

The Grange Day Centre

A Report on the Activities Programme



“It’s been like a new lease of life for me”

Service User, Grange Day Centre

Evaluation Report

A report on the Grange Day Centre activities programme

Summary

This report explores the development of activities for older people within the Grange Day Centre and focuses on the arts and outdoor activities programme that has been running since 2000. The review has used the feedback and views of a wide range of stakeholders and interested parties - service users, centre staff, trustees, funders, artists, social services, and arts development officers. The resulting document needs to be read alongside a visit to the website to truly appreciate the professional approach and energy that have created a model project supporting older residents and their quality of life.

My thanks to all the service users at the Grange Day Centre for their inspiring tales of taking on new challenges through arts and sports activities. Particular thanks go to Connie, Edith, Hannah, Jane, Lawrence, Les, Lily, Nick, Pat, and Cissie for their stories - they are a tribute to the Centre and testament to the belief of living life to the full!

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	<h2>Executive Summary</h2>
	<p>Introduction</p> <ul style="list-style-type: none"> • It is hard to do justice in a report to the vibrant, positive, and visually appealing project that is the Grange Day Centre (GDC). This review can only attempt to highlight some of the benefits and issues from the activities programme as recounted by service users and through feedback from a range of stakeholders. The reader is encouraged to visit the centre to experience the energy, enthusiasm, and artwork, and most importantly talk to service users! A visit to the website www.grangearts.org.uk is also highly recommended. • This report explores the development, delivery, and approach of the Grange Day Centre activities

programme for older people that is now an integral part of its daycare provision.

History

- Based in the outer west of Newcastle, the Grange Day Centre is a registered charity based in purpose-built daycare premises managed by the Grange Welfare Association (GWA). GWA's history is rooted in the community having been set up originally by local residents to provide support for older people. GWA set up the Grange Day Centre as a registered charity to provide daycare through a contract with Newcastle Social Services. The Day Centre is therefore part of a larger project that has at its heart the ethos of providing practical and social support for older members of the community.



Values

- There is a clear value-driven approach to the work that started with the development of the GWA by and for local people and has been continued into its daycare services. There is a passionate focus on a set of values based on the belief that older people are entitled to professional high quality services and opportunities.
- The values of opportunity and recognition are embedded within the daycare. This has been developed to the extent that the quality and range of the activities have helped to shatter the stereotypes of aging. Witness, abseiling at 90 is accepted!

The Activities Programme

- The daycare programme uses both arts and outdoor activities to introduce new experiences, challenge ability and preconceptions, and build confidence. They promote an active quality of life designed to improve both mental and physical well-being.

	<ul style="list-style-type: none"> • The Centre's programme is driven by a strong and committed staff team led by a dynamic Project Manager with a clear vision of how daycare services for older people should be shaped. <p>Impact</p> <ul style="list-style-type: none"> • The feedback from service users, artists, and staff showed that the programme draws on people's skills, improves their quality of life, stimulates their interest, connects them with their communities, and helps to prolong active and independent life. <p>The Next Steps</p> <ul style="list-style-type: none"> • The Grange Day Centre sends a very positive message about older age and is a model of how a centre with vision can be a catalyst for a new approach to daycare for older people. • The challenge for the Grange Day Centre is to explore how it can continue to fund and deliver a programme of activities that has become a model of good practice for daycare services for older people.
	<h2 style="text-align: center;">History</h2>
<p><i>The Grange's history is very closely linked to the local community. The idea to extend a community building to provide daycare came from local residents who still manage the facility.</i></p> <p><i>The Grange Day Centre was built with contributions from local people, many of whom bought a brick and are now users of the</i></p>	<ul style="list-style-type: none"> • The Grange Day Centre has a history that is deeply rooted within the local community. In December 1968, a group of local men met informally to set up an organisation to improve the conditions of senior citizens. These were the founder members of the Grange Welfare Association. • Activities such as bus trips during the summer and help purchasing coal for pensioners in the winter were originally provided. The Association then purchased a van to provide meals on wheels, and subsequently embarked on a major local fundraising campaign to provide a community centre for older people in Throckley. • In 1969 the Welfare Association began a major project to extend the premises and provide

