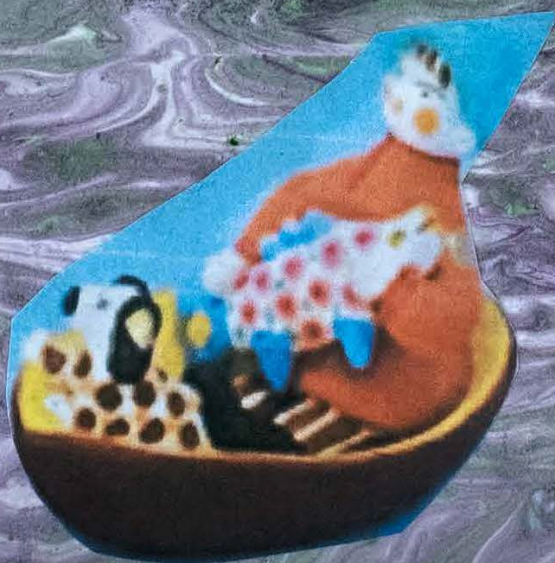


All Aboard Evaluation & Toolkit

Reconnection & resilience
for people living with dementia



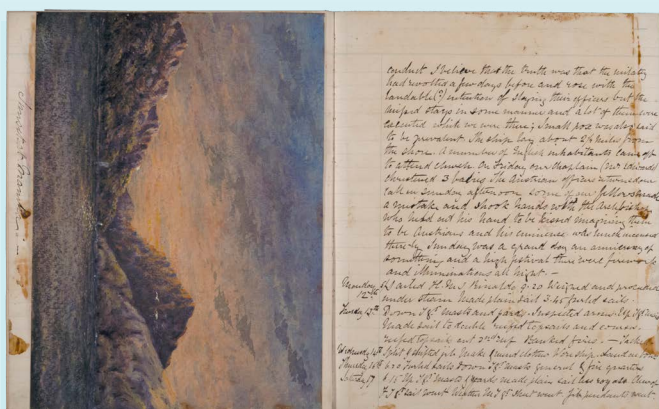
Created through the evaluation
of the project by Helen Shearn,
December 2021

Contents

- 2 Introduction
- 4 Partnership working
- 6 Digitisation
- 8 Resource Development
- 11 Workshop delivery
- 13 Project installation
- 15 Young Carer's Network
- 16 Tips and Recommendations
- 17 Dementia Friendly Museum Resources



Introduction



The All Aboard project was established in response to the global COVID-19 pandemic and aimed to address the increased isolation experienced by people living with dementia and their carers. It was a partnership project between Age Exchange and Royal Museums Greenwich (RMG).

The project was funded by the Esmeé Fairburn and Museums Association Sustaining Engagement with Collections Fund.

The travel journal collection, cared for by RMG, was used as a tool to reconnect people with their own travel and migration memories during a time in which many people couldn't leave their own homes. The journals were used to create 40 reminiscence resource boxes that included activity cards, journal copies and multi-sensory objects.

Age Exchange provided training in reminiscence arts and delivered 40 workshops for people living with dementia to improve the wellbeing, confidence and resilience of project participants.

This toolkit acts as case study for the project with key learning, tips and recommendations that will help guide future projects using museum collections to support people living with dementia.



www.age-exchange.org.uk/all-aboard-with-the-national-maritime-museum
www.rmg.co.uk/all-aboard

Copyright National Maritime Museum, Greenwich, London



from Madge to get nothing rich which might possibly
make us billions. I very judiciously selected food
ices, a thing above all others which I afterwards learned
would cause sickness. We have all been horrified
at the tales of melancholia experienced by people landed
in Melbourne sitting & sleeping on their luggage for
hours, in my experience of these things there I never
anyone in such an unpleasant position as we were on
the Wharf at Liverpool, but as it is only in Liverpool
and not at Melbourne 15,000 miles away of course
little is thought of it

Partnership Working

Through sustained partnership working, RMG and Age Exchange were able to share their expertise to use collections engagement to support people living with dementia.

Age Exchange is the national centre for reminiscence arts, providing person-centre support for people living with dementia and their family carers.

