



Analysis and interpretation of
quantitative data generated through
the Arts and Older People Programme

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Introduction

This report provides an analysis of the quantitative data generated through the Arts and Older People Programme (AOPP) undertaken by the Arts Council of Northern Ireland (ACNI).

The ACNI is the main development agency for the arts and cultural sector and is a non-departmental public body (NDPB) of the Department for Communities (DfC). Its draft strategic plan *Inspire, Connect, Lead* (2019 to 2024), provides an overview of the direction ACNI is proposing to take over the medium to long term. It sets out the range of actions to ensure its organisational objectives are achieved.

The AOPP ran as a pilot in 2009 with the aim of reducing poverty, isolation and loneliness amongst older people aged 55 years and older, and was rolled out in 2010. The evaluation framework containing the questions pertinent to this report was introduced in 2012. The AOPP is one of the Arts Council's core programme areas and has engaged with over 28,000 participants through over 150 artist led projects since inception. The AOPP is supported financially by the Arts Council of Northern Ireland, Public Health Agency (PHA) and the Baring Foundation. To date, nearly £2m has been invested in programme delivery.

<http://artscouncil-ni.org/funding/scheme/arts-and-older-people-grants-programme>

Background

Research, policy and practice have highlighted the rising incidence of loneliness and social isolation, especially among older people. Loneliness and social isolation can have a significant impact on physical, mental and emotional wellbeing. For example, Holt-Lunstad and colleagues (2015) found that people who were socially isolated, lonely or living alone were at a higher risk of mortality, regardless of age and other variables. Activities such as arts projects are recognised as being highly significant in reducing isolation and loneliness, as well as increasing wellbeing and self-esteem (Pearce and Lillyman, 2015).

Over the last few years, there has been an increasing emphasis in the research literature on the concepts of positive mental health and wellbeing with the growing recognition that mental health is more than the absence of mental illness. Evidence suggests that mental wellbeing is associated with good physical health and with longevity among older adults (Ng Fat et al 2017). Many of the studies reported in the literature have used the 14-item Warwick–Edinburgh Mental Wellbeing Scale (WEMWBS) which was developed in 2007. In 2009, the short version (seven items) of the scale (SWEMWBS) was created and has been used extensively due to its brevity while still

demonstrating good psychometric properties (Stewart-Brown et al., 2009). The SWEMWBS has been used in pre- and post-intervention studies (e.g. Wade et al., 2018; Ward et al., 2019).

Methods

The Arts Council provided the research team with five datasets:

- Audience questionnaire – distributed by the organisation running the programme to a sample of the audience of a project event. Not all projects held events, and questionnaires were not distributed at all events.
- Artist questionnaire – completed by a sample of artists leading or facilitating arts programmes.
- Volunteer Questionnaire – administered to a sample of programme volunteers. Volunteer roles varied according to the project, for example, administration, organisation of showcase event, or delivery of sessions. Questionnaires were not distributed by all projects.
- Participant entrance questionnaire – administered to a sample of participants at the start of an arts programme.
- Participant exit questionnaire – administered at the end of the programme.

The datasets were analysed to establish patterns and trends by gender, age and geography.

The artist, audience and volunteer datasets comprise cross-sectional data (i.e. data were collected at only one time point for each respondent). However, the participant data are longitudinal, as information was collected at more than one time point (entrance to and exit from the project).

This report provides tables and graphs showing the results of statistical tests appropriate for the type of data and the number of respondents. For example, chi-squared tests were used for cross-sectional categorical data, and related t-tests for longitudinal interval data. Respondents did not always answer every question, and so the number of respondents to each question may vary. We have not calculated percentages where the total number of people is less than 50. Thus, not all categories are included in every crosstabulation. Numbers have been rounded, and so column percentages may not always add to 100.

Respondents were asked for their postcodes and, on that basis, were assigned to a local government district and an urban/rural location. The postcodes were also used to assign the relevant multiple deprivation measure (MDM) score (based on the Northern Ireland Multiple

Deprivation Measure 2017 classification¹). This score was transformed into deciles, with 1 representing high deprivation and 10 representing low deprivation. In order to facilitate analysis, the MDM deciles were grouped into three categories: most deprivation (deciles 1 to 3), medium deprivation (deciles 4 to 6) and least deprivation (deciles 7 to 10).

Measures

The Warwick-Edinburgh Mental Wellbeing Scale

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) was developed to enable the assessment of subjective mental wellbeing in the general population and has been used in the evaluation of projects, programmes and policies which aim to improve mental wellbeing². There are two versions of the scale, and the 7-item short-form version (SWEMWBS) was used to assess wellbeing among respondents who had participated in the Arts Council programme. The respondents were asked to identify how they had been feeling over the previous two weeks: optimistic about the future, feeling useful, feeling relaxed, dealing with problems well, thinking clearly, feeling close to other people, and able to make up their own mind about things. Each question is rated on a 5-point scale: 1 = Never; 2 = Rarely; 3 = Some of the time; 4 = Often; 5 = All the time. The seven items are summed to give a raw score, ranging from 7 to 35. These raw scores are then transformed using the conversion table specified by the scale authors and, in line with their recommendation, mean scores are presented in this report³. Scores have been calculated for respondents who answered all seven questions in the scale. Higher scores on the SWEMWBS represent better wellbeing.

The WEMWBS has been included in the Health Survey for Northern Ireland for several years. However, whilst the Department of Health website provides mean scores by age group for males and females, these relate to the 14-item questionnaire⁴. The most recent publicly-available data for the 7-item version relates to the 2013/14 survey and, for the purposes of this report, these data were downloaded and analysed. This allows comparisons between the mean scores of the arts project participants with the mean scores of a representative sample of the population assessed in the 2013/14 Health Survey for Northern Ireland.

¹ <https://www.nisra.gov.uk/statistics/deprivation/northern-ireland-multiple-deprivation-measure-2017-nimdm2017>

² <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/about/>

³ <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/using/howto/>

⁴ <https://www.health-ni.gov.uk/topics/doh-statistics-and-research/health-survey-northern-ireland>

UCLA Loneliness Scale

The three-item Loneliness Scale used in this report was developed from the Revised UCLA (University of California, Los Angeles) Loneliness Scale. Respondents are asked to identify how frequently they feel that they lack companionship, feel left out, or feel isolated from others. Each question is rated on a 3-point scale: 1 = Hardly ever; 2 = Some of the time; 3 = Often. All items are summed to give a total score (Hughes et al, 2004). Scores have been calculated for those respondents who answered all three questions in the scale. Thus, the UCLA score ranges from 3 to 9, with higher scores indicating higher levels of loneliness. Following the example of Steptoe et al (2013), scores between 3 and 5 suggest that the respondent is not lonely, whilst scores of 6 to 9 suggest that the respondent is lonely.

Health Scale

Respondents were asked to identify how they rated their physical health, mental health and enjoyment of life. Each question is rated on a 3-point scale: 1 = Good; 2 = Fairly good; 3 = Not good. All items are summed to give a total score. Scores have been calculated for those respondents who answered all three questions in the scale. Thus, the total health score ranges from 3 to 9, with lower scores indicating better health.

Reporting of statistics

Data from survey samples are subject to sampling error which means that some differences between groups (such as males and females) or over time (such as wellbeing pre and post project) may have occurred by chance rather than representing real differences. To test for this, statistical analyses have been carried out and the results reported at the 5%, 1% and <1% levels of probability. This means that where a difference between groups or over time is found to be statistically significant ($p < 0.05$; $p < 0.01$ or $p < 0.001$) we can be confident that this is a real difference and has not occurred by chance. Throughout this report, statistically significant results have been identified using asterisks in the tables as follows:

* $p < 0.05$

** $p < 0.01$

*** $p < 0.001$.

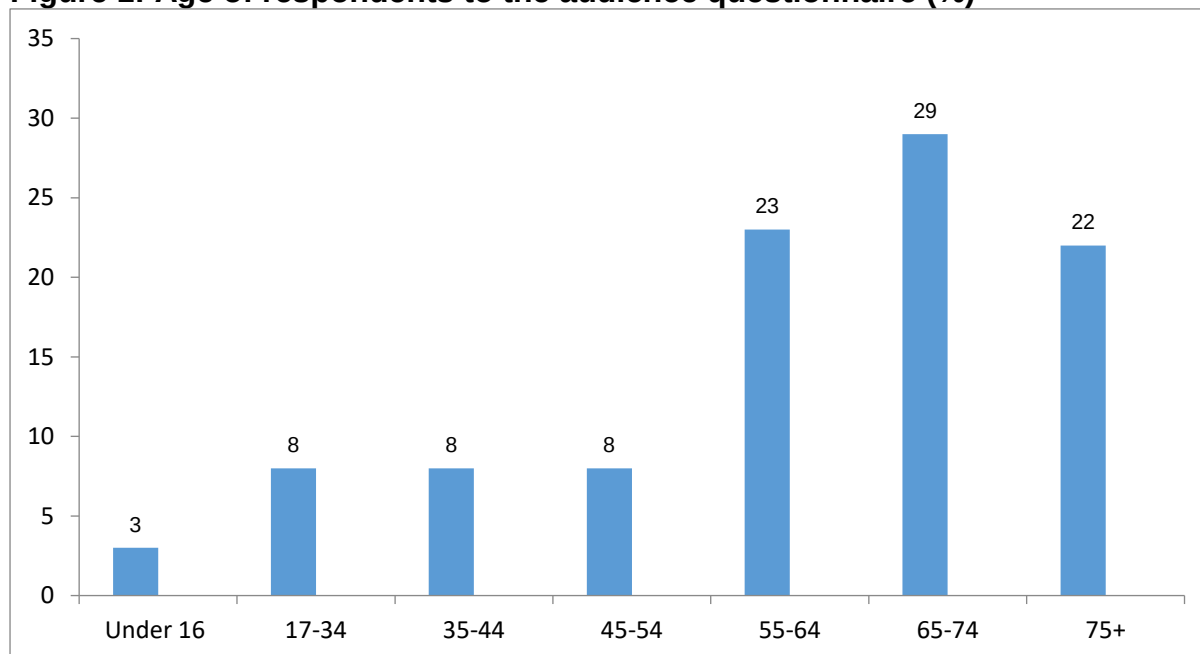
Audience questionnaire

There were 570 respondents to the Audience questionnaire, and they attended a range of performances (Appendix A1). This is a sample of projects, as events were not relevant to all projects, not all projects had showcase events, and not all organisations collected data at showcasing events. Over half (54%) of the audience members who completed a questionnaire had attended one of four 'Music to your ears' performances. This was a project for male participants only, in order to address the lower rates of participation of men traditionally experienced by arts projects and interventions.

Demographic variables of attendees

More females (65%) than males (35%) completed the audience questionnaire and, as Figure 1 shows, the majority (74%) of respondents were over the age of 55 years⁵.

Figure 1: Age of respondents to the audience questionnaire (%)



Respondents were asked for their postcodes and, on that basis, were assigned to a local government district and an urban/rural location. The postcodes were also given a multiple deprivation score and transformed into deciles with 1 representing high deprivation and 10 representing low deprivation. Table 1 shows that almost half (49%) of the audience respondents came from Derry City and Strabane, which was where the Music to your ears project was held.

⁵ Due to small numbers in some age categories, for the purposes of analyses, age was recoded into 5 categories: Under 35 years, 35-54 years, 55-64 years, 65-74 years and 75+ years.

This is reflected in the location with the majority of respondents (77%) living in urban areas and 23 per cent in rural areas across Northern Ireland. Table 3 indicates that 43 per cent of respondents came from areas that were classified as being in the lowest two deciles (17% from decile 1 and 26% from decile 2).

Table 1: Local government district of audience respondents

	Number	%
Antrim and Newtownabbey	11	2
Ards and North Down	26	6
Armagh City, Banbridge and Craigavon	18	4
Belfast	103	22
Causeway Coast and Glens	24	5
Derry City and Strabane	230	49
Fermanagh and Omagh	29	6
Lisburn and Castlereagh	19	4
Mid and East Antrim	1	<1
Mid Ulster	1	<1
Newry, Mourne and Down	4	1
Total	466	100

Table 2: Residence of respondents

	Number	%
Urban	305	77
Rural	89	23
Total	394	100

Table 3: Multiple Deprivation Measure (deciles) of respondents

	Number	%
1 Most deprived	66	17
2	102	26
3	37	9
4	33	8
5	26	7
6	40	10
7	25	6
8	22	6
9	19	5
10 Least deprived	24	6
Total	394	100

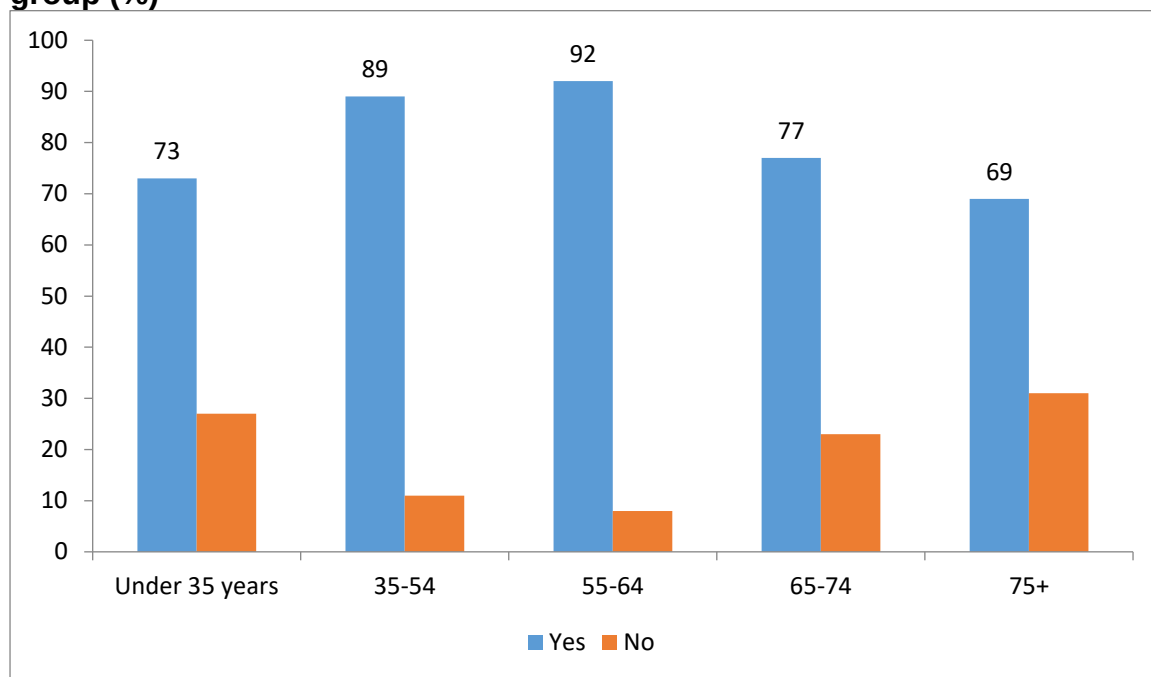
Attendance at other arts events

Audience respondents were asked if they had attended any other arts event in the previous 12 months and the majority (80%) of those who responded said they had (Table 4). Slightly more females than males said they had attended an event in the previous 12 months (81% and 79% respectively). There were some differences by age group with respondents aged between 55 and 64 years (92%) most likely and those aged over 75 years (69%) least likely to say they had attended an arts event in the previous 12 months (Figure 2).

Table 4: Whether respondents had attended any other arts event in last 12 months, by gender

	%		
	Male	Female	All
Yes	79	81	80
No	21	19	20
Total	100	100	100

Figure 2: Whether respondents had attended any other arts event in last 12 months, by age group (%)***



***p<0.001

Belong to any arts/cultural interest groups

Just under one third (30%) of respondents said they belonged to an arts/cultural interest group (Table 5). Slightly more males (32%) than females (30%) said they belonged to a group.

Respondents who were under the age of 35 years (35%) were more likely than their counterparts in other age groups to say they belonged to an arts/cultural interest group. Conversely, respondents in the 35-54 age range (24%) were least likely to say they belonged to an arts/cultural group.

