



Age & Opportunity is pleased to offer a new 2-day Creative Exchanges course designed for both activities coordinators working in residential or day care settings, and artists interested in engaging with older people in a care setting. Creative Exchanges will provide participants with:

- An understanding of the value of creative activity, particularly in a care setting
- Practical skills to carry out creative activities with people in residential and day care settings
- Experience of taking part in arts based workshops

The course is designed to provide meaningful opportunities to engage older people in arts activities and adopts a person-centred approach promoted by HIQA's National Quality Standards for Residential Care Settings for Older People (2016).

VENUE AND DATES

The Irish Museum of Modern Art, Kilmainham, Dublin 8

Wednesdays: 24th and 31st January 2024. 10:00am – 4:00pm both days.

PRICE

Creative Exchanges costs €350 per participant. As places are limited, fee needs to be paid in advance to secure a place. For more information, please contact Fiona at fiona.holohan@ageandopportunity.ie
On completion of the programme, a Certificate will be provided by Age & Opportunity.

PROGRAMME - Comprises 3 sessions per day

DAY 1

Introduction - Creativity and Wellbeing, Facilitator - Brian Dooney

This session looks at the significance of creativity in our lives and its benefits for greater health and wellbeing. Resources available to facilitate creative activities in different settings are also reviewed.

Reminiscence Theatre Workshop, Facilitator - Gillian McCarthy

This workshop demonstrates how to utilise objects and images as a means to invite people to share stories and memories, thereby opening the doors to their personal histories. It also illustrates how personal histories/shared memories, can be used to spark the development of characters for use in role play or drama.

Visual Arts Workshop (1), Facilitator - Caroline Schofield

In this workshop participants are given practical ideas about facilitating art-making activities within a care setting. They also learn how to use ordinary materials more creatively for art-making.

DAY 2

Introduction – Ageing, Facilitator – Brian Dooney

This session looks at different attitudes to/or representations of ageing and the impact they have on our sense of self and society. The value of a life-course model for positive ageing is also examined.

Movement Workshop, Facilitator – Philippa Donnellan

This session offers tips and techniques in facilitating fun creative movement activity with others. By way of introduction, participants are guided through a series of easy, energising exercises and sequences set to music of all kinds, designed to aid mobility and strength. Following on, we explore the use of songs, text, and simple props to create dance and encourage inclusive, imaginative participation.

Visual Arts Workshop (2), Facilitator – Caroline Schofield

In this workshop participants learn how to encourage a group within a care setting, to work creatively and artistically together, using a range of media and to explore different ways of utilising them more creatively.

FACILITATORS

Brian Dooney has been a Facilitator with Age & Opportunity's Engage programme since 2016. He designs and delivers courses on literature and the arts; and on positive ageing – in the context of building resilience and confidence; developing creativity; promoting lifelong learning and engagement.

Gillian McCarthy is an actress and theatre facilitator with over twenty years' experience. As a facilitator she has worked with various groups, schools and organisations including Co-Operation Ireland, the Gaiety School of Acting, the Irish Cancer Society and the Law Society of Ireland. She has a keen interest in storytelling and has also facilitated Creative Exchanges for Age & Opportunity in recent years.

Caroline Schofield is a visual artist who works creatively with individuals and groups through a reciprocity of skill sharing, ideas and stories in a participatory and collaborative Arts & Health Practice. Projects include 'Art at the Kitchen Table' & 'Open Gallery with Réalta. Recent work includes working creatively with palliative care patients in the South East Palliative Care Centre, Waterford and a residency for the Irish Hospice in St. Luke's Hospital, Kilkenny. This year she exhibited with artist/puppet maker Corina Duyn in the exhibition "I brought the dream of flying" at GOMA and during 'Creative Brain Week', after a year's collaboration exploring Corina's move into a nursing home.

Philippa Donnellan is a choreographer and dance facilitator. Since 2007 she has worked with older age communities in varied settings across Ireland. She has co-lead an online dance residency in care centers in Dublin, Naas and Kildare under the *Care Hubs of Arts & Creative Excellence 2020/2021* initiative by Age & Opportunity. She also facilitates dance workshops for healthcare professionals and others in the care sector, designed to build understanding of creativity through movement.