

NATIONAL DAY OF

ARTS IN
CARE
HOMES

#AICH2023

#AICH2023



24 SEPTEMBER

Get Involved Pack



““ We are very proud of what has been achieved during the first five years of the NAPA Arts in Care Homes programme, especially through such a challenging time. It has been wonderful to watch the support for this event growing each year, and to help highlight the fantastic work that is taking place in care settings. This year it is more urgent than ever to come together to help make arts and creative engagement for every care home a reality.

Hilary Woodhead Executive Director, NAPA

““ Excel Care is delighted to partner with National Day of Arts in Care Homes and play a leading role in the celebrations this year. Encouraging people across our family to 'reflect' and get involved in different forms of art throughout the week will no doubt have many positive benefits to their health and wellbeing.

Sam Manning, Chief Operating Officer, Excel Care

““ We're so happy to take part in National Day of Arts in Care Homes as it builds on many of the creative activities we already hold in our care homes across the country. Art is fantastic for boosting wellbeing in people living in later life by facilitating creativity and providing a special way to express ideas and emotions.

Asa Johnson, Service Improvement Manager, Anchor

““ Arts in care homes is so important - it's my mantra throughout my day and I am always looking for where I can put some creativity in the care home. I already have 24 September marked in my diary!"

Lizzie Grant, Wellbeing Development Co-ordinator, South West Care Homes

““ We are delighted to be partnering with National Day of Arts in Care Homes to take a moment to reflect with love and hope, Let's pause, together

Susanna Howard, Founder, Artistic Director, Living Words

““ We have been so inspired by the Arts in Care Homes initiative in the UK and are now excited to start an "Arts in Residential Aged Care" movement in Australia and our own National Day in September.

**Helen English, College of Human and Social Futures,
University of Newcastle, Australia**

With thanks to our funders:

**The Baring
Foundation**



The Rayne Foundation

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INTRODUCTION

This is the fifth year of NAPA's current Arts in Care Homes (AICH) programme, which aims to highlight the important role of arts engagement and cultural participation in care provision. **We are very excited to share our plans for Arts in Care Week 2023, starting on Monday 18 September and leading up to The National Day of Arts in Care Homes on Sunday 24 September.**

The theme for this year's event is **Reflections**

We hope this will provide an opportunity to look back over the past five years and see how far we have come as well as thinking about what we might want and need moving forward. You can get involved by organising an event, sharing related posts on social media and taking part in free NAPA online events.

Over the months leading up to the National Day, we will be looking back at the work we have developed throughout the programme and sharing highlights and key learning from this period. We also want to identify with you what will be most needed going forward to help embed arts, creativity and cultural participation in care provision and to work towards equal access for everyone. The AICH programme started in January 2019, and we have held four annual events on the 24 September each year since then, with increasing support and involvement from care and arts partners. The AICH programme has grown during what has been a very challenging time for the care sector, which has included the impact of the Covid-19 pandemic and currently the cost-of-living crisis. However, throughout this period there has been an enormous commitment from care settings to developing meaningful creative engagement through the arts for the benefit of care recipients and staff teams. Many care providers also began to use digital technologies, which have opened up access and opportunities to engage with culture and creativity, as well as online training. Arts and cultural partners have increasingly been creating resources and hosting online events specifically designed for a care audience. There has been definite shift, with a wider understanding of the important role that the arts have to play in care provision in terms of enhancing health, happiness and wellbeing.

We thank everyone who has taken part in our current programme, and hope you will participate again this year.

ABOUT

Arts in Care Homes is a five-year programme funded by The Baring Foundation and The Rayne Foundation. We plan and deliver a programme to mark The National Day of Arts in Care Homes, and develop resources including a user-friendly website, to inform, inspire and share examples of best practice. There is a growing body of evidence demonstrating the positive impact participative arts have on health and wellbeing, including for older people. One of the key aims of the Arts in Care Homes programme has been to work towards embedding arts in care provision with an equal access and offer for all. The Baring Foundation report Every Care Home A Creative Home (2022), considers how a systems approach involving both arts and social care sectors could make arts, culture and creativity an everyday experience in many more of England's care homes. NAPA will be developing work based on some of the recommendations from this report during 2023.