Royal Museums Greenwich includes the National Maritime Museum, the Queen's House, the Cutty Sark, the Royal Observatory and the Prince Philip Maritime Collections Centre. Together they tell the stories of Britain's connection to the sea and space.

Age Exchange delivered reminiscence training for staff members of RMG

- The aim was for RMG staff to be better equipped to understand participants needs, reminiscence frameworks and to use a shared language with project partners.
- Age Exchange felt confident that RMG staff could work with their clients and others with dementia in a way that was sensitive and appropriate

RMG staff have been able to observe and participate in online workshops with participants to learn the process, approach and structure to reminiscence workshops, giving them a deeper understanding of reminiscence arts as well as the skills to develop similar projects in the future.

Age Exchange have increased their understanding of the breadth of collections at the museum that can be used to support reminiscence workshops, as well as the possibilities for further collaboration and engagement at the museum.

As a result of the partnership, RMG have initiated another reminiscence arts project called Memories of the Caribbean, and future partnership projects are planned with Age Exchange.



Reflections on partnership working

"For RMG, working with Age Exchange was a valuable and rewarding experience as it provided a unique insight into the health, care and reminiscence arts sector for people living with dementia. The project has given staff the confidence and skills to develop additional projects that support people living with dementia as well as incorporating this work into future engagement strategies."

Age Exchange staff responses

"I am really pleased that the work carried out between Age Exchange and RMG has happened, as many of our participants have found inspiration and made artwork and told their travel stories from around the world.

We need more time to fully explore the boxes, but as a starting point I feel there is a great deal to learn from, and inspiration to glean from the Museum's collections. I am looking forward to engaging more fully with visits to RMG in the future to see the wonderful and thought-provoking collections.

All good experiences and helpful to focus on what history can teach us."

— Reminiscence Arts Practitioner, *Age Exchange*

"Partnerships with Museums are always empowering for older participants.

It also allows the artist access to archival material which is stimulating and unique."

— Reminiscence Arts Practitioner, *Age Exchange*

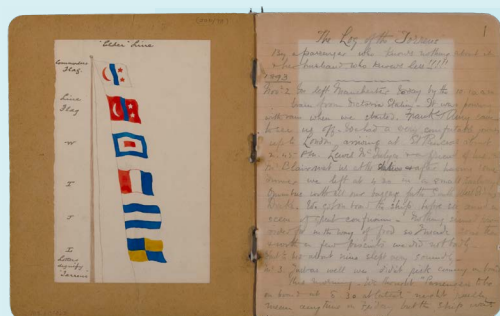
Recommendations on partnership working for museums

There is a useful reference regarding recommendations and opportunities for museums to address and contribute to public health, NHS and social care issues and agendas in Alison Bodley's *The History of health report* (2012) as cited in *Museums, Health and Well-Being* by Helen Chatterjee & Guy Noble (2016) such as:

- Working with health professionals to devise activities to help people with mental health issues
- Linking dementia and community memory
- Consider partnering with the NHS and other healthcare providers
- Being aware of the role of museums as a potential safe space with vulnerable groups
- Creating a community around museums making wider use of collections reviewing and adapting existing programmes in light of 'well-being' agendas



Digitisation



The project enabled the digitisation of excerpts from 47 archive journals that were not accessible to the public during lockdown. This involved RMG staff working closely with the archive team and photo studio to select 47 journals out of over 300 in the collection, employing an external company to professionally photograph each page of the journals and finding storage on the internal hard drive to save newly digitised images.

The digitised journals provided inspiration for the development of 40 reminiscence travel boxes that were delivered to people living with dementia. Printed copies of the journal images were available in each resource and digital images were shared on RMG's social media channels to collect memories and in a number of online workshops.

Additional audiences also now have access to this important collection and the Museum has become more relevant by providing increased access to collections connected to the universal themes of travel, leisure and migration.

Reflections on Digitisation

"There was recognition of the importance of digitisation to make collections more accessible to people both during lockdowns and outside of them." — Staff member, RMG

"As I understand it - it is to bring an archive 'to life' for use by, and interaction with, a wide variety of community and educational groups."

