

‘Our Day Out’ Report on pilot activities for Breckland Council

March 2015 – July 2016

Project designed and funded by Breckland District Council. Programmed and project managed by Creative Arts East.
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Overview:

A unique initiative providing monthly multi-artform arts and cultural sessions for people living with early stage dementia and their carers.

Sessions are presently running in Watton, Dereham and Attleborough and staffed by at least one creative practitioner and at least two Creative Arts East team members. Creative Arts East delivery team members have undertaken Dementia Awareness and Safeguarding training and wherever possible we seek to contract practitioners who have experience of delivering to this particular client group.

Outline of sessions:

- May 2015 – Norfolk Library and Information Service Reminiscence session
- June 2015 – Live music and film screening by Blast from the Past and Patricia Hammond
- July 2015 – Gressenhall Museum visit
- August 2015 – Poetry Workshop by Henry Raby and Molly Naylor
- September 2015 – African Drumming by Anna Mudeka and Les Chappell
- October 2015 – Archive Afternoons film screening and land army girls performance by Julie Hewitt
- November 2015 – Printmaking Workshop by Curwen Print Study Centre
- December – Christmas Crafts by CAE staff
- January 2016 – Sleeping Beauty by Matthew Bourne, Recorded Live Screenings
- February 2016 – Digital Music Making by Laboratory Media
- March 2016 – Mosaic Making by Maggie Campbell
- April 2016 – Classical Music Performance & Workshop by Caroline Clarke and Musicmakers
- May 2016 – Pottery Workshop by Tel Turnbull
- June 2016 – Bridewell Museum visit
- July 2016 – Painting Workshop by Art At Work and Kirsty O’Leary
- August 2016 – Dance workshop by Green Candle Dance Company
- September 2016 – Holkham Hall and Wells seafront trip

Recruitment: (Please see attached some examples of marketing collateral for some of the previous sessions). Leaflets detailing the next session are distributed at every session and posted to existing participants’ home address, with follow up courtesy calls a week in advance. New recruitment is undertaken through referrals from stakeholders such as Age UK and Admiral Nurses and via Creative Arts East social media feed, although this is much slower than we would like.

Number of participants: To date 75 participants have attended 1 or more sessions.

Overall session numbers have steadied over time, indicating a more frequent attendance by a certain number of people and this is a positive outcome as we know that regular participation is the key to sustained or improved wellbeing.

Overall there have been 407 creative engagements to date, at an average of 27 people per month and 9 participants per group.

Impact of sessions to date:

Across the project timeframe we have collected quantitative and qualitative evidence of impact on participants, both cared for and carer. We have also consulted people on what they identify as being positive and negative outcomes and how they would like us to measure these things.

Quantitative results

During the Arts and Wellbeing Programme phase of this project (May – September 2015) we evaluated 9 willing participants against the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS).

33.3% increased wellbeing
11.1% stayed the same
55.5% decreased wellbeing

Overall 44.4% of participants maintained or increased their wellbeing as a result of these sessions. The level of decrease is to be expected when assessing the impact on people living with dementia and we are surprised to see such a high percentage of positive outcomes at all. It may be that the green figures can be mostly attributed to carers and the red to cared for, however this is speculation and further evaluation would need to be undertaken to understand these results better.

Average Increase = **6**

Average Decrease = **-6.6**

Average change in wellbeing = **-1.6**

Furthermore, as well as the WEBWMS assessment, we evaluated 18 participants against other criteria specific to the outcomes of the Arts and Wellbeing programme overall and related to the impact of the work on their interest in and value of arts and cultural activities more generally. We found that:

100% of respondents are likely to seek out other arts and cultural experiences, **44%** are more likely as a result of this experience.

When asked 'what do you value most about these sessions?'

- **100%** said the people
- **71%** said dementia friendly
- **59%** said fun
- **59%** said new experiences
- **41%** said free to attend
- **24%** said other and cited: ***“Being able to get air”, “Underlying support”, “Relaxing”, “The Staff”***

94% said this had a new experience for them.

When asked 'how do the sessions make you feel?'

