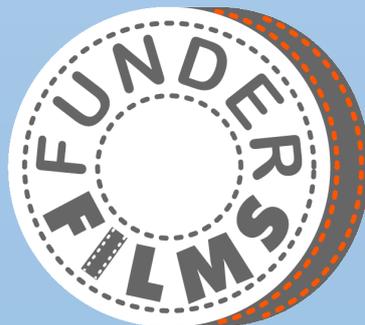


'A Few Words About Me' was a poetry and creative writing project led by Funder Films CIC which ran from October 2017 to June 2018. It was designed to help overcome the isolation people who live with dementia experience and to raise public awareness that there is more to people living with dementia than just their condition

*A Few Words
About Me*
PROJECT
EVALUATION

Fay Blair

JUNE 2018



Foreword

It has been a privilege and a great pleasure to lead this project, 'A Few Words About Me'. I was delighted to see how much people responded to and enjoyed the sessions and was surprised that I enjoyed them so much myself. Vicky had us all writing poetry! The volume of work generated by the group, under the skilled guidance of Victoria, was astonishing. We very much hope people will take as much pleasure - as we all will - in watching the films and reading and sharing the anthology of the poems produced by the group. Again, I express my great thanks to the funders, The Big Lottery and Kent Community Foundation, without whom this project would not have been made possible and, most of all, to all the participants.

Jasper Bouverie, Managing Director, Funder Films CIC Canterbury, June 2018

Acknowledgements

Many thanks to all those who supported and took part in 'A Few Words about Me' especially all the volunteers and participants with their supporters, friends and carers.

St Peter's Methodist Church, Canterbury who hosted the main creative writing and filming sessions in their Church Hall. **Brambles Care Home, Wye** who hosted a series of four workshops for their residents and to **Canterbury Christ Church University**, for hosting the Masterclass Event on 14th May 2018.

The project Team

Jasper Bouverie is managing director of Funder Films CIC, a company which aims to use film to raise social and environmental awareness and enhance wellbeing. A former BBC radio producer, he is as interested in film being made 'by communities' as 'of communities'.

jasper@funderfilms.com Tel: 07515 861589 www.funderfilms.com

Victoria Field is a writer and trained biblio-poetry therapist working in many community and educational settings. She is a Member of the British Psychological Society, the Royal Society for Public Health and an International Fellow at ECPD. She is a guest lecturer at the Metanoia Institute, a course director at the Professional Writing Academy and an accredited Mentor-Supervisor for the International Federation for Biblio-Poetry Therapy.

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Fay Blair has 30 years' experience of working in and for the public and private not-for-profit sector on policy and practice, improvements for sustainability. She now specialises in Arts and Wellbeing and is a Director of Kent Arts and Wellbeing. Her former visiting fellow and researcher and community facilitation work all helped to inspire the [LAPWING](#) project to support the wellbeing of vulnerable people through the arts. Fay mentors, develops and evaluates many Arts Council and Heritage Lottery funded projects for Kent creatives and commissioning organisations.

fayblair@hotmail.com Tel: 07786 307664 www.kentartsandwellbeing.org.uk

'A Few Words About Me'



A Few Words About Me
FREE creative writing sessions for people living with dementia.
Join us to share memories and experiences in a fun, supportive group. Carers welcome. No writing experience necessary.

Free refreshments 

At St Peter's Methodist Church, St Peter's Street, Canterbury, CT1 2BE
Please contact Vicky on 07515 861589 or email admin@funderfilms.com for more information or to book.
PTO for dates and times.



Dates of sessions

You're invited to sign up for a group of 6 sessions.

Group 1

- Tuesday 12 September 2017 10am—12pm
- Tuesday 19 September 2017 10am—12pm
- Tuesday 26 September 2017 10am—12pm
- Tuesday 03 October 2017 10am—12pm
- Tuesday 10 October 2017 10am—12pm
- Tuesday 17 October 2017 10am—12pm

Group 2

- Tuesday 31 October 2017 10am—12pm
- Tuesday 07 November 2017 10am—12pm
- Tuesday 14 November 2017 10am—12pm
- Tuesday 21 November 2017 10am—12pm
- Tuesday 28 November 2017 10am—12pm
- Tuesday 05 December 2017 10am—12pm

Group 3

Dates and times for the third group, which will run in the New Year, have not yet been confirmed.