<p><i>building they helped to create.</i></p>	<p>daycare for older people. Local fundraising over several years resulted in a purpose built daycare facility and the Grange Day Centre was officially opened in October 1975. Many of the existing service users were involved with the fundraising and bought bricks for the building that has created a very real sense of local ownership.</p> <ul style="list-style-type: none"> • The Association and the Day Centre are inextricably linked through sharing premises, trustees sitting on the two charities' boards, assistance through volunteering and financial support, and most importantly a set of values that views older people as equally important members of society who merit high quality services. • The Grange Day Centre is a registered charity (1058445) that supports residents in the west of Newcastle upon Tyne. It currently has a cost and volume contract with Newcastle Social Services Department and provides individualised day care for over a hundred physically frail older people who benefit from a day spent in the company of friends, or whose carers require a break. • The centre provides day services each weekday; this includes transport to the Centre, meals and snacks throughout the day. It offers a wide variety of activities including massage, yoga, a hairdresser, a bathing service, various outings and entertainment. Local residents of pensionable age can also drop-in to the centre and enjoy activities and a subsidised lunch and the building is accessible to people with disabilities.
	<p style="text-align: center;">Methodology</p>
<p><i>The evaluation took a holistic approach to gain a picture of the impact and benefits of the arts and activity programme. A wide range of stakeholders was consulted - ranging from service users and artists to development workers and funders.</i></p>	<ul style="list-style-type: none"> • The evaluation study was undertaken over 9 days between October-December 2006. A wide range of stakeholders were consulted about the activities programme to identify successes, issues, and challenges. The list of contacts is included in appendix 1. • The process involved talking with service users through group and 1:1 conversations in the Grange Day Centre and participation in a reminiscence workshop. Meetings and telephone interviews were held with: <ul style="list-style-type: none"> ○ service users ○ Welfare Association trustees ○ Grange Day Centre staff ○ artists ○ arts development workers

The focus of the evaluation was to explore the approach and impact of providing an innovative activities programme and the impact and associated issues.

- outdoor activity centre manager
- Social Services
- an officer working on quality of life issues for older people
- consultants who had undertaken evaluation work for the Grange
- funders

- Desk-top examination of funding bids, evaluation reports, background materials, and reporting documentation was also used to inform the evaluation.

Evaluation Focus

- The overall objective of the evaluation was to review the development of the activities programme to explore the benefits and impact that a holistic and creative approach to daycare can deliver.



- The evaluation considered the value of the model and approach adopted by the Grange Day Centre and highlighted critical factors that play a part in this approach to an activity-based programme of support for older people.
- Evaluation had been built into the various projects to-date and previous reports have approached evaluation from an arts perspective. This evaluation exercise concentrated on the critical issues and factors associated with delivering an innovative programme to inform future practice.

Programme Overview

Service Users

- Everyone referred to the Grange Day Centre has undergone an individual assessment of need by Social Services and has been identified as needing daycare support. This is to prevent social isolation, family breakdown, prevention of ill-

health, or to offer support and respite for families/carers. It also enables people to retain their independence and remain in their own homes for as long as possible.

- Some older residents choose to come independently and pay a set charge for the day they spend in the Centre and a lunchtime meal.
- Service users are aged between 50+-early 90s with the majority aged 75+. Many are frail with mobility problems, whilst others have memory loss.

Activities Programme

- The extension of leisure and social activities from more traditional centre-based work such as bingo has been ongoing within the Grange Day Centre for six years. Substantial funding secured from charitable trusts and the city council has underpinned the majority of the programme.
- The Grange Day Centre activities programme initially offered the traditional range of fairly passive activities aimed at service users in a recognised daycare setting.
- The arts and activity programme has extended daycare provision from purely recreational and leisure sessions to activities that seriously challenge and extend the skills and abilities of older people.
- The Centre's approach has been the organic development of the activities programme over six years with many of the activities available developed in response to service users. Staff are always aware of the risk that people may choose not to get involved in what is a challenging range of arts and outdoor activities.
- Over time the programme has expanded into a varied and diverse programme of arts and outdoor activities including:
 - stained glass
 - silk painting
 - oil painting
 - etching
 - digital and IT work
 - reminiscence work and drama
 - clay modelling
 - ceramics
 - mirror work



