

Free Art Workshops for people with early stage dementia

Daisy Coles is a Sixth Form student who wanted to do more for older people in Hammersmith. For a year and a half, every week at lunchtime she had been visiting the residents of a local care home when she read an article about the science behind how people with Dementia who take part in creative activities reduce their stress levels and experience greater feelings of well-being. So it was only natural that Daisy, who has 52 hours of volunteer time required to satisfy her Gold Duke of Edinburgh award, wanted to find a way to make it easy to access artistic stimulation such as painting and drawing. After attending a training seminar put on by the charity Arts 4 Dementia with Dementia Pathfinders, Daisy started organising small art workshops in neighbourhoods where there were few, if any, visual art activities available. She set about vetting venues, interviewing art facilitators, getting friends to join her and meeting an LBHF Councillor to discuss how the council services could support her idea to increase the provision of art for people with Early-Stage Dementia who live independently.

With the support of Age Unlimited, this multi-generational team at 'Creating with Dementia', has launched a new series of FREE Art Workshops for people with Early Stage Dementia and their Carers which has caused a great deal of excitement in Ravenscourt Park! During the first session, the theme was 'Blue and White', interpreted with a range of visual arts from Chinese ceramics and Islamic tiles to hand-blocked William Morris wallpaper (see below). The creative stimulation of doing art proves to be a relaxing activity and it is even more enjoyable when shared with companions-young and old-over tea and homemade biscuits. The impressive paintings show great concentration and a sensitive touch.



The theme of our second session was American Thanksgiving with each of the 15 attendees munching on pumpkin pie while painting or drawing small sections from the 1842 painting, Peaceable Kingdom, by the Quaker artist, Edward Hicks. At the end of the session, a magnificent collage was created with all the individual artworks-

a true collaborative effort- made possible by the gifted Art Facilitator, Bud Murryweather.

The next series of workshops starts on Saturday, 13 January 2018 inside the Hammersmith & Fulham Town Hall.

The workshops are being advertised in W6 GP surgeries and on these platforms: Dementia Connect, Arts 4 Dementia, Next Door (W6), People First and Carers Network however, please help us to 'get the word out' to everybody who can benefit from these workshops

Art Workshops FOR PEOPLE WITH DEMENTIA

Five **FREE** creative sessions for people with Early-Stage Dementia and their carers.

Each class will be lead by an Art Facilitator trained to work with Dementia.



SUPPORTED BY



FOR MORE INFORMATION

Call **0777 578 4520**

Email creatingwithdementia@gmail.com

JOIN US

10.00 - 12.00 every
Saturday for 5 weeks

2018 DATES

Jan 13, 20, 27
Feb 3, 10