

Get Involved Pack



““ We're supporting the National Day of Arts in Care Homes because we believe everyone is entitled to participate in and experience high quality arts and culture.

Susan Langford, Magic Me

““ We're supporting the National Day of Arts in Care Homes because we know the value of celebrating and incorporating the arts in care home activity planning. We've seen, first hand, the joy and sense of belonging that the arts can bring. Time to eradicate fears and stereotypes and be creative in our approaches.

Charlie Blair, The Blair Academy

““ We're supporting the National Day of Arts in Care Homes because the arts are great conversation starters, and they help people express themselves in new ways.”

Judy Parkinson, Drawing Life

““ We're supporting the National Day of Arts in Care Homes because our members are passionate about Creative Ageing and the potential for people to live well in later life through arts and creativity activities”

Geraldine Montgomerie, Leeds Arts Health and Wellbeing Network

““ Forget-me-not Chorus are delighted to join the Arts in Care Homes Day to celebrate the work of carers across the nation and internationally. As a charity who reaches people from Wales to New Zealand, we can't wait to bring some joy to all who will take part in this special day.

Kate Woolveridge, Forget-me-not Chorus

With thanks to our funders:

**The Baring
Foundation**



The Rayne Foundation

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

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INTRODUCTION

The National Day of Arts in Care Homes, now in its fourth year, is an annual event which aims to champion, promote and encourage arts engagement, creativity and cultural participation in care provision. The [Arts in Care Homes](#) five-year programme is funded by the Baring Foundation and the Rayne Foundation, and was established in England, to help highlight the benefits of creative ageing and arts for older people in care settings. We also want to help show how creative participation supports wellbeing in different types of care settings, reflecting the wider NAPA membership.

This year we have an international theme and we are inviting care settings and people with an interest in creative ageing in countries around the world, to join our celebrations on 24 September 2022. We hope to be able to share stories about the health and wellbeing benefits of arts for those receiving care provision, staff teams and relatives and friends and help to create a global network.

This year is NAPA's 25th anniversary and our designated [Year of Creativity](#). The NAPA Year of Creativity 2022 is a national campaign to support the care sector to prioritise creativity, with the aim of improving psychological and social well-being.

ABOUT

What is NAPA?

The [National Activity Providers Association \(NAPA\)](#) is the UK's leading activity and engagement charity. We support care services to prioritise wellbeing and promote activity, arts, and engagement. Our Vision is a UK where activity and engagement is an integral part of care provision, where people live content, creative and connected lives. Our Mission is to advance the role of the Activity Provider by offering professional development opportunities that enhance knowledge, skills, and confidence.

NAPA Membership is open to all providers of care and support services for adults in the UK. NAPA currently supports over 3,200 providers, offering a wide range of services. We are proud to support: Care Homes; Home Care Providers; Housing with care including supported living, extra-care and retirement living communities; Day Opportunities; Intermediate and Respite Care; Hospitals; Hospices; Community Centres; Carers Groups and individual Activity Providers.

Find out more about [NAPA membership](#).



What are the benefits of arts in care settings?

There is a growing evidence base which verifies the positive impact participative arts have on health and wellbeing and more specifically for older people.

The Baring Foundation (2011) report [An Evidence Review of the Impact of Participatory Arts on Older People](#) summarises some of the benefits:

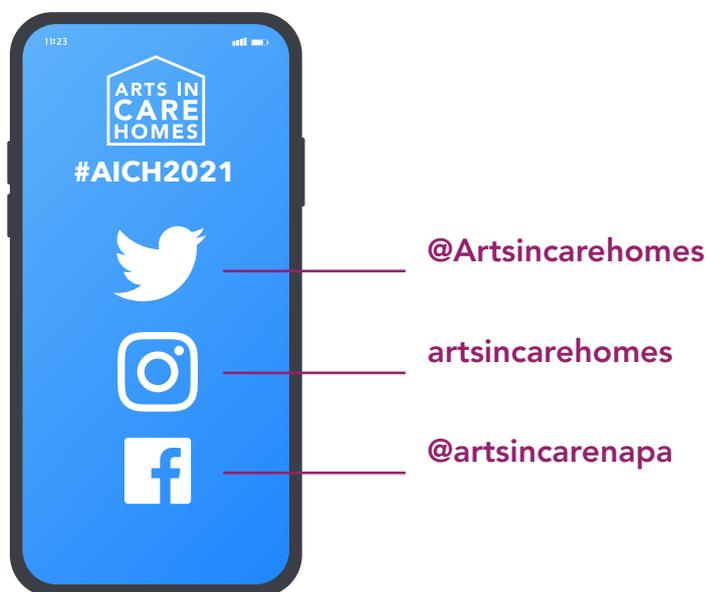
- Mental wellbeing Increased confidence and self-esteem amongst participants were perceived benefits of participatory art engagement.
- Through participatory art, older adults can embrace new and positive aspects to their identity and life role.
- Involvement in community arts initiatives may be particularly important in counterbalancing the mental wellbeing difficulties associated with periods of loss which can increase the risk of low mood, anxiety and social isolation.
- For older adults with dementia, participatory art can help improve cognitive functioning, communication, self-esteem, musical skills, pleasure, enjoyment of life, memory and creative thinking.
- Through participatory art many individuals exceed their personal expectations about what they could achieve, which enhances their mental wellbeing.

[Age UK Creative and Cultural Activities and Wellbeing in Later Life \(2018\)](#) also reported that social, creative and cultural participation were all key factors in terms of total wellbeing in later life.

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

HOW TO GET INVOLVED

- Plan and organise your event for the day, big or small, involving any art form.
- Register your event at www.artsincarehomes.org.uk/nationalday
- Download the 'We're taking part' certificate for your care setting and share photos on social media using #AICH2022.
- Share related best practice stories and social media posts, during the week commencing 19 September using #AICH2022.
- Share posts about your event on the day or in the following week in social media using #AICH2022. Please tag Arts in Care Homes into your posts!



- Join in related [NAPA online events](#).
- Take part in the NAPA creative invitation #FieldofFlowers, in partnership with [Drawing Life](#) and share picture of your flowers, on 24 September.

Remember to take into account your care provider's risk assessments and Covid policies when planning and delivering your activities.

IDEAS, THEMES AND ACTIVITY SUGGESTIONS

What art form shall we try?

We encourage thinking broadly about what could be considered 'art' and having discussions around planning events involving a range of art forms including music, singing, dance, drama, creative writing, ceramics or poetry.

We believe that everyone is creative and can benefit from arts and cultural participation, depending on the individual's interests and needs. 'Everyday creativity' such as craft, culinary arts or nature related creative activities, might be a good way of getting different people involved and making your event more inclusive.

Here are a few of suggestions for ways of introducing related activities or projects. You can also refer back to our Get Involved pack from 2021 for further inspiration.

Help us create a field of flowers

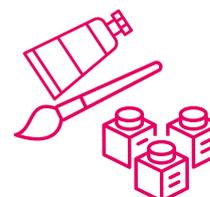
NAPA and [Drawing Life](#) invite you to help us to link up with partners across the world by creating an international #FieldofFlowers on 24 September.

Have fun in your care settings making drawings, paintings, photographs or 3D models of flowers and share pictures online on The National Day of Arts in Care Homes, using [#AICH2022](#) [#FieldofFlowers](#).

Our lead image is a sunflower, which is also the national flower of the Ukraine, but you are welcome to share images of any type of flowers real or made up. Let's work together to plant a [#FieldofFlowers](#) to blossom on 24 September.

Resources:

▶ [NAPA AICH Drawing Sketchbook](#)



International theme

We are inviting care settings and people with an interest in creative aging from around the work to join our celebrations this year by organising events and sharing related best practice. Countries interested in taking part and perhaps developed their own related National Day can find guidance on [page 14](#).