"I like the challenge" Service User

<p><i>As a person's health deteriorates, the range of activities enables them to move between arts forms - from painting, pottery, or mosaics, to creative writing, or to using a computer - to be able to maintain a sense of creativity and achievement.</i></p> <p><i>"We have been delighted with the quality of the work which we have funded over the years"</i> Funder</p>	<ul style="list-style-type: none"> • wood carving • archery • canoeing • swimming • bowling • biking - leisure centre • abseiling • yoga • helicopter flight <ul style="list-style-type: none"> • The programme is developed and expanded using the experiences of those participating. For example, activities that helped deal with anxiety issues raised awareness of the levels of anxiety that some people feel. The Day Centre is now looking at offering sessions that will directly address anxiety through alternative health session using acupuncture. <div style="background-color: #e0e0e0; padding: 5px; text-align: center;"> Swimming lessons led to an abseiling session for one woman and helped tackle her anxiety problems. She now feels confident enough to go on holiday with her husband. </div> <p>Funding</p> <ul style="list-style-type: none"> • Substantial funding has been secured since 2000 to provide initial taster sessions, and subsequently long-term arts programmes and residencies lasting up to three years. • Charitable trusts, the Arts Council England North East, and Newcastle City Council have been the key supporters alongside monies from the Sports Lottery Fund and regeneration grants programmes in the city. • The scale of the funding secured is worth noting as large, long-term grants are critical to the ethos of high quality arts residencies that work long-term with service users. • Appendix 2 lists the funding and activities to-date.
	<h2>The Approach</h2>
<p><i>"People with limited hand skills, after a stroke, can participate in</i></p>	<ul style="list-style-type: none"> • This section of the report highlights the findings relating to: <ul style="list-style-type: none"> ○ the impact of the course as perceived by service users ○ the views of external agencies ○ factors integral to the style and approach adopted by the Grange

arts work. One man who only had the use of one hand was able to work on the new entrance doors into the Day Centre. As did a 95 year old with her chisel. Some drew, some had ideas, some carved, some sanded" Artist

Ethos & Values

- The Grange Day Centre operates a value-driven approach with a central tenet that older people should be valued, have their abilities recognised, and deserve high quality activities just as everyone else in society.
- This translates into a process of engaging people and building their confidence that is often slow and requires patience and thoughtfulness on the part of artists and staff. The barriers and inhibitions that people have built up can be strong. But the transformations in attitude can be dramatic and inspiring, especially among those who are often the most disadvantaged by disability or illness.



Conquering your fears is challenging at any age. Challenging yourself to conquer several whilst in a wheelchair is brave. When you are afraid of heights and your family do not believe you could ever abseil, the Day Centre's abseiling day was just the opportunity for one woman to do just that in her wheelchair. The next step is an abseil without her wheelchair. Add a fear of water and swimming as a result of an incident in her youth, and learning to float in the swimming pool was a second fear overcome after a lifetime of holidays sitting by the beach or pool. The photos of sitting in a canoe very close to the water are proof positive of a fear conquered regardless of age!

- Activities often start with reminiscence as a trigger to help the less confident feel that they have something to contribute. Artists spend considerable amounts of time talking with individual service users to encourage that initial spark of interest.

*“The Grange Centre staff do things **with** rather than for service users”
Partner Agency*

- The staff team underpins this ‘softly, softly’ approach by supporting the work of artists in residence. Ideas are discussed by the Project Manager with care staff who are part of a positive team that wants the centre to very clearly benefit users and be a vibrant and successful place where older people can usefully enjoy their time.
- Staff have attended training courses to be able to deliver activities such as silk painting. They also bring a variety of skills and experience to the Day Centre by organising armchair exercises and table-based arts activities such as card making, as well as participating in the arts activities alongside service users and artists.
- Most of the arts activities take place in the main daycare hall, visible to everyone, easily accessible, and are considered an integral and accepted part of the day centre. Even those more messy art forms such as clay modelling!



*“Service users build up skills, and experience and familiarity, take control, and the artists becomes more of a facilitator”
Artist*

The Artists

- Artists remarked on the way of working that the centre actively promotes. Notably, this is one where artists are expected to invest time over weeks and months talking to service users about what they want to do and achieve. Some commented on how they were initially unused to being left so free a rein with the luxury of time to talk rather than start to immediately produce a piece of artwork
- The emphasis is on involvement and the process rather than the end product. The end product is a result of the joint development work of artists and service users rather than the a rigid brief from the Daycare Centre for a predefined piece of artwork.
- Meetings, telephone interviews, and participating in sessions with artists highlighted that a quality approach runs through the activities programme. This was reflected both in the artistic skills of the professionals in their particular art forms, and in

their ability to relate to and work with older, frail individuals.

- Artists are recruited and interviewed not only for their talent but equally importantly for their ability to engage well with service users in a group setting and on a 1:1 basis. They are able to offer support, time, patience - so even a service user with very bad arthritis was able to paint.
- Artists used mechanisms to take service users onto a new level in terms of what they can accomplish. They help people grow their abilities and take them on to the next stage in their skills development. This can take the form of writing a challenge for themselves in a sealed envelope that is only opened at the end of the session.
- The emphasis on quality when creating pieces of work was evident from examples such as the historian brought in to help design the wrought iron fence around the building through designs that had meaning and historical relevance to the area.



