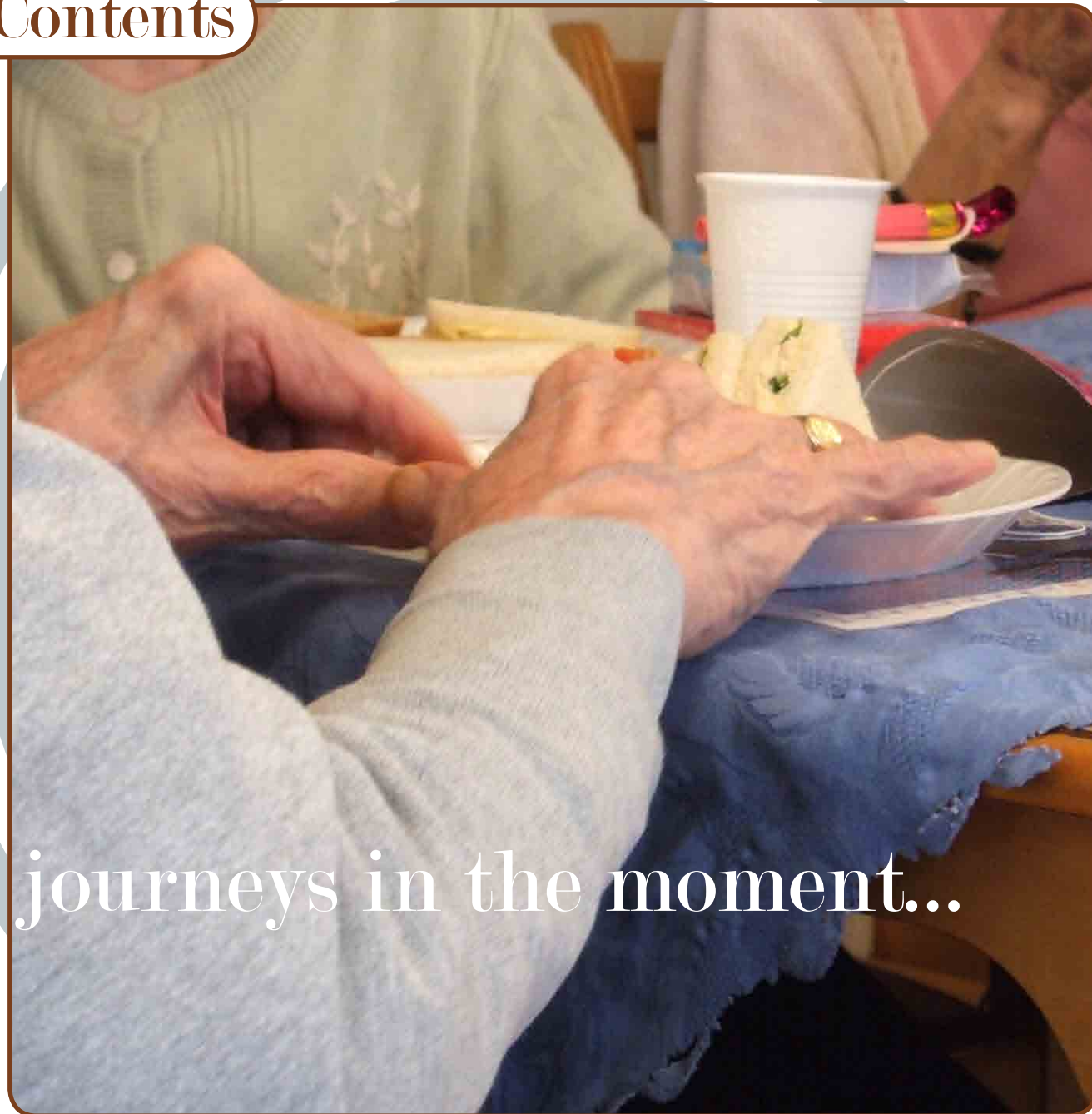


ENGAGING OLDER PEOPLE
journeys
in the
moment
PEOPLE LIVING WITH DEMENTIA



YOU
are here

Contents



journeys in the moment...

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Credits

● Introduction

"It is good to have an end to journey toward; but it is the journey that matters, in the end." Ernest Hemingway

The purpose of this pack is to provide staff with ideas to engage residents in creative, interesting and fun ways. These ideas have been created by activity coordinators and carers from four care homes in Essex in partnership with four artists. Their main aim was to improve the well-being of those in their care, especially people living with dementia, by thinking creatively about the activities they deliver and experimenting to create more opportunities to make meaningful connections with residents.

The pack refers to activities as 'journeys' – with an emphasis on enjoying the trip, making connections rather than focusing on the destination or an end product. The quality of the experience is the most important thing – the activity simply provides ideas, space and time for you to achieve this. A number of 'journeys' are presented in the pack that are adaptable to suit different spaces and needs... use these as inspiration, a starting point, or follow the 'journeys' and see where they take you!



4

Tips For Travellers ●

Be creative and involve others

People are creative in different ways and everyone has something to contribute; including activity coordinators, carers, assistants, residents, family members, volunteers and managers! Taking photos, baking a cake, organising music, fundraising and starting a conversation are just some of the creative skills people have. Why not find out about the hidden talents and creativity your colleagues, volunteers and residents have, and include these in the 'journeys' you plan.

Be prepared for the unexpected

Some 'journeys' are memorable because things don't go to plan...so be flexible and don't be disappointed if things don't go as you want to...there is always next time!

Share the 'journey'

Don't forget to let everyone know about what you are planning and don't forget to tell them what you have done, a bit like showing off your holiday snaps! Consider photographing or filming the 'journeys' you take; create a display board to show these photos, request donations of props and materials and get suggestions, or make a scrap book as a permanent reminder to share with residents, family and colleagues. We have a few ideas in the pack about how you can do this.

Stop and take in the view

Time is always pressing but remember to step back occasionally and review what you do. We suggest setting aside 10 minutes fortnightly to remind yourself of what worked, things that need changing and to take a breather!



5

• All Aboard?

A journey specifically for Carers, Activity Coordinators & Managers

All Aboard?

Type of journey

Inclusion, reviewing and remembering for Carers, Activity Coordinators & Managers

Aims

- Produce records of an event or a series of activities in a creative way that can be shared with residents and their relatives.
- Provide a place to leave comments and reflections by residents and also staff in an informal yet informative way that can be used to assist with the planning of future engagements and journeys.
- Get into the habit of communicating to staff about upcoming events and planning.

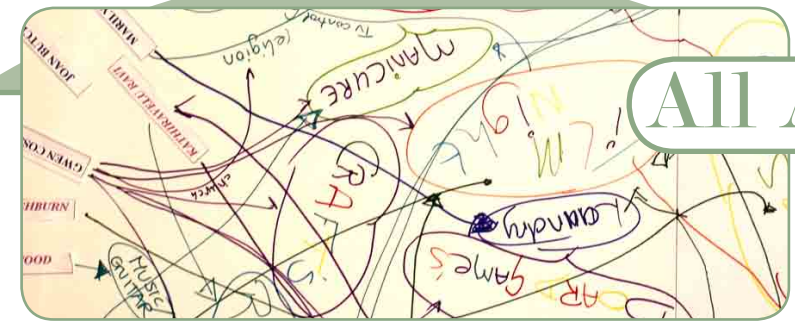
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Don't forget to pack...

Camera
Pens
Notebooks
Paper
Scrapbooks
Notice boards

Optional extras

Video camera
Computer/printer



• All Aboard?

Make the journey

Finding out about what interests the residents and staff have can be a useful starting point to planning a journey. Making a connection can only happen if you speak to them. This journey is about finding ways to learn about people's interests and skills, and how best to record, share, reflect and use them.

The following list provides suggestions for sharing ideas, skills, and things already done:

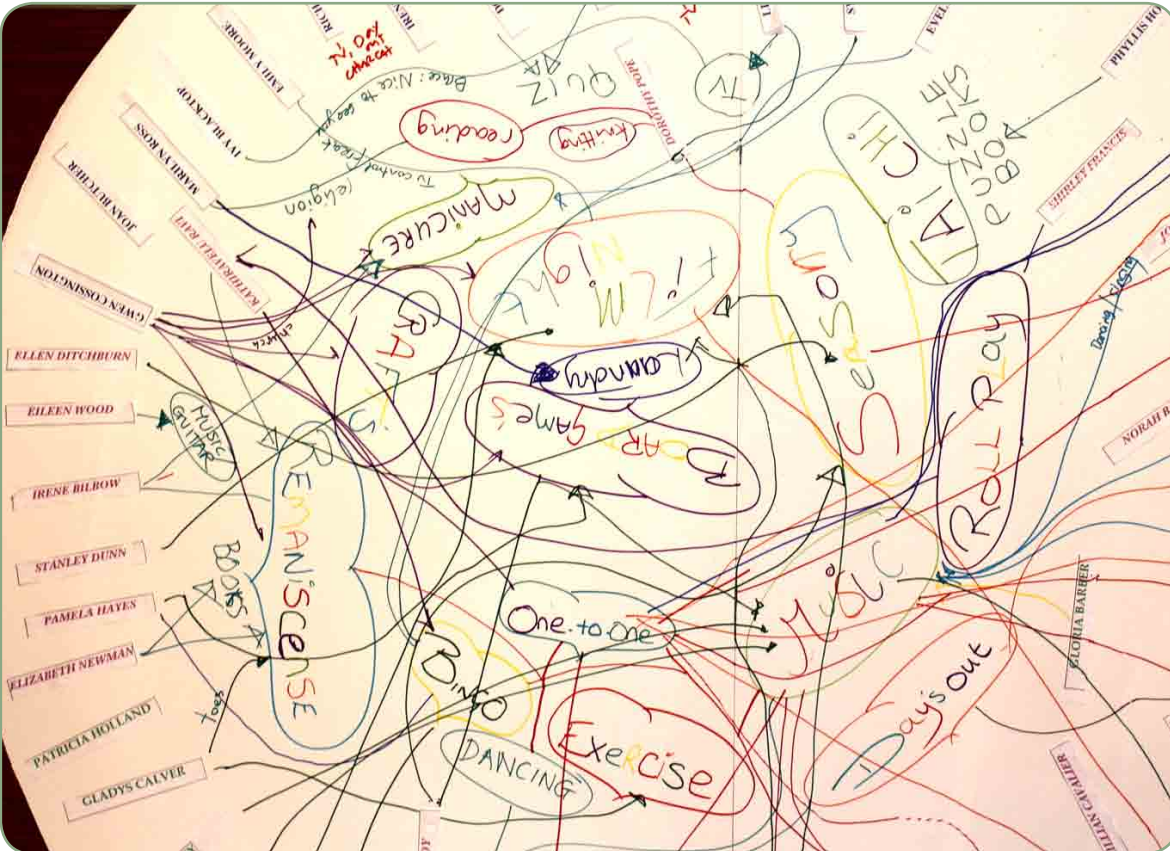
Mapping staff skills: A simple and fun way of finding out what makes colleagues tick! First, get a large sheet of paper (approximately 50cm x 50cm) or join up smaller sheets. Print out a list of names of all the staff at the care home (you can map staff skills in two groups if shift work does not allow for one big meeting). Cut out names and stick them around the edge of the large sheet of paper, leaving a big space in the middle. Next ask staff what kind of activities they think residents like or new ones that should be introduced. Ask someone to note down the suggestions as the discussion continues – not as a list but dotted around the space on the paper. Once done, ask each member of staff which of these activities they are interested in helping with. Then using a coloured pen/ felt tip draw a line from their name to the activity on the sheet and noting briefly why they have chosen this along the length of the line created. Additional notes on the paper next to names can be about hobbies staff have or hidden skills others do not know of (e.g. cooking, photography, touch typing, knitting etc).