Table 5: Whether respondents belong to any arts/cultural interest group, by gender and age group

	%	
	Yes	No
All	30	70
Gender		
Male	32	68
Female	30	70
Age		
Under 35 years	35	65
35-54 years	24	76
55-64 years	31	69
65-74 years	30	70
75+ years	32	68

Participation in arts activity

More than half of the respondents (57%) said they had taken part in an arts activity in the 12 months prior to the survey (Table 6), and more males (62%) than females (54%) said they had done so. Respondents who were aged 55-64 years (43%) were least likely, and those aged over 75 years (77%) most likely, to say they had taken art in an arts activity in the 12 months prior to the survey.

Table 6: Whether respondents have taken part in any arts activity in last year, by gender and age group

	%	
	Yes	No
All	57	43
Gender		
Male	62	38
Female	54	46
Age***		
Under 35 years	61	39
35-54 years	44	56
55-64 years	43	57
65-74 years	55	45
75+ years	77	23

***p<0.001

Reason why respondents attended the event

Audience respondents were asked to give the main reason they had come to the event they were attending. They were provided with four options – friends/relatives taking part; like type of event; like to support local events; and because it is free – as well as an option for ‘other’. As Table 7 shows, the most common reason for attending the event was that friends or relatives were taking part (56%) followed by liking the type of event they were watching (40%). There was a gender difference: more females than males (64% compared to 41%) said they were there because family or friends were participating while more males than females said they were there because they like the type of event (49% and 35% respectively). The most common reason for attending the event among respondents who were aged under 65 years was because friends or family were taking part (Table 8). However, for those aged between 65 and 74 years it was because they like that type of event while for the over 75s it was because they like to support local events. The latter group was also most likely to say they had come to the event because it was free.

Table 7: Main reason(s) for attendance at event, by gender

	% identifying reason		
	Male	Female	All
Friends/relatives taking part***	41	64	56
I like this type of event**	49	35	40
I like to support local events	34	30	31
Because it is free	4	5	5

p<0.01; *p<0.001

Table 8: Main reason(s) for attendance at event, by age group (% identifying reason)

	% identifying reason				
	Under 35 years	25-54 years	55-64 years	65-74 years	75+ years
Friends/relatives taking part***	70	67	66	45	48
I like this type of event***	25	25	26	51	58
I like to support local events***	20	23	31	48	24
Because it is free***	3	0	2	5	13

***p<0.001

Forty-six respondents (8%) selected the 'other' option and some of their open-ended answers included the following:

- *Good social interaction.*
- *I got the opportunity so I wanted to check it out.*
- *I wanted to see what it is about not having been before.*
- *Part of my role.*

Attitudes towards the quality of the event

The vast majority of respondents (99%) said the event was either 'very good' (83%) or 'good' (16%). As Table 9 shows, females were more likely than males to rate the event as 'very good'

(90% compared to 71%) as were those aged 54 years and under when compared to the other age groups.

Table 9: Quality of the event, by gender and age group

	%		
	Very good	Good	Average/Poor/ Very poor
All	83	16	1
Gender*			
Male	71	28	1
Female	90	10	<1
Age*			
Under 35 years	90	10	0
35-54 years	90	10	0
55-64 years	87	13	0
65-74 years	77	21	2
75+ years	78	22	0

*p<0.05; ***p<0.001

Satisfaction with the event

As Table 10 shows, the overwhelming majority of respondents (99%) were satisfied with the event; 85 per cent said they were 'very satisfied' and 14 per cent said they were 'satisfied'. Females were more likely than males to be 'very satisfied' with the event (89% compared to 79%). Respondents who were under the age of 35 years were most likely and those aged 65 years and over least likely to be 'very satisfied' with the event (92% and 80% respectively).

Table 10: Satisfaction with the event, by gender and age group (%)

	%		
	Very satisfied	Satisfied	Very dissatisfied/ dissatisfied/ neither
All	85	14	<1
Gender**			
Male	79	20	1
Female	89	11	<1
Age*			
Under 35 years	92	8	0
35-54 years	91	9	0
55-64 years	90	10	0
65-74 years	80	19	1
75+ years	80	20	0

*p<0.05; **p<0.01

Meeting the aims of the programme

Respondents were told that the aim of the Arts and Older People's Programme was to engage and stimulate older people through the arts. They were asked if they thought the event had helped meet this aim. The vast majority of respondents (97%) said the event they attended had met the aim of the Programme either 'a lot' (88%) or 'a little' (7%) and three per cent said they did not know (Table 11). Females (92%) were slightly more likely than males (86%) to say that the event had helped meet the aim of the Programme 'a lot'. Respondents who were aged between 25 and 54 years were most likely to say that the event had helped meet the aim of the Programme, closely followed by respondents aged between 55 and 64 years (96% and 95% respectively). Eight per cent of respondents in the youngest age-group (under 35 years) said they did not know whether or not the event had helped meet the aim of engaging and stimulating older people through the arts.

Table 11: Whether the event has helped meet the aim of the Programme, by gender and age group

	%			
	A lot	A little	Not at all	Don't know
All	89	7	<1	3
Gender				
Male	86	9	1	4
Female	92	6	0	3
Age*				
Under 35 years	85	7	0	8
35-54 years	96	2	0	1
55-64 years	95	3	0	2
65-74 years	87	8	1	3
75+ years	84	13	0	3

*p<0.05

Extent to which event has made respondents more aware of issues facing older people

Respondents were asked the extent to which the event had made them more aware of the issues facing older people and, as Table 12 shows, just over two thirds (65%) said it had made them a lot more aware while 14 per cent said they were already aware of the issues facing older people.

Similar percentages of males (64%) and females (65%) said they had become a lot more aware of the issues through attending the event, slightly more of the former than the latter said they were already aware of the issues facing older people (16% and 13% respectively). Respondents aged under 35 years and those aged between 55 and 64 years were the most likely age groups to say they had become a lot more aware of the issues facing older people (61%); however, the latter were also more likely than their counterparts in other age ranges to say they were not at all more aware of the issues facing older people (21%).

Table 12: Whether event has made respondents more aware of issues, by gender and age group

	%				
	A lot	A little	Not at all	Already aware	Don't know
All	65	2	15	14	4
Gender					
Male	64	2	14	16	4
Female	65	2	16	13	5
Age*					
Under 35 years	61	0	14	16	9
35-54 years	67	4	11	19	0
55-64 years	61	3	21	12	3
65-74 years	65	1	16	15	3
75+ years	69	0	13	10	9

*p<0.05

Whether attendance at event has made respondents more positive towards older people

Respondents were asked if attendance at the event had made them think more positively about older people. As Table 13 shows, 72 per cent said yes and a further 23 per cent said they were already positive. Males (75%) were slightly more likely than females (70%) to say that the event had made them think more positively about older people; however, more of the latter than the former said they were already positive (25% and 20% respectively). Four out of five (80%) respondents aged over 75 years said the event had made them think more positively about older people, followed by 77 per cent of those aged between 25 and 54 years. Respondents aged between 55 and 64 years were most likely to say they were already positive (33%).

Table 13: Whether event has made respondents think more positively about older people, by gender and age group

	%			
	Yes	No	Already positive	Don't know
All	72	2	23	3
Gender				
Male	75	3	20	2
Female	70	1	25	4
Age*				
Under 35 years	65	2	28	5
35-54 years	77	2	18	2
55-64 years	64	1	33	2
65-74 years	74	1	22	2
75+ years	80	2	13	6

*p<0.05

Fifteen respondents added a comment to the end of the form. The comments were extremely positive and demonstrated the impact that attending the event has had on many of the audience members. Some of their comments are presented below.

- *Brilliant event well done to all the musicians involved.*
- *An excellent show; so enjoyable.*
- *Fantastic to see so many men 'of a certain age' obviously enjoying making music & entertaining a full house.*
- *Has given my husband an interest again which was badly needed.*
- *I thought I already had positive views about older people but the energy buzz and skill that I saw at the concert was inspirational. The buzz amongst the audience was brilliant and infectious! I brought two older men (80 and 77yrs) with me – both widowers – they loved the evening and it seemed to give them a boost to see men of their age putting on such a good show.*
- *Why not have similar for women?*

The full set of comments is available in Appendix A2.

Artist questionnaire

There were 46 respondents to the Artist questionnaire. The artists were involved in a range of courses facilitated by different grantees (see Appendix A3 and Appendix A4).

Delivering the project

Section 1 of the Artist Survey questionnaire comprised nine questions focusing on the delivery of the project. The artists were asked to tick the box that best described their own feelings on each question. There was also a space to provide evidence for their answers, such as any difficulties and whether or not they were addressed. The majority of the artists answering this question (n=43) had worked with older people before. Three artists had not worked with older people previously, but they did not think that this was a problem. Overall, as shown in Table 14, the responses suggest that the artists were satisfied with the practical details of the project (objectives, information, working relationships and support).

Relationships with partner organisations was especially positive. For example, all artists (n=46) felt that they received the support they needed from the partner organisations, and nearly all (n=45) felt that they had a good working relationship with the partner organisation.

Responses relating to the planning of the project raised some issues. Three respondents felt that the objectives of the project were not clear from the start, although only one artist felt that this was a problem. Seven artists felt that they did not get all the information that they needed, including one person who felt that this was a problem. Five respondents felt that they did not receive the support they needed from the Arts and Older People (AOP) Development Officer, although they did not feel this was a problem. The group of artists completing this questionnaire had had experience of working with older people, and so were likely to be familiar with the process, even with lower levels of support and information. This might not be the case for artists who did not have previous experience of working with older people.

Two questions explored engagement with older people during the project. Firstly, most artists (n=43) found the older people easy to engage. Secondly, three out of four artists (n=32) said that older people contributed to the planning of the sessions. Fourteen artists said that older people were not involved in the planning process, although this was not a problem.

Table 14: Delivering the project

	Number		
	Yes	No, but it wasn't a problem	No, and it was a problem
Have you worked with older people before?	43	3	0
Were the objectives of the project clear from the start?	43	2	1
In retrospect, did you get all the information you needed during the planning process?	39	6	1
Did you feel you had a good working relationship with the partner organisations?	45	1	0
Did you receive the support you needed from the partner organisations?	46	0	0
Did you receive the support you needed from the AOP Development Officer?	39	5	0
Did the space available suit your needs?	42	3	1
Did you find the older people easy to engage?	43	3	0
Did the older people contribute to the planning of the sessions?	32	14	0

Artists' experiences

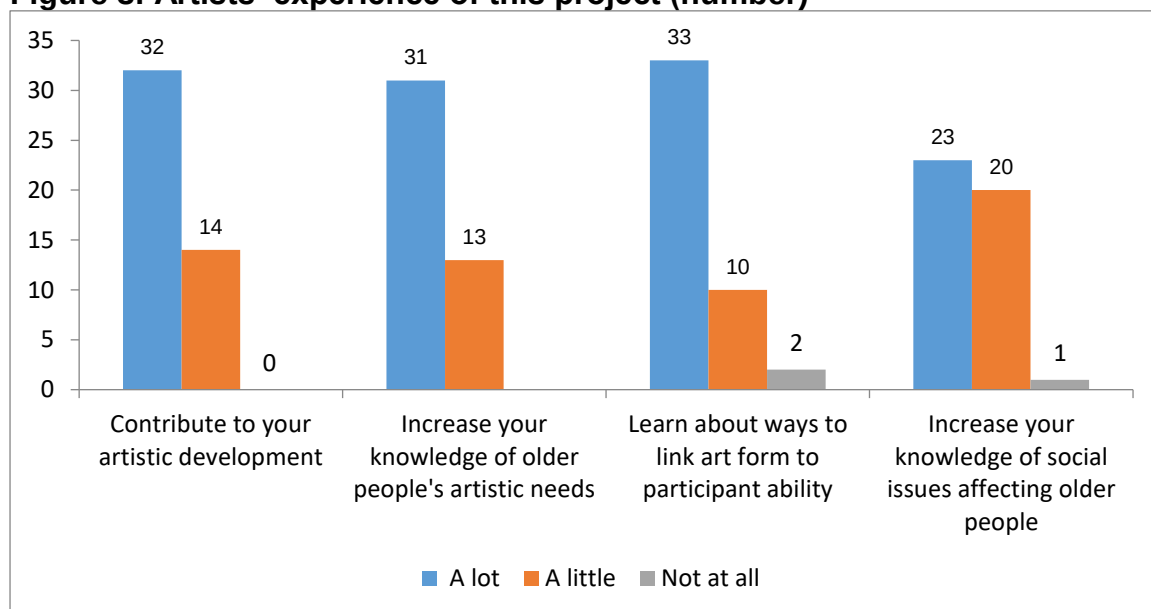
Section 2 of the questionnaire explored the personal experiences of the artists, focusing on four key aspects. Figure 3 shows that overwhelmingly, the artists gave positive responses to the three questions focused on artistic practice and needs:

- Did the project contribute to your artistic development?
- Did the project increase your knowledge of older people's artistic needs?
- Did you learn about ways to link your art form to participant ability?

For each of these questions, around three quarters of artists said 'a lot', and at least 10 respondents said 'a little'. However, two artists said that they did not learn about ways to link art form to participant ability at all.

The fourth question in this section related to awareness of the social issues affecting older people. One half of artists said that the project increased their knowledge of older people's social issues 'a lot', and a further 20 respondents said that it increased their knowledge 'a little'. One artist said that the project did not increase their knowledge of these issues at all.

Figure 3: Artists' experience of this project (number)



Artist training

Artists were asked if they had received any training/skills development as part of this project, and nearly three quarters of those responding to the question said they had (n=33). Nine artists identified that they had received the following training/skills development activities:

- *Juggle Board Training. Practical and theoretical training in fantastic new equipment mentioned earlier. How to engage with a participant with very limited range of movement / concentration in a relaxed and playful exercise, allowing them to achieve a state of 'flow' – repetitive movement building co-ordination and confidence. Alzheimer's / dementia training.*
- *1 day training with CAP (Alzheimer's society and two practicing visual artists)*
- *Alzheimer's / dementia training. Table juggling / quat props (3 artists)*
- *First Aid training Accredited*
- *I was able to further develop my skills in how to encourage and motivate senior citizens in expressing themselves through participation of art and craft sessions*
- *Safeguarding and Disability Awareness Training*

- *We were given an outline of what to provide Skillswise for the older people. This assisted us in creating the project.*

Impact on participants

Section Four explore the impact on participants. The artists were asked to think back to the start of the project and to estimate participant progression in general, based on nine dimensions. Table 15 presents the responses to this question in descending order of the number of respondents saying 'a lot'. Of note is that the option 'not at all' was not selected in relation to any of the dimensions. This suggests that there was a perceived improvement in all nine of the dimensions. In particular, all respondents felt that participants enjoyed the activities (with the exception of one artist who felt that the level of enjoyment was already strong). The desire to learn, and being engaged, were also perceived as having improved by most artists.

Artists were able to indicate if it was difficult to identify the impact on respondents. For example, in some areas (such as feeling positive towards the arts or an improvement in self-esteem) six artists felt that it was difficult to tell. In addition, artists were able to indicate where they felt that a particular dimension was already strong. For example, ten artists felt that the participants' ability to listen and follow direction was already strong, whilst nine artists felt this in relation to the participants' ability to concentrate.

Table 15: Impact on respondents

	Number				
	A lot	A little	Not at all	Difficult to tell	Already strong
Did they enjoy the activities?	43	0	0	0	1
Did they show a desire to learn?	41	0	0	0	4
Did they appear engaged during the sessions?	39	1	0	0	5
Do you feel participants are now more positive towards the arts?	34	4	0	6	1
Did they become more confident in talking to you about their work?	29	11	0	0	4
Did they show an improvement in their self-esteem?	29	9	0	6	
Did they become more confident in talking to others about their work?	26	14	0	2	2
Did participant(s) ability to concentrate improve?	25	9	0	2	9
Was there an improvement in participant(s) ability to listen and follow direction?	19	13	0	4	10

Future involvement

Artists were asked if they would be interested in working with older people again. All of the 43 artists who answered this question said that they would be interested in this.

Volunteer questionnaire

There were 34 respondents to the Volunteer questionnaire. The volunteers participated in projects funded by six different grantees, of which half were funded by Wheelworks (Table A5).