You could choose to reflect this international theme for your event. Spend the run-up to your celebration event planning different types of activities inspired by the nationalities and cultural backgrounds of your residents and staff and have a sharing event on the day. This could involve food, costumes, creating decorations with flags and cultural activities including music and dance. The discussions and sharing around this will be part of the fun and enjoyment, informing your activity choices as well as adding to your knowledge of individuals' backgrounds and interests. It is important to ensure that international elements to your activity or event are chosen by participants and that any potential sensitivities are carefully managed. We recommend taking the time to really explore together what aspects of peoples' cultural backgrounds and nationalities they would like to include in your event.

Resource:

▣ [Flag template](#)

Culinary arts

Food is a wonderful everyday pleasure, and many forms of cooking and baking involve great creativity. Involving chefs and domestics teams in your plans for the day could be a very popular choice! Your starting point could be having discussions around:

- ▣ Creating a twist on the menu for the day to help create the feeling of celebration
- ▣ National dishes or foods of those receiving care and staff teams
- ▣ Special festive drinks and snacks to help create a 'Sense of Occasion'
- ▣ Creative activities such as cake decorating, making sweets, creating your own home cocktail/mocktails...
- ▣ A bake-off competition with an international or favourite holiday's theme.

Resources:

▣ [Magic Me – Cocktails in Care Homes: The After Party](#)

▣ Free [NAPA resources](#) on a wide range of topics including food.

Quilt making

Sewing is another popular everyday creative activity that many of us have practiced throughout our lives. Quilts are beautiful items created by sewing fabric shapes together and can be functional or decorative. Making a quilt can be a wonderful way of building community, as while individuals work on their squares, they can enjoy chatting and sharing skills and stories. A community quilt could be a great way of involving staff teams, relatives, friends and the local community. It could be a paper or fabric quilt, and squares could be sewn together using different types of stitching or embroidered, while paper quilts could include drawing, painting and collage. You might want to consider making a group quilt on an international theme, with squares created by individuals or small groups maybe even including community contacts. Your quilt could include participants' names or self-portraits. You might want to use your quilt to put across a social message, as agreed on by your group, about creative ageing or care provision.

We have seen first-hand the health benefits of crafts. Pursuits such as knitting, crochet, dressmaking, embroidery and patchwork & quilting have seen a resurgence in popularity due to their rewarding and enjoyable nature, but also their associated mental health benefits. It seems that crafting is a wonderful antidote to the fast paced, digital world we live in as these pursuits bring communities of people together. Not only is it gratifying to create something with your own hand, it's wonderful to share it with others who appreciate it too.

Anna Baptiste, Event Director, [Festival of Quilts](#)

Resources:

- ▶ If you are interested in using crafts to share social messages, you can read about related #sewingforjustice projects such as [The UK Aids Memorial Quilts](#) and [Grenfell Memorial Quilt](#).
- ▶ Craftivism and the work of [The Dementia Craftivists](#) may also give you some ideas.

Have a singalong

A simple, old-fashioned singalong can be a fun activity to plan and take part in for everyone. It's informal and easy to organise, and will hopefully help lift everyone's spirits.

Resources:

- ▶ Forget-me-not Chorus – Online Library of singing films
Register on their website www.forgetmenotchorus.com to access a library of singing sessions and zoom events.

Find inspiration in nature

In '[Arts in Every Care Home](#)' our 2021 consultation with the care sector, The Dementia Craftivists told us that access to nature really helped them as people living with dementia both in terms of their general wellbeing and also in terms of being creative.

"I'm most creative when I'm outside. I can't stop looking and staring at everything."

Frances

From their lived experience of dementia, the Dementia Craftivists recommend that care settings help people to get outside – or bring the outside in with flowers, sand, shells, leaves and birdsong.

Could you incorporate some outdoor element to your celebrations to help inspire your creative activity? You might also want to plan an activity that allows participants to spend more time outdoors in the run up to the day itself.

Resources:

- ▶ [Poetry inspired by nature](#) by Nichola Charalambou from Creatives Writes.
- ▶ [MHA – The Wilderness](#) – Nature related learning resources.

