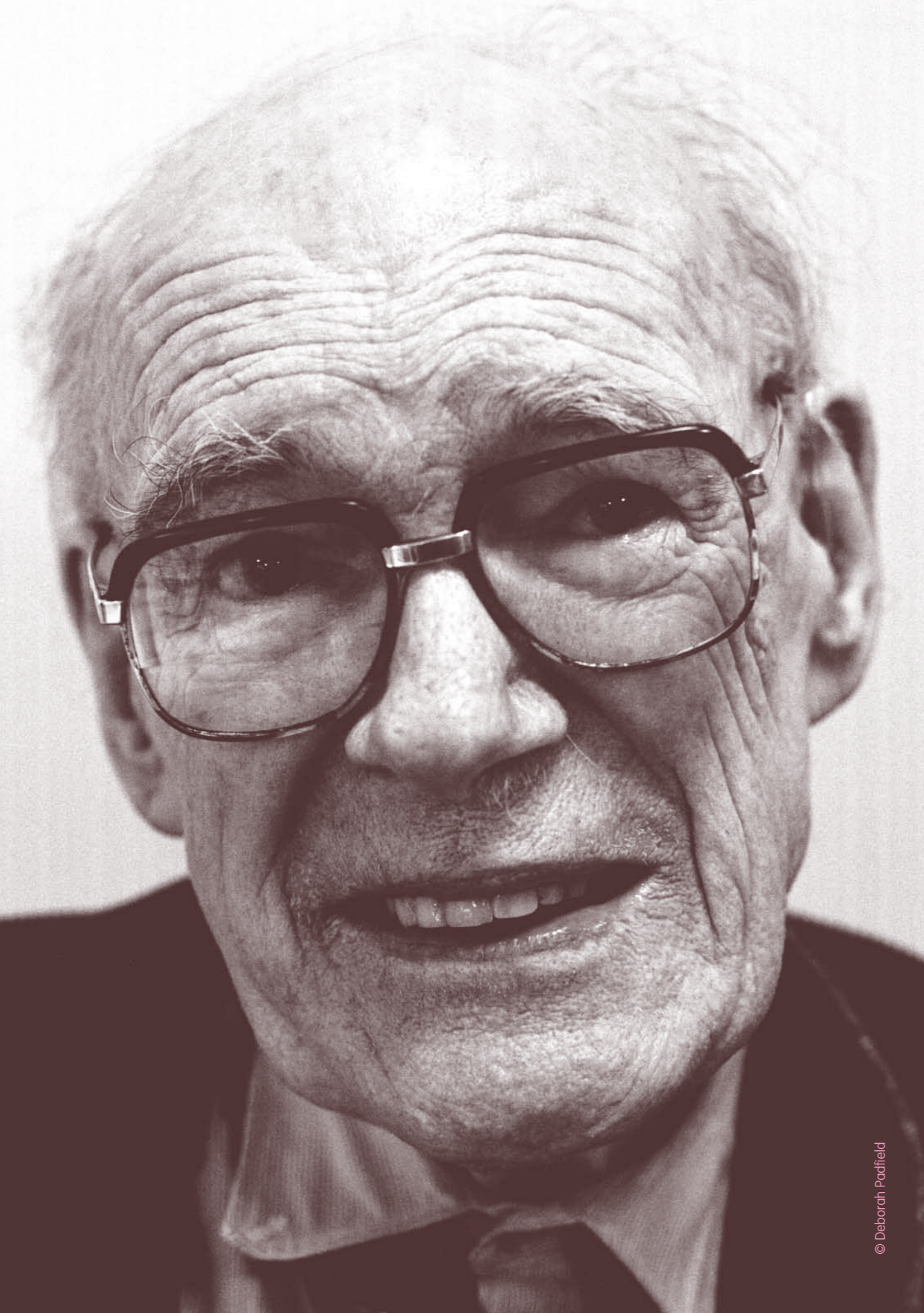


arts
+minds



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We would like to thank everyone who features in this publication and for their kind permission to use the images.

Foreword

This publication is intended as both a practical guide to, and celebration of the Arts + Minds project which took place in three care settings for older people in the City of Westminster in 2007.