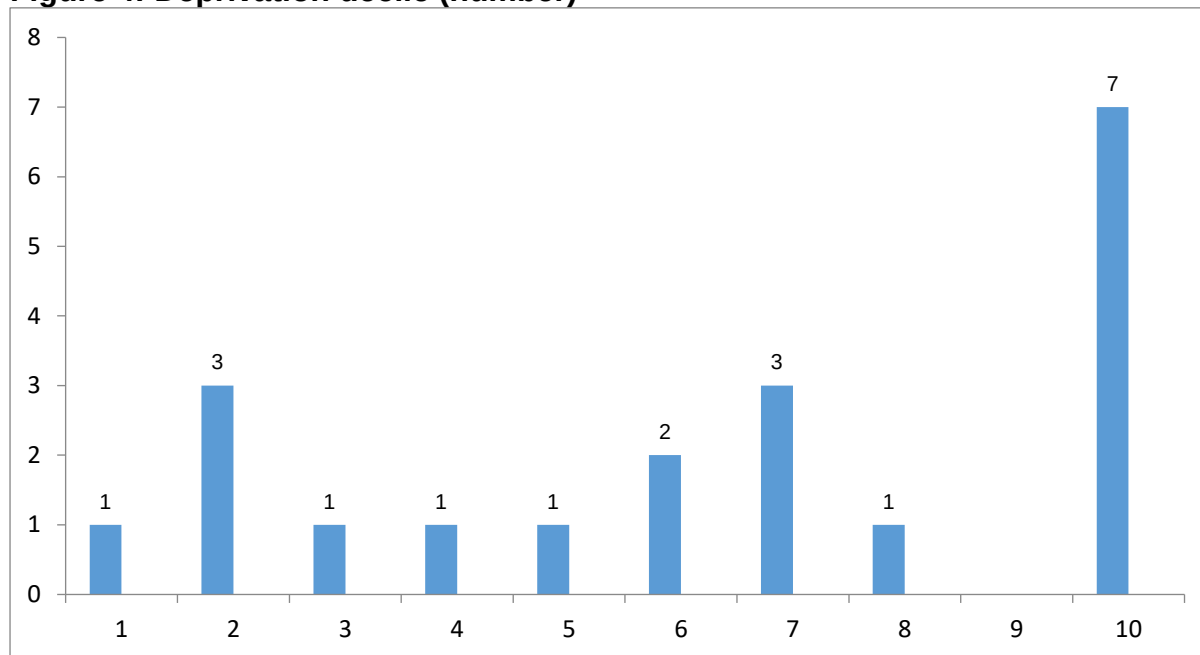
The volunteers lived across Northern Ireland in five District Council areas – see Table 16. Approximately one half of the volunteers lived in the Armagh City, Banbridge and Craigavon District Council area (n=15), and seven lived in the Derry City and Strabane District Council area. No information was available for six volunteers. Most respondents lived in urban areas (n=20), with three volunteers living in rural areas. No information on rural/urban status was available for 11 volunteers.

Table 16: Residence of volunteers

	Number
Ards and North Down	1
Armagh City, Banbridge and Craigavon	15
Belfast	4
Derry City and Strabane	7
Mid Ulster	1
Total	28

Information on the Multiple Deprivation Measure was available for 20 volunteers, based on where they lived. Just over one half of these volunteers lived in areas with least deprivation (n=13), whilst seven volunteers lived in areas that had higher deprivation (lower 5 deciles).

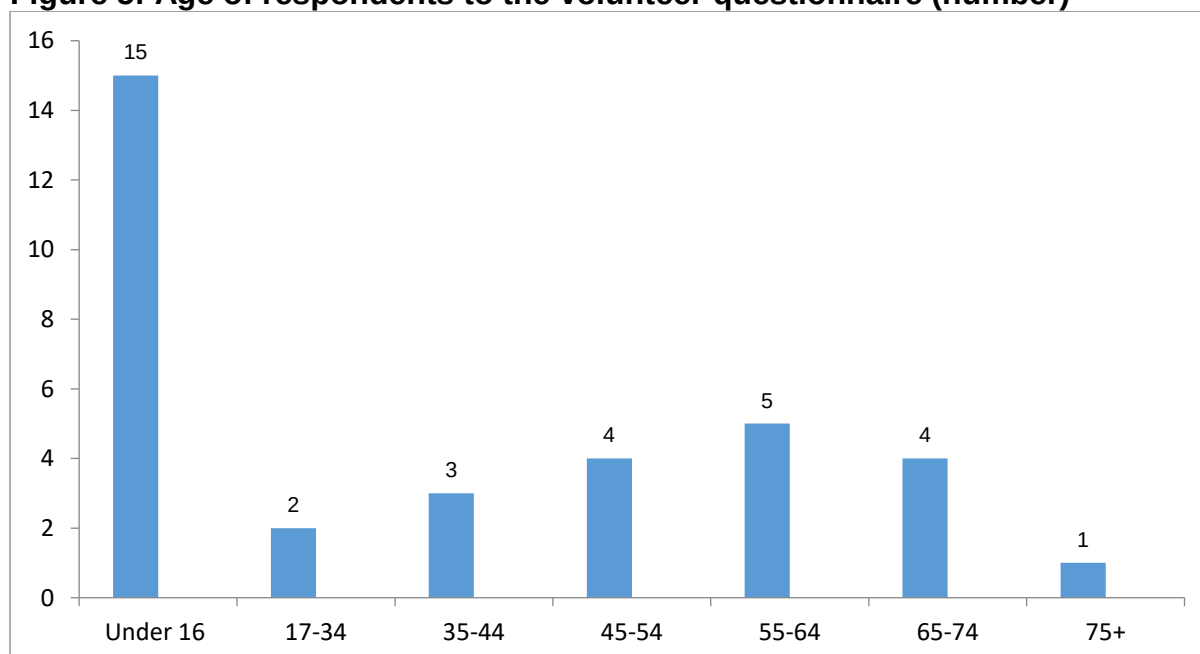
Figure 4: Deprivation decile (number)



Demographic variables

There were more females (n=26) than males (n=8) and, as Figure 5 shows, nearly one half (n=15) of respondents were aged under 16 years.

Figure 5: Age of respondents to the volunteer questionnaire (number)



Participation in volunteering

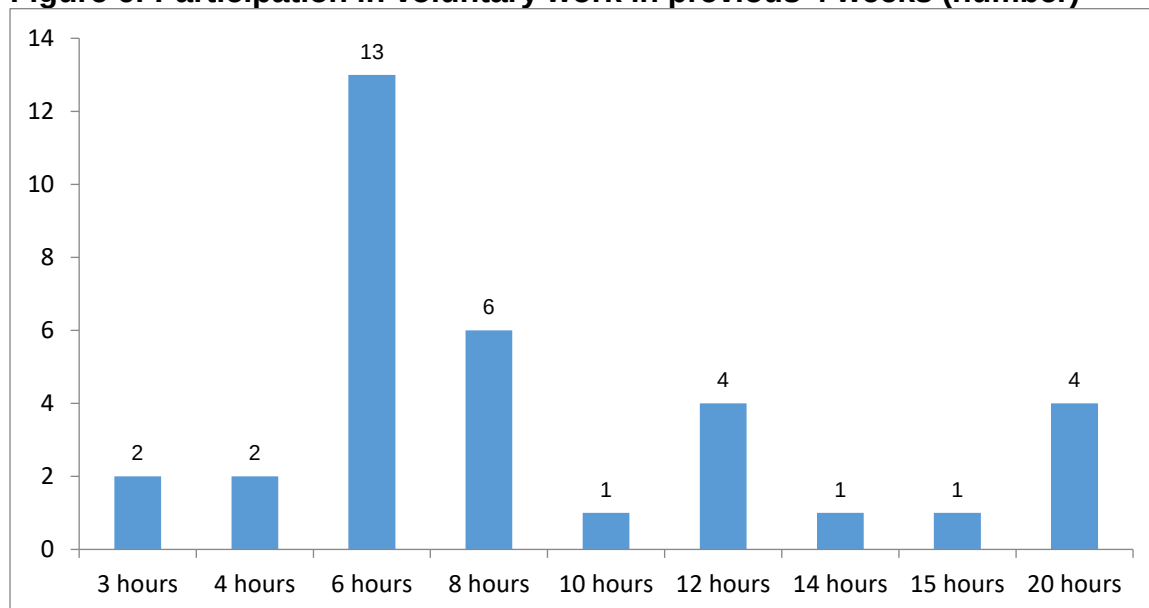
The volunteer respondents were asked two questions about the time that they spent volunteering. Firstly, they were asked how long they had been volunteering, and the majority (n=18) had been doing so for two months or less (see Table 17). This suggests that their involvement with the Arts and Older People project was the first time that they had volunteered. However, four respondents had volunteered for at least five years.

Table 17: Length of time volunteering

	Number
2 months or less	18
3 months to 5 years	9
More than 5 years	5
Total	32

Secondly, volunteers were asked how much time they had spent on voluntary work in the previous four weeks, and the responses range from 3 to 20 hours, with a mean of 9 hours. One in three respondents had volunteered for six hours in the previous four weeks.

Figure 6: Participation in voluntary work in previous 4 weeks (number)



The volunteers were involved in a wide range of activities. The full list is available in Appendix A6, and some examples are presented below.

Memory box

- *We were helping to record memories. To add writing and pictures.*

General assistance

- *Setting up and preparation of art room. Preparing teas and coffees. Addressing any problems so as to ensure smooth running of class.*

Music/dance/performance

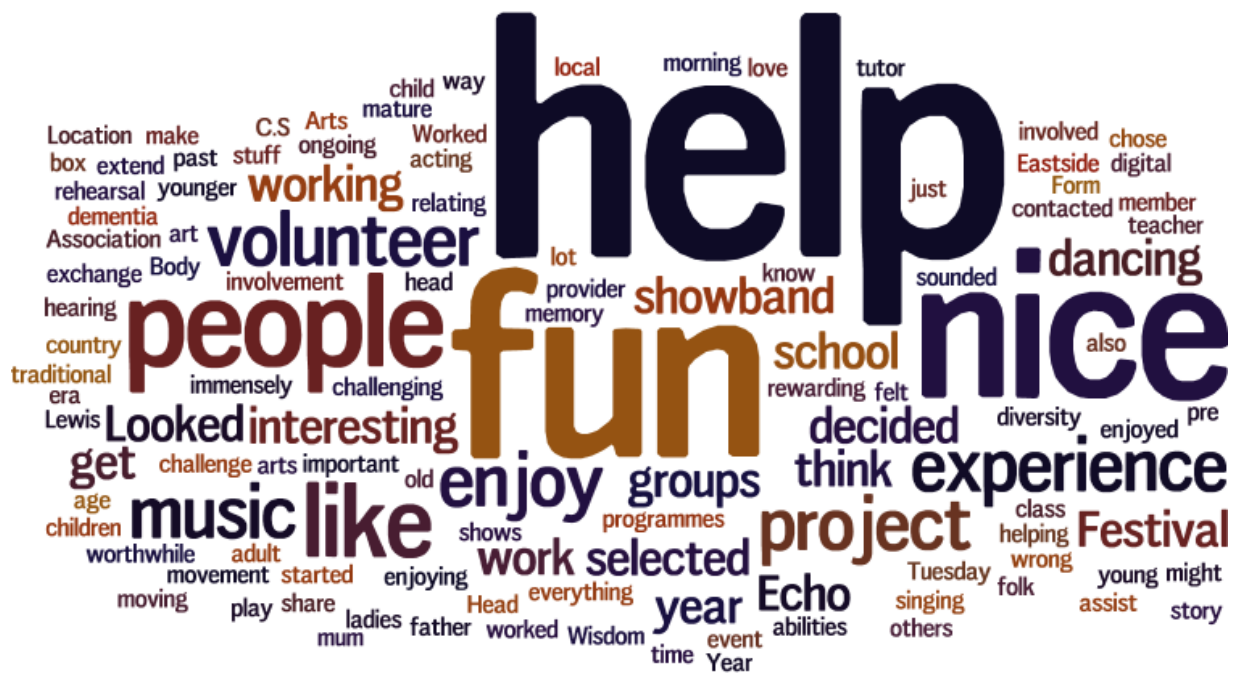
- *Helped to play with some of the beginner participants teaching them notes chords. Also help with the tea breaks for those with physical disabilities – mobility issues*
- *Providing mentoring support for a movement class for older people.*

Technology

- *Helped with iPads.*

Respondents identified a wide range of reasons why they had decided to volunteer on the project. Figure 7 presents a word cloud showing the responses – the larger the word in the ‘cloud’, the more times this was mentioned by survey respondents. As can be seen, the words that occurred most often were ‘help; ‘fun’ ‘nice’ and ‘people’. The full list of responses is presented in Appendix A7.

Figure 7: Reasons why respondents decided to volunteer



The responses fell into four categories as shown below.

Specific skills, experience or projects

- *I wanted to volunteer on this project because I wanted to know how to make a digital memory box and I wanted to help older people.*

Help older people

- *To help older folk get involved in the arts.*

Benefit for volunteer

- *I thought it would be fun and I enjoy helping people.*
- *Worked with younger age groups in past, felt this would be a rewarding and challenging to work with mature ladies.*

School

- *I decided to volunteer because I like working with other people and also I get out of class.*

Personal reasons

- *My mum has dementia.*
- *Because my father was enjoying the project and my child had just started pre-school so I had time on a Tuesday morning.*

Belong to any arts/cultural interest groups

Just under one half (n=13) of respondents who answered the question said they belong to an arts/cultural interest group (Table 18). The majority of volunteers (n=26) said that apart from this project, they had taken part in an arts activity in the last 12 months.

Table 18: Whether respondents belong to any arts/cultural interest group

	Number
Yes	13
No	19
Total	32

The volunteers were asked if they felt that they have benefited in any way from volunteering on the project. This question included four example benefits (greater awareness of older people's needs, new skills, friendships, improved confidence) and the responses are shown in the word cloud presented in Figure 8.

Figure 8: Benefits of participation in project as identified by volunteers



The full list of responses is presented in Appendix A8, and some examples are presented below.

- *Just enjoyed time with my father enjoying our love of music and meeting the new friends he was talking about.*
- *Loved working on project – there is fantastic new friendships I have come across. Found that they were all so appreciative of all – gave myself more confidence working in this environment with mature adults.*
- *I have learnt new skills, greater awareness of older people's needs.*
- *I have gained a more understanding and connection working with older people's needs. I have learned to appreciate and respect their needs and weaknesses.*
- *The programme definitely gave me a greater awareness of the need for events like this for events like this for the older people. One lady told me she loved coming every week as she normally sits alone and looks at her four walls. Knowing you are helping is very rewarding and I really enjoyed seeing all the older people enjoying themselves having a laugh.*

The final question in the Volunteer survey asked those respondents who provided support during Arts and Older People sessions to share their thoughts on anything that worked particularly well, or would have improved the experience for the volunteer or the participants. Twenty-eight respondents took this opportunity, of which 14 identified activities that worked well. This included the environment and ethos of the activities (such as music, attitude of the leaders, and organisation), as well as identifying specific people. Seven volunteers highlighted personal impact of the project, such as working with new people. General comments were very positive and congratulatory. Only one person suggested an improvement: a bigger space. The full list of responses is presented in Appendix A9, and some examples are presented below.

What worked well

- *Enthusiastic, buzzing, energizing, high spirited, love + respect, appreciation for others in themselves, and their work, great humour, sincerity, banter, sympathetic, understanding, great fulfilment, and pride in pieces accomplished. The venue for class was warm, cosy, great for all to interact, so as they could share ideas and endless chatter and loads of laughs and fun! Best class I have ever worked with – thank you for making me part of this experience.*
- *Introducing the soft background music created a calming relaxed ambience. Ladies had mentioned how they had really looked forward to their class – they had bonded and made*

new acquaintances, produced fantastic pieces of art and gained confidence, self-esteem, and above all fun!

- *Live music was wonderful, the musicians add so much to the attention given to the dance/movement.*
- *With the mix of skills, the smaller breakout rooms are necessary but it means the tutors are moving between groups, so helpers are useful to keep the project moving.*

Personal impact

- *It has help me to speak in front of more people and it was great fun to hear how the past was for the elderly.*
- *Working with new people.*

General comments (n=6)

- *Couldn't improve anything.*
- *Fantastic event!! Well done!*

Improvements

- *A bigger space.*

Participant Entrance questionnaire

There were 2008 respondents to the Participant Entrance questionnaire, with ages ranging from 12 to 101. However, given that the remit of the Arts and Older People Programme is for adults aged 55 years or over, this analysis focuses on the 1804 people who match that age criterion.

Participants took part in projects organised by a wide range of grantees, of which one in five (n=371) were within Derry City and Strabane District Council (Table A10). The full list of projects is available in Table A11.

