.

Other suggestions

An intergenerational activity

We know how enjoyable and beneficial intergenerational activities can be for care settings and community partners. This has been particularly apparent during lockdown when many intergenerational partnerships have been formed between care settings and local nurseries, schools and colleges. Different generations can learn and gain so much from doing activities together as well as enjoying each other's company. Is there a community group you could link up with for your event and enjoy doing something creative together? For the time being this may have to be done remotely via zoom, by post or over the phone but meaningful connection and engagement can still be achieved.

Around the World

An inspiring event from last year was one which created a 'journey round the world' through the culture, art and cuisines of different countries. The care setting selected countries to 'visit' which residents and staff had personal memories and associations of. Passports were created for participants for the day and the care setting was decorated with themed country zones featuring music, regional foods and displays. Residents and staff could then 'travel' around and enjoy the different sights, sounds, smells and tastes. You could organise something similar, reflecting the different nationalities of your residents, staff and families.

Art Inspiration

Using a painting, photograph, poem, dance, piece of music or other artwork can be a really useful starting point for further creative activities. You could develop creative responses to the artwork, either in the same art form or a different one. For instance, a piece of music could be the starting point for painting or poetry, or a painting could be a conversation starter for a dance or drama performance.

Art Recreations

Dressing up and recreating a favourite work of art or album cover can be a really fun activity. It is also a great way of involving lots of people to help suggest and choose what images to recreate, make props and costumes, do make-up or be the person dressing up. Don't forget to take a photograph of your recreation!

A Sense of Occasion

You could sprinkle a bit of magic, colour and glamour into your celebrations. A little extra attention to detail can help elevate events and meal-times from something routine into an exciting multisensory experience:

Dress up – wear a favourite item of clothing to feel special or a costume of some kind if performing in a group. This could be matching accessories like a scarf or hat or a corsage,

Choose a theme – food, music and decorations can help take you back in time or to a different country,

Set the table – use vintage china, doilies, flowers, a tablecloth or design table seating cards,

Throw a party – play games, music and dance!

Most of all we hope you enjoy your day!

RESOURCES

These digital resources might give you some ideas or help when planning your event.

Arts in Care Homes

HOW TO guides

A range of guides on delivering create activities in care settings including:

HOW TO Guide for ideas on how to organise an art exhibition:

www.artsincarehomes.org.uk/howtoorganiseanartexhibition

HOW TO Everyday Creativity ideas

www.artsincarehomes.org.uk/howto-everydaycreativity

Coming soon will be new guides for poetry, choirs, visual arts as well as ideas for art activities for people with sight loss.

www.artsincarehomes.org.uk/category/resources/how-to-guides

Postcard related activities

www.artsincarehomes.org.uk/wpcontent/uploads/2020/04/OnlyConnectPenPals.pdf

Template postcards for art session

www.artsincarehomes.org.uk/wp-content/uploads/2020/09/AIT-Through-My-Window.pdf

Creative Communities guide

Created by Creative Paths for National Day of Arts in Care Homes 2020, this guide includes creative activity ideas based around five themes of Nurture, Play, Create, Relax & Celebration:

www.artsincarehomes.org.uk/2020/09/23/creative-communities-resource-pack

NAPA

NAPA Helpline

Need help with planning your event? Use this free resource either by calling or emailing and your query will be dealt with by a friendly, experienced NAPA staff member. You don't have to be a NAPA member to use this service.

Telephone: 0800 1585503, Email helpline@napa-activities.co.uk

We aim to respond to emails and voicemails within 24 hours.

Physical Exercise Guide 'Moving & Grooving'

This might help suggest some dance and movement related activities:

www.napa-activities.co.uk/wp-content/uploads/2021/02/NAPA_MG_Resource_2021.pdf

Register your event or activity for the day at www.artsincarehomes.co.uk/nationalday

Remembrance Guide 'Saying Goodbye'

NAPA has put together a useful guide with tips on creative ways of remembering people and saying goodbye using a range of art forms:

www.napa-activities.co.uk/wp-content/uploads/2020/10/Saying-Goodbye-A-Resource-for-Care-Homes.pdf

Other useful websites and resources:

Treasury of Arts Activities

A collection of 50 activities using different art forms, for use in any setting with older people, compiled by Liz Postlethwaite for The Baring Foundation.

www.cdn.baringfoundation.org.uk/wp-content/uploads/BF-Treasury-of-art-activities_WEB2.pdf

Paintings in Hospitals, Creative Care Homes A-Z

Lots of wonderful ideas for themes for artwork and different mediums to try out:

www.artsincarehomes.org.uk/2020/10/02/paintings-in-hospitals-creative-care-homes

Window Wanderland

Resources to make inspiring window displays, including resources for those who feel less confident, including stencil sets and colour packs:

www.windowwanderland.com

Live Music Now

Free live music resources for care homes:

www.livemusicnow.org.uk/lmn-news/title/Live-Music-Now-Online-Free-Live-Music-Resources-for-Care-Homes/item/69824

Music for Dementia

Toolkits, resources, evidence and much more:

www.musicfordementia.org.uk

Song Haven

Professional dementia friendly music events:

www.songhaven.co.uk

Playlist for Life

Making personalised playlists:

www.playlistforlife.org.uk/the-right-music

ArtLink

Art UK is the online home for every public art collection in the UK. Search for art inspiration here:

www.artuk.org

Dementia Craftivists

Celebrating the many ways in which people with dementia tell a story about who they are, where they have been, and where they are going:

www.dementiacreatives.org.uk/

Useful Links

Museums

Care Home Museums

An inspirational example of a museum created by care home staff to celebrate VE Day:

www.shropshirestar.com/news/uk-news/2020/05/08/ve-day-care-home-creates-museum-based-on-residents-wartime-experiences/

www.anchorhanover.org.uk/media/press-room/st-marys-care-home-create-unique-ve-day-museum

Manchester Museum

Manchester Museum has a wealth of FREE digital resources/events supporting arts and health available at www.mmfromhome.com

They have also developed several online bookable digital events suitable for care settings including Made to Measure and To Have and To Hold. These events are tailor made for the interests and needs of participants. For further information and to book an event email Victoria.Grant@manchester.ac.uk

Other museum related articles that might be useful

www.alzheimers.org.uk/dementia-together-magazine-dec-20jan-21/caring-culture-museums-reaching-out-people-dementia

[www.museumnext.com/article/what-we-can-learn-from-pop-up-museums-best-practice-and-ideas-from-instagram-friendly-experiences/#:~:text=A%20pop-up%20museum%20might,](http://www.museumnext.com/article/what-we-can-learn-from-pop-up-museums-best-practice-and-ideas-from-instagram-friendly-experiences/#:~:text=A%20pop-up%20museum%20might)

www.clarepatey.com/projects/the-museum-of

Articles

Last year The Guardian helped us share some amazing artwork by care home residents:

www.theguardian.com/society/gallery/2020/sep/16/visions-of-hope-uk-care-home-residents-lockdown-art

Sheffield Hallam University, photography in residential care settings in the North of England:

www.shu.ac.uk/research/specialisms/culture-creativity-research-institute/what-we-do/projects/design/photography-in-care-homes

Belong Village, art recreations for the National Day of Arts in Care Homes 2020:

www.careindustrynews.co.uk/2020/10/octogenarians-recreates-some-of-the-worlds-most-iconic-portraits-to-celebrate-national-day-of-arts-in-care-homes

Tell us what you are doing on the day #AICHH2021



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