



Suitcase Stories Warwickshire

Evaluation Report up to 18 July 2019 (Week 10)

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Introduction

Suitcase Stories Warwickshire is a music and reminiscence well-being project for people living with dementia and their carers running for 20 weeks x 2hrs at Kenilworth and Alcester libraries (10 weeks at each location). This is in partnership with Arts Uplift CIC, Orchestra of the Swan, Warwickshire Reminiscence Action Project and Warwickshire libraries. 17 people attended the Kenilworth group

and 24 people attended the Alcester group. Jenny Davis from Arts Uplift CIC and Sue Pope from Orchestra of the Swan have worked together before, so this was a natural partnership. Warwickshire Reminiscence Action Project and Warwickshire libraries were new partners and were formed to provide the reminiscence workers, objects and venue. We decided to target Alcester and Kenilworth as there was no arts based interventions in these towns for people living with dementia.

Aims and Objectives

The aim of Suitcase Stories Warwickshire is to decrease isolation and loneliness, improve the mental well-being and quality of life of people living with dementia and their carers living in South Warwickshire through a music and reminiscence project.

We will achieve these by;

- Delivering 10 x 2hr music and reminiscence sessions with Orchestra of the Swan and Warwickshire Reminiscence Action Project at Kenilworth Library with people living with dementia and their carers. Each week will have a different theme such as Country Living, holidays and School.
- Delivering 10 x 2hr music and reminiscence sessions with Orchestra of the Swan and Warwickshire Reminiscence Action Project at Alcester Library with people living with dementia and their carers. Each week will have a different theme such as Country Living, holidays and School.
- Collating photographic evidence
- Evaluating the project at the beginning, middle and end and producing a report



Methodology

The methods we have used to evaluate the project are;

- Mood indicator sheets- before and after each session people are asked to tick how they are feeling
- Wemwebs forms, pre-project, mid and post project
- Companionship Scale forms, pre, mid and post project
- Warwickshire Reminiscence Action Project evaluation forms (every session)
- Monitoring form
- Registration form
- Case studies
- Observations from artists, reminiscence workers, evaluator and volunteers

Data collected

Attendance

Kenilworth-17 people (9 carers and 8 people living with dementia)

Alcester-24 people (10 carers 14 people living with dementia)

Total 40 people

Attrition

Kenilworth- 1 couple came to the first session but then have been on holiday for the next 4 sessions and did not come back. All the others have returned every session apart from one other couple who missed only 1 session. In July we offered 2 spaces to another couple but they did not return as felt they were too young for the group.

Alcester-6 of the places had been allocated to a care home. They only came with 5 people the first session and their attendance has been sporadic due to the minibus breaking down and other reasons. 1 couple came to all of the sessions. 1 couple came to 7 sessions in a row but then had illness issues so couldn't come. 1 couple to all but one session. 1 couple came to 2 sessions. They did not return as they had problems getting someone to accompany the participant and also the participant found the sessions enjoyable but exhausted him. 3 more couples were given places that were on the waiting list on week 7 and 8 (2 couples attended and 1 couple didn't). This group therefore has been more fluid than the Kenilworth group. We did also on week 7 have 4 people just turn up to try the session who Jenny Davis from Arts Uplift CIC met at Bidford-Upon-Avon dementia café before the project started.

Gender

Kenilworth 10 women 7 men

Alcester 6 men 18 women

Age

18-24 1 person

45-54 4 people

55-64 3 people

65+ 2 30 people

Location of participants

Stoneleigh 2
Kenilworth 8
Cubbington 2
Coventry 2
Stratford Upon Avon 8
Alcester 6
Tamworth in Arden 2
Bidford on Avon 2
Cedar Lodge care home Wootton Wawen 7

Ethnic Minority

All participants were White British

Disability

Number of people living with dementia 22

Non-discrimination



The sessions were open to all and we welcomed everyone that showed an interest. We marketed it through a wide range of avenues through mail outs to older people's groups, care homes, dementia cafes, health contacts, libraries, shop windows etc. There was structure in the sessions as the theme was set, but there was also flexibility as well. The musicians have such a large knowledge about different music genres and

compositions that they took requests and changed their programme to accommodate the participants needs and wishes. The handling objects were from a wide variety of eras including a whole session on the sixties, so we feel that we have catered for a wide age range of people. Also, there is an equal mix of items that women and men might have used or had so both men and women did not feel excluded. The reminiscence workers also asked people to bring in their own objects from home which enabled people to bring in things that related to their culture and era.

Volunteer hours

We had 4 volunteers and they delivered 54 hours to the project

Feedback from the evaluation tools

Mood indicator

Alcester

Session	brilliant	good	ok	poor
Week 1 before		5	7	1
Week 1 after	1	9		
Week 2 before		9	5	
Week 2 after	5	6	1	
Week 3 before		4	2	
Week 3 after	6			
Week 4 before		2	3	1
Week 4 after	6			
Week 5 before		3	2	1
Week 5 after	2	3	1	
Week 6 before		1	5	
Week 6 after	3	3		
Week 7 before		5	9	
Week 7 after	5	9		
Week 8 before		5	5	
Week 8 after	5	5		
Week 9 before		2	6	
Week 9 after	3	5		
Week 10 before	Data missing			
Week 10 after	Data missing			

Kenilworth

Session	brilliant	good	ok	poor
Week 1 before		2	7	2
Week 1 after	3	8		

Week 2 before		4	8	
Week 2 after	4	8		
Week 3 before		3	4	5
Week 3 after	4	8		
Week 4 before		3	6	2
Week 4 after	6	4	1	
Week 5 before		6	3	3
Week 5 after	5	6		
Week 6 before		2	3	4
Week 6 after	2	4	3	
Week 7 before		3	3	5
Week 7 after	4	6	1	
Week 8 before		5	6	2
Week 8 after	3	7	2	1
Week 9 before		3	5	2
Week 9 after	5	5		
Week 10 before		3	3	1
Week 10 after	2	5		

Interpretation of mood indicator

On 92 occasions people's mood improved by one level

On 37 occasions people's mood improved by 2 levels

On 18 occasions people's mood improved by 3 levels

On 35 occasions people's mood stayed the same

On 5 occasions people's mood went down one level

On 1 occasion people's mood went down 2 levels

On 7 occasions people did not complete the mood indicator.

