



**Mental Health of Older Adults and Dementia
Clinical Academic Group**



The case study for the Outreach Europe Project 2015

The Journeys of Appreciation Programme (JOAP)

*Museums and gallery partnerships with
NHS inpatient clinical services for older adults
with mental health problems and dementia.*



Helen Shearn, Head of Arts Strategy, South London & Maudsley NHS Foundation Trust

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Cultural projects can make a difference in clinical services **by Professor Robert Howard**

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We are finding that the experience of visiting museums and art galleries is not only enjoyable and fun but a turning point in the nurse-patient relationship. We tailor the outings to meet people's needs, including one-to-one support where people are very unwell.

One of our nursing colleagues shared her experience about a particular patient she was with – an elderly gentleman who was quiet and withdrawn on the hospital ward. During a visit to the Horniman Museum, close to where he grew up as a child, he began to talk and reminisce about his life, participating in the various interactive displays. An elderly lady with moderate to severe dementia was involved in an object handling activity on the Horniman visit. She misidentified a stuffed black and white badger as her own collie dog named Timmy. She cried, which allowed staff to sensitively explore her memories about her pets and past life.

This poses the challenging question of how we can influence and change the culture of inpatient mental health nursing away from task-orientated duties and set routines to embrace these therapeutic and creative opportunities within normal clinical practice. We want to provide holistic care that goes beyond simply offering medical interventions.

Seeing the difference this creative project makes to people, both staff and patients, has been really exciting. We're currently exploring various ways to develop the programme, including working with local artists. While it is still early days we're definitely seeing a culture change on the wards and it's heartening to discover that more and more people want to be a part of this initiative.

Robert Howard is the Professor of Old Age Psychiatry at King's College London, Consultant Old Age Psychiatrist at South London and Maudsley NHS Foundation Trust and Mental Health of Older Adults and Dementia Clinical Academic Group Lead . <http://dementiachallenge.dh.gov.uk/2013/12/06/professor-robert-howard/>



Overview of the Journeys of Appreciation Programme (JOAP)

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JOAP is an innovative, multi-partnership cultural programme with partner museums and galleries, engaging older adult in-patients with mental health problems and dementia and staff at the Maudsley Hospital, Ladywell Unit, Lewisham Hospital and the Bethlem Royal Hospital, in South London & Maudsley NHS Foundation Trust. JOAP has been funded with the generous support of the Maudsley Charity to encompass monthly visits with bespoke and inclusive facilitated workshops provided by the partner museums and galleries over four years.

The museum and galleries partners in South London are:

The Cinema Museum <http://www.cinemamuseum.org.uk/visit/>
 Dulwich Picture Gallery <http://www.dulwichpicturegallery.org.uk/>
 The Horniman Museum and Gardens <http://www.horniman.ac.uk/>
 Tate Modern and Tate Britain <http://www.tate.org.uk/>

JOAP aims to enhance the quality of experience for patients, therapeutic relationships and the ward environments by also:

- The commissioning of creative and therapeutic workshops led by artists and museum engagement staff, inspired by the museums and galleries visits
- The adoption and integration of Life Story work on the wards.

JOAP is steered by a multi disciplinary team of :

Occupational Therapists, Nurses, the Involvement and Participation Lead and the Head of Arts Strategy, in collaboration with the museums and galleries partners.

The SLaM provision of mental health and substance misuse services in South London

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South London & Maudsley NHS Foundation Trust (SLaM) provides NHS care and treatment for people with mental health problems. As well as serving the communities of South London, SLaM provides specialist services for people from across the UK and beyond. Locally, SLaM delivers mental health and substance misuse services for people living in the London boroughs of Croydon, Lambeth, Lewisham and Southwark; and substance misuse services for residents of Bexley, Bromley and Greenwich. SLaM provides clinical services in seven London boroughs, with a combined population of nearly 2 million people covering an area of 168 square miles, rich in culture, diversity and architecture.

SLaM is part of an Academic Health Sciences Centre called King's Health Partners with King's College London, Guy's and St Thomas' and King's College Hospital NHS Foundation Trusts. The aim is to be a leader in improving health and wellbeing - locally, nationally and globally.

The Mental Health of Older adults and Dementia (MHOA&D) Clinical Academic Group (CAG) delivers services to people aged 65 years and over with dementia or severe and complex mental health needs and also people under the age of 65 who develop dementia. The inpatient services which participate in JOAP are:

- Maudsley Hospital (Lambeth & Southwark)
- Ladywell Unit (Lewisham)
- Bethlem Royal Hospital (Croydon)

<http://www.slam.nhs.uk/about-us/clinical-academic-groups/older-adults-and-dementia/care-pathways>

The journey begins with a pilot project at Tate Modern and a Mental Well-being Impact Assessment (MWIA)

An initial pilot with Tate Modern was conducted in 2009 with older people using day services in collaboration with the Head Occupational Therapist (O.T.) Tessa Gunning. As a result of these workshops, Liz Ellis, Curator Learning Tate Modern approached Helen Shearn, Arts Development Manager and met with the Head Occupational Therapists, Sharon Eldridge and Lorinda Pienaar and the ward managers, John O'Connor and Geoff Ward to support the development of a joint partnership benefiting older vulnerable adults in Southwark and Lambeth. They focussed the next pilot on the inpatient wards at the Maudsley Hospital, looking at sustainability and further funding, requiring an evaluation that older people wanted the proposed activities, that there was a clear local demand, and that another specific *Art into Life* project was properly measured and that this would be a genuine partnership with full shared responsibilities. The first pilot had been well received, but required more planning with better preparation of key issues such as transport.

A Mental Well-being Impact Assessment (MWIA) on the Art into Life pilot with SLaM was undertaken in 2010 with all stakeholders, led by Helen Shearn. The MWIA Report is accessible from the Public Health Observatories website. <http://www.apho.org.uk/resource/item.aspx?RID=105935>

The key MWIA finding was that access to a positively regarded and prestigious “shared public space” such as Tate Modern had a significantly positive impact on participants. Experiencing the freedom of an open space where different kinds of interaction and engagement took place was beneficial. This also raised comparisons with how people felt about the ward environment which was perceived as less therapeutic. The MWIA report supported the successful grant application to the Maudsley Charity, for an expanded programme for all three wards over four years, to include more museums and galleries and Tate Modern.