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 care providers, through 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.

HOW TO GET INVOLVED

- Plan and organise an event for The National Day of Arts in Care Homes, which can be any size and involve any art form. You might want to form a small working group, bringing together staff, the individuals you support and family members to oversee this. Then register your event at www.artsincarehomes.org.uk/nationalday

NAPA will be awarding five Arts in Care Homes prizes, including free NAPA membership, to selected events this year and the winners will be announced in November. To be eligible for a prize, make sure you register your event with us. It's quick and easy and you can send an update if your plans change.
- Download the 'We're taking part' certificate for your care setting and share photos of your care setting with the certificate on social media any time in the run up to Arts in Care Week 18 – 24 September using #AICH2023. [See Additional Resources.](#)
- Share your best practice stories with us on social media during Arts in Care Week 18-24 September using **#AICH2023 #Reflections**
- Share posts about your event on social media using **#AICH2023 #Reflections**
Please remember to tag @ArtsinCareHomes into all your social media posts!
- Join free NAPA online events during Arts in Care Week, 18-24 September which will be on the theme of Reflections
- Contact NAPA if you want any help, advice or for a chat about your event. We love hearing about your plans! Contact info@artsincarehomes.org.uk
- Take part in our creative challenge **#DrawingOnMemories**, developed by NAPA in partnership with Drawing Life. [See page 8](#) for further information.



@Artsincarehomes

artsincarehomes

@artsincarenap

FREQUENTLY ASKED QUESTIONS

When is the National Day of Arts in Care Homes?

The National Day of Arts in Care Homes is an annual event that takes place on 24 September. This year it falls on a Sunday so you may want to plan more quiet and reflective activities to fit with the feel of the day and our theme. Remember your event does not have to take place on 24 September, it can take place anytime during Arts in Care Week of 18 - 24 September. You could start your week with an arty party or lively communal activities to allow your care settings to celebrate and enjoy being creative together. Then you could finish on the Sunday with some quieter one-to-one creative engagement, or sharing what you have been doing during the week.

What do you mean by 'an event'?

We have a very broad approach to events for the National Day. You might want to plan and deliver a single activity session in your care setting, a series of sessions on a specific theme, organise a performance or screening for residents and staff to watch and enjoy, an exhibition or collaborative project with an arts organisation. Your event can be any size depending on your resources. Our focus is to provide an opportunity for residents, staff, friends, family and community partners to come together to enjoy arts and creative engagement.

Who can take part?

Anyone developing work around arts in care provision in, or with, any type of care setting is invited to get involved.

What art forms can we use?

There are no restrictions regarding art forms and creative engagement. You might want to develop an event focused on dance, drama, music, digital arts, poetry, crafts, nature arts, sculpture, cake decorating, creative writing, photography, singing, watching a film or performance, or another activity – the choice is yours. Remember to involve the whole of your creative community in the planning of your session by asking everyone what they would like to do this year. Why not take it as an opportunity to try something you haven't done before?

CREATIVE CHALLENGE 2023

#DrawingOnMemories

Our creative challenge this year is #DrawingOnMemories, developed in partnership with Drawing Life. To participate in this challenge, we would like you to make artwork inspired by a happy memory. Memories can be expressed in the form of drawings, poems, songs or performances. A happy memory could be of a family holiday, playing at a childhood home or in the park, a favourite pet or toy, or a best friend. Or perhaps the memory might be about getting married, a much-loved location, a party or an exciting night out.

Think about how to express memories

Memory drawings can be anything from simple sketches to elaborate illustrations. As well as drawings of memories, you could try making abstract art, using colour and patterns to express sensory related memories – the memory of a smell, a sound, or a texture. This might be a good initial approach for someone lacking confidence in drawing (thanks to Geraldine Montgomerie from The Swansong Project for this idea!).

You might choose to have some text to accompany images to help explain what they are about. This could be few words or a sentence or two. You might want to think about writing a poem to accompany your drawing, inspired by that happy memory. The poems can be very short and simple, and free form – they don't have to rhyme.