75% of times people filled out the forms people's well-being improved

18 % of times people filled out the forms people's well-being stayed the same

3% of times people filled out the forms people's well-being decreased

4% of times people did not fill out the forms



Therefore, most people's mood improved every session from beginning to the end and on **18 occasions** people's mood improved significantly compared to when they arrived at the session. Some of the things people fed back at the end of the sessions might reveal why people's mood decreased.

" with every one talking it distracts those living with dementia" "when everyone talking finds it very noisy

and distracting"

"Unfortunately this is not suitable for John. It is not the right level for him. He is still independent participating in activities. Maybe at a later stage of his dementia it might be appropriate."

Wemwebs

This form was filled out by carers of people living with dementia only not any staff members that participated on the 1st, 7th and 10th sessions.

1=None of the Time 2=Rarely 3=Some of the time 4=often 5=all of the time

1st session

7 carers out of 14 filled this form out. Some did not want to do it and some were paid staff.

	Client A	Client B	Client C	Client D	Client E	Client F	Client G	Client H
I've been feeling optimistic about the future		3	2	2	2	1	3	5
I've been feeling useful		3	3	3	5	5	4	3
I've been feeling relaxed		2	1	2	5	2	3	2
I've been dealing with problems well		5	3	3	4	5	3	3
I've been thinking clearly		3	3	3	3	2	4	3
I've been feeling close to other people		3	2	3	3	1	5	2
I've been able to make up my own mind about things		3	5	4	5	5	5	3



7th session

9 carers out of 12 filled out this form. 3 people participated when they did not want to on the first session. 2 people had not returned to the sessions. 1 person was new to the group. The rest did not want to fill it out or were staff members.

	Client I (new)	Client B	Client C	Client D	Client J (1st time)	Client K (1st time)	Client G	Client H	Client L (1st time)
I've been feeling optimistic about the future	3	3 (stayed same)	2 (stayed same)	3 (more optimistic)	3	1	3 (stayed same)	5 (stayed same)	3
I've been feeling useful	5	4 (more useful)	3 (stayed same)	4 (more useful)	5	1	5 (more useful)	3 (stayed same)	4
I've been feeling relaxed	3	3 (more relaxed)	2 (more relaxed)	3 (More relaxed)	2	1	3 (stayed same)	1 (More relaxed)	3
I've been dealing with problems well	3	4 (less able to deal with problems)	3 (stayed same)	3 (stayed same)	5	1	4 (dealing with problems better)	3 (stayed same)	4
I've been	3	3	3	3	2	3	No answer	3	4

thinking clearly		(stayed the same)	(stayed same)	(stayed same)				(stayed same)	
I've been feeling close to other people	4	4 (more close to people)	2 (stayed same)	4 (more close to people)	5	3	5 (stayed same)	3 (more close to others)	2
I've been able to make up my own mind about things	3	4 (stayed the same)	4 (less able to make up own mind)	4 Stayed same)	5	4	4 (less able to make up own mind)	3 (stayed same)	4

10th session

	Client B	Client C	Client M (new)	Client J	Client N (new)	Client G	Client H	Client L
I've been feeling optimistic about the future	3 (stayed same)	3 (more optimistic)	3	5 (more optimistic)	4	3 (stayed same)	5 (stayed same)	2 (less optimistic)
I've been feeling useful	4 (stayed same)	4 (more useful)	4	5 (stayed same)	4	5 (stayed same)	3 (stayed same)	4 (stayed same)
I've been feeling relaxed	3 (stayed same)	3 (more relaxed)	2	3 (more relaxed)	4	3 (stayed same)	2 (More relaxed)	3 (stayed same)
I've been dealing with problems well	4 (stayed same)	3 (stayed same)	3	3 (less able)	4	3 (dealing with problems less)	3 (stayed same)	4 (stayed same)

I've been thinking clearly	3 (stayed same)	3 (stayed same)	4	4 (more clear thinking)	4	3	3 (stayed same)	4 (stayed same)
I've been feeling close to other people	3 (less close)	3 (more close)	4	5 (stayed same)	5	5 (stayed same)	3 (stayed same)	2 (stayed same)
I've been able to make up my own mind about things	4 (stayed same)	3 (less able)	3	5 (stayed same)	5	4 (stayed the same)	5 (more able)	3 (less able)

Interpretation of Wemwebs scale From session 1 to session 7

On 12 statements participants improved their well-being (36% improvement of well-being)
 On 19 statements participants well-being stayed the same (53%)
 On 3 statements participants well-being decreased (8%)



This suggests that there has been some improvement of carers well-being because of this project, but in the majority of times carers well-being has stayed the same. For some the participants well-being decreased but this might be just they had a not so good 2 weeks or particular subjective feelings on the day.

From session 8 to session 10

On 9 statements participants improved their well-being (22% improvement of well-being)
 On 26 statements participants well-being stayed the same (64%)
 On 6 statements participants well-being decreased (14%)

This suggests that there has been some improvement of carers well-being because of this project but not such a high increase from week 1 to week 7. This shows the highest increase was earlier on in the project suggesting that the project quickly had a positive impact on 36% of the participants. However once again the majority of carers well-being stayed the same.

Companionship Scale

1st session. Both the carer and the person living with dementia filled these out. Staff members didn't and some people just didn't want to fill it out. Some people I have not included as they have not returned to the project to complete the evaluation.

