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ART FOR OLDER ADULTS

creative sessions for improving health and well-being

AT YOUR VENUE.....

Benefits to participants:

There is an increasing body of evidence to show that engagement in the arts for older people:

- Improves quality of life
- Encourages social interaction
- Improves health and well being
- Delays the onset of Dementia
- Offers sensory stimulation
- Increases self-esteem
- Fosters a stronger sense of identity
- Reduces boredom and isolation
- Encourages playfulness
- Provides the opportunity for learning new skills or reawakening old ones

How:

- A series of 10 creative 2 hour sessions delivered weekly, fortnightly or monthly at your chosen venue by two experienced artists
- First session delivered as an open 'taster' event, participants will choose a name for the group
- Subsequent sessions will be delivered across a broad range of art form, chosen by participants, which includes: clay, felt making, collage, sculpture, large scale weaving, textiles, print, sketching, painting
- Sessions will be participant centred and process driven, not product and outcome. However, there will be the option for participants to showcase their work at the end if they wish
- Each participant will receive a journal to document their journey
- A half hour refreshment and discussion period will take place at the end of each session
- Opportunity for sessions to be supported by a project worker/member of staff

Benefits to partner organisation:

- Increased footfall to venue
- Opportunity for staff to support artists as a project worker and gain valuable CPD

Who:

The artists, **Carol Parker** and **Ernie Butler**, have more than 30 years combined experience of devising and delivering high quality participatory arts engagement and socially engaged practice with all ages and abilities. The impact of the artists' work has been monitored and evaluated by funders including ERDF (European Regional Development Fund), EMDA (East Midlands Development Agency), Legacy UK Trust and Arts Council England

Please email carolparker1@live.co.uk or ernie.butler@gmail.com for more information