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ART INTO LIFE

FOR OLDER ADULTS
WITH MENTAL HEALTH PROBLEMS
AND DEMENTIA

Programme & partnership between
Tate Modern & SLaM NHS Foundation Trust

Mental Well-being Impact Assessment (MWIA)

Helen Shearn (SLaM Arts Development Manager)



1

The MWIA findings on the Impact of the Art into Life on
the protective factor of resilience and community assets:
The key determinant was *shared public spaces*

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**The Art into
life project
breaks those
barriers, more
socially
inclusive,
experience of
interaction
with public in
a public
building.**

**Access to outside
spaces can be a barrier
within hospital, it has
an affect on wellbeing.**

-Art sits in a
wider context
because of
recovery
objectives whilst
being an in
patient.
-Using health
services can
provide
opportunities for
wider access to
arts opportunities
that might not be
usually be
available.

**The Tate Modern had a
positive impact- its
spacious, full of interest,
with opportunities to
create, to collaborate, to
experience & all needs
catered for.**

**Enjoyed walking
through the gallery,
increased confidence
about going out and
about. Would like to
keep in touch with
Tate Modern.**

**The MWIA findings on the Impact of the Art into Life,
at Tate Modern on the protective factor of
Participation & Inclusion.**

**The key determinant was the *cost of participating:
staffing and transport* .**



**Service user and staff feedback at Tate Modern,
from an additional MWIA workshop in December 2010**

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**“The wards are
one confined
space
for all with
some acutely
ill patients.
We need to
make
changes”.**

**“There is no life there [on
the ward].” “I don’t want
to go back there”,
“I want to go home”**

**“ I feel very
human today
at Tate”.**

**“Never mind
the meds”**

**“The Tate is
laid out really
nice”**

**“I feel secure
here at the
Tate”**

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Journeys of Appreciation Programme is supported by the Maudsley Charity to:

1. Fund the core in-patient staff to attend with patients, who mostly require 1 to 1 support and to ensure the wards are adequately covered by staff. And to provide taxis/ minibuses to transport participants from the three wards to the museums and galleries once a month, with the cost per visit approximately £1,000.
2. Expand the programme of monthly visits to all three in-patient units covering the four London boroughs in SLaM.
3. Expand partnerships to other galleries and museums, in addition to Tate Modern
4. Include opportunities to bring the experience of the visits back to the wards, through Life Story work, creative activities and displays led by artists and museum community engagement facilitators.
5. Invest in staff training, workshops, cameras and other equipment.
6. Review appropriate methods of evaluation on the impact of JOAP on changes in ward culture.



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The NHS Policy drivers influencing JOAP to:

Tackle stigma through participation in public and community run learning activities at museums and galleries; encourage personalisation of care and planning of leisure time by attending gallery workshops; build confidence and independence through participation in workshops; introduce museums and galleries as local resources currently underused by older vulnerable people, their carers and SLAM staff; provide service users with a positive and normalised experience which promotes recovery and sense of wellbeing; build service users skills, confidence and independence in accessing community facilities which are stimulating and promote social inclusion.

- National Mental Health Strategy *No health without Mental Health* 2011
- National Dementia Strategy 2009
- The Dementia Challenge 2012
- The Francis Report 2013
- Compassion in Practice 2012
- The Care Act 2014
- Life Story work
- Standards for therapeutic engagement as recommended by the Care Quality Commission (CQC)
- NHS quality and service improvement initiatives: Commissioning for Quality and Innovation Payment Framework (CQUIN)
- SLAM's Recovery and Social Inclusion Strategy
- SLAM's Arts Strategy

Additional references:

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The psychological and social needs of patients

British Medical Association Report 2011

‘High levels of boredom’ are one of the six main factors contributing to unsafe wards. Patients complained about the lack of daily exercise and the general absence of things to do, particularly in the evenings and at weekends.

The 2006-07 National Audit of Violence report, funded by the Healthcare Commission and managed by the Royal College of Psychiatrists’ Centre for Quality Improvement.

Arts and humanities programmes have been shown to have a positive effect on inpatients. The measured improvements include:

- inducing positive physiological and psychological changes in clinical outcomes
- reducing drug consumption
- shortening length of hospital stays
- promoting better doctor-patient relationships
- improving mental healthcare

A Study of the Effects of Visual and Performing Arts in Health Care. Staricoff R, Duncan J, Wright M (2003) London: Chelsea and Westminster Hospital Arts.

Life Story Work facilitated by JOAP

Life Story Work is a tool to enhance the care provided to older people, particularly those with dementia. The benefits for individuals, families/friends and for staff providing care include improving understanding of the individual, promoting relationships and facilitating delivery of person-centred care. However despite increased emphasis on using life story work to support care delivery, there are often difficulties in implementation. A range of life story tools can be used for gathering life story information. The importance of leadership, facilitation and developing positive cultures, to ensure implementation and effective sustained use of life story work are highlighted.

Life Story Work describes a biographical approach, which gives people the opportunity to talk about their life experiences. It involves recording relevant aspects of a person's past and present life with the aim of using this life story to benefit them in their present situation. The potential benefits of Life Story Work as an intervention for people with dementia and their families have been recognised for some time, in terms of promoting individualised care, improving assessment, building relationships between care staff and family carers as well as improving communication. (Clarke 2002, Bryan and Maxim 1998)

“This is a collaborative process with family members and friends and emphasis is placed on using images and photographs to bring the life story book ‘to life’.”

Reference: Using life story work to enhance care. Thompson R. (2011)
Nursing Older People 23 (8): 16-21

<http://www.dementiauk.org/information-support/life-story-work/>

Example of a Life Story by a patient inspired by a Cinema Museum visit.
Photo of the Charlie Chaplin sculpture in the Cinema Museum by Helen Shearn

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JOAP is a model of good practice for the SLaM Arts Strategy and its four goals:

Building on the infrastructure: Developing activators and champions:

Expanding connectivity and partnerships: Raising staff awareness

<http://www.slam.nhs.uk/about-us/art-and-history/slam-arts>



**Arts Strategy
Goals**

**1
build on
infrastructure**

**2
develop activators
and champions**

**3
expand
connectivity and
partnerships**

**4
raise staff
awareness**

The implementation of the Arts Strategy over the next 5 years will ensure there will be greater coordination, connectivity, and awareness of the range of arts opportunities available through SLaM for all service users, from children and adolescents to adults of all ages. The Arts Strategy will provide a more widespread and integrated knowledge of the breadth and value of arts in mental health, and its benefits for wellbeing recovery and social inclusion. There will be increased engagement and participation in both the formal treatment of Arts Therapies as well as the therapeutic and vocational arts practice facilitated in hospital, community and mainstream arts settings.