1=Not at all 2=Rarely 3=about half the time 4=most of the time 5=almost always

Part A 1st session	Client M	Client B	Client N	Client O	Client C	Client P	Client D	Client G
I feel isolated from others	2	3	1	2	3	4	3	1
I have enough people to talk to and share things with	4	4	1	4	2	3	4	5
I often feel alone	2	3	2	2	4	3	3	2
I can rely on others for help and support	4	3	5	5	2	4	5	4
I miss spending time with others	2	4	3	1	5	3	2	5
I feel close to at least one other person	4	4	1	5	5	5	5	5
Part B 1st session								

How often do you have contact with friends or family	Weekly	Weekly	Weekly	Weekly	Weekly	A few times a week	Daily	Weekly
How often do you take part in social activities	A few times a week	Weekly	A few times a week	A few times a week	Weekly	Monthly	Weekly	Weekly

Part A 1st session	Client Q	Client R	Client H	Client J	Client S
I feel isolated from others	1	5	5	4	1
I have enough people to talk to and share things with	3	1	2	3	4
I often feel alone	1	5	5	1	2
I can rely on others for help and support	4	2	1	5	5
I miss spending time with others		5	4	5	3
I feel close to at least one other person	2	3	3	4	5
Part B 1st session					
How often do you have contact with	A few times a week	Less than monthly	Less than monthly	Weekly	Daily

friends or family					
How often do you take part in social activities	A few times a week	Less than monthly	Weekly	Monthly	Daily

7th session

Both the carer and the person living with dementia filled this out. Professional staff did not fill it out.

Part A	Client M	Client B	Client N	Client O	Client C	Client P	Client D	Client G	Client T (1st time)	Client L (1st time)
I feel isolated from others	2 (stayed same)	2 (less isolated)	1 (stayed same)	3 (more isolated)	4 (more isolated)	4 (stayed same)	1 (less isolated)	2 (less isolated)	1	4
I have enough people to talk to and share things with	4 (stayed same)	5 (more people to talk to)	5 (significantly more people to talk to)	4 (more people to talk to)	2 (stayed same)	2 (less people to talk to)	4 (stayed same)	5 (stayed same)	4	2
I often feel alone	2 (stayed same)	1 (less alone)	3 (less alone)	2 (stayed same)	3 (less alone)	3 (stayed same)	2 (less alone)	1 (more alone)	2	3
I can rely on others for	3 (less help)	5 (more help)	5 (stayed same)	4 (less help)	3 (more help)	5 (more help)	4 (less help)	3 (less help)	2	3

help and support										
I miss spending time with others	2 (stayed same)	3 (improved)	3 (stayed same)	2 (missed spending time more)	4 (improved)	4 (missed spending time more)	3 (missed spending time more)	3 (improved)	2	3
I feel close to at least one other person	4 (stayed same)	4 (stayed same)	5 (feels significantly more closer to other people)	5 (stayed same)	5 (stayed same)	5 (stayed same)	4 (feels more close to people)	4 (feels slightly less close to others)	4	4
Part B 7th session										
How often do you have contact with friends or family	A few times a week (increased contact)	Monthly (increased contact)	Daily (increased contact)	A few times a week (less contact)	Weekly (stayed same)	Daily (less contact)	Daily (stayed same)	A few times a week (increased contact)	Monthly	Monthly
How often do you take part in social	A few times a week (stayed same)	Weekly (stayed same)	Weekly (more social)	A few times a week (more social)	Weekly (stayed same)	A few times a week (significantly more social)	A few times a week (more social)	Weekly (stayed same)	A few times a week	A few times a week

activities										
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Part A 7 th session	Client Q	Client R	Client H	Client J	Client S	Client K (1 st time)	Client V (1 st time)	Client A (1 st time)	Client U (1 st time)
I feel isolated from others	1 (stayed same)	5 (stayed same)	5 (stayed same)	1 (feels less isolated)	2 (feels slightly more isolate)	4	2	1	1
I have enough people to talk to and share things with	5 (feels like has more people to talk to)	1 (stayed same)	2 (stayed same)	4 (feels like has more people to talk to)	4 (stayed same)	3	3	5	1
I often feel alone	1 (stayed same)	5 (stayed same)	5 (stayed same)	2 (feels slightly more alone)	2 (stayed same)	4	2	2	2
I can rely on others for help and support	4 (stayed same)	1 (relies less on others)	1 (stayed same)	5 (stayed same)	5 (stayed same)	3	3	4	5
I miss spending time with others	1 (no record to compare with)	5 (stayed same)	3 (misses spending time less)	3 (misses spending time less)	2 (misses spending time more)	4	1	2	3
I feel close to at least one other person	5 (feels less close to others)	2 (feels less close to others)	3 (stayed same)	5 (feels more close to others)	5 (stayed same)	4	4	5	5
Part B 7th session									

How often do you have contact with friends or family	Weekly (less contact)	Less than monthly (stayed same)	A few times a week (more contact)	A few times a week (more contact)	Daily (stayed same)	Daily	A few times a week	daily	daily
How often do you take part in social activities	A few times a week (stayed same)	Less than monthly (less social activities)	Weekly (stayed same)	A few times a week (more social activities)	Daily (stayed same)	A few times a week	A few times a week	weekly	weekly

Results of the Companionship Scale up to week 7

Statements

1) I feel isolated from others

4 people felt less isolated from others
3 people felt more isolated from others
6 people felt the same

2) I have enough people to talk to and share things with

1 person felt they had less people to talk to and share things with
5 people felt they had more people to talk to and share things with
7 people felt the same

3) I often feel alone

4 people felt less alone
2 people felt more alone
7 people felt the same

4) I can rely on others for help and support

5 people felt that could rely on others less
3 people felt that they could rely on others more
5 people felt the same

5) I miss spending time with others

5 people felt they missed spending time with others less
4 felt they missed spending time with others more
4 people felt the same

6) I feel close to at least one other person

- 3 people felt less close to at least one other person
- 3 people felt more close to at least one other person
- 7 people felt the same

7) How often do you have contact with friends or family?

