

Evaluation of Suitcase Stories 2 a music & reminiscence activity programme with people living with dementia and their carers across Worcestershire November 2018 – September 2020

By Jenny Davis



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with people living with dementia and their carers across Worcestershire
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1 Introduction

Between November 2018 – September 2020, a programme of 133 music & storytelling activity sessions was delivered in 2 museums, 2 community centres, 1 hospital and 15 care homes across the Wyre Forest, Wychavon, Bromsgrove and Redditch districts of Worcestershire with people living with dementia and their carer's. 9 performances of new songs, that were created from the memories gathered, happened at 3 of Onside Advocacy's dementia cafes in Worcestershire. A training programme was also part of the programme which included 2.5 days of training with Mindsong and the lead musicians in a care home in Pershore and 3 music students were mentored by the musicians. An online symposium to share the impact of the project and discuss dementia and culture for the arts, health and heritage sectors was also created. It was delivered through films of the speakers on a new web page of Museums Worcestershire's website alongside a live Q and A session on Zoom.



“brilliant as always, no matter how we feel when we come in, we are always happy when we leave” participant

“it's the best thing we do all week” participant



Aims and Objectives

The aim of Suitcase Stories 2 was to;

1. Increase the well-being of people living with dementia and their carers
2. Decrease the isolation of people living with dementia and their carers
3. Increase the participants engagement in music
4. Increase the participants engagement and understanding of Museums Worcestershire handling objects
5. Ensure there is a skilled workforce that can deliver music and reminiscence sessions in care homes and in the community

We aimed to achieve this by;

- delivering 63 music and reminiscence sessions in the community to 36 people
- delivering 60 music and reminiscence sessions in care homes to 144 people
- delivering 2.5 days of training for the 3 lead musicians with Mindsong
- delivering 12 monthly music sessions in the community for 12 people
- mentoring 3 music students
- delivering 1 arts/heritage and health symposium



- documenting Worcestershire people's memories from the 40's, 50's and 60's through nine new songs
- documenting the project through a short film
- creating photographic evidence
- evaluating the project at the beginning, middle and end



The partners in the project included Museums Worcestershire, Wychavon District Council, Bromsgrove District Council, Redditch Borough Council, Wyre Forest District Council, Worcestershire County Council, Onside Advocacy, Kidderminster College, Birmingham Conservatoire and the Alzheimer Society.

This project was kindly funded by Museums Worcestershire, Worcestershire County Council, Arts Council England, The Elmley Foundation, Wychavon District Council, Wyre Forest District Council, Bromsgrove District Council, Redditch Borough Council, John Martin's Charity and the Bransford Trust.

Suitcase Stories 2 was led by Arts Uplift CIC a community arts company specialising in arts and health and heritage www.artsuplift.co.uk in partnership with Museums Worcestershire www.museumsworcestershire.org.uk.

Highlights

During the programme,

- **431** individual people living with dementia and their carers participated in at least one session
- **728** hands-on engagements took place
- Fortnightly sessions -**24 people out of 68** came to at least ½ the sessions
- Monthly sessions-**10 people out of 35** came to at least ½ the sessions
- Care home sessions- **201 people out of 329** came to at least 3 out of 5 sessions
- **281** people attended the performances of the songs
- Musicians used the techniques learnt in their training with Mindsong in their sessions outside of this project
- In the care homes when the average score was compared to when the participant was not engaged in the activity on **478 occasions out of 1127 participants well-being scores increased which is 42%.**
- In the community sessions on **298 occasions out of 488 participants well-being scores increased which is 61%**



2 Background

The acknowledged value of arts & reminiscence activity for people living with dementia.

There is a huge amount of research now which evidences the positive impact of music and reminiscence with people living with dementia. The latest Arts Council England's strategy 'Lets Create' 2020-2030¹ mentions arts and health as one of its key areas for development. One of their latest survey's says that;

*"76% of older people say culture and creativity is important in making them feel happy"*².

Darren Henley Chief Executive of Arts Council England also talks about culture in the new strategy;

*"The bottom line is: they make us happy"*³

Creative Health: The Arts for Health and Wellbeing by the All-Party Parliamentary Group on Arts, Health and Wellbeing July 2017 also mentions the evidence that "the part of the brain responsible for storing emotional memory is unaffected by dementia which means that the evocative effects of music endure throughout life." ⁴ It goes on to say;

*"arts participation enhances brain function, improving resilience to dementia"*⁵

which both suggests the powerful affects that music and arts can have on people living with dementia.

Arts and Heritage Services

Background to Museums Worcestershire

Museums Worcestershire comprises three fantastic venues – The County Museum at Hartlebury Castle, Worcester City Art Gallery & Museum and The Commandery.

¹ Arts Council England 'Lets Create' Strategy (January 2020)

² Arts Council England Older People's Poll 18 (January 2016)

³ Arts Council England 'Lets Create' Strategy (January 2020)

⁴ All Party-Parliamentary Group on Arts Health and Well-being Inquiry Report (July 2017)

⁵ All Party-Parliamentary Group on Arts Health and Well-being Inquiry Report (July 2017)

Museums Worcestershire want to share their passion for the unique art, artefacts and stories that have shaped the identity of Worcester and Worcestershire for over 2000 years.

They believe museums help to make sense of the world by inspiring deeper knowledge of our history and culture and they want to make their collections, buildings and stories accessible, relevant and enjoyable.

The roles of Museums Worcestershire are to:

- Enrich the cultural heritage and future of Worcester, Worcestershire and beyond.
- Enable shared high-quality experiences, discovery and interaction at the County Museum at Hartlebury Castle, The Commandery, Worcester City Art Gallery & Museum, the joint collections store and through offsite projects and programmes.
- Encourage understanding through the preservation and interpretation of the museum collections of Worcester City Council and Worcestershire County Council, and to make the collections widely accessible.
- Expand opportunities by supporting other museums and organisations in Worcestershire and beyond.

How Suitcase Stories came to be

Museums Worcestershire, and prior to Museums Worcestershire's creation, Worcestershire County Museums Service, provided museum services to older people and people living in isolated areas in the county between 2004 and 2016 through the 'Museum on the Move' or MoM. This funding however has ceased to exist now.

To help with the 'Museum on the Move' loss, in the autumn and winter of 2015 Museums Worcestershire also ran a pilot with Wychavon District Council's arts development in 6 of the Wychavon area's care homes. Within this programme the museum had developed 6 suitcases of handling objects from the 40's, 50's and 60's with different themes such as hair and beauty and holidays. Wychavon arts development contributed a visual artist to work with the museum assistant to run reminiscence and visual arts and crafts sessions related to the objects. The pilot Suitcase Stories was a direct result of the success of this project and a development of the handling objects and the arts with older people. The new aims now in partnership with Arts Uplift CIC were to try and work with people living with dementia at an earlier stage of the disease and that were still living at home.

Suitcase Stories 2 built on the work already done and the intention was to deliver an 18 month project running it over a longer period of time than the pilot. It was delivered in the community in areas where most people attended before, showing need. There was also a desire to deliver in care home and day care settings again with a new art form. From the consultation with past participants music was



requested the most, so Suitcase Stories 2 had a music focus this time creating 9 new songs from the memories recorded. We also wanted to upskill the musicians delivering in this area of work and created a partnership with Birmingham Conservatoire and Kidderminster College to offer mentoring to their students. We also worked with Mindsong to support the projects lead musicians. With all of the projects that had been delivered so far, we felt it was a good point to share some the learning to the wider sector, so we decided to also offer a symposium to the arts, museum and health sectors to train and stimulate debate. The challenge was to deliver 21 fortnightly sessions in the community with only 6 suitcase themes existing, so there was a development need here which was taken on by Su Vale, a member of the Museums Worcestershire team.

Strategic priorities

Below are listed all the priorities for the District and County councils and Museums Worcestershire that address the Suitcase Stories 2 project, as all were funders and project partners.

MUSEUMS WORCESTERSHIRE:

- Museums that are part of people's lives and the local community
 - A leading County service and a beacon for others
 - A service supported and used by other Council departments and partners

Service Plan 8/19

- *To improve health, volunteering and learning opportunities in local communities*
- Extend community partnerships supporting Worcester City Council and Worcestershire County Council's wellbeing priorities

Service Plan 19/20

- *To improve health, volunteering and learning opportunities in local communities*
- Develop Museums Worcestershire's specialisms in working with home educated students and with reminiscence work for those living with dementia



WYCHAVON ARTS DEVELOPMENT

The current corporate strategy 2016-2020 is;

“Our purpose is to be an outstanding, innovative council delivering great services and making life better for everyone in Wychavon.”

Priorities

- People: healthy, happy, active and supported
- Place: green, clean and safe with quality, affordable homes
- Prosperity: vibrant communities with quality jobs and skills.

This project firmly addresses the first objective, People. A high proportion of Wychavon's residents are defined as living with dementia and consequently of being at risk of social isolation. The Wychavon Arts Development team's 2018-2019 work plan included specific delivery commitments aimed at older people with dementia and their carers’.

WYRE FOREST ARTS DEVELOPMENT Corporate Plan 2014-2019

Priority

Place: Ensure that there are good things for me to do, see & visit

Priority People;

- Give me a voice
- Help me improve my health and well-being

REDDITCH AND BROMSGROVE ARTS DEVELOPMENT

Bromsgrove Corporate Plan 2017-2020

Priority: Provide good things for people to see do and visit

Objectives;

- To work with partners to develop a diverse range of arts and cultural activities
- Develop a programme to raise awareness of social isolation
- Continue to support '5 ways to wellbeing'

Redditch Corporate Plan 2017-2020

Priority: Provide and support high quality, culturally diverse events and arts activities

- Work with communities and partners to develop a diverse range of arts and cultural activities and promote Redditch as a location of choice for arts professionals and organisations
- Work with partners to develop a programme to address social isolation through the arts and social activities

Priority: Help people to have active bodies and active minds

- Work with partners to promote and deliver appropriate mental wellbeing support
- Support and promote the delivery to the Five Ways to Wellbeing

WORCESTERSHIRE ARTS PARTNERSHIP

'1000 days' ArtsStrategyPriorities2016-19 Priority Four

- To develop opportunities for the arts to be a player in improving the health of individuals, contributing to providing life-affirming health and wellbeing choices for all.



3 Data collected

Attendance and sessions

	Number of sessions	Number of people
Taster performances at dementia cafes		
Evesham	1	See below
Redditch	1	See below
Kidderminster	1	See below
Fortnightly sessions		
Kidderminster	21	35
Redditch	21	21
Evesham	6	9
Love Music monthly sessions	12	35
Care home sessions		
Offmore Farm	5	15
Hollyfields	4	8
Hernes Nest	5	18
The Firs	5	17
The Alexandra	5	25
VIP Centre	5	18
Amphlett Hall	5	7
Breme	1	25
Grosvenor House	4	24
Rashwood	6	19
Hawthorns	6	18
Bricklehampton	5	26
Tea Service	1	35
Green Hill	6	23
Droitwich Meeting Centre	5	17
The Mill	5	15
Music students attended		
Tor Pingree	9	1
Helen Herbert	14	1
Katie Jenner	14	1
Musicians Training	5	23
TOTAL	178	431
Performances		
Redditch dementia cafe	3	76
Kidderminster dementia cafe	3	102

Evesham dementia cafe	3	103
TOTAL	9	281

ATTRITION

Kidderminster community sessions

35 people came to the Kidderminster sessions and tried them, which was a lot. 9 people out of the 35 people came to at least ½ the sessions with 6 people of those coming to at least 15 sessions and 26 people came to 8 sessions or less. The average numbers of people attending per session was 10.

Evesham community sessions

Evesham was poorly attended. 9 people attended overall but only 4 people came to the last 3 sessions so the group was stopped.

Redditch community sessions

Redditch was a fairly steady group in terms of who came to the sessions. 9 people out of the 24 that attended came to at least ½ the sessions or more with 4 of those coming to 18 sessions. 12 people came to 5 sessions or less. The average numbers of people attending per session was 8.



Care Homes

Attendance varied with each care home. Some of the same people came each of the 5/6 sessions and some dipped in and out of them and some only attended once. Attendance relied heavily on how well people on any given day were, if they had



other appointments such as the hairdressers or family visiting or how proactive the staff were of getting people gathered.

Grosvenor House-7 people out of 24 people came at least 3 times or more

The Firs- 9 people out of 17 people came at least 3 times or more

The Hawthorns- 11 people out of 18 came at least 3 times or more

VIP Centre- 10 people out of 18 came at least 3 times or more

Rashwood- 10 people out of 19 came at least 3 times or more

Alexandra Hospital- 2 people out of 25 came at least 3 times or more (21 people participated once as there was a high turnaround of patients going home)

Greenhill-14 people out of 23 came at least 3 times or more

The Mill- 8 people out 15 came at least 3 times or more

Hollyfields- 6 people out of 8 came at least 3 times or more

Hernes Nest- 13 people out of 17 came at least 3 times or more

Amphlett Hall- 5 people out of 7 came at least 3 times or more

Offmore – 13 people out of 15 came at least 3 times or more

Bricklehampton- 16 people out of 26 came at least 3 times or more

Breme- 25 people attended once over 2 sessions (no other sessions)

Tea Service- 35 people attended once (no other sessions)

Droitwich meeting centre- 17 people attended over the 5 weeks but the register was lost so no other results

Love Music Monthlies

The Love Music sessions were fairly steady and well attended. 10 people out of 35 came to at least ½ the sessions with 9 people coming to 8 or more sessions. 25 people came to 4 sessions or less. The average numbers of people attending each session was 12. Some people did not continue due to ill health and some people only discovered the sessions towards the end of the project.

GENDER

The Museum of Carpet 23 women 12 men

Forge Mill Museum 9 men 15 women

Wallace House, Evesham 3 men 6 women

Care homes 72 men 185 women

Love Music monthlies 11 men 22 women

Students 3 women

Artists 4 women 3 men

AGE

Participants were 65 years plus

LOCATION OF PARTICIPANTS

FORTNIGHTLY SESSIONS

Forge Mill Redditch 16, Bromsgrove 2, Inkberrow 2

Museum of Carpet Kidderminster 15, Bewdley 5, Bromsgrove 1, Stourport-on-Severn 2, Chaddesley Corbett 4

Wallace House Evesham 3 Pershore 4



MONTHLY SESSIONS

Chaddesley Corbett 1, Fernhill Heath 3, Stoulton 2, Inkberrow 4, Bromsgrove 15, Acoks Green 3, Burcot, 8

STUDENTS

1 Worcester, 2 Birmingham

ARTISTS

2 Banbury, 1 Ludlow, 1 Kidderminster, 1 Droitwich

DISABILITY

61 people were living with dementia at the fortnightly and monthly sessions

39 people at the fortnightly and monthly sessions did not have dementia

The exact numbers of care home residents were unknown, but each group had some people living with dementia

NON-DISCRIMINATION

The sessions were open to all and we welcomed everyone that showed an interest. We marketed it through a wide range of avenues through mail outs to older people's groups, care homes, dementia cafes, health contacts, libraries, shop windows etc. There was structure in the sessions as the theme was set, but there was also flexibility as well. The musicians have such a large knowledge about different music genres and compositions that they took requests and changed their programme to accommodate the participants needs and wishes. The handling objects were from a wide variety of eras including a whole session on the sixties, so we feel that we catered for a wide age range of people. Also, there is an equal mix of items that women and men might have used or had so both men and women did not feel excluded. The reminiscence staff also asked people to bring in their own objects from home which enabled people to bring in things that related to their culture and era.

VOLUNTEER HOURS

We had 4 volunteers and they delivered 143 hours to the project

The 3 students delivered 74 voluntary hours to the project

Total 217



4 The Venues

The venues for the community workshops were:

Bromsgrove Methodist Church (Love Music)



Bromsgrove Methodist Church is right in the centre of Bromsgrove with its own car parking. We used one of the small halls. It has regular external hirers and is a familiar space for community activities. One of the couples that attended were also members of the church so provided a good link to the church and what we were doing.

The Museum of Carpet, Kidderminster



The Museum of Carpet is run by the Carpet Museum Trust. It is staffed by a small group of paid employees and many volunteers. They host a wide range of activities, events and workshops throughout the year related to the carpet industry. It also hosts a large collection of images and records relating to the town's carpet industry and houses a large collection of machinery, artefacts and archives from the various companies around the

town. The sessions were held in the shop area of the museum.

Forge Mill Needle Museum, Redditch

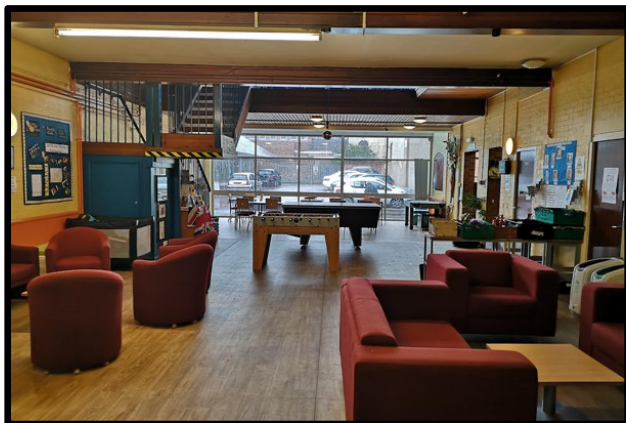


Forge Mill Needle Museum is an unusual and fascinating place to visit. This historic site illustrates the rich heritage of the needle and fishing tackle industries. Models and recreated scenes provide a vivid illustration of how needles were once made, and how Redditch once produced 90% of the world's needles.

It also runs a wide range of workshops, events and learning activities as well as some arts workshops. The middle floor is used as a temporary exhibition space for local artists.

The sessions were in the education room in the visitor centre.

Wallace House Community Centre, Evesham



Wallace House is situated in the heart of Evesham and offers a diverse program of activities for all ages, from sports and leisure pursuits to educational and support classes, enabling the community to develop and learn new skills. The sessions were held in one of their side rooms.

The venues for the performances were:

- Evesham dementia café, Hampton Scout hut, Hampton, Evesham
- Kidderminster dementia café, Evangelical Church, Kidderminster
- Redditch dementia café, The Bridge Community Centre, Redditch

The venues for the care homes were:

Wyre Forest District



Offmore Farm care home

The care home is based in Kidderminster and is a very homely care home with very supportive staff and an activity co-ordinator. The sessions took part in their lounge.

Hollyfields care home

Hollyfields is in the outskirts of Kidderminster. The sessions took part in side wing of the main house where people with less severe dementia were looked after. There was an activity co-ordinator but he was always in the main building.

Hernes Nest care home

Hernes Nest is based in Bewdley and is privately run. The session took part in the lounge. They do not have an activity co-ordinator.

The Firs care home

The Firs is based in Kidderminster and is a sister home to Hernes Nest. The sessions also took part in a small lounge. They have an activity co-ordinator.

Redditch/Bromsgrove District

VIP centre, Redditch

The VIP Centre is a day care centre privately run. They have 2 managers who co-ordinate the activities. The sessions took part in the main room.

Grosvenor House



Grosvenor House is in Barnt Green. They have an activities co-ordinator. The sessions took place in the lounge.

Amphlett Hall

Amphlett Hall is also run by The VIP Centre and is day care only. Amphlett hall is the base for Age UK in the area. They have 2 members of staff responsible for the activities. The sessions were in one of the side rooms.

Breme care home

Breme care home is in Bromsgrove. They have 2 floors which cater for different dementia needs. They have an activities co-ordinator. The sessions were in the lounges.

The Alexandra Hospital

The Alexandra hospital is part of the NHs Trust. They have dementia specialists that visit the wards. The sessions took part in the older people's wards where people were ready to go home but not been discharged yet

Wychavon District

Rashwood care home



Rashwood care home is based on the outskirts of Droitwich Spa. They have an activity co-ordinator. The sessions took place in a large lounge.

The Tea Service, All Saints Church

The Tea Service is a weekly session at All Saints Church in Evesham for people living with dementia and people with learning disabilities and their carers. There is a co-ordinator and the session took part in the main church.

Hawthorns care home

Hawthorns care home is in Evesham. It caters for people in their last stages of dementia and people that have had brain injury. They have an activities co-ordinator and the sessions took place in the lounge.