Our objectives:

- To support and develop SLaM's high quality arts provision and our collective intelligence
- To improve patient experience through engagement in the arts
- To reduce 'revolving door care' by sustaining people's wellbeing and recovery
- To encourage a culture of innovation that will attract a range of funding and partners
- To support service user involvement and peer learning
- To further SLaM's reputation as leaders in arts and health

www.slam.nhs.uk/arts | helen.shearn@slam.nhs.uk | 0203 228 2707



South London and Maudsley **NHS**
NHS Foundation Trust

Cover image: *Alignment* by George Harding.
Courtesy of Bethlem Art and History Collections Trust

Picture : *Alignment* by George Harding.
Courtesy of Bethlem Art and History Collections Trust.

How arts and culture support the SLaM Social Inclusion and Recovery Strategy.

Evidence gathered by the author from a range of published sources

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Fostering relationships	Promoting wellbeing	Offering treatments/ interventions	Improving social inclusion
Social functioning, networks , relationships, connecting. “Art as a connector, with and to things other than oneself” (Thou Art) Peer support, belonging, being valued Partnerships: with wider arts world, public and mainstream Enhancing staff and service user involvement, co-production/ co-design and development Activities that bring people together – exhibitions, events and contemporary art practice Public engagement Enhancing healing environment- shared public space “Allows new spaces in which to be, and new relationships through which to rethink and reconstruct themselves” (Thou Art)	Improving Service User experience Easing/ reducing symptoms Creative personal space Enhancing control and Empowerment Sense of self: building self esteem; identity; Connection art & form of spirituality, “flow” (Thou art) Connecting with abilities, learning new skills Recognition/ value/ affirmation Expression (words can’t do) and communication Purpose, motivation, focus Transforming illness Having time out Improving staff involvement, morale and development Way “to right lives” and “search for substance” a meaningful sense of “I”. (Thou Art)	Formal treatment by fully trained Arts Psychotherapists- Arts Therapies Occupational Therapy Informal and formal arts activities in SLaM User led arts organisations - workshops/ events/ activities Artist led workshops Workshops in arts institutions, museums, galleries Arts Education & Training: Higher and Further Education Some references: Thou Art: A multi partnership film and research project http://www.thouart.org/# SLaM Arts Strategy Consultation Service user led Report 2011 http://www.slam.nhs.uk/media/136747/SLaM%20Arts%20strategy%20service%20user%20consultation%20report%202011.pdf	Peer support, friendships, community, brings people together Valued role (as artist not ‘just a service user’) and recognition Rebuilding self esteem and identity as a ‘well person’ and capable Sense of belonging and cohesive communities Feeling involved and ways to get involved Contemporary art as social practice Lead public engagement & Mental Health promotion i.e. Challenging stigma Expanding horizons and purpose Preserve life stories and experiences Provide professional platform for showing and appreciating art Practical support, i.e. mentoring, new roles, tasks Accessible and acceptable opportunities

The SLaM Arts Strategy references JOAP in meeting the 10 Key Challenges of Implementing Recovery through Organisational Change (ImROC)

1. Changing the nature of day-to-day interactions and the quality of experience
2. Delivering comprehensive, service user-led education and training programmes
3. Establishing a 'Recovery Education Centre' to drive the programmes forward
4. Ensuring organisational commitment, creating the 'culture'
5. Increasing 'personalisation' and choice
6. Changing the way we approach risk assessment and management
7. Redefining service user involvement
8. Transforming the workforce
9. Supporting staff in their recovery journey
10. Increasing opportunities for building a life 'beyond illness'

Adapted from *Implementing Recovery: A new framework for organisational change*, Boardman, J and Shepherd, G. (2009) Centre for Mental Health.

Implementing Recovery through Organisational Change (ImROC) programme is a new approach to helping people with mental health problems. <http://www.imroc.org/>

“In mental health, ‘recovery’ means the process through which people find ways to live meaningful lives, with or without the on-going symptoms of their condition. ImROC aims to change how the NHS and its partners operate so that they can focus more on helping those people with their recovery”.

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The Journeys of Appreciation Programme (JOAP) - the aims and overview:

1. To create and reconnect service users and staff with experiences from the museums and galleries, which promote recovery, well-being and social inclusion.
2. To enhance therapeutic relationships between patients and staff and enhance the ward culture by fostering participation in the programme.
3. The integration of Life Story practice from *hospital to home* (as recommended by Dementia UK)

This is an innovative four year programme, funded by the Maudsley Charity, which engages inpatient service users and staff from the Mental Health of Older Adults and Dementia Clinical Academic Group in museum and gallery visits, with follow-up creative and therapeutic workshops.

JOAP helps service users reconnect with the world and experience things that they may have done before their illness. This can help and encourage the patient's Life Story practice with staff, by using the visits and the follow up creative sessions as a way of communicating, providing a sense of wellbeing, social inclusion and recovery.

In the first 2 years of the programme, creative partnerships with the Cinema Museum, Dulwich Picture Gallery, Horniman Museum and Gardens and Tate Modern and Tate Britain have been established.

Staff and service users who have taken part are beginning to report the benefits; *a real sense of freedom by going out and 'getting away from the ward'*; the *joint experience of learning together* is proving to have a positive impact on how the ward 'feels' and works on a daily basis.

The project team continue to provide opportunities for all ward staff to join in with the initiative – not an easy task in such a busy and demanding environment. A variety of ward based creative and therapeutic training and workshops are being offered with ways of measuring the impact on the service user experience and the ward culture to aid future development.

<http://brc.slam.nhs.uk/about-us/clinical-academic-groups/older-adults-and-dementia/our-services/inpatient-and-specialist-care>

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Journeys of Appreciation

The impact of visiting museums and galleries on service users and staff from an NHS acute older adult mental health and dementia service

Authors: Lorinda Pienaar, Helen Shearn, Nuala Conlan, Stephanie Daley, Geoff Ward

What is the Journeys of Appreciation Programme (JOAP) ?

An innovative multi-partnership, engaging in-patient service users and staff in museum and gallery visits with follow-up creative and therapeutic workshops. JOAP is a Maudsley Charity funded 3 year programme.

Aims

- To create and reconnect service users and staff with experiences, which promote recovery, well-being and social inclusion
- To enhance therapeutic relationships, life story practice and ward culture by fostering participation in the programme

What we have achieved within the first 10 months

Visits to galleries and museums: 9
Service users attended: 62
Ward staff attended: 69

- Developed a creative partnership with Dulwich Picture Gallery, Horniman Museum, Tate Modern and Tate Britain
- Improved engagement of staff through training and development of creative displays and life story work
- Increased staff confidence in accessing community opportunities - "positive risk taking"

What we have learnt so far

Key themes from the qualitative interviews with nine service users and eight staff following a visit in April 2013

Benefits:

- We all learnt something - joint learning for staff and service users
- Collective Sharing - of humanity and the experience
- A sense of freedom - going out, getting off the ward

Challenges:

- Creative and life story follow up can be limited by ward demands
- Varying levels of ownership and engagement across the wards
- Changes in ward culture, remain work in progress
- How do we best measure or capture service user experience and changes in ward culture?