- **78%** said happy
- **50%** said connected
- **39%** said confident
- **33%** said inspired
- **28%** said educated
- **28%** said other and cited: ***“Socialising”, “More confident”***

94% said this activity supported them to feel less isolated or maintain their connectedness. **6%** (1 person) wasn't sure.

100% of participants enjoyed 'our day out' sessions. **61%** more than they had expected.

66.7% are more connected to their immediate community than before these sessions. **7%** are less and **27%** have stayed the same.

“Accepted with having dementia”, “Learning to mix with others in similar circumstances.”

100% of participants feel confident to take part in new experiences, **78%** more than before these sessions.

94.1% of participants are more informed than before about how to access positive activities including arts and cultural opportunities

94.4% have communicated with new or more people as a result of this activity. **6%** (1 person) has not.

22% of respondents stated **“lack of confidence”** and **“becoming more difficult to get out”** as things preventing them from being able to take part in these kinds of activities. **67%** said nothing and **11%** weren't sure.

43% said the Our Day Out programme helped overcome some of these barriers to taking part, citing factors: “mixing with others”, “dementia friendly.” **7%** (1 person) said no. **50%** weren't sure.

When asked when they last took part in arts or cultural activities outside of this programme:

- **39%** said last month
- **33%** said many years ago
- **22%** said never
- **6%** said last year
- **0%** said last week

77% said they would like to do more of this particular kind of arts or cultural activity as a result of this experience.

69% said Our Day Out had helped or maintained their interest to do this. **25%** weren't sure.

77.8% said they think it is important for people to have access to arts and cultural activities. **17%** said they weren't sure and **6%** (1 person) said no. When asked why:

“Mixing with other like minded people”, “Keep the brain active”, “Broadens the mind”, “To help learn to mix with others”, “Good experience doing different things”

When asked how much they would expect to pay for this activity/experience if it wasn't funded by Breckland Council:

- **41%** said £10-14
- **24%** said £5-9
- **18%** said £15-19
- **12%** said over £20
- **6%** said £1-4

44% of the participants would participate in these sessions if they had to pay for them. **11%** would not and **44%** weren't sure.

94% of participants think it is important to have programmes like Our Day Out, because:

“The company of others”, “Helps to fill your life experiences and takes away worries (if only for a few hours)”, “To socialise”

94% were not aware of any similar activities like this (creative & cultural) that they or their partner could get involved with. **6%** (1 person) was and cited **‘bowling’**.

Qualitative evaluation of impact

As well as quantitative data we also collected qualitative information via 1:1 conversations, written feedback forms, letters to the team, images and staff journals.

A selection of images are attached with this report.

Participant quotes include:

Margaret: “My husband really enjoys his 'Our Day Out' and talks about it at home. Thank you all very much for what you organise for us, it is very much appreciated.”

Mike: “You should make a suitable entrance fee.” Notes: Julia mentioned at the session that they have been to a dementia session previously but never returned but she has a “real good giggle” at the ODO sessions and enjoys being part of the group.

Dave: "The staff are terrific"

Peter: Brilliant. Dad and I have found the sessions a great help good fun and something to look forward to. Thank you."

Elizabeth: 'I enjoy everything'

Ann: 'enables me to get out and mix'

Mike: 'These sessions are essential to our wellbeing'

Peggy: "been given a new life" and feels "less irritable" when she is out of the house.

Ron: 'would just like to say that along with [the dementia cafe] these afternoons are wonderful' and he didn't think he would enjoy the classical music performance but he loved it!

Vic and Eileen: (ODO March) Very pleased that their mosaics were posted to them and Vic was 'delighted' to see them.

Sarah (carer): "I feel the activities are really good for me too"

Pat (first time attending): 'Brilliant, felt so much better' after the session and 'thoroughly enjoyed it' 'lovely afternoon' 'welcoming'

Peggy really enjoyed herself- engaged with the music emotionally and with closed eyes. 'beautiful' and could really 'feel' the music.

Examples of participants' letter that we have received are attached separately.