The participants lived across Northern Ireland in the eleven District Council areas, with nearly one third (32%) living in Derry City and Strabane District Council area – see Table 19. Of the 1458 participants for whom relevant information was available, just over one half (55%) lived in urban areas, and 45 per cent lived in rural areas.

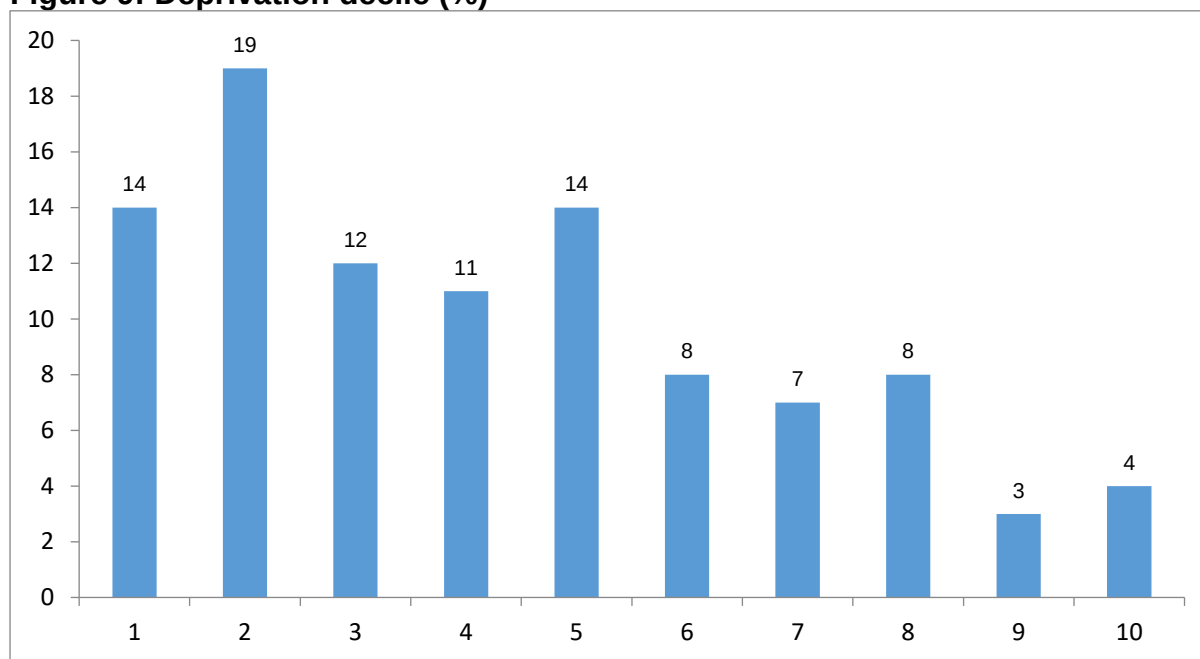
Table 19: Area of residence of participants

District Council	Number	%
Antrim and Newtownabbey	51	3
Ards and North Down	42	3
Armagh City, Banbridge and Craigavon	78	5
Belfast	270	17
Causeway Coast and Glens	67	4
Derry City and Strabane	511	32
Fermanagh and Omagh	228	14
Lisburn and Castlereagh	22	1
Mid and East Antrim	151	9
Mid Ulster	107	7
Newry, Mourne and Down	73	5
Total	1600	100

Information on the Multiple Deprivation Measure (MDM) was available for 1458 participants, based on where they lived. Figure 9 shows that seven out of ten participants (69%) lived in areas with

the highest deprivation (lower-numbered deciles). In order to aid meaningful analysis, the MDM deciles were grouped into 3 categories: most deprivation (deciles 1 to 3, 44% of participants), medium deprivation (deciles 4 to 6, 32% of participants) and least deprivation (deciles 7 to 10, 23% of participants).

Figure 9: Deprivation decile (%)

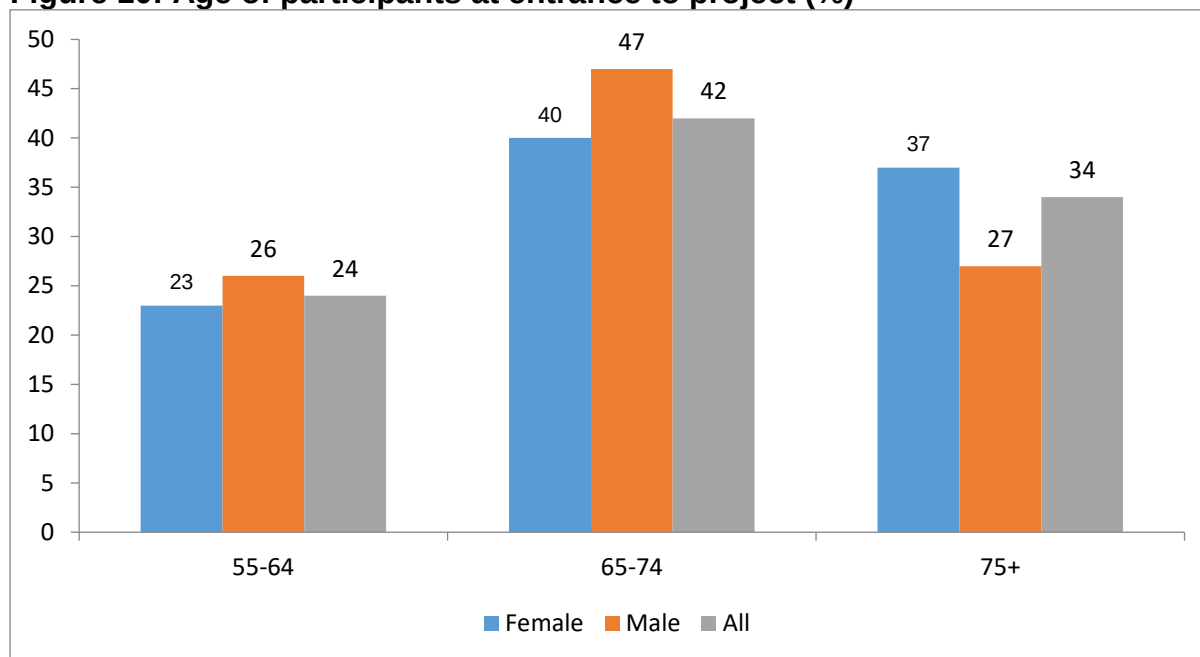


Demographic variables

Of the 1786 participants providing information, over two thirds were female (68%) and 32 per cent were male. As highlighted earlier, the age of respondents ranged from 12 to 101⁶, although this analysis will focus on those aged 55 years or over. Precise age was available for 1788 participants (16 people gave unspecific ages, such as 'over 60'). As Figure 10 shows, 24 per cent of participants were aged 55-64 years, 42 per cent were aged 65-74 years, and 34 per cent were aged 75 years or over. This age distribution differed between women and men. In particular, whilst 34 per cent of women were aged 75 years or over, the figure for men was 27 per cent.

⁶ Due to small numbers in some age categories, for the purposes of analyses, age was recoded into 5 categories: Under 35 years, 35-54 years, 55-64 years, 65-74 years and 75+ years.

Figure 10: Age of participants at entrance to project (%)



As shown in Table 20, the majority (82%) of respondents lived in their own home. A further six per cent lived in a residential home, and similar proportions lived in supported accommodation or in other types of accommodation.

Table 20: Type of accommodation, by gender and age group

Do you live in ...	%			
	Own home	Residential	Supported accommodation	Other
All	84	6	5	5
Gender				
Male	85	6	4	5
Female	82	7	6	5
Age***				
55-64 years	85	5	3	7
65-74 years	82	7	5	6
75+ years	81	7	8	4

***p<0.001

Four out of ten participants (42%) said they lived alone (Table 21). The proportion of respondents living alone increases with age, ranging from 26 per cent of those aged 55-64 and 60 per cent of 35

those aged 75 years or over. Reflecting the higher life expectancy of women, a higher proportion of women than men live alone (46% and 35% respectively). There was variation according to the type of accommodation of participants. Two thirds of those living in supported accommodation said they live alone, compared with 54 per cent of those in residential accommodation and 39 per cent of those living in their own home.

Table 21: Living alone, by gender and age group

Do you live alone?	%	
	Live alone	Not live alone
All	42	58
Gender***		
Male	34	66
Female	46	54
Age***		
55-64 years	26	74
65-74 years	36	64
75+ years	60	40

***p<0.001

As shown in Table 22, 44 per cent of participants said they had a long-term illness, health problem or disability (e.g. physical, sensory, learning, mental health and hidden disability) which limits their daily activities or the work they can do. The proportion of respondents saying that they had such a long-term illness, health problem or disability was slightly higher among men (48%) than women (43%). There was variation with age, ranging from 37 per cent in the youngest age group to 52 per cent among the oldest. Levels of long-term illness, health problem or disability were higher among those among respondents living in the most deprived deciles (44%) compared with those living in other areas (39%).

Table 22: Disability, by gender, age group and deprivation (%)

Do you have a long-term illness, health problem or disability?	%	
	Yes	No
All	44	56
Gender*		
Male	48	52
Female	43	57
Age***		
55-64 years	37	63
65-74 years	43	56
75+ years	52	58
Deprivation of area		
Highest deprivation	44	56
Medium deprivation	39	61
Least deprivation	39	61

*p<0.05 ***p<0.001

Eight per cent of respondents said they were a carer, with little variation between men and women (Table 23). The proportion of people providing care was highest among those aged 55-64 years (13%), and lowest among those aged 75 years or over (5%). There was no difference according to the level of deprivation of the area in which respondents lived.

Table 23: Caring responsibilities, by gender and age group

Are you a carer?	%	
	Yes	No
All	8	92
Gender		
Male	7	93
Female	9	92
Age***		
55-64 years	13	87
65-74 years	8	92
75+ years	5	95
Deprivation of area		
Most deprivation	9	91
Medium deprivation	9	91
Least deprivation	6	94

***p<0.001

Table 24 provides information on who carers provided care for, and the modal responses were spouse/partner (16 people), daughter or son (10 people), and a parent (5 people).

Table 24: Who do you provide care for?

	Number
Spouse	16
Daughter/son	10
Parent	5
Family member	1
Friends	1
Sister	1
Sister and mother	1
Mother in law	1
The relative has since died	1
Total	37

The arts

Approximately two thirds of participants said they had been to see an arts event (e.g. concert, play, exhibition, music session) in the last 12 months. Women were slightly more likely than men to have seen an arts event, although this difference was not statistically significant (Table 25). However, as the table shows, going to see an arts event was associated with younger respondents: 72 per cent of those aged 55-64 had been to see an arts event in the past 12 months, compared with 60 per cent of those aged 75 years or over. There was no difference depending on the level of deprivation of the area in which the respondent lived.

Table 25: Been to see an arts event in the last 12 months, by gender and age group

	%	
	Yes	No
All	66	34
Gender		
Male	63	37
Female	67	33
Age***		
55-64 years	72	28
65-74 years	67	33
75+ years	60	40
Deprivation of area		
Most deprivation	66	34
Medium deprivation	66	34
Least deprivation	69	31

***p<0.001

Whilst two thirds of respondents had seen an arts event, a lower proportion (55%) had taken part in an arts activity (e.g. poetry, painting, dance, music) in the last 12 months (Table 26). Women were more likely than men to have taken part in an arts activity. However, there was little variation in relation to the age of the participant, or the level of deprivation of area.

Table 26: Taken part in arts activity in last 12 months, by gender and age group

	%	
	Yes	No
All	55	45
Gender**		
Male	50	50
Female	58	42
Age		
55-64 years	56	44
65-74 years	56	44
75+ years	54	46
Deprivation of area		
Most deprivation	58	42
Medium deprivation	53	48
Least deprivation	53	47

**p<0.01

Participants were presented with eight statements about why people do not regularly go to/participate in arts activities, and were asked to identify if these described their own feelings on each. Table 27 shows that the most commonly identified reasons for not participating or attending arts activities was not knowing what is going on (31% agreed), followed by lack of confidence in getting involved (24%) and not knowing anything about the arts (23%). For each of the statements, approximately one in five respondents said that they neither agreed nor disagreed.

Table 27: Feelings about why people do not regularly go to/participate in arts activities

	%		
	Disagree	Neither	Agree
I don't know what is on	47	23	31
I don't have enough confidence to get involved	55	20	24
I don't know anything about the arts	56	22	23
It costs too much	51	27	22
My health's not good enough	63	19	18
I'm not interested in the arts	67	18	15
I'd rather spend my time differently	62	24	14
I would have nothing in common with anyone	69	22	10

Forty people identified other reasons for not attending or participating in arts activities, and these are presented in Appendix A12. The responses fell into several themes as presented below.

Personal issues

- *Arts to me means classical music and painting etc, not for me.*
- *Perhaps it is not reasonable but I have always believed that participation in arts activities is a middle class "thing"!*

Practical issues

- *Don't always have transport.*
- *I am quite old so rely on my family taking me to events such as circus school and exhibitions.*
- *Lack of appropriate classes is all pottery classes often over-subscribed.*
- *Having enough 'spare' time.*

Caring responsibilities

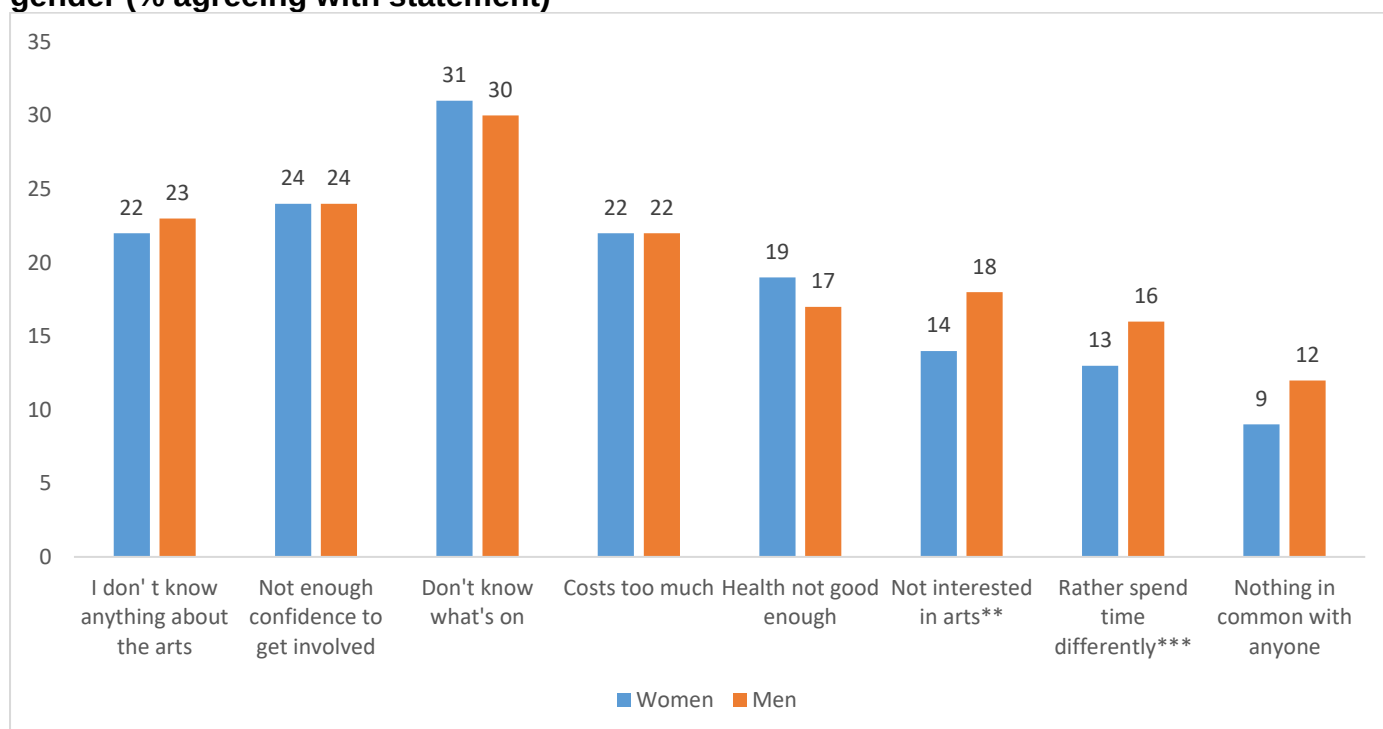
- *Can't go out because I'm a carer for my son.*
- *Caring responsibilities for sister and step mother.*

Health issues

- *Coordination problems due to Alzheimers.*

For five out of the eight statements, there is little variation between the proportion of men and women agreeing with them (See Figure 11). However, for three statements, there are statistically significant different responses between men and women: 'Don't know what's on', 'I'd rather spend my time differently', and 'I'm not interested in the arts'.