The journey forward ...

- Developing wider participation of ward staff and new 'champions'
- Arranging a variety of ward based creative and therapeutic training and workshops for staff and service users
- Installing framed art for the bedrooms on the wards
- Exploring research opportunities to measure impact on service user experience, as well as ward culture



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Year 1 service evaluation

with 9 service users and 8 staff by interview:

7 Themes Emerged:

1. A joint learning opportunity ('We all learnt something')
2. Sharing the moment
3. Seeing a different side of service users
4. Improving the relationship with, and knowledge of service users ('We know so much more..')
5. Getting off from the ward
6. Introducing a new experience to people
7. Finding out about previously unknown hobbies and interests

Poster presented at the International Conference on Culture, Health and Wellbeing, Bristol 2013

End of year 2 report - meeting the objectives.

Objective 1:

Continue with the successful tailor made programme by delivering 10 monthly visits to museums and galleries across the three wards and to explore new partnerships with other museums and galleries.

For Year 2, there was an overall increased uptake of visits by service users and staff (see table). The programme also started to involve carers more routinely. The opportunity to involve volunteers and students remains limited due to the high staff-patient 1:1 requirements to manage risk and some limited gallery / workshop space.

The JOAP programme also decided not to seek further partnership opportunities with any new gallery and museums during year 2, to enable consolidation and strengthening of the existing partnerships.

Future aspirations: To enhance carer involvement during the visits through active invitation of service users' family and friends to share the experience. To also consider opportunities for service users transferred to the community teams/ Home Treatment to engage in the programme.

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	Year 1	Year 2
Total outings	9	11
Service users:	62	95
Carers:	-	4
Staff:	69	89
Students:	9	5
Volunteers:	2	2

Comparison Year 1 and Year 2 Table

Objective 2: To continue to develop and train the inpatient workforce in creative engagement strategies with a new intake of JOAP staff for 2013/2014 across the three wards, to work alongside current ward based JOAP Leads.

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JOAP Year 2 Staff Induction, October 2013

The JOAP Leads ran a successful staff induction training session for one existing and seven new JOAP staff members during October 2014. Topics included objects handling, Life Story work, risk assessment and understanding partner museum and galleries expectations during a visit.

JOAP Year 2 Staff training : Life story and Computer Skills & therapeutic engagement at Dulwich Picture Gallery , January 2014

An assessment of JOAP staff knowledge and skills identified a need for a follow-up workshop on Life Story work, and in particular the use of computer skills to aid development of Life Story work on the wards. Tailor-made training was designed between SLAM's specialist IT team (My Health Locker) and JOAP senior staff. Nine JOAP staff members participated in the training as well as one member of staff from the specialist care unit and Rachel Harrison from Horniman Museum to assist. Booklets were positively received by staff to guide them in Life story and computer practice.

The afternoon session was generously hosted and provided by Dulwich Picture Gallery focussed on improving therapeutic engagement with service users using the gallery as a resource, presented by Michele Weiner, Community Engagement Manager, a Dulwich art gallery guide and an artist. Eleven JOAP staff participants attended the afternoon session.

Additional external staff training opportunities

Festival in a Box: sharing knowledge on dementia and the arts seminar. (May 2014) – two JOAP staff attended

Horniman Community Workers Training Day: Using Objects to Engage People: (July 2014) – three JOAP staff attended.

Aspirations:

Enhanced inter-disciplinary work between museums and galleries and SLAM.

Objective 3: To further develop and embed Life Story practice on the wards, by addressing the underlying barriers, and providing the identified IT support to make this more accessible:

Life Story practice

The Life story and Computer skills workshop earlier in 2014 enhanced the Life Story practice. Some wards also reported a more consistent implementation strategy with an identified target of two life stories per month, involving the whole team to participate in the process. A need for further support was identified to maintain this. The use of Life Story work has also expanded beyond the focus on participants of the JOAP programme, and also included any service users transferring to a care home, who could benefit from a Life Story.

The completion of artwork/ collages remained consistent across year 1 and year 2, which reflects the capacity of JOAP staff and the ward teams' aspiration to create an artwork/ collage quarterly on each ward.

Aspirations: A guidance sheet for staff on how to submit completed Life Story work on the health records, and to make the Life Story hand-outs/resources more accessible for all staff on inpatient and Continuing Care units.

Technology/IT Support

Life Story work, artwork and collages were further enhanced by the purchasing of a portable photo printer. This allowed service users and staff to print out photos instantly after gallery and museum visits to memorise each event.

Aspirations: Computer tablets for each ward to further enhance taking instant photo's. Also to get audio speakers for each ward to play music.

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	Year 1	Year 2
Total Life Stories	5	19
Total Collages/ group pictures	12	12

Using the experience of a JOAP visit to a museum or gallery to enhance the recommended Life Story and creative work

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Photos:

Dulwich Picture Gallery. Photo: Helen Shearn

Artwork by patients inspired by their JOAP visits to Dulwich Picture Gallery and Tate Modern on display at the Power of Story event hosted at the Cinema Museum 2015. Photo: Roswitha Cheshire

Meeting Objective 4: To further support a change of ward culture by creating opportunities for ward based training and artist-led workshops for service users and staff and install framed art for the wards as a specific outcome to enhance the therapeutic environment.

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Aubrey Lewis 1 Ward, Maudsley Hospital: 'A journey to our garden' facilitated by artist Manjinder Sidhu

Service users, carers and staff participated in a 6-week workshop led by Manjinder Sidhu. A creative display of the art work 'A journey to our garden' which involved graphite rubbings and pressed flowers and plants are on display on AL1 ward. The three framed art pieces have descriptions of the creative and collaborative process involved. The artist has a working relationship with Tate Modern and focussed her MA dissertation on the project.

Chelsham House, Bethlem Royal Hospital: Horniman's Museum's Objects Handling Workshops

Rachel Harrison, Community Engagement Officer, Horniman Museum, with a background in anthropology worked along service users and staff on the ward, running four in-house objects handling workshops. The themes included Easter/springtime; toys and games, India and a multi-sensory session. Service users created a collage to celebrate their achievements at the end of the sessions.

