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# the arts bulletin



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## Independent Arts launches 11 Hours campaign to increase creative activity for older people

Independent Arts has launched a new campaign for 2014 entitled Eleven Hours. The theme for the campaign originates from the fact that after sleeping, eating, washing and dressing it is estimated that elderly people living alone and in care homes have approximately eleven hours of the day left to fill.

For many, this time passes very slowly, and can feel endless, lonely and boring.

Through our work in care homes and in the community, we aim to help people spend this time engaged in meaningful and creative activity.



Independent Arts feels passionately that older people should have access to regular activities, and we recognise the intrinsic link between creativity and improved health and wellbeing.

The campaign was launched at the Brighstone Christmas Tree Festival in December, where our Eleven Hours themed tree was on display.

Please support Independent Arts' Eleven Hours campaign during 2014 to ensure that no older person has to spend their last days with only a ticking clock for company.

## Filming Equipment available for use by Island groups and charities

Following a grant from the Clothworkers Fund in late 2013, Independent Arts has recently acquired a range of new equipment. This includes the purchase of three new video cameras: one large camera of near broadcast quality, and two smaller hand-held cameras. We also have tripods, memory cards and battery chargers.

We are keen for other local groups and organisations to benefit from the purchase of this equipment, and would be happy to loan it out to anyone interested in using the equipment for the benefit of the community. Please contact us to find out more.

## New trustees required to get on board

Independent Arts is currently looking to increase our experienced board of Trustees, and would love to hear from anyone interested in getting involved.

Our board of trustees oversees the charity's activities and development. The trustees meet four times a year, as well as supporting the work of the charity on a more practical level as and when they can.

We are keen to hear from people who feel they could offer the charity their time and expertise by becoming a trustee of Independent Arts.

This is an unpaid, voluntary role, which takes a relatively small amount of time but is crucial to the charity's success.

To find out more about becoming a trustee for Independent Arts, please



Independent Arts is a member of NAPA (National Association for Providers of Activities for older people)



## New art forms offered through our Workshops for Wellbeing Programme

Independent Arts is delighted to launch a new range of sessions available through our Workshops for Wellbeing Programme.

We are now able to offer iPad sessions for older people. These can be themed around music, reminiscence, art and photography, or can be a more general approach to iPad use. The iPad is ideal for older people as the touch-screen is incredibly user-friendly.

We also offer specialised 1-1 sessions incorporating iPads, which are tailor-made to focus on the areas of interest of the individual. Art Therapy is also available as a 1-1 option.

In addition, we now offer a specialist Music Reminiscence session with vintage wind-up gramophones, which are proving very popular. Other new activities include chair-based Yoga, themed music hours and We've Got Rhythm—a music and movement session using songs from the shows.

Please contact us or visit the website for more info about our Workshops for Wellbeing sessions.



## Island-wide consultation to support bid to improve life

The Isle of Wight has been shortlisted and invited to submit a bid to the Big Lottery Fund as part of the Fulfilling Lives: Ageing Better scheme. The grant is designed to fund innovative, sustainable and community-led projects to tackle loneliness and social isolation in people over 50. Age UK is leading on the bid for the Isle of Wight, and are looking to consult with local people about life on the Island, and share ideas on how to make it better.

A survey has been produced, and Islanders are being encouraged to take part to help shape the bid, which could bring substantial investment to the Island over the next five years.

For more information about Isle Engage, please call the Engagement Line on (01983) 539309.

## DanceMakers celebrating successful year with weekly Newport group flourishing

Our weekly DanceMakers group has been running for a year in April, and Independent Arts is delighted to be celebrating this milestone.

DanceMakers is a new project of its kind on the island, providing gentle exercise for older people, where participants can try new things and meet like-minded people. The sessions help to improve participants' co-ordination, muscle strength and balance.

Part-funded by the Isle of Wight Adult Community Learning Fund, DanceMakers is facilitated by Michelle Hainsworth who previously worked with "Chance to Dance," a Portsmouth-based dance company made up of both able-bodied dancers and wheelchair users. See our website for further details.



## SingAbout celebrates 3rd birthday



Our popular SingAbout groups in Freshwater and Newport celebrate their third birthdays in March.

The groups have gone from strength to strength, with additional groups subsequently being launched in Ryde and Ventnor due to the success of the original offer.

The groups offer a friendly and social experience to our participants, who get together weekly for singing, music and cakes!!