A project organised and led by Funder Films CIC
Funded by:



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Executive Summary

'A Few Words About Me' – AFWAM – was a poetry and creative writing project which ran from October 2017 to June 2018, led by the not-for-profit, Funder Films CIC. The project's main aims were to 'help overcome the isolation people living with dementia and their carers feel', and, 'to raise awareness among the general public that there is more to people living with dementia than just their condition'.

Kent Community Foundation and The Big Lottery 'Awards for All' awarded £15,000 to the project for the proposal, inspired and put together by Nicky Thompson, a writer and poetry therapy facilitator, with filmmaker, Jasper Bouverie, Director of Funder Films CIC. The actual project was delivered by Jasper, as project manager and filmmaker (and cake baker) with Victoria Field, an experienced biblio-therapist and trainer, as lead facilitator. Fay Blair supported the project and its evaluation.

AFWAM consisted of a series of three, highly interactive workshop programmes, each over six weeks, held weekly, with a filming session at the end. 52 hours of project activities were delivered from October 2017 to March 2018 benefiting 32 participants overall. The group size averaged from 8 to 12 people, including volunteers. St Peter's Methodist Church Hall in Canterbury hosted the main series. Four workshops were also held for a more frail audience at Brambles Care home in Wye, between April and May 2018, adapting the process to meet their needs.

AFWAM was an innovative project. It had a dramatic impact (p. 8) in providing evidenced wellbeing uplift and increased personal confidence among the participants who took part. The volunteers, those who live with dementia and their carers and supporters, were inspired and highly stimulated. All appreciated the social community, friendship-forming, fun, learning opportunity this programme offered. It was enjoyable, purposeful and continues to matter to them. It fully met everyone's expectations. Jasper's final short films were moving and well-received.

Reflections on the project and dissemination events revealed to the audiences some useful learning and insight about what needs to be in place for a project of this type to be valued, effective, rewarding and beneficial. An important outcome and legacy is that nine of the AFWAM group, together, formed an off-spring group - Ken's Friends - in April 2018. It meets weekly, facilitated by two of the volunteers, hosted at Age UK Canterbury, who have adopted Victoria's methods.

At a final project celebration event in September 2018, the films will be shown and a 28-page anthology of (30 of the 141) poems produced during the project, edited by Victoria, will be published. This will be to an invited audience of all the participants, health wellbeing and dementia practitioners and interested writers and volunteers.

Project recruitment and group size

Recruitment was a challenge. It took a lot of effort and time to connect with the various health and wellbeing practitioner networks. It was largely through colleagues, peers and personal recommendation that people gradually signed up for the sessions. From the feedback, the leaflet worked to a small degree.

Volunteers were given some briefing, before the sessions started, by Victoria (Appendix 1) and as needed, pre and post sessions.

The actual number of attendees was less than projected for any series. The small, intimate nature of the group is what all group members said they appreciated, with a maximum of twelve in the group at any one time. This helped them to feel safe, secure, at ease with each other, without being overpowered by too many people. Both project sponsors understood and respected this.

A core of people attended regularly the main series of AFWAM; seven people 'living with dementia' attended workshops, together with up to five volunteers, three husbands, occasional visitors and the 'project home team' of three. Including the care home sessions, twenty nine people actively and regularly engaged; thirty two overall including guests.

The benefits and advantages of keeping to a smaller group size, were accepted. To enhance the project outreach, a mini-series of four sessions were organised for a frailer elderly audience, residents at a care home, Brambles Care Home, in Wye. (Appendix 2). These group sessions only had one or two volunteers at any time.

The project approach and methods

The sessions followed the biblio-poetry therapy model of a writing warm-up, reading and discussing a poem and writing in response. The sessions also included responding to objects in the natural world, such as leaves, flowers or shells. Each session had a different theme.

