

Toolkit for Care Staff

Bringing dance into care settings for older people

Arts for Health Cornwall and Isles of Scilly Dancing for Older Peoples' Health and Well-being Toolkit



Winner



Winner

Inspiration film (DVD)

This film is designed to support the information contained in this toolkit. It contains footage of different approaches to seated dance activities, together with advice and guidance from dance practitioners, care staff and participants.

Dancing for Health and Well-being

A toolkit full of ideas, advice and inspiration to help begin your own dance sessions in your care setting

Right: Residents at The White House Care Home in Bodmin take part in a creative activity session



About the toolkit

This dancing toolkit has been developed from projects that have taken place in care settings across Cornwall—pulling together the experiences and knowledge of the care staff and dance practitioners who made the projects happen.

Inside this toolkit you will find lots of ideas, advice and inspiration to begin your own dance sessions in your care setting. The appendices include a number of different dance activities that are 'tried and tested' by our dance practitioners. It may be that one or two of these work well for your group, or it may be that you find it best to pick and choose elements from each workshop to create your own tailored sessions.

The workshops described are designed to work with groups of people, however they are easily applied to one to one activity. Most dancing in care settings is done whilst sitting, although there are plenty of opportunities to get up and dance for those who are able to!

So why is dance good for you?

For many older people, dancing regularly helps them to keep a sense of youthfulness and fun. Even those with very limited mobility may be surprised at how different they feel after a gentle music and movement session. Dancing helps you to make the most of the body you have, often easing away the aches and pains associated with old age.

The Arts Council in England have identified the following benefits of dance:

- Healthier heart and lungs
- Stronger muscles
- Stronger bones
- Better coordination, agility and flexibility
- Improved balance and spatial awareness
- Increased physical confidence
- Improved mental functioning

For many older people, dancing regularly helps them to keep a sense of youthfulness and fun



Left:
Making music
at Chy Byghan
Care Home

If you establish regular dance sessions in your care setting, you may notice some of these improvements in the people you care for, many older people also report an increase in their energy levels.

Older people that have taken part in our previous dance projects have reported making new friends, feeling happier and looking forward to each session, as well as feeling stronger and able to move more freely after a series of dance sessions.

Once you have established a regular dance session in your care setting, you may notice small but powerful changes. At first, these might be as simple as participants talking about the dance sessions to each other in between the sessions, and eagerly awaiting the next session. Over time, some more physical changes may become apparent. You may notice improved stamina, with people able to dance a few minutes longer than previously... and a sense of people moving more freely in their bodies. You may also find out things

about people that you didn't previously know, and find that the dance session each week provides a special opportunity for bonding as a group.

Here are a few quotes from older people that have taken part in our dance projects:

- 'Dance warms the whole body and mind'
- 'It keeps me as supple as I can be at my age, and happy and young'
- 'It takes me back to when I used to dance in the 20s'
- 'I had a terrible headache when I started, and it's much better now!'

Older people that have taken part in our previous dance projects have reported making new friends, feeling happier and looking forward to each session

Running the sessions

Be aware of your participants' physical limitations and medical histories, and plan your sessions around these

The preparation for dance based workshops will vary depending on the workshop you have chosen and the wishes, needs and abilities of the participants. It is important to carry out a risk assessment for any activities you are planning. Speak to your manager about this well in advance of any dance sessions. You will need to be aware of your participants' physical limitations and medical histories, and plan your sessions around these. If you are in any doubt at all, speak to your manager or participants' physiotherapist about what you are planning to include in your sessions. Some people may need extra support in the sessions, or may be unable to attempt certain movements due to a previous stroke, for example. The vast majority of older people will however be capable of joining in a gentle dance and movement session to some extent—let them determine their level of involvement themselves.

Some things to think about:

Advance notice

Participants will be open to new experiences if they are presented in a non-threatening way; as something that might be interesting to try rather than something they have to do.

You could use different ways of advertising the activity in advance to gently encourage people to

join in, for example, posters on wall, invitations delivered with breakfast, word of mouth through colleagues. Giving too short a notice for activities often generates anxiety—making it easier and 'safer' to say no.

Giving advance notice also warns relatives, visitors and other staff of the activity so they can choose to join in, or adjust their activity plans to support you.

Location

Give value to the activity by taking time to make the environment special, sitting in a day room filled with storage boxes and broken wheelchairs does not create the right atmosphere. The more stimulating the surroundings the easier it is to be creative. Think of colours, smells and comfort when arranging a room. Also think about the seating. Chairs need to be supportive, encouraging people to sit upright and have the freedom to move the upper body. Winged chairs often restrict people's views of each other, which can be tricky in a social activity.

Props displayed around the room can help to set the stage, for example, pictures of famous dancers, swags of materials, feather boas. Celebratory themes are great attractions, but it is difficult to maintain a celebration party atmosphere every week, so a mixed approach is best.



Right:
Staff at Poltair
Community
Hospital lead
a music and
movement
session

Ensure that walking aids are put to one side so they are not a tripping hazard or creating a barrier between the individual and the group.

Time

Generally 45 minutes is a good length of time for participants to feel that they have been active without becoming too over tired. Sometimes it can be appropriate to take a snippet of a session and dance spontaneously for 10 minutes, for example dancing someone out of bed in the morning can be a really positive experience, and break from the usual routine.

You can use tea breaks and conversation (memories of dancing and music often provoke conversation) to provide a natural rest break.

Distractions

These can really break up the flow of a session and take away the feelings of value for both yourself and the participants.

Ensure tea breaks are planned to enhance the session rather than distract. Participants may have a regular routine and may become anxious if tea breaks don't happen at the same time, pre warning about a change of routine or planning the session times to coincide with the breaks may be wise.

Visitors can be encouraged to participate and add to the session, rather than asking for their relatives to be moved elsewhere. Other visitors, for example, the chiropodist or GP need to be arranged so that they are not working in the same space, as this is very distracting all and unfair on the people receiving and giving care.

Music

Music attracts the curious, so ensure that the sessions are held in an accessible space, perhaps where people can watch at a distance initially. Playing the music before a session gets everyone prepared and in the right mood to dance. Replaying the music used in the sessions during the week can be helpful; it was noticed that participants become expectant of their weekly session, even when they couldn't necessarily remember exactly what will take place.

Always choose music that you want to dance to otherwise it's very hard to enthuse other people. Use a wide variety of music during the session to keep everyone listening and interested. Mix familiar tunes with obscure ones for a different experience and to spark conversation about the music. Use music from all around the world because it's great

to dance to and also provides good starting points for chats or movement images, for example, "Has anyone been to Brazil? Lets reach as high as we can and pull a coconut from the tree".