"I think this is an excellent endeavour and a very good solution to finding ways in which to make an archive 'live!'"

Challenges and experiences in digitising the archive reflected on by RMG staff

- Access to the archive during a national lockdown was challenging and very time limited
- Digitisation of the journals was delayed due to staff being on furlough and external contractors not having availability
- Having enough digital storage to accommodate the newly digitised images.

The project team relied heavily on other departments including the photo studio and collections management to ensure digitisation was delivered within the time frame of the project.



Some reports on digital access and skills in Museums and Archives

Audience Agency theaudienceagency.org/evidence/digital

Dash Survey Results 2020 Describing the digital attitudes, skills and organisational support of people working across the UK heritage sector. Dr Tabetta Newman, Helen Beetham and Dr Stuart Church, October 2020 (Timmus Limited for the National Lottery Heritage Fund).

Making your digital collections easier to discover, JISC and Sero consulting 2018

jisc.ac.uk/full-guide/making-your-digital-collections-easier-to-discover

jisc.ac.uk/guides/toolkit-for-the-impact-of-digitalised-scholarly-resources

Mindsets for Museums of the Future Museums in 2020 by The Liminal Space for UKRI
museumofthefuture.the-liminal-space.com

A key reference on archives and health and wellbeing

The archive sector champions the role that archives and their collections can play in enhancing people's health and wellbeing.

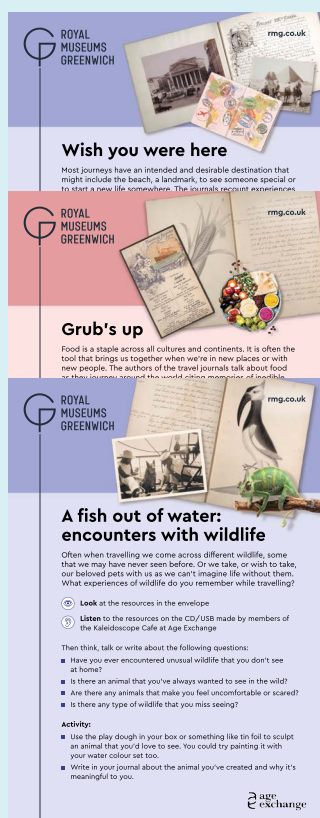
Strategic Priorities – Archives sector
nationalarchives.gov.uk

National Archives Strategic priorities 2021–2022



Copyright National Maritime Museum, Greenwich, London

Resource development



40 reminiscence resource boxes were created in collaboration with Age Exchange to be delivered to participants living with dementia. The boxes were designed to be inspiring, engaging and fun, with the key aim to help stimulate memories connected to travel and migration.

Images and excerpts from the journals were selected based on their relatability to the project participants.

Themes found in the journals were then selected and memory prompts and creative activities were designed in collaboration with Age Exchange. By using reminiscence arts practice, the resources encouraged the sharing of memories as well as creativity to enable participants to direct their own journeys of reminiscence.

The digital resources are available to download at rmg.co.uk/all-aboard

The reminiscence boxes included:

- A4 themed activity cards with memory prompts and creative activities
- A5 journal images used to stimulate memories
- Sensory objects related to the journals and activity themes to aid with reminiscence
- CDs and memory sticks with soundscapes relating to the activity themes

The boxes were separated into two 'journeys' with different activity themes and objects:

BOX 1

Are we nearly there yet? (methods of travel)

Packing Light (items you would take with you)

Oh, I do like to be Beside the Seaside (seaside memories)

As Luck Would Have It (lucky charms, myths and stories when travelling)

Ahoy there! (working at sea)

Curtain Call – (performances and entertainment)

Ship-shape (timekeeping)

All Over the Map (journeys around the world)

Objects included: Playing cards, dominoes, and quoits, nautical alphabet, Moth balls, Sun lotion, Shells, pebbles, sand, Lucky charm, dice, Cd/USB, Paint, Journal, Rope and knot tying instructions, Map with flags, memory sticks and CDs with soundscapes and oral history recordings

BOX 2

Grubs Up (food and menus)

Top Tips (travel advice)

Red Sky at Night (the weather)

A Fish Out of Water (wildlife)