Green hill care home



Green Hill care home is in Evesham. They do not have an activity co-ordinator. The sessions took part in the lounge and dining room.

The Mill care home

The Mill is in Flyford Flavell. They have an activity co-ordinator. The sessions took place in the side lounge.

Droitwich Meeting Centre

Droitwich meeting centre is day care for people living with dementia. They meet at Droitwich rugby club. They have co-ordinators who organise the activities. The sessions were in the main hall.

Heathlands care home

Heathlands care home is part of Sanctuary Care and is in Pershore. It was the venue for the training sessions with the lead musicians. They have an activity co-ordinator and the sessions took place in the lounge.

Bricklehampton care home



Bricklehampton care home is in Bricklehampton. They have 2 activity co-ordinators. The sessions took part in the lounge.

5 Evaluation Methodology

For the project we were measuring against these aims;

1. Increase the well-being of people living with dementia and their carers
2. Decrease the isolation of people living with dementia and their carers
3. Increase the participants engagement in music
4. Increase the participants engagement and understanding of Museums Worcestershire handling objects
5. Ensure there is a skilled workforce that can deliver music and reminiscence sessions in care homes and in the community

Definition of well-being

In 2018, the World Health Organisation issued the following definition of mental well being:

*"Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."*⁶

⁶ World Health Organisation- Mental Health: Strengthening Our Response (March 2018)

The methodology and evaluation were based on the New Economic Foundation well-being outcomes framework⁷:

**Give
Take Notice
Connect
Be Active
Keep learning**

For all sessions a register was kept, and registration forms were given for the community sessions. Photos were taken regularly and a short documentary film was made (www.artsuplift.co.uk)

Evaluation tools used;

Fortnightly sessions

- Observations by musicians, museum staff and evaluator
- Pre, mid and post project questionnaires
- Pre and post workshop happiness questionnaire
- Interviews and 2 case studies

Monthly sessions

- Observations by evaluator
- Pre and post workshop questionnaire
- Pre and Post questionnaires
- Interviews

Care home sessions

- Observations by musicians, museum staff, care home staff and evaluator
- Post workshop well-being questionnaire
- Interviews

Musician training

- Verbal and written feedback

Student mentoring

- Verbal and written feedback

⁷ New Economics Foundation 5 Ways to Wellbeing Communicating the Evidence (October 2008)

Dementia cafe performances

- post questionnaire and verbal feedback

Symposium

- Online feedback form

The pre, mid and post project questionnaires (appendix 3,4,5), happiness questionnaire (appendix 6), observations and case studies with the participants and for the community sessions were used to measure;

- If the participant has increased engagement with Museums Worcestershire
- If the participant has engaged more in the arts
- If the participant has engaged more in the session's activities
- How isolated the participant felt
- If the participants well-being had increased

The well-being questionnaire with the care home staff and interviews were used to measure well-being and engagement.

The post training feedback via interviews and written feedback from the musicians, student musicians and Mindsong were used to measure the impact that the training had and measured the learning achieved.



6 Delivery

The Workshops

Fortnightly and care home sessions. There were 21 sessions x 2hrs at Forge Mill Museum and the Museum of Carpet and 6 sessions x 2hrs at Wallace House Community Centre. There were also 77 x 2 hr sessions at care homes/day centres/hospital. Each session comprised of a themed suitcase such as 'Holidays' with handling objects from Museums Worcestershire and The Almonry Museum's collection from the 40's, 50's, 60's and 70's and music/songs played by a musician relating to the theme of the day.

Love Music. There was 12 x 1 1/4hr sessions in the community at Bromsgrove Methodist Church. These sessions were music only with a wide variety of genres including folk, jazz, rock n' roll and African drums.

Musician Training sessions. Mindsong worked with the 3 musicians for a day initially with half the day focused on theory and understanding dementia and the other half them being observed in a care home delivering a music workshop. Then each individual musician did a follow up workshop and Mindsong gave them feedback.

Suitcase Stories symposium. This was delivered as an online resource through a web page on the Museums Worcestershire's website. It consists of a series of films of the various speakers and a Zoom Q and A session. The programme is a mix of sharing Suitcase Stories and the learning from the team, a talk from one of the students from Worcester University's Tandem project on evaluation and performances of some of the newly composed songs.

Student mentoring. Three students from Birmingham Conservatoire and Kidderminster College were mentored by each musician. Each musician was responsible for 1 student. Each student had an initial meeting with the musicians and then they shadowed the musicians in the community and care homes. They did not attend every session as the students had college commitments, however collectively they attended 37 sessions.

Preparation

As each musician was starting at a different period of time. They initially met with the project manager and museum staff at the beginning of each third, so every 7 weeks, to introduce themselves and how they might approach the sessions. After the first phase with musician Heather Wastie, the musicians were invited to attend one of the sessions to observe a group and how things were being done which I think really helped them to prepare.

Heather Wastie and the project manager attended 3 dementia cafes in the 3 districts to run a 20 minute taster session of music and object handling. This gave the



participants a feel for what the sessions were about so they were not so daunting. Quite a few people signed up to the sessions from this.

A full marketing campaign was delivered to recruit the participants including social media, mail outs to past participants, older people's and health contacts, posters and leaflets in towns and surrounding areas, information to social prescribers and GP's. After a while people knew the project was happening and people signed up by word of mouth as well. We did need to do some extra marketing later on in the year as participants numbers did decrease, but they soon picked up again. For the care homes recruitment was through e-mail contacts and a mail out. There was some press coverage of the project throughout the year, but they did not always pick up on this story. Jenny, the project manager, also visited older people's groups to let people know in person about the project. Age UK, Alzheimer Society, Adult and Social Care and Onside Advocacy were also very good at referring people.

Mindsong ran their first training day at Wychavon District Council offices which covered theory, understanding dementia and a practical session which was observed at a care home next door. Mindsong gave the musicians feedback to use in their sessions. Each musician then had a further observed practical session in the same care home with feedback again. These happened later in the project. Feedback from the musicians was that the training was invaluable. As well as supporting what they were already doing in their music sessions they learnt techniques that could be used. All three musicians said they used these techniques in their workshops going forward. They also commented they used these techniques in their other work beyond this project so the impact was much greater than anticipated.



"I picked up lots of techniques such as simplifying the sessions, kneeling down, holding hands, it's ok to stay with one person, its ok to sing the same chorus over and over again. It gave me permission to do this. It took me to the next level, and I gained more confidence as I had no formal training before. I also gained song suggestions." Deborah Rose musician

Locations

For the **fortnightly sessions** 2 of the projects were in museum settings which really added to the atmosphere and helped with the reminiscence itself. The third project was in a community centre which although it was centrally located and a nice space lacked the atmosphere of the other two. Unfortunately, the learning space in the museum in Evesham is not accessible so we could not use this building. The continuity of the same space is very important for people living with dementia and for

older people as people feel safe then. We did have to change venues a few times in Redditch as the Forge Mill was not always available at the same time. We did use alternative spaces, but they were not so adequate and the disruption to the group was noticeable. The participants all sat around tables which enabled people to see each other well and enabled the objects to be passed around easily.

For the **Love Music sessions**, we were able to use the same space at Bromsgrove Methodist Church which was advantageous as it had its own car park. Many people that came had mobility issues so something that was close worked well. The participants and the musician all sat around in a circle so everyone could see each other and it gave a space for people if they wanted to dance.

The **care home sessions** varied hugely in terms of location and setting which had a big impact on the success of the sessions. We didn't always manage to book enough care homes for the project, so we looked to deliver in day care centres and also one hospital to run the sessions as well. In particular Bromsgrove and Redditch were the hardest places to book sessions. The care homes and day care centres all had lounges which is where most of the sessions took place. The down-side of this is that the residents were set back from each other in their chairs and it made it hard to pass the objects around.

"The layout of the room often made it difficult to keep the group focused together"
Deborah Rose, musician

The best lounges were the ones that did not have any staff passing through them and not too large. We also always turned the television off to create the opportunity for people to concentrate and hear well.

The Alexandra hospital in Redditch was completely different as we split the time over 2 older people's wards, one female and one male. They were mostly in their beds and some brought in chairs from other wards. This meant that the handling object time was spent on a 1 2 1 basis because of the distance in the room but the music brought everyone together and people could sing from their beds. There were restrictions with the handling objects also as the participants couldn't hold them because of infection control unless they were wipeable which limited the impact.

Practitioners

Fortnightly and care home sessions

We used 3 professional musicians of different styles and genres of music from Worcestershire, Oxfordshire and Shropshire who were Deborah Rose, Heather Wastie and Tristan Pate. These musicians did the training with Mindsong. We also used Su Vale, Cathie Tiffany and David Jarratt from Museums Worcestershire to do the reminiscence work.





"It was a dream job to create the songs, you don't normally get this"
Deborah Rose, musician

"I now have a folder full of music, developed a bigger repertoire and am getting around the accordion better as learning new songs" Heather Wastie, musician

"B kept on requesting more songs. We ran over time by about 10 mins" about Tristan Pate's songs at The Alexandra hospital Su Vale, museum worker

"that to me is magic" about Tristan's Pate's voice and songs. Participant at The Mill care home



"I really enjoyed it and learnt a lot. It was interesting to find out what response there was to what stimuli." Cathie Tiffany, museum worker

"We have created about 10 new suitcases and been able to 'test' them out which has been v useful, seeing what works and what doesn't and amending accordingly."
 Su Vale, museum worker

"I just wanted to tell you how amazing it has been having Su from the museum and Heather with her accordion and we've only done two weeks"
Rashwood care home staff

"Cathie and I sang some songs at one point with Deborah, it was good CPD for Cathie." Evaluator

Love Music monthly sessions

Each of the musicians mentioned above delivered two of the Love Music sessions as well and we also had Carol Sampson on guitar, Nick Ledbury on African/Samba drums and The Kel Elliot Band in addition.

“Nick was the best entertainment we have ever had, he engaged with everyone in the room” Lucy Bird, Onside Advocacy



The sessions

Fortnightly sessions

The 21 sessions in each museum were repeated with each of them. The themes were;

- Music
- A Night Out
- Schooldays
- Childhood
- Holidays
- The Great Outdoors
- Food and Shopping
- Family, friends, pets, royalty and celebrations
- Living in Worcestershire
- Sporting Life and Leisure
- Film, Theatre, Radio and TV
- All in a Day's Work
- Health
- Hobbies
- Home is where the Heart is
- Talking Points
- What we Used to Wear
- 1950s – borrowed from Almonry Museum
- 1960s - borrowed from Almonry Museum
- 1970s

Each of the 2hr sessions were a combination of music and songs to sing along to and the handling objects. Where possible the music and the objects followed the theme of the day. They mostly started and finished with a song to start and end the sessions and the other songs were played when it felt right, such as the need to bring the group back together or when there was a natural lull in conversations or when people requested it or when a memory sparked a song choice. The handling objects were mainly passed around 1 or 2 at a time so group conversations could be had if required with one person speaking. Sometimes if a particularly interesting conversation was happening with 1 or 2 people then more objects were brought out to engage other people. Sometimes all the objects would be seen from the suitcase and sometimes not depending on what conversations were being had. The sessions were geared towards 4 out of the five senses, sight, sounds, touch and smell. The musicians took notes of the memories heard and when a really interesting memory was presented it was fed back to the whole group so the person could tell it again and the musician could record it. The participants varied in age and also were at different stages of dementia. Some were living independently and some went into a care home during the delivery of the project.



Care home sessions

The care homes had 5 to 6 sessions and the handling object themes for them were chosen based on what was most effective. These were;

Celebrations
Holidays
School Days
Music
A Night Out
Shopping
What we used to wear

These sessions were a similar format to the fortnightly ones also being 2hrs but with perhaps more help from staff to pass on the objects and more 1 2 1 conversations happening rather than group ones. Also, sometimes the musicians would sing particularly to one person rather than the whole group to try and engage the harder to reach people. The musicians and museum worker would also spend some of the 2 hours with individuals in their rooms or in another part of the home to engage the people that didn't like being in groups.

The participants varied in age and also were at different stages of dementia as well as other complex needs such as mobility issues and stroke. Some were capable of talking fluidly and coherently and some had lost the capability to speak and move at all.



Love Music monthly sessions

The Love Music sessions were 12 x 1 ¼ hr sessions on a monthly basis. The first 15 minutes was social time to have a drink and chat to other people. Then the musician's played for an hour and encouraged the participants to join in on songs



they knew or in the case of the African drums played along. The genre of music was different every month to give variety. On certain sessions one care home staff member got their residents up to dance as well as the chairs were in a circle so made it easy to do so. This helped with a 'party like' atmosphere. Nick Ledbury also brought in props for the participants to wear like feather boas or hats to help bring the music alive. These sessions did not have a theme but were quite flexible so people could request songs as well as listening to pre-planned ones.



The participants varied in age and also were at different stages of dementia as well as other complex needs such as Parkinson's and mobility issues. Some were capable of talking fluidly and coherently and some were agitated and moved around the room a lot not saying much.

Support from the venues and volunteers

Individual engagements with support staff, volunteers and family members

Support from the venues varied from place to place the sessions happened. At the Museum of Carpet, we delivered to a group that was already meeting as well as bringing new people in. The volunteer leader of the group helped us with the refreshments and was able to give us honest feedback from the participants when they met in between sessions. At Forge Mill museum in Redditch we had a brilliant volunteer who we recruited at the taster dementia café in Redditch and she also helped with the Love Music sessions also. Our volunteer helped with the refreshments, the participants welfare and also talked to the participants about their memories which was invaluable when the groups were larger. The carers themselves were a great support to the sessions as they contributed to the

conversations and could help fill the gaps in a person's memory who was living with dementia.

At the care homes, day centres and the hospital again the support varied. Some care homes had dedicated Activity Co-ordinators that stayed for the whole session which was best practice as they knew the residents well and joined in with the activities. They were also able to learn from the sessions and use the skills in future work.

*"Again, E's enthusiasm is evident throughout the session"
Su Vale, Museum Worker about an Activity Co-ordinator*

"There was a really good activities co-ordinator here, she was very engaged and knew the residents" Evaluator

The hardest situation was when care staff were clocking in and out in the middle of the session which was very disruptive and hard for the evaluation. The artists and museum staff had to be very flexible in their approach. At the Alexandra hospital the dementia care staff were present throughout who were brilliant support and joined in. The nursing staff also joined in sometimes as well. At one point we also had the chaplain and their volunteer choir there which felt more like a party than a hospital ward.

The student musicians attended many of the sessions and acted as further support in the sessions. As well as observing they joined in with the activities singing and talking to the participants about the objects. When they gained more confidence they also performed and sang their own songs as well which was an added bonus to the delivery. One of the student's also brought 2 of her other recorder players to play at the Museum of Carpet session.

"The positive impact that the singing had on the people attending the sessions was clear not only from their enjoyment but also from the fact that people who were unable to remember the day of the week were able to faultlessly reel off the lyrics of an entire song, giving them a sense of pride and self-worth." student



The composition of the songs

Each musician used the memories recorded to create and inspire 10 new songs. There were many more memories recorded than were actually used in the songs due to the constraints of the song. Each song used the actual stories that were told or were based on the process of Suitcase Stories or the objects used such as a snuff box. Some of them were original compositions and some of them were based on original music such as 'Que Sera Sera' but used different words. These songs are a legacy to the project and act as way of recording living history and the lives of people in Worcestershire.

Heather created 4 new songs based on a box of snuff, the seaside, a night out and the card game Happy Families. Deborah Rose created 3 songs based on the suitcases, the uniqueness of humans and about people's jobs. Tristan Pate created 3 songs based on the countryside, general memories of childhood and dancing.

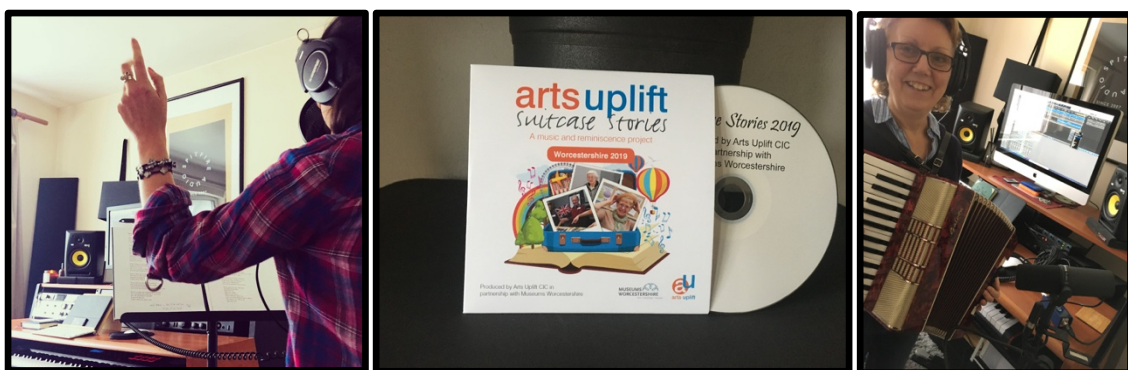
The Performances

There were 9 performances in all, 3 at each dementia café in Kidderminster, Evesham and Redditch. The 3 musicians performed for 20 mins presenting a warm up song and then the 3 or 4 songs created. Each musician performed individually at each café. The audience was a mix of the participants from the fortnightly sessions and the regular dementia café attendees as well as the dementia café staff and volunteers. The choruses of the songs were taught to the audience so they could join in with them and they had the words in front of them. Not everyone that participated in the fortnightly sessions could get along to the cafes.



The Recording of the songs

Once the songs were written the musicians recorded them with Adrian Banks at his studio in Banbury. Adrian and the musicians also collaborated a lot and layered many more music elements on to the song as well as the musicians voice and instrument. It was important to create a professional looking and sounding cd to give the songs and the memories the respect that it needed.



Each individual or pair that came to the fortnightly and Love Music sessions each got a cd and the care homes, day care and hospital had 2 copies each as a legacy of the project. The songs can be heard on Arts Uplift's website www.artsuplift.co.uk.

7 The Results

The Fortnightly sessions

Mood indicator Kidderminster



For the first 5 weeks The Kidderminster form did not have the 'good' score on it. This was added as a 'good' score was needed to express the participants feelings best.

Session	brilliant	good	ok	poor
Week 1 before	4		9	
Week 1 after	8		5	
Week 2 before	3		3	2
Week 2 after	3		5	
Week 3 before	1		10	1
Week 3 after	4		5	1
Week 4 before	1		11	
Week 4 after	6		6	
Week 5 before	1		8	

Week 5 after	4		5	
Week 6 before		6	4	1
Week 6 after		10	1	
Week 7 before	1	10	4	
Week 7 after	3	12		
Week 8 before	1	12	3	
Week 8 after	8	8		
Week 9 before	1	4	5	
Week 9 after	1	9		
Week 10 before		1	3	
Week 10 after	2	2		
Week 11 before	1	4	3	
Week 11 after	2	5	1	
Week 12 before		7	3	
Week 12 after	7	4		
Week 13 before		5	3	
Week 13 after	2	6		
Week 14 before		6	1	
Week 14 after	4	4		
Week 15 before		4	1	
Week 15 after	2	3		
Week 16 before	1	6	4	1
Week 16 after	3	9		

Week 17 before			4	1
Week 17 after		4	1	
Week 18 before		4	4	1
Week 18 after	2	6	1	
Week 19 before		6	3	1
Week 19 after	5	5		
Week 20 before	2	4	4	
Week 20 after	4	5	1	
Week 21 before		4	1	1
Week 21 after		6		

On 105 occasions out of 200, participants improved their mood
On 9 occasions the participants mood significantly improved by 2 scores

Mood indicator Redditch

For the first 6 weeks the Redditch form did not have the 'good' score on it. This was added as a 'good' feeling was needed to express the participants feelings best.