Music with a strong rhythm and lyrical tune is good for switching between different dynamics (or as we say in the dance world 'bound' and 'free' flow)! This is important for different levels of muscle control.

Test out your music equipment beforehand to ensure that the quality of the sound is good, distortion from speakers can be difficult to bear for more than 5 minutes. Ensure you know how to operate the system, to avoid too much fumbling between songs. MP3 players give a smoother transition between songs than CD's or tapes. Ask the participants in advance what music they may want to dance too, they may have their favourites or like a certain beat. Don't assume that they will only want old music, remember an 80 year old has had 80 years of listening to different music styles, from many different countries. Plan to have a range of music so you can respond to requests.

Props

Scarves, ribbons, flags, percussion instruments and balloons can all be incorporated into the dance sessions to support spontaneous movement and inclusivity. People with little movement or comprehension can be a valuable part of the group just by holding a ribbon or feather. Props can be childlike in the use of tactile materials, bright colours but avoid those that are childish and come obviously from a nursery shop. You don't need to spend money on props, why not bring in some autumn leaves, an old sheet, or pots and pans to bang! Or try making some at an arts and craft session.

Think about what you will be wearing as the activity leader... wearing something bright and conversation-sparking usually really helps to set the right mood, and helps to give you a different identity to your usual role within your place of work.

Starting a session

Participants need to be comfortable, warm but not too warm and able to see each other and you easily. To begin ask participants to sit in a circle if possible, leaving a gap for people to leave through when they need to and for late arrivals. An open circle allows you to move around the group and visit each person with ease whilst allowing for each participant to interact with the whole group.

You can use tea breaks and conversation (memories of dancing and music often provoke conversation) to provide a natural rest break.

Right: Members of Hayle Day Centre experiencing a music and movement event



Support

Ensure that fellow colleagues are able to assist with the care aspects such as helping participants to join the group, providing refreshments, toileting and other personal needs. An additional pair of hands is always useful, especially in a larger group, to enable each person to have individual attention if required. This is especially important if their eyesight or hearing is poor.

It is also helpful for colleagues to be aware of what is going on, so that they can perhaps use some of the techniques in other aspects of the care they provide.

Moving

It's really important to remind everyone to move within their own comfort zone, pain is a signal to do less or stop, and energy levels vary from day to day. Movement sessions should be enjoyable so focus on what can be achieved. Do not underestimate the importance of having a bit of a laugh!

Describe what you are doing for the visually impaired participants. Use visual images as much as possible because they work best for motivating movement. For example, you can say 'polish a window' rather than 'draw a circle with your hand'. Images can often lead on to other ideas for movements from the group. For example: 'Roll a giant rolling pin as far as you can reach.'

'What are we rolling?' 'Pastry for a pie.' 'What's in the pie?' 'Apples.' 'OK lets chop the apples, what else is in the pie?' 'Custard.' 'Let's stir the custard.' And so on. You can change the movement simply by making it very big or very small, fast or slow.

Linking the dance sessions to different themes is often useful in giving the activity some context and helps to keep you inspired. You might like to relate the sessions to colours, seasons or musicals or you could create a dance about gardening for example... using simple actions of digging, sowing seeds, stamping the earth, the image of rain falling and things growing. Relating dance to experiences people have had can be very helpful and fun, and it won't be seen as childish if done in a way that engages.

Movement sessions should be enjoyable so focus on what can be achieved. Do not underestimate the importance of having a bit of a laugh!

Notes

When dancing or moving with an older person always allow them to dictate, then take their movement on and let it move you into larger more spacious action, so you become an extension of their dance.

Taking care not to patronize, use positive prompting, for example, 'That's a lovely movement, let's see if we can follow Dolly'.

Remind the older people they are not expected to get up and dance but they can if they wish. So don't be over ambitious on the first few occasions.

Be very clear with directions, and keep the tempo slow.

Note any comments from the group in a book—both positive and negative.

Look out for any spontaneous movements that occur in the group, and mirror these, using them with the rest of the group.

If some of the participants tire easily, you can offer

them instruments to play instead of dancing—this still encourages movement and keeps them engaged in the session.

Do not be afraid to repeat, repeat, repeat! And take plenty of time with each section.

Remember it doesn't have to be perfect It is quite possible that one or two people won't enjoy it, but don't be put off because most will. Just allow them to leave and close the space in a little to keep the circle intimate.

Appreciate that not everybody likes to join in, for some people closing their eyes and listening to the music, or watching from a distance may be all they wish to do. Respect their right to do so.

You may find some people would benefit from some one-to-one dance sessions away from the group to build confidence.

Remember to include some very small movements in your sessions like gently swaying from side to side for those who have very limited mobility or confidence in their abilities.

Always remember to congratulate everybody at the end of a session.

Do not be afraid to repeat, repeat, repeat! And take plenty of time with each section

Dancing for Older Peoples' Health and Well-being examples and ideas

Tea Dance With a Difference

This was the title given to the older people and their relatives and friends as an invitation to join in. It generally needs some further explanation to encourage participation by those who may be put off by the title as some people think they will have to be able to be standing up and dancing. This is where the word 'difference' comes in to play, in this case the difference is they don't have to get up out of their seats at all, unless of course they wish to and in which case they can be assisted in their dance by you or another more able bodied person.

What follows is a general outline of the structure that was used, it is only a guide and as such is open to individual interpretation. It does offer a tried and tested format that I am still using (with some variations) and is well received and enjoyed after 10 or more sessions with the same group. The frequency will be best determined by the older people themselves, anything from once a week to a few a year, on special occasions.

Start with a 'Welcome' and introduction (I ring a little bell that used to be my Gran's).

Go around to each older person in turn saying hello, swapping names and asking how they are today. This is best done whilst throwing or passing a large (not fully inflated) beach ball, balloon or soft child's ball between you. You can get large, reusable balloons, which are great to use and less likely to pop (see the resource list).

Warm Up

Explain all the movements loudly and clearly as you physically demonstrate them.

Opening breath

- Breathe in and lift arms up in front of you as high as is comfortable then lower whilst breathing out. (x3)
- Use the good arm to support a weak or injured arm
- At this point you can either do a few more exercises (see below) or 'The Balloon Dance'
- Exercises can be done to slow gentle music



Session devised by Colin Curbishley:

Colin Curbishley has been working with Arts for Health Cornwall since the charity began. His inspiration for the *Tea dance with a Difference* has come through working on many different Arts for Health projects and through the work of Jabadao.

Colin also works with the Shallal Theatre company which aims to celebrate community, diversity and different abilities.