- 1 person had less contact with friends or family
- 5 people had more contact with friends and family
- 7 people felt the same

8) How often do you take part in social activities?

- 5 people were taking part in more social activities
- 1 person took part in less social activities
- 7 people were attending the same amount



In most cases more people felt the same at the mid-way point apart from equal numbers of people felt they could rely on others for help and support more and felt the same. Also, more people missed spending time with others less. Out of 91 results in 29 cases people improved their well-being scores because of this project. This is a **32% increase in well-being**. Out of 91 results in 43 cases people's well-being stayed the same this is 47% of people.

21% of people's well-being decreased. This may be due to external circumstances or subjectively how they were feeling on the day.

10th session

Both the carer and the person living with dementia filled this out. Professional staff did not fill it out.

Part A	Client M (not present)	Client B	Client N	Client O	Client C	Client P (not present)	Client D (not present)	Client G	Client T	Client L
I feel isolated from others		4 (more isolated)	2 (more isolated)	3 (stayed same)	3 (less isolated)			2 (stayed same)	2 (more isolated)	4 (stayed same)
I have enough people to talk		3 (less people to talk to)	4 (less people to talk to)	3 (less people to talk to)	2 (stayed same)			3 (less people)	No response	2 (stayed same)

to and share things with				talk to)						
I often feel alone		3 (more alone)	3 (stayed same)	2 (stayed same)	3 (stayed same)			2 (more alone)	No response	3 (more alone)
I can rely on others for help and support		2 (less help)	5 (stayed same)	4 (stayed same)	3 (stayed same)			3 (stayed same)	No response	2 (less help)
I miss spending time with others		4 misses more	4 (misses people more)	2 (stayed same)	4 (stayed same)			2 (improved)	2 (stayed same)	3 (stayed the same)
I feel close to at least one other person		5 (feels more close)	5 (stayed the same)	5 (stayed same)	4 (less close)			2 (feels less close to others)	5 (feels more close)	4 (stayed same)
Part B 10th session										
How often do you have contact with friend		A few times a week (increased contact)	Weekly (less contact)	A few times a week (stayed)	Weekly (stayed same)			A few times a week (stayed same)	Monthly (stayed same)	Monthly (stayed same)

s or family				same)						
How often do you take part in social activities		Weekly (stayed same)	A few times a week (more social)	A few times a week (stayed same)	Weekly (stayed same)			A few times a week (increased activity)	A few times a week (stayed same)	A few times a week (stayed same)

Part A 10th session	Client Q	Client R	Client H	Client J	Client S	Client K (not present)	Client V (not present)	Client A (not present)	Client U (not present)
I feel isolated from others	1 (stayed same)	5 (stayed same)	4 (less isolated)	2 (feels more isolated)	1 (feels less isolated)				
I have enough people to talk to and share things with	4 (less people to talk to)	1 (stayed same)	2 (stayed same)	4 (stayed same)	4 (stayed same)				
I often feel alone	1 (significantly feels less alone)	1 (stayed same)	5 (stayed same)	2 (stayed same)	2 (less alone)				
I can rely on others for help and support	3 (rely more on others)	3 (can rely more on others)	1 (stayed same)	4 (less support)	5 (stayed same)				
I miss spending	1 (stayed same)	5 (stayed same)	3	3 (stayed same)	2				

ng time with others		d same)	(staye d same)	d same)	(staye d same)				
I feel close to at least one other person	5 (stayed same)	5 (feels more close to others)	5 (feels more close)	4 (feels less close to others)	5 (staye d same)				
Part B 10 th sessio n									
How often do you have Contac t with friends or family	Weekly (stayed same)	Less than mont hly (staye d same)	Less than mont hly (less conta ct)	A few times a week (staye d same)	Daily (staye d same)				
How often do you take part in social activiti es	A few times a week (stayed same)	Less than mont hly (staye d same)	Less than mont h (staye d same)	A few times a week (staye d same)	Daily (staye d same)				

Results of the Companionship Scale from week 7 to week 10

Statements

1) I feel isolated from others

- 4 people felt less isolated from others
- 3 people felt more isolated from others
- 5 people felt the same

2) I have enough people to talk to and share things with *

- 5 people felt they had less people to talk to and share things with
- 0 people felt they had more people to talk to and share things with
- 6 people felt the same

3) I often feel alone *

2 people felt less alone
3 people felt more alone
6 people felt the same

4) I can rely on others for help and support *

3 people felt that could rely on others less
2 people felt that they could rely on others more
6 people felt the same

5) I miss spending time with others

1 people felt they missed spending time with others less
2 felt they missed spending time with others more
9 people felt the same

6) I feel close to at least one other person

3 people felt less close to at least one other person
4 people felt more close to at least one other person
5 people felt the same

7) How often do you have contact with friends or family?

2 people had less contact with friends or family
1 person had more contact with friends and family
9 people felt the same

8) How often do you take part in social activities?

2 people were taking part in more social activities
0 people took part in less social activities
10 people were attending the same amount

*1 person did not answer questions 2,3,4



In most cases people felt the same at the end of the project as they did at the mid-way point. The only surprising result was that more people felt they had less people to talk to and share things with. Also, more positively there was a slight increase in people feeling more close to at least one other person. Out of 93 results in 18 cases people improved their well-being scores because of this project from the mid-way point. This is a

19 % increase in well- being which is less of an increase than at the mid-way point. Out of 93 results in 56 cases people's well-being stayed the same this is **59% of people which is more than at the mid-way point.** Out of 93 results in **21 cases, which is 22%,** people's well-being decreased which is more of a decrease than at the mid-way point. This may be due to external circumstances changing or subjectively how they were feeling on the day.