Session	brilliant	good	ok	poor
Week 1 before		3		
Week 1 after	2	1		
Week 2 before	1		9	1
Week 2 after	9		2	
Week 3 before	5		4	1
Week 3 after	7		3	1
Week 4 before	5		1	
Week 4 after	5		1	
Week 5 before	1		6	1



Week 5 after	8			
Week 6 before	1	2	3	
Week 6 after	5	1	2	
Week 7 before	1	3	2	
Week 7 after	4	2		
Week 8 before	No data			
Week 8 after	No data			
Week 9 before		6	3	
Week 9 after	6	3		
Week 10 before	1	4		
Week 10 after	4	1		
Week 11 before		5		
Week 11 after	4	1		
Week 12 before		6	2	1
Week 12 after	4	5		
Week 13 before	2	2	1	
Week 13 after	5	1		1
Week 14 before	1	4		1
Week 14 after	3	3		
Week 15 before		4	3	
Week 15 after	5	2		
Week 16 before	1	6	3	
Week 16 after	6	4		

Week 17 before		5	2	
Week 17 after	3	4		
Week 18 before		5	4	
Week 18 after	8	1		
Week 19 before	1	5		1
Week 19 after	4	2		1
Week 20 before		4		1
Week 20 after	1	3	1	
Week 21 before		4	2	1
Week 21 after	3	4		



On 97 occasions out of 141, participants improved their mood

On 16 occasions the participants mood significantly improved by 2 scores

General comments

“so good to join in even though I sing out of tune, thank you” participant

“very beneficial” participant

“superb as usual” participant

“always more positive when singing” participant

“so sorry this was the last one” participant

Mood indicator Evesham

The Evesham form did not have the ‘good’ score on it

Session	brilliant	ok	poor
Week 1 before		5	
Week 1 after	5		



Week 2 before		4	
Week 2 after	4		
Week 3 before		4	
Week 3 after	2	2	
Week 4 before		4	
Week 4 after	2	2	
Week 5 before		4	
Week 5 after	3	1	
Week 6 before		2	
Week 6 after	2		



On 18 occasions out of 23, participants improved their mood

Questionnaires

Questionnaires were filled in by a sample of 33 people living with and not with dementia. Not all of the questions were answered by everyone.

During project

1. Have you been to Museums Worcestershire before?

Yes 22 No 11

2. If yes which one?

Hartlebury Castle 8 The Commadery 6 Worcester city museum 5

3. How often do you engage in the arts?

Weekly 6 Fortnightly 6 Monthly 5 Yearly 4 Not at all 12

4. How much does the person with dementia engage in activities currently
Scale 1 not at all, 10 a lot, 11 Don't know?

	1	2	3	4	5	6	7	8	9	10	11
Pre		1		1			2	1	1	4	
1/3		1			1	2		2	2	3	
2/3				1	1			1	4	1	
Final						2			1	4	

5. How isolated do you feel? Scale 1 not at all, 10 a lot, 11 Don't know

	1	2	3	4	5	6	7	8	9	10	11
Pre	12			3	2	1	1		1		1
1/3	7	2	2			3	1	3			3
2/3	4				3		1	3	1		1
Final	3	1	1		2		2	2	3	5	

6. Have you learnt anything new?

Yes 19. No 2

7. Have you socialised with anyone?

Yes. 26 No 4

8. Have you been surprised by the person living with dementia?

Yes 5 No 3

Quotes

"the music especially brought out my mums extrovert side and made her forget she had dementia" participant

"S really looked forward to attending" participant

"J's memory is wonderful with the singing" participant

"the glory of music and lyrics and how they unlock the doors of dementia" participant

9. How enjoyable have you found the sessions? 1 not at all, 10 a lot ,11 don't know

Rate	1	2	3	4	5	6	7	8	9	10	11
					1	1	1	3	3	18	1

10. Have the sessions had a positive impact on your health and well-being?

Yes. 22 No. 4 Don't know 3

Quotes

The participant enjoyed *"watching the ones with dementia enjoying themselves"* participant

"S informs she feels brighter after Suitcase Stories" participant

"mum comes back very happy" participant

"brings back memories and loves the songs" participant

"good afternoon out" participant

Participant likes *"especially the songs that she can join in with"* carer

"it's really nice meeting people and fresh ideas being discussed" participant

Participant likes the *"feeling of being involved, sociable"* participant

"J seemed to have enjoyed today's session which was nice to see" participant

"it's a pleasure to be with the group" participant

"S can join in with everyone" participant

Participant likes *"meeting other people"* participant

Participant likes the *"memories"* participant

"friendly and welcoming" participant

"lifts her mood tremendously" participant

"I meet with good company with similar problems" participant

"makes M very happy" participant

11. Have there been any improvements outside the sessions?

Yes. 5 No 10

Quotes

No *"he cannot engage with anything verbal"* participant

No there has been a *"steady deterioration"* participant

Yes *"the stimulation of the objects and singing bringing the reaction to people with dementia"* participant

"got to know things about each other when related in sessions" participant

"unfortunately, due to short term memory loss my mum forgets she has been to the sessions" participant

"memories, company of similar age and experience" participant

"gives M something to look forward to" participant

Post project

12. How did you rate the museum objects? 1 poor, 5 excellent

X 3 said 4/5 and x 10 said 5/5

Other themes you would like to see

Sport/related to the kitchen/domestic objects anything to do with families/animals

13. Do you think you are likely to visit any of the museums in Worcestershire because of this project?

Yes. 7 No 5

Quotes

"have been there previously" participant

No *"but we are going to visit Hartlebury Castle with the carers group" participant*

14. How did you rate the music on the project? 1 poor, 5 excellent

Rate	1	2	3	4	5
Score				6	20

Quotes

"it was nice to have 3 different types" participant

"it's all very relaxing" participant

"all musicians presented the sessions very well" participant

"made the day more enjoyable" participant

"great" participant

"very good musicians and excellent communicators" participant

"very good addition with music" participant

"Heather was very good" participant



15. Is there any art form you would like to do in the future?

Clay modelling/nature/anything

16. Would you like to do something similar again?

Yes 11 No 2

17. Are you likely to attend other arts activities because of this project?

Yes 9 No

18. Has the project had a positive impact on your relationship with who you came with?

Yes 4 No 2 Same 2

19. Do you think we can do anything to improve the sessions moving forwards

Quotes

“maybe lunch out together”

General Participants Comments

“enjoyable and nice to have the company”

“very good for the soul”

“lovely session, great variety”

“entertaining brought back happy memories”

“enjoyed using his brain for memories”

“makes me get up on a Monday morning”

“so good M wants to be here for longer”

“it makes life easier and helpful”

“good fun”

“music and socialising works far better than any medication”

The results of the questionnaire

Note: Not everyone filled answered all of the questions on the form

- The profile of the participants suggested that half of the participants engaged in arts or museums at least every month and half did not.
- It showed the people living with dementia engaged more in the activities as time went on.
- The data around isolation was inconclusive. The data states that people felt more isolated as the project went on. However, this does not reflect all the

other evidence which suggests the opposite. The inconclusive data may be due to a misunderstanding of how to score the form.

- Most participants had learnt something new and socialised as part of the sessions
- Some people were surprised by the person living with dementia in the sessions but not significantly
- The highest number of people scored a 10 for how much they enjoyed the sessions suggesting there was a high level of pleasure from them.
- Most people said the sessions had a positive impact on their health and well-being
- Only 5 out of 15 said they had seen improvement in well-being outside of the sessions
- Most people scored the highest number when rating the handling objects
- 7 out of 12 people said there were more likely to visit a Museums Worcestershire site because of this project
- All the people that responded said there were more likely to attend another arts event because of this project
- 20 people out of 26 scored the highest when rating the music on the project which shows great satisfaction with the music element of it.
- 11 out of 13 people wanted to do something similar again showing high levels of satisfaction
- 4 out of 8 people said the project had a positive effect on the relationship with the person they came with.

Love Music sessions

Session	brilliant	good	ok	poor
Month 1 before	3		5	1
Month 1 after	9		2	
Month 2 before			9	
Month 2 after	9			
Month 3 before	2		10	
Month 3 after	8		4	
Month 4 before	1	1	1	3
Month 4 after	2	4		
Month 5 before		5	5	2
Month 5 after	7	4	1	
Month 6 before		4	7	2

Month 6 after	7	6		
Month 7 before	1	3	3	2
Month 7 after	6	3		
Month 8 before		7	5	1
Month 8 after	7	6		
Month 9 before		4	5	
Month 9 after	3	6		
Month 10 before	6	2	6	3
Month 10 after	8	8	1	
Month 11 before	5	5		
Month 11 after	8	2		
Month 12 before		1	4	
Month 12 after		3	2	

On 78 occasions out of 124 the participants improved their mood
On 17 occasions the participants mood significantly improved by 2 scores



Questionnaires

Questionnaires were filled in by a sample of 12 people living with and not with dementia. Not all of the questions were answered by everyone.

During the project

1.How often do you engage in the arts?

Weekly Fortnightly Monthly 3 Yearly 2 Not at all 6

2.How much does the person with dementia engage in activities currently Scale 1 not at all, 10 a lot, 11 Don't know?

Rate	1	2	3	4	5	6	7	8	9	10	11
Pre	1	2			3						
Final						2	2	2			

3.How isolated do you feel? Scale 1 not at all, 10 a lot, 11 Don't know

Rate	1	2	3	4	5	6	7	8	9	10	11
Pre	3	1				4				3	1
Final	3	1				2	1	1		2	1

4.Have you been surprised by the person living with dementia?

Yes 2 No 4

Quotes

Participant liked "joining in and less anxious" participant

"joined in more than expected and enjoyed the sing a long sessions" participant

"it is good to have activities for a family member with dementia to attend" participant

"seemed to stimulate senses/memory enjoyment in life" participant

"good to get out and see others" participant

5.How enjoyable have you found the sessions? 1 not at all, 10 a lot ,11 don't know

Rate	1	2	3	4	5	6	7	8	9	10	11
								6	3	3	

6.Have the sessions had a positive impact on your health and well-being?

Yes. 9 No. Don't know 2

Quotes

"something to look forward to" participant

"Being able to relax being with others who experience similar issues" participant



“encouraged concentration if only short lived, good emotional vibes” participant
“seeing P stimulated and happy” participant

7. Have there been any improvements outside the sessions?

Yes 4 No 2

Quotes

“it is nice to have an opportunity to attend groups aimed at people with dementia in their locality” participant

Post project

8. How did you rate the music on the project? 1 poor, 5 excellent

Rate	1	2	3	4	5
				8	4

Quotes

“We enjoyed the variety” participant

9. Is there any art form you would like to do in the future?

Crafts

10. Would you like to do something similar again?

Yes 12 No

11. Are you likely to attend other arts activities because of this project?

Yes 6 No 4

12. Has the project had a positive impact on your relationship with who you came with?

Yes 3 No Same 3

13. Do you think we can do anything to improve the sessions moving forwards

Quotes

“music playing when having tea etc.” participant
“publicise any activity with dementia groups in local papers to improve knowledge”



“most performers worked well and with the groups, this is the ideal, but others were not so successful and on one occasion the group had a purely passive role in the afternoon, overall though very successful.”

General comments by participants

“Enjoyable and entertaining”

“Lifts your spirits”

“Very enjoyable”

“Love this workshop, thank you”

“Great fun”

“This session really helped my breathing to become relaxed”

“Wonderfully relaxing”

“Enjoyable, entertaining giving the opportunity to play a variety of musical instruments”

“Excellent audience participation first class entertainment”

“Very different and very enjoyable”

“Brought back memories when I was younger”

“Very uplifting and enjoyable”

“Very calming”

“Absolutely brilliant! Made to feel very welcome.”

“Good session, sad if it is the last”



The results of the questionnaire

Note: Not everyone filled answered all of the questions on the form

- The profile of the participants suggested that 3 out of 11 of the participants engaged in the arts at least every month and the rest very little or not at all.
- It showed the people living with dementia engaged more in the activities as time went on.
- There was no clear trend as to how isolated people were feeling as the project went on, the scores varied.
- Only 2 out of 6 people were surprised by the person living with dementia in the sessions so no significant difference.
- People scored between 8 and 10 for how much they enjoyed the sessions suggesting there was a high level of pleasure from them.
- Most people said the sessions had a positive impact on their health and well-being.
- 4 out of 6 people said they had seen improvement in well-being outside of the sessions.
- 6 out of 10 people said there were more likely to attend another arts event because of this project.
- All the participants scored 4's or 5's when rating the music on the project which shows great satisfaction with the music.
- All of the people wanted to do something similar again showing high levels of satisfaction.
- Equal amounts of people said the project had a positive effect on the relationship with the person they came with and also that the relationship had stayed the same.

The care home sessions

It was not possible to apply the NEF Wellbeing durational survey to all of the participants owing to a number of factors including:

- time and staff constraints
- the severe illness of many of the participants
- the large size of the groups
- the poor continuity of attendance

However, it was carried out in thirteen different care home settings each session with a good sample from each setting and in most cases were compared to scores when the residents were not engaged in an activity.

Key				
1 Not all	2 Briefly (20 mins or less	3 Some of the session (20-44mins)	4 Most of the session (45-60 mins)	5 All of the session (60 mins plus)

Grosvenor House care home

Well-being survey results

Week no	1	2	3	4	Average	Not in the activity
Did the participants seem...						
To be enjoying themselves						
A	3				3	4
B	5		5		5	4
C				3	3	4
D	5	5	5	5	5	4
E	5	5			5	3
F				5	5	4
G	3			3	3	2
H	5	5	5	5	5	4
I	5	5		5	5	4
J	5	5	5	5	5	4
K	2	4	5	5	4	4
L		5		5	5	4
M				5	5	5
Happy or contented						
A	3				3	3
B	5		5		5	3
C				3	3	3
D	5	5	5	5	5	3
E	5	5			5	3
F				5	5	4
G	3			3	3	2
H	5	5	5	5	5	4
I	5	5		5	5	4
J	5	5	5	5	5	4
K	2	4	4	5	4	3
L		5		5	5	4
M				5	5	5

Engaged or focused						
A		5			4	3
B	3				3	3
C	5		5		5	4
D	5	5	5	5	5	5
E	5	5			5	3
F				5	5	4
G	3			2	3	1
H	5	5	5	5	5	3
I	5	5		5	5	4
J	5	5	5	5	5	4
K	2	4	4	5	4	3
L		5		5	5	2
M				5	5	5
Engaging confidently with people						
A		5			5	4
B	3				3	4
C				2	2	2
D	5	5	5	5	5	5
E	5	5			5	4
F				5	5	3
G	3			2	3	1
H	5	5	5	5	5	4
I	5	5		5	5	3
J	5	5	5	5	5	5
K	2	4	4	3	3	2
L		5		5	5	3
M				5	5	5
Relaxed						
A		5			5	5
B	3				3	5
C				4	4	3
D	5	5	5	5	5	3
E	5	5			5	5
F				5	5	3
G	3			4	4	4
H	5	5	5	5	5	4
I	5	5		5	5	4
J	5	5	5	5	5	4
K	2	4	4	5	4	5
L		5		5	5	4
M				5	5	5

Physically co-ordinated						
A		5			5	2
B	3				3	2
C				3	3	2
D	2	2	2	2	2	2
E	2	5			4	2
F				5	5	5
G	2			2	2	1
H	5	5	5	5	5	4
I	5	5		5	5	4
J	5	5	5	5	5	4
K	2	4	4	5	4	5
L		5		5	5	3
M				5	5	5
Able to make up their own mind						
A		4			4	2
B	3				3	2
C				2	2	1
D	5	5	5	5	5	5
E	5	5			5	4
F				5	5	5
G	2			1	2	1
H	5	5	5	5	5	3
I	5	5		5	5	5
J	5	5	5	5	5	4
K	2	4	4	5	4	4
L		5		5	5	4
M				5	5	5
To be thinking clearly						
A		4			4	4
B	3				3	3
C				2	2	1
D	5	5	5	5	5	5
E	5	5			5	4
F				5	5	3
G	2			2	2	1
H	5	5	5	5	5	2
I	5	5		5	5	4

J	5	5	5	5	5	3
K	2	4	4	5	4	4
L		5		5	5	4
M				5	5	5
Depressed						
A	1				1	3
B	1		1		1	3
C				1	1	3
D	1	1	1	1	1	3
E	1	1			1	3
F				1	1	3
G	1			1	1	3
H	1	1	1	1	1	3
I	1	1		1	1	3
J	1	1	1	1	1	4
K	1	1	1	1	1	3
L		1		1	1	1
M				1	1	1
Lonely						
A	1				1	4
B	1		1		1	3
C				1	1	3
D	1	1	1	1	1	4
E	1	1			1	1
F				1	1	4
G	1			1	1	4
H	1	1	1	1	1	4
I	1	1		1	1	3
J	1	1	1	1	1	4
K	1	1	1	1	1	3
L		1		1	1	1
M				1	1	4

The data shows a high level of engagement and well-being with lots of 4s and 5s in the scores and very little signs of depression and loneliness. The comparison to when the participants were not engaged in the activity shows signs of much higher levels of depressions and loneliness in almost all cases apart from 4 people. In all the other areas that were scored, most of the time, the participants had lower well-being scores and engaged less when not doing the activity and some were the same.



This was backed up by the observations made.

“G told me a lot about her family circumstances when she was growing up and commented at one stage ‘I can see the past coming back’ when I was showing her an artefact.” Cathie Tiffany museum worker.

“G was thoroughly engaged. Talked quite lucidly. I told her about my impending marriage. She took my hand and wished me all the best. A very affecting moment. She joined in the singing with enthusiasm.” Cathie Tiffany museum worker.

“Pat and Gladys singing together holding hands, bonding through music!” Evaluator

“It was great, they really enjoyed it and it has given them more confidence. They enjoyed remembering things, they were more engaged for the next few sessions. They talk about it for the next few days, still singing the songs. It has given me more ideas for reminiscence and subjects to talk about.” Activity Co-ordinator

There was quite a high level of relatives attending the sessions which helped with the reminiscing, four in all.

“E was sitting with her son P who enjoyed the session and had many stories to tell. She was very much supported by P who made the useful suggestion that if we tell family members in advanced what the theme for the next suitcase will be, they will be able to show relevant artefacts from home and have conversations with their loved one before the sessions begins, which will make the session even more valuable.” Cathie Tiffany, museum worker

“very enjoyable, good concept of objects and music. I learnt new things about mum.” Son of participant

“G has absolutely loved it, I’ve been videoing it and showing it to everyone” daughter of participant

The Firs care home

Well-being survey results

Week no	1	2	3	4	5	Average	Not in the activity
Did the participants seem...							

To be enjoying themselves							
A	5		5	5		5	
B	3	5	5	5		5	
C	3	4	3			3	
D	2	2		4		3	
E	1	2				2	
F	4			4	5	4	2
G	5	5	5	5	5	5	5
H		4		5	3	4	3
I	4	5	5	5	4	5	5
J					4	4	5
K	5		5	4	5	5	3
L					4	4	4
M		5	5	5	5	5	5
Happy or contented							
A	5		5	5		5	
B	3	5	5	5		5	
C	4	5	3			4	
D	2	4		4		3	
E	1	2				2	
F	4			5	5	5	2
G	5	5	5	5	5	5	5
H		4		5	3	4	3
I	5	5	5	5	4	5	5
J					3	3	5
K	5		5	4	5	5	3
L					4	4	4
M		5	5	5	5	5	4
Engaged or focused							
A	5		5	5		5	
B	3	5	5	5		5	
C	3	4	3			3	
D	2	2		3		2	
E	2	2				2	
F	4			5	5	5	4
G	5	5	5	5	5	5	5
H		3		4	3	3	3
I	4	4	5	5	4	4	5
J					4	4	5
K	5	5		3	5	5	4
L					4	4	4

M		5	5	5	5	5	5
Engaging confidently with people							
A	5		5	5		5	
B	2	5	5	5		4	
C	4	4	3			4	
D	2	2		2		2	
E	2	2				2	
F	5			5	5	5	4
G	5	5	5	5	5	5	5
H		4		5	3	4	3
I	4	5	5	5	4		5
J					4	4	5
K	5		5	3	5	5	4
L					4	4	4
M		5	5	5	5	5	5
Relaxed							
A	5		5	5		5	
B	3	5	5	5		5	
C	3	3	4			3	
D	2	3		4		3	
E	2	2				2	
F	4			5	5	5	2
G	5	5	5	5	5	5	5
H		4		5	3	4	3
I	4	5	5	5	4		5
J					4	4	5
K	5		5	4	5	5	3
L					4	4	4
M		5	5	5	5	5	5
Physically co-ordinated							
A	5		5	5		5	
B	3	4	5	5		4	
C	4	4	3			4	
D	4	3		2		3	
E	4	3				4	
F	5			5	5	5	4
G	5	5	5	5	5	5	5
H		4		4	3	4	3
I					4	4	5
J							
K	5		5	4	5	5	4

L					4	4	4
M		5	5	5	5	5	4
Able to make up their own mind							
A	5		5	5		5	
B	2	3	5	5		4	
C	4	5	4			4	
D	4	2		1		2	
E	2	2				2	
F	5			5	5	5	5
G	5	5	5	5	5	5	5
H		5		5	3	4	3
I	4	5	5	5	4	4	5
J					4	4	5
K	5		5	4	5	5	3
L					3	3	3
M		5	5	5	5	5	4
To be thinking clearly							
A	5		5	5		5	
B	2	3	5	5		4	
C	3	3	3			3	
D	1	1		1		1	
E	2	2				2	
F	5			5	5	5	5
G	5	5	5	5	5	5	5
H		3		5	2	3	3
I	4	4	5	5	4	4	5
J					4	4	5
K	5		5	3	4	4	2
L					3	3	3
M		5	5	5	5	5	4
Depressed							
A	1		1		1	1	
B	2	1	1	1		1	
C	3	1	3			2	
D	1	1		1		1	
E	2	1			1	2	
F	1			1	1	1	1
G	1	1	1	1	1	1	1
H		1		1	1	1	1
I	1	1	1	1	1	1	1

J					1	1	1
K	1		1	1	1	1	3
L					1	1	1
M		1	1	1	1	1	1
Lonely							
A	1	1	1		1	1	
B	2	1	1	1		1	
C	3	1	1			2	
D	1		1	1		1	
E	2	1				2	
F	1			1	1	1	1
G	1	1	1	1	1	1	1
H		1		1	1	1	1
I	1	1	1	1	1	1	1
J					1	1	1
K	1		1	1	1	1	1
L					1	1	1
M		1	1	1	1	1	1



The data shows overall that there was a high level of engagement and long length of time where people showed signs of positive well-being. There were many scores of 4s and 5s on average. Also, there were very few signs of depression and loneliness. In terms of comparing the average scores to when the participants were not engaged in the activity and having some quiet time the scores were very mixed.