Participants also reflected on the sessions themselves, both orally and in writing, as part of the evaluation process. Volunteers supported the sessions by 'scribing' for participants and also took part in all the writing exercises themselves.

The poems were then collected, typed up and returned to their authors, together with the original writing. 141 short and individual group poems were produced.

When compiling the poems, Victoria followed the practice of John Killick (p.18), the pioneer in working with poetry and people living with dementia, editing lightly for sense but never changing or adding words.

Group dynamics: the positives and the challenges of temporary uneasiness

A very warm open, friendly atmosphere gelled with minutes of the first session and continued to grow throughout the series with increasing trust and fondness expressed between members.

Everyone responded well and enjoyed the session start with the 'check-in' (and at the end of the session 'check-out') process with each person giving one word to say how they were feeling and giving a score from one to ten, where '1' represented being 'utterly miserable' to '10' feeling extremely happy. It became a fun evaluative task; participants smiled and joked with each other. Great laughter was generated throughout all the sessions.

In addition participants were helped, if needed, by the volunteers to complete simple written feedback forms to establish a baseline, their expectations, to find out what they enjoyed, ideas for improvement.

At several points in the programme, the evaluator led a short group discussion to understand more about what they particularly valued about the sessions, how it was facilitated, and the social occasion it offered to them and why this was important to each of them.

The only occasion of uneasiness was when two participants from a previous group met - having fallen out with each other previously - this caused a temporary negative impact; a 'wobble' across the whole group. The new participant was dismayed at the reaction her presence caused. After diplomatic discussion with the facilitators and a volunteer, she decided not to join the group. The regular participant was quite traumatised and did not attend for the next week until reassured that the other participant would not be present.

Project Films and disseminating the project learning

Jasper introduced the idea of filming to the group very gently. He later filmed each of the participants – with their full agreement - to read out a few of their written poems offering a little coaching. He respectfully shared their personal short film clip with each one individually, and then afterwards, among the whole group. He gauged their reactions and prompted broader discussion about the films; what they felt the films conveyed and to see if they would like them to be shared more broadly.

Participants' reactions were very positive. Seeing the films created a great sense of individual pride and group achievement. The process of engaging participants in the filmmaking was an important feature in the project as well as discussing and sharing the final edited films (web-links to the films are in Appendix 3).

The originally planned public, mass screening of the films did not go ahead. The high premium the commercial cinemas (Gulbenkian, Curzon and Marlowe Theatre) would have charged was not regarded as value for money.

Instead the project facilitator, Victoria Field, led and contributed to workshops and dissemination events including a:

- Masterclass 'How can poetry help people living with dementia?' at Canterbury Christ Church University on 17th May (27 attended);
- National conference - 'Dementia and the Arts: A Day of Discussion' - organised by Ty Newydd, the National Writing Centre of Wales on 16th June with keynote John Killick, a visionary pioneer in dementia and poetry accompanied by writer Patrick Jones and broadcaster Beti George. Delegates included writers running groups for people living with dementia. The films were well received and Ty Newydd is looking at how to develop this work further (30 attended);
- Poetry and Creative Writing Training Session at The Beaney, House of Knowledge and Art, Canterbury, 23rd June (9 attended).

Audiences at each of the workshops and venues expressed how:

- inspired and encouraged everyone was by the techniques and process;
- important being 'in' and 'enjoying the moment' is for those living with dementia;
- diverse the benefits were for all participants;
- clear and consistent the uplift was for everyone;
- levels of self-confidence grew and how well friendships bonded;
- moving the films were, demonstrating positive enablement;
- the sessions gave people something to look forward to.

A personal 'story of change': how the project made a difference

With permission a couple of the participants, Carolina and Michael Young, agreed to form a case study to help show the project's impact, as framed below.

Carolina Young was one of the group participants who attended right from the outset with her husband, Michael, as carer.

Carolina was very open about how sad and difficult she found coming to terms with her dementia and the stigma associated with it. Often, unprompted, as trust grew within the group, she would share personal frustrations of loss, feeling 'thick' and 'useless' Others strongly identified with her lived experience.