Professional actors are employed to perform the play based on reminiscence and drama work with service users. This illustrates how quality and professionalism are key values within the programme.

"I could sit here all day talking"
Service User

- Artists appreciated the focus on residencies and a long-term approach that brings continuity, concentrates on process as much if not more than product, and helps to build confidence in service users. This offers a style of working that fits their needs, especially those frail people with short-term memory. It also contributes to a quality process and product.

Outdoor Activities

- The Day Centre is prepared to consider adventurous activities, particularly those outdoor sessions that push boundaries and expectations in a very physical and experiential way. At the same time, the programme flags up some very positive messages about older age, promoting the idea that age is no barrier to achievement and that older people are capable and keen to participate whatever their age.

- The aptly titled “Better than You Know” courses run by Dave Hand at the Calvert Trust at Kielder provide a real challenge for older people. They are encouraged to take a step into unknown territory by scaling a climbing tower, followed by an abseil, and finally have the surprise of travelling for 75 metres by zip wire! An easier option for those with mobility problems offers a treasure hunt using golf buggies and canoeing.

Amongst the group who went to Kielder was a gentleman who suffered from chronic clinical depression. He came to the Day Centre one day a week. On the other six days he spent most of his time in bed, as he had no motivation to get up. He originally completed an abseil and after his positive experience decided to come back and try the treasure hunt. Not only did he participate in the treasure hunt but also became a leader of his group and thoroughly

- Wheelchair users can take part as the Calvert Trust is designed to work with people with physical disability so the outdoor sessions are accessible to frail, older people.
- A video of the activities is available for family members and carers so that they too can enjoy the new found confidence and sense of achievement. Photos displayed on a large screen in the Day Centre remind people with short-term memory loss of their experience and also relay the sense of adventure and achievement to other Centre users.
- Other sports and health-related activities have included swimming, indoor sports at the local leisure centre, and yoga. These have been user-led and available subject to funding streams.

Art Work

- The arts work is multi-sensory and crosses various art forms. It combines new and old, celebrating the past and giving a value and meaning to lives and experiences whilst also looking to the future.

“The art produced is not amateurish. It is impressive and stands up as substantial pieces of work”
Artist



- There is real pride in the very professional and high quality art work produced that is installed or on display around the centre, making the Day Centre a visually appealing place to be. Even those service users who have not been involved with a particular residency are surrounded by artwork as artists are working close by in the main hall as a natural part of day centre activities.
- The sense of the past having a value and being able to inform the future is well illustrated through the loans box scheme. This project is creating materials for use in the future using objects from the past on loan from Tyne & Wear Museums. The oral histories recorded by service users will bring to life artefacts from past lives for the benefit of younger people. The work will become a teaching aid in schools to be part of future generations' learning and will also be part of the contemporary collection of oral histories in local museums. The emphasis is as much on how the work will inform the future as it is about using the past.
- The art forms also use a mix of old and new as seen as in the portrait etchings that used both modern digital technology alongside traditional printmaking techniques.
- There were numerous examples of how both art sessions and outdoor exercise are often a catalyst that lead individuals to actively choose to explore new activities as their confidence is boosted by participation in a new area.
- Art can lead on to adventurous outdoor activities such as abseiling whilst completing an abseil has been known to encourage participation in the arts by people who have never previously considered doing any art work.

A man attending the Day Centre had limited reading and writing skills but was an excellent singer. As part of a silk painting class he sang during sessions whilst making a silk design. Meanwhile, he joined a creative writing group and learnt to read and write. At one of the Open Evenings, he read the poem he had written and was able to be proud of his

	<p>Partnership Work</p> <ul style="list-style-type: none"> • Partnership work has been central to the development of the arts and outdoor activities programme. The key has been the working relationship between the Project Manager and agencies that have been able to offer, advice, guidance, assistance, and financial support. • Feedback from arts development officers highlighted that initial intensive support for the Project Manager had been effective and helped to develop a working partnership for subsequent arts projects within the Day Centre. This support also helped to build confidence in staff to move the programme on to more challenging arts projects that risked service users failing to engage. • The partnership with Tyne & Wear Museums has been mutually beneficial with the Grange Day Centre fronting a bid for funding that has led to a large lottery grant over two years for the “loans box” scheme. • There was also evidence that external agencies were willing to be flexible and accept that the style and approach of the Grange Day Centre was to allow artists substantial time working with service users and developing confidence and ideas. There was an understanding that the quality of the end product justified the time spent.
	<p>Impact & Outcomes</p>
	<ul style="list-style-type: none"> • There were clear outcomes relating to health and well-being from involvement in the arts and outdoor activities programme. <p>Confidence & Pride</p>