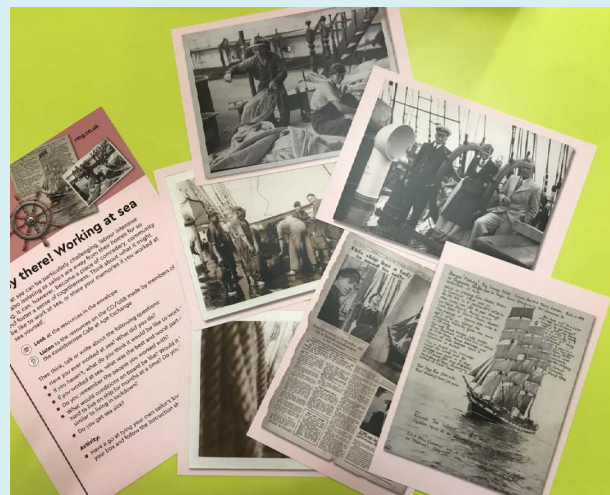
Just the Ticket (travel souvenirs)

Keeping Busy (passing the time on long journeys)

Break a Leg (theatre on board)

Wish You Were Here (staying in touch with loved ones)

Objects included: Paint, Journal, Cress seeds & instructions, Map with flags, Oils and Spices, Play dough, Turmeric, Ear plugs, Blank postcards, Windmill and Sun lotion, memory sticks and CDs with soundscapes and oral history recordings



Challenges & solutions to using the boxes Age Exchange reflections

"Unfortunately, due to the need to engage remotely with a group of six isolated couples, use of the boxes was limited to the use of art materials in response to screen sharing of the travel journals."

"The boxes were a bit too big: I found the boxes inspiring, but they could have been much smaller and in this way easier to store. They had to be kept off the table! But participants simply removed the material we needed before each session."

"There is also the usual fear that participants have of art activities that 'I can't draw' or 'I was never any good at art when I was at school' Grace the artist tried to calm these fears by using a variety of techniques to ensure activities were pleasurable and inclusive."

"The creative element of the boxes was more challenging when workshops were conducted on zoom, conversation reminiscence seemed to be more successful in this setting. Creative responses have been much more prolific when sessions have occurred in person."

"A participant said they felt they were receiving something really special when it arrived."

"The tiny wording and not having enough visual information. I used the more visual prompts, i.e. 'Fish out of water', with the flying fish."

"Participants of the workshops found the resources and activities highly engaging and a really good 'jumping-off point'/memory trigger for encouraging the telling/creative responses of and to their own stories and experiences."

Recommendations on adaption and future engagement

- Build in time to co-curate resources
- The size of boxes for ease of storage
- The appropriate size of text
- Having enough visual information/prompts to aid engagement
- Transcribe important handwritten manuscripts and create imagery
- Using art materials to accompany screen sharing of the archive material
- Using a large (TV) screen to show the archive material and playing soundscapes for group sessions in a care home could be most effective
- Using different approaches – conversational reminiscence activities in the online workshops and creative and conversational activities with the on-site workshops.
- Giving the boxes to participants can be seen as a special gift

Age Exchange ran over 40 workshops both face to face and online via zoom with their service users in Greenwich, Lambeth and Lewisham. Specialist Reminiscence Arts Practitioners were employed to run the workshops using the reminiscence resources. Each practitioner used the resources in a unique way, tailoring the sessions to the needs of the participants and closely responding to the memories that were shared in each session.

Sessions were held at Age Exchange, in local community centres and online.

Tony McTurk, Reminiscence Arts Practitioner described the workshops:

- Reminiscence Arts Practitioners (RAPs) worked in pairs
- They selected themes from the journals each week, and selected cards within each theme that they would screen share.
- Working remotely, one RAP would show these and the other would talk about them, read details, poems, diary entries etc and invite responses, asking questions of the six remote couples.
- Sessions included sharing memories of journeys, drawing maps with travel tracks, drawing/colouring/painting flags of countries, even making models of ships or aircraft etc.
- The sessions were recorded in video & audio for future use.