For some people there was a big increase in well-being when they were engaged in the activity with often two scores difference, for others it stayed the same and for others it decreased. At The Firs care home, the care staff changed over in the middle of the session. This was not a true record of the participants well-being as it was mainly the staff in the second half that scored it or sometimes the museum worker did it.

The quotes from the musician and museum worker however reflected the high levels of engagement and well-being there was.

"It helped when carers could help show the objects and have one to one conversations, especially to those who were hard of hearing. One of the ladies, who tended to shout out in bursts, connected with songs with rhythm and often moved her legs to music, which showed her ability to connect with the music." Deborah Rose musician

About M 'full participation as always. Loved dressing up and singing.' 'M loved the session. He shared some anecdotes and Irish folk songs with us. A lot of laughing!'

“N was pleased to see me when I arrived and seemed to remember having enjoyed the sessions before. She told me she was about to leave but had decided to stay.”

“B started making noises but became more attentive and started looking at the objects. She joined in with some of the singing. She seemed nervous to start with, less so towards the end.” “S told us that she loved the sessions and serenaded us.

S and D invented a song in which they told us that we had to come back and thanked us for sharing the objects and music with them.”

Cathie Tiffany museum worker

It was also seen at The Firs care home that uncomfortable memories were stimulated by the objects, but this was dealt with sensitively by the museum worker.

“J was quite emotional at time. The suitcase prompted some bad memories of childhood and she thanked me for listening privately to her and giving her a hug.”

Cathie Tiffany the museum worker

Hawthorns care home

Well-being survey results

NA=not applicable due to severe disability

The residents at Hawthorns care home were showing late stages of dementia with some unable to speak and mobility severely limited. Many were in large lounge chair type wheelchairs. One lady we visited was mainly in her own room.

Week no	1	2	3	4	5	6	Average	Not in the activity
Did the participants seem...								
To be enjoying themselves								
A	2		1		2		2	2
B (family carer)	4		4	4	4		4	4
C	5	4					5	5
D	5			2			4	2
E	5	4					5	4
F	3	2	1	3	2	3	2	
G	5		4			3	3	3
H	4	4	4	4	4	5	4	2
I	4		2	3	2	3	3	2
J	5		3				4	4

Happy or contented								
A	2		2		2		2	2
B	4		4	4	4		4	4
C	4	4					4	5
D	4			2			3	3
E	5	4					5	4
F	3	3	4	2	3	4	3	
G	5		4			5	5	3
H	4	4	4	4	4	5	4	2
I	3		2	3	3	3	3	4
J	5		2				4	4
Engaged or focused								
A	1		2		1		1	3
B	2		4	4	4		4	4
C	4	4					4	5
D	5			1			3	
E	5	4					5	5
F	2	2	1	2	1	2	2	
G	5		4			3	4	2
H	4	4	4	3	3	5	4	2
I	3		2	2	2	3	3	2
J	5		2				4	2
Engaging confidently with people								
A	1		2		1		1	
B	2		4	4	4		4	5
C	4	4					4	4
D	4			1			3	1
E	5	4					5	
F	2	2	1	1	1	2	1	
G	3		3			3	3	3
H	3	3	3	3	3	5	3	2
I	2		1	1	1	2	1	2
J	5		2				4	4
Relaxed								
A	3		2		3		3	3
B	3		4	4	4		4	5
C	4	4					4	4
D	5			3			4	1
E	5	4					5	5
F	3	3	4	4	3	5	3	
G	4		4			4	4	3

H	4	4	4	4	4	5	4	3
I	4		3	2	3	5	3	2
J	5		1				3	4
Physically co- ordinated								
A			2		2		2	
B	3		4	4	4		4	5
C	4	3					4	3
D	NA			NA			NA	2
E	5	4					5	5
F		3	1	2	2	2	2	
G	NA		NA			NA	NA	
H		2	2	2	2	4	2	3
I	NA	NA	NA	2	1	2	2	2
J	5		3				4	4
Able to make up their own mind								
A	1		1		1		1	NA
B			4	4	4		4	5
C	4	4					4	2
D	5			NA				NA
E	5	4					5	5
F	NA	3	1	NA	NA	NA	2	
G	NA		NA			NA	NA	NA
H	3	3	2	2	3	4	3	2
I	NA	NA	NA	1	1	1	1	NA
J	5		3				4	1
To be thinking clearly								
A			1		1		1	NA
B			4	4	4		4	5
C		3					3	2
D	NA			NA			NA	NA
E	5	4					5	5
F	NA	2	1	NA	NA	NA	2	
G	NA		NA			NA	NA	NA
H	NA	3	3	2	3	4	3	2
I	NA	NA	NA	1	1	1	1	NA
J	NA	NA	NA	NA	NA	NA	NA	1
Depressed								
A			1		1		1	NA

B			1	1	1		1	1
C		1					1	1
D	1			1			1	NA
E	1	1					1	2
F	NA	1	1	NA	NA	NA	1	
G	NA		NA			NA	NA	2
H	NA	1	1	1	1	1	1	2
I	NA	NA	NA	1	1	1	1	NA
J	1	NA	1	NA	NA		1	1
Lonely								
A	1		1		1		1	NA
B	1		1	1	1		1	2
C	1	1					1	2
D	1			1			1	2
E	1	1					1	2
F	1	2	1	2	2	1	1	
G	1		1			NA	1	2
H	1	1	1	1	1	1	1	2
I	1	NA	NA	1	1	1	1	NA
J	1		1				1	1



The data shows there was a mixed level of engagement at Hawthorns care home and some engagement for some of the time in the sessions. The outcomes that were observed were small compared to other care homes such as a smile or a twinkle in the eye. There was less reminiscence and stories shared compared to other care homes due to the severity of the participants dementia, but the music in particular showed positive results. In

one particular case the person who we saw in her own room one day was very agitated and Deborah's music calmed her down. The quotes seem to suggest this as well.

"L really enjoyed the session. M got emotional with a couple of things. L enjoyed the quietness of the songs, she tried to speak and mouth the words. J was awake for all the session, which is unusual for her. Deborah sang to her so she could lip read. To keep our residents engaged for 2 hours you should give yourself a clap. People haven't fidgeted. R normally pulls R's fingers but didn't today"
Activity Co-ordinator

"In the one to one in the bedroom with S her daughter recorded my song and is going to play it to her again" Deborah Rose, musician

"There were lots of small engagements, singing, beaming at David as he had a scarf on his head, interacting with the hat and wearing it, eyes shut listening to the songs, reaching out to David, listening and whistling." evaluator

"That was nice" to one of the songs. Participant

"Contact with carers very important here, and feedback was what a high standard this project was, and carers looked forward to it. N who often did not look up, when the music played she often looked directly at me, and at times smiled. Her husband was emotional when he could see her connect. The roll up piano worked well here, touch and sound very effective. Each visit I would sing for S, in her room. Apart from one visit when she was very distressed, the music calmed her, and she waved goodbye to me each time I left. This meant a lot to her family and I have received several messages from them saying the music helps her." Deborah Rose, musician

"I have just arrived to see mum and L her carer was playing your album. Your song Taigh Alain came on and she said it's nice. She very rarely says actual words these days, so that was a real moment and just nice how it was on that song."

Participants daughter about Deborah Rose's song.

When comparing the scores between the activity and a quiet time there seems to be some improvement in well-being for some people with an average score of one point higher. There was some significant difference in scores around depression and loneliness with there being less signs of depression and loneliness when doing the activity.

VIP Centre

Well-being survey results

Week no	1	2	3	4	5	Average	Not in session
Did the participants seem...							
To be enjoying themselves							
A		5			4	5	5
B	5	5	5			5	
C	2	3	1			3	
D	3	4		4	4	4	4
E	5	5	4	3	4	4	3
F	4	3	4	4	5	4	5



G	2	3	2	3	4	3	4
H	4	3	3	3	3	3	4
I	3	3	4	4	5	4	5
J	5	4	4	4	5	4	4
Happy or contented							
A		5			3	4	4
B	5	5	5			5	
C	2	3	1			3	
D	3	3		4	4	4	4
E	4	4	3	3	3	3	3
F	5	3	3	4	4	4	4
G	2	3	3	3	4	3	4
H	3	3	3	3	3	3	4
I	3	3	4	4	5	4	5
J	4	4	4	4	4	4	4
Engaged or focused							
A		5			3	4	3
B	5	5	5			5	
C	2	2	1			2	
D	2	1		1	1	1	2
E	3	4	3	3	2	3	3
F	5	4	4	4	4	4	5
G	1	2	2	3	4	2	3
H	3	2	2	2	2	2	3
I	2	3	4	4	5	4	4
J	4	4	5	4	4	4	4
Engaging confidently with people							
A		5			4	5	4
B	5	5	5			5	
C	2	3	1			3	
D	2	1		2	2	2	2
E	1	2	3	2	2	2	4
F	5	5	5	4	5	5	4
G	1	2	1	2	3	2	2
H	2	2	3	3	2	2	3
I	2	3	5	5	4	4	4
J	3	4	5	4	4	4	5
Relaxed							
A		5			4	5	4
B	5	5	5			5	
C	3	3	1			2	

D	3	3		3	3	3	4
E	3	3	2	2	3	3	3
F	5	4	5	4	4	4	4
G	3	3	2	3	4	3	3
H	3	4	3	3	4	3	4
I	2	4	4	5	5	4	4
J	5	4	3	3	4	4	4
Physically co- ordinated							
A		5			4	5	4
B	3	4	4			4	
C	2	2	1			2	
D	2	2		3	2	2	3
E	2	2	3	3	2	2	4
F	3	3	3	4	4	3	4
G	2	2	2	2	3	2	2
H	3	3	2	3	3	3	5
I	3	4	5	5	5	4	5
J	4	4	4	3	3	4	3
Able to make up their own mind							
A		4			4	4	3
B	4	4	5			4	
C	3	3	1			2	
D	1	1		1	1	1	2
E	5	5	4	2	3	4	4
F	5	5	5	5	5	5	5
G	2	2	2	3	2	2	2
H	4	4	4	4	4	4	4
I	3	4	5	5	5	4	5
J	4	4	5	5	5	5	5
To be thinking clearly							
A		4			4	4	3
B	3	4	5			4	
C	3	3	1			2	
D	1	1		1	1	1	2
E	3	4	4	2	2	3	4
F	5	5	5	5	5	5	5
G	2	2	3	3	3	3	2
H	3	4	4	3	4	4	4

I	2	4	5	5	5	4	5
J	4	4	5	4	4	4	5
Depressed							
A		1			1	1	1
B	1	1	1			1	
C	3	1	1			1	
D	1	1		1	1	1	1
E	1	1	1	1	1	1	1
F	1	1	1	1	2	1	1
G	2	1	1	1	3	2	1
H	1	1	1	1	1	1	1
I	2	1	1	1	3	2	1
J	1	1	1	1	1	1	1
Lonely							
A	1	1	1		1	1	1
B	1	1	1			1	
C	1	1	1	1		1	
D	2	1		1	2	2	1
E	1	1	1	1	1	1	1
F	1	1	1	1	1	1	1
G	2	1	1	1	3	2	1
H	1	1	1	1	1	1	1
I	1	1	1	1	1	1	1
J	1	1	1	1	1	1	1



The data suggests that there were very few signs of loneliness and depression whilst engaged in the activities. There was a mixed level of engagement and enjoyment with this group with the scores ranging from 2 to 5. What can be also seen is that the scores for each person remained fairly mixed between each week suggesting quite a difference in people's well-being apart from in the areas of enjoying themselves and happy or contented.

This can be seen also in the quotes and observations made;

"The first session was in a very large room so hard to navigate, quite a quiet group lots of people leaving at different times and staff in and out with care needs. There was engagement on a 121 basis and some singing and percussion playing. Some were only singing and not engaging with objects and some engaging the other way around. The last session was much more relaxed this time and more interaction and animation, people were joining in with percussion and loved the lap piano. More people stayed awake for longer. It was the first time Norman interacted and played the drum and the shaker." Evaluator

“At first the group did not understand what to do. It was really good for them to help them come out of their shell. M joined in with the singing last week which was unusual for her. E was joining in and doesn’t normally. I was amazed at how the residents reacted and it has given us more ideas about what to do with them, very helpful. A was depressed this morning and this afternoon it’s picked her up”
Care staff

“A bit chaotic as several people leave at 2pm. Manager supportive and staff around, although not always engaged. P was more animated than I have seen her before talking about life on the farm and the WI. We had a very pleasing outcome when M joined in singing Daisy, Daisy. Y the care worker was very surprised, as was M's husband when he arrived to collect her.” Su Vale museum worker

“D brought his suitcase in for us to see. Loves telling stories” Heather, musician

“It was nice to reminisce we should sing more often” participant

“D Volunteered lots of stories. I saw more of his teeth because his smiles were bigger!” Heather, musician

“With P there was not much reaction. He mouthed the words to My Bonnie.” On another week *“huge smile when I talked to P & J about how they met.”*
Heather, musician

When comparing the scores between the activity and a quiet time there seems to be some improvement in well-being but the majority showed little improvement to what they are normally like. It was difficult collecting the data as different staff members filled out the forms each week rather than one consistent person. Also, the day centre delivers a lot of activities, so the participants are stimulated a lot of the time which may be why there was little improvement in well-being.

Rashwood

Well-being survey results

Week no	1	2	3	4	5	6	
Did the participants seem...							Average
To be enjoying themselves							
A			3	3	4	4	4
B			4	4	4		4
C			4	4	4		4
D		4		4			4
E		4			4		4



F	4	3		4	4	4	4
G	4	4	4	4	4		4
H	4	4					4
I	4	4	2	4	3	4	4
J	4	4	4	4		4	4
K	4	3	4	4	4	3	4
L	4	3	4	4	4	4	4
M	4	3	4	4	4	4	4
N			4		4	4	4
O			4		4		4
Happy or contented							
A			3	3	3	4	3
B			4	4	4		4
C			4	4	4		4
D		4		4			4
E		4			4		4
F	4	4		4	4	4	4
G	4	4	4	4	4		4
H	4	4					4
I	4	4	2	4	2	4	3
J	4	4	4	4		4	4
K	4	3	3	3	3	3	3
L	4	4	4	4	4	4	4
M	4	3	4	4	4	4	4
N			4		4	4	4
O			4		4		4
Engaged or focused							
A			3	2	4	3	3
B			4	4	4		4
C			4	3	4		4
D		4		4			4
E		3			4		4
F	3	3		4	3	4	3
G	4	4	3	4	4		4
H	4	3					4
I	3	4	2	3	2	4	3
J	4	4	4	4		4	4
K	3	4	3	3	3	3	3
L	4	2	4	3	3	4	4
M	4	4	4	4	4	4	4
N			4		3	4	4
O			4		4		4

Engaging confidently with people							
A			3	2	4	3	3
B			4	4	4		4
C			4	3	4		4
D		4		4			4
E		3			4		4
F	3	2		2	2	3	2
G	4	4	3	3	4		4
H	3	4					4
I	4	4	2	4	2	4	3
J	4	4	4	4		4	4
K	4	3	3	3	3	3	3
L	4	4	4	4	4	4	4
M	4	4	4	4	4	4	4
N			4		3	4	4
O			4		4		4
Relaxed							
A			3	3	4	4	4
B			4	4	4		4
C			4	4	4		4
D		4		4			4
E		4			4		4
F	3	4		4	4	4	4
G	4	4	3	4	4		4
H	4	4					4
I	3	4	2	4	2	4	3
J	4	4	4	4		4	4
K	4	4	3	4	4	4	4
L	4	4	4	4	4	4	4
M	4	3	4	4	4	4	4
N			4		3	4	4
O			4		4		4
Physically co-ordinated							
A			3	4	4	4	4
B			3	3	3		3
C			3	2	2		2
D							
E		4			4		4
F	3	4		4	4	4	4
G	4	4	3	4	4		4
H	3	4					4

I	4	4	2	4	4	4	4
J	4	3	4	4		4	4
K	4	4	3	4	4	4	4
L	4	4	4	4	4	4	4
M	3	4	3	3	4	4	4
N			4		4	4	4
O			4		4		4
Able to make up their own mind							
A			4	4	4	4	4
B			4	4	4		4
C			4	3	4		4
D		4		4			4
E		4			4		4
F	4	3		4	4	4	4
G	4	4	3	3	3		3
H	3	3					3
I	3	4	2	4	2	4	3
J	4	4	4	4		4	4
K	4	3	4	4	4	4	4
L	4	3	4	4	4	4	4
M	3	3	3	4	4	4	4
N			4		4	4	4
O			4		4		4
To be thinking clearly							
A			3	4	4	4	4
B			4	4	4		4
C			4	3	4		4
D		4		4			4
E		3			4		4
F	4	3		4	4	4	4
G	3	3	3	3	4		3
H	3	4					4
I	3	4	2	4	2	4	3
J	4	4	4	4		4	4
K		4	3	4	4	3	4
L	3	3	3	4	4	4	4
M	3	3	3	4	4	4	4
N			4		4	4	4
O			4		4		4
Depressed							

A			1	1	1		1
B			1	1	1		1
C			1	1	1		1
D		1		1			1
E		1			1		1
F	2	1		1	1	1	1
G	2	1	2	1	1		1
H	3	1					2
I	1	1	2	4	2		2
J	1	1	1	1		1	1
K	2	2	2	2	2	2	2
L	2	1	1	1	1	1	1
M	1	2	1	1	1	1	1
N			1		1	1	1
O			1		1		1
Lonely							
A			1		1		1
B			1	1	1		1
C		1		1			1
D	1		1	1			1
E		1			1		1
F	2	1		1	1	1	1
G	2	1	2	1	1		1
H	3	1					2
I	1	1	2	1	1	1	1
J	1	1	1	1		1	1
K	1	1	3	3	3		2
L	1	1	1	1	1		1
M	1	1	1	1	1	1	1
N			1		1	1	1
O			1		1		1



No comparative scores were done when the participants weren't engaged in the activity.

The data suggests that there were very few signs of loneliness and depression whilst engaged in the activities. There was a high level of engagement and enjoyment with this group with many of the average scores being a 4. What can be also seen is that the scores for each person remained fairly

consistent for each week sometimes within one score or 2 suggesting people's reaction to the activities were similar each week.