Warwickshire Reminiscence Action Project weekly evaluation forms results

Weeks 1 to 7

Questions that were asked were;

- How useful has this session been to you?
- How did you rate the music sessions?
- How did you rate the reminiscence sessions?
- What else, if anything, would you have liked to see included in this session?
- Comments box

Data recorded Kenilworth.

Week One Transport & Holidays

Number attending 14 participants.

Comments recorded :- Excellent x 1, Very good x 4 , Good x 3

Other Comments Request for musical instruments so they can join in. And dominoes so they can play games.

Data Recorded Alcester.

Week One Transport & Holidays

Number attending 13 participants

Comments recorded:_ Excellent x 4, very good x4, good x 1

Other comments Room a bit tight for wheel chairs, enjoyed meeting new people.
Good uplifting

Data recorded Kenilworth.

Week two School Days

Number attending 12 participants.

Comments recorded :- Excellent x 2, Very good x 2 , Good x 1

Other Comments Request for hand out on future programme,
more singing please.

Data recorded Alcester

Week Two School Days

Number attending 11 participants.

Comments recorded :- Excellent x 3, Very good x 2 , Good x 1

Other Comments: room changed round to accommodate wheel chairs.
Enjoyable , with every one talking it distracts those living with dementia.

Data recorded Kenilworth.

Week three Working Life

Number attending 12

Comments recorded:- excellent x 4, very good x 2, Good x 3,Very useful x 6, fairly useful x 1,
fair x 1

Other Comments

Some suggestions regarding triggers.

Data recorded Alcester**Week three** Working Life**Number attending 6****Comments recorded:-** Excellent x 3, Very good x 1, good x 2

Session worked well Request for hand instruments all joined in the singing.

Many stories of their working life shared with each other.

Data Recorded Kenilworth**Week four** Dressing up going out**Number attending 10****Comments recorded :-** excellent x 3 , very good x 1 , very useful x 4,**Other comments :-**

A positive session music really worked well with subject. Need to ensure forms are completed.

Data Recorded Alcester**Week four.** Dressing up going out**Number attending x 8****Comments recorded:-** excellent x 2 Very good x 2, Good x 0, fairly useful x 4**Other comments :-** lovely inclusive session.**Data Recorded Kenilworth****Week five.** Courting & Marriage**Number attending x 12****Comments recorded :-** excellent 0, very good x5 good x 2 fairly useful x 2

Very useful x 5

Other comments volunteers are really good and make you feel at ease.

This session included dressing up in wedding gowns, dancing, sharing their own wedding snaps.

Data Recorded Alcester**Week five** courting and marriage**Number attending x 6**

Very useful x 5, Excellent x 4 very good x 2

Other comments. "These sessions are the highlight of my week". " I will miss them when they end". "Enjoyed the session and meeting new friends".

Music 10 out of ten

" The difference in my dad is amazing he loves the jazz".

"Everything was right for the session".

The session included Sally dressing up as a brides maid and Rhona wearing a wedding dress and making her entrance to the wedding march. (both workers)

Data Recorded Alcester**Week six.** D Day**Number attending x 13**

Comments recorded:- excellent x 5 Very good x3 Good x 0 , very useful x 8
Other comments :- none

Data Recorded Kenilworth

Week six. D day

Date 13th July 2019

Number attending x 12

Comments recorded:- excellent x 2 Very good x4 Good x2 , very useful x 0

Other comments:- “ thank you”

Data Recorded Alcester

Week seven. Country side

Number attending x 13

Comments recorded:- excellent x Very good x Good x , very useful x

Other comments :- none

(apologies these are not available at present)

Data Recorded Kenilworth

Week seven. Country side

Number attending x 12

Comments recorded:- excellent x3 Very good x 2 Good x 2 , very useful x 7

Other comments :- none

Analysis of WRAP evaluation form up to week 7

On 36 occasions participants found the music and reminiscence sessions **excellent**

On 36 occasions participants found the music and reminiscence sessions **very good**

On 17 occasions participants found the music and reminiscence sessions **good**

On 8 occasions participants found the music and reminiscence sessions **fair**

On 28 occasions participants found the sessions **very useful**

On 7 occasions participants found the sessions **fairly useful**

On 0 occasions did participants find the sessions **not useful**

This suggests participants mostly rated the sessions very highly and are finding them very useful.

**Warwickshire Reminiscence Action Project weekly evaluation forms results
Weeks 8,9,10**

Data Recorded Kenilworth

Week eight Time for Tea

Number attending 14

Other comments :-

Session-not useful x 1 fairly useful x 1 Very useful x 5

Music- fair x 1 good x 1 very good x 4 excellent x 1

Reminiscence- fair x 1 good x 2 very good x 2 excellent x 2

Data Recorded Alcester

Week eight Time for tea

Number attending 9

Session-not useful x 0 fairly useful x 0 Very useful x 5

Music- fair x 0 good x 1 very good x 1 excellent x 2

Reminiscence- fair x 0 good x 0 very good x 3 excellent x 2

Other comments :- Well worth attending. I find it very relaxing and my wife becomes much brighter and it seems to stimulate her for several days.

Really lovely session. Good reminiscence and beautiful music.