Or you might want to be really ambitious and express a happy memory, or even the memories of everyone participating, through creating a song or performance! Be creative and feel free to do whatever works best and be guided by your participants. The memories you share might be about things we don't see or do any more, and as such will contribute to the community history of your care settings. This activity is not just about thinking about the past, but also about making new memories though enjoying being creative together. Any shared pictures or words will also be useful prompts for further conversations and activities.

Everyone is welcome to join in!

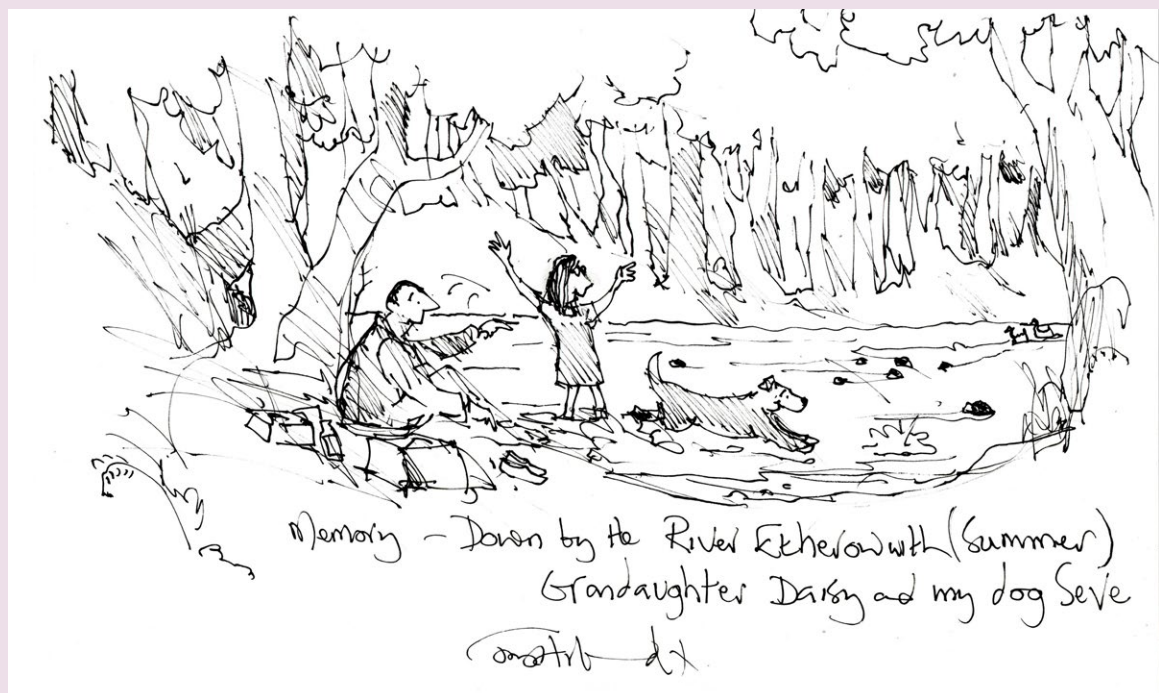
We would love everyone in your creative community to join in by drawing on their own memories and sharing them in creative ways. As well as helping us during difficult times, the arts and creativity can help us to re-connect with happy memories in our lives. This could be a great opportunity to organise a discussion group to share memories with others and enjoy being sociable together.

Share your happy memory art work with us

You can develop artwork for #DrawingOnMemories in the run up to the Arts in Care Week 18-24 September. Please send your drawings, photographs, words and poems to us by 30 August by email at info@artsincarehomes.org.uk. Don't forget to share with everyone on social media on the National Day of Arts in Care Homes on 24 September using #AICH2023 #DrawingOnMemories

Inspiration

Here are some examples of memory drawings to inspire you!



