

January 2018

## cARTrefu to continue until 2019!

cARTrefu, Age Cymru's arts in care homes project, will continue arts residencies until Spring 2019.

Thanks to further funding from the Baring Foundation and Arts Council Wales, cARTrefu will continue for another two years. The second phase of cARTrefu started in August 2017 when we recruited a new team of 12 artists to each deliver residencies in 5 care homes. And, even better news: cARTrefu is still free to care homes.

To date, cARTrefu has worked with 122 care homes, running 976 two-hour workshops for older people living in residential care. That's 1,952 hours of free art workshops delivered to care homes in every council region in Wales.



We're looking for care homes that would like to receive a free 12-week arts residency so if you're a care home manager, an activities coordinator, or a member of staff from a care home, please get in touch to register your interest:

[emma.robinson@agecymru.org.uk](mailto:emma.robinson@agecymru.org.uk)

## Age Cymru launches free cARTrefu Activity Cards for care homes

The 16 artists who have been delivering cARTrefu sessions in care homes since 2015 have compiled and condensed their favourite and best-loved activities into a brand new activity pack.



The pack is made up from a large selection activities in the following art forms: Visual Arts, Words, Performing Arts, and Music. There are five activities in each art form, and each activity has been simplified into a step-by-step guide so that care home staff, perhaps with no experience of delivering activities, will be able to have a go at



enabling residents to create their own art work. More information about how to receive your free activity cards can be found on Page 2.

## Receiving your free cARTrefu activity pack

We've created the cARTrefu Activity Pack to inspire care homes to get creative and embrace the arts! Whether you're a care home that does lots of arts activities or a care home that wants to try more and needs a helping hand, there are lots of ideas in this pack to help you on your way.



To receive a free pack of cARTrefu activity cards please email your care home's address to Emma at:

[emma.robinson@agecymru.org.uk](mailto:emma.robinson@agecymru.org.uk)

The pack is also available to download at:

<https://www.ageuk.org.uk/cymru/health-wellbeing/cartrefu/>

## Share Your Stories!



We'd love to hear from care homes who have received a cARTrefu residency and have stories to share about their experience. Please get in touch and let us know how the residency went and what creative things you're now doing with residents as a result. There is so much art and creativity going on in care homes and we'd love to feature and celebrate it in future newsletters. **Please get in touch!**

# The cARTrefu Report

The results of Bangor University's cARTrefu evaluation was launched at the Senedd.

For the past two years our cARTrefu artists have been collecting a wealth of evaluation documents from every care home they've worked in. We wish to thank every care home that contributed to our evaluation: your help is massively appreciated and hugely important.



The report has been written by Dr. Kat Algar-Skaife at the Dementia Services Development Centre who concluded that cARTrefu has brought fundamental changes to the way care staff view some of their most vulnerable residents. This was one of the key findings of the evaluation which was presented to Ministers and AMs at a special celebration in the Senedd on Tuesday 10 October 2017.

The evaluation found that the project increased the well-being of residents, improved their social skills, and even helped some of them regain long lost abilities like using a knife and fork. It also found that the project had a positive impact on care home staff with many reporting improved attitudes to residents, especially those with dementia.

One carer said “It made me realise residents are more capable than one might give them credit for.”

Commenting on Dr Algar-Skaife's findings, Age Cymru's chair Meirion Hughes said: “The cARTrefu project has thrust care homes and their residents to the forefront of our thinking, and rightly so, thanks to the skills of the artists and the contribution of the participating care homes and their staff.”

The full report can be downloaded from the Age Cymru website: <https://www.ageuk.org.uk/cymru/>

Huge congratulations and thanks to Dr. Kat Algar-Skaife!





# Meet the new team!

In August we recruited and trained a brand new team of artists to deliver the next phase of cARTrefu. Our new cARTrefu team are currently undertaking their first residencies in care homes we've previously worked with, but very soon they could be coming to deliver art workshops in your care home!



Alice is an artist, arts educator and curator who has exhibited work in the UK and Europe. Alice graduated in Visual Performance at Dartington College of Arts, and completed an MA in Art Museum and Gallery Studies from Newcastle. She is assistant curator of Ceredigion Museum

Alison graduated from Swansea University in 2005 and went on to complete a PGCE and an MA at Swansea. Her work as an artist has evolved from her experiences as a child within the South Wales valleys and explores traditional stitch and print, reflecting on the working class values of community life with its humour and warmth.



Beth studied Time Based Practice at Cardiff School of Art and Design. After graduating in 2006 she has continued to exhibit and organise Art and Art events nationally and internationally. Her work utilizes highly aesthetic scenes to evoke uncanny ritual and images alluding to a mythical reality based on a distorted "popular culture".

Dymphna is a professional and community artist, arts facilitator, educator and lecturer based in Conwy. Dymphna has worked and performed throughout the UK, Europe and Japan collaborating with an eclectic group of professional artists. She works with people of all ages and abilities, inspiring individuals to discover their own unique form of expression.





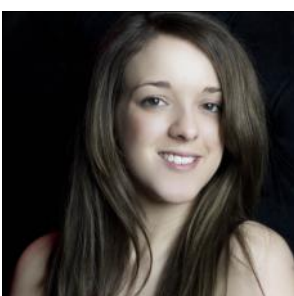
Ilar is a classically trained Mezzo Soprano with a keen interest in drama, movement and inclusive arts. Ilar is also a Welsh speaker. Some of Ilar's activities over the years include: Drama and Local Cultural Officer for Theatr Felinfach, singer & actress for Opra Cymru, Guildhall School of Music and Drama, WIAV & Opera Cocktail. She has also worked as a workshop leader for groups such as young offenders and Syrian refugees in Germany and Belgium.