Staff journals entries; Lea & Sophie

As a result of evaluation training via the Norfolk Arts and Wellbeing Programme over the last six months some of our CAE delivery staff have been keeping participant/session observation journals. This process supports us to quantify/assess the key themes that occur as a result of the sessions and when themes are recurring over a period of time these can be utilised as evidence of impact.

The full journal logs are given in Appendix 1 but the key themes arising from these entries include:

- Participant enjoyment / fun / laughter
- Participant concentration / attention / involvement
- Relaxed atmosphere
- A sense of thanks and gratitude from participants
- Participants sharing of personal histories and/or knowledge / reminiscence
- Increased conversation / connection between carer and cared for
- New friendships / socialising
- Self-confidence
- Self-expression both creatively and orally

Recommendations and next steps

To build this programme we should look to:

- secure long-term investment
- extend services over a wider catchment to benefit from economies of scale
- consider possibilities for participant payment
- build stronger referral pathways/partnerships
- establish a more sustainable and less cost-heavy management plan
- increase the marketing capacity
- establish potential longer-term and dementia specific evaluation methods

Possible sources of investment include:

- Spirit of 2012 Challenge Fund*
- Baring Foundation*
- CCG / Local Authority investment
- Paul Hamlyn Foundation

- Monument Trust
- Ageing Creatively – Arts Council Fund*

CAE are presently investigating those funds with an *. We have an application for £230k over 3 years in with the Spirit of 2012 and the outcome of this is due in early August. To realise this application we consulted our existing participant cohort on the future of the scheme and have the following results:

How would you notice if the sessions were having a positive impact on your lives?

- **25/26** would keep coming = 13 carers and 10 cared for
- **22/26** would talk more to others = 12 carers and 8 cared for
- **22/26** would have something to talk about with my friends and family = 12 carers and 9 cared for
- **18/26** would smile = 9 carers and 9 cared for
- **18/26** would like to get up in the morning = 10 carers and 8 cared for
- **15/26** would sleep well = 9 carers and 6 cared for
- **14/26** would do other things outside of this = 8 carers and 5 cared for

How would you notice if the sessions were having a negative impact on your lives?

- **15/26** would stop attending the sessions = 8 carers and 7 cared for
- **10/26** wouldn't look forward to coming = 6 carers and 4 cared for
- **9/26** wouldn't attend as many as before = 6 carers and 3 cared for
- **9/26** would engage less in the activities = 5 carers and 4 cared for
- **8/26** would engage in fewer activities outside of this = 5 carers and 3 cared for
- **4/26** wouldn't talk to the rest of the group = 2 carers and 2 cared for
- **3/26** might frown = 1 carers and 2 cared for

How should we find out about the impact that the sessions are having on you?

- **17/26** Monthly questionnaires = 8 carers and 8 cared for
- **14/26** One to one conversation = 7 carers and 6 cared for
- **7/26** Phone call = 4 carers and 2 cared for
- **4/26** Email = 4 carers

Annex 1

April – Classical Music Performance

Watton: Doreen and Dennis's Birthday! Doreen **enjoyed** herself and was very vocal. Dennis had his feet up and was **walking and moving about with much more ease** compared to before. Keith had the chance to play percussion. Tea and cake break was very **sociable and relaxed**. **Enjoyed singing along** to familiar songs.

Attleborough: More **relaxed** than Watton and they **felt more involved** as they were sat in circle. Tea and cake break quiet conversations but everyone seemed **relaxed**. **Enjoyed** singing along to familiar songs.

May – Pottery Workshop

Dereham: Our smallest group – 3 couples were there. Evelyn isn't normally engaged in the activities but she was **pleased** with what she made at the beginning of the session. She was **less pessimistic**. Ron and Peggy were very quiet but because they were **concentrating** on making their pots! Ron has had previous experience (his pot was very symmetrical) and Peggy **enjoyed** it and wants to use her pot for some flowers. Sarah and Jane also **got stuck in** and made 2 pots each. Tel was very helpful and also gave an interesting background to Medieval Pottery to which Evelyn and Ron **asked more questions**.