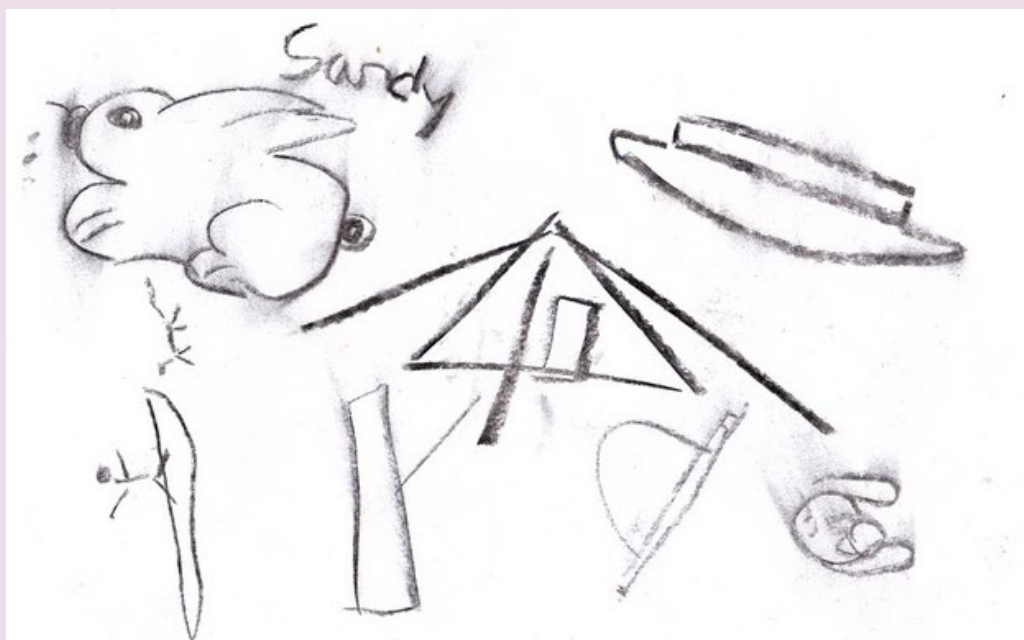
We are very grateful to the award-winning cartoonist Tony Husband for sharing a memory drawing of his own with us especially for the National Day of Arts in Care Homes 2023.



Memories of going to school on the bus by Betty, c/o Drawing Life



Memories of playing on the beach during World War II, Una c/o Drawing Life



Remembering my pet rabbit Sandy, Wendy c/o Drawing Life

Resources:

Order your free Drawing Life sketchbook here: www.drawinglife.org/sketchbook

You can watch some films by Drawing Life including one about 'In The Moment', an exhibition featuring art inspired by people living with dementia:

www.drawinglife.org/videos

Enjoy some mindful colouring in your creative communities using the NAPA Reflections Sketch & Colouring Pad: <https://digital.napa-activities.co.uk/view/647798808/12/>

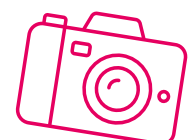
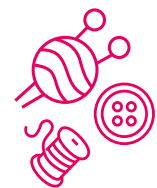
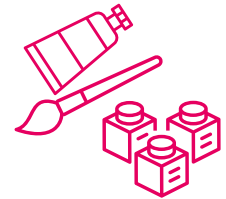
NATIONAL DAY: IDEAS AND INSPIRATION

Your event can be any kind of arts or creative activity, big or small, using any art form, and taking place any time during the week of 18-24 September. Remember to include as many people as you can in the planning process, make sure that your event is inclusive and that everyone has a chance to share their views and get involved in a way that suits them. The most important thing is that you enjoy celebrating the arts and being creative. For some people one to one discussions and activities will be preferable and will have more impact.

There are lots of different approaches you could take:

- You might use the Reflections theme as your inspiration to create an event for #AICH2023 #Reflections. You could develop activities around self-portraits, words of wisdom or reflections in nature;
- You could plan one-to-one, quieter, more reflective arts engagement or consider the role the arts have to play in palliative care and bereavement;
- You might want to take this opportunity to commemorate loved ones and public figures we have lost over the past five years;
- Your event could be an exhibition or performance based on artwork created for our #DrawingOnMemories challenge;
- As well as encouraging people to try new things and learn new art skills, you might want to celebrate the creativity of artists by inviting a local practitioner to do a poetry reading or art demonstration, or perhaps even a partnership project with a local school or arts organisations.
- Your care setting may decide they would like to watch a play or performance, and have a relaxing creative session together.

