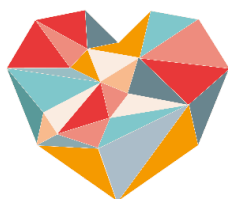




Art workshop

Barbara Luel & Bert Vervae

De Wingerd

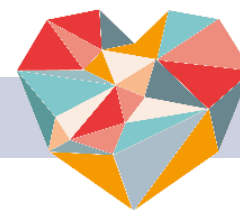


Dementia
in Cultural Mediation



With the support of the
Erasmus+ Programme
of the European Union

The activity



Name of the activity

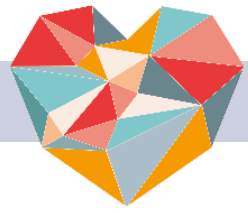
Art Workshop

When you give and share beauty, you get beauty in return.

Summary

In the art workshop we draw and paint together. We use art books and nature photography to inspire us, and we make art on paper or on canvas, using watercolor paint, Acrylic paint, graphite pencil, charcoal, color pencil or pastel. The workshop is scheduled every 2 weeks on a Monday afternoon. After making art we have a drink and a snack to discuss the day.

Content



Target group

The art activity is organised in a care home and is open to everyone who can still handle a pencil or a brush. Everyone makes art on their level.

Some are residents of the care home and others are in the day care and go home at the end of the day.

Objective

To focus on positivity and beauty: focus on what we still can do together, instead of what is forgotten.

Communicate together. Art is a universal language.

Partners

The care home makes this possible: they provide a room to make the art, a closet to keep all the art supplies and they make a selection of “the artists” and bring them to the workshop and come to get them at the end of the workshop.



Practical

Venue

The activity takes place indoors, in a room with a lot of day light and big tables

Everyone needs space on a comfortable table to work : space to have the paper and art supplies and a book nearby

Some residents come with a wheel chair or can't walk well anymore so it has to be accessible for disabled people

Some people need additional artificial light

It has to be a room where we can close the door. Calmness is needed. No distraction while making art.

Some calm music is also relaxing.

Afterwards it's good to receive coffee and tea to discuss the art that was made.

Day, time & duration

The workshop starts around 14:00 and lasts for 1,5 to 2 hours. Some people like to stay longer, but some people can't focus that long anymore. One has to adapt.

Group size

We can take about 3 people per carer.

We noticed that when people come with their family, they can't focus on the art, so we prefer that they come alone.

Supervisors and hosts

The workshop is run by 3 volunteering artists.

We need the supervisors from the care home to bring the residents to the workshop and to come and get them and bring them back to their apartment/room when the activity is over.

At the end of the activity the supervisors/hosts bring us coffee & tea to chat about the art that was made and to give compliments to everybody.

We also did an outdoor art workshop in the park. We went to draw the plants outside with a picnic. For that we need the supervisors to accompany us: then we need one supervisor per resident.

Materials & facilities

There will be a cup of tea/coffee offered. This is very important for the warmth of the art workshop to stimulate sharing of the experience

Costs

No costs. We're all volunteers.

Name tags

The volunteers have a name tag.

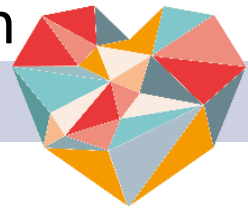
Memento

They can take their art with them.

Afterwards

We have an exhibition in the entrance hall with some of the art works.

Communication & Registration



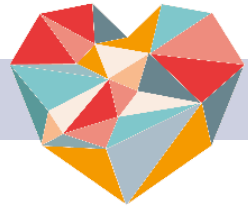
Communication

Management and occupational therapists of the residential care centre ask residents and family if they are interested and guide participants to the workshop.

Registration

Through the activity calendar published by the management of the residential care centre.

Description & Program



Room set-up: before the participants arrive we prepare all the art supplies and the books for inspiration

The welcome : The supervisors bring the participants and introduce us to each other if we don't know them yet. But they usually come back regularly so after a couple of times we know them well.

Then we seat them at a table and ask them what art supplies they would like to use. We present them inspirational books to see what they like: art books, nature photography or animals.

We look at pictures with them and talk a bit to see what inspires them

If they don't know where to start we sit next to them and start drawing and painting to show them. It's important to let them make their own piece of art.

The activity ends with a drink: thee, coffee and sometimes a piece of cake made by other volunteers. During that moment we show each other what we made and we give compliments to each other.

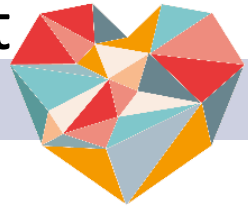
The participants can take their art home with them.

Evaluation



There's no evaluation. The evaluation is the happiness of the participants. They tell us it's their preferred activity of the week and ask if we can come more often.

Checklist, when to do what



One month before the activity

___ Schedule the activity

Two weeks before the activity

The week before the activity

___ Make sure the room is free?

The day before the activity

Day of the activity

- ___ Prepare the room
- ___ Bring the participants
- ___ Bring tea and coffee
- ___ Take the participants back to their room

Corona

Before the participants were vaccinated we had to keep distance and we skipped the tea and cakes.

We had only one participant per table far from each other

We still wear masks even though we're vaccinated. Just to be sure. But now we drink tea and eat cake again and sit next to each other again.

Points of attention