The structure of the sessions, careful pacing and unpressured tasks meant that Carolina contributed 'the best she could' at any one moment. The group's empathy helped Carolina to feel at ease and cared for, without judgement or stigma.

Carolina produced some enlightening, enchanting poetry on 'good days', reflecting her family values, what matters, what troubles her and what brings her joy.

Carolina became a champion of the project moving from an early position of feeling unsure about the invitation to be filmed, to encouraging everyone to feel they all have a 'story to tell', that their experience should be shared more widely.

In the evaluative conversations Carolina remarked on how much she valued the sessions, saying they were 'designed for the benefit of the participants', rather than for the benefit of the project team, which she felt previous projects had done. Her positive framing of the group as a 'family community' catalysed others to form a new group together, called Ken's Friends.

Carolina and Michael's testimony in the films shows how richly this project experience enhanced her wellbeing.

The overall project learning and impact

There was no precedent set for establishing this new group; a new project, unaffiliated to any one organisation or existing group. This independence was a strength but also a challenge in that it had no previous history or established outreach to draw from, with no track record. It was through iterative, informal conversations that the facilitator project team understood and reinforced what participants valued. The project's overall impact and the difference it has made is recounted in the films. 'A Few Words About Me' was not a research project and there remain lots of interesting and relevant unanswered questions.

Some significant findings from the project are summarised below.

- This project helped to overcome some of the social isolation and sadness that people living with dementia experience every day as affirmed by the participants.
- The informal, relaxed, caring and loving ethos of the group, the one-to-one volunteer support, home-baked hospitality and the stimulating - but not over-taxing tasks - proved to be the main reasons why people found the sessions so beneficial.
- Participants felt it was important to 'be made to think' and gently challenged and recognised that this was 'good for their brain'. They remarked that no other groups they had previously attended had provided this kind of welcome stimulation.
- The facilitator's – Victoria's - highly skilled therapeutic emotional pacing meant that moments of participants sharing sadness and personal anecdotes were held and received by the group. This holding of the group, reflecting with individuals and helping them to move on the session in purposeful ways – through the poetry and writing - was highly constructive. The approach was non-intrusive, nurturing and restorative. It built trust and greater empathy.
- In particular the non-judgmental atmosphere held by the facilitator, was embraced by all. It enabled everyone to participate, however modestly, to feel comfortable and unembarrassed about making mistakes and to feel 'it's okay' not to contribute on an 'off-day' or moment. Despite individual personal frustrations, the group always generated oodles of fun and laughter.

- The project offered a trust-building context for relationships and friendships to bloom that have endured since the project ended. Nobody ever felt marginalised. Many continue to connect through the new off-shoot formed by a core of the participants and volunteers group called 'Ken's Friends'.
- Many were astounded that they could write such well-received and interesting work alone, as well as contributing to collaborative, group writing. It was significant that many participants, from week to week, did not remember what they had written; including those who do not live with dementia.
- The process of writing, engaging and reading to camera and the seeing the films, was a powerful experience; both equally valid and significant outcomes.
- The writing and sharing of their work increased their self-worth and confidence. The fact they all agreed to be filmed reinforced a growing sense of solidarity about why 'others' need to understand more what it's like to live with dementia yet still see the person, 'me', engaging in positive, creative and meaningful ways.
- Sharing the films, demonstrating the workshop techniques, processes and findings via seminars and the training session and conference, has been fruitful. The audience feedback showed it stimulated health and wellbeing practitioners and researchers to appreciate how - and what - makes this approach so effective and its increasing value within social prescribing.
- The feedback has raised many issues about the 'magic ingredients' that made this project work so well. The extra sessions held with a different audience at Brambles Care Home, and the observations of the evaluator regularly attending the new off-shoot group, showed how transferable and adaptable the approach and techniques are.
- The need and opportunity to nurture more trained biblio-therapists and offer them funded opportunities through social prescribing was felt worth exploring and further promoting. The hope might be to extend the practice more widely to similar groups but also to see what potential there is for enhancing the wellbeing of other vulnerable groups.
- Collaborative partnerships, working perhaps as part of funded formal action research programmes, could be useful for developing the 'A Few Words About Me' model.