Help creative dreams come true

When planning your event, why not use the day as an opportunity to try to include some art forms you have never explored in your care settings before? A good starting point would be to have a discussion with the people receiving care, staff teams and relatives and friends about what things they would like to try.

Does anyone have an unfulfilled artistic dream, ambition, or aspiration? Maybe you could make someone's creative dream or wish come true on the day by enabling them to play an instrument, recite a poem or perform in a play. Find out what secret skills are hidden away in your creative communities. Create 'wish' cards for everyone and see how many of them you can make come true ahead of 24 September.

Resources:

- ▶ It might be fun to watch the recent BBC television programme [Rock Till We Drop](#) together (available on the BBC iPlayer) and discuss what unfulfilled aspirations your group has.

Involve the community

Make your celebration event a community co-production by involving participants in all elements including planning, preparing, creating, curating, decorating, performing, facilitating, sharing and delivering.

We hope that on 24 September, care settings will be able to invite relatives, friends, artists and partners to celebrate with them either in gardens, communal spaces or community venues. Have fun planning your event together, inviting partners to work on different elements. You could have a competition to design your event invitation artwork and invite a local school or college to submit entries, or you could ask community partners to give performances or create artwork for a joint sharing event on the day.

Resources:

▣ Vibrant Communities

www.vibrantcommunities.co.uk – A special programme of live, online social groups and events for your care community. Events and groups range from tours of gardens and galleries, to yoga and football, through to recreating classic movies, poetry groups, art clubs and talks.

Arty parties

As this year's event falls on a Saturday, traditionally the 'day for fun', maybe you would like to organise an arty party? Elevate your party celebration with creative elements such as arty party games like charades, exhibitions, fancy dress and performances. You could work on creating a song or a dance to be performed at your event.

Simple touches can really elevate an event helping to create a festive atmosphere. You could add to the sense of occasion for your celebration event by using vintage china, cake stands and doilies, balloons or bringing in fresh flowers. Perhaps you might ask people to wear their favourite fancy clothes or make corsages for everyone. Maybe you have a party design enthusiast who could help transform your celebration event in some way.

Arty Party suggestions from Nightingale Hammerson

We love a party at Nightingale Hammerson, and we always try to celebrate our very culturally diverse team. For example, we had a tropical, carnivalesque Art's Day last year, which was great fun.

Some suggestions for a lively event:

- ▣ Sitting down Zumba really gets your heart rate up, but is still accessible for a less mobile group of people. On the Nightingale Hammerson's Zumba playlist we have the Macarena (Los Del Rio), Copacabana (Barry Manilow), Let's get Loud (Jennifer Lopez), Happy (Pharrell Williams) and La Bamba (Los Lobos).

- What do you need after all that moving about to J-Lo's tunes? A drink! Make a menu with the resident's favourite cocktails/ mocktails on it, like Evie's Espresso Martini, Gerald's Gin and Tonic and Margie's Margarita.
- After drinks, the conversation can get quite jolly. To keep this lovely atmosphere going, put some little cards on the table with questions like:

Do you think that aliens exist?

What is the most expensive thing you have broken?

What is the funniest joke you know by heart?

It is always fun to make some of the party decorations yourself. You can find bunting templates online to draw on, or you could make tissue paper flowers together to put on the table. A little more prep, but ceramic flowers on wooden sticks are gorgeous for garden parties as you can stick them in the ground.

We cannot wait for this year's National Day of Arts in Care Homes!



Photo by Nightingale's ceramicist Emily Chilvers

Go digital

Many care providers started to use digital technologies during lockdown in ways they hadn't done before. Thinking about how digital tools such as Zoom might help you plan your event - either to access entertainment or activity sessions for you to do with your group or to connect with other care settings, friends and relatives or community partners to celebrate together. Several arts organisations such as Forget-me-not Chorus have developed online resources including filmed singing sessions, designed specifically for care settings. You could also join our events including the NAPA Facebook live session on the day to help you feel connected to a wider arts in care community.