Start with a 'Welcome' and introduction (I ring a little bell that used to be my Gran's)

Arm Circles

- Circle arms in front of the body, as if polishing a table top, one way and then the other
- Move hands in a figure of eight (x3)

Side bends

- Lean to one side then the other, one hand reaching down towards the floor as if you were trying to pick up something, at the same time the other hand goes up as if putting a hat on

Forward bends

- Gently bend forward running the hands along the thigh to knees.
- Encourage rubbing of legs.

Knee Raises

- Lift knees alternately, using the arms to help weak limbs/joints. Again encourage rubbing, pretend you are marching up a hill.

Ankle Easing

- Point and flex ankles slowly, with the heel resting on the floor. Next raise one foot and rotate from the ankle in a circle (x3).

The Stomp

Play some lively jig or reel and encourage people to tap their feet, slap their knee, and clap their hands. This is a good opportunity to hand out some instruments such as tambourine or shakers.

You may want to go round the circle and dance with people either in their seats or standing, depending on their ability. Hold their hands and allow them to dictate the strength and flow of the movements.

You may wish to finish the dance in the centre with another member of staff, family or more able bodied older person.

The Balloon Dance

Explain that the idea of the dance is to keep the balloon off the floor, by batting it around to each other. Encourage the use of all parts of the body. Especially kicking, heading and knees up.

Everyone wants to join in when the balloon comes their way, so ensure you keep an eye out and bat the balloon to those that maybe getting excluded. This can include people outside the circle and may mean you moving about.

Use lively music to start, for example, Taco Taco (track one) on the Jabadao CD 'Jolly Good Company'. People will probably keep going at this as long as the music plays or you take away the balloon, so let the music run on to the next track on the CD which is slower and gives them a chance to sing along. Let it carry on until you notice a lull or an appropriate place to stop.

Use one balloon for ten or so people, throw in more if necessary.

There are many other things to do with a balloon which can be found in the booklet 'Everyday Dancing' Ideas for movement activities with people of all ages by Jabadao.

Helping With Movement

If it is not possible to move a given part ask them if there is another part they wish to move instead.

When dancing or moving with an older person always allow them to dictate, then take their movement on and let it move you into larger more

spacious action, so you become an extension of their dance.

Tea Break

At this point and depending on the timing of the session there can be a tea break. This would be a good time to introduce a theme for conversation by way of an item to pass around, for example, an old tea pot, cook book, old photos, smells or recipes. Encourage comments and listen to anyone who wants to talk. If people are not too tired continue with one or more of the following.

Circle or Community Dance

For this you might want to use a longer slower piece like a waltz or a track from the Jabadao CD 'A Jig and a Caper'.

Use something that everyone can hold in order to join people up, there are a number of things you could use:

Parachute

Let people find their own way with it. Then when someone finds a movement encourage everyone to join in for a while.

Try to find three or four movements from different people which can then be strung together to make a flowing dance.

You can put a balloon or soft toy/ball in the centre, using the parachute to pass the object from person to person.

Watch out for over exertion and encourage rest if necessary.

Let the dance find a natural finish.

There are many more ideas in the 'Everyday Dancing'

Elasticised Ring

Same as Parachute, again see 'Every Day Dancing'.

Silk Scarves

These can be of different lengths and used to join people around or across the circle.

If someone is not joining in you can ask if they would like some help to move a part of their body. Never try to force them.

Everyone wants to join in when the balloon comes their way, so ensure you keep an eye out and bat the balloon to those that maybe getting excluded

Winding Down

Light gentle music is best for this.

Shoulder shrugs

Lifting shoulders up towards ears and down again. Slowly rotate the shoulders with small movements.

Head Rolls

- Let the head tip forward, chin towards the chest. Raise up chin and look up. Tilt head down to one side (ear towards shoulder). Very slowly allow head to swing down with chin towards chest and round to other side then back again (x2).

Eye Exercise

- Looking from side to side keeping the head still, circle the eyeballs one way then the other. Look diagonally from one corner to another, resting in the centre.

Dancing Hands

- This is best done to a flowing piece of piano music.
- Open and close fist (x3), then wriggle the fingers. Slowly wave hands up and down from the wrist joint.
- Rotate wrists both ways slowly.
- Now let the hands move freely to the music. Encourage dancing with another's hand by copying a movement they have seen, finding ways to dance with those next to them and others across the space, just using hands and arms.
- This is another opportunity for you to move around the circle engaging with anyone who wishes to dance with your hands. Again let them dictate and try to become an extension of their dance.

Hand Massage

- Play a long piece of very relaxing, calm music. Maybe flute or harp. Encourage people to sit back and relax.

- They can begin to massage their own hands, as you go around offering a hand massage.

- This can be very simple and short.

- Start by pressing and rubbing with a small circular motion (very gently to start with) using your fingers in their palm and around the hand as it rests in your other hand.

- Checking from time to time if the pressure is ok and adjusting it accordingly. Move along the fingers to each fingertip, gently applying pressure.

- Turn hand over and gently stroke the back of the hand a few times.

- Allow enough time to get around everyone and encourage other staff to join in if you have explained the technique to them.

Final Stretch

Encourage stretching and yawning and bring the session to a close. Don't forget to thank everyone for being part of the Tea Dance.

(I ring the bell again).

Let people talk and make notes of any comments you hear that may be useful for evaluation and development purposes.

Let people talk and make notes of any comments you hear that may be useful for evaluation and development purposes

Have Fun with Dance and Exercise!

Be prepared to let these ideas go on a journey. Watch how the group respond to the music or to the ideas and pick up on what they offer

Music is a wonderful stimulus, the ideas below can all be used to match different beats and tempos of music, creating different moods and qualities to liven things up or calm things down and inspire.

The dancing described below was designed to be a seated dance, with the group members arranged in a circle. However we sometimes worked in twos facing your partner, with an individual leading and the other partner copying their hand movements with theirs (shadowing).

All the ideas laid out are very functional and will ensure that the body is exercised safely. It is also really important to make it fun and something that belongs to the group. Be prepared to let these ideas go on a journey. Watch how the group respond to the music or to the ideas and pick up on what they offer. Encourage conversation and spoken response to activities, this may lead to some new ideas, which you could develop. You might find a topic or a prop gets ideas going, for instance we were once talking about baking, I asked each member of the class to think of a movement to do with baking and show us and we guessed what they were doing, then we tried the move and built them into a little dance routine involving mixing, rolling and kneading. We also had a good chat about what and how we baked.

One of our group had done a lot of Highland dance so we used some Scottish folk music and incorporated a very simple version of a step she showed me.

One session we all had a simple instrument and used it with the rhythm of the music, just bringing the instruments in was important and started a lot of conversations about new things to touch and learn about.

