



Arts for Dementia



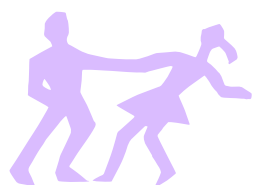
Art Workshops 2023 - 2024

Inspiring people living with
early-stage dementia through
the power of the arts



Contents

Art School with Central Saint Martins	3
Spring Dance with Shobana Jeyasingh Dance at Southwark Playhouse	4
Art at the Treehouse, Elephant Park, Term 1	5
The Art of Craft at Cockpit Bloomsbury	6
Discover Georgian Fashion at Buckingham Palace	7
Printmaking with Camden & Islington NHS Foundation Trust	8
Art at The Treehouse, Elephant Park, Term 2	9
The Joy of Dance with SJ Dance at Ashford Place	10
Drama with People's Company at Southwark Playhouse	11
Illustration and Journaling at The Treehouse, Term 3	12
Art Wednesdays	13
Art at the Treehouse Exhibition	14
Online Event Listings	15



Art School with Central Saint Martins

February - April 2023

We started 2023 back at Central Saint Martins for our intergenerational programme as part of the BA Fine Art curriculum. Taking place in the extraordinary on-site art studios, participants with dementia and companions created artworks using print reliefs, foil wrapping, paint, CGI equipment, and a wealth of other high-quality and innovative materials.

Beneficiaries: 14 People with Dementia and Companions, 6 Students, 1 Volunteer



"I just wanted to say, we've thoroughly enjoyed it and it's been both therapeutic and fun for both of us! [The tutor] is amazing and such a great personality too, mum's very fond of him and felt very included too, wonderful teachers, super students and everyone else is so lovely too.

Very lucky to be surrounded by a great bunch of people on Fridays!"

Family companion



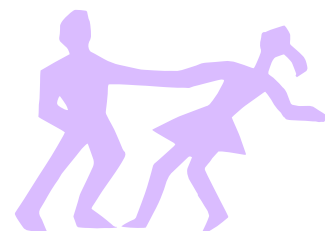
Spring Dance with Shobana Jeyasingh Dance at Southwark Playhouse

February - March 2023



This was the first workshop programme of our Community-Wide Creativity Project in the London Borough of Southwark 2023. Partnering with our previous hosts Southwark Playhouse and Shobana Jeyasingh Dance, we devised a programme that challenged participants to create their own contemporary dance choreography and allowed them to express themselves with others experiencing similar challenges. Our sessions were delivered by one of the senior company dancers.

**Beneficiaries: 6 People with Dementia and Companions,
1 Volunteer**



Art at The Treehouse: Term 1

Elephant Park, Southwark

May - July 2023

This was the first term of our new year-long programme at The Treehouse as part of our Southwark Community-Wide Creativity Project. It aims to create an enjoyable weekly activity that local residents can feel comfortable to attend long-term, creating familiarity and routine. This first programme drew on nature as a theme, using the surrounding park to inspire the activities each week. These included painting, collage, drawing and printmaking. The programme was delivered by professional artist and facilitator Seiwa Cunningham.

Beneficiaries: 13 People with Dementia and Companions, 2 Volunteers



"The sessions have been very good for her. I don't know how much you can be aware that she has really come out of herself, and has the confidence to initiate and maintain conversations, which she never used to do.

Thank you so much (I really mean that)!"

Husband of a participant with dementia



The Art of Craft at Cockpit Bloomsbury

June - July 2023

Following on from the programme at Cockpit Studios in 2022, this year participants worked with new craftspeople and explored new crafts including textile dying, hat making, metal casting and print-making. We are delighted to now have an ongoing relationship with Cockpit, and are looking forward to future programmes in Bloomsbury and their new community space in Deptford.

Beneficiaries: 13 People with Dementia and Companions, 3 Volunteers



"I loved doing the sessions and the training, and talking to you and the seeing the other artists session has really made me think about how to develop my teaching further, which is exactly what I need."

Jackie, Artist facilitator



Discover Georgian Fashion at The Queen's Gallery

June - July 2023



The programme was led by a curator and a textile artist. In each session the curator took participants to a gallery or specific artwork that forms part of the Queen's Gallery Georgian Fashion exhibition, exploring the way Georgians presented themselves. Then the artist supported people to create a textile art work, from self-portraits to rosettes, enabling participants to learn different techniques. At the end, each participant took home a beautiful booklet containing all of their creations.

Beneficiaries: 13 People with Dementia and Companions, 2 Volunteers



Printmaking with Camden & Islington NHS Foundation Trust

July - September 2023



This project was devised to create a permanent legacy installation for the Islington Memory Service clinic space, with artworks created by local people with dementia, their carers and companions, and NHS staff. The project was participant led from the onset, with focus groups selecting local landmarks to ground visitors in the identity of their community. Local print artist Melissa Fry from Engage Here, alongside Arts for Dementia staff, led participants through two-hour print workshops across three weeks to create the collection. The installation features a vibrant display of screen-prints, providing an inspiring and welcoming environment for those attending dementia assessments.