The [Unlocking Our Sound Heritage](#) project – part of The British Library's Save our Sounds programme – aims to preserve and provide access to thousands of the UK's rare and unique sound recordings. You could develop activities or a project using sounds as a starting point for discussion, leading to arts activities.

Resources:

- See the events section on [page 15](#)
- The British Library & Care Visions Healthy Ageing – [Travels Around Britain's Coastline](#): a dementia therapy film which utilises the British Library's sound archive.
- [North West Sound Heritage, Listening Back](#) – multi-sensory videos designed to be accessible for people living with dementia
- [Freesound](#) is a huge database of audio snippets, samples and recordings. Have fun with your care setting searching for random sounds
- University of Leicester, [Sounds Familiar](#) – reminiscence related sounds and activity suggestions.

GUIDANCE FOR OTHER COUNTRIES

This year, NAPA is inviting other countries to join our celebrations on 24 September, by organising events in care settings, sharing best practice and joining us online. You might also decide that you want to develop your own related national day. Dr Kate Dupuis from The Sheridan Centre for Elder Research in Ontario, Canada, shares information about their Arts and Aging Day, inspired by the National Day of Arts in Care Homes and her learning from setting it up.

“Arts and Aging Day Canada is an exciting opportunity to highlight how participation in the arts and engaging in creative activities can help us maximize our health and well-being as we age. Our Day encourages people to be expressive and creative, and the virtual nature we have used in both our 2020 and 2021 Days allows this to be a truly pan-Canadian initiative. Through Arts and Aging Day Canada, we can reach older adults and their friends, family members and care partners living in the community and in retirement and long-term care homes all across the country.”

Dr Kate Dupuis (Twitter: @artsaging)

Tips to starting your own day

- Use consistent branding, create a logo and a hashtag to be shared on social media
- Involve as many organisations as you can, invite them to join you in participating in the day/volunteer activities to offer on the day
- Offer a “how to get involved” webinar to try and reach as many people as possible
- Don't be afraid to ask for help! Collaboration is key in starting this type of an initiative

EVENTS

Join our online events arranged as part of the National Day of Arts in Care Homes celebrations. These include discussions, practical 'How To' YouTube films and participatory activity sessions.

Keep up to date with these and other NAPA events by following the [NAPA Eventbrite Page](#).

NAPA Tea Tuesday events

May 17 – Creative Ageing Festivals

Sept 20 – Sharing stories about arts in care homes

NAPA Eventbrite participatory sessions

Fun and inclusive participatory singing session with Forget Me Not Chorus (date tbc)

Hip-Hop Dance with The Blair Academy (date tbc)

Facebook Live

Sat 24 Sept 9am and 2pm – Details tbc

Resources

- [Flag template](#)
- [‘We’re taking part’ certificate](#)
- [Poster template](#)

Additional useful links:

- [NAPA Arts in Care Homes Get Involved Pack 2021:](#)
- [Baring Treasury of Arts Activities for Older People, Vol 2](#)
- [Google Art +Health & Wellbeing toolkit](#) (in partnership with The Southbank Centre)
- [Southbank and NAPA Art by Post booklet, Explore & Inspire](#)

Support:

NAPA Support Line

Do you need help planning your event or support developing meaningful engagement? Use this free resource by calling or emailing us 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 support@napa-activities.co.uk

Every Corner Network

This online group run by the Southbank and NAPA meets online on the second Tuesday of every month to share ideas, listen to presentations, take part in practical demonstrations and discuss subjects related to arts and meaningful engagement within care provision. Speakers include artists, care staff and people with lived experience.

Sign up at www.southbankcentre.co.uk/creative-learning/arts-wellbeing/artbypost/every-corner-network.