A starting point for planning your event could be to have an enjoyable group discussion. If you would like to focus the discussion, you could think about the word 'reflections' and what it means to everyone. If you are taking part in our creative challenge #DrawingOnMemories, you could use the discussion group to talk about thinking about happy memories and what art form you would like to choose to express them.



Thinking about Reflections

You could choose to create artwork featuring reflections; in mirrors, glass or water, which could include self-portraits, views from windows and images from nature. Or perhaps something more abstract such as rainbows, or even prismatic art where light is reflected through prisms.

Perhaps it would be interesting to consider reflections in terms of looking inwards, sharing artwork around personal thoughts, feelings and memories. A different approach to self-portraits would be to reflect on how we see ourselves and how we feel inside. You could create a gallery of image, a poetry anthology or a performance of songs or dances, sharing artwork about everyone in your care setting. Or you might decide on reminiscence related activities, using different art forms to reflect on chosen topics. Our creative challenge #DrawingOnMemories could be a starting point for this.

Resources:

- ▶ Paintings featuring mirrors and reflections: <https://artuk.org/discover/stories/reflections-on-the-mirror-in-art>
- ▶ Artists that use mirrors to create their artwork: <https://magazine.artland.com/upon-reflection-the-mirror-in-contemporary-art/>
- ▶ Exploring identity through digital self-portraits: <https://framesofmind.uk/wp-content/uploads/2021/03/Salmagundi-JODC-article-2.pdf>
- ▶ Photographs of older people looking at reflections of their younger selves: <https://digitalsynopsis.com/design/reflections-of-the-past-tom-hussey/>

Reflecting on Life

One approach to the reflections theme using creative writing might be to reflect on life lessons and collect 'Words of Wisdom' in your care setting, perhaps using learning from the past to inspire younger generations. This could be on the reflections theme, or with a focus on 'Our Planet' or 'Lessons Life Has Taught Me'. This would be an ideal project to consider for intergenerational sessions, and you might like to contact your local school, nursery or college to see if they want to partner up with you.

Think of creative ways to share your group's 'Words of Wisdom'. You could make a tree and share the messages on paper leaves or flowers. You could print or paint the words onto t-shirts or create a series of 'protest style' posters or banners sharing key messages and display them around your care setting, on notice boards and in windows. You could organise a walk around your local community holding your 'message banners' or wearing your message t-shirts as a fun way of connecting with your local community. Or you might ask your local library, school or book shop to display some of your artwork during week of the 18 September.

A different approach would be for participants to write letters to their younger selves, sharing advice and learning from their older selves. A nice way to share these letters might be for everyone to read them to each other, or by developing a pen-pal partnership and sending letters to another care home or community group.

The National Day could also provide an opportunity for reminiscence sessions, perhaps in partnership with an arts or cultural organisation, and you might want to collate some of the memories into a book to share on 24 September.

Resources:

- ▶ NAPA Connected Communities toolkit to building relationships: <https://digital.napa-activities.co.uk/view/300635794/>
- ▶ Only Connect Pen-Pals - ideas for letter writing: <https://artsincarehomes.org.uk/wp-content/uploads/2019/10/onlyconnectresourcepack.pdf>

Reflecting on memories of loved ones

The National Day of Arts in Care Homes could provide an opportunity to remember loved ones or even famous figures that have passed away during the last five years. Together you could devise an activity that honours and commemorates those that we have lost during this time and display related artwork and photographs around your care setting. The #DrawingOnMemories challenge might work well as a way of reflecting on loved ones and well-known figures we have lost during this period.

Resources

- ▶ The National Day of Reflection is an annual event to remember those who died during the COVID-19 pandemic. It takes place on 23 March, the anniversary of the first lockdown in 2020. <https://www.mariecurie.org.uk/get-involved/day-of-reflection>
- ▶ Anthology of Reflective Poems: <https://digital.napa-activities.co.uk/view/399101526/>
- ▶ End of Life - a guide to supporting people through loss and bereavement: <https://digital.napa-activities.co.uk/view/399304476/>

Reflections on nature and the environment

Many of us find that nature supports our wellbeing, so you may wish to focus on reflections on the natural world creating artwork using different mediums such as poetry, visual arts, dance and drama. Alternatively, you could choose to explore global nature themes such as the importance of insects or trees. You could think about using natural materials to make art, including dyes and paints made from plants, rubbings and print making using leaves and natural surfaces and cyanotype prints using sunlight to develop nature images.