Highlights of the participant feedback

85% said this project fulfilled their expectations 'excellently' and the other 15% said, 'very much'

"Rewarding experience and also a learning experience for myself"

84% said what they hoped to get out of coming along was 'social, to get out and meet people'

46% wanted to 'have a go at writing'

62% said they had done some writing before

"The love of writing and the quality produced"

"This brings us into the world and that's what we need"

"It's such a relief not to be treated as a problem but to be supported and loved"

"I felt here that you are here for the goodness of us, not for you"

"The companionship, the honesty, the sharing"

"I am comforted being with people who understand about living with dementia"

"I have made some new friendships that I hope perhaps will continue"

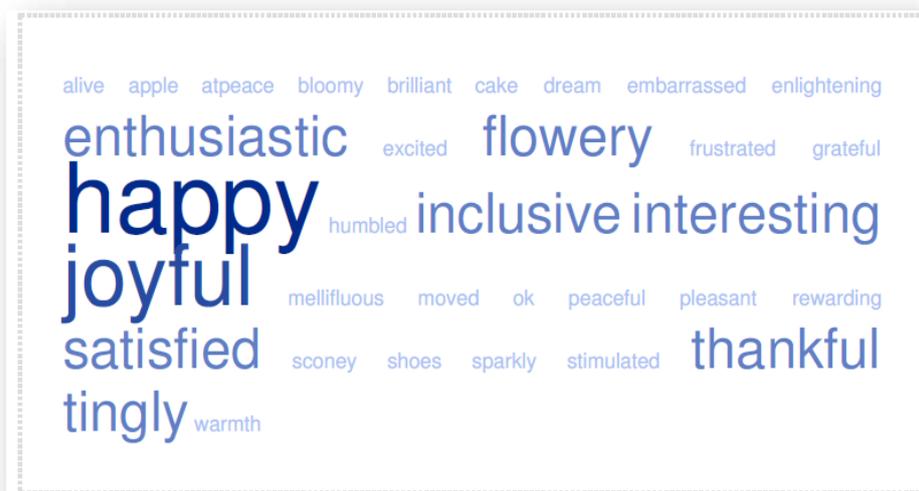
"I really enjoyed being a volunteer. The group was extremely friendly" and inclusive"

Making the evaluation as a 'pulse take' *unobtrusive* and fun

Words gathered over the series of sessions formed a 'word cloud'. Two are shown below for one series. This gives a palette of how people were feeling at the start at the 'check in' (immediately below) and then at the end of the session as a word 'check out' exercise.



'Check in' words are a simple, fun evaluative means to see how people are feeling at the start of the session. Everyone contributes a single word.



'Check out' words (as shown above) – at the end can be compared with the 'check-in' words to show the change in how people felt by the end of the session. Without exception the mood uplift was always evidenced.

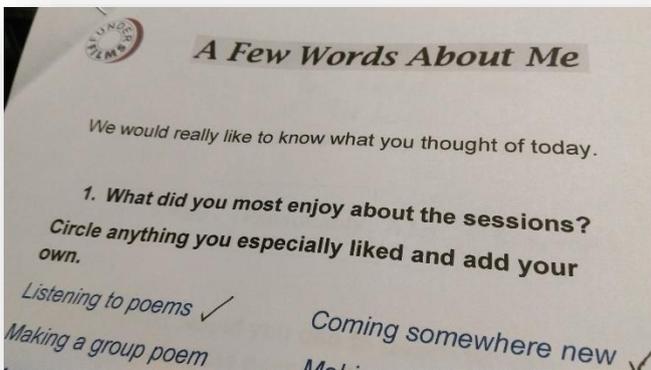
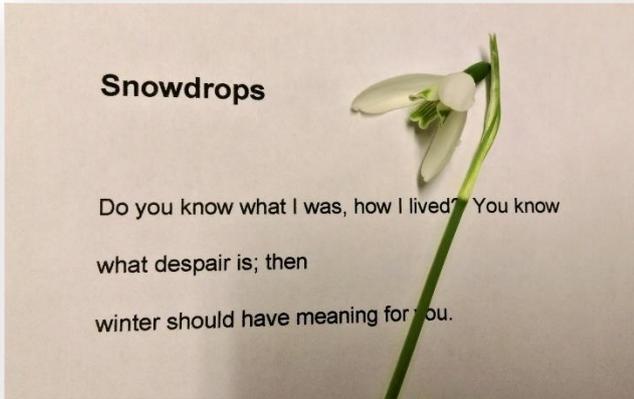
Sustainability and project legacy

