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Suffolk
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*A National Conference
organised by Age UK Suffolk
in partnership with DanceEast*



DanceEast



Ageing Creatively

Tuesday 8 October 2013

Conference Chair – Martin Bell OBE

CONFERENCE VENUE

DanceEast,
Jerwood DanceHouse,
Foundry Lane, Ipswich,
Suffolk, IP4 1DW

www.ageuksuffolk.org
**For further information
contact 01473 359911**

Age UK Suffolk, Hillview Business Park,
Old Ipswich Road, Claydon, Suffolk, IP6 0AJ

Conference Chairman



Martin Bell OBE

Martin Bell OBE is one of the best-known and most highly regarded names in British television journalism.

As a BBC reporter he covered foreign assignments in more than 90 countries and eleven wars. In 1997 he became the first Independent MP to be elected to Parliament since 1950, and he has since campaigned tirelessly for trust and transparency in British politics.

Born in Redisham, Suffolk, Martin Bell was educated at The Leys School Cambridge and King's College Cambridge where he graduated with a 1st Class honours degree in English.

In 1962, Martin Bell joined the BBC as a News Assistant in Norwich, and in 1964 he transferred to the BBC in London as a general reporter.

Over the next thirty years, he reported from on wars from Biafra to Bosnia and Vietnam to El Salvador.

In 1992, whilst covering the war in Bosnia, Martin was seriously wounded by mortar fire in Sarajevo.

He was awarded the Royal Television Society's Reporter of the Year Award in 1977 and 1993, and was appointed an Officer of the Order of the British Empire (OBE) in 1992.

Martin Bell left the BBC in April 1997 to stand as an Independent candidate against the MP for Tatton Neil Hamilton. Bell won with an 11,000 vote majority, the first elected Independent since 1951. Martin served on the Select Committee on Standards and Privileges.

After announcing his retirement from politics in 2001, he reversed his decision in 2004 and stood for election unsuccessfully as an Independent candidate in the Eastern Region for the European Parliament. The same year he was appointed UNICEF Ambassador for Humanitarian Emergencies. Assignments for UNICEF have included Tajikistan, Burundi, Kosovo, Malawi, Iraq, DRC, Darfur Afghanistan and Somalia

He made a brief return to television news in 2003 when he provided analysis of the Iraq invasion for ITN's Channel Five News.

Before the 2005 election he became affiliated with the Independent Network to help promote independent candidates.

Bell now acts as an ambassador for UNICEF] and as a critic on the state of journalism today, although he describes himself as "too old" for both journalism and politics

As a best selling author, Martin's books include: In Harm's Way, An Accidental MP, Through Gates of Fire, The Truth That Sticks and A Very British Revolution.

Speakers



Susan Langford MBE

Susan graduated in Graphic Design in 1981 and worked for four years for an international design agency including periods in their Paris and Singapore studios. In 1986 she moved into community arts practice and management, bringing strong creative, business and promotional skills to a diverse portfolio of freelance roles. That year she met Kathy Levin, founder of US intergenerational charity Magic

Me, and intrigued by the idea of creative work linking young and older people, began a period of practical research in Tower Hamlets and two other London Boroughs. Following the success of this pilot phase, Susan recruited a team of committed Trustees and in 1989 founded Magic Me; she continues to lead its development and growth.

Susan now has 25 years experience designing, delivering, and managing creative intergenerational projects in a vast range of settings and situations. She is a nationally recognised specialist in intergenerational work. Publications include, for Magic Me: *'Sharing the Experience'* (2001 co-author) *Getting Everybody Included* (2001 co-author) and articles for specialist press in education, care and the arts.

She continues to lead and manage intergenerational arts projects each year. In 2012 she led *View From the Top*, which saw the installation of 10 metre long artworks on the upper-deck ceiling of 27 buses on the 205 route across London, inviting visitors and locals to learn about the people and places of East London as they journeyed towards the Olympic Park.

In 2007 Susan was honoured to be chosen by Prime Minister Gordon Brown as one of 33 people described in his book *Britain's Everyday Heroes*. Mr Brown wrote:

"With gentleness and determination in equal measure, Susan has built a powerful model that is breaking down prejudice, building connections and touching lives."