*“The impact - as with all art forms - is that people realise they can do things they didn't know or think they could. They then have pride, a sense of achievement, and a new skill”
Artist*

- There is no doubt from talking to service users that taking up a new activity - whether it is ceramics or canoeing - raises self-esteem and confidence. The Day Centre takes risks with such a diverse and challenging programme. This in turn challenges service users about their own abilities as well as the perceptions of family and the wider community about the role and value of older people.
- None of the service users interviewed talked about not being able to do the activities - on the contrary they were very confident in how they described what they had done and showed no sign of any fear or anxiety - even when talking about abseiling aged 90!
- In contrast, the recollections of centre staff and artists were of the initial fear and reticence that some people showed when offered the opportunity to take part in activities ranging from creative writing and reminiscence work to outdoor pursuits.



- These initial fears would seem to have been replaced by a sense of achievement and pride in learning a new skill or talking on a sizeable challenge through the activities programme.

One woman who had spent little time at school was unsure about joining a creative writing class. Taking part in an abseil gave her a huge confidence boost about what she could achieve and she subsequently joined all the arts activities, including creative writing.

Art appealed to a man who had left previous day centres because of the lack of stimulating activities. As a former landscape gardener who also did joinery work, he enjoyed

- The increased confidence of service users was apparent in numerous examples as a result of getting involved in either arts or outdoor activities. Abseiling led to requests for swimming lessons

the arts activities as it was an opportunity to use his hands creatively.

*"There's a social benefit - they help each other, share work and responsibility. It's a constructive way of spending time"
Artist*

which led to women asking for a trip into town to buy (their first) swimming costume. Several individuals had never swum before and one 83 year old woman learnt in 4 lessons!

Stimulating Interests & Skills

- The art work has been able to tap into former or latent interests and abilities of service users to offer a stimulating environment where they can use their talent to best advantage.
- In the reminiscence work leading to the production and performance of a play, a former chairwoman of a Townswomen's guild had been involved in drama and she played a huge part in the play and knew everyone else's lines!
- Creative writing led to one service user winning a local competition and she now regularly produces poems based on her life and experiences.
- The artwork on display particularly shows the talents of older service users, some of whom have never previously had the opportunity to paint, etch, carve, or clay model.

Improved Socialisation

- Service users choose what they want to do and who they want to work with. As a result, new friendships are formed as individuals choose to be part of a group activity. There were examples of new friendships forged that continue outside the centre - eg friends going on holiday together, going dancing.
- The format of table-based activities within the daycare hall setting encourages participation and service users gain support from each other.

Improved Health

- The programme addresses health in its broadest sense through opportunities to participate in experiences that can encourage lifestyle changes. A healthy mental and physical lifestyle is promoted through the different arts and outdoor activities that encourage:
 - physical activity and well-being amongst older people
 - social cohesion through group work
 - independence through new skills and challenges
 - healthy exercise as something that can be fun
- There is a clear health value attached to the outdoor activities programme as it promotes physical activity and exercise in a safe and supportive setting. The programme encourages elders to undertake new physical activities and extend themselves in a carefully controlled

environment.

Conclusions & Recommendations

Conclusions

Recognition

- The Grange Day Centre activities programme is a model of good practice that is recognised and applauded for its innovative and energetic approach to quality of life issues for older people.
- Arts officers, funders, inspection teams, and private sector agencies working with the third age, all acknowledge the Grange Day Centre as being the leading practitioner of imaginative daycare in Newcastle upon Tyne.
- The Grange Centre is now recognised within the city as a vibrant day centre with an excellent programme work that adds value to the fundamental daycare associated with health and personal needs that forms part of the contract with Social Services.

"It's very brave of the Day Centre to undertake these activities - as often art gets a bad press. The Grange is very open to the arts and offering things that people might not think possible. There is a bold approach - not flower arranging which is safe! They have broadened the scope to include things outside stereotypical activities expected to take place in a day centre"

Artist



- There is a sense of celebration linked to the activities programme. The book of stories produced is on tables in the main hall, folders of work are on the tables for everyone to see, there is a veritable plethora of art work displayed throughout the building, with many paintings and etchings being the familiar faces of men and women who use the centre or were well known in the local community.
- The programme has been a team effort involving

the support of daycare staff, artists, and trustees of both the Day Centre and the Welfare Association who are supportive and positive about extending opportunities for older people.