Hayworth ward, Ladywell Unit: 'Tree of Life' facilitated by Ruth Dupre, artist with Dulwich Picture Gallery. (Pictured).

"The aim of the project was to produce a 'Tree of Life'. This consisted of a tree made of aluminium armature covered with a thin plaster skin, painted in acrylics, and given a textured surface. The tree has objects on it and around it made out of clay by patients carers and staff in painted acrylics. Each person was asked to create something which was significant to them as an individual. The project was fully inclusive allowing everyone, regardless of ability or experience to take part and feel a sense of ownership of the project".

David Charles King, Senior Occupational Therapist

Photo: David Charles King



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**Meeting objective 5: To explore alternative methods of evaluation
to capture a change in ward culture**

JOAP Lead staff made initial enquiries to explore a range of evaluation:

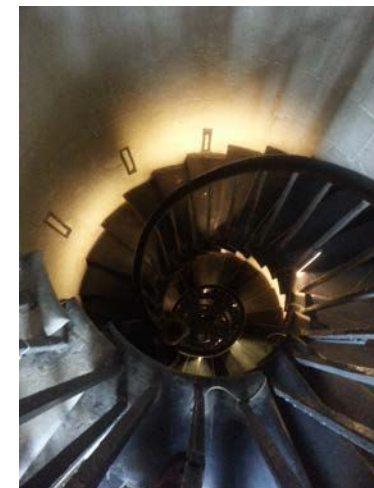
Re-evaluation of the MWIA
Care Pathways & therapeutic intervention outcome measures on Quality of Life,
identity, social inclusion, recovery and wellbeing
Theory of Change
JOAP staff experience and well-being survey
Ethnographic case study of a JOAP journey
Focussed groups of staff and patients
Art based reflection
Participatory action research
Life Stories
Power of Story films and narratives

Aspiration:

To review appropriate evaluation methods and further developed in year 3 & 4
with the multi- disciplinary steering group.

Photo: Dulwich Picture Gallery creative workshop

Photo: The Monument staircase, Helen Shearn



The challenges and work in progress:

- Creative and Life Story follow up can be limited by the ward demands – need to continue to build on the implementation of Life Story work routinely in ward practice
- Varying staff IT and creative skills and confidence
- Varying levels of involvement and engagement across the wards. In particular challenges surrounding the planning of night duty rota, and seeking cover retention of JOAP nursing staff during periods of staff shortages on the wards.
- Challenges and risks of working with acute older adult inpatients
- How do we best measure or capture service user experience and changes in ward culture?
- Staff time constraints and commitment (logistical and clinical) - a need for further administration and staff support
- A need to review current partnership contracts and ways of working - a memorandum of understanding
- A need for technological support and equipment to further enhance the programme

Behind the scenes... the preparation on the wards before the visit and risk assessments

JOAP Risk assessment

1. Mental Health Act status – Section 17 leave
2. Physical healthcare needs, sensory, continence, medication and inhalers
3. Mental health care needs e.g. anxiety and self-harm
4. Mobility – capabilities, wheelchairs, cars
5. Risk of absconding, falls, triggers
6. Assessing the environment, lifts, escalators, balconies, entrances
7. Other considerations e.g. patients wanting to go out to smoke

Preparation

1. Organising off duty/ backfill, liaising with JOAP Leads and Ward Managers
2. Assessing Ward needs on the day, 1:1s, a contingency plan
3. Inviting service users, carers & staff
4. Multi-Disciplinary Team's discussion and approval
5. Photo consent form and capacity
6. Involving carers where appropriate
7. Booking suitable transport (taxi or minibus)
8. Motivating, influencing and inspiring staff and patients

What JOAP has achieved so far ...

- Increased staff confidence in accessing other creative and community opportunities
- “Positive risk taking” as standard practice on the in-patient units.
- Involved a wider group of staff through a year 2 staff induction programme, developing more JOAP champions/ Leads.
- Arranging artist-led ward based creative workshops for service users and staff (artists / engagement facilitators recommended by the museum and galleries partners)
- Completed year 1 & 2 Evaluation and Reports for the Maudsley Charity
- Catalysts to further collaborations with the museums and galleries

Article in the Healthcare manager journal, Issue 20 Winter 2013

http://www.healthcaremanager.co.uk/hcm/Healthcare_Manager.html

Mental Health of Older Adults and Dementia Clinical Academic Group

ARTS & HEALTH

The arts are flourishing in wards, clinics and the community. **Linda Steele** finds how creativity is making a contribution to modern health care.

Art for health's sake

Heard the one about the man who went to his GP? No, Geoff Rowe hadn't either, so he decided to do something about it. Knowing that men are far more likely to ignore symptoms of sometimes-serious problems, Geoff and a group of Leicester-based comedians devised stand-up routines about men's unwillingness to talk health. 'We called the show Hurt Until It Laughs and we toured the UK with it, playing in comedy clubs,' says Geoff.

Geoff heads Big Difference Company, which works with health and local government on what is technically social marketing – spreading awareness and encouraging healthier lifestyles by engaging people. The 'engaging people' bit, as health managers know, is where many a health promotion plan can bite the dust. But Geoff and his colleagues are dab hands at involving people through the medium of performance, especially comedy. 'There is a lot of talk about innovation and the patient's voice in health services and this is a different way of engaging people,' says Geoff. Hiring a comedian may not be top of every health manager's to-do list but it can be the perfect vehicle for having discussions and sharing knowledge about embarrassing topics, without anyone shying away. Ranking number 20 in the UK's list of most deprived areas, Leicester has its share of ill-health common to disadvantaged inner cities. Managers have understandably been keen to find creative approaches to serious problems.

The arts feature in healthcare in four distinct ways, according to Damian Hebron, director of the London Arts in Health Forum. In keeping with a tradition going back hundreds of years, many doctors have an arts element to their training. 'Clod Ensemble runs theatrical workshops using masks to help doctors reflect on the way that they interact with patients and how different people bring different perspectives,' says Damian, by way of example.

Participatory arts provide social and creative outlets for people who are mentally or physically unwell. Arts therapies – drama, dance and



A visitor to the Horniman Museum.

JOAP creates catalysts to further collaborations

Catalyst to work with OPAN

A partnership is developing with the Older People's Arts Network (OPAN) - a network of older people's arts providers within the London Borough of Lewisham, which includes Age Exchange, Entelechy Arts, Greenwich Dance, Montage Theatre Arts, The Albany, and Trinity Laban Conservatoire of Music and Dance. The aim is to help find a way to articulate the local arts/culture/participatory offer for older people and improve the coherence of what is provided, sharing expertise, practice, research and training.

