



ConnectingMinds



Arts and Dementia Symposium
4 September 2015
Tate Liverpool - Albert Dock

9.00 – 10.00: Registration

PANEL ONE

10.00: Linda Grant

Linda Grant is the Liverpool-born author of *Remind Me Who I Am, Again* (1998), a memoir of her mother Rose's multi-infarct dementia. Her six novels include *When I Lived in Modern Times* (2000), which won the Orange Prize for Fiction, and *The Clothes on Their Backs* (2008), which was nominated for the Man Booker Prize.

10.30: Gina Shaw

Gina Shaw, a former nursing sister from Alder Hey children's hospital, is the TV face of *Dementia Friends*, a Mersey Care dementia services user, and a widely-known promoter of new approaches to dementia.

11.00: Jill Pendleton

Jill Pendleton is Dementia Lead for Mersey Care NHS Trust [MCT] and Partner and Project Manager for Innovate Dementia, which aims to promote innovative care for persons with dementia.

11.30 – 12.00: Coffee Break

PANEL TWO

12.00: Professor John Ashton

John Ashton is president of the Faculty of Public Health. He was Regional Director of Public Health and Regional Medical Officer for the North West of England for thirteen years and Director of Public Health and County Medical Officer for six years.

12.30: TBC

1.00 - 2.00: Lunch

2.00: Open session

including Research Café (structured discussion of key questions around open tables) and Sand Tray (an object and memory-based creative activity) in parallel. Participants will include Dr Rob MacDonald & Bill Halsall, architects working on Dementia Friendly Cities and Dwellings, who will lead the Sand Tray; Tommy Dunne, *Living Well with Dementia*.

3.30: Feedback and refreshments

4.00: Close

Open Session Further Information

Research Café

The afternoon session will consist of a research café as one of the key events (structured discussion of key questions around open tables). Each open table discussion will last 30 minutes and over a period of two-hours there will be opportunities for delegates to attend three groups (as tables will allow for two rotations on top of the original selection). The aims of the research café will involve:

- Defining the scope of the issue
- Agreeing a common language and terminology amongst diverse disciplines.
- Sharing understanding of the problem and participants' expertise.
- Using creative and innovative thinking techniques to focus on a problem.
- Turning research café outputs into a research project

The Chairs of tables and themes are as follows:

Rachel Rodgers (*Merseyside Dance Initiative*) Theme: Arts practitioners, working together to develop a comprehensive offer for people living with dementia in Liverpool

Louise Langham (*Together In Dementia Everyday and Life Story Network*) Theme: Impact of new legislation regarding equal parity for carers of people living with dementia

Professor Anne Scott (*LJMU*) Theme: Connections participants perceive between memory and personal identity and between personal identity and individual autonomy

Professor Caroline Wilkinson (*LJMU*) Theme: The role of art appreciation and memory in enhancing our understanding of living with dementia

Dr. Elspeth Graham (*LJMU*) Theme: Memory and Meaning, helping people with Dementia and their carers

Ms. Sarah Maclelland (*LJMU*) Theme: Narratives that are most useful for people with dementia

Dr. Elizabeth Smears (*LJMU*) Theme: Images that prompt an exploration of experiences of contentment, happiness, feeling of well-being, or of confidence, hope. Images that prompt an exploration of connections

Dr. Bob McClelland (*LJMU*) Theme: Responses to people living with memory and cognitive function impairment, in society

Sand Tray

“The Jungian Sand Tray and Sandplay: making a Dementia Garden.”

Facilitated session led by Dr Rob MacDonald, Bill Halsall and Tommy Dunne

The Jungian sand tray therapy project sets out to explore memory through objects and the five senses; sight, touch, smell, hearing and taste. Sandplay is an experimental game that lasts about 1hr and is aimed to encourage creative lateral thinking, sensory awareness and memory recall. The game could apply to all people with or without dementia. We can rediscover memories in play. Jungian Sandplay can become art therapy for tactile visual image making.

Sand play uses a shallow tray painted blue inside to represent water, or sky, filled with sand, measuring approximately 50x70x7cm. Nearby is a collection of different small objects with which to play in the sand. The play can be photographed during the game and after the sand play is finished.

Doing a Sandplay requires no special skill. The players are encouraged to play with the objects in the sand and out of the sand, to touch, smell, taste, listen and look and recall. What memories do the objects bring about? Jung used Sandplay as a technique of “active imagination” to provide a creative base for the expressive use of the arts as therapy.

“I remember that day (wedding day) as clear as it can be... but it's a struggle to recall what I did this morning.” It's happened to all of us at some time or another. You can't put a name to a face. You forget where you put your keys. You can't remember where you parked the car. Most of the time such slips are a nuisance, rather than a sign of something more serious. Dementia affects everyone in different ways. As well as problems with memory, other signs can include feeling confused even when in a familiar environment, problems thinking things through, and finding it hard to follow conversations. Alzheimer's Society, Leaflet, 2015.

Sandplay is part verbal, none rational and unsophisticated. Sandplay encourages creative memory regression and stimulates the mind. Sandplay can be compared with free painting, free drawing and free form sculpture. These therapies started their history with artists working with people working in psychiatric and medical institutions.

Sandplay is a shared activity that integrates play, and choice with small hand sized objects. It involves an unplanned dialogue with individuals inner thoughts and memories. It's FUN and control is to be relaxed.





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