This can be seen also in the quotes and observations made;

"We are all really enjoying the suitcases and after last week conversations kept popping up about the morning we had had last week. One of our residents who normally would come to a morning activity for 30mins stayed for the full 2 hours and thoroughly enjoyed herself reminiscing with her daughter and the rest of the group and singing along with Heather." Activity Co-ordinator

"There have been dramatic changes in D. She was completely relaxed happy and engaged throughout the project, normally she is agitated with her dementia." Activity Co-ordinator

"J is normally very quiet naturally. He has been more engaged than normal with this project, smiley and was watching what was going on." Activity Co-ordinator

"I wasn't going to come today, thank you so much I wouldn't have missed it for the world" Participant

"I wish P had been well enough to attend more of these sessions. I haven't seen her laugh like that in ages." Activity Co-ordinator

Unexpected outcomes

"We have started to create our own reminiscence handling collection" Activity Co-ordinator

"The care staff came in at the end of the last session and were hanging around watching and listening, they don't normally do this." Activity Co-ordinator

"Apologies for not sending a huge thank you sooner for the fabulous cd with all the music on. We love it. We've had it on at the bar many times and I find residents humming some of the tunes during the day." Activity Co-ordinator

"She's had a marvellous time, I haven't heard that story before, they unlocked memories about Blackpool" Participants daughter

Droitwich Meeting Centre

Well-being survey results

Week no	1	2	3	4	5	
Did the participants seem...						Average
To be enjoying themselves						
A	3	2	3		3	3
B	3	4	5	4	3	3



C	5	5	5		5	5
D	3		4	3		3
E					5	5
F	3		4	3	3	3
G	4	4	4	3	3	4
H	5	5	5	5	5	5
I	5	3		3	3	4
J	2	1		2	2	2
K	5	5	5	5	5	5
L	1	2	2	2	2	2
M	3	5	5		5	5
Happy or contented						
A	4	2	2		2	3
B	5	5	5	4	3	3
C	5	5	5		5	5
D	3		3	3		3
E					5	5
F	5		4	3	3	4
G	5	4	4	3	3	4
H	5	5	5	5	5	5
I	4	4		3	3	4
J	5	1		2	1	2
K	5	5	5	5	5	5
L	1	3	2	2	2	2
M	4	5	5		5	5
Engaged or focused						
A	2	1	2		2	2
B	4	5	4	4	4	3
C	5	5	5		5	5
D	3		3	3		3
E					5	5
F	3		3	3	3	3
G	4	3	3	3	3	4
H	5	5	5	5	5	5
I	4	3		3	3	3
J	2	1		1	1	1
K	5	5	5	5	5	5
L	2	2	2	2	2	2
M	3	4	5		5	3
Engaging confidently with people						
A	1	1	2		2	2

B	5	5	5	4	4	4
C	5	5	5		5	5
D	4		4	3		4
E					5	5
F	5		5	3	3	4
G	3	2	3	3	3	3
H	5	5	5	5	5	5
I	4	3		3	3	3
J	2	1		2	1	2
K	5	5	5	5	5	5
L	2	1	1	2	2	2
M						
Relaxed						
A	3	2	1		1	2
B	5	5	5	4	4	4
C	5	5	5		5	5
D	5		4	3		4
E					5	5
F	3		4	3	5	4
G	3	3	3	3	3	3
H	5	5	5	5	5	5
I	4	4		3	3	4
J	5	1		2	1	2
K	5	5	5	5	5	5
L	1	1	1	2	2	1
M	5	5	5		5	5
Physically co- ordinated						
A	4	2	2		2	3
B	5	5	5	4	5	5
C	5	5	5		5	5
D	5		5	3		4
E					5	5
F	5		5	3	5	4
G	4	3	3	3	3	3
H	5	5	5	5	5	5
I	4	3		3	3	3
J	5	1		2	1	2
K	5	5	5	5	5	5
L	2	2	2	2	2	2
M	5	5	5		5	5
Able to make up						

their own mind						
A	5	2	2		2	3
B	3	4	4	4	4	4
C	5	5	5		5	5
D	5		5	3		4
E					5	5
F	5		5	3	5	5
G	3	3	3	3	3	3
H	5	5	5	5	5	5
I	4	3		3	3	3
J	5	1		2	1	2
K	5	5	5	5	5	5
L	2	2	2	2	2	2
M	5	5	5		5	5
To be thinking clearly						
A	3	2	3		2	3
B	3	4	4	4	3	4
C	4	5	5		5	5
D	4		4	3		4
E					5	5
F	5		5	3	3	4
G	3	3	3	3	3	3
H	5	5	5	5	5	5
I	4	3		3	3	3
J	2	1		2	1	2
K	5	5	5	5	5	5
L	1	1	1	2	2	1
M	5	5	5		5	5
Depressed						
A	1	1	1		1	1
B		1	1	1	2	1
C	1	1	1		1	1
D	1		1	1		1
E					1	1
F	1		1	1	1	1
G	1	1	3	1	1	1
H	1	1	1	1	1	1
I	1	1		1	1	1
J	2	1		2	1	2
K	1	1	3	1	1	1
L	1	1	1	2	2	1
M	1	1	1		1	1

Lonely						
A	1	1	1		1	1
B		1	1	1	1	1
C	1	1	1	1		1
D	1		1	1		1
E					1	1
F	1		1	1	1	1
G	1	1	2	1	1	1
H	1	1			1	1
I	1	1		1	1	1
J	2	1		2	1	2
K	1	1	3	3	3	1
L	1	1	1	2	3	2
M	1	1			1	1

No comparative scores were done when the participants weren't engaged in the activity. Also, as Droitwich Meeting Centre is day care they are always engaged in activities so hard to compare.

The data suggests that there were very few signs of loneliness and depression whilst engaged in the activities. The scores were wide ranging to the other questions suggesting that some people fully engaged and were enjoying it whilst others less so. What can be also seen is that the scores for each person remained fairly consistent for each week sometimes only varying by one score suggesting people's reaction to the activities were similar each week.

"isn't it amazing what we are remembering, things are just sparking off more and more memories." participant

"you have brought such a smile to us on a wet day" participant



The observations from the museum worker, evaluator and staff also suggest a mixed response to the sessions some very reserved and others fully engaged. It seems if the activity around the objects didn't get a response then the playing of music sometimes brought people out of their shell and then they responded better to the objects.

"more beneficial for the ones less far down in their journey but everyone responded to the music" care staff

"R extremely negative to start with. Didn't want to handle any of the objects and was throwing up objections to everything I did. Tristan won him around with the singing, getting him to choose the songs etc. He then responded much more positively to my interactions and seemed to enjoy the session at the end." Cathie Tiffany, museum worker

The Alexandra Hospital, Redditch

This was a small sample of people at the hospital who participated more than once. There were no comparison scores done when they weren't engaged. Each ward had 1 hour as opposed to 2hrs.

Week no	1	2	3	4	5	Average
Did the participants seem...						
To be enjoying themselves						
A	2	1	4			2
B		5	5			5
C	5	5	5			5
D	5	5	5			5
E	5	5				5
F	4	3				4
G			5	5		5
Happy or contented						
A	2	1	4			2
B		5	5			5
C	5	5	5	5	5	5
D	5	5	5			5
E	5	5				5
F	4	3				4
G			5	5		5
Engaged or Focused						
A	2	1	3			2
B		5	5			5
C	5	5	5	5	5	5
D	5	5	5			5
E	5	5				5
F	4	3				4
G			5	5		5
Relaxed						
A	2	1	4			2
B		5	5			5
C	5	5	5	5	5	5
D	5	5	5			5
E	5	5				5
F	4	3				4

G			5	5		5
Physically co-ordinated						
A	2	1	2			2
B		5	5			5
C	5	5	5	5	5	5
D	5	5	5			5
E	5	5				5
F	4	3				4
G			5	5		5
Able to make up their own mind						
A	2	1	1			1
B		5	5			5
C	5	5	5	5	5	5
D	5	5	5			5
E	5	5				5
F	4	3				4
G			5	5		5
To be thinking clearly						
A	2	1	2			2
B		5	5			5
C	5	5	5	5	5	5
D	5	5	5			5
E	5	5				5
F	4	3				4
G			5	5		5
Depressed						
A	1	1	1			1
B		1	1			1
C	1	1	1	1	1	1
D	1	1	1	1		1
E	1	1				1
F	1	1				1
G			1	1		1
Lonely						
A	1					1
B		1	1			1
C	1	1	1	1	1	1
D	1	1	1	1		1

E	1	1				1
F	1	1				1
G			1	1		1
Engaging Confidently with people						
A	2	1	2			2
B		5	5			5
C	5	5	5	5	5	5
D	5	5	5			5
E	5	5				5
F	4	3				4
G			5	5		5



It can be seen through the data that there were high levels of engagement and well-being when doing the activity for most people and low level signs of depression and loneliness. A had quite severe levels of dementia and wandered in and out of the session a lot hence his low scores.

For the other participants that only participated once 22 people scored 4s and 5s consistently, 3 people scored mainly 3s, 3 people scored mainly 2s, 2 people scored 1s and 5 people had a mixed score. This suggests for their one session most people were engaged highly and showed high levels of well-being.

This can also be seen in the observations from the evaluator, musician, museum worker, family members and NHS dementia staff.

“DB was fully engaged, singing and requesting songs, smiling, happy” Evaluator

“NR was a bit down but his wife phoned in to say that the session had cheered him up.” NHS staff

“AS was smiling and happy he’s normally aggressive” NHS staff

“My dad’s eyes lit up and mum and dad were moving and swaying to the music” daughter

“There was a difference in M’s mood, he was agitated at the beginning and then at the end of the session smiling. P normally only converses with his daughter and wife but when the singing started he bellowed out the song, he remembered singing a few days later as well which is an achievement.” NHS staff

“D loved it, he kept asking when we were coming back again he could hear the singing in the other ward, he sat on the edge of the bed waiting for us, his face lit up when doing the session and when he saw the article about it.” NHS staff

“B kept on requesting more songs. We ran over time by about 10 mins.” Museum Worker

“We spent the last 15 mins on ward 2 which was transformed by the experience according to one of the younger patients who said the atmosphere changed and one of the older women was smiling when we left after commenting on being quite down before we arrived.” Su Vale, museum worker

The staff also showed signs of improved well-being also.

“Every member of staff gave good feedback, it brightened up their day as well” NHS staff

“Even the ladies giving out the lunches were curious. People came down from other wards and joined in. The nurses were singing and dancing as they gave out the medicines .” Evaluator

More music was played at these sessions than normal and less objects and memories were shared. The participants were unable to handle the objects due to infection control unless they were wipeable which lessened the experience. Also, some participants had little ability to speak and share memories.

The hospital started to think about how they could continue the work beyond this project as they felt it had such a positive effect on the patients.

“The staff recorded before during and after interviews with some of the patients as an evaluation tool and are talking to the hospital board next week about the positive effects of the project and how they can build on it.” Su Vale, museum worker

Greenhill care home

Week no	1	2	3	4	5	6	Average	Not in session
Did the participants seem...								
To be enjoying themselves								
A	5	5	5	5	5	3	5	5
B	5	5	5	5	5	5	5	5
C	4	5	5	5	5	5	5	5
D	5	5	5	5	5	5	5	5

E	2					2	2	3
F	4	5	5	5	5		5	3
G		3		3	3		3	
H		3			3	3	3	4
I		5				5	5	5
J		3	4			2	3	3
K	5	5	5			3	5	5
L	3	3				1	2	3
M	2					2	2	3
N	3					2	3	2
O			2		1		2	
P			5					4
Q						4	4	3
R						4	4	4
S	5	5	5	5	5	5	5	5
Happy or contented								
A	5	5	5	5	5	3	5	5
B	5	5	5	5	5	5	5	5
C	4	5	5	5	5	5	5	5
D	5	5	5	5	5	5	5	5
E	5					3	4	5
F	4	5	5	5	5		5	3
G		3		3	3		3	
H		3			3	3	3	4
I		5				5	5	4
J		3	4			2	3	3
K	5	5	5			3	5	5
L	3	3				1	3	3
M	5					2	4	3
N	2					2	2	2
O			2		1		2	
P			5					4
Q						4	4	3
R						4	4	4
S	5	5	5	5	5	5	5	5
Engaged or Focused								
A	5	5	5	5	5	3	5	5
B	5	5	5	5	5	5	5	5
C	4	5	5	5	5	5	5	5
D	5	5	4	5	5	5	5	5
E	2					1	2	2
F	3	3	5	3	5		4	1
G		2		2	2		2	

H		2			3	3	3	4
I		5				5	5	3
J		2	5			2		3
K	5	5	5			2	5	5
L	3	2				1	2	2
M	2					2	2	4
N	2					2	2	2
O			2		2		2	
P			5					4
Q						4	4	5
R						4	4	4
S	5	5	5	5	5	5	5	5
Relaxed								
A	5	5	5	5	5	3	5	5
B	5	5	5	5	5	5	5	5
C	4	5	5	5	5	5	5	5
D	5	5	4	5	5	5	5	5
E	5					3	4	4
F	3	3	5	4	5		4	3
G		3		3	3		3	
H		3			3	5	4	4
I		5				5	5	4
J		3	4			4	4	3
K	5	5	5			4	5	5
L	2	2				4	3	3
M	5					2	4	4
N	2					2	2	3
O			3		3		3	
p			5					3
Q						4	4	3
R						4	4	4
S	5	5	5	5	5	5	5	5
Physically co-ordinated								
A	5	5	5	5	5	3	5	4
B	5	5	5	5	5	5	5	5
C	5	5	5	5	5	5	5	5
D	5	5	4	5	5	3	5	3
E	1					4	3	1
F	2	2	5	5	5		4	1
G		2		2	2		2	
H		2			3	3	3	2
I		4				4	4	3
J		2	4			3	3	3

K	5	5	5			5	5	5
L	3	3				4	3	2
M	5					2	4	4
N	2					2	2	3
O			3		3		3	
P			5					4
Q						4	4	5
R						4	4	4
S	5	5	5	5	5	5	5	5
Able to make up their own mind								
A	3	5	5	5	5	3	4	4
B	5	5	5	5	5	5	5	5
C	3	4	5	5	5	5	5	5
D	5	5	5	5	5	5	5	5
E	1					1	1	1
F	1	1	4	2	3		2	1
G		2		2	2		2	
H		2			3	3	3	2
I		4				4	4	4
J		2	4			2	3	3
K	5	5	5			5	5	5
L	3	2				2	2	2
M	5					2	4	5
N	3					2	3	3
O			3		3		3	
P			5					4
Q						4	4	5
R						4	4	4
S	5	5	5	5	5	5	5	5
To be thinking clearly								
A	4	5	5	5	5	3	5	5
B	5	5	5	5	5	5	5	5
C	4	4	4	4	4	4	4	5
D	5	5	5	5	5	5	5	5
E	1					1	1	1
F	1	1	4	2	2		2	1
G		2		2	2		2	
H		2			3	3	3	2
I		4				4	4	3
J		2	3			2	2	3

K	5	5	5			4	5	4
L	3	3				2	3	2
M	5					2	4	5
N	3					2	3	4
O			2		2		2	
P			5				5	3
Q						4	4	5
R						4	4	4
S	5	5	5	5	5	5	5	5
Depressed								
A	1	1	1	1	1	1	1	1
B	1	1	1	1	1	1	1	1
C	1	1	1	1	1	1	1	1
D	1	1	1	1	1	1	1	2
E	1					1	1	1
F	2	2	1	1	1		1	1
G		2		1	1		1	
H		2			2	2	2	1
I		2				1	2	1
J		2	1			1	1	1
K	1	1	1			1	1	1
L	1	1				1	1	1
M	1					1	1	1
N	1					1	1	4
O			1		1		1	
P			1				1	4
Q						1	1	3
R						1	1	1
S	1	2	1	1	1	1	1	4
Lonely								
A	1	1	1	1	1	1	1	1
B	1	1	1	1	1	1	1	1
C	1	1	1	1	1	1	1	1
D	1	1	1	1	1	1	1	1
E	1					1	1	1
F	2	1	1	1	1	1	1	1
G		2		1	2		1	
H		1			1	1	1	1
I		2				1	2	1
J		2	1			1	1	1
K	1	1	1			1	1	1
L	1	1				1	1	1
M	1					1	1	1
N	1					1	1	1
O			1		1		1	

P			1					1
Q						1	1	1
R						1	1	1
S	1	2	1	1	1	1	1	4

Engaging Confidently with people								
A	5	5	5	5	5	3	5	5
B	5	5	5	5	5	5	5	5
C	4	5	5	4	5	5	5	5
D	5	5	5	5	5	5	5	5
E	2		3			1	2	2
F	2	2	5	4	5		4	2
G		2		3	3	1	2	
H		2			3	3	3	4
I		5				5	5	3
J		4	5			2	3	3
K	5	5	5			2	5	5
L	2	2				1	2	2
M	2					2	2	4
N	2					2	2	3
O			2		2		2	
P			5					4
Q						4	4	5
R						4	4	4
S	5	5	5	5	5	5	5	5



The data suggests a very mixed level of engagement and well-being, but generally with low levels of signs of depression and loneliness. When not involved in the activity the signs of depression and loneliness were higher and for one person significantly higher by 3 scores. In terms of the other scores it was very mixed in terms of when they were not doing the activity. For some their engagement and levels of well-being were higher, for some it was lower and for some it stayed the same. This can be seen also in the observations and quotes given.

“Very chatty and engaged group when prompted, singing songs, chatting, sharing stories, chatty on 121 basis, one lady brought down her collection of postcards to share.” Evaluator

“Tristan serenaded K 121 she was smiling and laughing a lot, it was the only time she engaged that session.” Evaluator

“mixed engagement. D was chatty, told a lot of stories, promised to bring her postcard collection next week. A, S, R and J engaged with the objects and the music and recalled some memories. L was wandering around, engaged when spoken to, but not always coherent. Little engagement with the objects but did join in the singing at times. M joined in with the singing. B and M very little engagement, even when encouraged. Long chat and lots of memories from S. Staff were around, but not all the time and not fully engaged.” Su Vale Museum worker

“R had visitors for part of session, when she came in said she was disappointed she had missed some 'wish they hadn't come now, but what can you do?'” Su Vale, museum worker

“D brought her husbands' scout uniform this week, engaged as usual.” Su Vale museum worker

“Afterwards the staff said that some people are up and ready and, in the room, long before 10am as they really enjoy the sessions. Other staff agreed and said that our visits were beneficial.” Su Vale, museum worker

There seemed to be mixed staff engagement in these sessions with not one consistent Activity Co-ordinator which doesn't help.

*“Staff were around, but not all the time and not always fully engaged”
Su Vale, museum worker*

Also, the rooms that the sessions were held in made a difference to the success of the activity.

“The first week was held in the dining room which was a difficult space as they were on different tables.” “This week we were in the sitting room which was much better.”

Su Vale, museum worker

The Mill Care Home

This care home had a high level of people with dementia.