This collaboration is leading to interdisciplinary work together for the benefits of the patients and service users in the MHOAD directorate across the 4 boroughs using creative approaches. Also opportunities to share expertise and intelligence on: for example how dance & movement can prevent and minimise injury from falls.

<http://www.trinitylaban.ac.uk/schools-and-community/adults/retired-not-tired-over-60s-dance-and-music/older-people-arts-network>



Dulwich Picture Gallery (DPG) other collaborations

Dulwich Picture Gallery was a partner in the Anxiety 2014 Arts and mental health festival in London and hosted **A Healthy Debate: Symposia Series: Three panel discussions around Art and mental health in response to the Art and Life Exhibition at Dulwich Picture Gallery.**

<http://www.anxietyartsfestival.org/programme/?tags=%20Dulwich%20Picture%20Gallery&filter=yes>

Dulwich Picture Gallery commissioned a local arts organisation ARTMongers to enhance the environment with art works, in the Snowfields Adolescent unit at the Maudsley Hospital in consultation with staff and patients.



THE CINEMA MUSEUM

Catalyst to other collaborations with the Cinema Museum

My House of Memories – digital dementia awareness training. The Cinema Museum is a selected partner and invites SLaM to participate.

This is a brand new and innovative programme, aimed at those in the health and social care sector, to support people living with dementia. It has been devised by National Museums Liverpool to provide participants with essential information about dementia and equip them with a practical digital tool, to enhance communications and build positive and meaningful relationships. Using the free *My House of Memories app*, carers will learn how to browse through objects from the Cinema Museum across the decades, brought to life with multimedia and to reminisce about a range of every day objects, from school life to sport.

<http://www.liverpoolmuseums.org.uk/learning/projects/house-of-memories/my-house-of-memories-app.aspx>

The Power of Story celebratory event is hosted at the Cinema Museum, February 2015 and a Christmas party 2014

<http://www.slam.nhs.uk/about-us/clinical-academic-groups/older-adults-and-dementia/getting-involved>

‘Cinema Museum Prescription’ - Cinema museum’s latest wellbeing pilot project is inspired by their Happy Museum partners. As Katherine Ford says: *“Our work with our partners SLaM in co-creating and delivering object handling and reminiscence sessions gave us the confidence to expand our offering. We will be working with local GPs and health providers to provide them with ‘Cinema Museum prescription pads’ which will allow them to prescribe free entry to Cinema Museum events for the elderly, the unhappy, the terminally ill, their carers, people at risk of sadness and depression”*

South London and Maudsley **NHS**
NHS Foundation Trust

Mental Health of Older Adults and Dementia Clinical Academic Group



Photos from the Power of Story event: Roswitha Cheshire

 KING'S HEALTH PARTNERS

Mental Health of Older Adults and Dementia Clinical Academic Group

Catalyst to other collaborations with the Horniman Museum and Gardens

SLaM represented by Helen Shearn is an invited member of the Horniman Engagement advisory group for its Collections People Stories programme.

Heritage Lottery Fund – SLaM provides a reference.

SLaM staff participate in free training on objects handling.

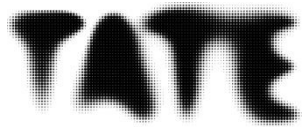
Venue for JOAP staff induction.

Community Engagement officer Rachel Harrison delivers objects handling sessions to the Chelsham Unit, Bethlem Royal Hospital and provides further collaboration with Occupational Therapists in a neighbouring NHS Trust.

Hosts The Reader Organisation open groups in collaboration with the 3 C's person centred inclusive organisation for people with learning difficulties and mental health problems. <http://www.thereader.org.uk/>

Photos; View from Horniman Museum, Helen Shearn
And a JOAP visit to the hands on base, Horniman Museum





Catalyst to other collaborations with Tate Modern & Tate Britain

Tate refers to SLaM as an important partner.

SLaM represented by Helen Shearn, is invited to participate in the Tate Exchange community programme in Tate Modern's new additional building .

Liz Ellis continues relationship with Helen Shearn in her new role as Heritage Lottery Fund policy adviser

SLaM AdArt (Arts in the Addictions Directorate) collaborate with Tate Modern on the World Mental Health Day collective event each year- this relationship and the reference to JOAP supports the increased status and investment in the arts in the Addictions Directorate.

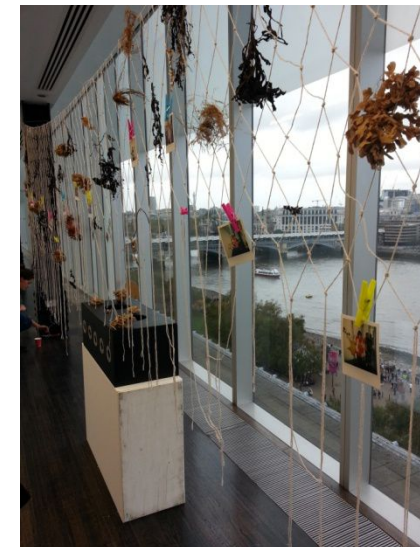
<http://www.slam.nhs.uk/about-us/art-and-history/slamadart>

<http://www.tate.org.uk/whats-on/tate-modern/courses-and-workshops/flow>

Photo: Tate Modern's Art into Life gallery workshop with Liz Ellis

Photo: World Mental Health Day, *FLOW* in the East Room, installation by SLaM AdArt.

Mental Health of Older Adults and Dementia Clinical Academic Group



JOAP's wider dissemination

- Inclusion in the *Outreach Europe* partnership project, mapping good practice of outreach with marginalised people. JOAP is the case study. <http://outreach-europe.eu/>
- Poster presentation at the International Conference of Culture, Health and Well-being in Bristol 2013 <http://www.culturehealthwellbeing.org.uk/home.aspx>
- Presented a seminar for the *Art, Museums, Wellbeing & Ageing* seminar series for the Oxford Institute of Population Ageing at the Pitt Rivers Museum 2014 <http://www.ageing.ox.ac.uk/node/1023>
- Presented JOAP at the Diversity in Heritage Group London network meeting 2014 <http://diversityheritage.org/category/whats-on/london/>
- Presented JOAP at the National Symposium on *Older adults, and isolation and civic engagement* hosted by Entelechy Arts and the Albany 2014 <http://www.entelechyarts.org/category/archive/>
- Facilitating greater connections and partnerships across SLaM
- Interdisciplinary shared learning & continuous professional development
- Development of personal and professional cultural literacy & capital in SLaM.