- Endorsements can be seen through the invitations to the Project Manager to do presentations at events and the praise from the Social Care Services Inspection (SSCI). The work was also recognised through inclusion in the submission for the NewcastleGateshead City of Culture bid and the Grange Day Centre was the only community project visited by the judges on their tour of NewcastleGateshead.
- The validity of the work is also strongly underlined through an ongoing relationship with a key, long-term funder who has recently approached the Day Centre to encourage a further bid.

The Experience

- You are aware of art from the moment you approach the Grange Day Centre as there is a constant flow of visual images that starts externally with the wrought iron railings designed by centre users. This leads swiftly into an array of artwork in the entrance hall - a large stained glass ceiling panel, a mosaic display around the entrance, and carved wooden doors into the large activity hall where artists work alongside centre users.



- The presence of art work throughout the centre makes the arts activities seem a natural extension of the leisure activities and other services provided as the displays are everywhere - on walls, in stain glass windows and door panels, and carved door panels.

A User Perspective

- It was evident from semi-structured interviews with service users that people enjoy feeling part of

something bigger and take great pride and pleasure in seeing their finished art piece including their contribution.

- Art is an integral part of the building and its usage is one of a number of factors that come together to make this a model project.

Model Project

- Activities have been able to tap into the experiences and lives of individuals, reach previous or hidden talents, or help them learn new and often fundamental skills at a time in their lives when they perhaps felt that was no longer possible.

Staffing

- The Centre Manager is the driving force who is inspired to challenge the stereotypical image of ageing and is acknowledged as such by external agencies contacted during the course of this review.
- The centre clearly benefits from:
 - a positive team of staff who participate in activities and
 - staff trained in small scale arts work and indoor exercise to offer low level activities so that people can progress on to more challenging aspects of the programme
 - a dynamic worker with the vision and passion to lead the team

Investment

- The programme is now reaping the benefit of the trust and confidence built up from the length of time that artists have been working with older people in the Day Centre.

Liaison & Networking

- partnerships and working relationships with a range of agencies

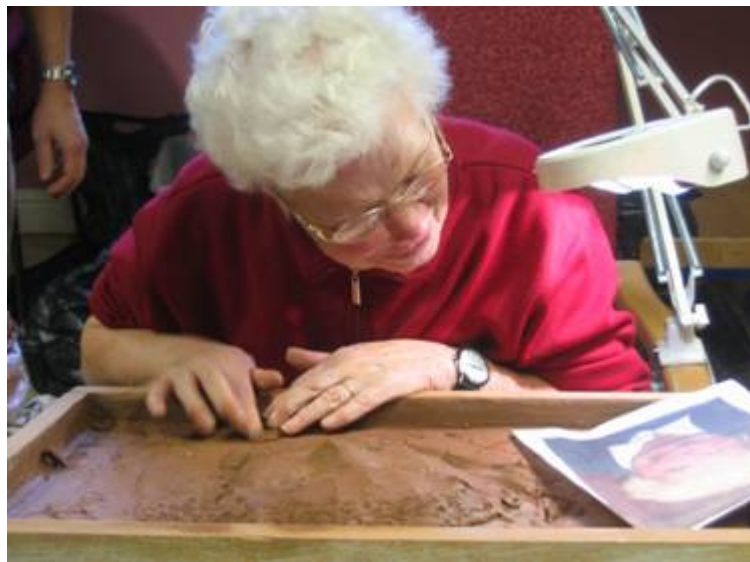
The Ethos of the Organisation

- a willingness to take risks
- ability to think on a grand scale
- embedding and locating the work into the traditional daycare setting
- valuing the process as well as the product
- promoting an active quality of life

A Quality Programme

- a range of activities accessible to people with vision problems, manual dexterity, short term memory so that frail older people were able to participate

- evaluation built in to every project
- no compromise on quality for costs
- valuing people's life experiences and preserving them using different art forms. Art can do this well through projects like the loans boxes or the drama work representing and celebrating lives.
- a broader approach than simply organising and delivering a programme of activities. Staff consider and address both the individual's situation and the involvement of the wider family when organising alternative activities. This is perhaps best illustrated through the support for people with dementia and short-term memory loss. After a trip to Kielder photos are displayed on the large screen in the centre to remind people of what have enjoyed and achieved and staff talk to families about the day so relatives can help to trigger memories.
- an inherent belief that the programme should challenge stereotypes of aging and help to reduce prejudice and discrimination



The Arts

- a clear priority of offering residencies rather than short-term projects
- activities in the main room that are visible to everyone and accessible, as they form an integral and accepted part of the day centre
- high calibre creative professionals who understand the ethos and nature of working with often frail, older people
- a sense of celebration - displays, performances, products - eg books, items to give to family as an heirloom, commissioning things - silk scarves, clay objects
- using life experience and personal accounts to develop and create art

Recommendations

Dissemination

- A presentation of the factors that help to create the model project could be a helpful tool for a variety of organisations working with older people. It could help them to review their services, perceptions, and values, and look at how they can extend their work with older residents.