The success of the project is testimony to the effectiveness of partnership working that brings together the skills and expertise of people from within and outside of the care services to deliver a programme of activity that is inspiring, life enhancing and enjoyable for all involved. Each of the three projects described has made a unique contribution to prompting new relationships and harnessing creativity for the individuals who participated.

In 2006 a working group was convened by the Department of Health to review the role of arts in health and social care. The report stated that 'The arts are undoubtedly essential for human well-being' and concluded that the arts have 'a clear contribution to make, and offer major opportunities in the delivery of better health, well-being and improved experience for patients, service users and staff alike'.

Nevertheless, for older people in care, access to arts is still not guaranteed. We hope you will find your own inspiration and be moved to act by what we have learnt.

Councillor Ian Adams
Cabinet Member for Health & Adult Social Care
Services Westminster City Council



The best piece of advice I received while researching the project was never to make assumptions about what older people are capable of – especially those with some degree of dementia.

Susan Aldworth
Arts+Minds, Project Manager



Introduction

The idea behind the Arts + Minds project and this publication is to highlight the value of art in supporting the well-being of older people receiving care, and to establish an appropriate framework within so that arts activities can be delivered effectively by care centres working in partnership with organisations like Westminster Arts.

The positive outcomes of this project demonstrate that the benefits can be far reaching and significant, not only for those in care but also for the wider community of carers and support staff around them. Moreover, projects of this kind provide an opportunity for care centres to establish links and relationships with individuals and organisations who can help to breakdown the sense of isolation that many older people experience on entering the care system by involving them in activities that bring the outside world in.

We are very grateful to both Futurebuilders England and Arts Council England for supporting this idea and enabling Westminster Arts to deliver and document the project in order to share outcomes and inspire others.

Arts + Minds aimed to transform the quality of people's lives and make the relationship between carer and cared-for, imaginative, rewarding and fun. The participants' response to the project has been overwhelming, with real evidence of improved agility, confidence and happiness.

I am deeply indebted to Project Manager Susan Aldworth for her unending enthusiasm and creative expertise. She steered and delivered a rich and diverse artistic programme, and her humour and professionalism were keenly appreciated by the carers and the older people.

I am particularly grateful to Jude Sweeting, Development Officer Dementia (Westminster Adult Services/PCT), for sharing her in-depth knowledge and applying a constantly creative approach. She has worked in partnership with Westminster Arts for several years and her expert guidance has been essential to our programme of activities working with older people.

Special thanks go to the centre managers and care workers for their eagerness to take part in the project and to all the older people who were so inspiring and fun to work with. Also to consultant Anna Smith who evaluated the project and produced a succinct report to help us move forward.

Helen Marshall, Deborah Padfield, Fraser Trainer and Peter Whyman are established independent artists and brought a wealth of vision and innovation with them. Their foresight and interest in working with older people have opened up new possibilities and brought real hope and inspiration to many.

It is now important to campaign for more sustained arts services for all older people receiving care and we are confident that this document can contribute.

Beth Cinamon
Director, Westminster Arts

The Project

In 2007 Westminster Arts and Westminster City Council delivered three projects with contemporary artists working in care settings for older people photography, music and moving image. These centres offer different types of service and environments and are used by people with differing abilities including people who experience dementia and other mental health problems.

The projects were delivered over a period of twelve weeks and in addition to the arts activity itself, offered the following benefits:

- A programme of training for care workers and managers to support the development of relationship building.
- The opportunity for care centre staff to gain skills and confidence in hosting and developing arts projects.
- Guidance and support to encourage care workers to integrate arts in future care planning and practice.

Arts + Minds focused on participatory projects which offered a creative approach to enhance the well-being and personalities of the people involved. Through the process of making art, care workers were encouraged to explore the talents, personalities and histories of the older people and could structure a creative plan to celebrate their lives.

Arts and Minds was a pilot project designed to develop the provision of arts in these settings and explore their effectiveness as part of the care planning process.

The need for a strategy

The older population in the UK is growing and issues of ageing are increasingly pertinent. Some older people are more vulnerable than others and need more support to maintain control of their lives.

There are many others with other kinds of mental health problems including depression and anxiety. These problems often bring difficulties with communication which upset the person's ability to initiate or sustain relationships.