...continued next page...

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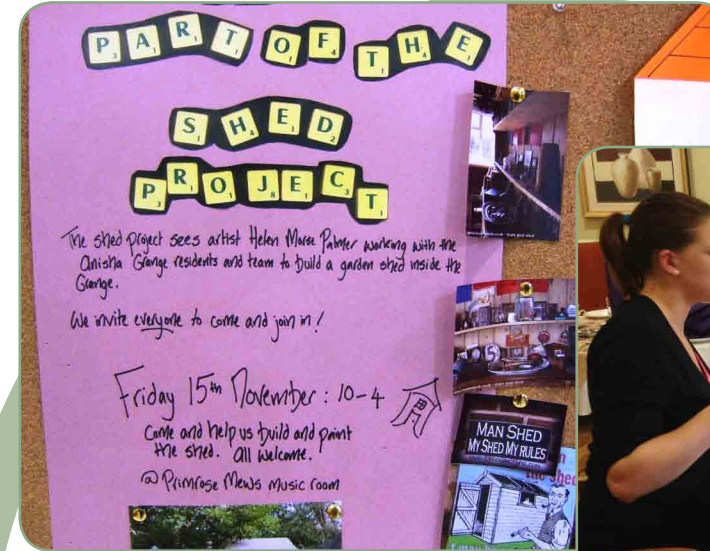
● All Aboard?

...continued...



This is a fun activity focusing on getting to know staff better and providing an opportunity to include them, (based on their additional interests and skills), in the delivery of their roles as well as engaging with residents better. For example, if a carer reveals they enjoy reading, then perhaps they could be encouraged to read aloud to residents or be included when developing a library to make suggestions for books. Remember, everyone has something to offer in addition to the tasks they are hired to do and this gives the opportunity to nurture them!

(All Aboard? 🚢)



Making an album: Take photographs of all the things you do so those good memories can be shared.

Making a scrap book: Similarly, memories can be kept in informal scrap books that can include photos, comments, samples of things that inspire or are created. Encourage residents to add to it too.

Set up a communications board: Make sure residents, relatives and staff know about things that are planned. Also when extra help for an activity or when more ideas are needed. Good ideas can come from anywhere. Use the board to show off the things that went well too.

Recording: Capture special events or activities on a video camera and create instant memories . You can even ask residents to do this if they are able and willing! Playing this back to residents, straight after or weeks later on a TV, will provide an opportunity to relive it but also give staff a chance to observe in detail why individuals took part, why it was a successful/unsuccessful event and assist with future planning.

● Special Occasion



10

"Basically, if we are excited and interested in delivering an activity then that energy transfers to the session." Artist

Special Occasion ●

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- Powdered Egg and Spam page 25/25
- Street Party...Indoors! page 26/27

● Special Occasion

Special Occasion ●

Special Occasion

Special Occasion ●

● Special Occasion

11

Special Occasion

Hops and Ale in a Basket

Type of Journey

Remembering, music, singing

Aims

- Provide a stimulating and fun environment.
- Increase opportunities for connection between residents and carers.
- Introduce elements of performance to a session.

Don't forget to pack...

Words to songs related to hop picking or recordings on CD

A wicker basket containing dried hops

2 small baskets with dried hop flowers and malt hop grain

2 bottles of ale

Laminated excerpts of reminiscences and images related to hop picking of hop pickers, the 'measuring stick' and the 'tally man'

Camera to record reactions

Voice recorder/note book to record reminiscences

Optional Extras

'Hop picker costumes' purchased from charity shops:

- long black skirts
- blouses
- headscarves
- aprons
- bowler hat
- money pouch with coppers

Useful resources/websites

www.hoppingdowninkent.org.uk

www.spitalfieldslife.com

www.britishpathe.com

Song : 'Hopping Down in Kent' <http://www.youtube.com/watch?v=U8cNUN7cg3Q>

Book: 'Lost Voices: A Vanished Way of Life' by Gilda O'Neill



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Special Occasion

Make the Journey...

Increase enjoyment and interest during this reminiscence session by engaging all five senses. Dressing the part, using the carefully selected items and songs related to hop picking will transform a regular session into an experience.

Ask colleagues to dress up, recite excerpts from books, encourage residents to smell and feel the hops, look at the pictures of hop pickers and taste the ale. This sets the scene and will hopefully trigger conversation. Sing songs or play recordings to evoke memories and don't forget to note down stories residents recall (or record them) so you can recite or replay them to residents to finish the session. You don't have to dress up to deliver this session but it really helps to create the right mood!

Best for travelling:

One to one or in small groups of less than 10



Travellers' Tips:

- Sit at eye level with each resident to share the items and enjoy their memories.
- Not everyone will have experienced hop picking so use it as a story telling opportunity.
- Make a note of the memories residents recall and add to a scrap book or use a voice recorder – but do remember to ask their permission before you do!
- Ask other staff to get involved by advertising this event beforehand – they may well have a story to tell or want to find out more.



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● Special Occasion ●

Christmas Flowers

Type of journey

Multisensory, making, relaxing

Aims

- An activity that residents can do independently or with a staff member.
- Stimulate the senses – smell, touch and sight using materials that are familiar.

Don't forget to pack...

Floral oasis

Dishes or saucers

Tape

Scissors/secateurs

Flowers & foliage – shop bought or from the garden

Old Christmas decorations, baubles, ribbon,

Fragrant additions such as cloves/fresh rosemary/lavender/cinnamon sticks (optional)



● Special Occasion ●

Make the journey

Give each person a saucer or dish with a piece of floral oasis taped to it so it does not move around and encourage the selection of foliage and flowers. Push the stems into the oasis and liven up arrangement by introducing Christmas baubles or ribbon and the fragrant spices and herbs.

Discussions can be steered towards the materials such as selecting and placing foliage, the height of stems, the colour of flowers and encouraging people to smell the fragrant spices and herbs. Remember, let the residents make their own choices – it doesn't matter what the end result looks like, as long the person that made it is happy with it!

Best for travelling...

One to one or in a small group

Travellers' Tips

- Keep cost down by using foliage from staff or the care home gardens and a display can be made any time of the year.
- Resist the urge to 'finish off' or add to an arrangement that someone else has made – everybody has a different sense of what looks good!
- Set up the materials in the centre of a table within easy reach.
- Spend time discussing and handling the foliage to create a relaxed atmosphere.
- Try not to focus on 'finishing' the display as this can create pressure on those participating. Remember it is the 'journey', and not the destination that matters!



Special Occasion

Bonfires, Bangers and Mash

Type of journey

Multisensory, making, remembering, music

Aims

- Provide a stimulating and fun activity with Bonfire Night theme.
- Create an opportunity for engagement between resident and carer.
- Encourage participation and involve residents in preparations for a celebration.

Don't forget to pack...

Making the Guy:

2 pairs of tights

Old newspapers

1 pillowcase

1 man's shirt (black)

1 pair of old black trousers

1 old lacy tray cloth – cut to make collar and cuffs

Shredded paper (yellow) - for hair and beard

Black hat

1 pair of brown gloves

1 pair of old shoes

Creating an atmosphere

Chocolate coins

Music that fits with the theme

Optional Extras

Firework cakes:

Shop bought cup cakes

Ready-made (tubes) or homemade icing in fiery colours

Star and ball shaped edible cake decorations in gold, silver, white, and black

Useful resources/websites

For inspiration, look at websites that cover the stories of of Guy Fawkes and Bonfire Night and the traditional poem 'The Fifth of November'.



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Special Occasion

Make the journey

Make Bonfire Night memorable by planning a day long event of feasting, storytelling and remembering.

Start with making the Guy – this can be done the day or week before. Gather all the materials required to make the Guy on a trolley or in boxes so they can be taken to individual rooms and communal spaces enabling all residents to take part. Use the pillowcase for the head, the shirt for the body, and tights for the legs and stuff them with balls of scrunched up newspaper. Ask residents to help with this and make it playful by asking them to throw the ball of newspaper into each part. Use this opportunity to chat about the planned celebrations and encourage residents to talk about the Bonfire Night theme.

On the day, doing 'Penny for the Guy' rounds provides a gentle reminder of celebrations to come – give out chocolate coins in advance to residents so that they can hand these over when asked. Staff may want to get into character and dress up (as Guy Fawkes or someone from that period) to create impact.

An additional activity includes decorating fireworks inspired cup cakes as part of the lunch or dinner. Ready-made icing in tubes or home-made icing can be used to decorate to allow for different abilities and finish off using edible decorations.

Bangers and mash for lunch or dinner, accompanied by music in the background will give the celebration atmosphere. Finish the feasting with the fireworks inspired cup cakes and retell the story of the Guy Fawkes and the traditional poem 'The Fifth of November'.

Best for travelling...

Making the Guy and cake decorating : one to one and in groups.

Celebration lunch/dinner & storytelling: in a group.

Travellers' Tips

- Ensure you include staff in planning and delivering this event: with so many elements, the more the merrier.
- Not all staff are comfortable dressing up but be brave and you will find it will raise curiosity and start up conversations with residents.
- Make sure residents get involved in at least one preparation aspect of the celebration – use these moments to engage them with themes and their recollections.
- Feel free to decorate the dining rooms to add to the celebratory atmosphere.
- Do publicise and create a buzz about the celebration by putting up posters etc.