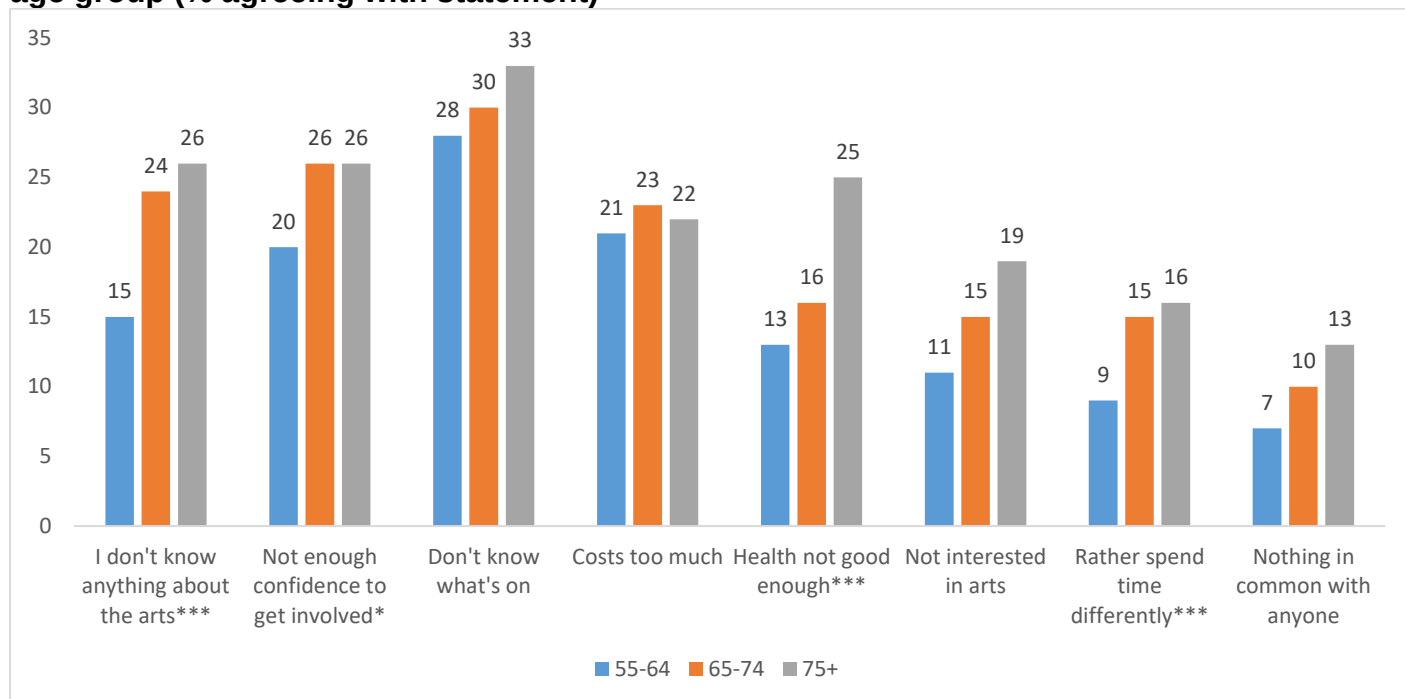
Figure 11: Feelings about why people do not regularly go to/participate in arts activities, by gender (% agreeing with statement)



** $p < 0.01$; *** $p < 0.001$

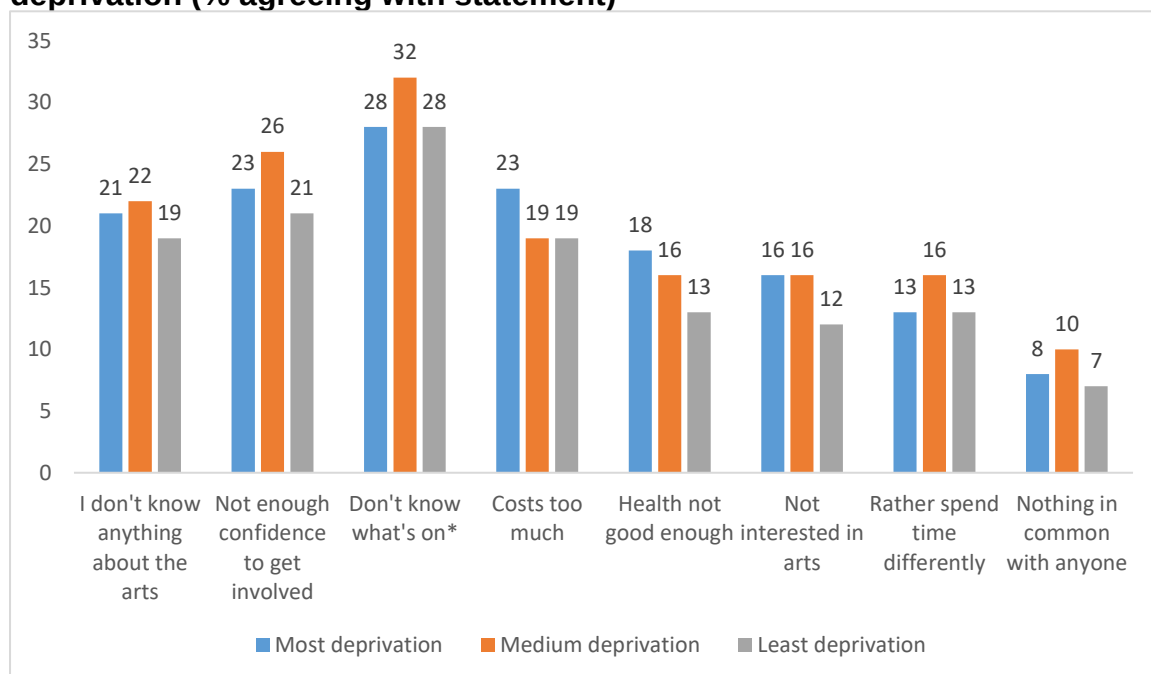
There was variation in response according to age (Figure 12). For six out of the eight statements, the proportion agreeing with the statements increased with age. For example, 15 per cent of those aged 55-64 agreed that 'I don't know anything about the arts', compared with 26 per cent of those aged 75 years or over. However, cost and not knowing what was on were factors where there was no statistically significant difference by age. In relation to deprivation, however, only one statement was statistically significantly different: not knowing what's on (see Figure 13).

Figure 12: Feelings about why people do not regularly go to/participate in arts activities, by age group (% agreeing with statement)



* p<0.05; *** p<0.001

Figure 13: Feelings about why people do not regularly go to/participate in arts activities, by deprivation (% agreeing with statement)



*p<0.05

As might be expected, responses also varied according to previous experience of arts events either as an audience member or a participant, and in all situations, these were statistically

significant (see Table 28). For example, 37 per cent of those who had attended an arts event agreed with the statement 'I don't have enough confidence to get involved', compared to 18 per cent of those who had not previously attended an arts event in the past year. Similarly, 36 per cent of those who had taken part in an arts activity in the past year agreed with the statement, compared with 15 per cent of those who had not.

Table 28: Feelings about why people do not regularly go to/participate in arts activities

	% agree			
	Attended arts event***	Not attended arts event***	Participated arts activities***	Not participated in arts activities***
I don't know what is on	46	23	41	23
I don't have enough confidence to get involved	37	18	36	15
I don't know anything about the arts	40	14	35	13
It costs too much	32	18	29	17
My health's not good enough	32	12	26	12
I'm not interested in the arts	24	11	20	12
I'd rather spend my time differently	23	10	20	9
I would have nothing in common with anyone	19	6	14	7

***p<0.001

Belonging and influence

Four questions explored respondents' sense of belonging to their neighbourhood and to Northern Ireland, as well as their sense of influence on decisions made at the local or Northern Ireland level. As shown in Table 29, the majority of respondents feel that they belong to their local neighbourhood (78%), although this is lower than the proportion who feel that they belong to Northern Ireland. This is the reverse of the pattern found by Devine and Schubotz (2019), using data from the 2017 Northern Ireland Life and Times (NILT) survey. There are several reasons that may explain this. Firstly, the sampling methodologies and response options differed between the two surveys. NILT is based on a random sample of adults aged 18 years or over, and so is

representative of the population. The response options in NILT were ‘Yes, definitely’, ‘Yes, probably’, ‘Probably not’ and ‘Definitely not’. Secondly, the proportions saying that they did not know how to answer these questions were much lower in NILT.

Only three in ten (29%) participants felt they have any influence about decisions made in their local neighbourhood, although a similar proportion were not sure how to answer this question. A lower proportion (20%) felt that they had influence over decisions that are made about Northern Ireland (Table 29). This matched the pattern of responses in the 2017 Northern Ireland Life and Times survey.

Table 30 demonstrates little variation between the responses of men and women. However, the respondents aged 55 to 64 years were least likely to feel a sense of belonging or influence compared to respondents in other age bands. Respondents living in the least deprived areas were least likely to feel a sense of belonging to their local neighbourhood, but conversely, were the most likely to feel a sense of belonging to Northern Ireland. They were the least likely to feel a sense of influence in decisions at either level.

Table 29: Belonging and influence at local and Northern Ireland level

	%		
	Yes	No	Don't know
Belonging to neighbourhood	78	10	12
Influence in local decisions	29	42	29
Belonging to Northern Ireland	86	7	8
Influence in decisions made about what happens in Northern Ireland	20	57	23

Table 30: Belonging and influence at local and Northern Ireland level, by age, gender and deprivation

	% saying 'yes'			
	Belong neighbourhood	Belong Northern Ireland	Influence neighbourhood decision	Influence Northern Ireland decisions
All	78	86	29	20
Gender		**		
Male	77	82	30	22
Female	79	88	29	20
Age	***	***		
55-64 years	69	78	26	20
65-74 years	80	87	30	19
75+ years	82	89	30	21
Deprivation of area		**		
Most deprivation	78	82	27	21
Medium deprivation	82	87	34	20
Least deprivation	75	91	24	14

** p<0.01; *** p<0.001

Main benefit of project

The final section of the Entrance questionnaire asked respondents to identify the main benefit that they hoped to get out of the project. However, some respondents selected more than one reason. The analysis below focuses on the proportion of respondents identifying each benefit, compared to all other respondents, regardless of whether they said 'no' or their responses were missing.

Each of the benefits was identified by at least one half of participants. As shown in Table 31, seven out of ten respondents hoped that participating in the project would improve their social life, including more friendships, company and fun. A similar proportion of participants (68%) wanted to increase their skills, learn something new or try something different. The table also shows that each of the five benefits was identified by a higher proportion of women than men, although the overall pattern of responses was similar. However, aspirations for attending the project varied according to age. Among the oldest age group (75 years or over), the most identified benefit was a better social life (76%), followed by feeling better (62%). However, among the two younger age groups, the most identified benefit was an increase in skills, followed by a better social life. There

was also variation according to deprivation of area. Those living in the most deprived areas were most likely to want to improve their social life (71%), whilst increasing skills was the strongest aspiration for those living in areas of medium (71%) or least deprivation (74%).

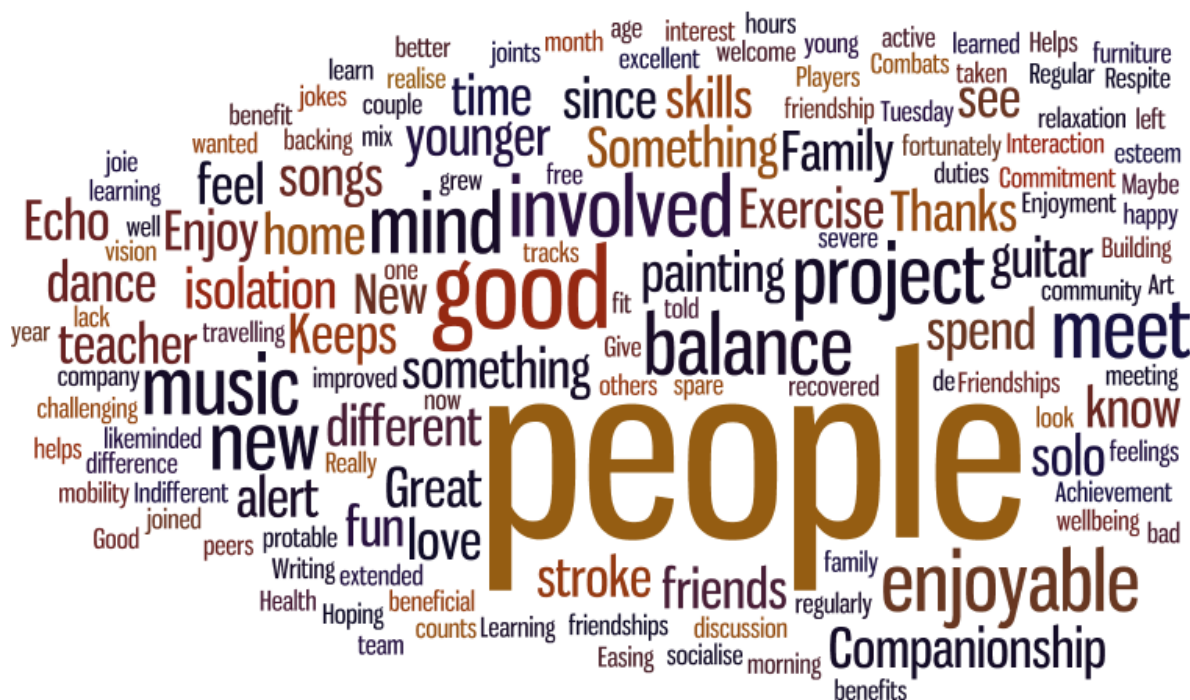
Table 31: Main benefit hoped from project, by age, gender and deprivation

	% saying 'yes'				
	Better social life	Increase skills	Feel better	Be creative	Be heard
All	70	68	59	53	50
Gender	*	*	**	***	***
Male	67	65	53	46	43
Female	72	70	62	56	54
Age	**	**	**		
55-64 years	65	74	59	55	46
65-74 years	68	69	56	53	51
75+ years	76	63	62	52	52
Deprivation of area		*			
Most deprivation	71	66	59	54	50
Medium deprivation	68	71	58	53	49
Least deprivation	69	74	60	54	52

* p<0.5; ** p<0.01; *** p<0.001

Sixty respondents gave other benefits that they hoped to achieve. As the word cloud in Figure 14 indicates, 'people' was the word that was most emphasised by respondents.

Figure 14: Other benefits that participants hope to achieve



Some of the specific comments were health related, such as:

- *Exercise my joints / arthritis.*
- *The activities have improved my balance.*

Some respondents highlighted the role of the project in providing a break, for example:

- *Respite from my care duties.*

Many comments, however, referred to a combination of benefits, such as:

- *Companionship and friends you make, and realise how good you are at various crafts.*
- *The main benefit for me would be to learn something new - - - - friendship / fun would be a welcome bonus! Both would.*

The full set of comments is available in Appendix A13.

Warwick-Edinburgh Mental Wellbeing Scale

The short form version of the Warwick-Edinburgh Mental Wellbeing Scale (SWEMWB) score was calculated for the 1519 participants who responded to all seven questions in the scale. The mean score was 24.21 and this compares with a mean score of 23.97 for the same age group in the 2013/14 Health Survey (Northern Ireland), suggesting that the respondents to the entrance survey

had better wellbeing than people of a similar age in the general population. Table 32 presents the mean scores for participants broken down by gender, age, deprivation of area and urban/rural location. As can be seen, while there was some variation across gender, age, deprivation of area, and location none of the differences were statistically significant.