This theme could be a great way of encouraging people to use your care setting garden or outside spaces; perhaps an outdoor art sessions, performance or event. You could contact your local park or garden centre to see if they would like to get involved or support your project in some way. Don't forget sunscreen, shade and plenty to drink if it's taking place over the summer!

Photography could also be a lovely art form to consider for a nature related event. We recently heard about a photography project led by artist Carole Evans using disposable and digital cameras for a care home project developed as part of The Every Corner Network LINK: <https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/artbypost/every-corner-network> Creative Care Exchange. How about planning an outdoor photography session, or otherwise encouraging participants to walk around the care setting taking pictures of anything that captures their interest. You might be surprised by the results which may even inform individual's care plans, as we can potentially learn a great deal from seeing things from other people's perspectives.

Resources

- ▶ Ideas for creative mindful walks: <https://napa-activities.co.uk/wp-content/uploads/2021/12/Mindful-Walk.pdf>
- ▶ Making a nature collage: <https://napa-activities.co.uk/wp-content/uploads/2022/09/Nature-Collage.pdf>
- ▶ Photography in care homes: <https://www.shu.ac.uk/art-design-media-research-centre/archive/photography-in-care-homes>
- ▶ Article about photography project capturing life through the eyes of Bristol Care Homes residents: <https://www.bristolcarehomes.co.uk/bristol-care-homes-portraits-of-care/>
- ▶ Take inspiration from socially engaged artist Carole Evans who uses photography, textiles, and collage to tell stories <http://www.caroleevans.co.uk>

Sensory Reflections

One of the reasons we have chosen the theme Reflections, is as an opportunity to highlight the ways that the arts and creative engagement can be used on a one-to-one basis to contribute to meaningful person-centred care. This year you might want to think about ways of involving people who do not like joining in group activities or are less able to do so. This may include people who are bedbound or receiving palliative care. You might choose quieter more reflective activities, possibly involving nurturing touch and multi-sensory engagement. Several care homes have developed programmes using the principles of Namaste Care or involving complementary therapies such as aromatherapy and reflexology. Think about how you can incorporate the five senses of sight, hearing, touch, taste, smell creatively into your activities.

Resources

- ▶ Namaste Care toolkit: <https://www.stchristophers.org.uk/wp-content/uploads/2016/03/Namaste-Care-Programme-Toolkit-06.04.2016.pdf>
- ▶ Complementary therapies project article: <https://www.communitycare.co.uk/2000/03/22/healthy-alternatives/#.ZAnyCCL5srY.twitter>

Creative reflection through movement and performance

There are many different art forms that can help people to express thoughts and memories and reflect on things that are important to them without using written words or visual images. Another way of planning an inclusive event involving everyone in your care setting could be to think about how you might like to use movement, dance or drama to express your approach to the theme of reflection. This could involve a special seated dance or simple tai chi session which supports meditation and inner reflection, or even producing a short sketch or story to perform.

Resources

- ▶ Creative reflection through movement - A guide to using dance: <https://digital.napa-activities.co.uk/view/380046832/>

Reflecting on the last five years of the National Day of Arts in Care Homes

As this is the fifth year of our current programme, you might want to use it as an opportunity for your care setting to share their thoughts and reflections on the last few years. It might be interesting to think and talk about what the arts and creativity has meant to you during this period. The last five years have been a particularly challenging time for our sector and you might want to plan an activity or project that looks back on your experiences during this period.

Have you taken part every year? If you have, please let us know, and share posts about your previous events for The National Day of Arts in Care Homes using #AICH2023 #Reflections.