We also used silks which were lovely to touch and move.

Begin each session with hellos, ensuring that each person can either see or hear your greeting. I then start to warm up each part of the body.



Session devised by Lois Taylor:

Lois Taylor founded Attik Dance Company over 19 years ago and has established it as a key organisation for dance in the southwest. Since becoming a freelance dance artist in 2009 Lois has developed a range of education and dance for health projects.

She is also a dancer for Angela Praeds international touring work The Bed and an associate lecturer at Plymouth University.

1. Hands

Use gentle music with a good beat.

Get the circulation going. Begin by rubbing the hands together as though you have hand cream on, make sure to rub across the knuckles too. Move the fingers, like playing the piano, touch different fingers to the thumb, put the palms up and curl the fingers towards you one at a time.

Gently circle the wrists one way and then the other. Do it one wrist at a time giving the other arm a rest. Squeeze the palms in making a fist then open the palms out and flat spreading the fingers apart.

Try the same move, this time pull the arms in so the elbows are out to the side and the fists up to the shoulders, then as you open the hands, push the arms forward in front of you, making the stretch reach into the shoulders.

Relax the hands in the lap, then gently lift one arm up and down, then try the other arm, try a few times getting higher each time. Encourage people to breathe in and lift up in the back as the arm goes up and out as it comes down, try both arms together.

Go back to a few gently squeezes and stretches of the hands, wrist circles and then side to side sway of the arms and body.

2. Feet, ankles, legs

Use lively music with a clear bouncy beat.

Encourage people to tap their toes to the beat, pick up on the different way people do that.

Heel stretch. Extend a foot to the side on the heel then replace back in, repeat on the other side. Don't make this too fast a move giving time for a stretch

Lift and drop. Rise the toes up onto the balls of the feet and drop them down again.

Twisty heels. Keeping the toes together let the heels twist from side to side.

Circles. Lifting one foot, gently circle the foot as though drawing the toe around the edge of a plate, go one way and then the other. Try the other foot.

Try a few kicks. Use a count down: 3-2-1. More toe tapping, more heel stretch, more lift and drop.

Try a few kicks. Use a count down: 3-2-1.

Twisty heels and toe taps to finish.

3. Back and shoulders

Use laid back music with an easy to follow beat.

Lift both the shoulders to the ears with a deep breath in, then drop the shoulders and let the air out. Try four individual quicker shoulder lifts. I work this to my music by lifting both shoulders in for four counts, drop and breath out for four counts, then each individual shoulder lift happens on one count.

Climb the ladder. Using the image of climbing a rope ladder, use the hands to climb up, using the music I would do eight climbs up to eight beats of the music and eight climb downs to eight beats of the music.

Gentle lift of the arm and lower, repeat on the other side, sway and rock from side to side.

Lift both arms up then sway the arms back down. Encourage people to sit up away from the back of the chair, straighten and stretch the back as the arms go up.

4. Stamp, Clap, and Punch

Find music with a good energetic beat like Spanish folk music, for example, Tango, Flamenco, salsa.

Begin by clapping. You might want to get a group rhythm going then see if you can change it to a different rhythm or speed.

Try stamping to encourage energy and vigour using the beat and rhythm of the music.

Try clapping again but this time use a different rhythm or place to clap, for example, start with the hands low in front of you and clap up so the arms end up high above you, then back down again. Or start with the hands to one side of you and clap round in a circle so they end up down by your other side

Punching. Punch the air in front of you, encourage people to pull the elbow of the non punching arm behind them giving a twist to the body. This is quite hard in a big chair.

You may want to break the energy a bit so people don't get too tired. Try some free expression of the arms to the music or encourage a bit of a stretch one arm at a time.

Try stamping again and punching and clapping to finish.

5. Get the rhythm

Use lively music with a good fun beat.

Begin with a shimmy (twist of the shoulders). We take this forward for a few counts and then back for a few counts. Encourage people to move and use their arms with a bit of a free jive, for example:

- Hand over hand
- Fist over fist
- Hitch hike
- Hands on hips and twist
- Heel stretches and toe taps

Set the moves to the beat of the music, allow some free space for everyone to make up their own moves, encourage them to copy each others moves, then pick up the phrase again. You may want to take the time and dance with people individually, hand jiving with them or copying what they do.

You may want to take the time and dance with people individually, hand jiving with them or copying what they do

Right:
A dance session at Falmouth Day Centre



6. Joined up

Using scarves, ribbons or lengths of fabric. Each person holds the end of a ribbon in each hand, the other end of each ribbon is held by someone else. If you were in a circle we would all be linked by the ribbons.

Begin by gentle sways from side to side. At a given point in the music or when someone says 'now', all lift the arms and the ribbons in the air and back down again.

Try repeating the sways and adding new ideas in, for example, all put arms and ribbons forward and shake the ribbons.

Just join people together in small group then you can conduct the action or someone else can. As you point to a group they lift their arms and ribbons up then put them out and shake them.

Passing the Ball

Using a light ball work with each person. Some enjoy throw and catch, some will try balancing the ball on the arm hands etc, some will try passing it round the back, over the neck, under the leg before throwing it back to you.

Stretches

Lift one leg in front, flex the foot, point the foot and lower the leg. Repeat on the other side. Try lifting

both legs, flexing both feet, point both feet and lower the legs.

Drop the arms to the side, tip to the side and back up repeat the other side.

Walk the hands down the legs leaning the body forward and walk the hands back up the legs till the back is straight.

Slowly lift one arm up and lower, repeat with the other arm.

Slowly lift both arms up breathing in and then lower the arms breathing out.

Begin by gentle sways from side to side

Tea Time to Move sessions

Round Objects

This set of sessions has been created for chair seated creative movement and exercise using world dance, social dance, music, songs and props. All the movement ideas, music and props can be adapted and are intended to be used in a way that works for you and your client group. For example; the session plans can be divided/shortened/have a change of order and music, be used for several sessions or they can be followed as presented. However you choose to use the sessions I hope they provide you and your group with stimulus and a basis from which to work that will generate new ideas, confidence for all and most importantly lots of fun!

The music suggestions listed with each session follow the same structure: Warm-up, creative, cool-down. Most of the music can be downloaded/ordered on the internet. Of course your own music reflecting the theme can be used. I find collecting music from charity shops is a good alternative and one I use the most!

I have also suggested some objects to be displayed, to set the scene. I have kept these suggestions very simple, but you can take themes as far as you want. Perhaps these items could be made during arts and craft sessions with participants?

Display: Balloons

Props: Beanbags/small soft balls

Warm-up

Take your time to explain and demonstrate the movements clearly and tune in as to how many times the movements need to be repeated giving plenty of breathers/rests along the way.