It is hard to find specific mention of the arts in either local or national health and social care strategy documents. At the same time, government is looking increasingly to the Third Sector as important players in enabling older people to have control, choice and independence in their lives, whatever their degree of vulnerability.

Considering the priority now being given to supporting older people, and the mounting evidence base of the benefits of arts projects, it is frustrating that there is yet no strategy to provide open access to the arts. Projects still rely on ad hoc funding arrangements and partnerships between hard-pressed service providers and artists or community arts organisations.

Westminster Arts believes that the arts should be integrated as part of care planning for older people and that steps should be taken to fund these activities more consistently.



Prior to the commencement of the projects, a series of training sessions were delivered for care centre staff. The focus was to develop the skill of observing the clients and to give care workers confidence in using art, as well as inspiring them before the start of the project.

The sessions included participatory activities such as art and singing workshops, and drama-based group tasks. A number of guest speakers were also invited to give short presentations on specific topics relevant to the project.

These sessions were useful for disseminating the aims and objectives of the project, as well as providing an opportunity to explore ideas and approaches to the delivery of arts based activities. This ensured that staff were fully prepared to host the project and provide appropriate support to the artists. It also allowed staff the time and space to think about their clients in a different way and to re-assess the way in which they interact with their clients.

The lesson learnt is that the word impossible does not exist when we want to engage in arts activities.

Care worker

Video Photography Music

Video Project

The video project took place in a shared flats setting with seven clients all who have profound degrees of memory loss and difficulty in communicating.

Artist Helen Marshall worked with clients one at a time to make a ten-minute documentary film. Helen's way of working created a relaxed environment where the participants led the process either by using the camera themselves or by simply letting the camera roll with minimum direction or intrusion. The artist worked closely with staff and clients in making the film and was keen to make sure that they all felt a sense of ownership of the documentary.

The filming led to a number of illuminating discoveries about individual clients' lives and life histories. Robert's singing and incredible drawing talents came to the fore and Gilbert who is blind really loved hearing Chopin's music – his collection was played on his old gramophone.

On the other hand, another client hated the group art sessions and she said she 'would prefer to scrub floors than do this'. As a former nanny, she much preferred organising the tea at sessions and the party, where everyone enjoyed the film footage of themselves. These discoveries were an important part of Helen's work with the clients.