Susan was awarded an MBE for services to the charity Magic Me in the June 2010 Birthday Honours.



Alice Thwaite

Alice is Director of Development of Equal Arts and has been a pioneer in the field of arts and older people for 20 years. Equal Arts is based in Gateshead in the North East of England and is one of only three arts organisations in the UK that specialises in work with older people across art forms. Alice has managed over 100 projects (raising over £3 million) in a wide variety of venues including hospitals, residential care homes, arts venues and day centres. She was consulted by the Royal Commission on Long Term Care and sits on the Board of Years Ahead, the regional Forum on Ageing, working strategically to include the arts into mainstream ageing policy.

Recent projects include Knitted Lives, an exhibition of 3D knitting created by women from Newcastle which toured all over the North East was seen by over 40,000 people; Art on Prescription, a social prescribing project funded by the NHS for people experiencing the early signs of dementia; Sing for Life a project involving care staff looking at ways to support singing in residential care homes.

Alice is passionate about enabling older people to have access to participatory arts programmes and in 2010 received a Winston Churchill Fellowship which enabled her to travel to Ireland and the US looking at models of good practice.

Dr. Hannah Zeilig

Senior RA, School of Allied Health Professions,
University of East Anglia.

Senior Research Fellow, University of Arts, London College of Fashion, London University. Visiting Research Fellow, King's College London.

Dr. Hannah Zeilig's work explores the intersections between the arts and ageing. Hannah has long been fascinated with the ways in which our culture represents and narrates age and ageing. She is an experienced academic researcher but also has extensive practical experience working with people living with a dementia.

Most recently, she spent 18 months in a dementia care home in North Norfolk using the arts to educate and support the dementia care workforce. She is also curating an international event on representations of age(ing): **"Mirror Mirror"** at the London College of Fashion where she is a senior research fellow. In this role she is exploring the (dis)associations between beauty and age in Western culture. From November (2013) she will start an AHRC funded critical review investigating the role of the arts in dementia care across the UK.



John Killick

For 30 years he was a teacher in further, adult and prison education. Since 1989 he has been a freelance writer. For the past twenty years he has worked with people with dementia, publishing five books in this area, many book chapters and papers, and edited six books of poems by people with the condition. He has spoken and given workshops in over a dozen countries, and broadcast on the subject of communication on BBC Radios 3, 4 and the World Service. For six years (from 1999 to 2005) he was Research Fellow in the Arts at the University of Stirling. He is currently Mentor for 'In the Pink', the Poetry and Dementia Project at the Courtyard Centre for the Arts, Hereford, and Writer in Residence for Alzheimer Scotland.



Liz Postlethwaite

Liz Postlethwaite is Director of *Small Things*, a social enterprise whose work focuses upon creativity and performance in contexts of learning, change and development. Since 2000 work with older people has been a key part of her creative practice. She has been involved in developing work on both a strategic and delivery level. Current projects include; a city wide, older people's cultural programme in Manchester, a performance project around age and identity for London College of Fashion, and innovative participatory storymaking work with people with Alzheimer's and dementia, their families and carers.



Mandy Barnett

Mandy Barnett is a consultant who helps cultural and social organisations to improve their partnerships and social value. Recently her work has focused on wellbeing, a new policy objective and huge opportunity for creative and cultural organisations. She is initiating a national network to make a better case for creative and cultural value to Government and funders.

Mandy is an accredited SROI practitioner and on the UK SROI Council, and has been on working groups for evaluation in the DCMS and DfE. Clients range from the Southbank Centre to Suffolk Artlink. She started her career as a designer and was Director of Bankside Arts Training Trust and Development Director for Older People at Surrey County Council before re-training as a consultant with an MBA from London Business School.



Vamos Theatre

Training through performance

Finding Joy

A comic, anarchic, touching and heroic full mask adventure

“an immensely affirmative joie de vivre...Catch it while you can” **The Stage**

Finding Joy, a co-production with The Courtyard, Herefordshire’s Centre for the Arts ended its 2013 national tour on July 20th, playing to a packed house at The Swan Theatre, Worcester. Overall, the tour played 78 performances at 65 venues to over 7000 people.