**Beneficiaries: 11 People with Dementia and Companions,
and 4 NHS Staff**



Art at The Treehouse: Term 2 Elephant Park, Southwark

August - October 2023



Our second term of our year-long programme in Southwark featured two print artists, each working across five weeks to deliver challenging and varied print activities. Melissa began with activities including screen printing, foam printing, Cyanotype printing, and Gytaku (a traditional Japanese printing method). Georgia then led participants through stamp making and printing, Gelli Plate printing, and lino etching/printing. The prints created in this programme, of remarkable quality, were featured in an exhibition as part of the Urban Elephant Festival 2023 – see page 13. The exhibition provided a platform for our incredible participants and raised awareness amongst the local community, inspiring people with what can be achieved post-diagnosis.

**Beneficiaries: 18 People with Dementia and Carers,
3 Volunteers**



The Joy of Dance with Shobana Jeyasingh Dance at Ashford Place

August - September 2023

Having asked for favourite songs and musicians, participants were encouraged to share their own dance moves. They created and shared choreography to Elvis, Whitney Houston and Bollywood songs, amongst others.

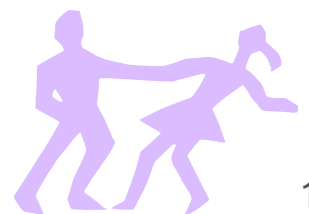
Beneficiaries: 20 People with Dementia and Carers, 2 Volunteers



"Sarah did an outstanding job of engaging the participants and they clearly enjoyed the session immensely. She did not 'dumb down' the class requirements and the participants were truly able to participate at whatever level felt comfortable for them.

It was so lovely to see their true personalities emerging."

Volunteer



Drama with People's Company at Southwark Playhouse

September - October 2023



We worked with local community theatre group 'People's Company' to deliver a creative and dynamic programme. Using a meaningful object as inspiration, each participant developed a short performance that shared its meaning in their lives, delivered alone or alongside a family carer. The facilitators shared techniques and advice, and the programme culminated in a group performance at Southwark Playhouse alongside other local community groups.

Beneficiaries: 14 People with Dementia and Companions, 1 Volunteers



Art at The Treehouse: Term 3 Elephant Park, Southwark

October - December 2023

Exploring ways of noticing the everyday moments around us and capturing them within a journal using various drawing techniques.

Beneficiaries: 11 People with Dementia and Companions, 2 Volunteers



"It made me look at things differently.. have a day when I am not thinking about my illness.. when I can be fairly normalish."

Participant with dementia



Art Wednesday

Ongoing

Our weekly online workshop session started at the beginning of the pandemic to curb isolation and maintain arts engagement. Delivered via Zoom it remains popular, reaching those with restricted access to arts opportunities due to location or mobility. The programme is led by our staff supported by two arts facilitators, with regular guest hosts from leading arts organisations such as the Science Museum, V&A and the Museum of London.

Beneficiaries: 33 People with Dementia and Companions, 6 Guest Hosts



"We always look forward to our weekly Zoom meetings. You have become our gentle, kind, supportive and caring A4D family."

Companion

"Thank you for all your love, support and always being there when we've needed you."

Companion



Art at The Treehouse Exhibition

October - December 2023

An exhibition of artworks created by people with early-stage dementia and their companions. Featured in the collection were a range of prints, dyed fabrics, paintings, and collages, handmade during Arts for Dementia's Treehouse programmes. Taking place each Tuesday morning, these workshops have brought together local artists and residents to engage those affected by dementia in the community, through the joy of the arts.



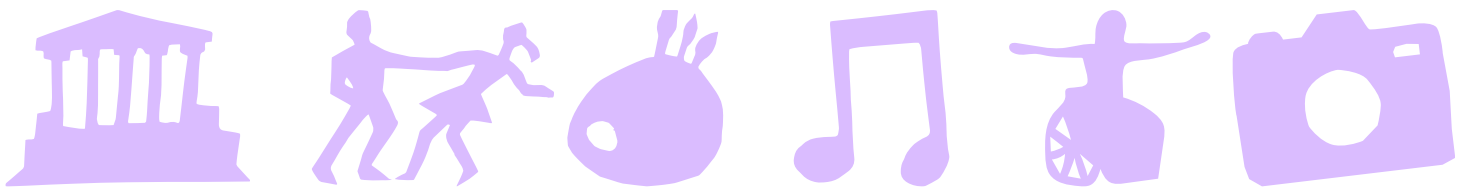
The artworks on display showcased the variety of art styles developed across the Art at The Treehouse programme. Participants explored a range of techniques, bringing their own ideas, skills and experiences to create the collection. The workshops were delivered by experienced artists including Seiwa Cunningham, Melissa Fry, and George Rosa Murphy. This exhibition opened as part of the Urban Elephant Festival in September 2023. It will now tour from October 2023 - March 2024 in venues across the UK, to highlight the importance of creative activity for people affected by dementia, and demonstrate what can be achieved post-diagnosis. This exhibition was made possible thanks to our participants dedication and creativity.

Event Listings Online

www.artsfordementia.org

We research and welcome posts of arts workshops for dementia, nationwide which we map on our website, so that thousands of people affected by the condition can find opportunities nearby. now signposting over 1,000 art events, we promote our own events and the inspiring work of others to our 15,000+ social media followers.

Thank you



Note:

Arts 4 Dementia, founded in 2011 to empower people living with early-stage dementia and companions through challenging, inspirational arts activities, is now **Arts for Dementia**