Week no	1	2	3	4	5	Average	Not in session
Did the participants seem...							
To be enjoying themselves							
A	5	5	5	5	5	5	5
B	3	5	5	5	3	4	3
C	3	5	5	3	5	4	4
D		5	5			5	5
E	4	5			3	4	4
F	3		2			3	3
G	5				3	4	4
H	5					5	3
I	2			5		4	4
J	5				3	4	3
K	3					3	3
L	5	5	5	5		5	5
M			4	4	4	4	4
N	2	5	5	5		5	4
Happy or contented							
A	5	5	5	5	5	5	5
B	3	5	5	5	3	4	4
C	3	5	5	5	5	5	4
D		5	5			5	5
E	4	5			3	4	4
F	3		4			4	3
G	5				3	4	4
H	5					5	3
I	2			5		4	5
J	5				3	4	3

K	3					3	3
L	5	5	5	5		5	5
M			4	4	4	4	3
N	4	5	5	5		5	4
Engaged or Focused							
A	5	5	5	5	5	5	5
B	3	5	5	5	3	4	3
C	2	5	5	3	5	4	4
D		5	5			5	4
E	4	5			3	4	4
F	2		3			3	3
G	5				3	4	4
H	5					5	3
I	2			5		4	4
J	5				3	4	3
K	3					3	3
L	5	5	5	5		5	5
M			4	4	4	4	4
N	2	5	5	5		5	4
Relaxed							
A	5	5	5	5	5	5	5
B	3	5	5	5	3	4	4
C	3	5	5	5	5	5	4
D		5	5			5	4
E	4	5			3	4	5
F	3		3			3	4
G	5				3	4	4
H	5					5	2
I	2			5		4	4
J	5				3	4	3
K	3					3	3
L	5	5	5	5		5	4
M			3	2	4	3	3
N	2	5	5	5		5	4
Physically co-ordinated							
A	5	5	5	5	5	5	4
B	3	5	5	5	3	4	5
C	3	5	5	3	5	4	4
D		5	5				5
E	4	5			3	4	5
F	2		2			2	2
G	5				3	4	4

H	5					5	3
I	2			5		4	2
J	5				3	4	2
K	2					2	2
L	5	5	5	5		5	5
M			4	4	4	4	2
N	3	5	5	5		5	4
Able to make up their own mind							
A	5	5	5	5	5	5	5
B	3	5	5	5	3	4	4
C	3	5	5	5	5	5	4
D		5	5			5	5
E	4	5			3	4	4
F	3		2			3	3
G	5				3	4	4
H	5					5	2
I	1			1		1	1
J	5				2	4	2
K	2					2	2
L	5	5	5	5		5	4
M			4	4	4	4	4
N	3	5	5	5		5	4
To be thinking clearly							
A	5	5	5	5	5	5	5
B	3	5	5	5	3	4	3
C	2	5	5	5	5	5	4
D		5	5			5	4
E	3	5			3	4	4
F	3		2			2	3
G	5				3	3	3
H	5					5	2
I	2			5		4	2
J	5				2	4	2
K	2					2	2
L	5	5	5	5		5	4
M			4	3	3	3	3
N	3	5	5	5		5	4
Depressed							
A	1	1	1	1	1	1	1
B	1	1	1	1	1	1	3

C	1	1	1	1	1	1	4
D		1	1			1	4
E	1	1			1	1	1
F	1		1			1	3
G	1				1	1	1
H	1					1	2
I	1			1		1	1
J	1				1	1	3
K	1					1	1
L	1	1	1	1		1	1
M			2	1	1	1	2
N	1	1	1	1		1	3
Lonely							
A	1	1	1	1	1	1	1
B	1	1	1	1	1	1	3
C	1	1	1	1	1	1	4
D		1	1			1	4
E	1	1			1	1	1
F	1		1			1	3
G	1				1	1	1
H	1					1	2
I	1			1		1	1
J	1				1	1	3
K	1					1	1
L	1	1	1	1		1	1
M			1	1	1	1	2
N	1	1	1	1		1	3
Engaging Confidently with people							
A	5	5	5	5	5	5	5
B	3	5	5	5	3	4	4
C	3	5	5	5	5	5	4
D		5	5			5	5
E	4	5			3	4	4
F	2		2			2	4
G	5				3	4	4
H	5					5	2
I	2			5		4	4
J	5				3	4	3
K	2					2	3
L	5	5	5	5		5	5
M			3	3	3	3	3
N	2	5	5	5		5	4



The data shows little signs of depression and loneliness when engaged in the activity but when not doing the activity there was scores of quite significant higher levels of depression and loneliness suggesting what a positive difference the activity made. There were quite high levels of engagement and well-being for most of the session times with a mixed scoring of mainly 3s, 4s and 5s. In most cases the average scores were

slightly higher than when participants were not engaged in the activity, by 1 or 2 scores. Also, in a lot of cases the average scores were the same as when not engaged in the activity so a mixed response overall.

The observations and quotes also back this up;

“it’s great fun we need people like you to come in and keep us going and happy, I shall miss these sessions.” participant

“It felt like the residents trusted the artists to tell those memories” care staff member

“S arrived a bit late, but joined in, said sessions were 'comfortable, like a pair of slippers” Su Vale museum worker

“Thank you, that was one of the best afternoons we have had for ages” care staff member

“A was quite unsettled and asked several times about returning to her room, but with encouragement from her daughter she stayed and quietly shared several stories about growing up in Hereford. She also joined in with most of the songs which she could remember. Afterwards her daughter confirmed that A's anxiety was part of her normal pattern (I wanted to check) and that she felt A had benefitted from the session and enjoyed it, she also appreciated sharing stories with her Mum.” Su Vale, museum worker

“Lots of engagement but also a lot of people in and out of the session. There were memories and stories shared and people singing as well as people falling asleep.” Evaluator

Amphlett Hall (part of the Bromsgrove VIP centre)

Week no	1	2	3	4	5	Average	Not in session
Did the participants seem...							
To be enjoying themselves							

A	5	5	5	5		5	5
B	5	5	5	5	5	5	5
C	5	5	5	5	4	5	3
D	5	5	5	5	5	5	5
E			5	5	5	5	5
Happy or contented							
A	5	5	5	5		5	5
B	5	5	5	5	5	5	5
C	5	5	4	4	4	4	3
D	5	5	5	5	5	5	5
E			5	5	5	5	5
Engaged or Focused							
A	5	5	5	5		5	4
B	4	5	5	5	5	5	4
C	5	4	4	5	4	4	2
D	5	5	5	5	5	5	5
E			4	5	4	4	4
Relaxed							
A	5	5	5	5		5	5
B	5	5	5	5	5	5	5
C	5	4	4	4	3	4	2
D	5	5	5	5	5	5	5
E							
Physically co- ordinated							
A	5	5	5	5		5	4
B	5	5	5	5	5	5	4
C	5	5	5	5	4	5	4
D	5	5	5	5	5	5	5
E			5	5	4	5	4
Able to make up their own mind							
A	3	5	5	5		5	5
B	5	5	5	5	5	5	5
C	2	3	4	4	3	3	3
D	5	5	5	5	5	5	5
E			5	5	4	5	4
To be thinking clearly							

A	5	5	5	5		5	4
B	5	5	5	5	5	5	5
C	3	3	3	3	4	3	2
D	5	5	5	5	5	5	5
E			4	5	4	4	4
Depressed							
A	1	1	1	1		1	1
B	1	1	1	1	1	1	1
C	1	1	1	1	1	1	1
D	1	1	1	1	1	1	1
E			1	1	1	1	1
Lonely							
A	1	1	1	1		1	1
B	1	1	1	1	1	1	1
C	1	1	1	1	1	1	1
D	1	1	1	1	1	1	1
E			1	1	1	1	1
Engaging Confidently with people							
A	5	5	5	5		5	4
B	5	5	5	5	5	5	4
C	5	5	4	5	3	4	3
D	5	5	5	5	5	5	5
E			3	5	4	4	5



"A has been unwell which has affected her, normally she is livelier" care staff

"Intimate, cosy setting, smaller numbers meant these workshops were well connected and personal. I made a point of thanking me personally after each session for the music. His carer/wife said he remembered the days these sessions were on and looked forward to the singing. He shook my hand after each session and said he had loved the sessions. The carers

were well engaged" Deborah Rose, musician

"We are really enjoying these sessions and getting to know the residents, J's wife always comes at the end and joins in also" Deborah Rose, musician

Hollyfields care home

The sessions took place in the side wing of the home for people with mid stage dementia. We did not run the 5th session as no staff were available to supervise due to staff training.

Week no	1	2	3	4	5	Average	Not in session
Did the participants seem...							
To be enjoying themselves							
A	5	5	5			5	5
C	5					5	4
D	5	5	5	5		5	5
E	5	5	5	5		5	5
F	5		5	5		5	5
G	2	3	1	4		2	3
H	5	5	5	3		5	4
Happy or contented							
A	5	5	5			5	5
C	5					5	5
D	5	5	5	5		5	5
E	5	5	5	5		5	5
F	5		5	5		5	5
G	2	2	1	4		2	4
H	5	5	5	3		5	4
Engaged or Focused							
A	4	3	3			3	5
C	4					4	4
D	4	5	5	5		5	5
E	5	5	5	5		5	5
F	5		5	5		5	5
G	2	1	1	3		2	3
H	4	4	5	3		4	5
Relaxed							
A	5	5	5			5	5
C	5					5	5
D	5	5	5	5		5	5
E	5	5	5	5		5	5
F	5		5	5		5	5
G	2	2	2	4		3	4
H	5	5	5	4		5	5

Physically co-ordinated							
A							3
C							3
D							4
E							4
F							3
G							3
H							4
Able to make up their own mind							
A	4	4	5			4	5
C	5					5	5
D	4	4	3	4		4	4
E	4	5	5	5		5	5
F	4		3	4		4	5
G	1	3	2	4		3	4
H	5	5	5	4		5	5
To be thinking clearly							
A	4	4	3			4	4
C	3					3	3
D	4	4	3	5		4	3
E	4	5	5	5		5	5
F	4		3	4		4	4
G	1	2	2	3		2	3
H	5	5	5	4		5	5
Depressed							
A	1	1	1			1	1
C	1					1	1
D	1	1	1	1		1	1
E	1	1	1	1		1	1
F	1		1	1		1	1
G	1	1	1	1		1	1
H	1	1	1	1		1	1
Lonely							
A	1	1	1			1	1
C	1	1	1	1		1	
D	1	1	1	1		1	1
E	1	1	1	1		1	1
F	1		1	1		1	1

G	1	1	1	1		1	1
H	1	1	1	1		1	1

Engaging Confidently with people							
A	5	4	3			4	3
C	5					5	5
D	5	5	5	5		5	5
E	4	5	5	5		5	5
F	5		5	5		5	5
G	1	2	2	2		2	2
H	4	4	4	3		4	4



The data suggests that there were high levels of the participants enjoying the activity and seemed happy and there were no signs of depression and loneliness. However, there were mixed levels of engagement, how long they engaged for and clarity of people's thinking. The observations and quotes also show this.

"D-Lots of memories sparked – stories about family going right back pre-war. Sang lustily & came up with words I didn't know. Good eye contact. Other times silent, blank expression. He has a hearing difficulty."

Heather Wastie musician

"J had been very ill so they thought he wouldn't come. But he arrived with big smile on his face & seemed much more content than in other sessions. Said 'Help' a couple of times at the start but that's all. I think he just wants attention, so I made sure I involved him as much as possible."

Heather Wastie, musician

"H couldn't remember previous session. Became v engaged. Tried on apron and hat. Joined in singing. B (care worker) said she usually only stays in sessions for short time. She stayed whole session this week and last."

Heather Wastie musician

"H didn't remember us, as always, but remembered the music from last session which pleased her, and us! Fully engaged with session, sharing memories & enjoying herself. Can get agitated but this doesn't happen in our sessions."

Heather Wastie musician

"Last time & this she was standing anxiously in corridor when we arrived. Today she was very chatty & really enjoyed herself telling lots of memories."

Heather Wastie musician

On the 4th session “A really positive session. The group started to gel, lots of sharing and discussion between them. I far more engaged. His family arrived at the end and were delighted that we were ‘spreading pleasure. He didn’t call out during the session and he joined in some of the singing” Cathie Tiffany, museum worker

There seemed to be very little difference in the scores as to when the participants were engaged in the activity and when not, but the observations and quotes seemed to show a more positive impact on the participants than the scores suggest.

Hernes Nest

There was difficulty collecting the evaluation at this home due to the changeover of staff half way through the session so weeks 3 and 4 have not been completed. This care home had quite high levels of complex needs.

Week no	1	2	3	4	5	Average	Not in session
Did the participants seem...							
To be enjoying themselves							
A		3			5	4	5
B	4	4			3	4	4
C	4	2			2	3	3
D		4			5	5	5
E		4			4	4	3
F	3	4			5	4	3
G	4	3			3	3	3
H	2	1			2	2	2
I	2	2				2	3
Happy or contented							
A		3			5	4	5
B	4	4			3	4	4
C	4	2			2	3	3
D		4			5	5	5
E		4			4		
F	4	4			5	4	4
G	4	3			3	3	3
H	2	1			2	2	3
I	3	2				3	3
Engaged or Focused							
A		3			4	4	4

B	4	4			3	4	4
C	3	2			2	2	2
D		4			4	4	5
E		4			3	4	3
F	3	4			4	4	3
G	4	2			3	3	2
H	2	1			2	2	1
I	2	2				2	2
Relaxed							
A		3			5	4	5
B	4	4			3	4	5
C	4	2			3	3	3
D		4			5	5	5
E		4			4	4	2
F	3	4			5	4	5
G	4	4			3	4	4
H	2	4			2	3	3
I	2	2				2	1
Physically co-ordinated							
A		3			4	4	4
B	4	4			3	4	4
C	4	2			2	3	1
D		4			3	4	3
E		4			4	4	3
F	3	4			5	4	3
G	4	3			2	3	3
H	2	1			2	2	2
I	2	2				2	2
Able to make up their own mind							
A	3				5	4	5
B	4	4			3	4	5
C	4	2			2	3	1
D		4			5	5	4
E		4			4	4	3
F	2	4			5	4	2
G	4	4			4	4	4
H	2	1			2	2	2
I	2	2				2	2

To be thinking clearly							
A	3				5	4	5
B	4	4			3	4	4
C	4	2			2	3	1
D	4				3	4	3
E		4			4	4	3
F	3	4			3	3	1
G	4	3			2	3	2
H	2	1			2	2	1
I							
Depressed							
A		3			1	2	2
B	4	4			1	3	1
C	2	2			1	2	1
D		4			1	3	3
E		4			1	3	3
F	1	1				1	1
G	1	4			1	1	1
H	2	3				3	1
I	1	2				2	1
Lonely							
A		3			1	2	2
B	4	4			1	3	1
C	2	2			1	2	1
D		4			1	3	1
E		4			1	3	1
F	3	4			1	3	1
G	1	4			1	1	1
H	2	3				3	1
I	2	2				2	1

Engaging Confidently with people							
A		3			5	4	5
B	4	4			3	4	5
C	2	2			1	2	1
D		4			5	5	5
E		4			4	4	3
F	3	4			5	4	4
G	4	3			2	3	4

H	2	1			2	2	2
I	2	2				2	2



The data suggest a mixed response level for these participants. There was quite a mix of levels shown for engagement and well-being. Some showed more positive signs of well-being and engagement doing the activity, quite a lot also showed similar levels of well-being and engagement doing the activity when compared to not doing it. **There were high levels of depression and loneliness seen in weeks 1 and 2 but by week 5 there**

was no evidence of depression or loneliness. It might be that the project was having a positive effect on these participants and it had reduced their depression and feeling of loneliness.

The observations also showed a mixed response.

“One of the ladies, who tended to shout out in bursts, connected with songs with rhythm and often moved her legs to music, which showed her ability to connect with the music.” Deborah Rose, musician

“It’s bringing all the memories back, thank you for coming, it’s nice to look at things old fashioned” participant

“C had vivid memories and often shared stories of her childhood and of her married life in Bishops Castle” Deborah Rose, musician

“C was sharing stories on a 121, not singing but listening to the singing. She stayed for most of the session. The care home manager said she normally doesn’t sit down.”

“M doesn’t normally get involved but loved this” care staff

“L was asleep for some of the session but when awake looked at the objects and sang 1 song but had confused speech” evaluator

“Deborah’s caring nature, singing and patience really helped to engage with one of the residents who didn’t speak but hummed a tune” Evaluator

Offmore Care Home

Week no	1	2	3	4	5	Average	Not in session
Did the participants seem...							
To be enjoying themselves							
A		5	4	5	2	4	3
B		2	2			2	2
C		2	2	2	3	2	3
D	5	5	5	5	5	5	5
E	5	5	5	5	5	5	4
F	5	1		5	4	4	4
G	5	5	5	5	5	5	5
H	2	2	3	4		3	
I	5		5	2	5	5	3
J	2	2	3			2	
K	3	4		4	4	4	2
L		2	4	5	5	5	2
M	5				5	5	
N	5	5	5	5		5	5
Happy or contented							
A		5	4	5	2	4	3
B		2	2			2	2
C		2	2	2	3	2	3
D	5	5	5	5	5	5	5
E	5	5	5	5	5	5	5
F	5	1		5	4	4	4
G	5	5	5	5	5	5	5
H	2	2	3	3		3	
I	5		5	2	5	5	4
J	3	2	3			3	
K	3	4		4	4	4	2
L	2	4	5	5	5	5	2
M	5				5	5	
N	5	5	5	5		5	5
Engaged or Focused							
A		5	4	5	2	4	3
B		2	2			2	2
C		2	2	2	3	2	3
D	5	5	5	5	5	5	5

E	5	5	5	5	5	5	5
F	4	1		5	4	4	3
G	5	5	5	5	5	5	5
H	2	2	3	3		3	
I	5		5	2	5	5	4
J	2	2	3			2	
K	4	4		5	4	4	3
L		2	4	5	5	5	2
M	5				5	5	
N	5	5	5	5		5	5
Relaxed							
A		5	4	5	2	4	5
B		2	2			2	3
C		2	2	2	3	2	3
D	5	5	5	5	5	5	5
E	5	5	5	5	5	5	5
F	5	1		5	4	4	3
G	5	5	5	5	5	5	5
H	2	2	5	4		3	
I	5		5	2	5	5	4
J	3	3	3			3	
K	4	4		5	5	5	4
L		2	4	4	4	4	2
M	5				5	5	
N	5	5	5	5		5	5
Physically co- ordinated							
A		5	5	5	2	5	5
B		2	3			3	5
C		2	2	2	3	2	5
D	5	5	5	5	5	5	5
E	5	5	5	5	5	5	5
F	5	1		5	4	4	4
G	5	5	5	5	5	5	5
H	2	2	5	4		3	
I	5		5	2	5	5	3
J	4	4	4			4	
K	5	5		5	5	5	4
L		2	4	5	5	5	4
M	5				5	5	
N	5	5	5	5		5	5
Able to make up							

their own mind							
A		5	5	5	2	5	5
B		2	3			3	5
C		2	2	2	3	2	3
D	5	5	5	5	5	5	5
E	5	5	5	5	5	5	5
F	5	1		5	4	4	4
G	5	5	5	5	5	5	5
H	2	2	5	4		3	
I	5		5	2	5	5	4
J	4	4	4			4	
K	5	5		5	5	5	5
L		2	4	5	5	5	3
M	5				5	5	
N	5	5	5		5	5	5
To be thinking clearly							
A		5	5	5	2	5	4
B		2	2			2	3
C		2	2	2	3	2	3
D	5	5	5	5	5	5	5
E	5	5	5	5	5	5	4
F	4	1		4	4	4	3
G	5	5	5	5	5	5	5
H	2	2	5	4		3	
I	5		5	2	5	5	3
J	2		2	3		2	
K	5	5		5	5	5	4
L		2	4	5	4	4	2
M	5				5	5	
N	5	5	5		5	5	5
Depressed							
A		1	1	1	1	1	1
B		1	1			1	1
C		1	1	1	1	1	1
D	1	1	1	1	1	1	1
E	1	1	1	1	1	1	
F	1	1		1	1	1	1
G	1	1	1	1	1	1	1
H	1	1	1	1		1	
I	1		1	1	1	1	1
J	1	1	1			1	
K	1	1		1	1	1	1

L		1	1	1	1	1	1
M	1				1	1	
N	1	1	1	1		1	1
Lonely							
A		1	1	1	1	1	1
B		1	1			1	1
C		1	1	1	1	1	1
D	1	1	1	1	1	1	1
E	1	1	1	1	1	1	
F	1	1		1	1	1	1
G	1	1	1	1	1	1	1
H	1	1	1	1		1	
I	1		1	1	1	1	1
J	1	1	1			1	
K	1	1		1	1	1	1
L		1	1	1	1	1	1
M	1				1	1	
N	1	1	1	1		1	1

Engaging Confidently with people							
A		5	4	5	2	4	3
B		2	2				3
C		2	2	2	3	2	3
D							
E	5	5	5	5	5	5	5
F	4	1		5	4	4	4
G	5	5	5	5	5	5	5
H	2	2	3	4		3	
I	5		5	2	5	5	4
J	2	3	3			3	
K	4	4		5	5	5	3
L		2	4	5	5	5	2
M	5				5	5	
N	5	5	5	5		5	5



The data shows that there was a high level of engagement and well-being levels with no signs of depression or loneliness with most of the scores being 4s and 5s. Compared to when the participants were not engaged in the activity the majority of scores were higher suggesting the participants were more engaged for longer and were happier when doing this activity. There was also a significant amount of people whose average score stayed the same and for some they were less.