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Special Occasion

Christmas Spice

Type of journey

Multisensory, making, remembering

Aims

- Provide a multisensory festive activity.
- Create an opportunity to allow connection between resident and carer.
- Use theatre skills to enhance existing activity.

Don't forget to pack...

Portable CD player and Festive Music CDs

Kitchen Tray/Trolley

Festive tea towel

Squares of different coloured tissue paper

Mini-muffin cake cases

Holly & Ivy decorated cupcake cases

Small bottles of cooking essence (Lemon, Orange, Peppermint, Strawberry, Almond)

Jars of spice (all spice, ginger, cloves, cinnamon sticks)

Box of Turkish Delight

Christmas cake

Sugar snowflakes (edible decorations)

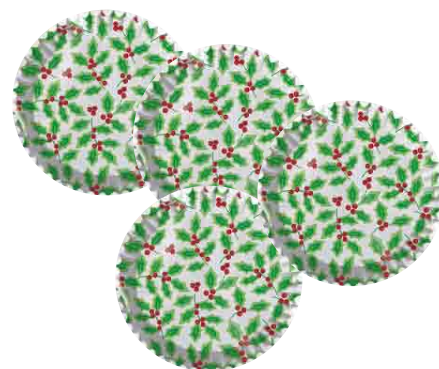
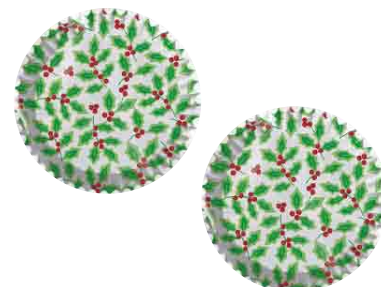
An orange

A lemon

Baked slices of orange and lemon

Optional extras

Costume: Red and white fur-trimmed Elf jacket



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"The shape of the Turkish Delight box reminded Grace about her husband who would buy and wrap boxes of chocolates every Christmas and they had to wait until Christmas Day and Boxing Day to open them or they would have eaten the lot!" Artist

Special Occasion

Make the journey

A festive 'smell and taste' quiz with a difference as it starts with a story. Santa's elf is asked to make a Christmas Cake but in his/her excitement to do this the elf has got the spices and ingredients muddled. Can residents guess which ingredients are which?

Staff are encouraged to dress up like an elf or dress a toy to deliver this journey. It is fun, helps tell the story and creates an atmosphere. Place all the ingredients on a trolley and take room to room, play festive tracks whilst the activity happens.

Best for travelling...

One to one

Travellers' Tips

- Take time to chat and reminisce with residents – the quiz is simply the starting point.
- The trolley can be taken round in the lead up to Christmas and is particularly useful for residents that are not mobile or do not enjoy socialising.
- Develop the 'Elf' story as needed and to the availability of resources.



19

● Special Occasion ●

Go Glam Fashion: Photoshoot or Catwalk

Type of journey

Multisensory, remembering, moving, music

Aims

- Give residents a reason to get dressed up.
- Engage as many residents as possible in a group activity.
- To have fun!

Don't forget to pack

A selection of hats

Accessories e.g. scarves, gloves, jewellery etc

Tea set to serve afternoon tea – preferably vintage

Pale coloured table cloth/bed sheet – back drop for photographic portraits

Camera

Record player and records or CDs

Full length mirror

Optional extras...for Catwalk

Photos of vintage fashions on a flip chart board

Roll of carpet – preferably red!

Video camera, connector cables and TV

Useful resources/websites

Charity shops for accessories or try contacting a local hat shop for old stock



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● Special Occasion ●

Make the journey

Getting ready, dressing up and being photographed are common shared experiences. Use the two fun journeys shown, Photoshoot and Catwalk, to create a relaxed social event.

Photoshoot:

Getting ready starts with hair and make up, see the 'Pamper Day' journey (page XX) for ideas on how to set up an instant salon for hairdos and fancy nails in the room where the dressing up and photoshoot is happening – put on music to liven up the atmosphere and serve tea from china cups for this special occasion. Encourage residents to try on hats and accessories and then ask if they want a portrait / photograph taken. Make sure staff join in by dressing up too! Use this event to discover more about the things residents enjoy.

For the photography, set up a cloth backdrop in the corner of the room if the wall is not suitable. Ask a staff member to be the photographer for that session. Concentrate on photographs being of the head and shoulders (as they would have been in old photographs) or full head to toe shots with the residents seated or close ups.

Catwalk:

Extend or provide an alternate focus for a 'dressing up' event by imitating a catwalk or 'Hollywood' style event by rolling out the red carpet!

Put on the music, try out some hats and accessories, check the look in the mirror, take to the red carpet and then perhaps dance to the music! Videoing the event and then playing it back on the TV at the end will enhance the experience and provide residents with a suitable finale.

Best for travelling...

In groups

Travellers' Tips

- Make sure you include male residents by offering suitable accessories.
- Do publicise this social event in advance.
- Not every one will want to join in but people watching can be just as much fun!
- Print and share the portraits or video footage later on with residents and their relatives.
- Use music to lure residents to the event – it can always be turned down if it gets busy!
- Encourage staff to take part and come along dressed up – a good atmosphere and feeling can be contagious and always good to pass this on!
- Find out what music residents like before the event so you can have some tunes ready.

21

Special Occasion

Haggis, Neeps and Tatties

Type of journey

Multisensory, music, singing

Aims

- Provide a stimulating engagement using music and spoken word.

Don't forget to pack...

The feast:

1 large haggis (30 small taster portions)
1 medium haggis for 'addressing and stabbing'
A platter to display the haggis
Plastic bowls and forks
Plastic Sword
CD of Scottish Pipe Music.

'A Taste of Scotland!' basket:

Book of Burns Poetry
Tartan Mouse pin cushion
Spurtle (porridge stirr)

Useful resources/websites

Scottish songs (and words) and the Burns Night poem 'Address to a Haggis' are available online.



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Special Occasion

Make the journey

A great opportunity to enjoy haggis! This journey features music, song and ceremony. Take the 'Taste of Scotland' basket around to individuals in their rooms or to groups in the morning to inform them about the 'Haggis Ceremony' to come later that afternoon, and to provide an opportunity to handle the objects to spark off conversations.

For the haggis ceremony, cook the haggis as instructed on the packaging and place it on the platter (preferably with a tartan napkin underneath!) alongside the plastic sword. Put on the Scottish Pipe music and present the haggis to the group. Ask staff to assist by taking it round to residents to admire before making the formal 'address' to the haggis, written by Robert Burns! Once this finishes, ask one or two residents to take turns to 'stab' the haggis ready for serving to residents. Much to the surprise of staff, the Haggis was enjoyed by most of the residents, so much so that it now features as a regular menu item!

The traditional 'Haggis Ceremony' and tasting was followed by sing along session of favourite songs (not just Scottish ones) to add to the celebratory mood. Staff used props that related to some of the songs and handed these out whilst singing to get responses from residents. For example, sweets and flowers were handed out when 'My Fair Lady' was sung.

Best for travelling...

A taste of Scotland: One to one
Haggis Ceremony and singing: Group

Travellers' Tips

- Ask staff to join in and include them when planning, handing out tasks that they feel comfortable delivering.
- Turn off the television to enable residents to focus on the group event.
- Don't assume that residents will/won't like something – the haggis was eaten and liked contrary to staff reservations.
- A singalong is often a spontaneous occurrence so if it does not happen then try again some other time!



23

Special Occasion

Powdered Egg and Spam

Type of journey

Remembering, music, singing

Aims

- Provide a stimulating reminiscence experience.
- Use basic performance skills to enhance an familiar activity.

Don't forget to pack...

Basket
Embroidered tray cloth
Reminiscence pack with ration book, old coins, old tins
Postcards with WWII advertising
Tin helmet
Egg cup with knitted egg cosy
'Cherry Blossom' shoe polish
Lint bandage
Marble egg
Poppies
CDs of Wartime Music
CD Player

Optional extras

Small trolley to display props
Staff dressing in 1940s style
1940s clothing purchased from vintage shops
1940s hairstyle & make up

Useful resources/websites

Essex based experiences of WWII:

www.bbc.co.uk/history/ww2peopleswar/categories/c1129/

Song about rations: 'Hey Little Hen' - available online

ITMA radio comedy sketches - radio entertainment from that time such as 'The Day War Broke Out' - available online



24

Special Occasion

Make the journey

Memories of the Second World War and the period after forms the basis of this journey. A mobile display of the objects, images and CD player can be wheeled into individual rooms or communal spaces to engage residents. Residents should be encouraged to handle objects from the display that may lead to conversations/reminiscences. Music and songs from this era play a big part in communicating the themes so use these to evoke memories, encourage singing and set the mood.

Staff can dress up in 1940s style clothing and hair to create a visual impact and provide a focus for conversations in a similar way to the items on the trolley.

Best for travelling...

One to one or in small groups of six or less

Travellers' Tips

- This can be an emotional topic for some residents so ensure approaches are made sensitively, perhaps using the poppy to introduce the session.
- Try and gain eye contact with residents and sit close to them when speaking.
- Turn off televisions where possible if you are in a communal space.
- Encourage residents to handle the objects – some such as the 'Cherry Blossom' shoe polish have been selected because of their distinctive smell.



25

● Special Occasion ●

Street Party...Indoors!

Type of journey

Moving, remembering, music, singing, relaxing

Aims

- Engage as many residents as possible in a group activity.
- Have fun and to create conversations and memories.
- Generate a sense 'community' in the home amongst residents living in separate areas.

Don't forget to pack...

Tables set up in a line
Table clothes
Party hooters/ whistles
Decorations
Balloons
Bunting
Sandwiches
Drinks
Cakes
Pass-the-parcel x 2
CD with singalong songs
Camera



26

● Special Occasion ●

Make the journey

A journey created specifically to encourage interaction between residents from three floors of a care home by throwing a party with games. The artist and staff also created personalised laminated placemats for each resident, featuring their photograph and a few things they like to do or eat! Residents kept these as a memento after the party.

The party can be structured but leave room for last minute changes! Do 'officially' welcome guests at the start of the party to give it sense of occasion. Simple games work well such as 'Tap the Balloon' where guests keep 3-4 balloons moving about the table; 'Seated Musical Statues' for guests to wave or nod to. A singalong for individuals and groups always goes down well as does the old time favourite of 'Pass the Parcel'. After food and drink, ask guests to make a noise with a party hooter/whistle to mark the end of the party!