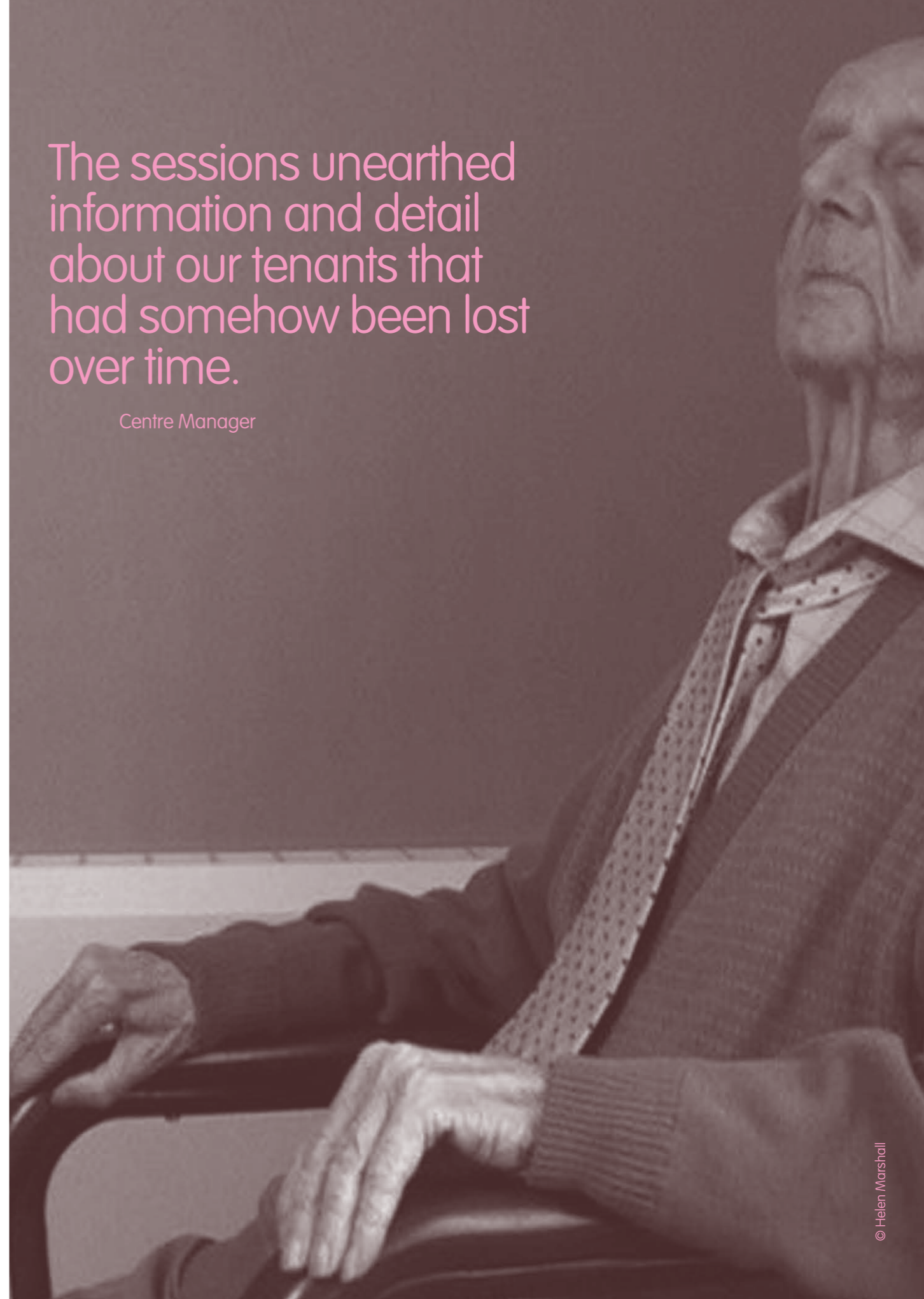
A series of portraits displayed throughout the centre were enjoyed by the clients. Robert revealed his wicked sense of humour as he watched himself at the film showing and the other tenants were transfixed and amused by the footage of themselves.

Artist	Clients
Helen Marshall	Seven
Project manager	Staff
Susan Aldworth	Eight
Service	Sessions
Notting Hill Housing Group	Eight over Ten weeks



The sessions unearthed information and detail about our tenants that had somehow been lost over time.

Centre Manager



This project took place in a setting for clients who need some support because they live alone, are frail or have early-stage dementia. The project was led by Deborah Padfield and explored the clients' personal histories in the local area to develop new insights into the people the carers look after. The group made a series of photograms of buildings in Pimlico. Each session gave people the opportunity to appreciate each others' artistic achievements and to congratulate one another, encouraging group bonding. Deborah made individual portraits of each client and carer in black and white, suiting the reminiscent tone of their work.

The staff were as involved with making their own art as the clients were. The project consisted of photography, drawing, painting, 3-D modelling and collage culminating in a public exhibition at the centre.

Deborah introduced the group to early nineteenth century photographic techniques, such as cyanotypes and photograms and ran drawing and painting sessions, which encouraged individuals to develop their own narratives. The group also visited Hyde Park and the Henry Moore exhibition in Kew Gardens.

Some of the clients, particularly those with dementia, would sometimes be reluctant to join in. One client announced every week 'I'm not doing that!' but with the encouragement of the carers she went on to make fantastic work which she is now enormously proud of.

The final session culminated in the making of a huge cyanotype from leaves and flowers from the garden. All work was exhibited as an exhibition and transforms the centre.

Artist	Clients
Deborah Padfield with Maria Naveiro	11
Project manager	Staff
Susan Aldworth	Six
Service	Sessions
Age Concern	Ten once per week



One participant who was reluctant to join in suddenly picked up a paint brush and produced a wonderful piece of work.

Care worker



Music Project

This music project took place in a Residential Centre which is home to 42 residents. It took place twice a week for three weeks with four sessions in the final week. Fifteen residents and seven staff took part initially, and we were delighted to see the group grow to 30 by the end of the project.

