

MEMORY LANE

End of project report- March 2016

Theme 1- Improving health and wellbeing

Priority- Provide opportunities to improve residents' health and wellbeing through music, sport and cultural activities for older residents

Activity 1- Arts for Dementia trial

Overview

A series of 10 sessions at Mayfields, Boston, increasing participation and access to the arts for people with dementia and their carers and providing an opportunity to make new friends and learn new skills.

Implementation

In addition to this report, please also be referred to the interim report ([Interim report Nov 15.docx](#)), quarterly report ([H:\Kathryn.Sperring\Boston\Older people\Memory lane\Quarterly Report Dec 15.docx](#)) and the artist's blog for previous updates (<https://artrovings.wordpress.com/making-for-memory-art-for-those-with-early-stage-dementia/>).

All 10 sessions have now successfully been delivered by artist Carol Parker, with invaluable support from Boston Mayflower. The sessions have included a variety of mediums including clay, felting, collage, wire sculptures, printing, paper pulp, sewing and yarn.

This has enabled the group to use a number of sensory stimuli and has hopefully provided something of interest to everyone in the group. The groups' opinions were sought throughout the programme and used to influence the planning of future sessions.

In the earlier sessions the group created a banner to provide them with some identity and to inform passers-by as to who the group were. Please see below:



Outcomes

As mentioned in previous reports, the sessions have been imperative to increasing social integration and peer support for both the people living with dementia and their carers. Sessions have also proven to be a welcome distraction from the stress and pressures of everyday life. Further information about the impact on individuals can be found in the section below.

The sessions have enabled members to acquire transferrable skills to repeat or cascade at home thus meaning the benefits are not just exclusive to direct beneficiaries of Memory Lane.

The sessions have had a profound effect on all carers, but perhaps most encouraging is the unexpected benefits to a young carer (age 17) whom attends with her grandparent. One noticeable outcome was that she has gone from 'never' feeling close to other people to now 'often' feeling close to other people. This just shows how isolating dementia can be not only for the person themselves but also for the carer, no matter how old or young. It's nice that, despite the general age range of the group, this young lady feels included and supported.

From a stakeholder event, held last year, feedback highlighted that carers struggle to access relevant information and advice however, as a result of attending Memory Lane, carers have reported an improvement in this due to resources available, professionals who have visited the group and peer discussions.

The pilot project has been deemed such a success that 3 other districts have since replicated the model and Boston Big Local have kindly agreed to provide further funding to the Boston group- something which the Memory Lane group are immensely grateful for! Thank you for the opportunity to run the pilot project, which has enabled us to evidence need and develop a project that will hopefully be attractive to other funders in the future too.

Survey responses

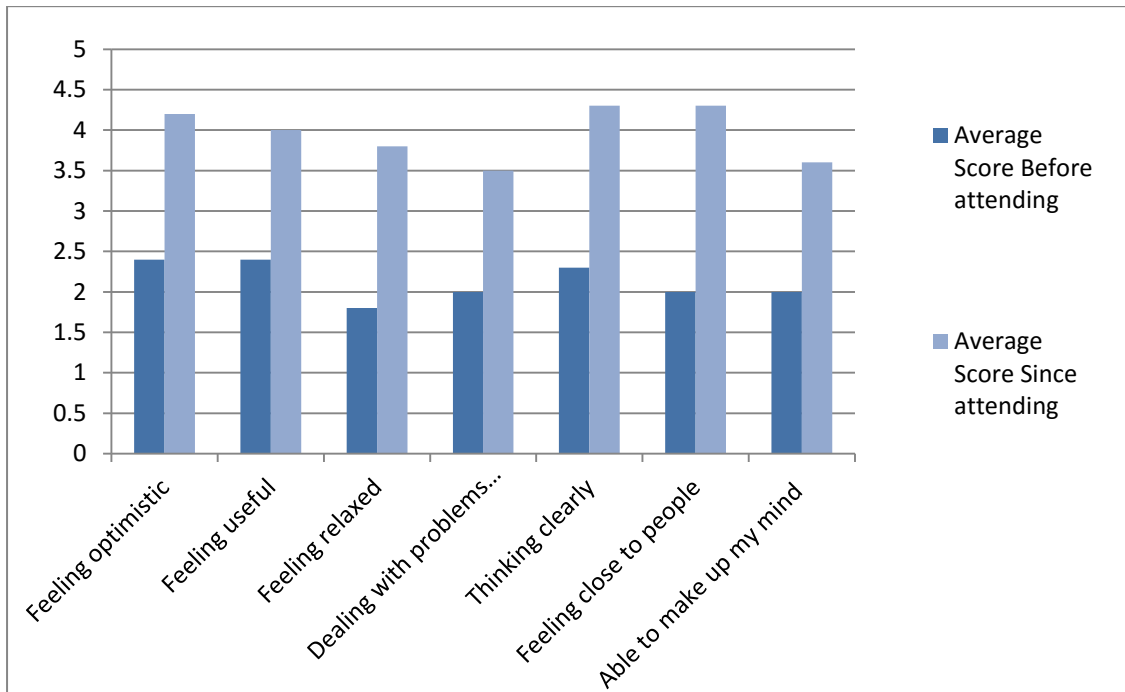
In order to gauge the impact of the project, and participants' views, a survey was designed and distributed to all participants at the penultimate sessions. 8 attendees completed/part completed the surveys, including a mix of people with dementia and carers, including one young carer.