Best for travelling...

In groups

Travellers' Tips

- Do put up posters and inform residents, staff and volunteers a week in advance of the party to create a buzz and get them involved in preparations.
- Do use the occasion to dress up!
- Ask residents about party games they would like – the ones mentioned here were suggested by residents.



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- Pamper Day
- Tune-Ah! Sandwiches

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● Relaxing

Pamper Day

Type of journey

Multisensory, remembering, music

Aims

- Engage as many residents as possible in a group activity.
- Have fun, encourage conversations and memories around a specific theme.
- Involve residents who do not normally participate.

Don't forget to pack...

Nail polishes
Face creams
Make up
Hairdressing equipment
Mirrors
Hair and nail magazines
Photos of "vintage" hairstyles etc.
Music
Camera to record the experiences



30

● Relaxing



Make the journey

Create a special atmosphere throughout the home by re-arranging and setting up lounges as a drop-in nail bar and a hairdressing salon.

Although many care homes offer these services, turn it into a special occasion every now and then to encourage interactions between residents. So put on the music, open up the nail bar, swivel round the hairdressing chair and warm up those massage oils for a day of special treats. Decorate the space like a salon by pinning up posters of vintage hairstyles and leave magazines on chairs and don't forget to offer a cuppa to waiting clients!

Photographing residents and creating an album of the day provides a great way to remember the event and start up conversations many weeks later.

Best for travelling...

In groups

Travellers' Tips

- Do advertise the event within the care home, to get additional staff to help with planning and delivering, and residents involved from different floors/areas.
- Consider including a pamper day for male residents offering shaves, haircuts and perhaps a pedicure!
- Not everyone will want to have a treatment but they can still enjoy the atmosphere so encourage them to come for a tea and chat.

31

● Relaxing

Tune-Ah! Sandwiches

Type of journey

Music, singing, remembering

Aims

- Provide a stimulating activity using music.
- Share enthusiasm for music, dancing and singing.

Don't forget to pack...

Community Song Book (featuring the following songs):

Billy Boy

Bobby Shaftoe

Charlie is my Darling

Comin' through the Rye

Makin' Whoppee

Somewhere Over the Rainbow

On the Good Ship Lollipop

Mr Bojangles

Golden

CDs (Classical, 50s and 60s pop, musical theatre etc)

Optional extras

Notepad and pen

Useful resources/websites

Lyrics and backing track CDs available online.



32

● Relaxing

Make the journey

Sing and dance just because! Staff can use this opportunity to observe the connections residents make with the songs/music to find out more about individuals and to plan future sessions around their interests.

Consider doing a warm up activity to get everyone's attention. Ask residents to sit in a close circle and put on an gentle track that is not too slow. Start by moving the head left to right then up and down to the music; work the shoulders gently, rotating them backwards and forwards, and up and down. Hold out arms in front of the body and circle the wrists in one direction then the other. Then working one hand at a time, clench and open. Shake out the hand and wave around the room with a smile. Next stretch out a leg and point and flex it a couple of times, give it a shake out and repeat with the other leg.

The songs noted here were the most accessible for the particular group of residents the artist worked with and allowed everyone to join in with either a whole chorus or familiar words. Do encourage residents to move to the music whilst they are seated and even get up to dance if they are able, staff can initiate this.

As an additional element to find out more, ask residents to share how a piece of music or a song made them feel at regular intervals and make a note of this. At the end of the session share these with the group to bring it to a close.

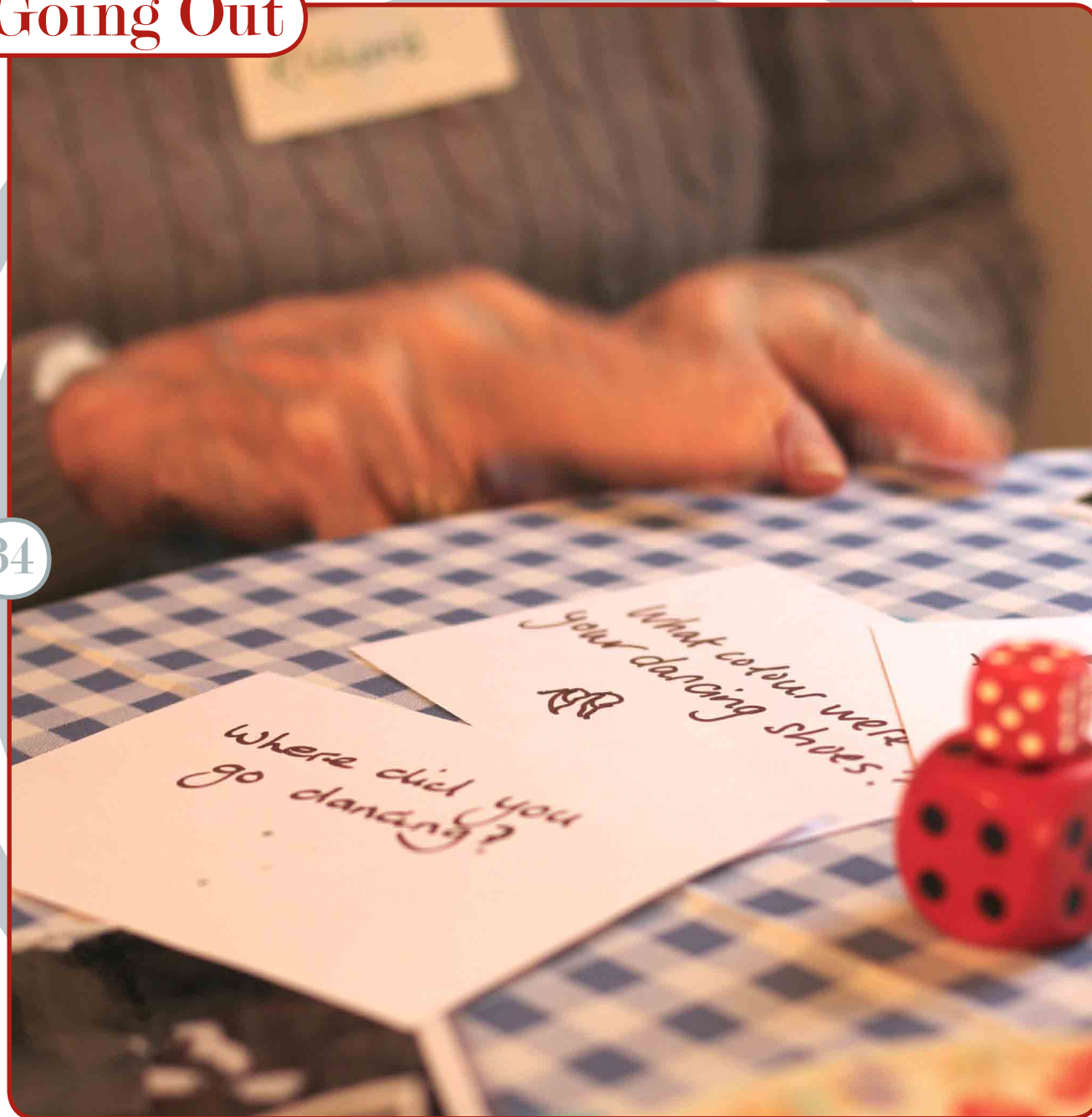
Best for travelling...

In a group

Travellers' Tips

- Listening and dancing to music, and singing can happen at any time so keep CDs handy.
- Make sure everyone can hear each other.
- Don't assume that residents will only like a certain type of music – do ask them or play a selection including pop, jazz, musical theatre, blues and classical from a range of decades to see the types of music residents react to or have a preference for.
- Music can affect moods and is a useful tool that can be easily introduced to daily routines, activities and events.
- Not all songs or music will be familiar to staff so get to know them before a session.

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- Lyons Tea House page 38/39
- Memories of Going Out and Having Fun page 40/41
- Seaside Poem page 42/43



● Going Out ●

Journeys, Transport and Travel

Type of journey

Making, moving, remembering, and music

Aims

- To engage as many residents as possible in a fun way.
- To encourage conversations and memories by asking residents to act out short 'skits' on the theme of journeys, transport and travel.

Don't forget to pack...& optional extras

Floor to ceiling projection screen made of a roll of tracing paper or a thin bed sheet

A spotlight bulb or digital projector to create shadows

CD and player for travel related tunes

Silhouettes made from cardboard cut-outs e.g. a car windscreen, a taxi sign, airplane window, a ship porthole or any other mode of transport

Objects to make silhouettes e.g. a plate for a steering wheel, a bike and hats

Camera/video camera to record the session

Images of travel and travelling for the silhouette making session

Useful resources/websites

Search You Tube for 'moving clouds', 'passing scenery' if you want to project moving images to create shadows against

www.artdiscount.co.uk/catalog/product/view/id/1763/s/gateway-tracing-paper-sheets-and-rolls-1016mm-x-20m-roll



36



● Going Out ●

Make the journey

The cardboard silhouettes should be made in advance of the session. You can involve residents with this - even if it is to talk about travel using photos or to get ideas for silhouettes. Make sure they are life size to get the most impact i.e. an airplane window is big enough to fit a head!

On the day of the session, create a screen by hanging a large sheet of tracing paper or bed sheet, leaving plenty of room behind it for the lamps and people to act out their stories. Ask two residents at a time to come behind the screen, so their silhouettes are visible to the "audience" assembled on the other side. Use music to create an atmosphere, and encourage each pair of residents to improvise a scenario, e.g. taking a taxi to the cinema, driving down the motorway, or travelling abroad by plane.

Record the session using a camera or video camera as the shadows will create great photographs and make a note of the travels people talk about for the scrap book.

Best for travelling...

In groups of 5 or more

Travellers' Tips

- Try and set up the screen before you invite residents in.
- The set-up of the screen and projection equipment is designed to create curiosity and excitement so explain to residents what is going to happen.
- It may be a good idea to start the session with a 'warm up' activity so everyone is orientated.
- Not everyone will want to act or make shadows so ensure they are involved by asking them about their memories at the beginning or end of the session.
- Use music to create the right mood – this could be songs or sound effects (of motor engines, seagulls etc. dependent on the silhouettes made or the stories being told).
- For a more sophisticated activity use a digital projector and laptop to show a moving car/clouds, or a scene or famous landmark. Ensure you set this up behind the screen and behind the people making shadows for the most impact.

37

Going Out

Lyons Tea House

Type of journey

Multisensory, remembering, music, singing

Aims

- Provide a stimulating event that involves everyone.
- Use theatre skills to enhance the activity.