Data Recorded Kenilworth

Week nine Swinging sixties

Number attending 10

Comments recorded:-

Session-not useful x 0 fairly useful x 0 Very useful x 4

Music- fair x 0 good x 1 very good x 1 excellent x 0

Reminiscence- fair x 0 good x 2 very good x 0 excellent x 1

Other comments :- none

Data Recorded Alcester

Week nine Swinging sixties

Number attending 9

Comments recorded:-

Session-not useful x 0 fairly useful x 1 Very useful x 7

Music- fair x 0 good x 0 very good x 2 excellent x 2

Reminiscence- fair x 0 good x 1 very good x 3 excellent x 4

Other comments :- hope it can continue, These sessions have helped June but me as well. very interesting and relaxing. Very enjoyable. Brilliant

Questions that were asked on week 10;

- 1)How useful has the reminiscence session been to you and your partner?
- 2)How did you rate the reminiscence session?
- 3) How useful did you rate the music?
- 4) How did you rate the music?
- 5) What impact has the Suitcase Stories project had on you and your partner/friend/client?
- 6) Other comments

Data Recorded Kenilworth

Week ten Fetes and Festivals

Number attending 8

Comments recorded:-

- 1) Not useful x 0 fairly useful x 1 very useful x 2
- 2) Fair x 0 good x 0 very good x 3 Excellent x 1

- 3) Not useful x 0 fairly useful x 0 very useful x 2
- 4) Fair x 0 good x 0 very good x 0 Excellent x 4
- 5) Lovely to spend time with a client getting to know more about their past through help of suitcase memories chatting & bringing out stories that I have not had an opportunity to hear before. The music was wonderful, the musicians were in tune with the members present. Listening to the singing and the emotions that came with it was an absolute treasure to see. Thank you. Uplifting, very happy.
- 6) “GOOD IN EVERY WAY” EXCELLENT”

Data Recorded Alcester

Week ten Fetes and festivals

Number attending 7

Comments recorded:-

- 1) Not useful x 0 fairly useful x 1 very useful x 2
- 2) Fair x 0 good x 0 very good x 2 Excellent x 2
- 3) Not useful x 0 fairly useful x 0 very useful 2
- 4) Fair x 0 good x 0 very good x 0 Excellent 4
- 5) Uplifting. It’s been uplifting and made mum happier
- 6) Larger room needed, all aims of the workshops have been met and enjoyed.

Analysis of WRAP evaluation form up to week 8 to 10

On 29 occasions participants found the sessions **very useful**

On 4 occasions participants found the sessions **fairly useful**

On 1 occasion the participants found the sessions **not useful**

On 13 occasions participants found the music sessions **excellent**

On 8 occasions participants found the music sessions **very good**

On 3 occasions participants found the music sessions **good**

On 1 occasion the participant found the music sessions **fair**

On 12 occasions participants found the reminiscence sessions **excellent**

On 13 occasions participants found the reminiscence sessions **very good**

On 5 occasions participants found the reminiscence sessions **good**

On 1 occasion the participants found the reminiscence sessions **fair**



Quotes

From carers and participants

- "My husband was eating his own biscuit today which I haven't seen him do in ages"
- "Good company and good music"
- "Very enjoyable time"
- "Thoroughly enjoyable thank you"
- "I look forward to Thursdays"
- "Marvellous -uplifting"
- "Great to see the reactions of my husband"
- "So uplifting and joyous, puts a smile on our faces, terrific, thank you"
- "Entertaining, happy, great music, we loved every minute, thank you"
- "My husband smiled and spoke which doesn't happen often"
- "the music was very relaxing"
- "Very enjoyable"
- "It was good to meet so many new people"
- "Very interesting. A lot of thought in to it"
- "* has thoroughly enjoyed the session today. I would like to come again"
- "Really enjoyed today, music very good"
- "Enjoyed music and reminiscence"
- "I felt very uptight as a carer to start with but now I am fine"
- "she started the session down there (pointed to the floor) and ended up there (pointed to the ceiling)"
- "he talked to day and doesn't talk a lot"
- "have a I got to wait a week to come back!"
- "this is the highlight of my week"
- "this is the best things we go to"
- "*has started singing the songs on the way over, normally she is reluctant to go to things but this group has really helped her."
- "Absolutely brilliant, has done so much to make my husband and myself happy"



Quotes from musicians, reminiscence workers and evaluator

"The group are having a great time, becoming more and more familiar with us and each other. We had dancing, singing and lots of chatter and laughter. Matt even had them up doing a Ceilidh!

Some lovely comments...one in particular that springs to mind is from * (who brings her husband * each

week) she said 'the afternoon uplifts her for the whole week' and '* looks forward to coming'.

The first week * smiled during the session, which was the first time in months. He now smiles and chats most of the session. * loves all the music we play.

Thank you for letting us be a part of such a fabulous project."

“* asked to sit next to *. They laughed together talking about the items on the table. Responded well to the objects and seemed happy and enjoyed the session”

“*responded very well with several of the items on the table. He concentrated on the shells and pebbles, displaying them in a pattern. With one shell he held it by his ear to hear the sea and told me which shell he liked the best. Also, he placed the knotted handkerchief on his head and kept it on for a long while. *responded well to the music and joined in singing and the hand movements”

“*laughed and talked to another carer on the next table”

“He looked at the camping utensils and made several remarks how to cook with it. *laughed a lot and participated in the singing. He appeared to be happy and having a fun time. *responded very well to one of the musicians who made him laugh.”

“* remarked how good the session was and she could see how much her father was enjoying the music and talking together.”

“*responded very well to the music especially when Irish music was played. She stood up and danced”

“we had a really good session today, * modelled the dress for us”

“on two different occasions, participants had tears in their eyes in reaction to the music, suggesting that it had deeply affected them in a positive way. For the ‘Going Out’ themed week Matt, one of the musicians, taught some of the participants and workers a ceilidh dance while Sally played the music. The participants all had smiles on their faces and the people sat down were tapping their feet or clapping along. Most of the participants tried on all the hats and enjoyed showing them off to each other.”

“Lynda was going around the room asking what people enjoyed doing at school. Some said sport, English, sewing etc. Then Lynda asked *... *, her carer said * didn't like school. Lynda asked again if there was anything at all she liked about school... * replied (with a very straight face) 'the bell'. The whole room roared with laughter and applause”

“we had such an amazing time yesterday. Everyone was on fine form in both groups. Lots of singing, dancing, even a hoe down, which went down very well with both groups”

“* was very confident today, speaking out more than I had noticed before and singing along, with all the words, to all the songs.

