

April 2018

Arts & Age



festival 2018

A series of events throughout Northern Ireland

**Celebrating and strengthening the
voice of older people through the arts**



Message from the Chair

Welcome to the Arts & Age Festival



John Edmund
Chairman, Arts Council of Northern Ireland

The Arts Council of Northern Ireland, alongside our partners working in the fields of arts, age and the health and care professions, is delighted to be hosting Northern Ireland's third annual Arts & Age Festival. The festival offers a month-long series of events, throughout the region, highlighting the contribution that artists and arts organisations are making to the lives of our older citizens through the Arts & Older People Programme. Key social, health and wellbeing issues that are addressed include poverty, isolation, loneliness, and the promotion of positive mental health.

This short brochure provides an overview of the main festival events taking place during April. The centrepiece event is the Arts & Age Conference 2018 at Cultra Manor on April 17th. The theme of this year's conference is 'The Art of Dementia', with keynote speaker Sebastian Crutch, a leading expert on dementia and the arts.

All of the events taking place during the festival month are supported by the Arts & Older People Programme. The programme

is run by the Arts Council in partnership with the Public Health Agency and The Baring Foundation. Since its inception in 2013, it has involved more than 21,500 older people in the widest possible range of creative activities, increasing opportunities for positive engagement in the arts and challenging perceptions of what it means to be an older person.

Northern Ireland is an international leader in this field. I hope you will join us and our partners as we celebrate the achievements of the innovative Arts & Older People Programme and as we continue to develop inspirational creative solutions to the issues affecting older people.

John Edmund
Chairman,
Arts Council of Northern Ireland

Conference 2018

'The Art of Dementia'

**Cultra Manor, Cultra,
153 Bangor Road, Holywood, BT18 0EU**
Tuesday 17th April 2018
10.00am–3.00pm

The *Arts & Age Conference 2018* aims to highlight the benefits of the arts to the health and wellbeing of older people through the Arts & Older People Programme, which is supported by the Arts Council of Northern Ireland National Lottery fund, The Baring Foundation and the Public Health Agency.

Join us as we hear from speakers who will reveal, through their own work, the benefits of participating in arts activities for people with dementia. Contributors to the event include Sebastian Crutch, who is a leading expert on rare forms of dementia. His research is directed at improving our understanding of different types of the condition. He is also the Director of 'Created Out of Mind', a movement that opens up new conversations with the public that help shape perceptions of dementias and the arts.

Other contributors will be reflective of the difference the arts have made within their own practices. There will be interactive workshops to facilitate healthy discussion around the experience of those delivering art workshops and what it means for the participants.

The conference is aimed at policy makers, health agencies, artists, arts organisations and those working in the fields of arts and older people. It offers an opportunity to promote the benefits of creativity to the health and wellbeing of our older citizens.

Attendance is FREE but by application only.

The closing date to register your interest is Friday 30th March 2018.

For further details, please
contact Lorraine Calderwood:
Tel: 028 9262 3555
Email: lcalderswood@artscouncil-ni.org



In 2018, **19 Arts & Older People projects** across Northern Ireland will benefit from Arts Council funding

Workshops and Events

To date, over **21,500** older people have participated in **136** creative arts projects funded through the Arts & Older People Programme, with activities taking place across Northern Ireland in a variety of settings.

The projects outlined in this brochure have workshops and events taking place during April 2018, and through the year, and reflect the range and breadth of arts activities taking place on a year-round basis.

A Little of What You Fancy

Golden Thread Gallery

Based in Belfast, Golden Thread Gallery is working in partnership with Oh Yeah and an independent artist to deliver 8 taster and 12 workshop sessions of visual arts, words and music. The taster sessions will take place at Connswater shopping centre, libraries, community centres, public spaces and Oh Yeah centre. At the end of the project two showcase events will take place.