Don't forget to pack...

Things for an afternoon tea (scones, teapots, cakes...)

'Nippy' Costume:

Black skirts

Black shirts

White aprons

Headdress made from hairband and broderie anglais material.

White cuffs made from broderie anglais and old shirt cuffs.

Song sheets/CDs:

How Much is That Doggie in the Window?

Daddy Wouldn't Buy Me a Bow-Wow?

Tea for Two

Everything Stops for Tea

On a Clear Day

Optional extras

'Lady Scarlet' Costume:

Ascot-style hat

Matching jacket

Images of Lyons Tea Houses

Useful resources/websites

Online search for appropriate 'Lyons Tea House' images to use for a poster and images for use for reminiscence and costume research and for recreating the Tea Room



38

Going Out

Make the journey

Create a Lyons Tea House in the care home for a memorable afternoon of eating cakes, sipping tea and reminiscing.

Hand out invitations to residents a few days before the event. The care home that developed this journey created a character to do this. 'Lady Scarlet' made it her job to invite every resident with a hand made invitation card.

Ask staff to dress up as a 'Nippy' or waitress on the day to add an air of authenticity to the afternoon. It also provides a focus for conversation alongside images for the original tea houses. Use this event to chat to residents and perhaps find out if there are other things that can be set up to entertain and engage them. Finish the afternoon tea with singalong!

Best for travelling...

In groups

Travellers' Tips

- Do hand out invitations for the event - it makes it special and gives residents something to look forward to.
- Staff do not have to dress up but it will create special atmosphere.
- Do record/take note of the memories recalled by residents to create a scrapbook to take around, or pin to a noticeboard as a reminder of the good times had.



39

●Going Out●

Memories of Going Out and Having Fun

Type of journey

Multisensory, remembering, moving, music

Aims

- Give residents a reason to get dressed up.
- Engage as many residents as possible in a group activity.
- To have fun, maybe even dance!
- Generate a group conversation.

40

Don't forget to pack...

Small old suitcase full of interesting objects around the theme of 'Going Out' i.e. handbags, make up, jewellery, flyers advertising old gigs or a dances, perfume, accessories

Music player and speakers

Music



●Going Out●



Make the journey

'Going Out' is a theme that everyone can join in with. This journey is particularly useful for residents with limited mobility.

Lay out a few of the objects out on a table in the room, and put some music on to lure residents. Make sure people sit in a close circle so that everyone can be heard; perhaps turn down the music once the session begins.

Pass round some of the objects, one at a time, to prompt conversations and see where they take you. For example, the group that took this journey first passed around the suitcase to each resident and was asked, 'What would you put in the case to go on holiday?' After everyone had a go, a glittery handbag was handed round with the question, 'You're going out – where are you going?' The conversation based on the glittery handbag took them on a tour of ballrooms, dressing up and dancing...the group finished the session dancing to Elvis!

Best for travelling...

Small groups of six or so

Travellers' Tips

- Make sure you include male residents by including suitable objects.
- Consider moving chairs closer together, so it is easier for residents to see and hear each other.
- Involve other members of staff to operate the music and record the reminiscences/stories (notes, dictaphone or video).
- Find out what music residents like before the event so you can have it ready.
- Publicise the activity prior to the event to get more residents involved.



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●Going Out●

Seaside Poem

Type of journey

Making, remembering, music

Aims

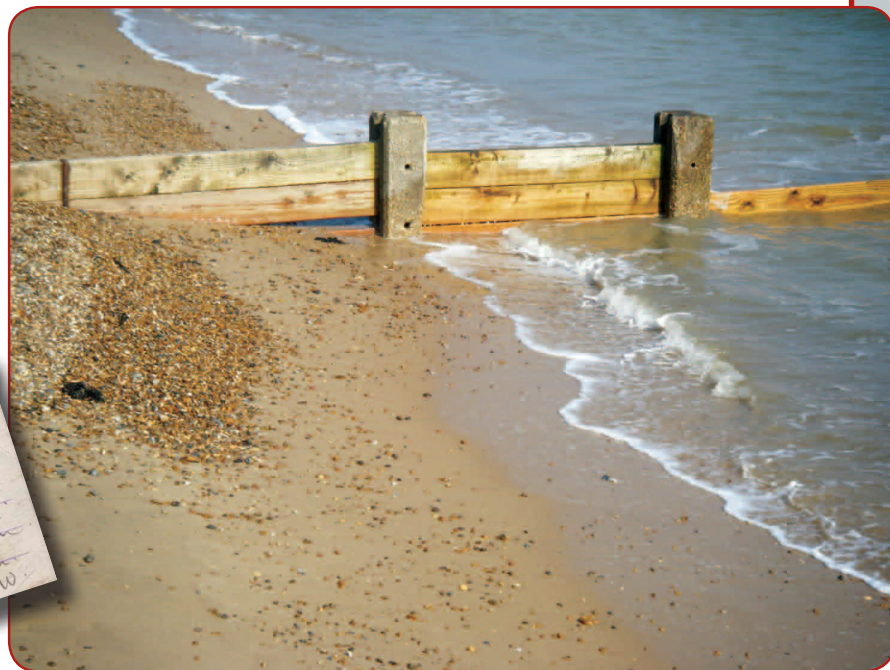
- Do something different to normal sessions using reminiscence, words and poetry.
- To try to involve different residents.
- Involve staff working in the lounges.
- To create work for display.



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Don't forget to pack...

Big sheets of paper
Pens
Holiday postcards
Map of UK
Seaside sounds CD
Holiday souvenirs
Stick of rock



●Going Out●

Make the journey

To start, arrange the objects and postcards on a table for residents to pick up and look at and encourage conversations about holidays and visits to the British coast. Use the map to locate the places mentioned by residents by adding a dot next to them so there is something visual. Bring the stories together. Play a CD of seaside sounds to create an atmosphere.

Ask a staff member to note down sentences or words that residents say as the session continues; jot down one sentence or word per piece of paper. At the end of the session there will be 10 or more scraps of paper with a sentence or word on them. Towards the end of the session start to arrange the sentences and words to create a poem, moving them around until everyone is happy. End the session by reading out the poem.

Below is the poem created by residents during a session:

A Very British Holiday

*2 small caravans on Canvey Island,
Driving onto the Red Funnel Ferry to the Isle of Wight.....coloured sands.
Speed records on Pendyne Sands, parts are sand, parts are stone.
Parking on the sand, Dylan Thomas's shed overlooking the sea.
Fanning hands to move the gnats, sand in my sandwiches.
I'm a cruise kind of lady, as my husband worked on the piano,
Playing keyboards on Worthing Pier.
I lived in Little Clacton, had a view of the sea,
Swimming in the sea everyday in the Summer...I liked the rough sea*

Best for travelling...

In a small group of 4 or 6

Travellers' Tips

- Do ask a member of staff to take notes during this session because chatting and making notes can be a challenge!
- Arrange the table so that the objects are in the middle and within reach of the residents.
- Being a poet is not a requirement for this journey, just have fun arranging the sentences.
- Try and include a sentence from each resident where possible in the final poem.

43

• The Garden

44



"I'm really proud of what we did there." Resident, Bob

The Garden •

Contents

- Planting Plants! page 46/47
- Crafty Clay-Making and Glazing Workshops page 48/49
- Flowers and Fun: Preparations for a Tea Party page 50/51
- Green Fingers page 52/53
- Jam Jar Lanterns and Dymo Words page 54/55
- Shed Stories page 56/57

• The Garden

• The Garden

The Garden •

The Garden •

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• The Garden

Planting Plants!

Type of journey

Multisensory, making, moving, remembering, relaxing

Aims

- Revive or awaken residents' passion for gardening.
- Increase movement and relaxation.
- Create a sensory activity using familiar materials and equipment.

Don't forget to pack...

Seeds
Plants including herbs and flowers
Pots/window boxes
Labels & pens
Compost/soil
Watering can
Trowels



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The Garden



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Make the journey

Bring along a selection of aromatic plants and herbs, compost and gardening tools for residents to make up potted plants for their rooms or communal spaces. Encourage residents to handle the compost, smell the plants, enjoy the colours and recall personal memories related to gardens, gardening, being outdoors and favourite plants/smells/colours.

Best for travelling...

One to one or in a small group

Travellers' Tips

- Not all residents will want to participate in handling the soil and planting so encourage them to water the plants, or smell/taste the herbs instead.
- Encourage your colleagues to assist residents, especially in a group setting.
- If you find a resident is interested in gardening try and build this into their care plan as in the case of Joyce who responded particularly well to the gardening during a session; watering the plants has now been written into Joyce's daily care plan.

• The Garden

Crafty Clay - Making and Glazing Workshops

Type of journey

Multisensory, making

Aims

- Explore the difference by creating clay objects using professional materials such as potter's clay instead of air-drying clay, dough or plasticine.
- To promote a sense of pride in the work made.

Don't forget to pack...

Potter's clay

Rolling pins

Butter knives (and any other things to cut, make shapes or textures with)

Tablecloths

Glazes

Water

Optional extras

A place to get the objects fired in a kiln

Useful resources/websites

Potter's clay and glazes are available from arts and crafts suppliers online. To fire the clay, check with local schools and colleges to find out if they have a kiln – there may be a small charge. If a local place can do this then do ask about buying materials from them as they are very likely to keep stock!



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The Garden •

"I can't wait to see when the first little bird takes a sip. To me, life is about the small things." Joyce on making a bird bath

Make the journey

This journey takes place in two halves – the shaping of an object and then the glazing of it.

Prepare the clay in small quantities e.g. the size of a grapefruit, by slapping it onto the table a few times (this helps to remove air bubbles in the clay which when fired might explode and cause the object to split/ break).

Set up a large covered table and place prepared potter's clay and equipment for this activity. Potter's clay is easy to shape and manipulate – use water to soften it if it dries out. Residents can make whatever they want but do keep an eye on the size. It is always best to make things no bigger than a grapefruit so that it can fit into a small kiln with ease.

Once the objects are made, they will need to be fired in a kiln. After this they can then be glazed using glazes and a brush. Glazes are liquid and can be applied like paint as a block of colour or intricately. Glazes only look the colour they will turn out once they are fired in the kiln again. Once fired the second time they will also be waterproof!

The care home that developed this journey used the theme of 'Sheds and Gardens' to inspire them and created decorative flowers, birds and tiles amongst other items.

Best for travelling...