Evaluation

- In America, research is being undertaken to demonstrate the positive impact that participation in the creative arts can have on the health and well-being of older people. Studies have shown that participation by older people in social, recreational, and creative activities is a key factor in “successful ageing”^[1]. In the same year, a study^[2] found that that social and recreational activities decreased common causes of mortality and reduced morbidity as much as physical exercise.
- Research is also ongoing in the States to evaluate the effects relevant to mental health, general health, overall functioning, and sense of well being on older persons caused by experiential cultural programs provided by professionals such as folk, visual, and literary artists. Activities can include expressive arts (eg visual arts, dance, music, poetry, drama), material culture, and/or oral histories). Initial findings suggest that the intervention group, in comparison to the control group, experienced significantly better overall health and fewer doctor's visits, significantly better scores on the Geriatric Depression Scale and the Loneliness Scale, and increased involvement in activities.
- The Grange Day Centre programme would benefit from being evaluated from a clinical perspective to be able to substantively demonstrate the benefits of the arts and activities programme. Links could be explored locally with the Institute of Ageing & Health and the Grange Welfare Association and Daycare Centre could be a demonstration project for research into active ageing and the benefits of alternative activities in preventative health work.

The Next Steps

- The success that the Grange Day Centre has enjoyed through the expansion of its daycare

^[1] Successful Aging, Kahn and Rowe, 1999

^[2] British American Journal, deLeon

provisions will bring future challenges associated with funding and sustainability. The activities programme is added value and heavily dependent on charitable funding.

- The fundraising success that the Day Centre has enjoyed over the previous seven years is likely to be difficult to maintain as the majority of the grants have been from charitable trusts and foundations. Although there are very good working relationships with several key funders, there may inevitably come a time when these funders will allocate their resources to other groups to ensure a spread of support across the sector and the region.



- The level of successful large grants awarded means that there will be fewer opportunities in future to attract grants of high value due to the limited number of funders who can offer support of £10K+. Preparing a larger number of smaller applications to a greater number of potential funders entails more work. In effect, GDC will need to consider a number of alternative income sources if it is to maintain its activities programme and meet the expectations of its users.
- The key to a stimulating future daycare programme is planning by staff and trustees. Time is on their side as recent funding applications have been successful. GDC now has a 3-year period in which the organisation needs to decide its strategy for added value daycare.
- A number of areas for consideration arose during discussions with a variety of stakeholders:
 - involvement in clinical health research to evidence the health benefits associated with creative and stimulating activities and inform future practice. Little research has been done in this field and GDC could potentially be part

of ground breaking research

- consultancy using the model that has been developed. The Project Manager has already given talks and presentations and this in-house expertise could be promoted to private care homes, social services departments nationally, and SCSi
- charging users (a contribution) towards activity costs and artists' fees
- The first two options will require the Project Manager to have a more strategic role alongside operational responsibility for the Grange Day Centre. It will also be important for the Project Manager to continue the strategic networking and liaison work that has resulted in partnerships and funding contributing to the successful activities programme to-date.
- Whichever strategy the trustees choose to sustain the Grange Day Centre as a model of good practice for supporting older residents, the Grange Day Centre is proof that you are never too old to learn, develop, and rise to a challenge!



Appendix 1 - Contacts

Service users includingConnie, Edith, Hannah, Jane, Lawrence, Les, Lily, Nick, Pat, and Cissie - without whom this report would not have been possible.

