Back In The Day



Project Report

LOTTERY FUNDED
ARTS COUNCIL ENGLAND
Supported using public funding by
ARTS COUNCIL ENGLAND
Creative PATHS



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Eden Lodge Care Home and Rachel

Project Outline



Audrey - Heydays - Arnold Library Private View

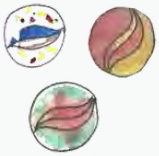
Back In The Day was delivered by Creative Paths (EM) CIC. Through creative workshops participants of care settings co-produced an art book and book bag inspired by their memories of childhood. These book will be used for reminiscence with older people, and via the Education library services and Nottingham libraries they will be available for children studying KS1 History.

Participants explored common themes of childhood. Quotes and stories from participants inspired artwork created by them and content for the book. The project shared the value of the creative potential of older people, and helps children empathise with how childhood has changed, dissolving generational barriers.

The project was led by project coordinators Chris Boote and Karyn Stavert.
Artist led workshops were facilitated by Emma Wass, Rachel Scanlon and Debra Urbacz and supported by the Creative Paths team.

Residents and citizens of the following care settings provided their memories, stories, artwork and book bag contributions.

Eden Lodge Care Home
Hey Days Day Service
Marcus Garvey Day Service
Sutton Court
Sutton Lodge
Sutton Manor



Book format, design, and sequencing by Chris Boote.

Thank you to Arts Council England and the National Lottery Players.

Project Activities



Leonora - Marcus Garvey Centre



Mavis - Eden Lodge

Project Activities

The 'Back In The Day' project activities took part between September 2023 and February 2024.

The project' co-created a social history art book about childhood in the mid 20th century, a period of time that many older people lived in care experienced growing up during. This book is available to children studying KS1 history at school through the Nottinghamshire educational library service and Nottinghamshire's library service. The book is also made available as a hard copy for all participant's of the project and is available online as an eBook.

The following activities were carried out to achieve this -

Reminiscence workshops - Lead by artist Emma Wass-
One workshops in each of the six care setting with reminiscence artists Emma Wass and the Creative Paths team. These workshops introduced the project, and Emma facilitated a reminiscence and object handling workshop to stimulate memories and recall of participant's experience of childhood. Themes that were covered in the session were toys. school, sport, food, houses and washday, all common experiences and themes that would of been experienced by the participants who were all older adults. Memories and discussed was written and recorded to inspire and influence the artistic outcomes of the project.

Illustration workshops - Lead by artist Rachel Scanlon-
One workshops in each of the six care setting with community artist and illustrator Rachel Scanlon and the Creative Paths team. Rachel supported participants to visually translate the outcomes from the reminiscence session. Participants illustrated their stories, memories and quotes.

Book Bag workshops - Lead by artist Debra Urbacz-
One workshops in each of the six care setting with community artist and maker Debra Urbacz and the Creative Paths team. Debra supported the participants in the creation of personalised wooden chests to hold small toys for the Story bags, that support the printed books. These are available to borrow with the books



Book Reading and Workshop - Arnold Library

Project Activities

Book Readings and Workshops - Lead by artist Rachel Scanlon

We delivered three creative workshops in each of the library settings where the book was to be displayed-

Sutton in Ashfield Library
Arnold Library
Stapleford Library

The hard back books and story bags were available for families to read and play with, the books were used to inspire illustrations and artistic responses on the theme of childhood. Families were also able to enjoy the exhibitions and displays.

Book format, design, and sequencing

All the individual illustrations drawn by participants were scanned, and each drawing's background was made transparent for formatting into designs for each page. Once formatted and sequenced the book was sent to print.

Exhibitions and Displays

Our main exhibition was held at Arnold Library and lasted three weeks, this is where we held our main celebration and view event. We had smaller displays at Sutton Library and Stapleford Library, these were in place for 4 weeks.