This project provided music workshops giving residents the opportunity to learn new skills and express themselves together. Composer Fraser Trainer, supported by clarinettist and saxophonist Peter Whyman, conducted the workshops by drawing on the lives, personalities, and imagination of both the residents and care workers of the Centre.

The expertise, talent and enthusiasm of the musicians were central to the success of the project, as was a great deal of behind-the-scenes support from the care staff, who got the residents ready and motivated for each sessions.

Fraser found innovative ways of composing as a group and teaching songs such as Kaleh-leh, a traditional African welcoming song which became the signature piece for the group. The group wrote a new verse using the residents' different languages which Fraser put to music: Bien Venido, Ciao Bella, G'Day, Hello, Good Afternoon

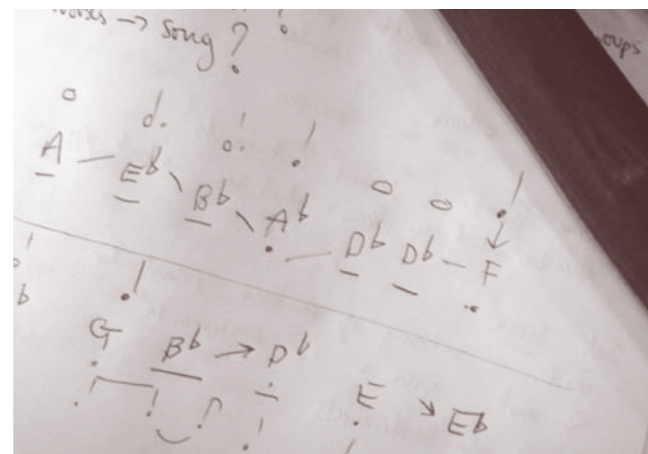
A final performance was given for relatives and a small audience, and a CD was produced and given to all participants celebrating their achievements.

Everyone got to know each other better in this project, and new relationships developed between residents. They continue to enjoy their CD and the centre now plans to develop a Westmead Choir.

I loved the different music particularly the jazz music. I really enjoyed playing the percussion and would love to do it again.

Resident

Artists	Clients
Fraser Trainer with Peter Whyman	30
Project manager	Staff
Susan Aldworth	Seven
Service	Sessions
Westminster City Council Housing with Care Services	Ten over four weeks



I thought there was a fire when I saw Dennis running down the corridor – as he rushed passed me saying ‘they’re starting, they’re starting’ – I realised it was the arts project that had got him into action.

Manager

Evaluation + outcomes

Ongoing evaluation was central to the Arts + Minds project in order that evidence could be gathered to identify the impact of activities on those involved. It also provided a means to capture the thoughts, feelings and developments of those benefiting from the project as it progressed.

Evaluation took place alongside the delivery of the project and regular debrief meetings allowed for adjustments to be made in line with the specific needs.

One of the key aims was to measure the care workers’ value of arts and what impact it could have on their clients. At the end of training sessions we asked staff to grade their thoughts about this from 1-10. The results showed some scepticism at the start of the project moving to a very clear commitment to the value of arts at the end of the project.

The project revealed valuable information about the clients, which led care workers to recognise a greater sense of identity and personhood. Clients demonstrated new skills, the ability to sing and dance, their love of particular kinds of music and personal tastes and most of all their desire to engage with these activities week after week.

The project provided an activity that brought people together, they began to get to know each other more and enjoy each others’ company. It was clear that clients were looking forward to the activity and the time they could spend with each other in sessions.



The following notes are provided as a guide to the structure which was adopted for the delivery of the project and the respective roles and responsibilities undertaken by each of the individuals and organisations involved.

The Team

Building your team is central to the success of an arts project and defines the roles and responsibilities of each team member. The Arts + Minds team involved the following roles:

Lead Organisation

Westminster Arts

The Lead Organisation oversees the strategic aims and outputs of the project, sets key milestones, allocates budgets and payments, arranges CRB checks, issues contracts, manages staff and corresponds with funding bodies. In this instance, Westminster Arts was also responsible for raising the funds required for the delivery of the projects.