Watton: 9 people attended. All were **happily engaged** in the pottery apart from Keith who looked at what Brenda was up to. Doreen couldn't take part because of her rheumatoid but **came anyway for some company**. Sophie made her a pot under her instruction! Pat and Brian came along with their daughter Sarah and **had a good laugh** and made some lovely pots. Claire from Lyndham Court came with Betty, Dot and a new woman called Robbie. Dot as always was very repetitive but had a **smile** on her face and **happily** took her pot home. Robbie used to be a pottery lecturer and Betty won prizes making poetry and it was really nice to see them take part and make their pots after a long time. Robbie didn't keep hers but Betty did. Tel and Robbie were in **conversation** about a renowned pottery teacher that they both knew. Betty said **'thank you** for having me' and she had a 'great afternoon.'

Attleborough: The afternoon session was very **chilled**. New couple Pauline and Barry were very quiet at their first session but **got stuck in** and wished they knew about these sessions sooner. Peter and Freda made loads of pots – Peter was especially good at the pottery and Freda smiley as always. She and Kathleen had a **giggle** over making the pottery. Kathleen said that she "really **enjoyed** it."

Carol made a lovely decorated pot and Keith **joined in** too. June had a chat with Carol through most of the session. Joan and David were **engaged** in their pots too. We had cake for Peter and Freda's Diamond year anniversary, as well as other little cakes and things and it went down nicely.

June – Outing to the Bridewell Museum in Norwich

Dereham: Peggy thought it was 'wonderful' and lovely to hear the 'creaking of the floor boards' of an old building. Peggy **used to work in** Jones shoe shop so was **proudly telling me** about all the leather shoes and textures of them and the experiences she had working there. She was jolly as always and seemed **very inquisitive** overall. Ron found a branded 'Green's' baking product which was where Peggy's mother used to work. Ron **told me all about the** switchboard and how to use it, as he used to fix many in his day. He **enjoyed** seeing familiar things such as past children's board games.

Dave **remembered** many things around the museum too like the Queen's Coronation book. He said it was 'a really nice day' and that it's **'good to get out.'** Sandy was very **inquisitive** and looked at some of the exhibits by herself. She was **smiling** and had a **quiet laugh** during the chocolate session. Brian knew a lot about the woodwork and barrel making – very knowledgeable and saw many familiar things. He enjoyed **sharing his knowledge** on some of the machinery. Pat had been to the Bridewell Museum before and exclaimed 'she never thought she would be back' and was 'happy' to return. Pat had many positive things to say about the Our Day Out experience she had saying that she **used to shut herself up** but when she came to the first session (classical music performance) it **made her feel part of the world again** and she **enjoys talking to likeminded people**.

Watton: We had 3 couples also attend the Bridewell Museum in June. Shirley had a 'lovely day out' with her husband John. John was very **interested** in the exhibits and **enjoyed talking about** the prisons in Britain and looking at familiar items that his family once had. Mike and Julia were as always very **giggly** and **engaged in the conversations** particularly during the chocolate talk. Julia loved the Museum: 'Nice to see so many old things all together' She recognised a couple of the shoes in the shoe room. Mike wrote on his consultation form: 'These sessions are essential to our Health and Wellbeing' and he too enjoyed the outing and even donated £20 to the Museum. Pete and Tilly and their Granddaughter came along and it was their first ODO session. Tilly was very passive when I first met her at the Dementia Cafe, but I felt like she was **more responsive** and **smiled** at the exhibits at the Museum and during the chocolate talk. Pete was quite **inquisitive** and had some time to look around by himself too. He thought the visit was 'superbly interesting.'

Attleborough: 8 people attended on Friday. Peter had some time by himself to look at the Museums machinery and liked the Speedway exhibit while I was with Freda and one of the Staff who told us a bit more about the Museums objects. Freda and all the women who attended **enjoyed** looking at the shoe room! Kathleen **enjoyed** looking around the museum with Elizabeth. Kathleen's late husband used to be in the shoe manufacturing business for 50 years so was quite familiar with the tools and materials. Elizabeth came with her husband and it was the first time meeting him. She has recently been a bit stressed looking after John but it was really nice to see her **smiling and relaxed** during the tea and cake break and throughout the day. Carole had a great day with Keith, watching TV together though the old 70's set. John spent time with Keith so that Carole could have some time to herself and Peter (Elizabeth's husband) was also keen to be around John too. He was very knowledgeable with some of the exhibits.