Focus on the breath at the beginning and at the end of a session helps to aid concentration and put one in touch with one's body.

- Sit with a long lifted spine, legs uncrossed and both feet on floor (where possible). Place hands onto the abdomen and tune into the breath, take a few deep breaths feeling the rise of the abdomen on the 'in breath' and the fall on the 'out breath'. A gentle all body stretch can be used with the breathing too.



Sessions devised by Rosie Allen-Perdikeas:

Rosie Allen-Perdikeas works as a dance artist. Her experience in dance covers a broad spectrum: professional theatre, community and education. She specialises in bringing dance to older people both in and out of care settings and within the Mental Health sector. Rosie is also The Youth Dance Champion for West Devon helping to raise the profile and provision of dance for children and young people.

Rosie's philosophy on dance is that 'Dance is the language of the soul, there is no age limit!'

- Articulate fingers and hands with rotations of wrists
- Rotate the elbows, then the shoulder, lifting arms to shoulder level then opening arms to side and lowering
- Rub abdomen clockwise, pat and then rub side and lower back into kidneys with one hand at a time
- Rub legs down to the knees, rotating hands on knees, then if possible rub down the lower legs
- Lift heels off floor one at a time then both together, then rock from heels to toes with both feet, slowly start walking (whilst sitting) incorporating all body and arms, work up speed until jogging

All the movement ideas, music and props can be adapted and are intended to be used in a way that works for you and your client group

Take your time to explain and demonstrate the movements clearly

During tea break take the opportunity to discuss and receive feedback on the session

- Rub and massage face, 'washing face' action, open & close eyes, tighten up face and open face and mouth with 'ahhhh' sound.
- Turn head—nod slowly, chin to chest
- Full lung breathing hands on abdomen.

Creative section

- Have a box filled with soft balls/bean bags. Participants close eyes and take beanbags out, have them feel and guess what it is? Does it bring back memories of school? Races and sports days? Discuss the potential use of beanbags to improve coordination, circulation and reflexes. Start simply:
 - Throwing catching with two hands low then higher
 - Throw from one hand to other, throw and catch with same hand (vary tempo, slow then quicker)
 - Throw in big arch, arms held at sides
 - If participant's mobility is good beanbags can be thrown in partners, across circle etc.
 - Balancing beanbag/s on lower arms, do breast stroke swimming action, use both arms
 - Balance beanbag on top of foot, kick up leg (like a football kick!) and catch beanbag, repeat other side
 - Balance on head and turn head to neighbours to say hello!
 - Throw beanbags one at a time/altogether into hoop in centre of circle, start with large hoop then repeat making hoop smaller!
 - Rest beanbag on upper leg and move legs together, forward, back, side to side in time to music, repeat with beanbag on other leg.

Continue leg work by throwing and catch beanbag with legs still dancing. Rest legs throw and catch beanbag with clap in between. Use 'football kick' and swimming action, to finish have everyone throw beanbags into hoop on the floor!

Cool-down

- Sitting upright in chairs, abdominal breathing as in warm-up
- Rub arms with hands, moving them back up across upper chest, down the other arm. Rub abdomen slowly working into legs as in warm up but at a nice slow pace
- Massage face gently, tapping around face
- Participants if they wish close eyes, resting hands in lap they imagine they are holding a delicate, beautiful bubble, filled with rainbow colours, their bubbles grows until it envelopes the whole body making them feel warm and comfortable
- Gather bubble up in hands, blow bubble gently up to sky and release
- Rest and relax
- During tea break take the opportunity to discuss and receive feedback on the session

Tea Time to Move sessions

Let's Tango! Fiesta!



Left:
Enjoying music
and movement
at Edward
Hain Hospital

Display: Red balloons on white sheet in centre of space, tango photographs, red props and other brightly coloured objects.

The Music I use is: 'Gotan Project' CD 1 track 4, 'Tango Collection'—CD 1 track 1, 'Tango Collection' CD3 track 5, but any tango based music can be used. You Tube has lots of ideas for the music and dance moves.

Introduction

Introduce theme 'Tango Fiesta!' traveling to South America to learn to dance The Argentine Tango! Lots of guided imagery can be used for this session to help stimulate new ideas and the feel of a different environment. Explain the colour red is associated with this dance as it is with the continent, for example: hot climates, temperaments and bright clothing

Warm-up

(Imagine we wake up and find ourselves in hot South America!)

- Close eyes, take deep lung breathing
- Bring hands to face and rub gently, slowly stretch out arms to shoulder height and yawn, bring arms into body repeat stretch a few times to stretch and wake body up
- Holding arms out ahead flex hands up and down, then side to side, introduce head turning with movement. Close and open hands and fingers with 'sunshine hands!' palm's facing away from body
- 'Putting sun cream on', rub up and down arms and into legs
- 'Sand between toes' draw toes and feet up, then stretch and relax flat

Talk about
tango dance
and how the
props make
them feel in
relation to
the dance

- 'Walking on the beach' gentle walking, jogging, into water and splashing with both feet
- 'Diving into sea' diving action lifting arms and head then diving forwards, open arms to side bring back into centre of body (repeat three or four times)
- 'Before fiesta lets siesta!' – Imagine lying on beach, taking in sun breathing deeply from abdomen – rest

Creative section

Props—tango dance photographs, red scarves, hats, clothes, instruments (shakers, tambourines etc.)

- Hand out props, show tango photographs, talk about tango dance and how the props make them feel in relation to the dance ask them to find a simple movement related to prop/item of clothing supporting and encouraging ideas. As individuals find a movement ask the group to try the movement out too. Using the movements create a sequence, put this to the music and have the group try it out

Tango sequence:

- Emphasis this is a proud dance with the body lifted, head held high
- Start with clapping, elbows lifted out to sides (x8)
- Two slow claps then three quick
- Repeat above with feet joining in to stamp (whilst sitting or standing)
- Using arms only take tango ballroom hold (left bent in, right extended) with arms, head turned in direction of extended arm. Change direction of arms with head (repeat 4 times)
- With arms still in ballroom hold introduce leg work, right leg steps away from body to right side, left leg follows with step to right side of body also. Step left leg back to body, right follows. Change arms repeat other side (x4)
- Put both the group's sequence and the taught sequence together

- For the last part of 'fiesta party' have people lift a part of cloth/sheet and wave sheet in air to float balloons up and then group enjoys playing with the balloons!

Cool-down

(Buenos Nachos!)

- Lying on beach looking up at the stars, warm sand enveloping body. Stretch each limb out, stretch whole body and yawn as in warm-up but slower
- Feel sea water lapping at feet; gently flex feet up and down
- Focus on breathing deeply and evenly
- Enjoy listening to music, relax and rest

Tea Time to Move sessions

1940's Jive Dance

Display: Jive photographs have jive/rock 'n' roll music playing prior to session.