Jen Anderson, Care Worker & Outside Activities Co-ordinator

Brian Addison, Stained Glass Artist

Larry Blackburn, Administrator/Trustee

Jill Brewster, Woodcarver

Zoe Brown, Tyne & Wear Museums

Peter Coulson, Head of Activities, Calvert Trust

Barbara Douglas, Quality of Life Partnership

Peter Ellis, Regional Manager Lloyds TSB Foundation

Alison Flanagan Wood, Arts Development Officer

Karen Griffiths, Grants Manager, Community Foundation serving Tyne & Wear & Northumberland

Jane Hufton, Ceramicist

Andrea King, Evaluator

Alison Keeper, Arts Development Officer (now Director Durham City Arts)

Jos Forrester Melville, Drama Theatre Artist

Elizabeth Meronick, Contracts Compliance Officer, Newcastle City Council

Lynne Moffitt, Director/Trustee

Chris Robinson, Digital Artist

Anne Whittaker, Local Councillor on Management Committee

Michele Wright, Project Manager

Appendix 2 - List of Projects at the Grange Day Centre

2000 Kellett Fund at Community Foundation, Newcastle City Council Arts Development, Newburn Sub Committee

Multi-medium Arts Project (Art project year 1)

Reminiscence Theatre

Story Telling

Artist Pascale Konyyn

Silk Painting, Textile Panels
Painted and Digital image Panels
6 Stained Glass Windows

Artist Nikki Balfour
Artists Bill Wilson and Tony Parkinson
Artist Brian Addison

Grange Welfare Association

2001

Commissioned stained glass window to
commemorate founders of the charity

Artist Brian Addison

2001-2004 Kellett Fund at Community Foundation & Newcastle City Council Arts Development

Creative Writers in Residence 1 year

(The Time of Our Lives)

Stained Glass Window and Doors

Ceramics Individual pieces

and mosaics in entrance

Music and Reminiscence (Days

of the Dance Hall DVD)

Digital Art

Website development

Artists Joan Johnson and Ellen Phethean

Artist Brian Addison

Artist Jane Hufton

Artists Jos Forrester Melville, Gary Cordingly

Artists Barbara Keeting and Chris Robinson

Chris Mains

2002 Scottish and Newcastle Breweries

Commissioned the making of a sign in ceramics Artist Jane Hufton

2003 Better Government for Older People

3 x Abseil days at Calvert Trust, Kielder

Taster days of Canoeing, Archery, Bikes, Massage at Newburn Leisure Centre

2003 Newcastle City Council Sports Development

Coaching for swimming sessions

2003 Newcastle City Council 'Money for change'

Lloyds T.S.B. Foundation for England and Wales

The Bernard Sunley Charitable Foundation

Information Communication Technology Project

2003-2004 Arts Council and Newcastle City Council Arts Development

Digital Arts 1 year part time residency

Artist Chris Robinson

2003-04 Northern Rock Foundation and Newcastle City Council Arts Development

Stained Glass Ceiling

Artist Brian Addison

Wood Carved Doors

Artists Jill and Lee Brewster

2004-05 Newcastle College

School of Flexible Learning

Blocks of 16 Sessions for Local History, Yoga, Flower Arranging, Card Making and

Music

Various Artists and Facilitators

2004-05 Scottish and Newcastle Breweries

Public work of Art (Steel and Glass fabricated railings)

2005-06 Northern Rock Foundation and Newcastle City Council Arts Development

Digital Art

Artist Chris Robinson

Self Portrait Work in Clay

Artist Richard Broderick

Web site Development

Chris Mains

2004-05 Newcastle City Council

Closing the Gap' Small Grants Fund

Outdoor Activity Days at Newburn Leisure

Centre and Calvert Trust Kielder

Facilitator at Calvert Trust days Dave Hand

May 2005 Big Lottery Fund Home Front Recall

Tea Dance at Great Hall Discovery

Photographer Sean Elliott

2005-2007 Kellett Fund at Community Foundation

Inside out Project

Ceramics Individual pieces and art installation on wall outside centre

Artist Jane Hufton

Stained Glass Windows

Artist Brian Addison

2x externally and 5 x internally

Video and life Theatre

Dramatist Jos Forrester Melville

2006-07 Arts Council Newcastle City Council and Awards for all Reflections project

Ceramics and Animation

Artists Jane Hufton and
Richard Broderick

2006-2008 Heritage Lottery Fund

**Newcastle City Council, Tyne & Wear Museums Business Partners
Reel Lives on Loan**

Two-year Local history and digital art project
working with Tyne & Wear Museums

Artist Chris Robinson

2006 Lloyds T.S.B. Foundation for England and Wales

Oral History Project 2006

Artist David Daniels

2006 Sport Relief

Bowling at West Denton Bowling Centre, Archery, Bikes walking at Newburn Activity Centre, Treasure Hunts and Abseil days at Calvert Trust Kielder

2006 Better Government for Older People

Yoga Sessions

Facilitator Linda Irving

Flower Arranging Sessions

Facilitator Margaret Earl