Table 32: SWEMWBS score, by age, gender and deprivation (mean scores)

	Mean scores
All	24.21
Gender	
Female	24.39
Male	23.89
Age	
55-64 years	23.74
65-74 years	24.19
75+ years	24.54
Deprivation of area	
Most deprivation	24.05
Medium deprivation	24.74
Least deprivation	24.71
Urban/rural	
Urban	24.40
Rural	24.45

UCLA Loneliness Scale

Respondents completed the three-item UCLA Loneliness Scale. Scores are available for 938 participants. As Figure 15 shows, approximately two thirds of respondents (66%) had a score of 3, which indicates that they rated themselves as ‘hardly ever’ on all three dimensions. Only three per cent of respondents had a score of 9, which indicates that they rated themselves as ‘often’ on all three dimensions.

Figure 15: Total UCLA Loneliness Scale score (%)

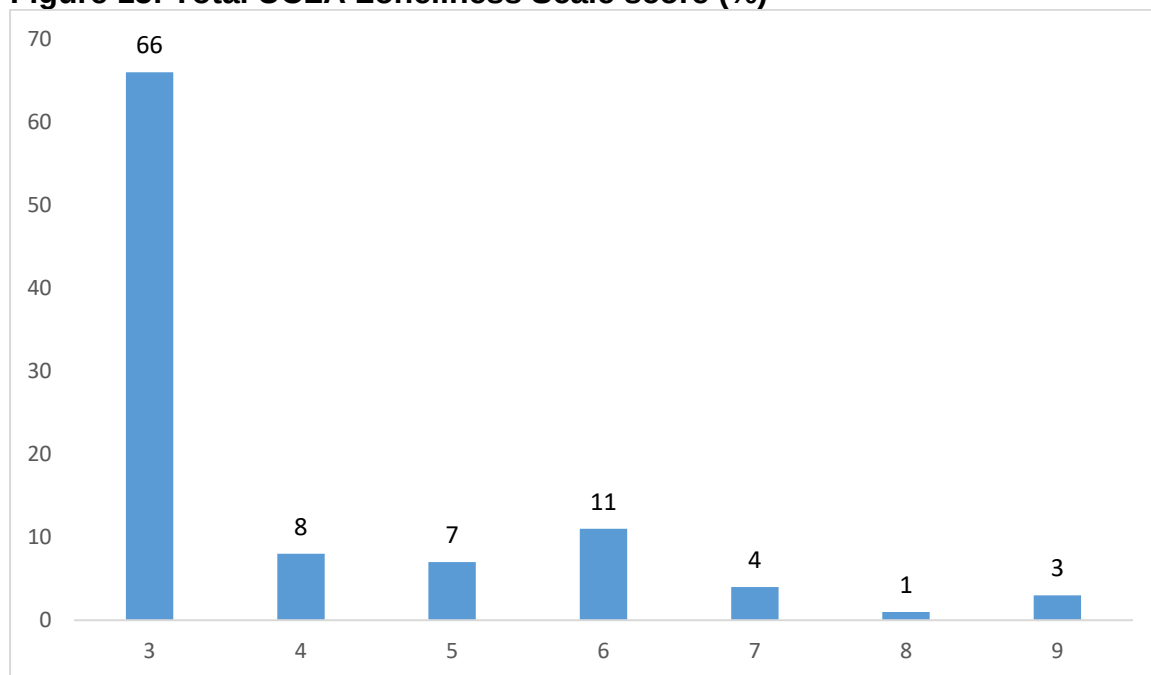


Table 33 shows that 81 per cent of the participants who completed the scale had a score between 3 and 5, suggesting that they are not lonely, whilst 19 per cent were lonely (score between 6 and 9). The proportion of people who are lonely was higher among men than women (18% and 23% respectively), and among the respondents aged 55-64 years than the oldest respondents (25% and 17% respectively) – although these differences were not statistically significant. However, there was little variation according to deprivation of area. The proportion of people who were lonely in urban areas was higher than those living in rural areas.

Table 33: UCLA Loneliness Scale, by age, gender ,deprivation and urban/rural

	%	
	Not lonely	Lonely
All	81	19
Gender		
Male	77	23
Female	82	18
Age		
55-64 years	75	25
65-74 years	81	19
75+ years	83	17
Deprivation of area		
Most deprivation	80	20
Medium deprivation	83	17
Least deprivation	81	19
Urban/rural	**	
Urban	78	22
Rural	85	15

** p<0.001

Levels of loneliness were higher among those who live alone (23%) compared with those who do not live alone (17%). However, the largest variation was in relation to the type of accommodation (Table 34). No analysis could be undertaken on types of residence given the small numbers of people not living in their own home.

Table 34: UCLA Loneliness Scale, by living situation

	%	
	Not lonely	Lonely
All	81	19
Live alone?*		
Live alone	77	23
Do not live alone	83	17
Type of accommodation		
Own home	82	18
Residential	70	34
Supported accommodation	82	18

* P<0.05

Health

Participants were asked to rate three dimensions of their health: physical health, mental health and their enjoyment of life. Table 35 shows that few respondents (15% or less) would rate these dimensions as 'not good'. Four out of ten (41%) respondents rated their physical health as 'good', which is lower than for mental health (61%) and enjoyment of life (63%).

Across all three dimensions, women were more likely than men to give a 'good' rating. Self-rated physical health decreased with age: 48 per cent of those aged 55-64 years said that their physical health was 'good', compared with 36 per cent of those aged 75 years or over. However, in relation to mental health and enjoyment of life the reverse was true. Indeed, the age group with the highest proportion of respondents saying that their enjoyment of life was 'good' was the 65-74 years. Responses to these questions varied by deprivation of area, with higher proportions of respondents living in areas of least deprivation saying that their physical health, mental health or enjoyment of life was 'good' (Table 36). There was also some variation depending on whether the respondent lived in an urban or rural area. Those living in living in rural areas were more likely to say that their physical health or mental health was good, compared to those living in urban areas. A similar pattern is evident in relation to enjoyment of life although this was not statistically significant.

Table 35: Self-rated health

	%		
	Good	Fairly good	Not good
Physical health	41	44	15
Mental health	61	32	7
Enjoyment of life	63	32	5

Table 36: Self-rated health, by age, gender, deprivation and urban/rural

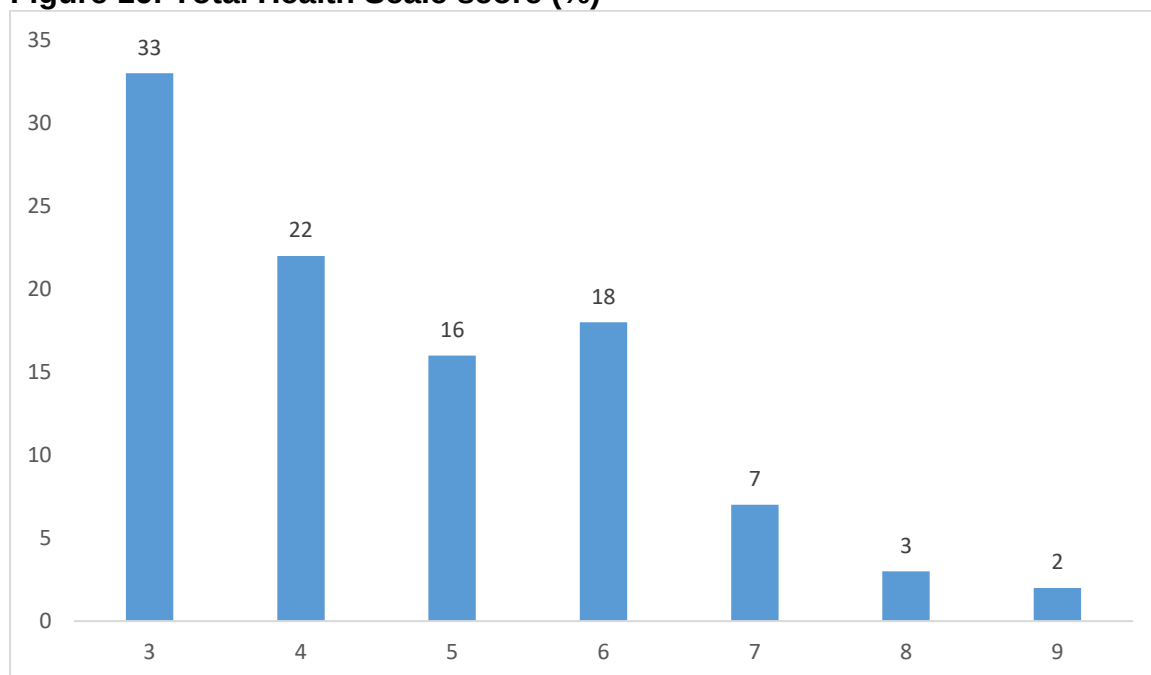
	Self-rated health (% saying good)		
	Physical health	Mental health	Enjoyment of life
Gender	*	**	***
Male	37	56	58
Female	44	64	66
Age	**		*
55-64 years	48	58	59
65-74 years	41	62	66
75+ years	36	62	62
Deprivation of area	*		*
Most deprivation	40	61	61
Medium deprivation	46	67	67
Least deprivation	50	68	72
Urban/rural	*	**	
Urban	42	61	63
Rural	47	70	68

* p<0.05; ** p<0.001; *** p<0.001

Health Scale

A total health score was created by adding together responses to the self-rated physical health, mental health and enjoyment of life questions. Scores are available for 1632 participants. As Figure 16 shows, one third of respondents (33%) had a score of 3, which indicates that they rated themselves as 'good' on all three dimensions. Only two per cent of respondents had a score of 9, which indicates that they rated themselves as 'poor' on all three dimensions.

Figure 16: Total Health Scale score (%)



The mean total health score is 4.6. Table 37 presents the mean scores across the different groups. The mean score for women is statistically significantly lower than for men (indicating that women have better self-reported health). The mean score varies by age group, although this is not statistically significantly different. The mean score also varies by deprivation, with those living in areas of most deprivation having significantly higher mean score (i.e. worse self-rated health) than those living in areas of least deprivation. The mean score was higher among those living in urban areas, indicating that the health is worse than for those living in rural areas.

Table 37: Total Health Scale score, by age, gender, deprivation and urban/rural

	Mean scores
Gender***	
Female	4.49
Male	4.77
Age	
55-64 years	4.61
65-74 years	4.53
75+ years	4.69
Deprivation of area**	
Most deprivation	4.61
Medium deprivation	4.38
Least deprivation	4.28
Urban/rural**	
Urban	4.58
Rural	4.32

* p<0.05; ** p<0.01

Participant Exit questionnaire

There were 1464 respondents to the Exit questionnaire, with ages ranging from 6 to 95 years. The demographic questions that were asked in the Entrance questionnaire were repeated in the Exit questionnaire and showed little change over the period of the project. This report, therefore, focuses on the questions relating to the arts projects the participants were involved in. The analyses are based on respondents aged 55 years or over.

Attitudes towards the project

At the exit of their project respondents were asked to give their views on eleven aspects of the project they had taken part in. As can be seen from Table 38, the vast majority were very positive about the project with more than three-quarters agreeing with nine of the statements. They were most positive about trying and learning new things (89%) followed by feeling good about what they have achieved during the sessions they took part in. Approximately three in five (62%) respondents said that they have taken part in other groups and activities due to taking part in the project. Only 11 per cent felt that the sessions they had taken part in were not well run.

Table 38: Attitudes towards the project

	% agreeing (score 4,5)
I have tried and learned new things	89
I feel good about what I have achieved during these sessions	88
I've made good friendships out of this project	86
I played an active part in this project	86
These activities have given me confidence to try different things	84
The sessions have made me want to take part in more arts activities	82
I've been able to express myself at these sessions	81
I've surprised myself & others by what I can do	78
These sessions have really made me want to go to arts events	74
I have taken part in other groups and activities due to this project	62
The sessions were not well run	11

Across ten of the eleven statements, more women than men agreed and the differences were statistically significant for six of them: feeling good about what they have achieved during the sessions; activities have given them confidence to try different things; the project has made them want to take part in more arts activities; they have been able to express themselves at the sessions; made them want to attend more arts events and they have taken part in other groups and activities due to the project they have been involved in (Table 39). Conversely, slightly more men than women said they thought the sessions were not well run (12% and 10% respectively).

Table 39: Attitudes towards the project, by gender

	% agreeing (score 4,5)	
	Male	Female
I have tried and learned new things	86	90
I feel good about what I have achieved during these sessions*	86	89
I've made good friendships out of this project	84	86
I played an active part in this project	83	88
These activities have given me confidence to try different things**	80	86
The sessions have made me want to take part in more arts activities***	74	86
I've been able to express myself at these sessions***	74	84
I've surprised myself & others by what I can do	74	80
These sessions have really made me want to go to arts events***	64	80
I have taken part in other groups and activities due to this project*	53	68
The sessions were not well run	12	10

* p<0.05; ** **p<0.01; ***p<0.001

As Table 40 shows, there were few differences across age groups and only one was statistically significant: more respondents aged over 75 years said they had taken part in other groups and activities due to the project than their counterparts aged 65-74 years and 55-64 years (66%, 63% and 54% respectively). Similarly, there were few differences in relation to deprivation of area and only two of these were statistically significant. Respondents living in the least (80%) and most (80%) deprived areas were more likely than those from the medium deprivation category (74%) to agree that they had surprised themselves and others with what they can do while those living in areas with medium deprivation were more likely than those living in the least and most deprived areas to say they had taken part in other groups and activities as a result of the project (69%, 66% and 57% respectively) (Table 41).

Table 40: Attitudes towards the project, by age group

	% agreeing (score 4,5)		
	55-64	65-74	75+
I have tried and learned new things	91	89	86
I feel good about what I have achieved during these sessions	90	89	85
I've made good friendships out of this project	85	85	87
I played an active part in this project	89	88	82
These activities have given me confidence to try different things	88	84	80
The sessions have made me want to take part in more arts activities	84	83	79
I've been able to express myself at these sessions	83	79	82
I've surprised myself & others by what I can do	77	78	79
These sessions have really made me want to go to arts events	77	74	72
I have taken part in other groups and activities due to this project**	54	63	66
The sessions were not well run	12	11	10

**p<0.01

Table 41: Attitudes towards the project, by deprivation

	% agreeing (score 4,5)		
	Most deprivation	Medium deprivation	Least deprivation
I have tried and learned new things	88	90	89
I feel good about what I have achieved during these sessions	89	87	90
I've made good friendships out of this project	88	85	85
I played an active part in this project	86	89	85
These activities have given me confidence to try different things	86	82	84
The sessions have made me want to take part in more arts activities	82	85	83
I've been able to express myself at these sessions	81	83	82
I've surprised myself & others by what I can do*	80	74	80
These sessions have really made me want to go to arts events	73	79	76
I have taken part in other groups and activities due to this project*	66	69	57
The sessions were not well run	14	9	11

*p<0.05

One hundred and twenty-two participants included a comment in response to being asked what they liked or did not like about the project. As the word cloud in Figure 17 demonstrates, the words 'enjoyed' and 'new' were used many times and, overall, the majority of respondents were very happy with the project they were involved in.

Figure 17: What respondents liked or disliked about the project



As well as enjoying the programmes they were involved with, many respondents mentioned the quality of the project and the tutors. For example:

- *Everything, the tutor was brill and the whole project was interesting, fun and varied and I learned new skills and I am now more interested in history and the Arts.*
- *I loved this project, [the facilitator] really encouraged me to try different techniques and gave me a new perspective on the use of colours.*

Many respondents mentioned companionship and making new friends:

- *Enjoy the companionship and the learning about photography.*
- *Enjoyed meeting other people and learning a new skill (playing guitar).*
- *I am very sad to see this project end. It has been a great joy. To take part in such a great scheme. Many new friendships have been formed.*

Very few respondents had anything negative to say. One mentioned the noise from a crèche which was in an adjoining room, one mentioned difficulty parking and another that the presence of another participant who was known to them meant they had to leave the project. One respondent said they would like a 'Bit more for hard of hearing maybe loop system'; however, overall the positive benefits and enjoyment of the projects came through very strongly in the comments (see Appendix A13 for full list).

Participant Entrance and Exit questionnaires: Longitudinal analysis

Earlier in this report, we analysed the responses of 1804 participants aged 55 years or over who completed the Entrance questionnaire, as well as the 1256 people who completed the Exit questionnaire. As each participant was given a unique identifier, we were able to match the entrance and exit questionnaires for the 792 participants who had completed both. Using this dataset of matched responses, we were able to undertake longitudinal analysis comparing participants' responses at the start of their programme and at the end of their programme. All the respondents were aged 55 years or over when they completed the Entrance questionnaire.