Introduction

Introduce theme—1940's Jive Dance, show photographs, discuss the era, jive dance, the music and the social aspects, fashions of the day and personal memories that the individuals might hold.

Warm-up

Please see warm-up for round objects (page 16)

Creative section

(Jive Dance, plus hand jive, swing and foot jive)

- Hand Jive in 16 counts
- Part One in 8 counts (teach part one first)
- Two hand claps (2 counts)
- Two thigh claps (2 counts)
- Two hand claps (2 counts)
- Two scissor movements, hands cross over each other (2 counts)
- Hand Jive Part Two in 8 counts (teach part two)
- Two potato movements, hands in lightly held fist, one fist taps the top of the other
- Change hands, repeat potato movement with left hand on the top (2 counts)
- Holding light fists rotate hands and arms around each other (elbows out to side) for 'roly poly' taking body forwards with movement (2 counts)
- Repeat 'roly poly' bring body back up and slightly backwards (2 counts)
- Put parts one and two together doing the sequence as a whole
- Ask people if they remember any hand jive moves and extend the sequence
- Practise sequence/s and have lots of fun!

Swing and Foot Jive

- Arms extended out in front as if holding hands of imaginary partner (this can be done with a partner opposite each other in chairs if enough space or standing if client's mobility is good.)

- Draw back left shoulder and arm, swing shoulders back through centre, repeat drawing right shoulder and arm back, this creates a swinging action

- Repeat swinging and start stepping lightly with feet, step with opposite foot as the shoulder that is being drawn back

- Hand Jive and Swing-Foot Jive together!

- Start with 8 swings, into hand jive sequence(s) then repeat 8 swings

Cool-down

- Sitting upright in chairs, participants close eyes, resting hands in lap, full lung breathing as in warm-up

- Squeeze muscles gently down one arm to the hand, back up across the upper chest, down the other arm, rub abdomen slowly squeezing muscles into legs. Rock the feet

- Massage face gently, tapping around face

- Close eyes, imagine favourite colour 'washing' from crown of head down through whole body to give a feeling of calm and gentle joy

- Rest and relax!

Discuss the era, jive dance, the music and the social aspects, fashions of the day and personal memories that the individuals might hold

Tea Time to Move sessions

Old Time Music Hall

Introduce elastic: this helps find some more creative movement ideas and continues the warm up

Props: Large piece of elastic (big enough for circle of participants)/Song sheets

Display: Music Hall Photographs

Introduction

Introduce theme—Old Time Music Hall, discuss music, favourite songs, dances and memories of this era.

Warm-up

- Abdominal breathing, hands on abdomen.
- **Introduce elastic:** this helps find some more creative movement ideas and continues the warm up. Take elastic around the circle and ask everyone to hold it.
- Demonstrate two movements:
 - Hands alternating up and down with elastic
 - Rolling hands in circle holding elastic, ask everybody then to copy movements, all group try them together. Ask group/individuals to find a simple movement with elastic, group then copy. (speed and rhythm of music can vary for this exercise)

Creative section

- Show photographs; discuss music, favourite songs, dances and memories of this era
- Explain we are finding movements to accompany the song we are singing. Hand out song sheets
- Demonstrate and teach movements to 'I've got a lovely bunch of coconuts' (See song sheet for movements)
- Practise with group

- Introduce 'Singing in the rain' as next song, put participants into pairs, working clockwise each pair has one or two lines from the song depending on amount of people in group. The pairs find a movement/action that depicts the words. Going round the group clockwise watch the actions with words and then slowly put the actions and song together!

- Practise this and then do both songs one following the other

- Sing along with the other two listed songs and work with the group finding spontaneous movements

Warm-down

- Sitting upright in chairs, participants close eyes, resting hands in lap, full lung breathing as in warm-up
- Squeeze gently muscles down one arm to hand back up across upper chest, down other arm, rub abdomen slowly working squeezing muscles into legs, rock feet
- Massage face gently, tapping around face
- Close eyes, imagine favourite colour 'washing' from crown of head down through whole body to give a feeling of calm and gentle joy
- Rest and relax

Tea Time to Move sessions

Old Time Music Hall—Song sheet I've got a lovely bunch of coconuts

I've got a lovely bunch of coconuts

(make shape of coconut with hands)

There they are a standing in a row.

(Do chopping action with hands in a straight line)

Big ones, small ones, some as big as your head!

(Trace shapes with arms and hands, put hands to head and hold)

Give 'em a twist, a flick of your wrist,

(twisting action above head, right hand, flick wrist away)

That's what the showman said.

I've got a lovely bunch of coconuts

(make shape of coconut with hands)

Every ball will make you rich

(count money with hands)

There stands me wife the idol of me life singing

(cross arms, do throwing/rolling action with right/left arm and hand)

Roll or bowl a ball or penny a pitch.

(for chorus with each 'roll or bowl' do rolling action)

Singing roll or bowl a ball a penny a pitch

Roll or bowl a ball a penny a pitch

Roll or bowl a ball! Roll or bowl a ball!

Singing roll or bowl a ball a penny a pitch.

Other songs you can use in this way include *I'm Singing in the Rain* and *When You're Smiling the Whole World Smiles With You*

Tea Time to Move sessions

The Mystery Box

Going round the group discuss each object and then find a movement relating to the object/ideas/memories

Props: Box of assorted household objects (feather duster, toothbrush, ornament, clock etc.)

Warm-up

Please see warm-up for round objects (page 16)

Creative section

- For those that would like to ask them to hold out hands and close eyes. Place one item in hands and then ask the them to feel and sense what item they are holding and if any memories/feelings/ideas come to mind. After a minute or so ask everybody to open eyes.
- Going round the group discuss each object and then find a movement relating to the object/ideas/memories.
- Once a movement is found for each object have all the group immediately try the movement—stop at times and FREEZE positions (accompanying music can be paused on freezes too). Extract movements and gather a sequence together either working in a big group or smaller groups.
- Try experimenting with different types of music and tempo for the sequences to stimulate movement dynamics.

Cool-down

- Sitting upright in chairs, participants close eyes, resting hands in lap, full abdominal breathing as in warm-up.
- Close eyes, imagine in a hot country standing under a beautiful waterfall, water cascading down over whole body, cleansing and relaxing.
- Step out from waterfall and gently pat muscles down one arm to hand back up across upper chest, down other arm, rub abdomen slowly working squeezing muscles into legs, rock feet.
- Finish with gentle breathing to give a feeling of calm and gentle joy.
- Rest and relax

Creative Movement for Seniors sessions

Memories of Dance

Introduction to creative movement

Creative movement sessions aim to inspire, encourage, tempt and allow people to choose to join in or not join in. It could be just moving fingers, moving your head side to side, or holding an object that feels nice. It could be just watching others move, smiling and enjoying the movement, or choosing to say 'no' (I don't want to join in). It could be waltzing around the room!