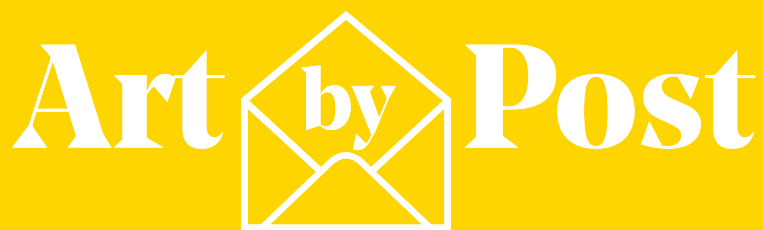
Sharing with your community

Artwork displayed in windows has become a very popular way to connect and share messages. Care setting windows are a great place to display artwork and provide an opportunity to create connections and develop a dialog with the outside community. You could display posters, pictures or stained-glass window artwork playing with light and colour.

Resources

- Window Wonderland helps communities transform their neighbourhoods into magical outdoor galleries through unique window displays. Contact them to find out more and get ideas and resources including their range of affordable toolkits: www.windowwanderland.com

South Bank Centre Art by Post: Poems for Our Planet



You might have time to participate in the South Bank Centre's current Art by Post project.

Poems for Our Planet is a series of six booklets focusing on how creativity and the natural world can support our wellbeing and help us explore feelings and positive action around the climate crisis. Each booklet is created with artists and climate activists who lead us, step by step, through creative activities to develop our own creative responses.

The booklets come with a freepost envelope to send your responses back to The Southbank Centre, which you can do from February to June 2023. Some of the poetry and artwork received during this project will be shared in a new public art installation that The Southbank Centre is commissioning for their climate-focused summer. The season focuses on hope, empathy and care to galvanise individual and collective action, and the installation will be a way of platforming the voices of people from all over the country.

You could share some of the nature artwork created in your care setting as part of Poems for our Planet on 24 September.

Sign-up for Poems for Our Planet

If you would like to receive more information and booklets in the post please fill out a form:

[Sign up on behalf of an organisation](#)

[Further information >>](#)

Additional resources

▶ We're taking part certificate – [page 20](#)

▶ ND AICH poster template – [page 21](#)

Arts in Care Homes

Visit our website for inspiration, information and ideas related to arts in care provision: <https://artsincarehomes.org.uk>

The Baring Foundation

[Treasury of Art Activities for Older people Volume 1](#)

[Treasury of Art Activities for Older people Volume 2](#)

NAPA

If you have enjoyed looking at the NAPA activity ideas and resources shared in this pack and aren't already a NAPA member, you can find out more about membership benefits including training opportunities and resources here:

www.napa-activities.co.uk/napa-membership

The NAPA Shed is a Practice Development Platform for Activity Providers packed full of ideas for activities and engagement:

www.napa-activities.co.uk/theshed

The NAPA Support Line is a FREE confidential phone line and email service for anyone with a question or concern relating to activity and engagement. You can call us free on 0800 1585503 or email supportline@napa-activities.co.uk

www.napa-activities.co.uk/services/activity-support-service/the-activity-supportline-service

The Every Corner Network

A free monthly online group led by NAPA and the Southbank Centre for anyone with an interest in arts in care provision. Share from your own experience and hear from a range of speakers on a variety of related topics.

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

Luminate Scotland

The leadership organisation for creative ageing in Scotland, work to ensure that older people's creativity can flourish whatever their circumstances, experience, interests and ambitions.

www.luminatescotland.org

cARTrefu

cARTrefu, which means to reside in Welsh, is Age Cymru's flagship arts in care homes project that has been running since 2015. The aim of the project is to improve access to quality arts experiences for older people in residential care and develop artist's and care home workers' skills in running these sessions.

www.cartrefu.org.uk

Bealtaine Arts

Ireland's national celebration of the arts and creativity as we age. Age & Opportunity Arts provides opportunities for older people to be more creative more often, to create meaningful participation and representation for all older people in cultural and creative life and to demonstrate and celebrate how our creative potential can improve with age.

www.bealtaine.ie

Painting in Hospitals

Creative Care Homes - an A-Z of art activities and inspirational ideas from Paintings in Hospitals. It's a practical and helpful guide to enable everyone to deliver creative sessions in a care home environment.

www.paintingsinhospitals.org.uk



WE'RE TAKING PART IN THE

National Day of Arts in Care Homes 2023





EVENT DETAILS: