

Case studies: How have culture and creativity been supporting people in health, care and other institutions during the Covid-19 pandemic?

Project: Love Music
 Organisation: Arts Uplift CIC
 Region: West Midlands and the South West

“Just wanted to drop you a message to say how truly wonderful your sessions are :)
 Thank you”



A zoom session with Arts Uplift’s online dementia choir
 Credit Arts Uplift CIC

Introduction

Arts Uplift CIC is an arts and health and heritage community interest company. We aim to improve individuals and community’s physical and mental well-being of all ages through inspirational arts and culture with high quality artists and museum workers. We also aim to mentor the next generation of community artists through our mentoring schemes connected to our projects and upskill individuals through our volunteering scheme also.

We have delivered a few different projects to reach people in care homes during Covid-19. Love Music is our monthly music project. Instead of meeting in person we started to record our musicians playing at home, hosted them on Vimeo and then e-mailed them out to care homes and through social media. We have also started delivering them through live Zoom sessions. We also started an online dementia choir, again delivered through Zoom, and care homes have been participating in this also. Finally, we delivered a project called Inside Stories where we worked with care homes through dance and movement. They explored how they were feeling through lock down through dance and we created a [short dance film](#) to showcase it.

Funders

Love Music:

Arts Council England, Bromsgrove District Council, Bromsgrove Lions, Baron Davenport Trust

Dementia choir: Arts Council England

Inside Stories: Warwickshire County Council

Partners

Bromsgrove District Council

Who is it for?

Adults in residential care

Are these people you have worked with before, or new participants?

Both

How many people took/are taking part?

Love Music 27

Dementia Choir 43

Inside Stories 8

Where is it happening?

Worcestershire, Warwickshire, Coventry and Dorset

For how long has it been happening?

Love Music ongoing

Dementia choir ongoing until end of October

Inside Stories was 6 weeks from June to July 2020

What outcomes were/are you aiming for?

Improving well-being and reducing isolation and the dance improving mobility

Have you adapted existing work to make this happen? If so, how?

Love Music was adapted; the other projects were all new work

Does your work support people who identify with one or more of the protected characteristics¹?

All three projects are designed to include older people living with dementia

Evaluation & Feedback

"All residents thoroughly enjoyed this afternoon's choir practice the enjoyment in all their faces was so lovely to see."

"All our residents thoroughly enjoyed choir practice and will miss it when it ends"

"Just wanted to drop you a message to say how truly wonderful your sessions are :) Thank you"

Love Music and dementia choir: SurveyMonkey questionnaires measuring mood before and after the session and observational feedback by carers by Arts Uplift.

¹Protected characteristics are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, sexual orientation (Equalities Act 2010).

Inside Stories evaluated by Coventry University through a pre- and post-project wellbeing survey and end of project questionnaire done on behalf of the residents by care staff.

As Love Music and the dementia choir is ongoing, we have not got all the results yet and Coventry University have not completed their research yet.

What is your own impression of how it has worked? What have been the challenges and successes for you?

On the whole it has worked well and the feedback has been good. It's not the same as face to face but I think it's worth it as people are still benefitting. The quality of the technology is a barrier, however, sometimes – one care home has had to stop coming as the internet wasn't great. Also, you can only see 2 or 3 people in the group which is hard when you are facilitating something as you want to see the feedback from people. Also, we have to mute people when they are singing due to the time delay which is a shame. Evaluation has been more tricky as done online and you don't always get the feedback.

Are you reaching more people/fewer people/different people?

We are reaching more people and from further afield than normal. We have connections with new care homes also.

What new skills have you or your colleagues had to develop to deliver this work?

Totally needed to learn about Zoom and how to work with it as never even heard of it before. Evaluation is also being done online now rather than paper surveys so have had to rethink that also.

What would you say has made this project possible?

A willingness on the company, artists and care homes to try something new and deliver the work in a new way. Funders are re-focusing their funds to Covid related work.

What would have made it easier?

Better internet connections in care homes and more care homes having the technology to do online work.

Further information

www.artsuplift.co.uk/currentprojects