

Dementia Arts and Wellbeing (DA&WN) Network held its first workshop on October 3-4 2016 at the Institute of Mental Health, Nottingham. Dance practitioners Richard Coaten and Fergus Early led this first workshop. People with dementia, family carers, creative practitioners and researchers met for two days of workshops. This provided direct experience of the benefits of dance for all. It was clear that there are benefits in bringing dance into the lives of people living with dementia – both within health and social care settings, and in people’s own homes. The network aims to inspire researchers and to advance and inform practice in the field of dance and dementia, to improve the lives of people with dementia. The team developed plans for increasing knowledge about dance and dementia. Some anticipated activities include: a short animation about the transformative potential of dance for people living with dementia; training opportunities for dance practitioners; a Nottingham-based dance and dementia hub; and a realist synthesis involving national and international perspectives.

## Day 2: Mind Mapping CREATIVE INITIATIVES - Tanya and Fergus

### 1. Ideas inspired by Day One:

- Power of Intergenerational dance projects – mutual interest & benefit to all, potential funding possibilities.
- School/care-home partnership; instigating longer-term legacy relationship between two institutions. (Not to get bogged down this road?)
- Research questions to be carefully integrated in all projects.
- Creative Documentation and video analysis to be developed.
- Mentor model – training up staff and fellow interested practitioners  
(Work already happening in Yorkshire Dance Hub)

 **Might a Making Performance be a way of reaching out with new ideas?** An integration of performance art forms? – Commission a Choreographer and writer to create a work based on academic research – to push and develop creative language itself. Might this be participatory – and how does this determine performance style? Exploring ‘flexibility’ and spontaneity – ‘in the moment’. Exploring the dynamics of symbolic and metaphoric imagery. This has profound impact of other artistic disciplines i.e. Design & Visual

 Celebrating Age

- + Embedding PICO: Participants, Intervention, Comparator, Outcomes (systems of Evaluating effects)
- + Realist synthesis: personal experiences, anecdotal evidence, literature, medical analysis, and chemical effects on body.

## 2. Leads to Bigger Vision?

### + **Might Nottingham host a National Meeting of Dance Hubs for focus conference with workshops?**

Existing Dance hubs are:

Dance 4 - Nottingham

Pavilion Dance – South West England

Yorkshire Dance Hub

People Dancing – Foundation for Community dancing (Dance for Parkinsons)

Merseyside Dance Initiative - Bisakha Sarker

South East Dance (Brighton)

- + Question: Distinctions between Dance therapists and Dance Practitioners/Community Dancers?
- + What are the benefits for developing training with older people: Falls prevention everyone can understand. Well – being – Open Out our thinking?
- + Obvious people to approach to coordinate would be People Dancing as they are ACE funded and based in Leicester

### HISTORICAL BACKGROUND TO DANCE FUNDING:

70's & 80's dance was led by small local initiatives – small pockets of funding sufficed. Into the 90's Government decided we needed Dance Agencies – these were often brought under umbrella of existing Cultural Institutions (e.g. a playhouse). Smaller companies shut down and dance focus concentrated on serving the community (also a good thing) but sadly at the expense of creating Art.

- + Study on impact of people watching Dance would be interesting?

### 3. **LOCAL thinking!** Local to Nottingham and University of Nottingham.

✚ Nottingham already has well-resourced and funded (ACE) Dance centre – DANCE 4. We suggest a meeting with Paul Russ Artistic Director DANCE 4. Make contact with clear objectives in mind.

#### ✚ RESEARCH:

What is the intent of DA&WN in regards to reaching out to practitioners locally and nationally?

Share aims and principles of DA&WN with DANCE 4 and assess their interest?

How might DANCE 4 benefit from collaborating with DA&WN?

How might DA&WN benefit from collaborating with DANCE 4?

What is DANCE 4 Mission statement? Discover links.

*(Dance people are always interested to know more about what each other are doing - Fergus)*

Does DANCE 4 have a training programme?

If so, what is it?

What is DANCE 4 interest in Research into Dance and Dementia?

What (if any) DANCE 4 activities already exist involving dementia community?

### 4. SUGGESTIONS for TRAINING

A. Dance Practitioner Course (Green Candle Diploma) – Led by Fergus Early – The modules already exist – Units are accredited by Open College Network – Level 3 (Remember to Dance- Fergus Early)

Follow a 6 months model.

Sat/ Sunday once a month for Midlands (North)

Involves Physiotherapist, Administrator, and Risk assessment.

B. Look to the future for Free-Style workshops. Create support mechanism for practitioners. Bi-annual meetings for

Dancers working with older people – would need Budget for Outreach worker and co-coordinator.

C. High level workshop for dance dementia practitioners – 2-3 days. Refresher Days – workshops. (Onsite UoN PAS performance studios good – based at Lakeside Arts Theatre)

## 5. PLAN OF ACTION: NEXT STEPS

- ✚ Contact Paul Russ at DANCE 4 – Arrange meeting (Tanya to liaise with Fergus)
- ✚ Visit DANCE 4 Studios
- ✚ Assess interest
- ✚ Assess resources
- ✚ Present DA&WN ideas
- ✚ Make Links: Yorkshire Hub, National Hubs –Christian’s video analysis work based in Leicester.
- ✚ Share Suggestion for National Meeting Hub and Support mechanism
- ✚ Assess DA&WN involvement? To listen, observe, record as part of ongoing Research and Evaluation?