The quotes and observations show this also.

About the shopping theme *“A popular suitcase and a lot of animated conversation about the coins and what you could buy, G liked the 'best' handbag and E spent a lot of the session looking through the 1950s scrapbook. All enjoyed the music”*
Su Vale, museum worker

“A big group again this week. Although a couple of people were asleep and not engaged most people enjoyed the objects and talked about going out, doing their hair (using sugar water- P!). D's wife attended and engaged with him and the group. B, a day visitor not particularly interested in objects, but did seem to enjoy music. E anxious and wanting to leave, talked about 4-7-11 perfume a memory from working in Boots as a teenager.” Su Vale, museum worker

“P doesn't normally engage and is very stand-off ish in the group but was engaging and enjoying herself, it was a shame she had to leave” Activities Co-ordinator

“They all loved it, they were talking about it at breakfast, D came out of his shell and was talking more, T comes to life, the music breaks it up and brings them to life, fresh memories were shared, different objects bringing different memories, E was participating well which is unusual for her, M participated well and was chatting a lot, G gets very excited and laughs at things she normally is very sleepy and was interacting well.” Activities Co-ordinator

“Lots of engagement, singing, memories, lots of laughter, room very small but intimate easy to get around” Evaluator

Bricklehampton

Week no	1	2	3	4	5	Average	Not in session
Did the participants seem...							
To be enjoying themselves							

A				4	4	4	3
B				4	4	4	3
C				5	5	5	4
D		5		5	4	5	3
E			5	5	5	5	4
F		3	3	5	5	4	3
G			5	5	5	5	4
H	5	5	5	5	5	5	4
I	5	5	5	2	4	4	4
J	5	2				4	3
K	3				5	4	4
L	3		2			3	3
M	3	3	5	4		4	3
N	4	4	5	5	5	5	4
O	5	5	5		5	5	4
P	4	5	5	5		5	4
Q	4			3		4	4
R	5	5	5	5	4	5	4
S	5	5	5	5	5	5	4
T	3	3	2			3	3
U	1				3	2	3
V	2	4	5			4	3
W	2	3	3	3	3	3	3
Happy or contented							
A				4	4	4	3
B				4	4	4	3
C				5	4	5	4
D		5		5	5	5	3
E			5	5	5	5	4
F		3	3	5	5	4	3
G			5	5	5	5	3
H	5	5	5	5	5	5	4
I	5	4	5	2	4	4	4
J	5	2				4	3
K	3				4	4	3
L	3		2				3
M	3	3	5	4		4	4
N	4	4	5	5	5	5	4
O	5	5	5		5	5	5
P	4	5	5	5		5	4
Q	4			4		4	3
R	5	5	5	5	4	5	4
S	5	5	5	5	5	5	4
T	3	3	2			3	3

U	1				3	2	3
V	2	4	5			4	3
W	2	3	3	3	3	3	3
Engaged or Focused							
A				4	3	4	3
B				4	3	4	3
C				5	4	5	4
D		5		5	4	5	3
E			5	5	5	5	4
F		2	3	5	5	4	3
G			5	5	5	5	3
H	5	5	5	5	5	5	4
I	4	3	5	2	3	3	4
J	4	2				3	3
K	2				5	4	3
L	2		2			2	3
M	3	3	5	4		4	3
N	3	3	5	5	5	4	4
O	5	5	5		5	5	5
P	4	4	5	5		5	4
Q	3			3		3	3
R	5	5	5	5	3	5	4
S	5	5	5	5	5	5	4
T	3	3	2			3	3
U	1				3	2	3
V	2	5	5			4	3
W	2	3	2	3	3	3	3
Relaxed							
A				5	4	5	4
B				4	4	4	4
C				5	5	5	3
D		5		5	5	5	3
E			5	5	5	5	4
F		3	3	5	5	4	3
G			5	5	5	5	3
H	5	5	5	5	5	5	5
I	5	5	5	2	4	4	4
J	5	2				4	3
K	3				4	4	3
L	3	2				3	2
M	3	4	5	4		4	3
N	3	3	5	5	5	4	4
O	5	5	5		5	5	4
p	4	5	5	5		5	3

Q	4			4		4	3
R	5	5	5	5	4	5	4
S	5	4	5	5	5	5	3
T	3	3	2			3	3
U	1				3	2	3
V	2	5	5			5	3
W	3	3	3	3	3	3	3
Physically co- ordinated							
A				5	4	5	3
B				4	4	4	4
C				5	5	5	4
D		5		5	5	5	4
E			5	5	5	5	4
F		3	3	5	5	4	3
G			5	5	5	5	4
H	5	5	5	5	5	5	5
I	4	4	5	2	4	4	3
J	4	3				4	3
K	3				4	4	3
L	2		2			2	2
M	3	4	5	4		4	3
N	4	3	5	5	5	4	4
O	5	5	5		5	5	4
P	4	5	5	5		5	3
Q	4			4		4	4
R	5	5	5	5	3	5	4
S	5	5	5	5	5	5	4
T	3	3	3			3	3
U	1				2	2	2
V	2	5	5			4	3
W	3	4	4	3	4	4	4
Able to make up their own mind							
A				5	4	4	4
B				4	4	4	4
C				5	5	5	4
D		5		5	5	5	4
E			5	5	5	5	5
F		3	3	5	5	4	4
G			5	5	5	5	4
H	5	5	5	5	5	5	5

I	5	5	5	2	4	4	4
J	5	3				4	3
K	3				5	4	4
L	3		3			3	2
M	2	3	4	4		3	3
N	4	4	5	5	5	4	5
O	5	5	5		5	5	3
P	4	5	5	5		5	3
Q	4			4		4	4
R	5	5	5	5	4	5	5
S	5	5	5	5	5	5	5
T	3	3	3			3	3
U	1				3	2	2
V	2	5	5			4	4
W	3	4	4	4	4	4	3
To be thinking clearly							
A				4	4	4	4
B				4	4	4	3
C				5	5	5	3
D		5		5	5	5	4
E			5	5	5	5	5
F		2	3	5	5	4	3
G			5	5	5	5	3
H	5	5	5	5	5	5	4
I	5	3	5	2	4	4	3
J	4	2				3	3
K	2				5	4	3
L	2		2			2	2
M	2	3	4	4		3	2
N	4	4	5	5	5	4	5
O	5	5	5		5	5	3
P	3	4	5	5		4	3
Q	3			3		3	3
R	5	5	5	5	5	5	4
S	5	5	5	5	5	5	5
T	3	3	3			3	2
U	1				2	2	2
V	2	5	5			4	3
W	2	4	3	3	4	3	3
Depressed							
A				1	1	1	2
B				2	1	2	2
C				1	1	1	2

D		1		1	1	1	2
E			1	1	1	1	2
F		1	1	1	1	1	2
G			1	1	1	1	2
H	1	1	1	1	1	1	2
I	1	1	1	1	1	1	1
J	1	5				3	2
K	1				1	1	2
L	1		2			2	2
M	1	1	1	1		1	1
N	1	1	1	1	1	1	1
O	1	1	1		1	1	1
P	1	1	1	1		1	1
Q	1			1		1	2
R	1	1	1	1	1	1	1
S	1	1	1	1	1	1	2
T	1	1	2			1	2
U	1				1	1	1
V	1	1	1			1	2
W	1	1	1	1	1	1	1
Lonely							
A				1	1	1	2
B				2	1	2	2
C				1	1	1	2
D		1		1	1	1	2
E			1	1	1	1	2
F		1	1	1	1	1	2
G			1	1	1	1	2
H	1	1	1	1	1	1	2
I	1	1	1	1	1	1	2
J	1	5				3	2
K	1				1	1	2
L	1		2			2	2
M	1	1	1	1		1	2
N	1	1	1	1	1	1	2
O	1	1	1		1	1	2
P	1	1	1	1		1	2
Q	1			1		1	2
R	1	1	1	1	1	1	2
S	1	1	1	1	1	1	2
T	1	1	2			1	2
U	1				1	1	2
V	1	1	1			1	2
W	1	1	1	1	1	1	1

Engaging Confidently with people							
A				4	3	4	3
B				4	3	4	4
C				5	5	5	4
D		5		5	5	5	4
E			5	5	5	5	4
F		2	3	5	5	4	3
G			5	5	5	5	4
H	5	5	5	5	5	5	5
I	4	3	5	2	4	4	4
J	5	3				4	4
K	2				5	4	3
L	2		3			3	3
M	2	3	5	4		4	3
N	4	3	5	5	5	4	4
O	5	5	5		5	5	5
P	4	5	5	5		5	3
Q	4			3		4	4
R	5	5	5	5	4	5	4
S	5	5	5	5	5	5	5
T	3	3	2			3	4
U	1				2	2	3
V	2	5	5			4	4
W	2	3	2	3	3	3	3



The data shows a high level of engagement and well-being with participants mostly scoring 4s and 5s. The majority of people showed no signs of depression or loneliness but there was some showing an element of this. When not engaged in the activity participants mostly showed some signs of depression and loneliness which suggests the activity helped alleviate both of these feelings.

Also, most participants scored slightly higher for engagement and well-being when doing the activity as compared to when they were not.

The quotes and observations also show this.

“The two activities co-ordinators stayed with us throughout the session which was relaxed and positive. Some people slept for most the session, but there was a lot of

engagement with the objects and stories from E, A, B, S, S and G who was v chatty.
Everyone (who was awake) enjoyed the music.” Su Vale, museum worker

“Thank you, we've had a lovely afternoon” participant

*“It was great, really brilliant. B has come out of himself a bit more. He can be in low mood the combination works well. Can we have it twice a year, every week if we could? They forget about their pains when they are doing the activity “
Activities Co-ordinator*

“G enjoyed it, he had a visitor who joined in and said I've all about this from G, it's fantastic.” Su Vale, museum worker

“G was late as he was in a residents meeting, but said 'he hadn't wanted to miss this” Su Vale, museum worker

Bricklehampton was a big group which made it hard sometimes to engage everyone.

“With a large group it is harder to speak to everyone, especially if they prefer to share memories 1:1” Su Vale, museum worker

Breme care home



We only did 1 session at Breme care home so we could not compare the sessions scores with anything else. However, on the middle floor of the home there was lots of engagement, singing songs, tapping to the music, smiles and memories were shared.

On the upper floor of the home there was lots of engagement with the objects, sharing stories, smiles, wearing hats and singing.

“lovely music” participant

Evesham Tea Service

We only did 1 session at this group, but the observations were that people engaged and shared stories a lot as well as singing along to the music.

The performances



Did you enjoy the songs?

Yes 110 No 2

If yes what did you enjoy about it?

Simplicity/volume/melody/lovely voice/liked the first song with a familiar tune/joining in/the community singing/focus on reminiscence/lovely words/listening to the stories/the memories/bright, cheerful/good music/all of it/brought back memories for mother/happiness you feel when listening/just really enjoyable/able to join in with the singing/it was very uplifting/listening to songs that remind me of childhood parties/old fashioned/simplicity of songs/the fact that they were based on real memories/lively music/general enjoyment and fun/seeing others enjoying it/variety of songs/my name came up/beautifully sung, interesting lyrics that were from people who were present/cleverly put together with recognisable events and words/soft and gentle/superb!/her lovely soft voice/Heather excellent soloist involving the community/a walk down memory lane/down to earth lyrics and it spoke to the heart/the company/good friendly atmosphere/it was fun/funny/that they were new written songs/I felt comfortable to join in and sing/it was lively, we felt part of the input/included the audience.

Did it bring back memories for you listening to the songs?

Yes 104 No 10

If yes what did you remember?

When we were young/all of it/gentle days of the past when life was so simple/life as it was/names, places the many jobs people had over the years/the local place names/memories with children/holidaying in Saundersfoot and candyfloss/my childhood and early years, holidays/Lifebuoy soap/buried treasure/brylcream and stockings/all the old products/the song about the young couple going out on a date in the sixties and the Hillman Mint/the wonderful afternoons at Forge Mill Suitcase

Stories/how good life was even though it was tough at times. We enjoyed ourselves without all the gadgets etc./playing the recorder/going to Worcester and having fish and chips/speedway at Perry Barr/boogie, country things, the outdoors/trips to Butlins/proposing to future wife/climbing trees out in the open air/now you have made me cry again- it was like I was back on my boarding school in India/childhood games/the mincer/the girdle with the buttons to keep your stockings up/grandma's L shaped socks/pillion ride/my first car/catching the last trolley bus back home after a night out in Nottingham/Sunday school/my grandma's Hilman/Doris Day/familiar names of sweets/how my partner (who died recently)/saw me for the first time during the 70's/camping in Tenby/teenage years/snuff/Calamity Jane/work/father singing you are my sunshine/tin bath on a Friday night/rags in hair/dancing waltz and quickstep/skittle group/washing clothes with mother turning the mangle/family parties/Rock and Roll.

Did you share these memories with the person sitting next to you?

Yes 96 No 16

Did you learn anything new from listening to the songs?

Yes 49 No 50

General comments from audience

I support my mother who suffers from dementia- for her all of her senses need to be engaged. To have a few artefacts to handle and talk about would have been fabulous/We still like the songs that bring back memories/it was good for me as a carer to see the interaction with the songs/a very enjoyable session/just hope the Forge Mill project keeps going its wonderful/how much we miss Suitcase Stories afternoons/just hoping we get the new funding/ my husband joined in the bits he knew/we learnt some new songs and joined in the choruses/just continue with singing the older songs/how uplifting music is/how to get out of dementia the music really helps/it was lovely/nice to know other people did the same things years ago/todays music will be remembered like these all/singing makes people very friendly and brings people together/listened to them humming/thank you for all your hard work it is much appreciated A had a great time/very personal, these sessions are so beneficial for the elderly people attending, it would be a travesty for these to stop/ new songs beautifully sung/ it was lovely to re-live happy times when younger and happier times when courting with my wonderful husband/it was very restful/we wish to hear more from her, first time I've seen her/another way of presenting Suitcase Stories/struggled to join in confused after 10 minutes, didn't know songs/despite the fact that times have moved on some things don't change/learnt to relax more/mother said she would like to hear songs she and her friend knew hard to please/learnt about different people/an insight in to people's lives/listening to music and joining in is always good for those with dementia and their carers/wearing hearing aids it is very difficult to hear the actual words, the music drowns out the words and it's too high, sorry/ learnt maybe I could sing a little/as usual Tristan



brought a lot of enthusiasm to the singing with lots of encouragement to join in/excellent performer.



Results of the questionnaire

Almost everyone enjoyed the performances and they brought back memories of earlier days for people. Also, most people shared their memories with someone and about half of the audience learnt something new which are both indicators of well-being according to the NEF's '5 Ways to Well-being'. This suggests that people resonated with the songs and the lyrics and most people were experiencing positive well-being at the event. Overwhelmingly the audience liked joining in with the songs and singing together as a group which created a sense of belonging. The carers also enjoyed seeing their loved one or friend who had dementia interacting and enjoying themselves.

The students

Student Tor Pingree

Attended 9 sessions

Tor learnt a lot through this process of mentoring and amongst other things has a greater understanding of dementia and how it affects people around them. She said that because of the mentoring she;

- Has a greater understanding of working with challenging people. In particular, she learned that chatting with them as they arrive leads to them becoming more involved.

- Has identified that using musical instruments gives people another option for getting involved.
- Has learned about local history and personal history e.g. you can't learn about people drinking tea from a saucer by reading a text book!
- Has a greater understanding of dementia and how it affects people around them
- Has learned how people can remember things through music, which is a pleasurable experience.
- Has learned about how music can affect the brain by recalling childhood songs.
- Has realised through this project that what she is doing as a performer is important and will stay with people.
- Will include more covers in her sets in future because she likes people to join in.
- Was impressed by the way Heather Wastie, her mentor, built her sessions around the participants' wants and needs.
- Was inspired to think about song writing in a new way, expanding more on the subject matter than previously.
- Has experienced a development in her social skills.
- Is now more confident engaging with her audiences, getting to know what they want.
- Has observed the way the sessions bring people together.



"I enjoyed performing and it helped me to understand which material works well in group sessions, in terms of joining in. I don't think I was quite ready to lead a session, but I now feel more confident about leading them in the future."
student

Student Katie Jenner
Attended 14 sessions



Katie really enjoyed the project and wants to continue with this line of work. She preferred the smaller groups. She really engaged with the participants well. She was keen to be part of the recording process as well and recorded her clarinet as part of the new songs. The project has inspired her even more to have a community music career. She performed numerous times to the participants as part of her mentoring and responded well when asked for requests. She

thought it was more challenging at Hawthorns care home (due to the late stage of dementia of the residents) but still saw the impact it had on them.

Case Study

Student Helen Herbert



Attended 14 sessions

“Taking part in the Suitcase Stories programme over the last few months has been a really informative experience for me. Having little previous experience of music therapy work, observing these groups has helped me to learn more about the ways in which music can be used in community settings, something that I would like to explore further in the future.

One of the biggest things that I have learned was the importance of adaptability and spontaneity. Tristan was always very flexible in terms of judging the mood in an environment, both in terms of having an enormous bank of repertoire(!) and also knowing whether a bigger emphasis should be placed on music or talking. In the session that I attended at the hospital we did not use the suitcase at all because the singing really seemed to lighten the mood of both patients and staff. At other times, Tristan was able to pick up on when a member of the group was feeling disengaged, drawing them back in by singing a song that was personal to them.

The sessions in the museums were much more conversation-orientated, with some interesting discussions often triggered by objects from the suitcases. These sessions were usually attended by the same people, enabling everyone to get to know each other and creating a sense of community. Over the past few months I have seen how dementia affects not only the individuals themselves but also their families and the sessions seem to be important for their carers’ as well, who might feel isolated by the illness. One of the group members still attended the sessions after the death of her husband who had dementia as she was able to develop friendships and a support network.

Although the conversations were not always centred around suitcase items, they gave a good starting point and were often things that all of the group members could remember or relate to. Some people were very vocal and shared lots of stories, however for those who were less so, handling the objects (and sometimes trying on items of clothing) also seemed to bring enjoyment and stimulation. In this way, both the music and the objects were able to bring people together.

Speaking to people with dementia at first, I sometimes found it difficult to find ways to engage in conversation. To begin with I often made the mistake of asking people whether they had ever seen a particular item from the suitcase before, however this left them feeling negative if they did not. Over the course of the programme I have learned that it is important to quickly find topics which people enjoy talking about and to ask general questions, as asking things that were too specific often led to confusion or frustration. Lots of the people had close families and lots of fond memories associated with them, so that was usually a good place to start. Being positive and interested in what people had to say, even if they were repeating the same information on multiple occasions, gave them more confidence and enjoyment. I also found that they enjoyed showing 'the younger generation' how some of the objects worked or what they were used for, starting some interesting conversations.

A lot of the time I didn't know the songs that we sang in the sessions (although some of them became more familiar over time!) but Tristan has sent me a helpful list of some of them, which I might be able to learn and use in the future. Something I learned was that it was important to participate in the songs even without knowing the words and this could be done using movement (swaying). Many of the members of the group also enjoyed dancing along to the songs, or sometimes drumming on the table. If everyone was involved in the music-making in some way then it brought the group together in a shared activity. Some of the people were insecure about singing because they had been told that they couldn't sing in the past and so singing together and using movement seemed to make everybody more relaxed.

Thank you for giving me the opportunity to take part in this. It has been a very valuable and enjoyable experience and I am going to try and build on the things that I have learned. As a recorder player, I have been trying to think of ways that I could incorporate some of these ideas into community music making. A trio that I play with came along to one of the museum sessions to play to the group and talk about our instruments, which they seemed to enjoy. I would like to find a way to make this more interactive, possibly by playing songs or tunes that people are familiar with and could sing and join in with."

Case Study

Maureen and David Grayland

Maureen and David came to almost every one of the 21 sessions at the Museum of Carpet, Kidderminster.





“My wife Maureen and I have been married for 58 years this December. We have three adult children, two boys and one girl. We have had a good life without too much upset, our children have stayed married and we have five grandchildren and all have matured without problems. I worked as a computer programmer, systems analyst and mainframe technical support manager in I.T. Maureen has always worked in accounts and wages, has been company secretary several times and had a business for a time employing several staff providing business services to various small companies throughout the West Midlands. Maureen was always an excellent mother and very capable at all aspects of family life, every year entertaining our whole family over Christmas and New Year.

