



PATHWAYS
TO WELLBEING

THE
HOLBURNE
MUSEUM

CARE HOMES & CREATIVITY

HOLBURNE MUSEUM OUTREACH REPORT 2023





PROJECT AIMS

An aim outlined in the Holburne Museum's recently updated Learning & Engagement strategy is to “use our expertise in supporting people with lived experience of (...) dementia and social isolation to explore their creativity and access cultural opportunities in the museum”, (L&E strategy 2021-24).

To achieve this aim we proposed to deliver a total of 8 creative outreach workshops to care homes with Bath & North East Somerset, to 4 different care/ supported settings from September – November 2023.

The purpose of this project is to:-

- Engage older residents (both in care homes and supported groups) of B&NES with The Holburne Museum's history and creative activities programme, especially residents who may not be able to visit the museum
- Create a safe, friendly and relaxed environment that residents feel comfortable to join
- Offer residents opportunities to meet new people and learn new things
- Offer residents creative experiences with unique museum handling objects they may not get in their usual programme of activities
- Provide an overall enriching and enjoyable experience that residents can reflect on positively
- Further develop and maintain strong, positive working relationships with residential care homes in B&NES, particularly in areas of noted deprivation in the city

“Inclusivity means adopting a proactive approach to identifying and addressing barriers to participation and engagement” (L&E strategy 2021-24). In order to facilitate an outreach programme that aligns with these values we proposed to work with selected care homes in areas of Bath that are considered to be within areas of social deprivation.

We went on to work with three care homes who we had previously not worked with. We wanted to continue to invest in our ongoing relationship by working again with BEMSCA at Fairfield House. An organisation who support older Caribbean, Asian and Chinese community members of the local BANES area.

We worked with:-

- Rush Hill Mews Care Home
- Culverhayes Care Home
- Cleeve Court Care Home
- BEMSCA (Bath Ethnic Minority Senior Citizen Association) at Fairfield House

PROJECT TIMELINE

March -
April 2023

Recruitment and briefing

In this time we were recruiting for someone to devise and deliver this project, it was agreed that our Learning Officer would be best suited to this role. She planned for the main period of project delivery to happen from September - October, as this is a period in the Learning department that is quieter, therefore her attention could be focused on care homes delivery.

April -
May 2023

Training

Learning Officer completed training courses run by the Alzheimer's Society and Arts4Dementia, this included an all day online training session led by experienced creative facilitators.

May -
June 2023

Research and planning

Workshop ideas and content, thinking about what objects and stories would be best suited and inspire participants. Building on the Learning Officer's existing knowledge to know the 4 workshop themes in depth. Researching what care homes there were in BANES, and what kinds of people they support to try and identify who we wanted to work with.

July 2023

Conversations and site visits with homes and organisations

Potential homes and organisations were initially contacted with a flyer and introductory email. This meant that we could detail what the offer was, previous images of similar work, plus the number and nature of the activities available. Once correspondence was established the Learning Officer was able to have a preliminary visit or phone call to further share what was available and discuss the needs of each home. Each place was given a choice out of 4 workshops of differing themes they could pick from. These early visits/conversations were all successful and resulted in activity dates being booked in with each place.

August -
September
2023

Prepping materials and content for activities

Prepping materials for workshop participants with limited motor skills took significantly longer than first predicted as processes had to be broken down to very simple steps.

September -
November
2023

Main activities delivery

Delivering total of 11 workshops, including 3 'welcome' sessions and 8 creative workshops.

November -
December
2023

Collating feedback

Verbal feedback was collecting at the end of the workshops. A more detailed feedback form was sent out to staff contacts from each place post workshop dates on their overall experience working with us.

December 2023 -
February 2024

Further activities delivery

As detailed in pg. 6 'Future Aims' some organisations have contacted us about offering similar activities for the people they support, therefore we are continuing to deliver more activities into the New Year using remaining funding available.

ACTIVITIES AND FEEDBACK

Each care home/community group was offered:-

1 x 1 hr introduction session

2 x 2 hr creative workshops inspired by museum collection

(choice of themes: Georgian Fans, Wedgwood, East Meets West & Going Greek)

From September - October 2023 we delivered a **total of 11 workshops to 108 people** from local care homes and community groups.

100% of care homes staff reported that residents enjoyed being creative in the workshops, and that they would welcome future workshops with the Holburne

“We did see residents who would normally not choose these types of activities get involved. Those who did attend have been keen to share what they have done with others. The residents talked about the workshops a lot after they occurred and highlighted how much they have enjoyed them during the monthly Resident Meetings.” **Care Home staff member**

“We were so impressed by how caring and helpful the Holburne staff were, our residents were so happy and excited to participate” **Care Home staff member**

“(this workshop) has cheered me up. I was in a terrible mood this morning, but now I’m ok” **Care Home resident**

“(this workshop) has given me energy to make” **BEMSCA member**

“I’m not arty but I really enjoyed that. I’m really pleased with this (her fan)” **Care Home resident**



WHAT HAS BEEN SUCCESSFUL?

Including a mixture of handling objects and a creative activity

Each workshop included interaction with handling objects and a creative activity that related to the activity them. This made for richer sensory experiences, making the overall activity more engaging. All residents and participants reflected that they had welcomed the opportunity to be creative and make, as this is something they would not otherwise get the opportunity to do.

Working in a group setting

Offering an activity in a group setting meant that residents got to interact with each other in a meaningful way, through shared creativity, as well as getting to meet new external people from the Holburne team.

Mixing up materials and processes

Having a mixture of materials included in the workshops kept residents engaged. They particularly enjoyed more sensory materials like modelling clay and enjoyed bright colours when working with paint or collage.

Planning activities with a clear outcome

Delivering an activity with one outcome that residents could see gave them something to aim for. Although making the same outcome, they had choices they could make about their own design and colours to personalise their work - making it still feel special and unique to them.

Learning Officer leading on the communications and delivery of the project

Having one person as the point of contact and delivering the sessions meant that strong and trusted relationships were built over time with both care home staff and residents. This also meant that workshops could be adapted in response to conversations in earlier sessions.

IMPROVEMENTS FOR NEXT TIME

Offering too many choices - instead keep it simple!

In the first welcome workshop residents were able to do a simple creative activity, the Learning Officer also shared the choice of 4 workshops they could pick from to have in the following weeks. Most of a person's choices are taken away when living in a residential setting, the aim was to offer some degree of choice in the activities they could take part in. However, it became clear that residents in some homes found it overwhelmingly to decide what workshops they wanted to do. Going forward workshop choices would be decided beforehand. Residents responded better to being told what the activity was, which they could then make individual choices within about how they decorated or made their outcome.

Shortening workshop times

2 hour workshops were initially offered, however after the first welcome workshops it became clear that most residents would struggle to stay engaged for that long. The Learning Officer was then able to adapt further workshop timings to better suit residents. Offering 1-1.5hrs workshops instead would be better suited to participant needs.

Collating feedback at the end of workshops

Verbal comments and feedback were noted during the sessions, with a feedback form sent to staff at the end of their workshops. In future sessions factoring in 5 mins at the end of every session to capture verbal feedback in that moment would mean thoughts and feelings are not lost as easily.

FUTURE AIMS

Ongoing delivery December 2023 - February 2024:-

- **Project practitioner is giving a talk in a new Bath care home.** Staff from the new care home contacted us, after hearing good feedback from colleagues in a care home we had delivered activities to earlier in the year. They got in touch to ask if we could repeat similar for them!
- **Delivering 2 workshops to members of RICE (Research Institute For The Care Of Older People).** RICE supports people in the early stages of their diagnosis, as well as their carer. We have been able to offer these two workshops for BANES group members at the museum for free.



If successful in gaining matched funding for Jan 2024 - Jan 2025 we would propose to:-

- **Work with 5 BANES care homes/community groups, delivering 3 creative workshops at each (15 sessions total) building on the new relationships we have made.** These workshops would work better spread across the year to maintain a consistent relationship across 12 months.
- **Invest in CPD training for Learning Officer and a museum volunteer.** The opportunity to deepen learning about delivering for participants that have Dementia/Alzheimer's, and how to best tailor activities for them.
- **Create short 'welcome' films to give residents a virtual experience of visiting the museum.** These would focus on sensory connections - sounds, spaces, colour.
- **Hold back a flexible 'contingency budget' so that we can be responsive to the needs of other homes or groups.** Having an allowance of 4 workshops available 'on request' basis allows us to work with organisations like RICE.
- **Offer clinical supervision for delivering practitioners.** A reflection from this project has been the emotional toll on delivering practitioners when working in end of life settings, with residents, who in some cases, are well into their Dementia diagnosis. Offering opportunities for support via clinical supervision would give practitioners support for their mental well-being whilst working.
- **Advocate for this work and good practice.** Take part in the annual Arts in Care Homes week in September to share the work we've been doing and what we've learnt.
- **Embed this work by building a small team of committed 'specialist' volunteers.** Offering future training and development opportunities.

With consistent funding for our CareHomes&Creativity programme, our core aim is to build consistent, rich and longstanding relationships with targeted care homes or community groups in BANES.