Reflections on the project

David Savill
Artistic Director,
Age Exchange

All Aboard proved to be a hugely beneficial project experience for our service users living with dementia and their carers. The concept developed by Royal Museums Greenwich and Age Exchange grew in response to the early months of the pandemic in the late Spring of 2020. The rich and varied collection of stimuli in the All Aboard activity boxes including: remarkable archive material, beautifully transferred into an accessible resource and combined with sensory stimuli as well as objects and sound effect triggers worked brilliantly in inspiring participants to reflect and share their own reminiscence of travel.

Tony describes the experience of our service users who engaged in the project via zoom sessions, but fortunately we were also able to deliver (following strict covid guidelines) at least four face-to-face projects with groups. Much of the activity reflects that of the zoom session described above, but working face to face there was naturally more opportunity for exchange of ideas and hands on creativity, where our arts practitioners were able to support service users in sharing reminiscence and guiding them through the process of transferring a memory into drawing, painting, sculpture.

It has frankly been astonishing to see the beautiful art works people have made inspired by the contents of the All Aboard boxes they each received. But perhaps most powerfully and movingly the themes we all explored together of travel, migration, holidays, gave service users the opportunity to revisit important life journeys at a time when the pandemic had so restricted their movements and had for many forced upon them months of isolation. All Aboard opened up the world to them and enabled each participant to share with the group journeys that had defined their lives, all inspired by the remarkable contents of the boxes. All Aboard helped everyone find connections with each others lives and stories, it gave everyone opportunities to combine memory with imagination through engaging in a rich creative process. And both the project and the visit service users made to the exhibition launch gave so much joy and pride to them in what they had achieved together despite the pandemic.

Online engagement Due to the continued closure of some community centres, some of the workshops were carried out online via zoom. Age Exchange had trained project participants in how to use zoom and all had a carer with them during the workshop.

Reflections by the Reminiscence Arts practitioners on online sessions

"This approach would still be beyond the reach of those with more advanced dementia, however, for some it offers an immediate and personal connection."

"I have since used the screen viewing (using a large TV) of selected journal entries, and played the prepared soundscape with an in-person group in a care home."

"This has been most effective in encouraging memories of journeys and travel stories, and unearthed a travel journal by sea to Australia from 1889."

"I have appreciated the possibilities of screen sharing for some people with dementia, when I had anticipated a failure to engage or understand."

Some challenges and solutions

"To have some rich stories of ancient travel documents, observations, I found these were less easy to use, the visual parts worked very well, and were more engaging than the manuscripts and using these was very hard with the writing being so small. Maybe transcribing important parts and using more imagery."

"Some of the facsimile copies of the journal entries can prove difficult for some participants to read. This was overcome by us, as facilitators, reading the entries out-loud to participants. We were also given the option/offer of having additional transcriptions made of any journal entries that we wished to use."

"The need to work remotely can be challenging."

A hybrid model of face-to-face and online engagement worked well for the project as it enabled more participants to take part. It was found that conversational reminiscence worked best online as participants struggled to engage with the materials in the boxes without a facilitator.

Evidence on digital skills, exclusion and access

There are well known statistics and reports on digital exclusion in underserved groups and also the need to build digital skills in the museum workforce. For example:

Dementia & digital, Digital inclusion in communities, Good Things Foundation goodthingsfoundation.org/insights/dementia-and-digital

The Boundless Creativity research project (2021) by the Arts and Humanities Research Council (AHRC) and the Department for Digital, Culture, Media & Sport (DCMS) looked at the impact of

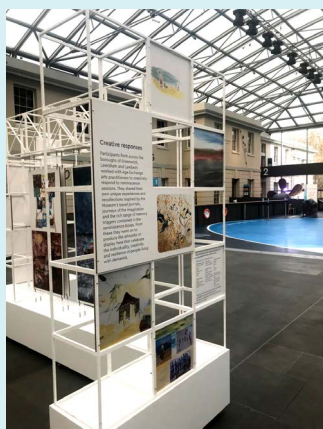
COVID 19 and role of innovation and evidence to inform recovery, renewal and growth in the UK's cultural and creative sectors. [gov.uk/government/publications/boundless-creativity-report/boundless-creativity-report](https://www.gov.uk/government/publications/boundless-creativity-report/boundless-creativity-report)