Workshops

The workshops will explore the art of album covers, song lyrics, small acoustic concerts and a performance element where the participants create their own album/group photo. These will take place at Kilcooley Women's Centre, Ladybirds Group, Whiterock, Glenalina Care Home, Springfield Road and Newington Day Centre.

A Little of What You Fancy Exhibition

There will be an exhibition at the Golden Thread Gallery and an arts and music event at the Oh Yeah Music Centre.

For further information, contact Golden Thread Gallery on 028 9033 0920, email info@gtgallery.co.uk or Lesley Cherry on 077 8750 7947

A Visual Memoir

ArtsEkta

This project involves the creative exploration of memories. Stories and experiences are brought to life through visual panels created in the workshops. Participants have explored reminiscence techniques to extract poignant and important memories and use objects or photographs to inspire the subject of their art pieces.

A series of workshops will see participants depict their own 'Visual Memoir' through a scrapbooking project. They will explore age-relevant issues such as loneliness, inclusion, wellbeing and negative stereotypes of ageing. Outcomes from these sessions will then be used to create a scrapbook of memories.

Showcase Exhibition

A Visual Memoir Showcase Coffee Morning will be held Tuesday 24th April 2018 for all to come along and see the artwork created so far. Tea and buns will be provided.

For further information, contact Aoife on 028 9023 1381 or email aoife@artsektta.org.uk

47% of participants in the Arts & Older People Programme live in rural areas





78% of participants in the Arts & Older People Programme gained renewed confidence to try new things

Telling Tales

Waterside Theatre Company, Derry-Londonderry

The Telling Tales Programme is an intergenerational art project linking together four care homes and four primary schools.

The project aims to engage directly with 100 older people who will all gain new skills through 40 weeks of 2-hour, high quality, intergenerational art workshops. The older people will work with artists and young people to produce pieces of art work, pieces of theatre and short stories around different themes, to include social issues and intergenerational equity, that will be displayed and showcased in the care homes, as well as at an event in the theatre in April 2019.

Workshops

During the Arts & Age Festival, weekly intergenerational workshops will take place in Longfield Care Home, Templemoyle Care Home, Greenfield Care Home and Rectory Field Care Home throughout the month of April.

For further information, contact the Waterside Theatre on 028 7131 4004 or email aj@watersidetheatre.com

www.watersidetheatre.com

Music to Your Ears 2

Derry City and Strabane District Council

Music workshops for men aged over 55 years are taking place in two venues, the Library, Strabane and the Tower Museum, Derry with Mickey Joe Harte and Terry McCafferty. There is a programme of music and this year the drama side will be developed, with creative writing around the history of the various music eras.

Music Workshops

Running Tuesdays 10am–12pm at Strabane Library Rooms and 2pm–4pm at the Tower Museum.

Finale Event

Each group will showcase their projects during the month of May in their local area.

For further information, contact the Alley Theatre on 028 7188 4760

www.alley-theatre.com

Ticket To Ride

Play Resource Warehouse

Based in Belfast, Play Resource Warehouse is a centre of creativity using waste materials from industry to create artworks with community and voluntary groups across Northern Ireland.

The project will work with the Ulster Folk and Transport Museum along with various care homes and day centres across Belfast. They will develop a programme of events and creative activities that will increase the participants' confidence. The aim is to ignite and inspire a passion for travelling. Humour and enjoyment will be key to the success of the project.

Participants will be asked to think about their own favourite travels and that will be explored in the group sessions.

Workshops

Workshops will take place in the group settings and there will be visits to the Ulster Folk and Transport Museum over a two-year period.

For further information, contact the Play Resource Warehouse on 028 9035 7540 or email admin@playresource.org

Creative Age

An Gaelaras

The project aims to work with 80+ older people living in a number of disadvantaged, marginalised and deprived areas of Derry. The components of the project are Ukulele-supported singing sessions, Ukulele-building workshops, Song-writing sessions, dance workshops and photography. The project will feature two public presentations / performances. This project has been co-designed by Cultúrlann Uí Chanáin and Glen Development Initiative.