Joy is creative, funny, loves to dance, and is losing her memory: her grandson Danny is rebellious, fearless, bright, and always getting into trouble. When out of the blue, Danny decides to become Joy’s carer, where will their unexpected and playful bond lead them?

- See more at: <http://www.vamos theatre.co.uk/shows/finding-joy#ad-image-0>

To encourage discussion and debate, we offer four scenes from our production Finding Joy, performed by professional actors, which focus on ways of caring. The scenes are an excellent springboard for framing a speaker or debate session. John Killick of Dementia Positive says. “You learn more, and more effortlessly, from this production about positive caring than from a dozen textbooks or training courses. I urge all supporters of people with dementia in whatever capacity to see it”

Workshop Leaders *(who are not giving keynote presentations)*

Silver Comedy



George Baddeley - Silver Comedy

George is the Managing Director and co-founder Silver Comedy, a social enterprise established in 2009 to help enrich older & vulnerable people's lives by actively involving them in interactive comedy workshops and performances. George has recently expanded his company to include Forum Comedy, a unique form of interactive consultation offered to organisations.

George has over 30 years public and voluntary experience in the housing and community development sectors. Before starting Silver Comedy, George was Community Development Manager at Genesis Community, the charitable wing of Genesis Housing Group, where he developed a pioneering older people's IT training project that won a NIACE "Fred Moore Institutional Award" for its work with older people in supported housing.



Sarah Housden

An occupational therapist by background, Sarah Housden currently works as a lecturer in Long Term Conditions at University Campus Suffolk. Qualifying in 1994, she has spent the past 15 years facilitating group and individual work with older people, largely focusing on enhancing confidence, quality of life and wellbeing, through gaining an understanding of individual needs and aspirations by

exploring personal memories and self-identity.

She is currently in her final year of a Doctorate in Education at the University of East Anglia, researching the role of reminiscence as a platform for promoting wellbeing through learning in later life.

Breakout Sessions

A Funny Old World

Led by George Baddeley & Kate Smurthwaite of Silver Comedy

Using interactive comedy as a therapeutic tool to enhance the lives of older and vulnerable people - including examples of the games and techniques used by Silver Comedy. This workshop will be supported by Silver Comedy Associate comedian Kate Smurthwaite

Working Creatively With Memories Led by Sarah Housden

In this hands-on session, illustrated with examples from practice, delegates will have an opportunity to participate in a range of creative activities inspired by their personal memories, such as creative writing, drawing and mime. No artistic experience or skills are required, with the main outcomes of the session being a consideration of potential applications to health and social care practice.

Making Metaphors Work

Led by John Killick

A practical celebration of the words of people with dementia in both individual and group settings. Special reference will be made to 'In the Pink', the Poetry Project at the Courtyard Centre for the Arts, Hereford.

Been There, Done That, Still Moving Led by Alexandra Casey of Suffolk Artlink & Anusha Subramanyam from Beeja Dance

'Been there, done that, still moving' was a creative dance project delivered by Suffolk Artlink in partnership with DanceEast and Beeja Dance. The project worked with 3 groups of older people in the Ipswich area and culminated in a live performance and screening of the film at the Dance House in April 2013. Come and see the film

produced, hear more about the project and take part in a workshop led by Anusha Subramanyam of Beeja Dance.

Thinking Creatively – Developing creative programmes that work for you

Led by Liz Postlethwaite

Whether experienced in running creative projects, or giving it a try for the first time, this practical workshop will investigate how to develop work that delivers the outcomes you want for the older people you are working with. Explore the why, what, where and how of creative delivery, and examine and learn from examples of best practice participatory creative activity.

Timeslips - The storytelling method for people with dementia

Led by Alice Thwaite

This workshop will focus on TimeSlips - the storytelling method for people with dementia developed by Anne Basting from the University Of Milwaukee. Let your imagination soar.

Start telling stories -TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine. Explore the open, poetic language of improvisational storytelling which invites people with dementia to express themselves and connect with others.