Some of the second group were quite quiet when they arrived, but they soon livened up! We had a record number up dancing today, even * got up today and had a waltz with * (his wife) which was so lovely to see.

* requested 'Summertime' even though Diane had already played it on the alto flute. Di played it again and * sang at the top of her beautiful, beautiful voice, almost all alone. It was a special moment.

Week 7 * was on fine form. He didn't just smile today he beamed, showing all his teeth. He also said, very clearly 'they had trouble getting here today' as * was telling us about their journey. That's the most he has spoken."

"*remarked how she will miss bringing her mother for the next 2 weeks"

"they were dancing to the jigs around the room all smiles and whoops"

"* was directing the level of sound with the musicians. At one time also she was using her walking stick in tune with the music."

"they had percussion instruments today which added to the engagement in the session"

"* arrived looking fed up and miserable by the end she had completely changed her mood and was reminiscing spontaneously"

"* sang a lovely song on her own this week and everyone clapped"



Quotes from volunteers

"it was a lovely session to be part of."

"I would say that the best feedback would be the observations of how much people are enjoying themselves, e.g. smiling, talking, engaging with the musicians and others. You can tell how comfortable all the service users are, due to being made to feel welcome and special. Person centred approach is

being employed using personal histories/stories within the group during reminiscence. Everyone is much more upbeat at the end of the session. People have said how much they enjoy and look forward to the session. I hope the project can be extended. "

"I would like to say how well the sessions run especially with the mix of reminiscence and music. I have witnessed the positive impact the sessions have on those attending both for those who have dementia and their carers. Although the sessions are longer at 2 hours they seem to fly by.

The members of the Orchestra of the Swan interact really well with the group and can tailor the music accordingly. It can be very moving.

The last session a man who can no longer speak was visibly moved when he was shown a toy of one of the flowerpot men.

I have danced with one lady twice now and the first time her husband said she had been complaining about walking and the second time she had a bad back. The songs we dance to she knew the words to and sang along as we danced.

It has been a pleasure to be involved in a small way."

“I had a wonderful afternoon more lovely people! The players were great. The combination of live music and the suitcase stories is a winner.”

“it’s good for everybody all staff, carers and people living with dementia”

“ for * it’s important respite for him and he is not focusing on the dementia”

Case Studies

B



- 1) Please can you tell us about you and your partner and about their dementia

My wife is aged 88 yrs and I am 87yrs old. B was diagnosed with Alzheimer's in late 2016. Although it was obvious to me that something was changing before the end of 2016. I find the 24 hour day as a carer is very tiring, this results in anxiety and quite deep depression. I have no time for my activities.

- 2) What was life like before you did the project for yourself and your partner?

B was very quiet and quite sorry for herself. She seemed to retreat into a shell. She was not really interested in helping with domestic jobs and was very reluctant to become involved with any activities outside the house. Also, her hearing has deteriorated recently which added to our problems.

- 3) How did you come to attend the project and what did you want to get out of it?

We received a leaflet giving details of the project from a visitor to the Bidford Dementia Café. B was not very interested, but I thought that it would be relaxation for me and I hoped that it would stimulate B and improve her life.

- 4) Describe the sessions from your perspective and how you and your partner reacted to them.

Reminiscing is always interesting for both of us and the sessions each Thursday were interesting and stimulating. The music part of the sessions was particularly good. I had never heard B sing before. There has therefore been a noticeable improvement in B's mood. We both liked the way the musicians played and sang with us and not to us.

- 5) Has there been any changes in you and your partner in the time in between the sessions?

On arriving home B became much brighter and she would talk about some of her family and the things that she did when she started work, more like her pre-diagnosis self. I now hear her singing some of the songs from the sessions whilst we are at home or in the car when travelling to the sessions. She is also more interested

in helping in the house. I found the sessions very enjoyable and relaxing and being in the company of other people helped me to relax and so reduced my depression.

6) What impact do you think this project has had on you and your partner?

There has therefore been a noticeable improvement in B's mood. She is not so pre-occupied with her problem but is nowhere near back to her pre-diagnosis self. I feel more relaxed when I arrive home after the sessions. Although I am still depressed it is not so deep as before we started to attend Arts Uplift.

C



1) Please can you tell us about you and your partner and about their dementia

My husband has cardio vascular dementia. He can't speak, can't eat he is like a child but is still mobile, so we get him out and about.

2) What was life like before you did the project for yourself and your partner?

Life was manageable before the project. We went to dementia cafes and Waverley Day Centre.

3) How did you come to attend the project and what did you want to get out of it?

We were at a dementia café and were given a leaflet. As the project was on a Thursday afternoon it was perfect and a bit different, it fitted in. We wanted to hear some good music and to meet others.

4) Describe the sessions from your perspective and how you and your partner reacted to them.

We had a happy afternoon attending and always came back feeling better than when you came. There was some lovely people staff and participants. It's nice to mix with people that know what you are going through, carers need the help. Meeting the new carers was a real change and they were good company. These sessions were different from the cafes not so many people. The music was lovely and great we

really liked that they were real professionals. Our minds were lifted up a bit. We shared some good memories it was nice to remember the past times gone by and pleasant times. The leaders were very good. The sessions helped to entertain us. C liked the music and liked the company. The leaders got you really relaxed.

- 5) Has there been any changes in you and your partner in the time in between the sessions?

There has been no changes with C in between the sessions.

- 6) What impact do you think this project has had on you and your partner?

We thoroughly enjoyed the project and we will miss it. You could be yourself at the sessions and were with people that understood me. C never said he didn't want to go.

How successful has the project been?