July – Painting Workshop

Dereham: 3 couples attended the session and all equally **got stuck in** with making their own creative pieces. In the first half they all had a go at mark making by applying acrylic paint with feathers, toy cars, branches and lots more. All couples really **let go and enjoyed just experimenting** with all the different objects without being too precise. For the second half of the session they had a go at filling in a page with shapes and painting them various colours of their choice. Brian was quite in tune with mixing colours and had previous painting experience before so was happy to engage and Pat also **enjoyed** messing about with abstract patterns. Ron made a lovely geometric piece and took his time to **paint the shapes carefully**. Peggy was building a vibrant piece with dragons. I helped her mix the colours that she wanted and she put a **lot of thought into it**. Her abstract piece was different to the others with circular shapes but was really lovely and she finished painting it. She didn't so much confidence with picking colours but with some reassurance she was **happy to take part and appreciated the help**. Dave **got stuck in** with his own piece as Sandy didn't need much assistance creating her pieces. Sandy created loads of colourful pieces and **really engaged** in using all the tools- you can tell she is a very creative person.

Watton: Shirley and John attended together and Denise came by herself. John didn't think he would like this month's activity but said he **'really did enjoy it'** Both Shirley and John made similar final pieces and **carefully** painted the shapes with bright colours. Denise does a lot of colouring and you could tell from the colour choices she made. She **experimented** with loads of tools. It was a small session but it was really **quiet as everyone was involved** in their own work and they were all very **happy and relaxed**.

Attleborough: We had a nice set up again with everyone in a circle and with a different artist. They also tried mark making with ferns and cars etc. They all had a chance making their own pieces, trying different colours. Tony used to be a very good still life artist and you could see it through the **precision in his work** using smaller stippling marks. Anne was **happy with what he achieved** and really wants to get him back into painting again. New couple Muriel and her niece worked together but Muriel didn't participate so much and was **happy to watch**. I think the carers got a lot more out of the session, **having time away from home** such as Carole who made loads of different pieces and Kathleen who came by herself was really happy with her final outcome. The Attleborough session wasn't as stimulating as the other two and the energy started to go towards the end. (Peter and Freda and a couple others didn't want to do another piece) But they were all **happy just in each other's company**, **socialising** with others and **enjoyed** watching what other people were doing.

Staff journals entries; Sophie

Dereham

General Comments

The Dereham group have taken a while to mingle and tend to dip in and out of attending. They have only recently started to **form friendships** with one another, which I think is due to the fact their attendance fluctuates. A few members comment on that fact they would like more people to attend the group so they have more atmosphere.

Library Session

The library session was fairly well attended but wasn't as engaging for the group as we would have liked. The group seemed interested in reminiscing but it would have been nice to add another element to the event, such as music or a small piece of theatre for example. A few couples who attended this session haven't been to any our other sessions due to illness.

Live Music & Film Screening

The leisure centre wasn't a good venue for the film side of the event, due to the bright sunlight which we couldn't block out of the room. However the live music went down very well with the group, who all **joined in with singing** the old songs of the war. This also got them **talking about their own experiences and memories** of the war.

Gressenhall Visit

Generally the weather made a huge difference as it was sunny and everyone **enjoyed** interacting with the animals, going on a tractor ride and hearing about the history of the farm and workhouse.

Peggy mentioned that the sessions were really important to her and Ron, as they are similar to event they would have attended when they were younger and reminds them of their youth. Peggy also mentioned that it is not only beneficial for her, as the person with dementia, but it has also had a great impact on her husband's wellbeing. Ron has really come out of his shell since attending the events as he and Peggy are very interested in the arts and the involvement they have with the sessions has raised their spirits.