This study makes 25 recommendations on improving impact in Splashes and Ripples: ***Synthesizing the Evidence on the Impacts of Digital Resources, Joint Information Systems Committee (JISC) Report***, May 2010 Meyer, Eric T. and Meyer, Eric T. ssrn.com/abstract=1846535

Additional Online Engagement throughout the project

- Age Exchange and RMG held an online reminiscence workshop using the travel journal collection to engage wider audiences with the collection, collect travel memories and reflect on the contents of the reminiscence resources.
- The resources have been digitised and added to the RMG website as a free download for anyone wanting to use them.
- Members of Age Exchange's Kaleidoscope Cafe, Cafe Connect & Cafe Create (Young Onset Dementia groups) have recorded their own memories which have been added to the resource boxes and webpage.

Project installations



A temporary display in the National Maritime Museum was installed showcasing the creative work of project participants for 2.5 months. The display was featured on the Great Map in the centre of the museum, giving a prominent place in which to celebrate the individuality and creativity of people living with dementia.

A celebration event with lunch, cake and talks was held next to the display for project participants to thank them for their contributions to the project.

Participants were able to see their work on display in the National Maritime Museum, gain a sense of pride over their creative skills and a sense of ownership over the museum. Participants who had never visited the museum experienced a scaffolded introduction to the site and collection and are better aware of how the museum can benefit them.

A catalogue of the display and all artwork created throughout the project has been created to provide a permanent legacy of the project for participants. This will also share the project outcomes with local audiences, showcasing the creative skills that people living with dementia employ on a daily basis.

A small display of archive journals was also created outside the Caird Library.

Age Exchange are creating their own virtual gallery of participant artwork and will be framing artwork to be hung in their café to further celebrate the individuality and creativity of people living with dementia.

Reflections

"The artworks created by participants will raise awareness of the project, Age Exchange and the Museum's commitment to supporting access and inclusion for dementia sufferers. Artworks have been drawn, painted and sculpted by the participants using a variety of materials. They're lovely!"
— RMG staff

The participants were very proud to be involved in a project that involved the National Maritime Museum. It gave them a sense of being valued by a National Museum. They were very excited to hear that some of their artwork would be exhibited at the Museum.
— Malcolm Jones,
Age Exchange

"Thank you so much for organising this very special exhibition and lunch for us! Everyone enjoyed it very much and it was pure joy to see the recognition in the service users' eyes and a sense of achievement and pride! Wonderful to experience."
— Age Exchange practitioner

'The All Aboard exhibition is a beautiful piece of work, the result of a co-facilitated project between The National Maritime Museum and Age Exchange. The participants came with rich, varied experiences of journeys taken throughout their lives, and generously shared them with each other. This process created bonds that transcended both their different backgrounds and the physical separation of remote, online working. All Aboard brought people together, on a shared journey of reminiscence, creativity and self-expression'
— Age Exchange practitioner

Young Carers Network

The project also set-out to create a young carers peer support network that would provide a regular social network for young people that had family members living with dementia.

RMG connected with This Is Dementia (a charity raising awareness of early onset dementia and the effects on family) and Admiral Nurses who provide support for people living with dementia, their carers and family who were very supportive of an online network for young carers.

A creative facilitator was appointed to lead sessions online with ice breakers, creative activities, practical support and opportunities for socialising.

Extensive advertising through networks, local charities, care homes, surgeries and groups was undertaken but unfortunately there was not enough interest to begin the network.

As an alternative, the facilitator has created toolkits with recommendations for working with young carers and how to engage with the museum collection for someone bringing a visitor living with dementia. These can be found on the RMG All Aboard webpage.

Recommendations The feedback we had was that this was a good concept and needed by young people, but due to many people living with early onset dementia, they may not have received a diagnosis yet or are in the early stages, meaning that their families and children are not yet connected to support systems.

Our recommendation would be to connect with a group that has already been set up.