Poster presentation at the International Conference of Culture, Health and Well-being in Bristol 2013

Mental Health of Older Adults and Dementia Clinical Academic Group



Mental Health of Older Adults and Dementia Clinical Academic Group



JOAP features on the UK Government's Blog *Dementia Challenge: Fighting back against dementia*

<http://dementiachallenge.dh.gov.uk/>

[Home](#) [About the challenge](#) [Areas for action](#) [Blogs](#) [G8 dementia summit](#) [Dementia map](#)



The Dementia Challenge

Fighting back against dementia

[DH WP Sites](#) > [The Dementia Challenge](#) > [Blogs](#) > Cultural projects can make a difference in clinical services – Professor Robert Howard

Cultural projects can make a difference in clinical services – Professor Robert Howard

6 December, 2013



The [Mental Health of Older Adults and Dementia Clinical Academic Group](#) is a partnership between South London and Maudsley NHS Foundation Trust, the Institute of Psychiatry and King's College London. There are approximately 500 staff members, delivering a range of 27 community and hospital based mental health services for people living in the London boroughs of Croydon, Lambeth, Lewisham and Southwark.

The [Journeys of Appreciation project funded by the Maudsley Charity](#), is an innovative 3-year programme that offers museum and gallery visits to patients and staff from our 3 inpatient units, with follow-up creative and therapeutic workshops. We've already been on a number of outings including the [Tate Modern and Tate Britain](#).

The project has also been able to fund the purchase of a digital camera for each ward. These have not only been used on our visits to capture and record people's memories, we've also used the photos in collages to brighten up the walls on the wards!

We are finding that the experience of visiting museums and art galleries is not only enjoyable and fun but a turning point in the nurse-patient relationship. We tailor the outings to meet people's needs, including one-to-one support where people are very unwell.

More about the summit

The UK is hosting a G8 summit on dementia research in London on 11 December. [Read more...](#)

Said elsewhere

- ▶ Re-investing in life after a diagnosis of dementia | Kate Swaffer
- ▶ G8 dementia summit: The real work begins now | Beth Britton, the guardian
- ▶ G8 Dementia Summit: The World Is Watching | Beth Britton, Huffington Post
- ▶ G8 dementia summit a unique opportunity for international leaders | Alzheimer's Society
- ▶ Improving dementia care: ask those who have lived with the illness | Beth Britton, the guardian

On this site:

- ▶ G8 dementia summit concludes with international agreement to work together
- ▶ The reality of dementia: videos
- ▶ Alzheimer's Research UK slideshows
- ▶ Video: Beth Britton talks about her dad and dementia
- ▶ Programme for G8 De-

Search this site

Published articles in the Nursing Times 2014 and Community Care 2013

Mental Health of Older Adults and Dementia Clinical Academic Group

Nursing Practice Innovation Dementia

Keywords: Dementia/Activity/Art

•This article has been double-blind
peer reviewed

People with dementia can often feel isolated and disconnected from the world. Access to the arts can give them a sense of inclusion and help staff to connect with them

Using the arts to reduce isolation in dementia

In this article...

- ▶ How visits to galleries and museums can help people with dementia to reconnect with the outside world
- ▶ Benefits of visits for patients and staff

Many people with dementia become isolated and disconnected from the world around them because they are unable to take part in the activities most people take for granted. The Journeys of Appreciation project aims to reduce this isolation by taking people with dementia on visits to museums and galleries, followed by creative and therapeutic workshops.

Reconnecting with the world

The three-year project is funded by the Maudsley Charity and run by the Mental Health of Older Adults and Dementia Clinical Academic Group (MHOAD CAG), a partnership between South London and Maudsley Foundation Trust, the Institute of Psychiatry and King's College London that provides services to people in south London with dementia or those aged over 65 with severe and complex mental health needs. The visits help inpatients from three MHOAD CAG units to reconnect with the world and experience activities they may have taken part in before their illness prevented them from doing so.

The visits and follow-up sessions can help and encourage the completion of "life stories" as staff use them as a way of communicating with individual patients and getting to know them better. The aim is to provide patients with a sense of wellbeing, social inclusion and recovery.

In the programme's first year, creative and learning partnerships with the Dulwich Picture Gallery, Horniman Museum, Tate Modern and Tate Britain were established.

Benefits of the project

Staff and patients who have taken part in the project are beginning to report

benefits including a sense of freedom by going out and getting away from the ward. The joint experience of learning together is proving to have a positive impact on how the wards "feel" and work on a daily basis. One staff member said:

"I was amazed about the interaction with Rob [a patient] because I'd never seen that side of him before. I learnt so much about his history and interests - things he never shared with us on the ward."

Another commented:

"I think it was good for people's confidence. Most people said before we went, 'Oh I've never painted before, I can't paint, I don't know how to do it' but, at the end, when we were showing what everyone had done, I felt that people were quite proud of what they had achieved."

The project has been able to fund the purchase of three digital cameras for each ward. These have been used during museum and gallery visits to help record and capture patients' memories as well as to enhance the displays of photos and pictures on the ward walls. We plan to develop this aspect of the project in year two by commissioning some local artists to work with us.

Ward staff involved in the project have been offered the opportunity to attend a number of training days. These have included object handling, how to approach life-story work, and conducting and evaluating a therapeutic visit. Further courses with the Horniman Museum and Tate Modern have included awareness of various learning styles, and sensory and creative engagement



Museums and gallery visits help patients with dementia to reconnect with the world

approaches, along with techniques and sharing best practice.

Conclusion

The project team continues to provide opportunities for all ward staff to join in with the initiative - not an easy task in a busy and demanding environment. A variety of ward-based creative and therapeutic training and workshops are being offered and further ways of measuring the impact on the patient experience, as well as ward culture, is being explored to help future development.

For more information, visit:
tinyurl.com/SLAM-Appreciation

Lorinda Pienaar is occupational therapist clinical specialist. Geoff Ward is clinical specialist nurse both at Mental Health of Older Adults and Dementia Clinical Academic Group. Helen Shearn is head of arts strategy at South London and Maudsley Foundation Trust. All are leads for the Journeys of Appreciation project.

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'Seeing the difference creative projects make to mental health patients and staff is exciting'

Cultural outings are boosting patients and staff in our mental health trust's older adult's inpatient wards, writes occupational therapist Lorinda Pienaar

by Andy McNicol on November 4, 2013 in Mental Health, Your Say



15

For the past year I have co-run a project that arranges visits to art galleries and museums for people using and working in three of our mental health trust's older adult's inpatient units. Seeing the difference this creative project makes to people's recovery has been really exciting.