Poetry Session

Only one couple were able to attend this session and after speaking with them, we ended up cancelling the event as they weren't happy for the session to run with such low numbers. It was a shame as the couple were very interested in poetry and we asked if they would like to attend any of the other sessions in Watton or Attleborough but they weren't comfortable venturing out further than Dereham due to mobility issues.

Drumming Workshop

The drumming workshop was the first session where the group really started to bond with one another. They enjoyed the playfulness of the workshop and having a laugh whilst taking part in something they hadn't tried before. We gave each couple a CD of the workshop leader's music and hope this would give them a reminder of the session and something to refer back to.

Watton

General Comments

We have two couples who attend the Watton sessions regularly. They are quite cheeky, fun characters that have formed friendships since meeting one another at the sessions and now meet outside the sessions to socialise. The couples are even moving house just around the corner from one another!

Library Session

The library session was again well attended but the session lacked in substance, as there wasn't a high quality of materials to share around with the group. It would have benefited from some further entertainment or creative hands on activity to get the group involved. Again similar to Dereham, a few people who attended this session haven't been back, which I think demonstrates how one bad session can effect who comes along. We also discovered that Friday's weren't a good day for a lot of the couple so we went on to change this to a Thursday.

Live Music & Film Screening

This session was again fairly well attended and was a good stepping stone from the library session to enable us to show to those who had attended the library session, the diversity and range of activities we will be putting on. They were interested in the history of the archive film and also enjoyed signing along to the music. This session showed the start of the friendship between the two couples who regularly attend.

Gressenhall Visit

The group were able to bond through walking around the site and discussing parts of their history. They all found it entertaining that Elly and I, as a younger generation, didn't know what a lot of the tools etc were so they enjoyed telling us about the way things were when they were young.

They also enjoyed the diversity of the session, having a horse and cart ride, tractor ride, chance to see some of the animals, as well as a wander round the house and the garden. It gave them a lot to talk about with each other.

Poetry Session

Only two couples attended the session but it worked really well and Dennis mentioned he enjoyed the intimacy of the session. The group enjoyed responding to the poems they heard and forming further conversations about the themes including teenagers years and pets.

Brenda and Keith brought along a few personal items which they would like to contribute to a memory box, something we have now started up and hope to add to this over the course of the project. This is something which could be nice to look back on as a reminder of the events and experiences we have shared together.

Drumming Workshop

Keith who has dementia is usually rather quiet and doesn't tend to physically get involved with the sessions that much but the music and drumming workshop brought him right out of his shell. He didn't stop drumming from start to finish even took to the stage to lead the group with some drumming. His wife Brenda commented on the fact he was enjoying it so much that she would be keen to get him a similar instrument of his own to play with at home.

We had a few new faces at this session and they all really enjoyed the involvement and freedom they had to play around with the instruments. I hope that because it was such a successful session, the new couples who attended will be back again in October.

Attleborough

General Comments

The group in Attleborough works really well, as it follows on at the Day Care Centre from an Age UK Dementia session in the morning, so a lot of the people who attend that stay on for our session in the afternoon.

The group seemed to know one another before we started running session and I think this have helped form a group who are comfortable around one another and are keen to get involved with new activities.

Live Music & Film Screening

This was also a good first impression of the variety of activities we were starting to put on and a few couples commented on enjoyed the music and film combination. A lot of people got involved with singing but it was difficult to tell at this early stage which characters may not have engaged usually that might have been this time.

Gressenhall

I didn't attend but you mentioned Ann & Tony hadn't been out on a day trip for over 2 years and felt more confident to venture out.

Poetry Session

This group really connected with the poet Molly Naylor and were keen to get writing as well as listen to her work and talk about their favourite poets. Jack who has dementia explained that he found attending these creative sessions allowed him to express his frustration about no longer being in control of his own life, among people who are in the same situation as him. He mentioned it allowed him to escape through being creative and that he could open up a bit more from this.

A carer, Ros expressed how poetry enabled her to remain in a happy place through referring back to poems and adding some comfort to her day. When it came to writing a poem, each person in the group read theirs out, happy to share what they had achieved. They all praised the session and said how nice it was to share their feelings through poetry.