"Tetley's Adventures" - An Intergenerational Arts Project for People Living with Dementia and Early Years Children

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Dr Trish Hafford-Letchfield, Professor of Social Care, Middlesex University
Presentation to Dementia Congress Brighton 3/11/2016
Who:

- **Bright Shadow**
  - Themed participatory performance workshops called Zest.
- **London Early Years Foundation**
  - Social Enterprise running 38 community nurseries. This project was with Luton Street Nursery in Westminster.
- **Penfold Street Extra Care Scheme**
  - Part of Nottinghill Housing. Secure dementia unit.
- **Evaluation advice and support**
  - Prof. Trish Hafford-Letchfield – Middlesex University
- **RSA**
  - Funded through Catalyst Scheme
Why?
Background

• Growing evidence base for participative arts within health and wellbeing for older adults

• Relatively new so hard to draw comparisons

• Health benefits and social benefits of participative arts

• Intergenerational projects – transfer of knowledge/skills and promotes understanding and community cohesion
<table>
<thead>
<tr>
<th>Session No.</th>
<th>Theme</th>
<th>Activities</th>
<th>Numbers Present</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Great outdoors</td>
<td>Singing songs, morris dancing, hooking ducks, making posies, storytelling</td>
<td>6 older people</td>
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<tr>
<td>2</td>
<td>Great outdoors</td>
<td>Singing songs, morris dancing, hooking ducks, making posies, storytelling</td>
<td>8 children</td>
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<tr>
<td>3</td>
<td>British Seaside</td>
<td>Singing songs, playing with sand, Punch and Judy, Ice cream, Story making</td>
<td>4 older people</td>
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<td>4 children</td>
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<tr>
<td>4</td>
<td>Wimbledon</td>
<td>Singing in the rain, balls and balloons, Strawberries, Storytelling</td>
<td>5 older people</td>
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<td>6 children</td>
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<tr>
<td>5</td>
<td>Circus</td>
<td>Song singing, scarf juggling, candy floss/twizzle sticks, puppets, tight rope</td>
<td>4 older people</td>
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<td>7 children</td>
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<tr>
<td>6</td>
<td>Space</td>
<td>Space suits, meteorites, communicating with aliens, storytelling, singing</td>
<td>5 older people</td>
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<td>5 children</td>
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Evaluation method and process

• Using ‘natural’ opportunities in course of project work
• Signed and ongoing consent was gained from all participants and their next of kin/guardians
• Verbal feedback from individual members of the group at the end of each workshop collected by the Bright Shadow facilitators in a group round-robin from which brief notes were made.
• The completion of post session reflective evaluation by the session facilitator
• A short recall or reorientation group discussion on the last session noted by the facilitator.
• 10-15 minute interviews with key stakeholders and participants
Benefits from participant’s perspective

• ‘Feel good’ factors experienced such as social engagement, opportunities to interact and develop friendships and enjoyment.
• Co-participation in activities and decisions during the workshop
• Sense of accomplishment – feeling proud
• Personal or group achievement, contribution to another or wider community
• Sense of self, expressions of self-worth, self-image and feelings during and immediately after the workshop.
Conclusions and recommendations

• The arts element facilitated the intergenerational experience well and was positive for both groups
• The experience contributed to participants’ own sense of presence and identity
• Nature of cross agency working means that projects are short which limits the scope of evaluations
• Longer term projects and funding need to be made available to establish the work
• Opportunity to train nursery and care staff to run these types of arts based intergenerational programmes.

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Access to full report from:
http://eprints.mdx.ac.uk/20017/

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