

TAnDem Wellcome Newsletter February 2017 Review



Collaborator Day

One of the month's main events was the Created Out of Mind Collaborator Day. The day was an opportunity to hear more about the individual projects taking place within the Hub, and was full of thought-provoking discussions.

"Reflecting on beginnings"

The day began with a presentation from Project Director Sebastian Crutch, in which he gave an overview of the Hub's progress. With most of the individual projects being in their initial stages, emphasis was placed on reflecting upon our beginnings rather than an 'end goal'. Sebastian spoke about the significance of initial conversations and the stage of 'search' before the carrying out the research study.



Discussion Points

As each project leader updated the rest of the group on their projects, some interesting discussion and reflections arose:

- The Hub being a unique point of reference for future research
- Creating opportunities for people with dementia to be *included* in research. Their contributions should be seen as valuable.
- The word 'test' (e.g. from cognitive psychology), its meaning, and whether it should still be used
- Considering and reflecting upon the experience of individuals when they participate in research
- The importance of considering different perspectives e.g. staff, carers, families, people with dementia
- Empowering people with dementia

World Cafés

The second half of the day was dedicated to discussing three main themes that had arisen from the morning's presentations: Reflections, Diversity, and Connections. Collaborators were encouraged to not only discuss these topics, but to represent these conversations in a variety of mediums.

- **Reflections**
Reflection was discussed as a method and a valuable part of the research process. How can reflections alter our perspectives on our work?
- **Diversity**
Discussions included an acknowledgement that there is a lack of diversity in current research. The importance of including and listening to individuals from a variety of backgrounds is essential to improving health for all.
- **Connections**
There are different types of connections throughout Created Out of Mind; connections between different disciplines, institutions, and connections between people themselves. What makes for a good connection? And how do we judge what connections are valuable? What happens when there is a breakdown in communication?



Hub Pub

Inclusion and Diversity

February's Hub Pub focused on inclusion and diversity. The evening emphasized the importance of improving health for all through recognising and listening to diverse perspectives.

Created Out of Mind's Jill Walton, Nurse Coordinator for Rare Dementia Support, gave an interactive session on understanding and including diverse dementia perspectives. For more information on Rare Dementia Support visit <http://www.raredementiasupport.org/>



Kal Puvanednran, who helped run the development phase of the Wellcome Diversity and Inclusion project area, drew on her personal experiences to highlight the importance of recognising cultural identities when approaching dementia care and support. Read more on Wellcome's Diversity and Inclusion project at <https://wellcome.ac.uk/what-we-do/our-work/diversity-and-inclusion>

Tea Talks

Iris Musel: "I am still here" A Series of Art Installations exploring Dementia

Creative producer Iris Musel from Limbic Productions visited the Hub to discuss her series of interactive art installations 'I am still here'. The purpose of the series is to investigate how the sense of perception, sense of the self and forms of expression may change in people living with dementia. The series is made up of the following art installations:

- **A sense of Wonder**
An exploration into how the perception of vision and sound may change for people with dementia. This includes depth perception, hallucinations, and the location of sound in space.
- **Mumble Jumble**
Presented as a series of games, Mumble Jumble focuses on the complexity of abstract and concrete thinking processes in people living with dementia.
- **Soma-tic**
Soma-tic is an exploration of the somatic senses and how these may be influenced in dementia.
- **I am still here**
A merge of the research and components created for the above installations by presenting them as a compilation of elements to be navigated through a maze structure.

More information and a full project description can be found at <http://www.limbicproductions.com/portfolio/item/iamstillhere>



Alive Inside

Film Screening

The Hub hosted a screening of the film 'Alive Inside' in partnership with The Alzheimer's Society. Alive Inside is a documentary which portrays how the use of familiar music can positively affect people living with dementia and other neurological conditions. It follows social worker Dan Cohen, founder of the organization Music & Memory, as he demonstrates these positive effects.

"A joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity"

[Alive Inside Website](#)

The evening included a discussion led by Clare Walton from The Alzheimer's Society and Created Out of Mind's Julian West from The Royal Academy of Music.

More information about Alive Inside can be found at <http://www.aliveinside.us/#about>.

For more information about Music and Memory visit <https://musicandmemory.org/about/mission-and-vision/>

Reading List

The Created Out of Mind website now features a reading list in which the team are sharing what they have been reading and why. This will be regularly updated with contributions so please do take a look!

<http://www.createdoutofmind.org/reading-list/>

Upcoming Events

Music in Dementia Care with Bev Foster 16th & 17th March

There is still time to register for Bev Foster's workshops that will be taking place at the Hub. Bev Foster is a leading music educator and the founder of The Room 217 Foundation, a Canadian organization dedicated to music in care. The purpose of these workshops is to add to the number of people who can deliver music interventions to individuals living with dementia in a range of settings (community, care home, hospitals).

<http://store.nottingham.ac.uk/product-catalogue/schools-and-departments/institute-of-mental-health>

London Creativity & Wellbeing Week 12-18th June

As part of London Creativity and Wellbeing Week, collaborators from Created Out of Mind will be running public participatory events for both people living with and without dementia on June 15th:

- Artist in residence Janneke Van Leeuwen will be inviting the public to join her in an open exploration of visual artwork from the Wellcome Collection, using the Visual Thinking Strategies (VTS) method.
- Resident artist Charlie Harrison will be inviting the public to take part in a drawing exercise in the shape of a cognitive test, as seen in his 'Single Yellow Lines' project. This exercise aims to determine what we can find out about the 'normals' of human gesture and control.
- Core research member and artist Charlie Murphy will be inviting the public to examine the language and metaphors that are associated with dementia through playful graphic explorations with typography.
- Core research member Paul Camic will be asking participants to handle and talk about museum objects as a way to gauge 'in the moment' wellbeing.

To find out what other events are taking place throughout the week visit <http://www.creativityandwellbeing.org.uk/>