Maureen was diagnosed with dementia with Lewy bodies some three or four years ago, although with hindsight I can identify changes in personality and capacity several years before. The dementia progresses relentlessly, sometimes with small changes, sometimes with large changes in capability and lack of logical behaviour. We are now at the stage where Maureen no longer is capable of cooking, cleaning or any household tasks. She no longer dresses or undresses herself, shops or could even make a cup of tea. In the last few weeks she has become particularly defiant and stubborn with me and I can no longer persuade her to take her medicines, food or drink. She sometimes refuses to let me dress her or to swallow her food and drink. She now has care workers coming in to do all these tasks that she will not allow me to do.

Maureen has now no interest in television, reading, knitting or colouring. Her only stimulation is going out and meeting people and up to now reacts with a smile when doing so. She loves music and dancing and I take her out as much as possible to every meeting we can manage. Dementia cafes, Singing for the Brain, Suitcase Stories, Monday museum meetings, friendship club meetings and meals out, “friends

of the elderly” day care etc. She reacts well to all of these, each one improving her mood considerably.

Before we came to Suitcase Stories we were attending as many other dementia meetings we could fit in, including the Carpet Museum Monday group plus other non-dementia club events. Maureen was more capable then but still had great difficulty in every area. It was and is a considerable strain on me, having to be available for her welfare twenty-four hours a day, a complete change to my life as lived before dementia set in.

We attended “Suitcase Stories” as it was a continuation of our normal Monday routine of attending the Museum meetings. As I have written before Maureen gets great benefit from any events of this type, meeting other people with similar conditions. I also benefit greatly both because I can see my wife becoming more animated and happier and because I meet and talk with other carers in a similar position to myself. I had already seen “Suitcase Stories” in action whilst working as a volunteer hand loom weaver at the museum and those participants attending seemed to be enjoying it.

Maureen and I both particularly enjoy the musical component and also the themed artefacts that are fun and stimulate conversation, memories and stories amongst the participants. Both Maureen and I always feel in a better mood after attending a session, Maureen especially as she can be quite “down” before we get there.

Dementia progresses in a series of “plateaus” and “drops”. Sometimes the “drops” are large and Maureen has experienced a considerable worsening of her condition in the last few weeks and now requires care assistants at home to wash, dress, medicate and feed her. Hopefully this will lessen the load on me, but it is early days and I have yet to feel any benefit. However, events like “Suitcase Stories” and others are increasingly vital to our well-being as the condition worsens and provides a necessary pleasant interval in what is an otherwise a rather bleak outlook.

The project provides welcome relief, something positive to look forward to on a Monday morning and gives us the opportunity to meet and converse with others in a similar situation. The impact has been all to the good and we are extremely grateful to all who provide the sessions. These sessions and all the similar events we attend provide Maureen with almost the only stimulation she can get and are vital to lift her mood from anxiety and depression to something like happiness. For me they provide a very welcome break from what is a difficult and exhausting existence.”

Case Study

Andrew and Mary Cummings

Andrew and Mary attended the sessions at Forge Mill museum, Redditch.



“My mother who is 89 was diagnosed with mixed dementia some 18 months ago. Though I do not live with her, I am there every day from 9AM to 6PM. I have been forced to give up my job in order to care for my mum. Without my daily help she would almost certainly have to vacate her house and live in a care home.

My mum’s dementia results in a number of behavioural traits:

- Complete loss of short-term memory
- Inability to recognise close family members
- Inability to remember family members who are deceased
- Frequent deep depression including thoughts of death
- Inability to perform basic tasks including dressing and personal hygiene
- Repetition of tasks including brushing of teeth
- Regular bouts of confusion
- Continual performance of illogical tasks such as washing hands in the toilet,
- Inability to be safe outside of the house
- Strange thought process (EG: thinking that a cup is a toilet)
- Recognition of fictional people

The effect of my mum's dementia and the need for my daily help has the following effects on myself:

- Depression due to the constant repetition of tasks
- Fatigue due to mum's continual mood swings

Before the Suitcase Stories sessions, the above symptoms were constant without any rest bite. My mum was very fatigued and depressed on a regular basis. There was continual reliance on myself to assist and reassure my mum. I was made aware of the project through Jenny Davis whilst attending the Alcester Dementia café. I hoped that such a project through the use of music and reminiscence would trigger memories for my mum and bring a smile back to her face and enable her to join in with other group members attending the sessions. I hoped that she would remember words to songs that reminded her of when times were happier in her life. In summary I hoped that the sessions would provide a short-term release from the daily grind of dementia that affects the wellbeing of both myself and my mum.

The sessions have been very informal and friendly. From the outset both myself and my mum were made very welcome. Memories have been triggered for my mum as items from the suitcase have been distributed around the room. These memories have enabled her to join in detailed conversations with both group members and the volunteers running the sessions. She has become friends with other group members and recognises them on most occasions when we attend. The music in particular has been a revelation with my mum taking on a persona that I previously did not know existed. She has produced a strong melodic voice and has gained confidence even to the extent where she has been happy to lead the singing and join in duets. Her recollection of the words to the songs has also been remarkable and it just proves that music combined with reminiscence material really does provide at least a short-term fix to the effects of dementia.

My mum's mood has been greatly improved whilst attending these sessions. In addition, my mind set and mood has improved as I see my mum in a new light and overcoming the challenges that dementia brings. Initially these sessions put my mum on a mental high and she continued to sing the songs both to myself and her carers upon returning home. This boosted her mood and had a very positive impact on her mind set, also enabling her to forget the other physical pains that she experiences. However, I have to say that as my mum's dementia has deteriorated, I have not noticed any positive changes between attending the sessions as she forgets we have attended the sessions within a very short period of time. However, it should not be underestimated the effect that these sessions have on her whilst attending and provide even a short-term block to the effects of dementia.

I would say that the overall impact of this project has been very positive and has triggered memories in my mum that previously had appeared dormant. The combination of the reminiscence materials combined with the music and instrument playing have been of particular benefit as this combination seems to have had the greatest positive effect. I cannot praise the staff enough for their patience and

enthusiasm and their willingness to listen to tales recalled by mum even when these tend to be repeated multiple times over a short period of time. We are eagerly awaiting the songs that will be produced by this project that recall memories that have been enjoyed by all participants in the project.”

Unexpected outcomes



- An extra reminiscence workshop has been run because of this project and numerous enquiries from other groups.
- 2 other musicians performed with the student musician at one of the fortnightly sessions
- The musicians are talking to the sound engineer about other work
- Family members of residents in some of the care homes joined in with

the activities

- Some care home staff are collecting their own handling objects for future sessions
- In talks with the Alex Hospital about running more sessions on wards

8 Recommendations

Community sessions

- Do not expect participants with dementia to participate over a prolonged period such as a year as some people become too ill to continue due to the illness
- Try and run the sessions with venues that have parking next to it
- Some care homes are prepared to travel out to community settings for activities
- When running sessions over a long period of time some of the participants health will deteriorate so the benefits may not be so pronounced

- Be realistic when capturing evaluation of participants, their attendance may be sporadic
- It is ok to spend more time with one person than another listening to their stories
- The combination of music and handling objects works really well
- Use volunteers as part of the activity through talking to the participants and joining in as well as dealing with refreshments and paper work
- Passing the objects around one at a time works well with a smaller group so people can comment as a group. More than one object at a time may be needed for larger groups.

Care home sessions

- Make sure you operate on a 1 2 1 basis with residents when reminiscing in care homes, some of them will have difficulty hearing in group situations and respond better on a 1 2 1.
- Get the objects right and relevant for the participants

Offmore care home week 3 "E is blind and very lucid. Only responded to one-to-one. Arrived late. Left early which is usual apparently." Week 4 "E stayed for the entire session & joined in a lot. Maybe because of the subject shopping. She used to run a shop." Heather Wastie, musician

- Playing music and using the handling objects on a 1 2 1 basis with residents in care homes who do not like group situations in their own room is beneficial
- When using handling objects in hospitals make sure they are wipeable due to infection control
- Don't make the groups too large (12-14 max) as it doesn't work as well
- Support from the care homes staff is crucial to running a good session and consistency of staff
- A room which has ample space to move around the tables and chairs is important and a room which is also not too large
- Build in to the project a performance of the new songs at the care homes as most of the residents did not attend the dementia café performances

Mentoring

- Make sure that you can pay the students their travel expenses as not all students can afford it



Artists and museum staff

- Training for artists and museum staff is needed on dealing with their own well-being as well as delivering sessions as the work can be draining
- Watch the language you use when dealing with people with dementia e.g. don't use "do you remember....." when looking at objects
- When delivering music sessions don't feel like it has to be perfect and its ok to repeat the same chorus over and over
- Make sure the artists and museum staff are aware of safeguarding procedures and know where to signpost or raise concerns if necessary
- Be flexible and organic in your approach to the sessions, make them led by the participants and move at the pace of the group

- Start the sessions and end them with a song to mark the beginning and end of the session
- Make the new songs simple so that people living with dementia can follow them
- Include audience participation in the performances, they like to join in

9 Conclusions

Evaluating the impact of music and reminiscence on people living with dementia and their carers is a difficult task due to its subjective nature and the inconsistency of people's attendances. Also because of the degenerative impact of the illness. It is difficult to determine any one particular element of the project that has a positive impact on a person's well-being. For some it is the music, for others it is the social element for others it is the remembering. However, whatever stage of dementia the person is at even when verbal ability is lost, it seems that the music reached and improved well-being in all that took part.

However, overall through the questionnaires, mood indicators and observations we have shown that by participating in Suitcase Stories;

In the care homes when the average score was compared to when the participant was not engaged in the activity on **478 occasions out of 1127 participants well-being scores increased which is 42%.**

In the community sessions on **298 occasions out of 488 participants well-being scores increased which is 61%**

According to the NEF 5 Ways to Well Being there was an **increase in the well-being of all** of the people living with dementia and their carers'. The evidence shows that participants connected to others, were active in the sessions, took notice by watching and listening to others, learnt something new about others and Worcestershire's history, and gave their time sharing their stories.

For some this was a significant difference helping to **relieve depression, anxiety, agitation, reducing physical symptoms such as shaking and shouting out, reducing the experience of pain and enhancing relaxation** and for others the difference was smaller **-attending and engaging in the session for a longer period of time, attending at all, enjoying others company, increasing happiness (a smile, a glint in the eye, laughter, remembering good memories from the past, belonging to a group, being part of something or enjoying seeing others being happy)**. For some the increased well-being lasted in between the sessions. People talked about it positively over breakfast or at home, people looked forward to coming again, more understanding about a person created better relationships. For others the sessions helped to increase well-being generally



alongside other activities that they engaged in so Suitcase Stories was a part of it. For some the increased well-being was in the moment and people reported that it hadn't lasted due to the fact that their loved one couldn't remember the sessions. Does memory therefore have an impact on our sense of well-being?



The data around measuring isolation were less conclusive and showed a very mixed result where some felt more isolated at the end of the project and some felt less isolated. However, the fact that the participants engaged in the sessions and came either out of their rooms or travelled to the community venue **shows the participants decreased their isolation.**

By partaking in the sessions, the participants **did increase their engagement in music.** For most this meant fully singing along to the songs that they knew, swaying to the music and playing percussion instruments and for others it was a tapping of their fingers or toes, listening or humming. **People's satisfaction with the music on the project was high.**

By partaking in the sessions **most of the participants did increase their engagement** and understanding of Museums Worcestershire handling objects. Most people felt, smelt and looked at the objects and recalled memories of their lives. For a smaller range of participants, they merely looked or smelt the objects and did not share their stories especially participants who were at the later stages of dementia such as at Hawthorns care home in Evesham. **People's satisfaction with the handling objects on the project was high.**

By running the training with Mindsong with the lead musicians **we have enhanced the artists skills working with people living with dementia and their carers' in community and care home settings.** The artists also reported that they developed their practice through delivering the sessions through experience. Also, as three students were mentored by the musicians and attended a number of the sessions they also reported **developing music and reminiscence workshop skills with people living with dementia and their carers'** and certainly for 2 of the students **they want to pursue this as a career.** Both the musicians and students reported that they found the training a very valuable experience.

Another outcome can also be seen in the relationship between carers and the person living with dementia. It was reported on many occasions that **the carer both in the community and in the care homes saw their resident, partner or family member in a new light.** They learnt more about each other which in turn boosted their relationship.

10 Legacy

The memories and stories will live on as all nine of the songs created by the musicians have been recorded and are available on Arts Uplift's website www.artsuplift.co.uk. Those crucial memories will be available to contribute to the county's rich history and heritage for others to listen to and enjoy forever, as well as the participant's family and friends. The short documentary film is also available on Arts Uplift's and Museums Worcestershire's websites.

Some of the care homes, because of this project, have started collecting their own objects for reminiscing with their residents.

The learning is also being shared through Arts Uplift and Museums Worcestershire attending conferences and the permanent online Suitcase Stories symposium www.museumsworcestershire.org.uk/suitcase-stories. Gemma Dhami and Jenny Davis also talked about Suitcase Stories at a regional museums event in Stratford-Upon-Avon and they have been asked to share the project at a dementia conference at Worcester hospital.

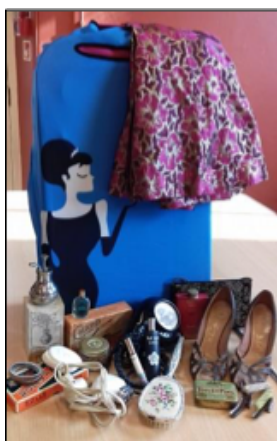
New partnerships have been formed and deepened between Universities, museums, care homes, The Alexandra hospital, artists, arts and cultural organisations and health care organisations. New arts and cultural projects are being discussed and Arts Uplift and Museums Worcestershire have already secured funding for the next Suitcase Stories and Love Music projects.

11 Appendices

Appendix 1: Suitcase contents



A Night Out



Contents

- Hair clipper in box- 'The Chard'
- Man's manicure/accessory case
- 2 x Shirt Sleeve Clips
- Man's Rolls Razor in box
- Man's black Wash bag with Palmolive soap, shaving brush, early plastic shaving bowl and 'Brylcreem' tub
- Man's electric shaver
- Man's Collar (1950s)
- Black Bow Tie + Sock Suspenders
- Man's evening scarf
- Clothes Brush

- Yardley Brilliantine jar
- Benson and Hedges commemorative booklet (in plastic wallet)
- Hair Dryer in box
- Ladies Scarf, fine Handkerchief + handbag mirror
- Perfume Sprayer (metal) in box
- Ladies Watch in blue box
- Crowes Cremine tub, Lux Soap
- Floral tin with Costume Jewellery
- Brooch in pink velvet case
- Ring in leather ring case
- Hair pins, hair rollers, setting clips + 2 items of Mary Quant Make- up, all in zip case
- Coty L'Aimant Talc tin, Boots Skin Food jar
- Bottle of 4711 Eau de Cologne
- Cerise pink dress (1960s)
- Pair of ladies Saxone shoes
- Black beaded evening bag
- Pair of black lace gloves
- Hairbrush
- Tin of 'dinkies', toilet pins and hair net
- Camay diary (1985)
- Two contemporary photographs of ladies' fashions 1950s (hair and swimming costume)

For more information about other suitcases of handling objects
www.worcestershire.gov.uk/museums museum@worcestershire.gov.uk
 Phone: 01299 250416

Appendix 2: Audience feedback form

Suitcase Stories Performance Redditch

Did you enjoy the songs? (please circle) Yes No

If yes what did you enjoy about it?.....
.....
.....

Did it bring back memories for you listening to the songs (please circle)

Yes No

If yes what did you remember?.....
.....
.....

Did you share these memories with the persons sitting next to you? (please circle)

Yes No

Did you learn anything new from listening to the songs? (please circle)

Yes No

Any other comments.....
.....
.....

Arts Uplift CIC would like to send you information about other events and activities coming up, if you would like to receive this information please leave your contact details. We will not share this information with anyone else.

Name.....

E-mail.....

Address.....

Tel no:.....



Yes No

6) **Carer**- have you been surprised by the person living with dementia in the sessions at all?

Yes No

If yes please explain

.....
.....

7) How enjoyable have you found the sessions so far?

Carer

Not at all
Know

A lot

Don't

1 2 3 4 5 6 7 8 9 10 11

Person Living with Dementia

Not at all
Know

A lot

Don't

1 2 3 4 5 6 7 8 9 10 11

8) How did you rate Deborah?

Excellent

Poor

1 2 3 4 5

Comments.....
.....
.....

9) Have the sessions had a positive impact so far on you?

Carer

Yes

No

Please
explain.....
.....

Person Living with Dementia

Yes

No

Please
explain.....
.....



10) Do you think there has been any improvements outside the sessions for the person living with dementia? (please circle)

Yes

No

If yes please

explain.....
.....
.....

11) Do you think we can do anything to improve the sessions moving forward?

Comments.....
.....

How much do you agree with the following statement?										
Not at all									A lot	Don't Know
1	2	3	4	5	6	7	8	9	10	11
<p>1. The U.S. has a right to defend itself against terrorism.</p> <p>2. The U.S. has a right to protect its citizens from terrorism.</p> <p>3. The U.S. has a right to protect its national security.</p> <p>4. The U.S. has a right to protect its economic interests.</p> <p>5. The U.S. has a right to protect its cultural heritage.</p> <p>6. The U.S. has a right to protect its environment.</p> <p>7. The U.S. has a right to protect its citizens from crime.</p> <p>8. The U.S. has a right to protect its citizens from drugs.</p> <p>9. The U.S. has a right to protect its citizens from alcohol.</p> <p>10. The U.S. has a right to protect its citizens from gambling.</p> <p>11. The U.S. has a right to protect its citizens from prostitution.</p>										

YES NO

.....

.....

Carer	Yes	No	Don't know
In what way?.....			
.....			

Person Living with Dementia	Yes	No.	Don't know
In what way?.....			

If yes please
explain.....

Not at all 1 2 3 4 5 6 7 8 9 A lot 10

14) On a scale of 1 to 10 how isolated do you and the person you came with currently feel?

Carer

Not at all										A lot	Don't
Know											
1	2	3	4	5	6	7	8	9	10		
11											

Person living with dementia

Not at all										A lot	Don't
know											
1	2	3	4	5	6	7	8	9	10		
11											

15) Has the project had a positive impact on your relationship with who you came with?

YES NO SAME

16) Do you think we can do anything to improve the sessions moving forward?

Comments.....

17) Are you happy for us to keep your contact details so we can tell you about other Arts Uplift or Museums Worcestershire's projects in the future?

YES NO

Signed.....

Date

Any other
 comments?.....

Thank you so much for filling this out!

Appendix 6: Happiness Indicator

Name.....Date.....

Location.....

I am feeling at the beginning of the session (please circle)



brilliant



good



ok



poor

I am feeling at the end of the session (please circle)



brilliant



good



ok



poor

Any

comments?.....

.....

.....

.....

Appendix 7: About Jenny Davis and Arts Uplift CIC

Jenny Davis has been working in community arts since 1994 after graduating with a Drama, Theatre, Media and Communications degree. For the last 12 years Jenny Davis was working for Wychavon District Council, as Arts Development Officer. Previous to that she ran Youth Theatre's for The Belgrade Theatre and Contact Theatre, amongst others. Particularly, in the last 4 years of working for Wychavon District Council she focused her work on arts and health. She ran projects with people living with dementia through regular music workshops at Number 8 Arts Centre and in care homes, as well as producing a visual arts project for people who are obese or overweight.

Since August 2016 Jenny Davis founded and is a Director of Arts Uplift CIC a community arts company specialising in arts and health and heritage www.artsuplift.co.uk. Arts Uplift has delivered inclusive creative movement classes across South Warwickshire and Wychavon District for under 5's and their parents/carers. Also, a community cohesion project called True Tales, which was a storytelling and visual art project based on the themes of new beginnings and journeys in Evesham. This was with two schools, some people from Eastern Europe, an older person's group and a group of people with mental health issues. Other projects include dance for children with additional needs and numerous arts and reminiscence work for people living with dementia.

For more information about Jenny Davis and Arts Uplift CIC contact jenny@artsuplift.co.uk or find her on Linked in.