Distribution of Books

We had 300 copies of books printed and 50 story bags created, books have been distributed to each of the participants, and across Nottinghamshire's library service and Education library resource (ELS). Each library will have a supporting bookbag, the ELS will hold three bags for their schools offering.

Objective Achievement



Leonora - Marcus Garvey Centre



Edna's Page

Objective Achievement

We have met all the objectives that we set out in the original application for ACE funding

A well attended, engaged with and enjoyed arts project aimed at older people living with care needs.

- The successful delivery of 18 workshops in care settings to 112 active participants.
- It provided them with high quality artistic activity,
- It provided achievement in the creation of a book that will be a source of education and enjoyment for others.
- It provided celebration in the form of the exhibition events and book signing they participated in.
- It was access to arts that that they would not usually be able to have..
- It provided them with an opportunity to work with artists with specialist skills in delivering arts to people with cognitive illness and decline.

Successful partnership working that has ensured that the project met its aims and objectives to a high standard within the time frame planned.

- Partnering with six care settings, which was two day services and four care homes.
- Partnership with INSPIRE culture, learning and libraries who are displaying the new books.
- Partnership with Educational Library Services who are disseminating books to interested schools.
- Utilising Access Artefacts, and Nottingham Museums for resources used in the sessions.



School Uniform and Punishments!

Objective Achievement

Contracting and providing community art in health opportunities for local artists

Contracted Emma Wass, Rachel Scanlon and Debra Urbaz

The creation of an art book which will enable children to learn about recent social history from those that directly experienced it.

300 printed hard back artbooks and an e-book.

A story bag with delivery resource, and objects relating to the project and childhood

50 story bags with small toy items, artwork in the form a wooden chest, an how to use resource.

A designated webpage

A webpage with downloadable book and resource, project photographs, copy and the evaluation.

Community/public engagement



Arnold Library Gallery - book reading participant



Sutton care home participants with their books

Community and public engagement

Our Community of Interest

Our community of interest is people living with ill health and disability, in this instance the cohort we worked with were older people with disabilities and/or dementia living in or using care settings.

In addition to the 112 older people we worked with, the printed book can be used as a reminiscence resource and has been made available as a hard copy to the over 50 care homes we work with.

Families and Children

The three workshops we provided in half term provided drop in activity inspired by our creative outcomes to families and children in three areas of the county. Our books will also be available in the children's section of all Nottinghamshire Libraries.

School Children

The printed books and story bags will be available as a teaching resource for all schools in the county and city area for free loan.

General Public

The book, and large A2 boards of its pages were on display in a exhibition at Arnold library in their public gallery. Smaller A3 displays were mounted at Stapleford and Sutton In Ashfield Library.

National care settings

The book and its resource will be available to download for free from our website.

Impact on Awareness



Arnold Library Gallery - book reading participant



Vernal and Leonora - with Emma - Marcus Garvey Centre

Impact on Awareness

Creative paths CIC works predominately with older people living in or in need of care support either at home or in a care setting. This cohort is often medicalised, and overlooked.

A project of this kind raises awareness of their individual personhood, experiences and the contribution that this group of people still have and can bring to their communities.

In particularly their lived experiences, over a space of time when there have been so many changes, in family life, work, society, politics and technology. Each individual life experience and memory unless captured is lost.

Our project demonstrates artistically and creatively how our older members of society still have and should be given opportunity to share their creative voice, their artistic expression and their unique perspective on life.

Other ways this project has impact on awareness is, it shows the capability and creative potential of people with cognitive decline and dementia.

As well as the artistic and practical outcomes, the project shows that enjoyment, good engagement and wellbeing can be gained from arts led activities. In particular it has impacted positively on participant's interactions, mood and social circles. It demonstrated that art is a good medium to encourage activity, motivation and socialisation.

Artistic Outcomes



Ivy, creating her story bag box - Eden Lodge



Participant Artwork

Artistic Outcomes



A 42 page hard back book with stories, anecdotes and illustrations created by our participants.