Through the Journeys of Appreciation programme, a three-year scheme funded by the Maudsley charity, we've arranged outings for service users and staff to a number of museums and galleries, including the Tate Modern and Tate Britain. After each outing we do follow-up creative and therapeutic workshops back on the wards, including life story work.

<http://www.communitycare.co.uk/2013/11/04/seeing-the-difference-creative-projects-make-to-mental-health-patients-and-staff-is-exciting/>

JOAP benefits from other research interest

Mental Health of Older Adults and Dementia Clinical Academic Group

Visual art projects with older adults in healthcare settings: the artist's perspective and need for support.

MA dissertation by Dr Manjinder Sidhu artist & art group facilitator on the Maudsley Hospital ward.

Abstract

Art can humanise a clinical healthcare system and encourage us to see people as whole. The social and therapeutic benefits of art programmes in healthcare settings has been well documented and the evidence-base now exists to justify public spending. Such programmes, increasingly multidisciplinary collaborations, rely on effective partnerships that value mutual understanding and respect for the unique strengths of all partners. To date, the perspective of patients, healthcare staff, arts organisations and policymakers is widely reported in the research. But the artist's 'voice' is missing from the conversation. What is the experience of artists working in healthcare settings? And what support do they need to help them thrive? As a visual artist with a socially engaged practice, I document my experience of facilitating art sessions with staff and inpatients at the Maudsley Hospital. This revealing insight, interweaving art discourse and practice, counters health's predominantly instrumental relationship with art; where projects are discussed solely in terms of health or social outcomes. Unashamedly idiosyncratic, this personal account does not aim to offer generalisation or fit neatly within a reductive positivist framework, it simply illuminates and contextualises one example of a socially-engaged art practice. Reflecting on my experience, ideas and reports of other artists working in participatory contexts, I explore the need and nature of support, continuing professional development (CPD) and training for artists working in healthcare settings today. This timely report will interest funders, policymakers, arts commissioners, health professionals and training providers: recognising and valuing artists' needs will ensure that projects are adequately planned and funded to achieve excellence, while artists flourish.

For the full paper please contact Dr Manjinder Sidhu: msidhufed@hotmail.com

***PhD research: An examination of the relationship
between stakeholders in the delivery of arts/cultural projects
that can benefit people with mental health problems.***

JOAP formed part of the empirical research of the PhD project: **Culture, Health and Wellbeing by Anita Jensen.**

Method: A qualitative research was conducted using semi-structured interviews.

Stakeholders from the health sector (SLaM) and the arts/cultural sector (Tate Britain, Tate Modern, Horniman Museum, Dulwich Picture Gallery and the Cinema Museum).

Findings: Preliminary findings are due in September 2015. Completion of research is due in October 2016.

Any enquires please contact PhD researcher Anita Jensen:

ntxaj3@nottingham.ac.uk or anitajensen@gmail.com

The journey towards years three, four and beyond:

Mental Health of Older Adults and Dementia Clinical Academic Group

1. Continue with the successful tailor-made programme by delivering 10 monthly visits to galleries and museums across the three wards, and to further explore new partnerships with other museums and galleries.
2. To continue to develop and train the inpatient workforce in creative engagement strategies with a new intake of JOAP staff for 2015/2016 across the wards, to work along the current ward based JOAP Leads in delivering the JOAP objectives.
3. To continue to embed Life Story practice on the wards by addressing the underlying barriers, and providing the identified support to make Life Story work more accessible.
4. To further support a change of ward culture by creating opportunities for ward based training and artist & museum-led workshops for service users and staff. Continue to maintain quarterly artwork/ collage making on each ward to further enhance creative expression. Additionally, to incorporate framed art for the wards to enhance the therapeutic environment.
5. To recruit a development worker to support JOAP
6. To enhance continuity of JOAP programme benefits through the development of shared goals and enhanced inter-collaboration between museum and galleries partners.
7. To further disseminate the positive findings of JOAP by exploring external publication opportunities, film and seminars, interdisciplinary & partnership induction and training days.
8. Embed and integrate JOAP in the MHOA&D Care Pathways <http://mhead.slam.nhs.uk/> beyond the end of the Maudsley Charity funding in 2017 to ensure sustainability of the project, which is funded and integrated in the service.

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Mental Health of Older Adults and Dementia Clinical Academic Group



Journeys of Appreciation Programme (JOAP)

Special thanks to:

The Maudsley Charity for supporting the project.

Patients, carers and staff in the Mental Health of Older Adult and Dementia Clinical Academic Group, In-patient clinical service, at South London & Maudsley NHS Foundation Trust.

The JOAP original Lead staff: Lorinda Pienaar, Geoff Ward and Dr Stephanie Daley who were instrumental to JOAP.

The collaboration with Liz Ellis and Rosie Burley and the pilot Art into Life project at Tate Modern.

The current JOAP steering group: Nuala Conlan, Helen Kelsall, Margaret Langridge, Lynne Carroll, Jo Parry and colleagues David Charles King, Mark Nelson, et al.

The Cinema Museum: Katherine Ford, Martin Humphries and Ronald Grant.

Dulwich Picture Gallery, Michelle Weiner and Community Engagement team

Horniman Museum: Rachel Harrison and Julia Cort, Community Engagement team

Tate Modern and Britain: Marko Daniel, Emily Stone and Michele Fuirer

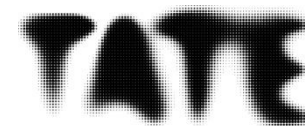
The journey continues.....

For further information please contact:

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Telephone: 020 3228 6000

**Mental Health of Older Adults and Dementia
Clinical Academic Group**



The Outreach Europe project is funded by the European Union's Culture Programme (2007-2013) and has been implemented by 3 partners: South London & Maudsley NHS Foundation Trust (SLaM), Elderberry AB in Sweden and the GAIA Museum in Denmark. Through an extensive survey the project partners have researched how museums, galleries and cultural institutions engage with an audience beyond the traditional means of outreach. This audience includes people with learning disabilities, people with mental health issues, elderly people with health problems and dementia, ethnic minorities – non-native speakers and homeless people.

The selected case study: the Journeys of Appreciation Programme (JOAP) by SLaM, is one of the outcomes of the 2 year long cooperation project between the partners, to highlight good examples of outreach and social inclusion offered by museums and galleries throughout Europe, to facilitate the beginning of a new and sustainable approach for outreach processes, culminating in the Outreach Europe International Conference in London in April 2015.

The case study and reports are available on: <http://outreach-europe.eu/>