To lead the sessions well focus on simple movements, enjoy yourself and have a 'can do' attitude—give praise for all participation. Do not judge (there are no right or wrong ways in creative movement) and never force anybody to participate. Follow or copy your participants movements. The following sessions are a selection of tried and tested examples.

Note: It may be good to talk to your participants before hand, so you can find specific images that are relevant to them.

Aim

To stimulate and share memories, to talk to each other

Music

Mellow background music (from the 1930s to the 1950s, depending on age of participants).

Materials

A selection of pictures of old dancing (tango, ballroom, celidih, for example), street parties from the Queens' Coronation, bands marching, etc (see Resources on page 32). Ask for photos that people may want to share.

Session

Sit around a table so you can all hear each other. Start with some general questions then pass around the images, and allow people to take their time with the pictures. Allow everybody (who wants to) to share their memories. Take time to listen, and ask more questions to encourage people to share more. It is nice to finish doing a little movement to music to finish. Perhaps hold hands, sway together, use a prop. Acknowledge and thank everyone for sharing their memories.



Sessions devised by Rachel Lambert:

Rachel is a singing and voicework facilitator who's been facilitating workshops and courses for over 20 years whilst practising as a professional Complementary Therapist in Shiatsu.

'I enjoy creatively combining voice, movement and breathing to enable participants to discover or enhance their own singing abilities.'

Questions for Memories of Dancing

The questions below are suggestions only, to help participants talk about what they remember. Let people look at images at their own speed.

General questions

1. Did you ever used to dance?
At home/with your siblings/husband/wife/ girl-friend, etc?
2. Did you ever go to public dances or shows? (traditional dance, circle dance, ballroom dance)?
3. Did you enjoy dancing?
4. Who did you dance with?
5. What kind of dancing? (Ballroom, ballet, rock 'n' roll, tango, jive, etc)

Questions for pictures

1. What can you see in the picture/s?
2. Do you remember..? (show images) (dancing, the Queen's Coronation, street parties, etc)

It may be good to talk to your participants before hand, so you can find specific images that are relevant to them

Creative Movement for Seniors sessions

Rainbow Parachute

You can lift the fabric, bounce things on it, sway from side to side together

Aim

Social/group activity, energetic, fun uses coordination, stretching, muscles and both hands.

Music

Any (We used Salsa music).

Materials

A 'play parachute' or large sheet/piece of fabric. Optional extras—small soft balls, string, small beany bags.

Session

If possible, arrange the chairs in a circle, make sure the circle is the right size for the parachute/fabric you have. Unfold the parachute and pass it round so that everyone can hold on it, together talk about the colours, feel the textures, and talk about all being connected by the fabric. Introduce the 'group activity' of moving together with the fabric. You can lift the fabric, bounce things on it, sway from side to side together.

Parachute Games you can play (These games may need to be adapted for your group):

Mexican Wave

One person raises their arms holding onto the parachute. This action is then repeated around the circle to create a wave. Just like the Wave at a baseball game.

Camping Out

On the count of three everyone raises their arms, lifting the chute over their heads, while pulling the chute behind them and leaning against the back of it, or sitting on the chute. Everyone will now be inside the chute. They can then start rocking from the left, right, forward, and back.

Merry Go Round

This is better for more able people and looks good with the rainbow parachute. Turn the body so that the chute is held with only one hand, and either pass the parachute around the circle or walk around holding the chute. It looks like a merry-go-round.

Roller Ball

This needs lots of concentration, and can be a very rewarding group experience! Everyone holds the chute taut. Place a ball near the edge. Try to make the ball roll around the edge of the chute. To do this, someone starts the ball rolling. As it comes towards you, lower the edge, and as it goes past, raise the edge. For variety and even more fun, try changing direction and speed.

Popcorn

Place a number of small bean-bags, feathers, leaves, or other small objects on the chute. Then shake the chute to make them rise and fall like popcorn.

Snakes

Place four to six skipping ropes, or long pieces of string on the chute. By shaking the chute, participants try to shake them off.

Bouncing Balls

The canopy is held taut at chest height with two or three soft balls on the surface. Three or four people let go of the parachute, and put their hands underneath the canopy have to try to knock the balls off while those around the canopy try to keep them on.

Parachute Outside

This game uses the senses, and is good to do seated outside. Ask everyone to lift the parachute high over their heads and down again. Talk about the soft sounds and breezes that are created. Move the parachute faster or slower, and notice the different effects.

Creative Movement for Seniors sessions

Flowers and Fabrics; Instruments

Flowers and Fabrics

Aim:

To enjoy our senses and introduce movement in a fun, non-exercise way.

Music:

The Best of Nina Simone

Materials:

A bunch of seasonal, and smelly flowers, different scarves and fabrics

Session: Awakening the Senses

Session starts with passing around some beautiful smelling flowers, smelling them, whether they like one (to hold, in their hair, button hole, or near by to look at). We then stretch—reaching the flowers above our heads, towards the person to the left, then to the right, throwing them in the air or twiddling them between our fingers. Be inventive! Next, we pass round a basket of different fabrics, ask people to choose one they like. Fabrics are a great motivation to move—seeing then flow; the colours, memories and patterns. We lift the fabrics up, wave them in the air, float them around, drape them over our heads etc.

We take each end of the fabric and move the fabric between two people, or between more people if the fabric is large. We end collecting the fabrics, feeling their textures, and sharing what we enjoyed.

Instruments

Aim:

To have fun, be energetic, make noise, chaos, and music together, to remember seeing or playing in bands

Music:

Best of Brass Bands (you can add pots and pans to create more instruments)

Materials:

A selection of hand-held instruments

Session:

We start by taking around a basket of instruments and asking people to choose one. There is a selection of different colours, sounds, weights, textures. Some people just hold their instruments, others shake, rattle or bang them. We make lots of noise, sometimes following the beat, at other times just being chaotic, both is okay. Sometimes we make very quiet sounds, and we can also raise the volume up!

We finished with collecting instruments and talking about making instruments and memories of bands and music.

The session was followed by making instruments from decorating plastic bottles and putting lentils and beans inside them.

Some people just hold their instruments, others shake, rattle or bang them

Creative Movement for Seniors sessions

Balloons and Feathers; Bells and Elastic!