One to one or small group

Travellers' Tips

- Do locate a kiln before taking this journey and also trial it before inviting residents to ensure staff are confident about the process and explaining it.
- Each resident will require one to one assistance with this activity so ensure other staff join in.
- This can be a messy activity so do cover tables with plastic or cloth.
- Clay can really dry out skin, so having moisturizer around might be helpful.



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• The Garden

Flowers & Fun: Preparations for a Tea Party

Type of journey

Making

Aims

- Provide a stimulating and interesting activity to prepare for and build up to the main event – a tea party.
- Opportunity to increase connection between resident and carer.

Don't forget to pack...& optional extras

Table decorations:

Cellophane (red)

2-3 Artificial vintage-style roses for each table

Blu Tack

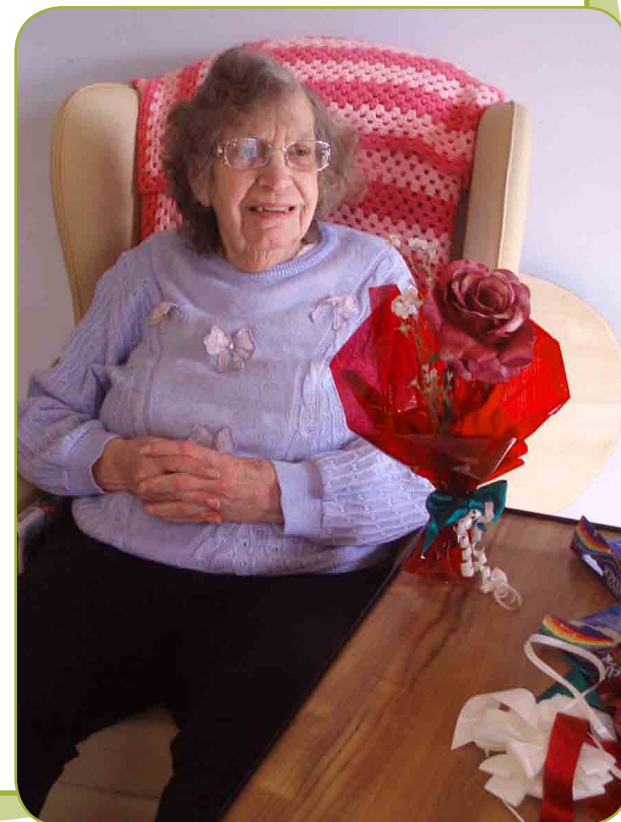
Ribbon

Invitations

White card

Images to scan

Laminating pouches



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• The Garden

Make the journey

Planning a tea party? Then look no further...use this opportunity to build up resident's anticipation and also get them involved with preparations.

Start by designing a poster notifying everyone of the main event and encouraging relatives to attend (do this at least a couple of weeks in advance allowing relatives to make arrangements). Look online for a simple image to use to produce smart, attention-grabbing publicity.

Create simple invites by using images of teapots and teacups, to give interest to the card by cutting around the outline of the teapot. See if there are residents who are able to assist with creating the invitations and handing them out beforehand to other residents and staff.

Involve residents in preparing the table flower decorations. This can be done well in advance of the tea party. Cut a square of cellophane (approximately 30cm x 30cm) and pop a large blob of blu tack in the middle. Ask participants to stick 2-3 artificial rose stems into the blu tack (use an additional amount of blu tack half way up the stems to keep them together). Now bring the red cellophane up and around the roses and secure with a ribbon. Repeat this for the number of tables set out on the day.

Make the most of interactions with residents during preparations to talk about the tea party, their memories of similar parties, and get ideas about the types of cakes and sandwiches to have on the day.

Best for travelling...

One to one



51

• The Garden

Green Fingers

Type of journey

Multisensory, making

Aims

- Involve carers
- Learn about a new creative material and technique.
- Provide quality one to one attention for residents.

Don't forget to pack...

Alginate Mould Material (a non-toxic powder to make casts)

Water

Plaster of paris

Container to mix the powder and water

Plastic cups

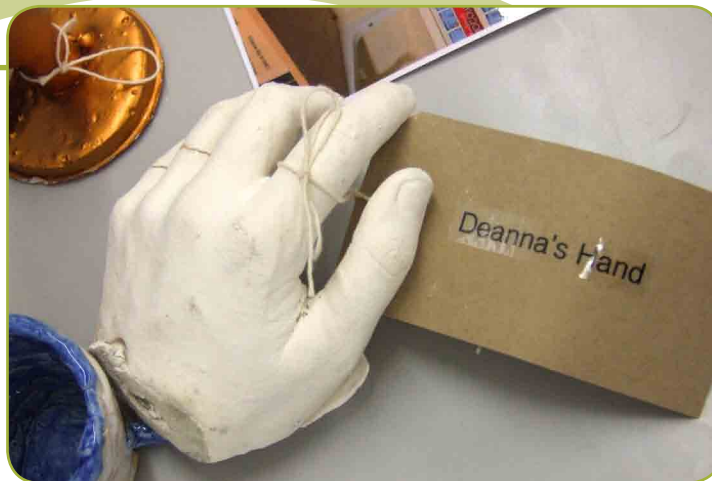
Plant pots and compost

Poster or acrylic paints

Brushes

Useful resources/websites

Most craft suppliers will stock alginate or will be able to signpost you to suppliers that do



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The Garden

Make the journey

Inspired by gardeners, this journey uses the quick magical process of casting to literally create green fingers! This is a very tactile and slightly messy activity so carers are encouraged to get involved to help residents. First mix the alginate with water according to instructions on the packaging. For casting fingers use a plastic cup and fill with three quarters of the mixture. Ask the participant to lower one or two fingers into the mixture and the carer to keep the cup upright and to ensure participants do not move their fingers until the alginate sets (approximately 10 minutes). The mixture may feel wet to start with but will harden quickly feeling slightly warm.

Once the alginate has set, gently ease away the fingers from the mould created. Then mix the plaster of paris with water (double cream consistency) and pour into the alginate mould, ensuring the space the fingers have created is completely filled, preferably 1cm above the top to create a round base. The plaster will take between 10 – 20 minutes to set. Once set, peel away the alginate (and cup) from the plaster cast fingers.

The fingers are now ready to be turned into 'green' fingers! Ask residents to paint the plaster fingers different shades of green. Once dry, 'plant' them into small pots of soil with the fingers poking out to create a display. From a distance they look like plants but up close the illusion disappears!

Best for travelling...

One to one and in small groups with plenty of helpers to hand

Travellers' Tips

- Try out the casting process with colleagues before you invite residents to take part so that you can describe what will happen from experience and also create examples to show.

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• The Garden

Jam Jar Lanterns & Dymo Words

Type of journey

Making, remembering

Aims

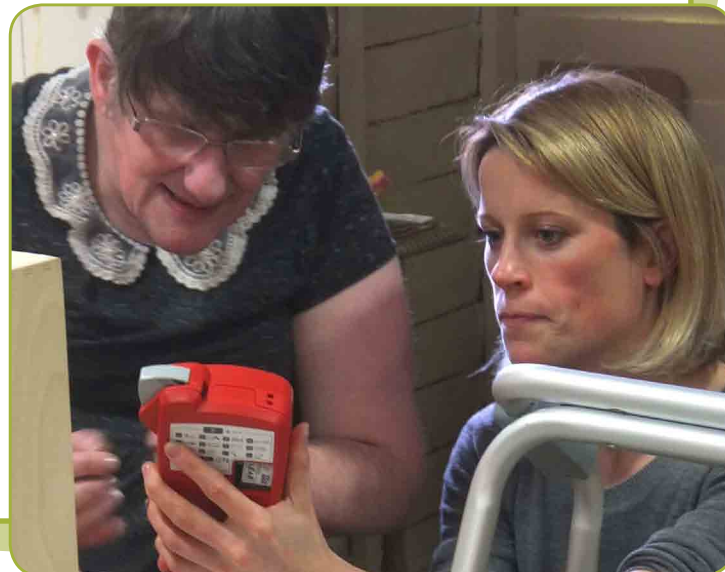
- Create meaningful lighting for a special event or space rather than using fairy lights!
- Use of words and language creatively based on a theme.

Don't forget to pack...

Jam jars
PVA glue (watered down slightly)
Tissue paper
Brushes
Dymo label maker or old books/newspapers/
magazines or computer and printer
Tea lights or LED tea lights to light up
the finished lanterns
Garden wire

Useful resources/websites

A hand held label printer like a Dymo (£10 -£30, depending on model) can be purchased from Amazon, Staples and other stationery retailers.



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• The Garden

Make the journey

Jam Jar Lanterns are fun and easy to make. The finished jars provide a soft 'stain glass window' effect to create a festive atmosphere when lit with a tealight (wax or LED). They also make interesting objects as they are covered in words and memories on a particular theme – the residents that developed this journey selected the theme of 'Garden Sheds'.

Start by asking residents to select colours they like/fit in with a theme and ripping them into smaller manageable pieces. Glue these to the jar in whatever pattern the residents prefer.

Whilst the jars are drying, encourage residents to talk about the theme and ask carers to jot down phrases or words that are mentioned. Use the Dymo label printer to print out these phrases and words – where possible ask residents to have a go! Don't have a Dymo? Then cut out words from magazines/ old books and newspapers to create sentences or use a computer and printer. Ensure each resident has at least one phrase or several words that can be glued to the tissue covered jars to finish them.

Create a handle for the lanterns using the garden wire so that they can be hung or carried. Use LED or wax tealights to light up that dark shed or provide a soft glow for an evening event.

Best for travelling...

One to one or small groups with plenty of help to hand

Travellers' Tips

- Make a sample Jam Jar Lantern prior to the session to provide residents with inspiration and a clear idea of what they are doing.
- Make sure you have plenty of assistance (if in a group) so vital stories or phrases are not missed for the personalisation of the Jam Jar Lanterns.
- Do encourage conversation by selecting a theme for the session – doing this as an art activity is fine but for more meaningful engagement do think of a theme where you may use lanterns/lights (Christmas, birthdays, gardens, sheds, etc).