The focus of the longitudinal analysis is on the three measures which were included in the questionnaires at the entrance to, and exit from, the projects: the SWEMWBS, the UCLA Loneliness Scale and the measure of Health (physical, mental and enjoyment of life). The analyses will identify where any changes have occurred across the two time points and if these changes are statistically significant. However, any differences reported should not be treated as causal – in other words, we cannot be absolutely sure that they occurred as a direct result of participating in the programme.

Warwick Edinburgh Mental Wellbeing

Scores are available for the 591 participants who completed the SWEMWBS at the start and again at the end of their project. The mean score for this population of older people (aged 55 years and over) who completed both questionnaires was 24.63 at baseline before involvement with the programme. By the end of their project, the mean SWEMWBS score of the participants was 25.34. Therefore, the wellbeing of participants had improved between entrance to, and exit from, their project and this difference was statistically significant (Table 42). Wellbeing also improved for men and women, for all the age groups, for all three deprivation levels, and for those living in urban and rural areas.

Table 42: WEMWBS score, by age, gender, deprivation and urban/rural (mean scores)

	Mean scores	
	Entrance	Exit
All***	24.63	25.34
Gender**		
Male	24.50	25.27
Female	24.77	25.40
Age***		
55-64 years	24.27	25.47
65-74 years	24.39	25.02
75+ years	25.34	25.79
Deprivation***		
Most deprivation	24.41	25.56
Middle deprivation	24.91	25.40
Least deprivation	24.52	25.25
Urban/rural**		
Urban	25.00	25.65
Rural	24.49	24.95

p<0.01; *p<0.001

UCLA Loneliness Scale

Scores are available for the 428 participants who completed the UCLA Loneliness Scale at the start and again at the end of their project. The mean score for this population of older people (aged 55 years and over) who completed both questionnaires was 4.23 at baseline before involvement with the programme. By the end of their project, the mean UCLA Loneliness score of the participants was 4.05. Therefore, participants indicated that they were less lonely between entrance to, and exit from, their project and this difference was statistically significant (Table 43). Loneliness also declined for men and women, for all the age groups, for all three deprivation levels, and for those living in urban and rural areas.

Table 43: Total UCLA Loneliness Scale score, by age, gender, deprivation and urban/rural (mean scores)

	Mean scores	
	Entrance	Exit
All**	4.23	4.05
Gender**		
Male	4.45	4.16
Female	4.10	3.98
Age**		
55-64 years	4.46	4.36
65-74 years	4.24	4.00
75+ years	4.07	3.90
Deprivation**		
Most deprivation	4.20	4.13
Middle deprivation	4.17	3.95
Least deprivation	4.33	4.02
Urban/rural**		
Urban	4.44	4.21
Rural	3.93	3.83

**p<0.01

Health Scale

Scores are available for the 664 participants who completed the three questions on the Health Scale at the start and again at the end of their project. The mean score for this population of older people (aged 55 years and over) who completed both questionnaires was 4.46 at baseline before involvement with the programme. By the end of their project, the mean health score of the participants was 4.36. Therefore, participants showed better health between entrance to, and exit from, their project and this difference was statistically significant (Table 44). This pattern was found for men and for women, for those aged 65-74 years and those aged 75 years and over, for all three deprivation levels, and for those living in urban and rural areas. The total health score increased slightly for those aged 55-64 years, meaning a decrease in their health, although this difference is not statistically significant.

Table 44: Total health score, by age, gender, deprivation and urban/rural (mean scores)

	Mean scores	
	Entrance	Exit
Participants**	4.46	4.36
Gender*		
Male	4.61	4.47
Female	4.35	4.26
Age		
55-64 years	4.48	4.53
65-74 years	4.43	4.18
75+ years	4.52	4.48
Deprivation**		
Most deprivation	4.63	4.55
Middle deprivation	4.25	4.20
Least deprivation	4.52	4.29
Urban/rural**		
Urban	4.54	4.35
Rural	4.26	4.21

*p<0.05; **p<0.01.

Conclusions

The data indicate positive experiences for all four groups involved in the Arts and Older People Programme – audience, artists, volunteers, and participants.

- Nearly all audience respondents said that the event was very good or good.
- All of the artists said that they would be interested in working with older people again.
- Volunteers identified a range of benefits to volunteering in the AOPP, including greater awareness of older people's needs, new skills, friendships, improved confidence.
- At the end of their project, participants indicated that they had learnt new things, made good friendships, gained confidence to try different things, and were able to express themselves.
- The data show an improvement in health and mental wellbeing, as well as a reduction in the proportion of participants who were lonely, between the start and end of the projects.

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Appendices

Appendix A1: Performance attended (Audience questionnaire)

	Number	%
Art Matters	14	2
Artful Ageing	15	3
ArtsEktaAOPP Project	37	6
Having a Yarn	18	3
I Remember When	22	4
Music to your Ears	311	54
QFT Older Peoples programme	8	1
Shake Rattle and Roll	96	17
Shared history	26	5
Telling Tales Drama	23	4
Total	570	100

Appendix A2: Audience comments (Audience questionnaire)

- Why not have similar for women
- They look stimulated', 'They have a better social life than me', 'They still annoy me and it looks like I'm going to have to look after 2 of them for the rest of their lives'
- Loved every minute of the show
- Its keeps them off the streets!
- It was a privilege to hear stories & music from the guys taking part in this programme.
- I thought I already had positive views about older people but the energy buzz and skill that I saw at the concert was inspirational. The buzz amongst the audience was brilliant and infectious! I brought two older men (80 and 77yrs) with me - both widowers - they loved the evening and it seemed to give them a boost to see men of their age putting on such a good show.
- Has given my husband an interest again which was badly needed
- Great Show
- Go. Women sing as well and good pub singers from the past. I remember a lot of them, and they could sing. Tonight though as well very good. Enjoyable!!
- Fantastic to see so many men 'of a certain age' obviously enjoying making music & entertaining a full house.
- Fabulous
- Excellent night fun, well done everyone involved
- Brilliant
- An excellent show; so enjoyable
- *Brilliant event well done to all the musicians involved.

Appendix A3: Grantee (Artist questionnaire)

	Number
Action Mental Health Men's Sheds	3
ArtsEkta	1
Beam Creative Network	4
Derry City and Strabane District Council (DCSDC)	2
Eastside Arts	5
Echo Echo Dance Theatre Company	5
Golden Thread Gallery	2
Killyclogher Senior Citizens Club	3
Linking Generations NI	3
Lisnafin/Ardnalee/Trust CCDA	1
Nellisbrook Fold Tenants' Association	1
Oh Yeah Music Centre	1
Play Resource	2
Queens Film Theatre	3
Streetwise Community Circus	4
Waterside Theatre Company Ltd	1
West Bann Development	1
Wheelworks	4
Total	46

Appendix A4: Course (Artist questionnaire)

	Number
A Little Bit of What You Fancy	2
A Picture Paints a Thousand Words	2
Age-ility Circus	4
Art Matters	3
Art Workshop	1
Artful Ageing	5
ArtsEkta AOPP Project	1
Building Wisdom in the Community	5
Having a Yarn Bangor	1
Having a Yarn Comber	1
Having a Yarn Donaghadee	1
I Remember When	4
Music to your Ears II	2
QFT Older Peoples programme	3
Shake Rattle and Roll	1
Shared history	3
Something Borrowed Something True	1
Strabane Memories in Ceramics 14380	1
Telling Tales Drama Project	2
Up-cycling	1
Voice of Image	1
Young at HeART	2
Total	46

Appendix A5: Grantee (Volunteer questionnaire)

	Number
Beam Creative Network	2
Derry City and Strabane District Council (DCSDC)	3
Eastside Arts	2
Echo Echo Dance Theatre Company	5
Oh Yeah Music Centre	6
Wheelworks	16
Total	34

Appendix A6: Volunteer tasks (Volunteer questionnaire)

Memory box (n=12)

- Helping to record memories, help make a digital memory box (7)
- Helping to make a memory box (2)
- Helping with writing memories and chatting to older people
- Selected a group of students to assist in the making of a digital memory box
- We were helping to record memories. To add writing and pictures

General (n=11)

- Helped out at events (2)
- Helping run the event (4)
- Helping at the event, making sure people felt comfortable, and enjoyed it all.
- Helping folk arrive, getting them seated, serving food and encouraging participation
- Helping the service users to participate fully, helping the co-ordinators
- Setting up and preparation of art room. Preparing teas and coffees. Addressing any problems so as to ensure smooth running of class.
- Preparing materials, paints, tables, furniture set out etc. Preparing tea / coffee – helping with upcycled pieces. Painting / Upholstery etc.

Music/dance/performance (n=7)

- Helped to play with some of the beginners participants teaching them notes chords. Also help with the tea breaks for those with physical disabilities – mobility issues
- I have helped the men's project in preparing for their Strabane show as I cover the female singer's role
- I provide percussion and guidance and playing these within the group
- Performed under direction of the professional dancers
- Supporting Echo Echo workers, supporting service users one to one, to take part more fully
- Providing mentoring support for a movement class for older people
- Helped to run an event, music, dance etc.

Technology (n=4)

- Helped use technology (n=2)
- Helped with iPads (n=2)

Appendix A7: Why volunteer? (Volunteer questionnaire)

Specific skills, experience or projects (n=10)

- Because I am a member of Body Wisdom at Echo Echo and enjoy the work immensely
- Because I love this exchange of experience and the diversity of abilities and moving and dancing and music and there is no “wrong way”
- I am ongoing Eastside Arts Festival and C.S. Lewis Festival event volunteer
- I enjoy the acting and singing relating to the old showband era. So I help out at the rehearsal and shows.
- I have a lot of experience and wanted to share this.
- I play traditional music so this was a challenge to me to assist with others more country or showband music – I have enjoyed it.
- I wanted to volunteer on this project because I wanted to know how to make a digital memory box and I wanted to help older people
- Location, Association with provider
- Was contacted as Head of Year for year 8 in local school.

Help older people (n=10)

- Because I thought it would be fun and nice to help the elderly (n=7)
- So I could help older people with stuff and because I like hearing their story
- To help older folk get involved in the arts
- I think it is a very worthwhile project, I think movement and dancing are very important for older people

Benefit for volunteer (n=8)

- Looked like fun (2)
- I thought it would be fun and I enjoy helping people
- Because I thought it would be nice
- Having worked with children and young adult art programmes I wanted to extend my involvement and experience working with elderly groups
- I wanted to help with everything and it sounded interesting
- It might be interesting
- Worked with younger age groups in past, felt this would be a rewarding and challenging to work with mature ladies.

School (n=4)

- Form teacher selected me
- I decided to help because the head of year chose me
- I decided to volunteer because I like working with other people and also I get out of class
- My tutor selected me

Personal reasons (n=2)

- My mum has dementia
- Because my father was enjoying the project and my child had just started pre school so I had time on a Tuesday morning.

Appendix A8: Benefits of volunteering (Volunteer questionnaire)

- Awareness older people's needs, new skills, friendships, improved confidence
- greater awareness of older people's needs, new skills, friendships, improved confidence)
- Awareness of differences of today and past generations
- Felt good to help and enjoyed music
- Friendship and appreciation of others
- Friendships and new skills
- Great to be part of this, very moving
- Greater awareness of older people's needs
- Greater awareness of older people's needs, new skills, friendship
- I enjoy helping older folk get out and about
- I feel good that I have helped other people
- I feel more confident
- I found out about older people, I found new skill and made new friends
- I go great satisfaction being able to help and really enjoyed the day myself!
- I have enjoyed this project immensely. I was great to see participants enjoying themselves and think movements and confidence and communications skills have improved week by week.
- I have gained a more understanding and connection working with older people's needs. I have learned to appreciate and respect their needs and weaknesses.
- I have learnt new skills, greater awareness of older people's needs
- I learned new things like how to record and other little things and more about older people
- I really enjoy the men's project and helping with their performance – I learnt so much about the era. The guys are full of fun and a pleasure to work with.
- I think it helped me understand what life was like years ago
- I'm more aware of the knowledge that older people have.
- It has help my self confidence to speak in front of people
- It has opened my mind to the needs of members of our older community and what could be provided for them with limited resources.
- Just enjoyed time with my father enjoying our love of music and meeting the new friends he was talking about.
- Loved working on project – there is fantastic new friendships I have come across. Found that they were all so appreciative of all – gave myself more confidence working in this environment with mature adults.
- New skills

- New skills and confidence
- new skills, awareness of older people's needs
- New skills, better confidence
- New Skills, greater awareness of older people's needs
- The programme definitely gave me a greater awareness of the need for events like this for the older people. One lady told me she loved coming every week as she normally sits alone and looks at her four walls. Knowing you are helping is very rewarding and I really enjoyed seeing all the older people enjoying themselves having a laugh
- The pupils and the programme participants had great fun making their memory box – greater understanding of what life was like prior to modern technology, improved confidence and awareness of older people's needs.
- This was a lovely event, I felt like I gave something back
- To improve my self confidence

Appendix A9: What worked well (Volunteer questionnaire)

- Enthusiastic, buzzing, energizing, high spirited, love + respect, appreciation for others in themselves, and their work, great humour, sincerity, banter, sympathetic, understanding, great fulfilment, and pride in pieces accomplished. The venue for class was warm, cosy, great for all to interact, so as they could share ideas and endless chatter and loads of laughs and fun! Best class I have ever worked with – thank you for making me part of this experience.
- I think [name], [name] and [name] did a great job of creating the format that these guys could relate to.
- I think the iPads worked well (n=2).
- I think writing all the memories went really well.
- I thought the [name] the dancer teacher was very skilled in dealing humorously
- Introducing the soft background music created a calming relaxed ambience. Ladies had mentioned how they had really looked forward to their class – they had bonded and made new acquaintances, produced fantastic pieces of art and gained confidence, self-esteem, and above all fun!
- Live music was wonderful, the musicians add so much to the attention given to the dance/movement.
- Naturalness and unpatronising attitude of the leaders.
- The Echo Echo girls have tremendous skill and empathy with older people and I can only think that even more of the same would benefit the people greatly.
- The students imparted their IT skills / shared and listened to stories / assisted the participants in whatever area they were asked. It worked very well and enjoyable event for all involved.
- They all seem to enjoy making music and they forget their health issues for a time. Project seemed to be well organised.
- With the mix of skills the smaller breakout rooms are necessary but it means the tutors are moving between groups, so helpers are useful to keep the project moving.
- Wonderful day! Great music.

Personal impact (n=7)

- It has help me to speak in front of more people and it was great fun to hear how the past was for the elderly.
- It was great I got to hear stories when they were younger.
- Working with new people (n=4).

- Writing memories were fun and exciting I liked everything.

General comments (n=6)

- Brilliant day, no change.
- Couldn't improve anything.
- Fantastic event!! Well done!
- Great day, doing brilliant work at Oh Yeah, glad to be part of it.
- Great event, no change.
- Nothing.

Improvements (n=1)

- A bigger space.