Pass around a basket of coloured feathers, encouraging people to look at and feel the feathers, choosing the colour they want

Balloons and Feathers

Aim:

To enjoy the senses, to use the breath, to enjoy both soft and energetic movements and textures, to work together and have a party atmosphere. To work on and improve circulation, stretching, coordination and strength.

Music:

Sound of Music (from the Musical)

Materials:

Different coloured feather and large (re-usable) balloons

Session:

We start with passing around a basket of coloured feathers, encouraging people to look at and feel the feathers, choosing the colour they want. We stroked our hands, each other's hands, our faces, we waved the feathers, dropped them and watched them fall. We blew the feathers at each other, and tried to catch them! We put them in our hair, and in our button holes.

Introducing LARGE balloons (see resources list) we watched balloons float above us, and hit them to each other, caught them and kicked them! Quite an energetic sessions and lots of fun. Lots of laughter and cheekiness is usually shared.

Bells and Elastic!

Aim:

To feel part of a group, to stretch, to make a noise, to stimulate associations with elastic (sewing).

Music:

Any (We used Caribbean party music)

Materials:

Bells and long piece of bright coloured elastic (1 cm wide, 7 metres long)

Session:

I produced a long piece of pink elastic and had already threaded some bells onto the elastic (see resources list). We passed the end of the elastic round and tied the ends. Everyone who wanted to placed their hands on the 'ring' of elastic, and we moved the bells around so that everyone had one. We then lifted and stretched the elastic in different ways (up, down, between our hands, under our feet). Many participants, who don't normally walk were 'exercising their feet!'

Creative Movement for Seniors sessions

Autumn Leaves; Lavender Bags

Autumn Leaves

Aim:

To bring the outside in, to enjoy, remember, touch and look at autumn leaves. To connect people to the seasons, to have fun

Music:

Classical and gentle

Materials:

A selection of different autumn leaves, (shapes, sizes, types, colours)

Session:

I passed around a bowl of leaves, everyone chose one or more leaves. We twisted around the stalks between our fingers, we turned and twisted them, looking at the colours, we touched our noses with them. We waved at each other with them, we remembered picking up leaves. we waved them high and low, like wind blown trees, we twisted them across our bodies. We threw them in the air and tried to catch them, and watched them fall.

Lavender Bags

Aim:

To enjoy warm touch, to lift things of a light weight, to ease aches and pain and look after ourselves, to relax.

Music:

Classical and gentle

Materials:

Small cotton bags filled with wheat grains and lavender, and heated in the microwave or between two hot water bottles

Session:

Pass round warm lavender bags, and invite people to smell them. We placed them on our faces, back of our hands, squeezed them, put them on the back of necks, sore knees, on our hearts. We passed them from one hand to the other, threw and caught them.

Lavender bags are easy to make:

Do you have any participants who like sewing? Both sewing and filling the bags with wheat grains are good for dexterity and for focusing and can be done slowly.

Resources

Beanbags/small soft juggling balls/ beach balls/parachutes

www.sportswarehouse.co.uk

www.consortiumcare.co.uk

Consortium Care supply lots of different props, music, instruments and art and craft activity materials.

Scrapstores

Located all over the South West, are a free source of arts and craft materials. For your nearest contact 01726 861166.

Scarves

From charity shops (look for brightly coloured, lightweight ones including red for the tango, square scarves usually work best!).

Instruments

Instruments can be purchased from Consortium Care (see above) or the Early Learning Centre as well as various independent shops.

www.elc.co.uk

Or, try making your own with reused materials from scrapstore or objects you find. Lentils inside plastic bottles work well as shakers for example. You can also 'play' pots and pans and other objects you find.

Rainbow parachutes

Rainbow parachutes can be purchased from Maudesport:

www.maudesport.com

Or from JABADAO Centre for Movement Studies: www.jabadao.org.

If your budget is restricted you can use an old sheet painted in bright colours.

Balloons

Try party shops or order online. Large, reusable balloons are available from:

www.jabadao.org.

Craft shops

Craft shops usually have a range of feathers, materials and elastics available.

Music

Music can be borrowed from libraries or friends, downloaded from the internet (from www.itunes.com). Please be aware of copyright and public performance rules. Websites such as www.spotify.com, allow you to play and share any song you choose (but be aware that adverts are played in between every few songs you play).

Useful Websites

Foundation for Community Dance
0116 251 0516

www.communitydance.org.uk

JABADAO Centre for Movement Studies
0113 236 3311

www.jabadao.org

Green Candle Dance Company
020 7739 0516

www.greencandle.com

Age Exchange

www.age-exchange.org.uk

Movement to Music for over 60's and less able people

www.extend.org.uk

Who we are, what we do

Arts for Health

Arts for Health Cornwall and Isles of Scilly (AFHC) is one of the leading arts and health organisations in the UK. Formed in 2001, we exist to advocate for the role of creativity in improving health and well-being and to develop and facilitate specific projects that deliver health improvement. We are a voluntary sector organisation and a registered charity with an Executive Committee of Trustees and a small staff.

Aims:

- To raise awareness of, and advance the role of, arts and creativity in improving health and well-being
- To improve the evidence base to demonstrate the positive impact of creativity on health and well-being
- To create a robust and sustainable organisation that is responsive to the changing needs of the individuals and communities of Cornwall and the Isles of Scilly
- To become the leading organisation that provides advice, support and information on the link between creativity and health and well-being
- To build networks for, and provide training and support for, anyone working in the field of arts, creativity, health and well-being
- To enable, encourage and deliver sustainable projects that improve health and well-being through arts and creativity
- To lead and influence policy and practice in arts, creativity, health and well-being

Older Persons' Project

In partnership with Cornwall's Older People's Partnership Board, we are delivering a project which aims to contribute to improving the health, well-being and independence of older people through a range of creative activities. This project is part of the Local Area Agreement target of improving the quality of life and independence of older people. It is funded by Arts Council England and Cornwall Older People's Partnership Board.

The project involves:

- Developing a countywide approach to music and movement activities for older people in a variety of settings
- Piloting a range of creative interventions in various settings and evaluating their impact
- Developing intergenerational projects
- Establishing an Older People's Creative Network for professionals to explore ideas, develop further projects and ensure that learning and best practice are shared
- Training for care staff in creative skills

Aims of the project:

- To increase confidence, mental well-being and self esteem
- To reduce depression and facilitate the expression of feelings despite failing senses
- To value the skills and expertise of older people
- To promote physical health through increased mobility, improved circulation, improved continence and reduced constipation and lowering of the impact of diseases such as respiratory disease
- To address social exclusion
- To positively impact on the life of people with memory loss and dementia

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Contact

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