- The creative writing work has continued since the project-funded sessions ended. On 7th April, three weeks after the last project-funded session, two of the highly motivated volunteers and the project evaluator were so inspired by the experience - the techniques and process, and the warm friendships that formed - they decided to carry the work forward in a new group with seven of the participants.
- The new group, 'Ken's Friends' was named after the 98 year-old, respected group elder, 'Ken'. He has a life-long passion for writing and diary keeping. His childhood and lifespan anecdotes and stories are fascinating to everyone. He is a quiet 'unsung' hero with tremendous charisma, fondly regarded by all the group.
- This new off-spring group has met weekly, on Thursdays (10-12). Sessions are hosted at Age UK Canterbury. Each participant makes a £1 donation to cover refreshments. Two university student volunteers are enchanted by the friendship and fun the creative writing and poetry generates.
- There is a waiting list of other participants for the Autumn. The volunteer facilitators respect keeping to a maximum of twelve, to preserve the integrity and quality of the group dynamic. The project evaluator may help towards securing some modest funding to help with running a second group.
- The AFWAM project team will meet to review the professional development need and opportunity for more skilled therapeutic creative writers and volunteers who wish to be further trained and mentored. This will be to discuss how to enhance their capability and confidence to lead and support similar creative writing programmes.

Photo gallery

The 'A Few Words About Me' sessions were as much about the process, 'being in the moment', socialisation and celebrating everyone's contribution, no matter how varied or modest. These photos are of the group at St Peter's Methodist Church hall during Series 1 and 2. Flowers and home-baked refreshments were always provided and enjoyed.







Vicky Field the facilitator (above) was inventive in encouraging the group to stimulate their thinking and senses. An array of natural objects were brought along - this autumnal array below - by one of the volunteers, Robert, provided a feast for the eyes.



Appendix 1: Volunteer briefing note

Prepared by Victoria Field the 'A Few Words About Me' project facilitator

Thank you for offering your time and skills to assist with the writing sessions on 'A Few Words About Me'.

The project

A Few Words About Me was initiated by Jasper Bouverie, Director of Funder Films CIC together with Nicky Thompson – an experienced writing for well-being facilitator and Fay Blair – an arts and wellbeing trainer and evaluator who is leading on evaluation and support. Funding is from the National Lottery Awards for All scheme and Kent Community Foundation. Victoria Field, a writer and trained biblio-poetry therapist has taken over the writing sessions due to Nicky's ill health. The project has two parts – a series of writing workshops and the making and disseminating of a film.

The aims of the project as stated on the funding bid are to:

- Help overcome isolation of people living with dementia and their carers
- Raise awareness among the general public. There is more to people living with dementia than just their condition.

And in addition:

- Mood enhancement through self-expression and social contact
- Greater sense of personhood through creative writing and sharing in a safe and respectful environment

Creative Writing and Dementia

'The focus of the sessions will be to create a safe space for people to express themselves, share experiences and be heard.'

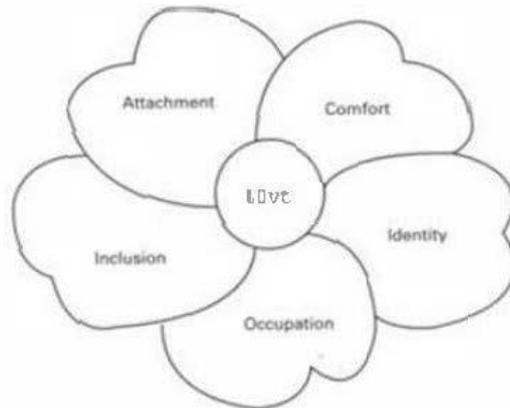
Victoria Field writes:

There is growing evidence that creative and expressive activities promote health and wellbeing and that writing can be a useful way of sustaining a sense of identity. In therapeutic and reflective writing, the focus is on the process rather than the product and there are many ways in which writing can be therapeutic without being therapy.