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The Garden

Shed Stories

Type of journey

Remembering, (the extended journey:
Multisensory, making, music and moving)

Aims

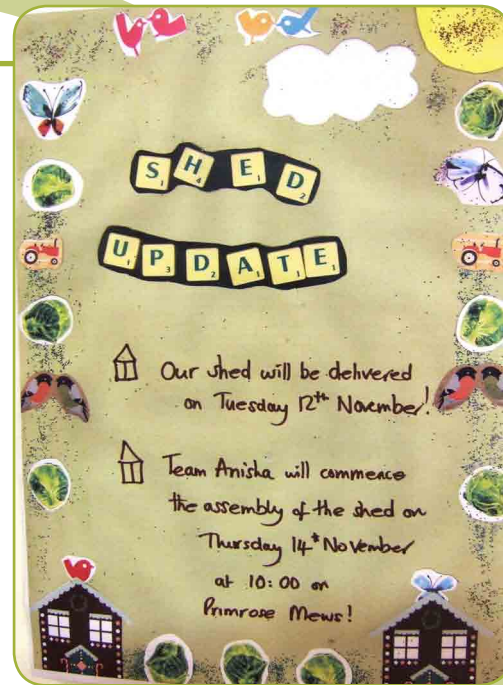
- Stimulate conversations using the theme 'The Shed'.
- Learn more about individuals through story-sharing and reminiscence and inspire other creative sessions.
- Create opportunities to engage residents at any time of the day.

Don't forget to pack...

Pen and paper
Dictaphone/video recorder
Images of sheds and things you might find in them

Optional extras for the extended journey

A shed
A room or outdoor space to house it
Or if you don't have a space for a shed, a timber panel from a shed attached to a wall to provide a sensory element that doubles up as a display area
Music
Paint and brushes
Basic DIY tools and fixings



56

"We learnt new things about residents... Violet suggested three shed names, each one including 'forget-me-not' somewhere in the title. When asked why, she replied that she had always loved flowers and that she had four sisters, all named after flowers." Artist

The Garden

Make the journey

Use 'The Shed' as a starting point for conversations, everybody has a shed story. This enables individuals to share their stories and memories, taking as much or as little time as necessary. You can integrate it into an individual's routine or encourage everyone to engage including staff, families and friends.

Capture the stories using a notebook or recording devices. Create a buzz about the stories shared by making posters informing staff and visitors about the activity. Use images and objects to trigger conversations and evoke memories.

Extend your journey

'Shed Stories' led to the building of a shed indoors at a care home. An underused room housed the shed and provided a number of multisensory drop-in sessions including 'Naming the Shed'; 'Painting the Shed'; 'Construction in the Shed' (residents 'kitted out' the shed with places to hang overalls, watering cans and other objects). 'The Shed' had an official grand opening with residents, relatives and staff attending, dressed up to make sure they looked the part for a 'Fashion Photo Shoot' that was part of the celebrations.

The shed provided a space for residents to drop in for a creative session or use as a quiet space. It also inspired a range of other garden themed activities and is the perfect place to display the 'Shed Stories' and items made.

Best for travelling...

One to one or small groups

Travellers' Tips

- You don't have to have a shed to do this reminiscence activity...the theme is versatile and you can collect stories without one!
- Use this opportunity to revamp an existing shed or create an extra space for residents to enjoy!
- Let staff and residents know that the shed is for everyone to enjoy and use.
- Journeys inspired by 'Shed Stories': Fashion Shoot (P20), Planting Plants (P46), Finger Casting (P52), Lantern Jars and Dynmo Words (P54).



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• The Gallery



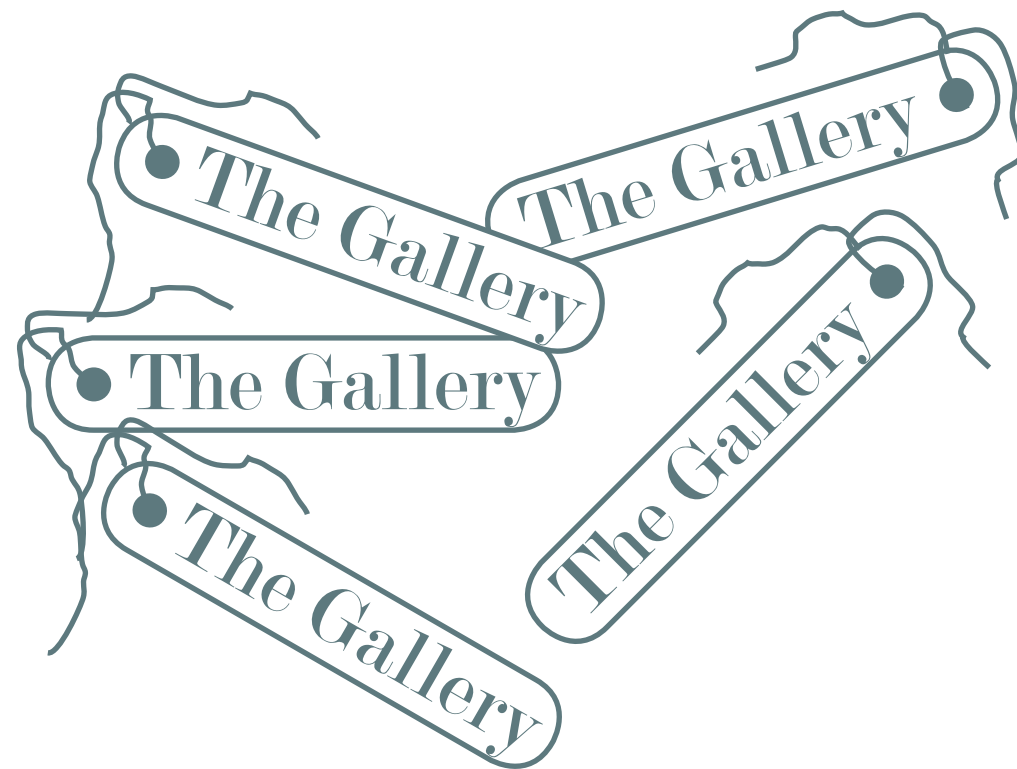
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The Gallery •

Contents

- Inspirational Lettering
- Marbling Paper
- Mosaic Pictures
- Our Street

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59

Inspirational Lettering

Type of journey

Making, relaxing

Aims

- Create title lettering for an event or display.

Don't forget to pack...

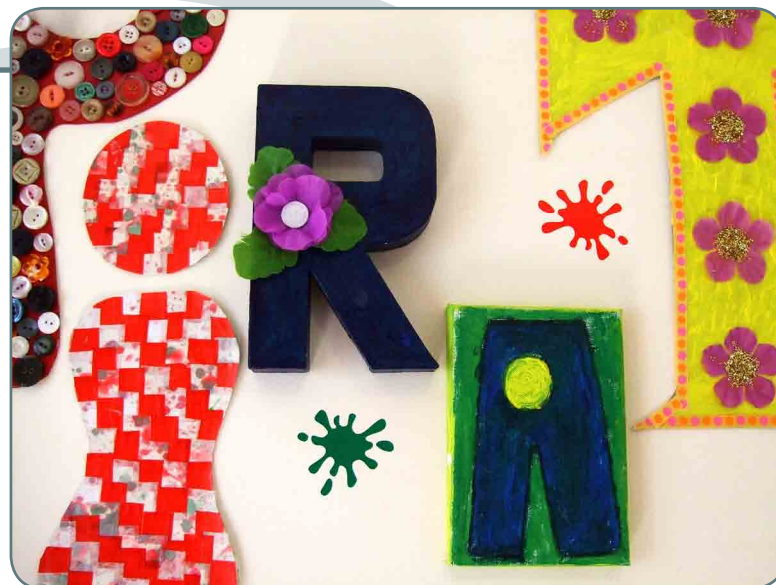
Paints
Brushes
Papers
Cardboard letters
Buttons
Scrap fabrics
Glue
Scissors
Pots

Optional extras

Marbled paper (see page 62/63)
3D cardboard letters

Useful resources/websites

Ready-made marbled paper and 3D cardboard letters are available from arts & crafts suppliers



Make the journey

The perfect opportunity to get residents involved in events and making displays by encouraging creativity and recycling!

The artist and care home staff that developed this journey created lettering to announce their new art gallery called 'Inspirations', a place where the creative work produced by residents can be shared and enjoyed. However, this journey is also useful for other types of events e.g. birthdays, Christmas, Easter etc., that may need a banner or sign.

Decide on what the lettering should say and give each resident a letter to decorate however they want by using paints, collage, fabric or other available materials. Staff can join in too, especially if the wording is long!

Once the letters are dry, stick them directly on to the wall or the back of a sheet of wall paper. They can be reused and modified if needed for another occasion.

Best for travelling...

One to one or groups

Travellers' Tips

- Explain to residents the aim of the session before you start – perhaps play relevant music to create an atmosphere, for example making a 'Merry Christmas' sign, play Christmas Carols.
- Make up some sample letters already decorated to inspire participants.
- Resist the temptation to finish off the decorating of letters for residents – everyone has their own ideas and there is no wrong or right way!
- Residents may need assistance so ask other staff to assist.
- Keep costs low – place a 'material box' in the lobby and ask staff and visitors to contribute art supplies i.e. buttons, fabric, paper, ribbon etc.

The Gallery

Marbling Paper

Type of journey

Making

Aims

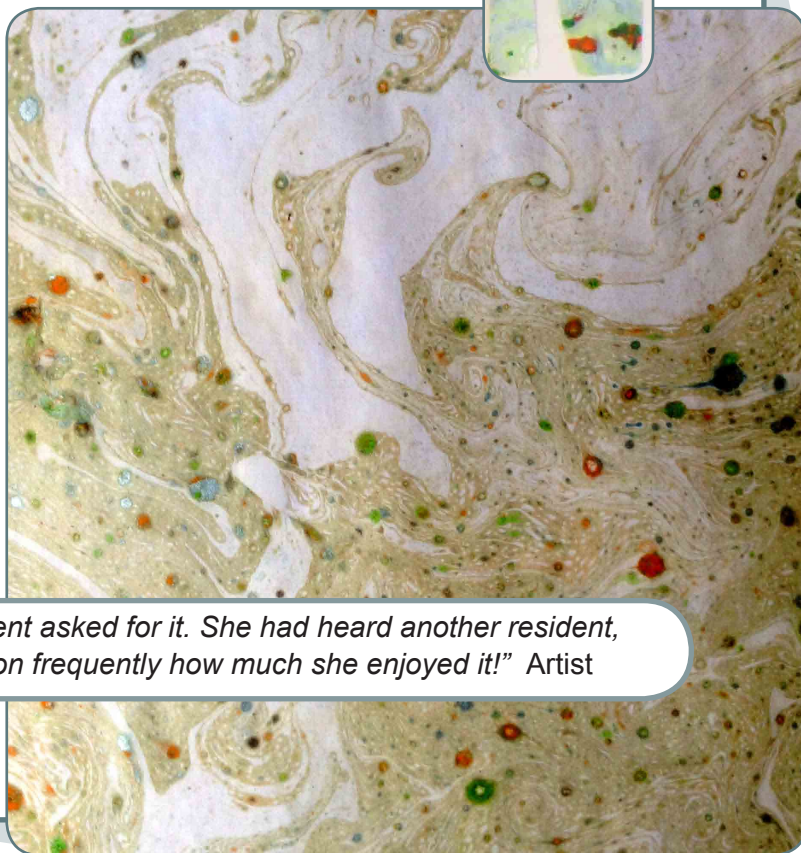
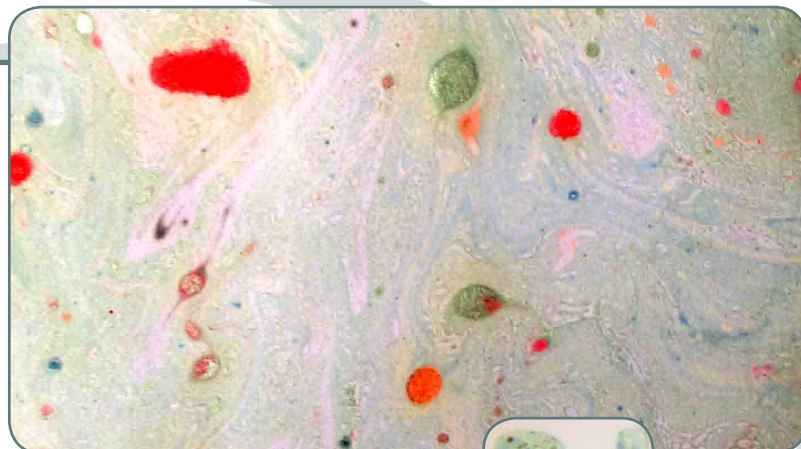
- Try something different that produces instant pleasing results and is not dependent on artistic ability of the participants.
- To use materials and techniques that are unfamiliar to residents and staff.

Don't forget to pack...

Water
Paper
Newspaper
Table cloth
Marbling inks
Tray (one per participant)
Plastic fork or straw

Useful resources/websites

Marbling inks are widely available from craft suppliers



62

"We had to repeat this activity after a resident asked for it. She had heard another resident, (who had attended the week before) mention frequently how much she enjoyed it!" Artist

The Gallery

Make the journey

Create beautifully marbled paper for use in other craft sessions or as wrapping paper.

Before the journey starts, cover the tables with a table cloth or plenty of newspaper. Place a shallow tray of water in front of the resident, ask them to choose marbling inks in 2 or 3 colours and drip them into the water. Encourage them to move the water by using a plastic fork or blowing onto it with the straw to produce patterns. Once they are happy with the pattern, place a piece of paper onto the surface of the water to capture the inks. Lift it up and place it on newspaper to dry. One pattern might produce more than one sheet of paper so try placing another if there is ink still visible. Repeat the process as many times as desired or until there is no more space to dry the marbled paper!

Best for travelling...

One to one or in small groups of six

Travellers' Tips

- This simple activity is quite messy so ensure that the tables are covered.
- Consider asking residents to work in pairs if space is limited.
- Take time to select colours, look at the patterns on the finished pieces and discuss ways in which they might be used.



63

The Gallery

Mosaic Pictures

Type of journey

Making

Aims

- To create works for display in communal areas.
- Offer residents a chance to do a different type of activity.

Don't forget to pack...& optional extras

Broken tiles

Offcuts of MDF/plywood or old picture frames (backing board glued in and glass removed) – a big piece for a joint artwork or individual boards approximately 40cm x 40cm

PVA glue

Brushes

Tile cutters

Tiling grout

Useful resources/websites

Contact a local tile merchant to see if they can donate broken tiles or special square mosaic tiles. Mosaic tiles are stocked by some craft suppliers.



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The Gallery

Make the journey

An instant artwork is easy to create using broken tiles. It can be abstract with a splash of colour or an image of something specific. Before the session, make a sample mosaic to show what a mosaic is and discuss what residents would like to do. Make copies of images for ideas ready for the session. Make sure it is a bold shape or image as intricate patterns may be difficult to do. Residents that took part in this session during the project decided to create mosaic fruit!

Prepare the surface of the MDF/plywood offcut or old picture frames by drawing the outline of the shape residents have chosen (for those doing something abstract leave blank). Break up some tiles before the session so that they are ready to be used. Assist residents with selecting pieces and arranging them on their boards. Once the board is filled or the resident is happy, stick down the tiles using PVA glue. Once all the pieces are glued in place, let them dry (this will take a couple of hours) before applying grout to fill in the spaces between the tiles.

Grouting can be done at a later time by staff, or residents if they are able and willing. Buff up the mosaic with a cloth once the grout is dry and it is ready to display!

Best for travelling...

One to one or small groups

Travellers' Tips

- Broken tiles can be sharp but not dangerous so check pieces and remove any that are particularly worrying.
- Do not make the mosaic too large as they can become quite heavy.
- Encourage residents to have a go and ensure an extra member of staff is able to assist, especially if this is a group session.
- Making a mosaic can be a relaxing activity for some, similar to doing a jigsaw, so do not worry about the silence.

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The Gallery

Our Street

Type of journey

Making, remembering

Aims

- To reminisce whilst making an art work.
- Create an eye catching display that is relevant too.



Don't forget to pack...

Small canvases (ready-made)

Brushes

Paints

Pencils

Card

Buttons, wool, scraps of fabric etc

Glue

Images of different types of houses – from magazines, newspapers etc



The Gallery

Make the journey

Use this journey to encourage conversation and creativity. First, ask each resident to find a picture of a house they like. Use this opportunity to talk about why they have selected a particular image and make a note of this. Draw on to the canvas the outline of this house – staff may have to do this if residents are not able to. Then encourage residents to paint in the features.

Once residents have finished painting, (this can happen over a few sessions), let the canvases dry before displaying them on the wall side by side creating a street scene. Stories about each house/home can be typed up and displayed underneath to let people know who painted them and why.

Best for travelling...

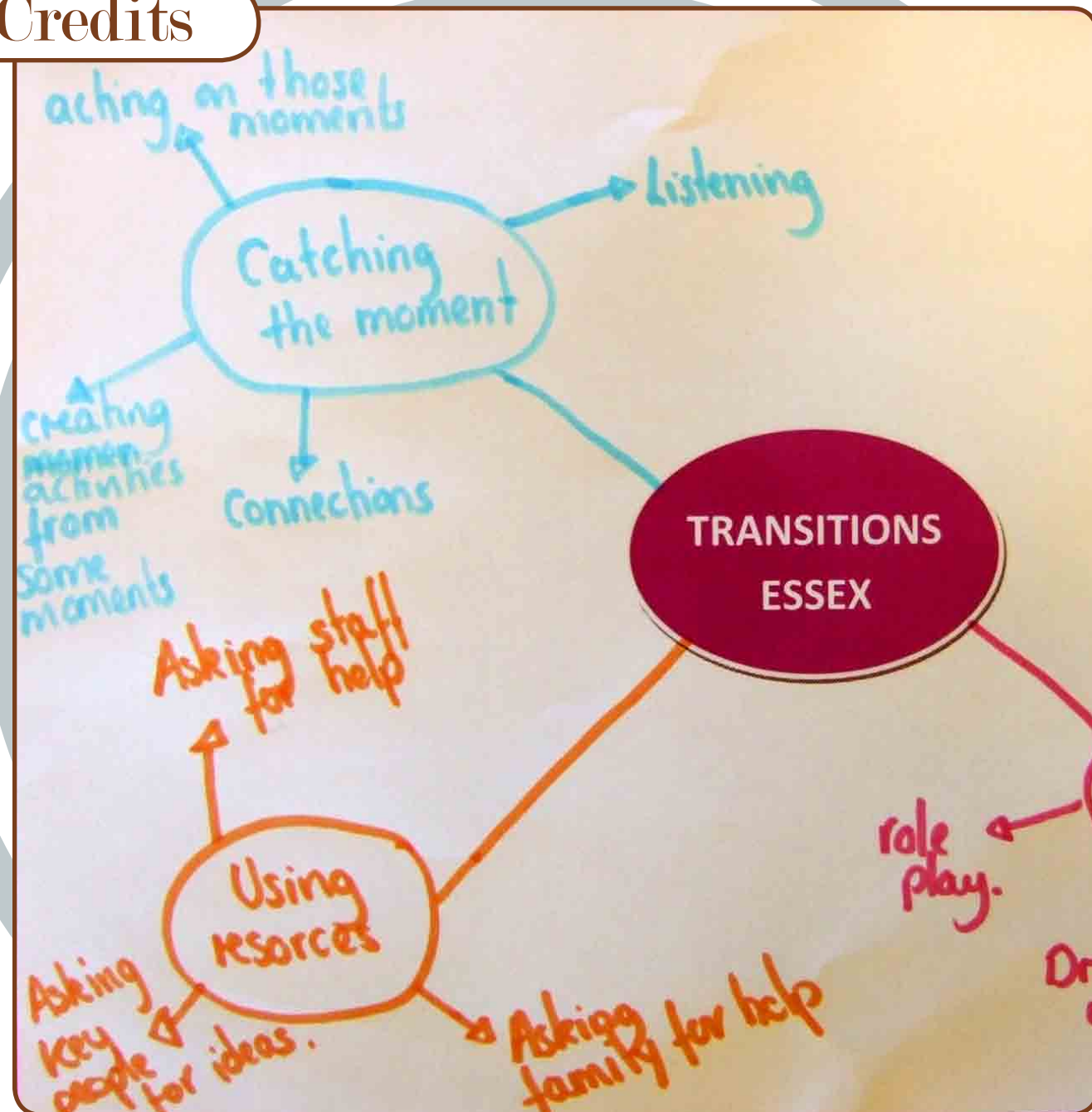
One to one or in a group

Travellers' Tips

- Ask staff to help with this journey, especially with a group.
- Do not be tempted to finish off or tidy up paintings – every one has a different idea of what art is!
- This art work can be added to at any time so select a long wall for display if possible.



Credits



Credits

With a special thanks to the residents at the following Care Homes

Anisha Grange
Beech House
Evelyn May House
Woodbury Court

Thanks also to:

Participating Care Home Staff

Karine B
Lynn B
Sue C
Dawn D
Sue E
Dawn F
Danielle P
Sue W

Care Home Managers

Jo C
Mercy G
Kieun K
Mel O
Patricia S

Artists

Nicola E
David L
Helen P
Amanda W