From the mood indicator, observations, WRAP evaluation form, quotes from workers, volunteers and participants it is clear that participants have been really moved, engaged, inspired and enjoyed the sessions. They have mostly improved their mood from when they came in to the session to when they left. In fact, it was **73% of times from week 1-7 and 75% of the times from week 8-10** it was measured. They have met new people,

socialised, laughed, reminisced and sung with each other and really gelled as groups. For some they have quoted that 'it is the highlight of their week' and that 'it is very uplifting'. There has even been tears of joy. They are talking about what next which is always a sign of success. This certainly suggests that the project has given them an **improved quality of life and improved well-being**. The very fact that people are participating and attending frequently and there has been a low number of people not coming back to the sessions suggests this is **decreasing their isolation and loneliness**.

The combination of handling objects, music and singing has worked for people at different stages of dementia. For some they have been able to fully engage from singing to dancing to sharing their life stories. For others who are less able and mobile there has been engagement on a smaller level such as humming to the music and songs, feet tapping, smiling and eye contact. Some who are less mobile and verbal have been speaking and reaching for biscuits when they have not. For some they may enjoy the music more and for others it might be the reminiscing. Also, the project works on all the sensory levels. They see objects and people, they hear music and conversation (sometimes poetry), they smell herbs and perfume objects, they touch the handling objects, they feel the emotion of the music and recall happy memories and they taste sweets from childhood amongst other things. This is particularly beneficial for people with less verbal ability and less mobile.

The Companionship Scale and Wemwebs scale for carers have shown a mixed result so far. As mentioned above with the Companionship scale there has been a **36% increase in well-being from week 1 to 7 and 19% increase in well-being from weeks 8 to 10**. For the Wemwebs scale there has been a **36% improvement in well-being from week 1 to 7 and 22% increase in well-being from week 8 to 10**. This is a positive result. For **45% of the times from week 1 to 7 and 59% from week 8 to 10** it was measured through the Companionship Scale **people's well-being stayed the same**. We can also see a **reduction in loneliness and isolation** through the Companionship Scale scores. In weeks 1 to 7, 4 people felt less isolated, 5 people felt they had more people to talk to and share things with, 4 people felt less alone, 3 people felt that they could rely on others more, 5 people felt they missed spending time with others less, 3 people felt more close to at least one other person, 5 people had more contact with friends and family, 5 people had increased the amount of time they were doing social activities.

In weeks 8 to 10, 3 people felt less isolated, 2 people felt less alone, 2 people felt that they could rely on others more, 1 person felt they missed spending time with others less, 4

people felt more close to at least one other person, 1 person had more contact with friends and family, 2 people had increased the amount of time they were doing social activities.

The positive thing of running sessions weekly is that people have relaxed more, got to know each other and gelled as a group. The workers and volunteers have also gained the trust of the participants over time. As with most groups, tension and anxiety was high in the first sessions and we had some agitation from people over having to fill out the evaluation forms, but by the end of the first sessions people seemed more relaxed and seemed to be enjoying themselves. It was a learning curve for the musicians and reminiscence as they had not worked together before. However, as time has gone on the sessions worked more smoothly as the musicians, volunteers and reminiscence workers got to know how each other work and what was expected.



The unexpected outcomes were people feeling inspired to get up and dance and bring in pictures and items of their own to share. Also, there has been interest from Coventry libraries who have heard about the project to learn from this project. One of the ladies who runs reminiscence sessions there signed up to volunteer for 5 sessions to gain ideas and inspiration. This will form a legacy of the project as they will be more skilled at delivering their sessions in Coventry. Also a few care agencies have been in touch about wanting to meet the groups, so they can offer their support services to the participants and one group attended a session.

People particularly have commented on enjoying the music which I think comes from its relevance, quality and enthusiasm from the musicians. From people's feedback they are asking for more music. They are asking for the words to the songs and percussion instruments to play which the musicians brought in for the last three sessions.

The social side of the project particularly at the beginning and end of the sessions has enabled participants to help and share with one another their week before and also the workers and volunteers are able to listen to participants and help them when needed. It has also enabled the participants to meet new people and **connect**.

Recommendations

The areas that need improving are the room at Kenilworth library is too small. We need more room to get people in wheelchairs and for people to dance and move around easily. This would also enable us to create a quiet space perhaps when people feel the noise of people reminiscing too much. Or in an ideal world a separate room. Also, as anxiety was high on the first session, in the future we might do the evaluation forms on the second session when people are more familiar with the space and people. This anxiety led a number of people to not want to fill out the Wemwebs and Companionship Scale forms, which meant the numbers of people we measured and compared were lower than anticipated. We also had one couple that only attended once as they felt the age of the group was too old for them and their ability was more able compared to others. There is

some potential here to deliver separate sessions for Early Onset dementia participants and their carer's. Also, people of an earlier age perhaps in the evening to offer something for people still at work. Also using percussion instruments for the participants worked well which we will use again in future sessions. We had four people that attended after week 7 in Alcester which we have not recorded any data in this report as there was nothing to compare the data to. If there was ongoing sessions we could continue to monitor their well-being but as the project was only 10 weeks we were unable to do this. The fact that we had people continuing to join the project suggests there is a real need for this type of activity and desire to be a part of it.

We felt that we had the right amount of volunteers and staff to cope with the numbers of people and they have been excellent.

Conclusions and next steps



We are in discussion with Warwickshire libraries about running more Suitcase Stories sessions in Coventry and Kenilworth. We will be looking for a new venue for the next Alcester sessions. We will also be talking to Nuneaton art gallery and museum about them hosting some sessions for North Warwickshire people. A care home in Rugby has also shown some interest in the sessions. In essence we want to continue the Alcester and Kenilworth sessions for a longer period of time with the possibility of the memories recorded being turned in to two new songs which can be performed by the group and musicians at dementia cafes. We will also be piloting the work in other parts of Warwickshire and in Coventry. This all needs funding so we are pursuing ways to do this.

We also gave the participants some sign posting information about what is on offer in the area such as Musical Memories, dementia cafes etc. so people have something to attend now the project has finished if they want to.

24/9/19

Jenny Davis