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# the arts bulletin



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## Continued commitment to providing quality arts activities for older people

*“Working predominantly with older people, the purpose of our work is to address the main issues faced by our ageing community: dementia, social isolation and disadvantage. We use the arts as a tool to improve health, wellbeing and quality of life.”*

We recognise the challenges faced by living in an ageing population, and as reported in our last bulletin, the Isle of Wight now has the highest percentage of dementia sufferers in England.

In light of this, we are looking to increase the way in which Independent Arts supports older people in our community, and those who care for them.

We are currently developing a robust training package and resources for care staff, to enable them to engage creatively with the older people they work with. Training will look at the importance of creativity for wellbeing, working creatively with dementia sufferers and how to deliver creative activity (including reminiscence) to older people. In addition to this, we are developing a reminiscence resource library for people to borrow artefacts and objects to deliver reminiscence sessions.

We continue to provide quality arts sessions in care settings, including music sessions (flute, harp, ukulele), movement and visual arts. We also offer specialist sessions, including music reminiscence using a gramophone and original 78rpm records.



Artefacts from our  
reminiscence library and  
resource centre

### Call for Volunteers

We are currently recruiting volunteers for 1-1 engagement in our Creative Futures project. If you are interested or would like to find out more, please contact Caroline on (01983) 822437 or via the email address above.

## Independent Arts celebrates at the Community Action Awards 2013

We were delighted to win third place in the Arts and Heritage category at this year's Community Action Awards. The IA team attended the awards ceremony at the Riverside Centre on 22nd May, and were inspired by all the other groups and organisations who deliver vital work across the island.

Community Action Isle of Wight hosted a fantastic event, recognising the importance and value of the charitable work being undertaken for the local community. We were thrilled to be a part of it, and would like to congratulate all the winning groups who work tirelessly to make our island a better place.

## DanceMakers is a hit

Our DanceMakers sessions launched in April, and are proving very popular.

Funded by the IW Council's Adult Community Learning Fund, DanceMakers is a new project of its kind on the Isle of Wight, providing gentle exercise for older people.

Unlike an exercise class, participants work together as a team, mutually supporting each other within a safe and creative group environment.

DanceMakers helps to improve participants' co-ordination, muscle strength, balance, breathing, memory and self-confidence.

Sessions are facilitated by Michelle Hainsworth, who has previously worked with "Chance to Dance", a Portsmouth-based dance company made up of both able bodied dancers and wheelchair users.

Sessions are delivered on Fridays at St Johns Hall in Newport (10.30am-12pm), and the Memorial Hall in Freshwater (2-3.30pm).

Please contact us for further information about DanceMakers.



SingAbout is social and fun, whilst promoting health and wellbeing

## SingAbout settles into regular venue in Ventnor on Friday mornings

Since Easter, SingAbout is now taking place weekly at Byrnhill Grove in Ventnor. Prior to this, the sessions had been alternating between Byrnhill Grove and Knights Court, but after Christmas the decision was taken for the sessions to be based at one location permanently.

When we looked to set up our fourth SingAbout group, we were awarded funding from Southern Housing Group and The PJK Charitable Trust. This led to us running the group in Southern Housing Group venues, and the group has settled well into a regular slot at Byrnhill Grove.

SingAbout in Ventnor takes place at Byrnhill Grove, Ventnor on Fridays from 10.30am-12.30pm.

Free SingAbout sessions also take place weekly at:

- Freshwater Memorial Hall on Mondays, 10.30am-12.30pm
- All Saints Church Hall, Ryde on Mondays, 2-4pm
- Newport Scout Hall, Woodbine Close on Tuesdays, 2-4pm.

## Creative Futures project up and running with island-wide engagement



Creative Futures enables person-centred 1-1 work

The Creative Futures project has now started delivery across the island. The project sees a team of volunteers visiting individuals in residential care homes and working creatively on a 1-1 basis.

The project aims to support socially isolated residents, such as people who can't leave their rooms, engage in group activities or don't have regular visitors.

The volunteers undertook robust training in the spring, and are fully supported in their role. They are mentored by a team of Creative Practitioners for the first six sessions, before going on to engage with residents independently.

Independent Arts was awarded additional funding by the W.G.Edwards Foundation to purchase iPads, allowing our volunteers to use digital technology in the sessions.

The visits are proving to be extremely successful, with both residents and volunteers mutually benefitting from the 1-1 sessions.

## NAPA Membership puts Independent Arts on the map for positive activity

Independent Arts has become a member of NAPA: National Association of Providers of Activities for Older People.

NAPA is a registered charity and membership organisation for all those interested in increasing activity opportunities for older people in care settings.

We are delighted to be affiliated with NAPA, and through our membership we can ensure we maintain good practice across our outputs.

