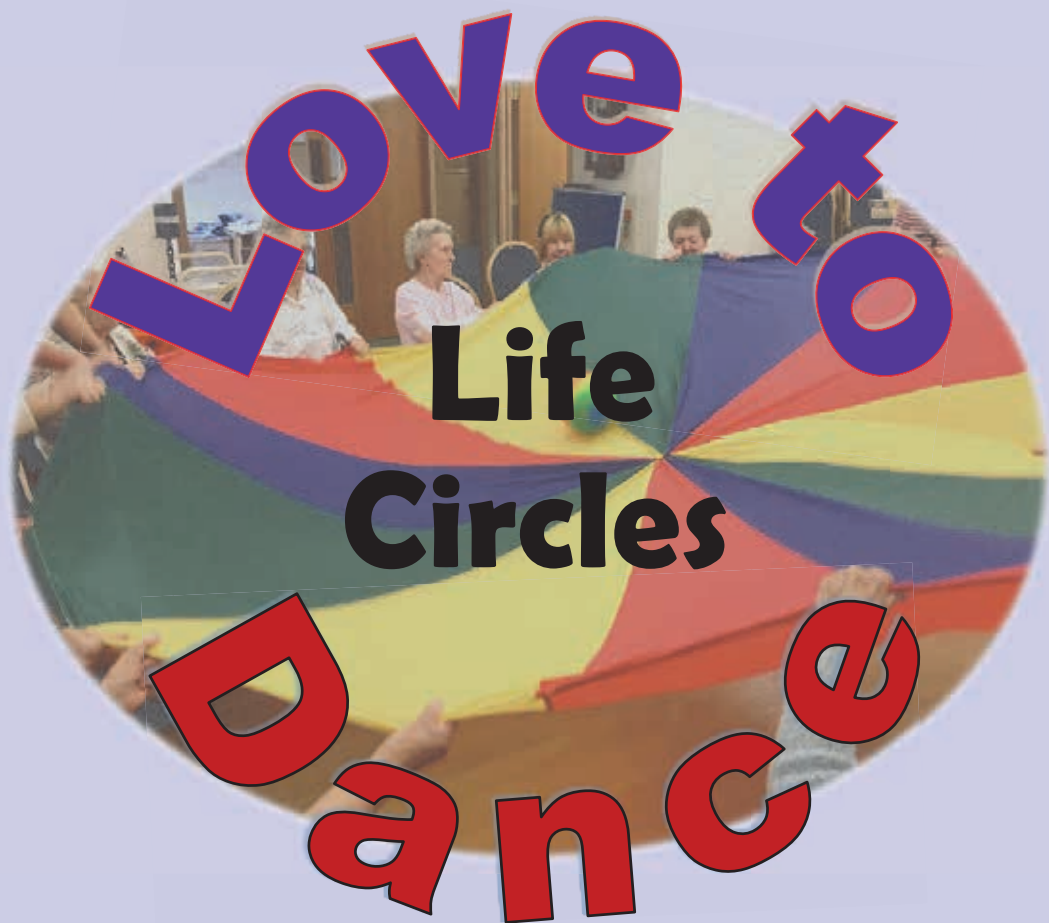


**A professionally led Arts Project bringing fun and highly engaging, person centred sessions to your residents and staff**



**LIFE CIRCLES – supporting the health and creativity of older people through inspirational, movement led arts activity in care settings**

# Meet the team

**Our team of professional, experienced community artists have a training in dance and body work and are all fully versed in contra-indications and dementia awareness**



## **Sue Way MA BEd Dip Couns**

As Project Director, with 40 years' experience of dance training and teaching, Sue's sessions are brimming with creativity and life. Also a Yoga teacher, Counsellor and Masseuse, Sue brings deep nurturing skills to each session. Sue is a trainer and mentor in this field of practice.



## **Susanna Oxenham BA(Hons)**

With a degree in Choreography and Diploma in Dance teaching, vibrant community artist Suz has worked on a range of dance projects focussing on the health and creativity of older people, including those with severe Dementia.



## **Katie Kelsey BSc(Hons)**

Trained in Performing Arts at National Theatre School, Melbourne and with Attik Dance, Plymouth, Katie brings a theatricality and love of expression to her passion for the power of movement to enhance the health of older people. She is a Dance for Parkinson's trained instructor.



## **Angie Ward CertEd**

Angie's career in Health and Social Care spans over 25 years. She delivers sessions in a variety of care settings across Somerset. Her teaching is innovative, creative and fun and includes mentoring and training care staff and volunteers as well as Mindfulness.