Listening With Your Eyes

Vamos Theatre lead a unique series of workshops especially designed to support those caring for people, including those with a range of dementias, whether as health sector professionals or carers. Suitable for all experiences, the session explores how we communicate, particularly non-verbally. Empathy, play and acceptance are at the centre of the training.

Conference Schedule

08:45 – 09:10

Registration and Coffee

09:15 – 09:20

Welcomes and Introductions

09:20 – 09:40

The National Context

09:40 – 10:00

Liz Postlethwaite - Creative Ages- A context of creative participation in later life

10:00 – 10:45

Susan Langford MBE - “She’s 83, but she doesn’t look 83.” - When are we going to get real about ageing, about the range of ways to be 83 or any other age?

10:45 – 11:05

Dr Hannah Zeilig - Imagining dementia - Using the arts to educate dementia care staff

11:05 – 11:20

Coffee & Networking

11:20 – 11:40

John Killick – Matching Maturity & Creativity

11:40 – 12:00

Mandy Barnett - Make My Day: creativity and wellbeing in a new political climate

12:00 – 12:30

Alice Thwaite - Home Thoughts From Abroad - sharing good practice

12:30 – 13:30

Lunch & Networking

13:30 – 14:00

Finding Joy - Excerpt of Performance

14:00 – 15:00

Break Out Session 1

15:00 – 15:15

Tea Break

15:15 – 16:15

Breakout Session 2

16:20 – 16:45

Question Time – An opportunity to ask questions of the Keynote Speakers

16:45 – 17:00

Plenary Summary – Martin Bell OBE

17:00

Conference Close

Please fill this section out in block capitals, and return to Age UK Suffolk.

Name:

Position:

Organisation:

Address:

Telephone:

Fax:

Email:

Dietary Requirements:

Cost: £150, Early Bird Booking Offer £125 if booked by Tuesday 17 September

Once we receive your booking form we will invoice you. Payment must be received prior to the conference.

Using the list below please prioritise from 1 to 7 your preferred breakout sessions (1 being the most, 7 being the least) and return with your booking form:

Breakout Session 1

- **1A: A Funny Old World**
Led by George Baddeley & Kate Smurthwaite of Silver Comedy
- **1B: Working Creatively With Memories**
Led by Sarah Housden
- **1C: Making Metaphors Work**
Led by John Killick
- **1D: Been There, Done That, Still Moving**
Led by Alexandra Casey of Suffolk Artlink & Anusha Subramanyam from Beeja Dance
- **1E : Listening With Your Eyes**
Led by Rachael Savage
Director Vamos Theatre
- **1F: Thinking Creatively Developing creative programmes that work for you**
Led by Liz Poslethwaite
- **1G: Timeslips - The storytelling method for people with dementia**
Led by Alice Thwaite

Breakout Session 2

- **2A: A Funny Old World**
Led by George Baddeley & Kate Smurthwaite of Silver Comedy
- **2B: Working Creatively With Memories**
Led by Sarah Housden
- **2C: Making Metaphors Work**
Led by John Killick
- **2D: Been There, Done That, Still Moving**
Led by Alexandra Casey of Suffolk Artlink & Anusha Subramanyam from Beeja Dance
- **2E : Listening With Your Eyes**
Led by Rachael Savage
Director Vamos Theatre
- **2F: Thinking Creatively Developing creative programmes that work for you**
Led by Liz Poslethwaite
- **2G: Timeslips - The storytelling method for people with dementia**
Led by Alice Thwaite

We will do our best to allocate your preferred first & second choices but hope that you'll appreciate that this may prove difficult with some of the breakout sessions.

Please complete the booking form and post it back to **Age UK Suffolk, FREEPOST RRRXU-AHZG-YATC, 14 Hillview Business Park, Old Ipswich Road, Claydon, Ipswich, Suffolk IP6 0AJ** to reserve your place. The deadline for bookings is **Friday 27 September**. We cannot guarantee your place at the conference for applications received after this time.

**“Creativity is contagious...
Pass it on”** Albert Einstein