Useful reports on peer support and young onset dementia

Peer Support for People with Dementia

Resource Pack Promoting peer support opportunities for people with dementia The Health Innovation Network healthinnovationnetwork.com/system/resources/resources/000/000/095/original/HIN_Interactive_Toolkit_September_15_LIVE.pdf

Young Onset Dementia Engagement Report

healthinnovationnetwork.com/projects/young-onset-dementia-experiences

Centre for Mental Health report on peer support for older people and mental health. The Carers' Trust peer support groups for carers carers.org/news-and-media/news/post/19-carers-trust-celebrates-success-of-its-peer-support-project

The Standing Together Toolkit mentalhealth.org.uk/projects/standing-together/toolkit



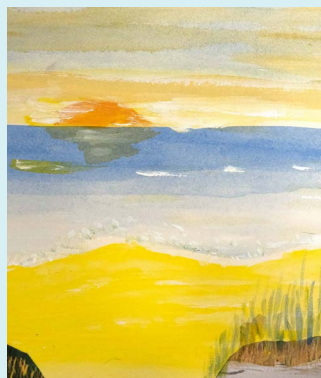
10 Tips & recommendations for using museum collections to support people living with dementia

1.

Consult and partner with dementia specialists, Admiral Nurses and Dementia Action Alliance and networks etc

For example look up your local Dementia Action Alliance (some localities may use a different title) who aim to build dementia friendly communities.

The National Maritime Museum consulted with Admiral nurses which was incredibly helpful.



3.

Explore opportunities within the NHS Integrated Care System (ICS) which is a part of the NHS Long Term Plan

Regional cross sector partnerships for sustainability and transformation, towards working better together across social and health care.

england.nhs.uk/integrated-care

Refer to the briefing by the APPG arts, health and wellbeing, Culture, Health & Wellbeing Alliance and the Kent Surrey Sussex Academic Health Science Network on including arts and culture in to the vision for the transformation of care

culturehealthandwellbeing.org.uk/who-we-are/all-party-parliamentary-group/events-and-current-activity

4.

Review the literature for best practice, case studies, evidence and research etc many sources cited in this toolkit

This toolkit has quite extensive lists but a good starting point is the Culture, Health and Wellbeing Alliance and the Baring Foundation.

5.

Reference the Dementia Friendly Venues Charter

london.gov.uk/sites/default/files/dementia_friendly_venues_charter_framework.pdf

This charter by the Greater London Authority and Alzheimer's Society provides guidance and evaluation on areas such as: *Organisational change; Education and training provision; The physical environment and space; Programming*

6.

Co-curate and co-create the resources with your local communities

So the project is shaped by the journey, removing barriers to participation, working with under represented communities and creating relevant and inspiring resources by the museum facilitating ideas from the groups



7.

Test out and develop blended practice and resources for online and in person workshops and activities

The Covid 19 experience has meant we have had to adapt to a hybrid/ blended approaches and again there are many examples in the literature too. Possibly this approach is here to stay, however digital exclusion is still a widespread problem.



8.

Consider opportunities to digitise your archives and different ways to reproduce and promote them for wider engagement

For example, the travel boxes were well received but further considerations needed on making them even more accessible, such as size of text, more visual prompts and transcribing handwritten journals. There are some helpful resources listed here too.

9.

Connect with family carers through local providers, networks and care settings and co-develop peer support including young carers who may have limited access.

Some resources are referenced in the toolkit.



10.

Look for opportunities to share learning and practice cross sector

For example seminars and networks etc.



2.

Explore training in reminiscence arts practice and engaging the expertise of Age Exchange

age-exchange.org.uk



Dementia-Friendly Museum Resources

RMG ran an online webinar in December 2021 to share the learning from All Aboard and another reminiscence project called Memories of the Caribbean with the wider sector. You can listen to this webinar here: youtu.be/ITXYgPTVMqQ

Dementia-friendly museums and galleries, The Dementia Network, Jan 28th 2020 dementia.network/dementia-friendly-museums-and-galleries-2

Dementia Toolkit, Tunbridge Wells Museum & art Gallery Tunbridge Wells Borough Council, and partners 2015 archive-media.museumsassociation.org/01102015-tunbridge-museum-dementia-toolkit.pdf