Appendix 10: Grantee (Participant Entrance questionnaire

	Number	%
Derry City and Strabane District Council	371	20
Playhouse Theatre	136	8
Play Resource	135	7
Streetwise/Streetwise Community Circus	105	6
Fermanagh DC	91	6
MEAPP	86	5
Beam Creative Network	77	5
Action Mental Health (AMH) Men's Sheds	58	3
Neillsbrook Fold	54	3
Killyclogher Senior Citizens Club	51	3
Armagh City, Banbridge and Craigavon District Council	48	3
Void Gallery	34	2
Andersonstown Community Theatre	33	2
Pomeroy	32	2
NIAMH	30	2
An Creagan	29	2
ArtsEkta	29	2
Linking Generations NI	27	2
Border Arts	26	1
Causeway Coast And Glens District Council	26	1
Open Arts	26	2
Oh Yeah	25	1
Mindwise	24	1

Northern Ireland Hospice	23	1
Queen's Film Theatre	22	1
Waterside Theatre	22	1
Eastside Arts	21	1
Big Telly	19	1
Echo Echo Dance Theatre Company	17	1
Down Community Arts	13	4
Dylann Quinn Dance Theatre	11	1
South Lough Neagh	11	1
Wheelworks	11	1
West Bann Development	10	1
Golden Thread Gallery	8	<0.5
Harmony	7	<0.5
Spectrum Centre	5	<0.5
ABC/ABC Community Network	2	<0.5
Total	1804	100

Appendix A11: Project (Participant entrance questionnaire)

	Number	%
unknown	278	15
Music to your Ears II	111	6
Sing Out Loud	104	6
Hope Art	86	5
Ageility	60	3
A Picture Paints a Thousand Words	55	3
Age-ility Circus	40	2
Crafts	42	2
Creative Writing Sion Mills	40	2
Funny Bones	36	2
Arts And Older People	34	2
Act	33	2
Life Stories	30	2
Artsektaaopp Project	29	2
A Time for Crafting, a Time for Giving	28	2
Larger Than Life	28	2
Shared history	27	2
Disappearing Farm Houses	26	1
Something Borrowed Something True	26	1
Seeing Voices	24	1
Ceramic Landscapes	23	1
QFT Older Peoples programme	22	1
Lives & Legacy	22	1
Artful Ageing	21	1
Art Matters	21	1
Young at HeART	20	1
Engage	19	1
Machinations	19	1
Body Wisdom in the Community	17	1
Generation Art	17	
Crookmaking	15	
Dance The Memories	14	
Beginners Photography	14	

Plum & Strabane Music	13	
Art	12	
Art Workshops - Young at HeART	12	
Fabric Techniques	12	
Up-Cycling	12	
Willow Weaving	12	
Ardhowen Singing	11	
Dance Leaders	11	
I Remember When	11	
Strut And Stroll Ballyowen	11	
Ceramics/Textile	10	
Crochet	10	
Cushendall	10	
Dance At Ardhowen	10	
Having a Yarn	10	
Rathmoyle Monday	10	
Voice of Image	10	
Dance	9	
Photography	9	
Telling Tales Art Project	9	
Telling Tales Drama	9	
A Little Bit of What You Fancy	8	
Ceramics Omagh	8	
Crookmaking 2	8	
Digital Photography At Strule	8	
Reminiscence Strule	8	
Sewing	8	
Bessie Bell	7	
Families Beyond Conflict Strut And Stroll	7	
Flower Arranging	7	
Loopland Strut And Stroll	7	
Patchwork	7	
Skegways Strut And Stroll	7	
Thursday Whiteabbey Day	7	
Upholstery	7	

Woodcarving	7	
Writing & Reminiscence	7	
Cityway Strut And Stroll	6	
Film	6	
Fly Tying	5	
Grove Strut And Stroll	6	
Museum	6	
Rathmoyle Wednesday	6	
Ageility Morton	5	
Day Centre Tea Dance	5	
Highland Dancing	5	
Social Sofa	5	
Visual Arts Tullyalley	5	
Water Colours	5	
Whiteabbey Day Wednesday	5	
Ballymoney	4	
Carers Group Belfast	4	
Tuesday Whiteabbey Day	4	
Castleberg	2	
Cottages	1	
Glen Teadance	1	
Music	1	
Tea Dances Silverdale	1	
Total	1804	100

Appendix A12: Why not go to arts events (Participant Entrance questionnaire)

Personal issues

- Arts to me means classical music and painting etc, not for me
- Just arrived in NI
- Lack of confidence in meeting new people
- No confidence
- Lack of meeting with people with same interest
- Perhaps it is not reasonable but I have always believed that participation in arts activities is a middle class “thing”!

Practical issues

- Could do with facilities being more central
- Distance required
- Don’t always have transport
- I am quite old so rely on my family taking me to events such as circus school and exhibitions
- Lack of appropriate classes is all pottery classes often over subscribed
- I haven’t played an instrument for a long time
- I work unsociable hours
- Away a lot
- There is no bar in the class
- Having enough ‘spare’ time
- Time restricted

Caring responsibilities

- Can’t go out because I’m a carer for my son
- Caring responsibilities for sister and step mother

Health issues

- Coordination problems due to Alzheimers
- Health
- I got two new knees

Positive things

- I like arts

- I am loving the course and delighted to be able to participate we have a great teacher
- I enjoy creating and enjoy working with art materials, paints, jewels etc.
- I enjoy music
- I go to everything I can
- I have been involved in the past
- It was good to meet other people and the facilitator
- Love gardening and bee keeping
- [name] loves taking part in all activities she is willing to try different activities and has a great rapport with people
- No just love art
- Retired this year was busy up until now want to get involved.
- This woman attends various activities, bowls, zumba, karaoke, she is supported to attend by a key worker

Appendix A13: Benefits of Programme (Participant Entrance questionnaire)

- A couple of hours relaxation
- Because of low esteem about myself. Art makes me feel good in myself. Writing songs makes me happy.
- Building friendships and learning more about music
- Combats my sense of isolation and lack of purpose
- Companionship and friends you make, and realise how good you are at various crafts.
- Companionship with people I grew up with
- Easing feelings of isolation.
- Enjoy exercise and dance
- Enjoyment
- Excellent project excellent teacher most enjoyable, challenging and beneficial. Thanks!
- Exercise my joints / arthritis
- Exercise, Regular Commitment
- Extend my vision of what counts
- Family participation - new discussion at home with extended family
- Friendships and fun experiences
- Gets you out on a Tuesday morning and get to know other people and enjoy company and bad jokes!!
- Good to get out, meet others
- Great programme. Very enjoyable
- Great to see older people getting out yes I love the painting and the teacher involved all present Thank you :)
- Having been mugged and taken a severe stroke, fortunately I recovered quite well. Enjoy getting out while I can. Family
- Health benefits for osteoporosis and balance
- Help young people
- Helps keep your mind alert
- Hoping to get motivated to spend free time painting at home regularly
- I have always wanted to try guitar
- I love dance and the guitar music
- I spend one month per year solo travelling. The skills I have learned from this project are very protable and help me to
- Indifferent to above
- Information

- Interaction with peers of same age group and younger
- Keep your mind active. Give you the chance to mix with like minded people and share your ideas
- Keeps you fit
- Keeps you networked and keeps your mind alert
- Learning and getting involved in something I know nothing about
- Like to see the Echo Echo team here
- Make new friends
- Maybe I have after that could make a difference
- Meeting younger generation with their optimism and joie de vivre
- Mixing with people that are likeminded
- New furniture for Grandchildren
- New skills and helps me feel better about myself
- Out meeting people
- Really enjoyable thanks
- Regain interest in music, lost since having stroke
- Respite from my care duties
- Safety in performing, without backing tracks for which I was assaulted, doing 3 gigs solo
- Self Expression
- Sense of Achievement
- Something to do in my spare time
- Something to look forward to each week. Thanks you.
- Thank you very much
- The activities have improved my balance
- The main benefit for me would be to learn something new - - - - friendship / fun would be a welcome bonus! Both would
- This has been the best ever that I have been involved in since I left the Lifford Players
- To meet different people from different community
- To socialise
- Understand the writing of songs
- Very good to get out and meet people
- Very important to wellbeing
- When I joined the project I was attending a 'fall clinic' now they have told me I have good mobility and balance and knee

Appendix A14: Participants' comments about the programme (Participant Exit questionnaire)

- (Qu 26 Not Yet) I loved every minute the class was well run and teacher was excellent thank you :)
- Able to discuss experiences with caring with others who have been through similar situations. Learning about writing and acting for radio.
- All of the sessions were very enjoyable
- Amazing what you can produce from so little
- Bit more for hard of hearing maybe loop system
- Brilliant
- Company and social belonging during activities. Good guidance from tutors
- Doing things I have never done before and meeting new people from the community.
- Due to ill health
- Encouraging tutor, friendly group
- Enjoy the companionship and the learning about photography
- Enjoyed learning a new skill but would like to continue and apprehensive that I want an opportunity to continue as I was taught on this course and gather that the other courses do not teach.
- Enjoyed meeting new people. Great satisfaction with work I have done!
- Enjoyed meeting other people and learning a new skill (playing guitar)
- Enjoyed the project and the company
- Enjoyed writing: greatly enjoyed learning about backstage. Didn't enjoy how long some sessions lasted.
- Everything, the tutor was brill and the whole project was interesting, fun and varied and I learned new skills and I am now more interested in history and the Arts.
- Fantastic in all aspects
- find it very helpful and surprised myself at what I could achieve
- Found it very good and interesting and surprised myself enjoyed it very much
- Found it very interesting and would love to do more
- Found it very interesting, was surprised how many lovely things made by myself
- Good when everything started to gel. Made some friends and look forwards to new session.
- Got a lot of help from the staff, enjoyed the company and made new friends
- I liked learning new skills and found the tutor to be excellent

- I am very sad to see this project end. It has been a great joy. To take part in such a great scheme. Many new friendships have been formed.
- I enjoyed all of the sessions
- I enjoyed being creative and meeting other people and the teachers are so helpful
- I enjoyed it all
- I enjoyed learning new skills and was amazed at the talent in the group. It gave us an opportunity to showcase our skills. I enjoyed the companionship
- I enjoyed meeting and working with people
- I enjoyed the company of the class members and the tutors were very helpful
- I enjoyed the interactions with the other participants - I like learning techniques and the confidence building that resulted in achieving end products far beyond what I thought I could achieve. The teacher was warm friendly and very competent, she made the classes very enjoyable and encouraging. The location was also very close to home. The only downside was the loud noise of the creche in the adjoining room. Excellent overall.
- I enjoyed the movement, I was able to take it at my own pace and develop my movement skills. We need more!
- I enjoyed the needle craft and lampshade making. Wasn't so keen on the brooch making.
- I enjoyed the project thoroughly all due to our excellent teacher
- I enjoyed the social aspect, got to know more people and felt part of the group. I felt very proud of what I achieved.
- I enjoyed the variety of the activities and I am encouraged to pursue some of the things eg sewing
- I enjoyed trying to do lovely canvas painting.
- I have really enjoyed this class the tutors have been lovely and made a lot of lovely friends very helpful.
- I learnt different skills and also got to know the different ways to update your 'furniture?'. Also the friendship that I made and the encouragement from the '...lessons and participants?'
- I like dancing on my own and with other people. I feel like I could talk openly with the teacher.
- I like everything about it
- I like most things and try anything
- I liked being able to move my body
- I liked everything
- I liked everything - it was great fun.

- I liked everything about the sessions wanted to attend each week. Enjoyable and fun.
- I liked everything about this project except that from time to time I had difficulty in parking my car. I feel our art project teacher is excellent with lots of patience with the senior people and gives attention equally to everyone. We would like very much to do another project with her.
- I liked everything I'm surprised how good I feel
- I liked the crafts and making things
- I liked the new ideas we got from the project
- I liked the variety of craftwork and the pleasant tutor support
- I liked this project because we tried out new things which was fun and we had lots of aughs with the group. Norma was very good at instructing us and keeping us right throughout the project.
- I loved being able to develop my sewing skills and combining sewing paint and embroidery to create a lovely pice and will continue this exercise at home
- I loved everything about the project, the teacher was excellent
- I loved the chance to interact with the younger generation - they were amazing!
- I loved the project but I liked less on the days when there were No Custard Creams
- I loved the whole project it brought me out of myself, meeting new friends, sharing my thoughts and feelings lifting other up, sharing medical problems and helping them to see things differently laughing a lot just a big thank you
- I loved this project, Brian [the facilitator] really encouraged me to try different techniques and gave me a new perspective on the use of colours
- I particularly enjoyed being art in the conly taking photographs of the landscape and his Vanial Buildings.
- I particularly liked the tutors attitude, helpful, friendly, expert, and great coffee makers!
- I really enjoyed learning and trying new skills and also working cooperatively to achieve our goals. Jan was so well organised and hard working. Thank you.
- I really enjoyed the project. The artists put us at our ease and gave us the confidence to do new things. As one of our members died at the beginning of the project it was therapeutic and helped participants to talk things through.
- I really enjoyed this programme. I met new people and enjoy the project making and up cycling some furniture. Many thanks to all involved!
- I really enjoyed this project and the tutor installed confidence with her helpful and interested comments. Felt part of a group which was due to the holistic approach of the tutors. Karen was brilliant!

- I really enjoyed this project as I had intended to write down some stories of when I was young but never got around to doing it. This project motivated me and it's lovely I can leave a record of my life when I am gone.
- I thoroughly enjoyed this project, it enabled me to update two pieces of small furniture which have been sitting incomplete for some time.
- I was able to take part in a lot of the exercises and able to say out loud what I was unable to do personally.
- It builds community across religious and political divides encourages me to step out of myself and make new friends of a similar age who share their problems e.g. health with other men when they wouldn't open up to a professional especially women.
- It made me very relaxed
- It made relax
- It was a challenging and enjoyable project that produced great team working and fun too. The design and programme content was a great vehicle for personal development
- It was a great project really enjoyed it!
- It was good
- Just meeting up with some 25 new friends over a period of some 4 months, forming a wonderful relationships culminating in a successful finale
- Kindness and patience and meeting others and talking to each other to learn and exchange culture
- learning new skills
- Learning new skills, expressing energy through memories and art work. Meeting [names]
- Liked it doing all the futterie wee things we did
- Liked the informality of the project but there was still a purpose and objective to the whole exercise i.e. the show which was a very enjoyable and pleasantly surprising experience.
Thanks
- Loved the challenge. Great experience listening to others stories. Jan was a wonderful teacher.
- Loved this project. Hope there are more? Great tutor.
- Luckily I am very active and attend the gym/swimming pool 3-4 times a week. But I really look forward to Tuesdays @ 2pm-4pm. Great team of facilitators and bunch of men!
- Meeting and making new friends. Learning more about music. Gaining more confidence in myself. Great bunch of people involved. Getting an interest in learning to play guitar!
- No nothing all good

- Nursing home chair exercises residents appeared to enjoy and seemed beneficial. My opinion is that if chair exercises were held in assisted living quarters would be even more beneficial.
- Painting objects allowed me to express myself and learn new things with new projects
- Plenty to do and I enjoyed it
- Provided opportunities to learn new skills in a friendly and welcoming environment. Good range of art activities to choose from.
- Really enjoyed the project - leadership was excellent never did acrylic painting before but made good progress. \enjoyed the company and chant with the rest of the class 10/10
- Run well, enjoyable, learnt lots from tutor.
- Something very different to other activities I have taken part in. It also reached out to me during the make up of the posters because I paint and draw and also do other crafts. So it was a pleasure to the end of the programme.
- Stretching my guitar playing experience. Making new friends.
- Taught me something I would never have thought of doing
- The camaraderie, the new knowledge I've acquired but mostly the expertise shared by the friendly and caring tutors
- The classes were social, fun a bit of banter and tutor took great interest in everyone's work and was helpful and encouraging.
- The facilitators were excellent. As was the administration of the project. Please, please try to continue it.
- The fellowship, music challenges sympathies/patronal support of the tutors. The environment credited by council offices and facilitators led to a non-threatening environment for learning. The facilitators added credence to the project as did the overall management by council officers.
- The friendships I've developed and meeting of like-minded people amusing as well as informative.
- The painting was run by a very serious humourless art teacher and it was not suitable for someone with dementia (my mother) she did make a painter out of me.
- The project is excellent
- The project was brilliant and the two tutors were inspiring. Enjoyable six weeks and first class venue.
- The project was great as a whole
- The project was very enjoyable, I have learned more about decoupage and embroidery. The felt broaches and pictures were all new to me and the group.

- The project was very helpful for physical health for me. The classes improve flexibility, strength and balance. The classes in nursing homes were very noticeably beneficial for residents. They looked happy, relaxed and engaged. It was very pleasing to see the number of men who were keen to be involved. As dance leaders we benefitted from being involved and feeling helpful.
- The welcome The Humour Informality
- The whole project was aimed at men getting together, sharing and interacting views, experience, common interests, establishing friendships. This was achieved through a new learning process of music.
- This is my first workshop, I have had a ball, met new friends and can't wait to get started again.
- Thoroughly enjoyed attending the art sessions both for social interaction and learning new art techniques.
- Took part in this project and feel I like more practical projects like corking with copper and clay.
- Unfortunately I didn't feel comfortable in this project. It was not the projects fault, a member joined group who has had a seriously negative impact on my family life and subsequent mental health over the years. I found myself returning to the mental state of mind that this individual had on me over the years and the only option to preserve my health and well being was to leave the group, otherwise the group was a great way of meeting new friends and extended family.
- Very Enjoyable
- Very friendly and helpful
- Very good
- Very good project very good for people in homes - gave them something to look forward to - something different.
- Was not long enough
- Well run
- were very well run
- Working with other people. Learning new things. Learning not to say "I can't" until you try something.
- Would have liked it to last longer, really enjoyed all projects in the programme.