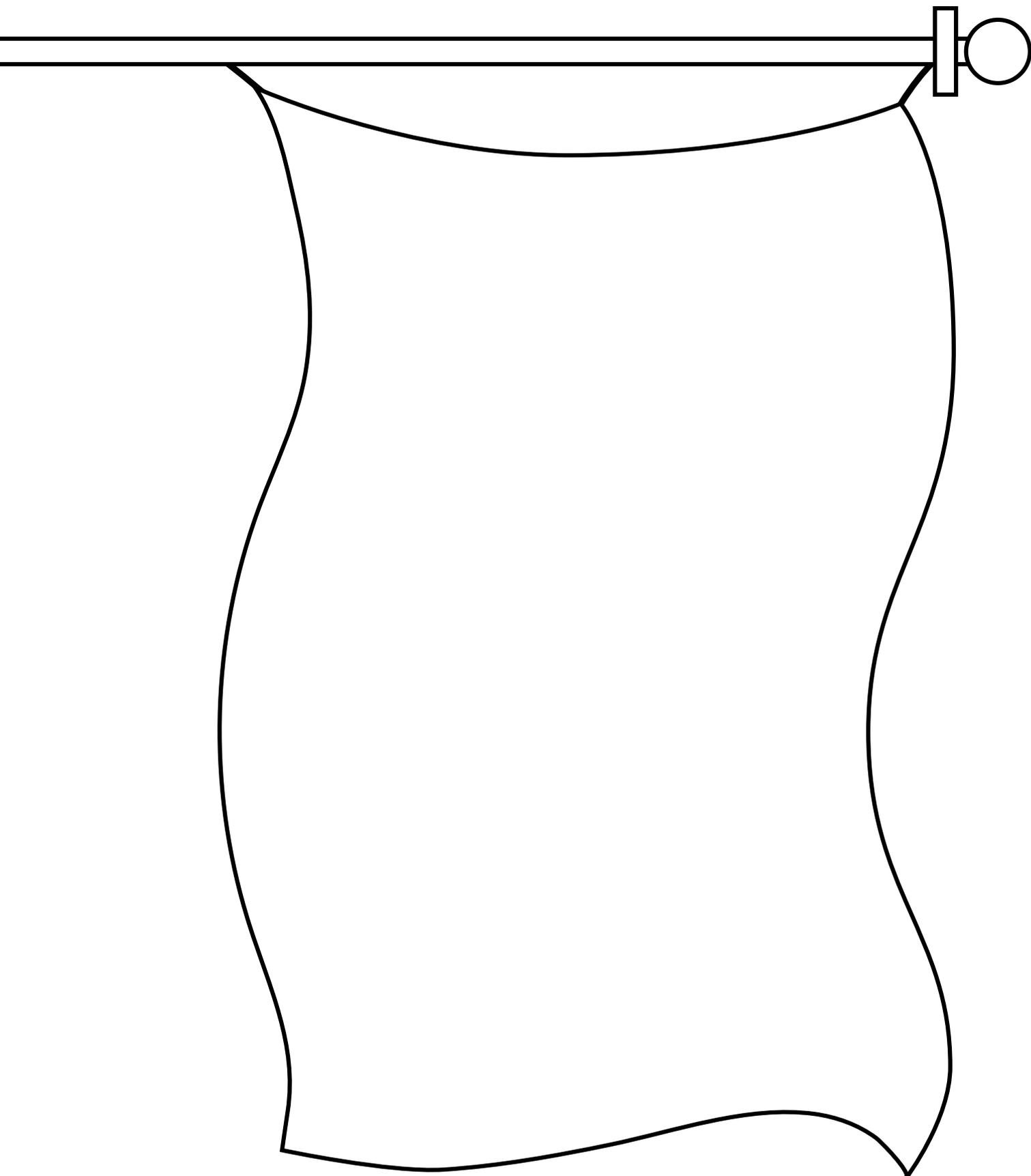
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The Rayne Foundation

Create a flag for your care setting. The colours, patterns or symbols could reflect the location of your care setting, your interests or values. You could have a competition and choose the winner on 24 September.





WE'RE TAKING PART IN THE

National Day of Arts in Care Homes 2022





EVENT DETAILS: