

# The Arts at the HeART of Wellbeing

**Funded by Erewash Borough Council and Derbyshire Primary Care Trust.**

Participants worked with artists in group session, residential homes, independent living schemes and one to one sessions in their own homes. Research shows that being involved in arts projects:-

- Enhances feelings of well-being
- Increases interest in other people
- Boosts confidence
- Improves social interaction
- Teaches new skills
- Re-ignites interest in old skills
- Helps reduce feelings of boredom, loneliness and depression



## Life Story Writing

*your story begins here*



## What the Participants Say

" We found the project inspiring, interesting and very enjoyable. It was great to have access to different materials and crafts, and we surprised ourselves with the things we produced. Great! Tremendous! Uplifting!

" We're never too old to learn something new

" Doing this this morning, has made me feel better today



In the summer of 2014 Chrissie Hall, specialist life story writing facilitator [www.lifestorywriting.co.uk](http://www.lifestorywriting.co.uk) worked collaboratively with artist Ola Wilson, an experienced Arts and Health Practitioner, supporting older adults to explore ways in which words from memory can inform and generate the creation of other art forms.

Using music as our inspiration we enjoyed classical music, pop music from different decades, dance music, hymns, folk music, film themes, stage musicals, nursery rhymes, TV theme tunes and football anthems to inspire conversations, anecdotes, jokes (lots) some singing, writing and art work.

The work formed part of an exhibition at Avago Cafés in Ilkeston where participants enjoyed meeting together to celebrate their achievements with carers, artists and others.