There is 111 different drawings and illustrations created by our participants. used in the book

The book designer added an additional 12 drawings to the book to illustrated content where no images matched or where we unable to get photographic permission from a contributor.

There were 76 wooden trinket boxes decorated for the Story Bags by participants.

An exhibition of A3 and A4 prints of the book pages. These were given to participants and care homes when the exhibition finished.



Educational Value



Dorothy with her book page



Educational Value

The content and memories captured and illustrated in the book provide a catalyst for conversation about how things used to be for people who grew up in the mid 20th century.

The content is stimulating for all generations, and of real value to younger children whose experiences of childhood are so very different than the older people's in the book.

It enables them to discover a different perspective, the retold social history, gives them an insight into others experiences. Helping them to understand that we all have different views, circumstances and resources.

As the books are available for distribution across the county's schools they can support KS1 studies in social history.

Lifelong learning is an activity that we actively promote as an organisation. The book is an excellent reminiscence and discussion resource, that provides a talking point for any group of people.

The book has proved an opportunity for older adults to share experiences and find common ground with each other, leading to greater social togetherness.

It has also been of benefit for family members of participants, they are able to use the book as conversation starter and learn more about their own families histories.

Achieved Purpose



Val - Sutton Library



Marcus Garvey Day Service

Achieved Purpose

The Back in The Day project's delivered a socially beneficial arts project that was inspired by the lived history of people living in care.

The project provided artistic and creative activity for a group of older people often marginalised and unable to access mainstream arts activity. For participants, in both the care homes and in the library workshops, the project provided purpose, connection, friendship and a greater understanding of the diversity in life experiences and opportunity.

For the books readers/audience both young and old the book provides an educational resource, a talking point, an interesting read and the opportunity to enjoy the artwork of our participants. The dissemination of the book across the County's educational and mainstream libraries provides accessibility to the artistic outcomes and promotes the projects achievements.

The exhibitions and displays provided a wider audience for the artistic outcomes, it also provided a celebration and marking of achievement for the participants.

*"**Our citizens that took part enjoyed being involved in the Back in the Future project. Mr A said it was good for his mind got him talking about his childhood, Mr L enjoyed taking part and seeing himself in a book for the first time, Mr D enjoyed talking about his young days back in Jamaica he also enjoyed meeting other citizens from other organisations that took part, Mrs D who is not with us any more, I took a book to her while she was convalescing in hospital, she laughed at the lady that was her in the book. All the citizens that took part all received a book of their own and I have some displayed in the day centre for everyone to look at. It was a great project to be part of**"* Barbara - Senior - Marcus Garvey Centre

Conclusion



Margeret - Sutton Library



Private View - Arnold Library Gallery

Conclusion

In conclusion we achieved what we set out to do, that the project has met high standards in both its artistic and its creative community outcomes, and it has been a benefit to the groups of people we engaged.

The project provided an opportunity for people living in care to have a voice, to contribute and it made them feel valued. It reinforced for them that their stories were worth telling and sharing, and that their experiences would be of interest to others.

The creation of the artistic outcomes and book, and the exhibition gave all participants a high sense of achievement, they all engaged in the process of reminiscence, making, and creating.

Other benefits of the activities are they were a shared experience with their peers, they all worked together towards a common goal. There was many moments of compliments and celebration, laughter and enjoyment of the told tales and memories, this all provided an uplift to the participant's day.

Feedback from the project was 100% positive, many participants looked forward to their next session, and all were very keen and excited to get their copy of their book, and to see the artwork displayed. This anticipation gave them something to look forward to and to chat about.

We met all of our targets for participants, artists, and the audience.

In addition this is the first illustrated book that we have had published, it has given us another outlet to promote the arts in health work that we do and provide a resource that will be used and beneficial to both young and old. We are delighted with the project outcomes and have had wonderful feedback from everyone that has read and looked at the book.



https://www.creativepaths.org.uk/projects/back-in-the-day

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