## **Our unique offer**

**Life circles delivers creative, bespoke, inspirational art workshops which engage participants and support care managers and their staff to improve the quality of care in their settings**



Each session is designed to involve participants with sensory stimuli using visual aids, imaginary and actual props. They are tailored to the abilities, passions, life stories and emotions of participants who may be struggling to communicate, or feeling confused and isolated.



We use dance, music, drama, poetry, story telling and memories in creative and sensitive ways to energise the body, capture the imagination and lift spirits.



## **Training for Care Staff**

**Life Circles also offers two care staff from each setting the opportunity to train with us, to support them in running activities in between our visits. As part of this training, carers are invited to a National Training day in Devon or Somerset and given a Life Circles Resource Pack and film.**

**Contact Sue Way for Training Day dates for 2018/19**

**[sue\\_way@btopenworld.com](mailto:sue_way@btopenworld.com)**

# One hour Session

**All sessions include work on body posture, muscle strength, falls prevention, improved breathing, cardiovascular health, flexibility and core strength.**

**Each one has a carefully developed theme with accompanying props and music**



**Every session starts with welcomes, greetings and games that enable participants to get to know each other, creating an intimate, relaxed atmosphere from the start.**

**Next we work through the whole body using warm up exercises to music to strengthen muscles and joints, increase mobility and improve core structure and balance.**



**Our artists demonstrate and mirror activities with expertise and clarity. We use rhythmic music from all over the world and from different eras**



# Themes

**Include: Weather, Seasons, Dance Styles, the Sea, Favourite Songs, Holidays and Travel, Sport, Special Events such as Christmas and Remembrance Day**

**Hauling in the catch after a fishing trip as part of the sea theme accompanied by sea shanties.**



**To animate the ideas, we use props such as shells, netting, scarves, elastic, balls, instruments and costumes**



**To stimulate the imagination and memory we create a party. The ritual around dressing up with lots of costumes is a popular activity for residents and staff, as they are reminiscent of parties past.**



**Dance styles include ballet, rock and roll, ballroom, jive, tango, ceilidh and music hall, to inspire happy recollections.**





**On the theme of Autumn, we use fabric to explore the movement of the wind on a blustery day that builds into a storm and then settles.**

**Each session contains health facts to support participants physically, mentally and emotionally and is sensitive to the needs of individuals in the group**



**Using the music and ideas of the classical ballet Swan Lake, the group use feathers to join in the Dance of the Swans.**



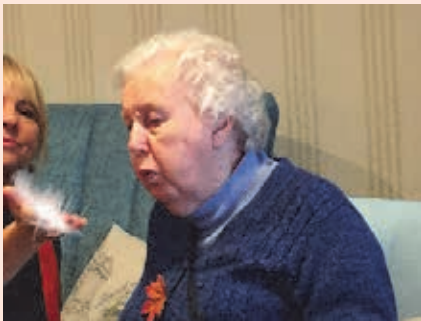
***“This is the best activity we’ve ever had in the four years that I have been here.”***

**Resident  
Cadogan Court, Exeter**



**With support from Care Staff,  
we tailor movements and  
actions to increase physical  
confidence and mobility and  
the desire to actively  
participate**

**On the theme of Spring, we  
develop a Spring Cleaning  
dance, using props such as  
feather dusters, rubber gloves  
and mops to mime Clearing out  
the Cobwebs.**



***“These workshops are brilliant,  
so full of life and fun, we want  
them every week.”***

**Activity Co-ordinator  
Abbeyfield Care Home, Taunton**

**Winding down: Each session  
ends with a relaxation, using  
calm music and breathing  
exercises to encourage ‘letting  
go’. Touch, mindfulness and  
massage techniques are also  
used.**



## **Contact us for a session**

**For more information about our work and to book a subsidised taster session, please contact the team in the areas below**

**For Mid Devon, contact Sue Way**

**sue\_way@btopenworld.com**

**07817 002665**

**For Exeter & South Devon, contact Katie Kelsey**

**ktktkelsey@gmail.com**

**07824 906317**

**For Somerset, contact Angie Ward**

**angieward2012@gmail.com**

**07546 404942**

**For Exeter & East Devon, contact Susanna Oxenham**

**susanna.oxenham@googlemail.com**

**07581 559216**



### **Love to Dance Partners**

**Kent House, Okehampton; BrendonCare Woodhayes, Exeter; Tone Dance, Taunton; The Lodge, Exeter; Parkinson's UK, Plymouth and district; St Georges, Taunton; Lucerne House, Exeter; Hillbrow, Cridton; Gotton Manor, Taunton; Dance Sci Dance Studio, Exeter; Connect North Petherton; Abbeyfield, Taunton; Kenwyn, Cridton; Victoria Park Active Living Centre, Bridgewater.**

### **Strategic Partners**

**Pavilion Dance South West, Take Art Somerset, Dance in Devon, People Dancing-the foundation for community dance**