Workshops Ukulele and Singing / Song Writing / Photography

Venue: Glenview Community Centre
Dates: 27th February–3rd April

Old style sean-nos dance Workshops

Venue: Cultúrlann Uí Chanáin
Dates: 27th February–3rd April

Performance

The project will culminate in performances and informal presentations.

For further information, contact Peter O'Doherty on 028 7126 4132 or email peter@culturlann.org

www.culturlann.org

Age-ility Circus

Streetwise Community Circus

Streetwise Community Circus aims to make circus skills open and accessible to all people regardless of age, gender, disability or economic, religious or cultural background. The Streetwise Age-ility programme targets older people aged 55+ and has been running since 2014. The workshops are open to all abilities and no experience is required. The Whitehead workshops are run in partnership with the Alzheimer's Society and are open to people living with dementia and their carers.

Workshops

Venue: St Patricks Church Hall, Whitehead.
Dates: Every Tuesday 10.30am–12.00noon

Venue: Morton Community Centre.
Dates: Every Friday 11am–1pm.

A Stitch in Time

Void Gallery Derry

At the turn of the 20th century, Derry's skyline was dominated by the smoke rising from the chimneys of the city's shirt factories. More than 30 firms in Derry made shirts and collars, employing 7,000 women / girls and thousands more out-workers in surrounding districts.

A Stitch in Time is a multi-disciplinary contemporary art project with artist facilitators Mhairi Sutherland, Karen Cassidy, Stephanie Gaumond, Tina McLaughlin, Denise Blake and Louise Walsh. Participants from the third & fourth age sectors including: active age groups, nursing homes, day care centres, community groups are invited to come to Void to take part in a series of workshops in printmaking, painting, poetry and textiles. The gallery will also present an exhibition of work detailing the women in the City Shirt Factory by the artist Louise Walsh along with a special workshop and panel event programme.

Workshops

Throughout the Arts & Age Festival, Void Engage will deliver a series of workshops, talks and tours in conjunction with the exhibition and aimed specifically at older people.

Exhibition

The work will be exhibited in April. Check website for details.

For further information on the project, contact Sally Murphy on 028 7130 8080 or email sally@derryvoid.com

www.derryvoid.com

Body Wisdom in the Community

Echo Echo

Echo Echo will lead two dance and movement workshop programmes for older people in partnership with Strabane Community Project and Praxis Care and will be supported by Echo Echo's Body Wisdom group. Workshops will introduce participants to the concept of 'Poetic Movement' and invite them to engage in a rich and deep movement practice and to explore and develop their creativity in movement.

The Dance and Movement workshops for over 20 elderly participants will address issues of isolation, loneliness, lack of physical activity and creative stimulation. Participants will be recruited with assistance of Strabane Community Project from Strabane Neighbourhood renewal area and will include both men and women who are over 60 years of age.

The project will culminate in a sharing of the work at the Echo Echo Studios with an invited audience of family, friends, carers and local representatives and stakeholders.

Workshops

Venue: St Patrick's Hall, Strabane,
Dates: 25th January 12.50pm–1.50pm for 11 sessions

Venue: Richmond Hall, Eden Terrace Derry,
Dates: 16th May 10.30am–12pm for 12 sessions

Showcase Event

Echo Echo artists, Body Wisdom volunteers, Strabane Community Project and Praxis Care participants, staff and carers at Echo Echo Studios, Magazine Street, Derry. 23rd August 12pm–2pm.

For further information, contact Echo Echo Dance Theatre Company on 028 7130 8883 or email info@echoechodance.com

www.echoechodance.com

EngAGE Art

Beth Johnston Foundation / Linking Generations NI

Co-ordinated by Linking Generations NI and targeting social isolation and loneliness, Generation Art aims to engage older people in intergenerational arts projects in the Ards Peninsula, supporting improved understanding and increasing mutual respect.

that will help the wellbeing of the older people and overcome social isolation. The project will also create new and lasting community involvement and encourage volunteering.

Generation Art Exhibition

The aim of the project is to use art to bring older and younger people together to create art for display in the care homes. This will involve helping young people understand communicating with older people with various degrees of Dementia. The result is to create art with positive outcomes such as building relationships

An exhibition will be held in the last week in April.

For further information, contact Linking Generations NI on 028 9181 3022 or email info@lgni.org.uk

Arts for Hospice

Northern Ireland Hospice

This project aims to work with 3 x Belfast Day Hospice groups, including patients supported and transported to the Belfast centre, 2 x Dementia Day Hospice groups, Patients and Carers together, 1 x Rural Ballymoney Day Hospice Group, Carers' Support groups, working with Carers only and In Patient Unit, one-on-one and group creative interventions with individuals, their Carers, loved ones and staff. The arts to be delivered include Print, Glass, Drama/Movement, Creative Writing, Digital Arts, and Music. These are to be delivered over a two-year period. The arts

created will be showcased throughout the buildings and in a celebration event in the Belfast Hospice.

For further information, contact Clare McComish, Arts Care artist in residence for Northern Ireland Hospice on 028 9078 1836 or email clare.mccomish@nihospice.org

www.nihospice.org

Young at HeART

Beam Creative Network, Donaghmore

A creative hub in the heart of Donaghmore, BEAM Creative Network provides workshops for older people in photography, upcycling, textiles, painting and drawing through the Arts & Older People Programme.

Now in its fourth year, Young at HeART targets older people not involved in other groups or organisations, directly tackling issues of social exclusion. A key contributor to the success and impact of the programme is the provision of transport for participants living in rural areas, breaking down barriers to access to the arts.

Workshops

Venue: Torrent Complex, Donaghmore.

Dates: Thursday mornings

Exhibition

An exhibition of the work will be held at the Torrents Complex, Donaghmore.

For further information, contact BEAM Creative Network on 028 8776 9157

www.beamcreativenetwork.com

Artful Care Staff, Artful Older People

Community Arts Partnership

Community Arts Partnership begins its two-year Artful Older People project, which includes co-facilitated, multi-art form workshops for older people with dementia in six residential settings in Belfast, Lisburn and beyond. CAP will be training, mentoring and supporting care staff to get involved in arts activities whilst the artists are in situ and create a continued legacy of creative work once the project is finished.

In year two of the project CAP will be working with a further three care setting groups; if you would like to express an

interest in your group participating please get in touch. In 2019 CAP is also planning 'Time for You' workshops for carers and 'Time for Us' workshops for carers and the loved ones they care for.

Please contact CAP to register.

For further information on events and workshops please contact Julianne on 028 9092 3493 or email julianne@capartscentre.com

www.capartscentre.com



The **average age** of participants in the Arts & Older People Programme is 70

82% of participants built good friendships through the Arts & Older People Programme



ENGAGE

ABC Community Network

Improving the lives of older people is the focus of the ENGAGE project which seeks to help them become more involved in community life, make new friends and participate in new activities through engagement in the arts. Participants have the opportunity to take part in a variety of arts activity and to create an original piece, possibly for the first time. The project will target older people's groups, in a variety of community settings, in the Craigavon Neighbourhood Renewal areas.

traditional craft sessions including wood carving, stone carving, basket weaving, living willow sculpture, glass artistry and leather craft.

Full details of programme activity – dates, times and venues will be promoted at www.abccommunitynetwork.com and a variety of social media platforms. For more information contact ABC.

The programme, which commenced in October 2017 for eight months, comprises 50 taster sessions and six 6-week

Artful Ageing Radio Drama

Eastside Arts

Jan Carson has been guiding participants with experience of caring through the development, writing, recording and editing process of two short radio dramas exploring the issues and experiences related to being a carer. The two radio dramas produced, and a bespoke users' toolkit will be available to local carers groups and organisations in the hope that they will provide an opportunity to begin conversations about both the positive and negative aspects of caring for another person.