Project Manager

The Project Manager leads the project and is the main contact throughout. He/she creates a tailor-made proposal in consultation with centre managers, sources and manages artists, liaises between artists and centres, controls budget, issues consent forms, plans and delivers pre-project training for staff and assists the evaluation process.

Although we recognise that smaller projects may not require a Project Manager, or that it may be unaffordable, we recommend that you carefully consider how you will effectively deliver the project with your existing team and work load. A Project Manager will lead the project professionally, liaise directly with artists, produce evaluation and reduce potential stress of delivering a new project.

Care Centre Manager

Centre Manager identifies the client group, identifies and schedules care staff, supplies an appropriate space for the project, manages any financial agreements, leads post-session discussions with artists and staff and ensures that any care-planning issues for clients arising from the art project are written up and acted on.

Artists

Artists provide a project proposal with required materials or technical equipment, attend site visits, meet participants and deliver the sessions. Artists are recruited and selected by a panel including the Lead Organisation, the Project Manager and a representative from Westminster City Council.

Consultant

If a large project requires extensive evaluation, a Consultant produces a questionnaire and monitoring documents as well as final reports for funding agencies, future funders and management boards.

Main contact in centre

This can be a member of care staff or the centre manager who will support the work of the Project Manager and Artists and ensure that the participants are ready for the sessions.

Care Staff

Care staff actively participate in the project and support their clients. They attend post-session discussions to identify any changes that might need to be addressed for subsequent sessions.

The participants

The participants' role is to take part in either a group session or as an individual.

Tips

Don't overlook the need to have consent from those participating to use their work or have it exhibited or published. Be prepared to spend time assessing the capacity of people to consent to materials which identify them. Refer to the Mental Capacity Act Guidelines.

Think outside the box when setting up arts projects for older people. Never make assumptions about what older people are capable of, especially those with some degree of dementia. When setting up an art project for older people in care, it is essential to have clear aims about who it is for and how will it benefit the client group and staff. Once you have identified the client group or individuals to work with, an appropriate art form can be chosen to meet their specific needs, interests and capabilities.

If you need to seek funding, ensure you allow at least 4–6 months before the project is due to start. Successful fundraising takes time and expertise and sometimes involves a partner organisation's approval. This is a good time to consider contracting a freelance Arts Project Manager to help you structure, manage and cost the project. A Project Manager will usually charge a daily rate or project fee, depending on how the project is to be structured.

Centres caring for older people have set routines and the project must be scheduled to fit in with these routines. You will need to determine the number of sessions, the length and frequency suitable for the client group or individuals. Allocate a suitable space for the project and somewhere to store equipment or materials.

Working with artists who have a strong practice of their own can bring a wealth of vision and creativity to the project. Working with older people, some with health problems, dementia or mental illness, can be challenging and demanding. Two artists working together can increase the creative potential and give more concentrated support to each client.

Legacy

An art project can bring a great sense of 'something happening'. The clients and staff enjoy both the creative side of the project and being part of a group where relationships are formed.

Projects can offer an increased sense of achievement, worth and pride. Staff and relatives can learn new information about their clients' past lives which can impact positively on their future care plans. Participation in a successful arts project can give confidence and inspiration for more projects.

Final work can be exhibited or performed at the end of a project, disseminating the results to a wider audience. Some works stay permanently at the centres (recordings of music on CD, footage of the project on DVD and 2D artwork on the walls), transforming the environment and becoming a day-to-day reminder to everyone of the clients' identities.

The Arts + Minds project was particularly successful in leaving a legacy. It has resulted in a significant Arts Council England grant for a public exhibition of work resulting from the project. The exhibition included films, video art, print, photography and a new music composition by the artists to be exhibited alongside works by the clients and care staff from the Arts + Minds project.

Westminster Arts is a charity in the City of Westminster that provides funding and support to a wide range of local groups. It produces its own projects and also provides training, professional development to artists and a range of other services. Much of our work is about developing the arts within our community and ensuring that arts can be accessed and enjoyed regardless of hardship, poor health or social exclusion. This project is particularly pertinent to those values.

Beth Cinamon
Director

Paula Price-Davies
Projects Manager

Mary-Alice Stack
Chair

Graham Mordue
Treasurer

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