Dementia Friendly Venues Charter Toolkit, Greater London Authority 2021 london.gov.uk/sites/default/files/dementia_friendly_venues_charter_framework.pdf

Evaluation museum in a box, Kirklees Museums and Galleries, Audience Agency 2017 kirklees.gov.uk/beta/museums-galleries-history/pdf/evaluation-museum-in-a-box.pdf

Going out series: galleries, museums and exhibitions with a person with dementia,

Consultant Admiral Nurse, Jules Knight, June 2021, Dementia [UKdementiauk.org/going-out-galleries-museums-exhibitions](https://ukdementiauk.org/going-out-galleries-museums-exhibitions)

Memories in the Community: Stories of My Life Creative Ways with Life Stories, A Toolkit 2014–2016 Museums in Cambridgeshire issuu.com/museumsincambridgeshire/docs/memories_in_the_community

Museums on Prescription: A guide to working with older people, Veall, D. et al 2017 culturehealthandwellbeing.org.uk/sites/default/files/2019-08/mop-good-practice-guide.pdf

Sounding Out Your Heritage project (SOYH) How to make a memory box 2010 by GEM heritage learning gem.org.uk/wp-content/uploads/2018/02/SOYH_Howto_MemoryBox-resource.pdf

Power of story films about the Journeys of Appreciation Programme, South London and Maudsley NHS Foundation Trust, Maudsley Charity maudsleycharity.org/case-studies/the-power-of-story

Reports and case studies on adapting practice to the Covid 19 pandemic

Culture, Health and Wellbeing Alliance resources

How creativity and culture are supporting shielding and vulnerable people at home during Covid-19 culturehealthandwellbeing.org.uk/how-creativity-and-culture-are-supporting-shielding-and-vulnerable-people-home-during-covid-19

How creativity and culture are supporting people in institutions during covid-19 culturehealthandwellbeing.org.uk/how-creativity-and-culture-are-supporting-people-institutions-during-covid-19

Boundless Creativity research project by Arts and Humanities Research Council (AHRC), in partnership with the Department for Digital, Culture, Media & Sport (DCMS) 2021 gov.uk/government/publications/boundless-creativity-report/boundless-creativity-report

Barang Foundation resources baringfoundation.org.uk/resources

Key workers: creative ageing in lockdown and after, 2020 baringfoundation.org.uk/resource/key-workers-creative-ageing-in-lockdown-and-after

Treasury of arts activities for older people, Vol 2 2021 baringfoundation.org.uk/resource/treasury-of-arts-activities-for-older-people-volume-2

Creatively Minded and heritage, The Restoration Trust 2021 baringfoundation.org.uk/resource/creatively-minded-and-heritage

Creating covid safe reminiscence box Chertsey Museum Association Emma Warren, Curator at the Chertsey Museum museumsassociation.org/museums-journal/in-practice/2020/09/15458-2

Adapting dementia care programmes during Covid, Steven Skelley, community heritage curator at Barnsley Museums, Museums Association Journal 2020 museumsassociation.org/museums-journal/in-practice/2020/10/adapting-dementia-care-programmes-during-covid

Museum of Cardiff online reminiscence sessions cardiffmuseum.com/whatson/online-reminiscence-sessions

Caring culture: Museums reaching out to people with dementia. Museums are finding creative new ways to stay engaged with people who have dementia during the pandemic. Dementia together magazine Dec 20/Jan 21 Alzheimer's Society alzheimers.org.uk/dementia-together-magazine-dec-20jan-21/caring-culture-museums-reaching-out-people-dementia

Evidence how arts, culture and heritage audiences have responded to online content during the crisis. Audience Agency theaudience-agency.org/evidence/digital

All Aboard Toolkit and evaluation by Helen Shearn December 2021

Helen Shearn BA Hons Fine Art, PGDip Arts Management and Policy, PGDip Occupational Therapy MRCOT, Associate Royal Society Public Health AMRSPH

Consultancy, evaluation and production in Arts, Heritage, Health and Wellbeing

helenshearnarts@gmail.com | 07969 575221 | @thesearts

linkedin.com/in/helen-shearn-80616233

gem.org.uk/suppliers/helen-shearn-consultancy-arts-culture-health-wellbeing