The full responses can be found in the appendix, whilst the main findings are summarised below:

-The majority of members had heard about Memory Lane whilst attending the local Dementia Café. Whilst not a huge issue this does show that we are primarily engaging with those whom are already accessing support. It would be great to focus future efforts on those that don't currently access any support

-100% of members reported that Memory Lane has had an impact on their overall health in terms of relaxation, positivity, confidence, happiness and motivation

-Scores improved for all elements of the Mental Wellbeing Scale when comparing pre and post attendance at Memory Lane. The graph below shows the average scores:



-Members reported feeling improved communication, self-esteem, social support, quality of life, ability to cope, skills, feelings of satisfaction and access to information as well as reduced depression

-50% of respondents have accessed further information, such as other events and sessions, as a result of attending Memory Lane

-100% of members reported a desire for further sessions

Quotes:

The figure below displays some of the positive connotations taken from participants' diary excerpts:



3 of the participants have been keeping a diary or memory log of the sessions. Below are some of the invaluable snippets taken from these:

Carer 1:

It's so wonderful to do creative things!

We couldn't wait to get started this week as the holiday break made it seem so long since we'd had our 'fix' of arty stuff. Ooh it's nice to be back together again.

We left full of speculation about just what we were going to do next time (a whole two weeks to wait!), so we have something to look forward to again.

We only have two sessions left and we're all hoping that Carol can get more funding, because we've come to rely on these art sessions to lift our moods and make us look forward to something nice. After we arrived home, we found a letter telling us that I wasn't entitled to carer's allowance any more. Nothing had changed my end, but from what I hear from other carers, it seems to be a common thing! WE NEED OUR ART SESSIONS PLEASE?!

Person living with dementia:

As usual I really enjoyed this and had some good chats with other people. Look forward to next session.

We always have a good laugh and I enjoy a chat.

This will become a hobby, Carol's course triggered off the desire to make this at home

Carer 2:

The time went too fast. I really enjoyed doing this as I was concentrating on making something and forgot my real problems for a time. I actually took the idea home and got my husband to do his own figure from garden wire, he did this perfectly and really enjoyed it.

It was lovely to get out and meet people and have time for me for a change.

Quite a lot of concentration was needed (relaxing concentration if that is possible) so our problems again could be forgotten for a while. It was simply laughing and chatting with other people and doing something completely different. We are going to paint it next time, so I am having to decide what pattern I need to do (better thinking about pattern than dementia problems!)

I enjoyed the activity immensely and even brought some of the paper mache home for my husband. So we made a small bowl at home, which he enjoyed doing.

I was quite proud of myself as I haven't done anything like that before.

While I was concentrating on this all my problems seemed to drift away for a short time, the people there are very friendly and it is good to be part of a group. Looking forward to next time.

Appendix 1– Photos





Appendix 2- Survey responses

How did you originally hear about Memory Lane?

Adult Centre

Dementia Café (x3)

Family member

Boston College awareness event

How does attending Memory Lane make you feel?

- Very relaxing, forget problems while making something, achieving

- WONDERFUL! Worries and stress melt away

- Happy, confident, part of something, relaxing, achieving different things

- It makes me really happy that I get to see what my nan does

- It's fun, makes me feel happy

- Promising

- It's up building and inspiring

-Valued

Has attending Memory Lane had any impact on your overall Health and Wellbeing?

100% said yes

If yes, please explain how?

- Relaxing, meeting people, enjoyment
- At last, something to look forward to. It's fun, we laugh and feel happy. Things look brighter in this dismissal world of dementia
- Happier and confident, relaxed
- More positive
- Hopeful
- I have been motivated to do similar things in my garage
- Feeling that I am not alone with my condition

Statements	BEFORE attending Memory Lane					SINCE attending Memory Lane				
	None of the time	Rarely	Some of the time	Often	All of the time	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future		4		1					4	1
I've been feeling useful	1	2	1	1					5	
I've been feeling relaxed	1	4						1	4	
I've been dealing with problems well		4						2	2	
I've been thinking clearly		4	2					3	3	
I've been feeling close to other people	1	3	1	1				1	2	3
I've been able to make up my own mind about things	1	3	1					2	3	

“Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS)

As a result of attending Memory Lane, do you feel that you have experienced any of the following? (Please tick as appropriate)

5	Improved self esteem	4	Feelings of satisfaction
4	Improved social support	5	Improved communication
4	Reduced depression	2	Improved access to information
4	Improved quality of life	3	Improved skills
4	Improved ability to cope with Everyday life		Other: _____

As a result of attending Memory Lane have you accessed any other information or services?

4	Yes (Note: 50% of respondents have accessed further information as a result of attending)
1	No

If 'YES' please give examples:

- Chatting to other people and they tell you events going on
- We tell each other of events happening in the area
- Dementia Café
- Other meetings with people with similar problems

Do you have any suggestions as to how Memory Lane could be improved?

- Works great as it is. It obviously needs to continue
- No-Carol runs it perfectly. Just keep the sessions going
- More promotion and awareness of these sessions
- More regular sessions
- Have more meetings

If given the opportunity, would you like Memory Lane sessions to continue?

100% of respondents said 'Yes'

Are there any other activities, either related or unrelated to art, which you would like to be involved in?

- Not at this moment in time
- Not aware of any other activities but would like to have the opportunity to do other things
- Games, knitting, crochet- to learn
- Interested in anything
- Probably, but have not got a clue. Each time I come I find myself encouraged to expand my activities

Any other comments:

- Great friendly group so look forward to going
- The difference it has made to my husband and I is amazing. We look forward to each sessions and we feel brighter and more positive about the future. PLEASE don't let these sessions finish- don't know what we'd do. Art sessions are unique and vital.
- Everyone is welcoming and a nice group
- This is far better than being alone at home