Jon works with moving image and painting, as well as clay and sculpture. He likes the idea of one art form combining with another. Thematically, his work is quite personal, usually involving people doing mundane tasks with arrangements of objects that hold significance for them. Jon is interested in the way in which we can use images and words to express our inner worlds in both times of joy and sadness.



Laura has been a practicing artist since 1999, holding a BA Hons in Ceramics and an MA in Fine Art from Swansea College of Art. After graduating in 1999 she created Swansea's first pop up gallery and founded Applied Arts Un. Ltd, a community arts organization dedicated to encouraging pride and participation in visual arts in Swansea and beyond. Laura has worked as an artist with numerous schools, residential homes, community groups and organisations.

Penny attended the University of Salford where she was awarded a BA (Hons) Visual Arts. Her practice is predominantly influenced by the use of typewriters and dictionaries. She works with old books and also hand-binds new books to create bold and distinctive work inspired by life stories. Her work has exhibited both nationally and internationally as part of Juried exhibitions. She has worked in permanent collections at Beaney House of Art & Knowledge at The University of Kent.



Emma trained in Dance in DeMontfort University. She then began developing herself as a dance artist through the creation of community and education projects and programme as well as performance work. Her wealth of experience in teaching and performance led her to the role of Dance Development Officer in 2013 at the Brewery Arts Centre where she runs and delivers in house and outreach dance programme.



Susan is a writer, performer and workshop facilitator currently based in Cardiff. Her performance credits include: Nice Day for A Welsh Wedding (BBC Wales), The Passion (National Theatre Wales), From The Mouths of Mothers (The Pleasance & Central School of Speech and Drama) and The Good Neighbour (Battersea Arts Centre) amongst other television and theatre.

Tara went to Harrow College of Art & Design where she studied Illustration. Returning to Denbigh she began working with Craig Bragdy Design Ltd a Ceramic Mural / Pool making company based in the town. The textures and techniques learnt there have influenced her work and this is something that she hopes to develop more within her own practice. She continues to exhibit and produce her own pieces of art.



## *cARTrefu Mentors*



Michal is a photographer and a current Ffotogallery tutor. Michal studied Documentary Photography at the University of Wales, Newport, graduating in 2008. His work explores the relationship between landscape and memory; marking the silent passing of otherwise insignificant individuals and histories. In 2009, he won the Emerging Photographers award by Magenta Foundation, as well as an Honourable Mention at Px3 Prix De Photographie, Paris.

Jon specialises in inclusive creativity with a background in both Theatre and Music. He has taken great delight in working with theatre companies who are considered Welsh leaders in their fields, including The National Youth Theatre of Wales, Hijinx Theatre and Taking Flight Theatre Company. Jon founded the arts organisation COMMUNICATION (2012), and performance group Not My Monkeys (2015). Jon was a Next Generation practitioner for the ASSITEJ Festival and World Conference 2017: Cradle of Creativity in Cape Town.



Deborah is an artist, designer, illustrator and lecturer. Deb spent the first half of her work life as a creative director in the publishing world. Upon moving to St. Davids in 2009 she made a career shift from publication design to working as an exhibiting artist and visual storyteller who is inspired by the people, history and landscape of Wales.



## On the road ...

Some of our cARTrefu artists have been on the road throughout 2017, delivering arts training to care home staff across Wales.

As part of cARTrefu's commitment to support and promote creativity within care homes, we've designed and delivered a series of hands-on training days for care home staff.



Starting in Hengoed Court Care Home in Swansea, the cARTrefu team delivered four training days in May, travelling to Brecon (Theatr Brycheiniog), Rhyl (St. David's Care Home) and Barry (College Fields Nursing Home). At each event our artists worked with care home staff, getting them to step into their residents' shoes and participate in arts activities that they could then run with their residents once they returned to work. Each of the training events were fully booked and each participant received a free cARTrefu Activity Pack to inspire new activities.

Due to the phenomenal success of these events, cARTrefu has run further training in Pembroke Dock and St. Mellons (Quarry Hall Care Home). Care home staff who attended also saw these events as a perfect opportunity to network, often describing the day as a great chance to meet other activity



coordinators. One activity coordinator said the day was, "relaxed, enjoyable and great to be working with other care homes!"

The final training event of 2017 took place in Hafan y Waun Care Home in Aberystwyth on November 30th. To register your interest in future events please contact Emma at:

[emma.robinson@agecymru.org.uk](mailto:emma.robinson@agecymru.org.uk)



*And finally ...*



## *The Age Friendly Culture Network*

The **Age Friendly Culture Network** is a new national initiative created through a collaboration between National Museum Wales, Ageing Well in Wales, Arts Council Wales and Gwanwyn (Age Cymru). The network will bring together individuals and organisations from the arts, culture and heritage sectors from all over Wales to share skills, knowledge and good practice. It will develop innovative and practical ways to better engage with older people and improve their quality of life and wellbeing. To find out more, please visit:



<http://www.agefriendlyculturenetwork.co.uk/#about>



## *Gwanwyn 2018*

Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age. The festival began in 2007 and is supported by Arts Council of Wales and Welsh Government.

Gwanwyn, which means spring in Welsh, celebrates older age as a time of opportunity for renewal, growth and creativity. Our aim is to offer opportunities for greater participation by older people in the arts, whether visual arts, drama, storytelling, music, literature, photography, dance or film.

If you're organising an event for older people and want it to be part of Gwanwyn's itinerary, please get in touch with Age Cymru's Arts & Programme Manager Emma Robinson: [emma.robinson@agecymru.org.uk](mailto:emma.robinson@agecymru.org.uk)

<http://gwanwyn.org.uk/>