Event

An event will be held at which the two new radio plays will be premiered and where you can hear from the participants who created them. This will take place at the Arches Wellbeing & Treatment Centre on Wednesday 18th April at 7pm.

For further information go to www.eastsidearts.net or contact EastSide Arts on 028 9045 1900

Young@'Art

Ballintoy Young at Heart Club

Young@'Art aims to combat loneliness and isolation of older people and older disabled people from rural Ballintoy and environs using different arts media to promote active ageing, social inclusion, positive health and wellbeing. Young@'Art will deliver a programme of arts and crafts to connect older people in the rural area of Ballintoy and its environs which targets older men, older women and older people with disabilities to enrich their lives, connect them through art and tackle loneliness.

For further information, contact
Margaret Reid on 028 2076 2420 or
email reid961@btinternet.com

Wet Felting Workshops

Venue: St Joseph's Hall, Ballintoy
Dates: 25th January, 1pm–3pm for
8 weeks

Mosaic Workshops

Venue: St Joseph's Hall, Ballintoy
Dates: 8th March, 1pm–3pm for
16 weeks

Relief Sculpture Workshops

Venue: St Joseph's Hall, Ballintoy
Dates: 13th September, 1pm–3pm for
8 weeks

Talents of Accolade

Accolade

Based on the interest expressed following previous music singing and instrumental workshops and visits from other community music groups, events are arranged to suit each group's needs and requirements. This includes interest in instruments, type and style of music, songs and traditions. The programme is managed to suit the abilities (physical and mental) of the group's members. The development of skills (motorical, breathing improvement, rhythmical) follows the professional advice of experienced musicians and facilitators. Performances are found to be a desirable way of expression for all members of the groups.

Workshops

Sessions will be held in Newry Arts Centre, Lurgan Jethro Centre, Bessbrook Community Centre and Crossmaglen Community Centre. Workshops will take place each week from January through to July.

For further information on the
project contact 078 5712 5893 or email
accolade.acac@gmail.com

www.accoladecommunityart.com

Something old Something new Something borrowed Something true

Neillsbrook Fold Tenants Association

The project aims to engage three groups within the mid Ulster area. Each group has been exploring different artforms, with the majority of participants trying them for the first time. The groups are connecting with local fundraising events and have taken influence from the local area to produce creative pieces. Also one of the groups is working with fabric and hoping to produce individual pieces for the first time.

Each group has identified local events and is in discussion about exhibition possibilities. All three groups will be meeting up for a 'show and tell' event and options for a whole project exhibition are being investigated by each group and the artist.

For more details about the locations and
dates of the workshops and exhibitions
please contact artistnormabeggs@gmail.com

QFT50 Seniors Film Programme

Neillsbrook Fold Tenants Association

QFT is a two screen cinema that has occupied a unique place in the cultural and entertainment life of Northern Ireland since 1968. To celebrate the milestone of turning 50, QFT is working with three Seniors groups' participants who can share their memories of the films they have seen, and experiences of cinema going they have had over the last 50 years.

a public screening planned by the groups. The final showcase and celebration event at QFT will include all participants reading a short piece that they have written about their cinema going memories, screening of the short trailers they have produced, and exhibition of the posters they have created.

For more details about the locations and
dates of the workshops and exhibitions
please contact Marion Campbell on
028 9097 1396 or email qft@qub.ac.uk

Arts & Age


arts council
of Northern Ireland

festival 2018

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This publication may be available in other formats upon request.

For further information on the Arts & Older People Programme, please contact Lorraine Calderwood,
Arts Council of Northern Ireland, Tel: 028 9262 3555 or email: lcaldерwood@artscouncil-ni.org

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