



Overview of the Arts for Dementia Warwickshire Programme

Arts Uplift CIC have been commissioned by Warwickshire County Council to deliver an Arts for Dementia programme across Warwickshire for the next 1.5 years (with a possible 1 year extension) for people living with dementia and their carers. The programme will be arts in its broadest sense including 6 artform areas; singing/music, storytelling, reminiscence, performance poetry, dance/movement and arts and crafts. They will all work around the same six themes of Holidays/A night Out/ Food & Shopping/ Games & Entertainment/School days/Celebrations. There are three key areas to the programme.

- 1) Community arts sessions
- 2) Arts sessions in in patient wards
- 3) Arts taster sessions and training for Support Workers in care homes

The community sessions will include 15 x 6 week blocks of arts activity of about 1.25hrs which will include some social time as well. There is no charge for participation. After the participants finish the six weeks, they will be given a resource pack which will include some suggested activities to carry on with at home. The first block of 6 workshops will start on 8th October which will be singing in the Warwick District, followed by Reminiscence in Rugby and Storytelling online in November.

Participation in the arts can help with improving mental well-being, reducing isolation and loneliness, improving brain cognition and physical co-ordination and also making new friends!

People can be referred by a health professional or can self-refer. They will need to fill out a referral form before they start which will be online and can be posted. They do not need a diagnosis of dementia. We are also working with Coventry University to evaluate the programme and a report and film will be produced at the end of the commission.

Jenny can meet with you virtually to explain the service more and can come and visit your group/groups to promote the programme to your service users.

For more information contact Jenny Davis jenny@artsuplift.co.uk 07946 585978
<https://www.artsuplift.co.uk/arts-for-dementia-warwickshire/>