Tom Kitwood in his book 'Dementia Reconsidered' challenges the medical model of dementia and proposes a psychological one in which 'we reclaim our nature as sentient and social beings.' Without denying the reality of cognitive impairments, Tom Kitwood puts them in the context of

‘personhood’ and what it is we all need in order to feel valued as a person. The diagram below is from his book. Being in a creative writing group can fulfil elements of all six needs, but especially promote a sense of Identity, Occupation and Inclusion.

Psychological needs



I have had experience of working with older people with diagnoses of dementia both one-to-one and in group settings and in my experience, poetry is a very useful medium in that it is often mysterious and to quote Welsh poet R.S. Thomas, 'Poetry is that / which arrives at the intellect / by way of the heart.'

There is a large body of work by **John Killick** who pioneered the use of poetry with people living with dementia – there is a lot about his approach on his website www.dementiapositive.co.uk I adopted his technique of forming poems by and for people using their own words, shaped and edited but never added to, as a way of communicating what has been heard and understood.

The focus is on allowing the writing to take shape rather than forcing it – you can read back, ask if there's anything to be added or changed, or simply say 'would you like to say more about ...?'.

In our sessions we have plenty of time and the emphasis is being in the moment – no right or wrong.

The prompts are simply that – a way to nudge us into writing – it doesn't matter if the writing goes 'off-topic' – self-expression is the key.

Some general guidelines

I have taken the following from www.alzheimers.org.uk

When you are assisting a person with dementia, remember the following points.

- Firstly, allow the person to take their time.
- Try to understand how they might be feeling.
- Put the person at ease – be friendly and smile.
- Consider their feelings and respond to the emotions they are expressing.
- If they are experiencing difficulty or appear distressed, ask direct questions such as whether there is someone they would like you to call, rather than ‘What would you like me to do?’

Communicate clearly. The key to helping someone is being able to communicate with them. A person with dementia may not understand what you are doing or remember what you have said.

Treat them respectfully by addressing them in conversation as well as any partner or carer they may be with.

Follow the guidelines below that may help you communicate with someone who is experiencing difficulties associated with dementia.

Body language and physical contact

- Make eye contact
- Make sure that your body language and facial expressions match what you are saying.
- Never stand too close or stand over someone to communicate.
- Do not cover your mouth. The person should be able to see your face clearly.

Talking

- Speak clearly and calmly.
- Use short, simple sentences.
- Speak at a slightly slower pace.
- Avoid speaking sharply or raising your voice.
- Don’t talk about people with dementia as if they are not there or talk to them as you would to a young child.

Listening

- Listen carefully to what the person is saying, and give them plenty of encouragement.
- If you haven’t understood fully, tell the person what you have understood and check with them to see if you are right.

.....
Victoria Field, 25th September 2017

Appendix 2: Brambles Care Home

'A Few Words About Me' sessions at Brambles Care Home, Wye

A mini-series of four creative writing and poetry sessions were organised with Brambles Care Home in Wye on the 17th and 24th April, and 1st and 8th May) with a filming session on 28th May 2018.

Jasper Bouverie, the project manager of Funder Films CIC, had undertaken previous filming work at the care home and felt the opportunity for these workshops, led by experienced biblio-therapist and writer, Victoria Field would be well received.

This mini-series was part of the 'A Few Words About Me' project, funded by Big Lottery and Kent Community Foundation involving a main group in Canterbury, specifically for those living with dementia and their carers, supporters and volunteers.

The participants

- The residents who came to the communal lounge to take part were generally very frail and elderly, with some presenting symptoms of mild cognitive impairment.
- Unlike the main project AFWAM workshops in Canterbury, the care home sessions were essentially single-handedly led and supported by Victoria, with only one or two volunteers present; not with dedicated one-to-one support for the residents.
- The sessions were very well received and regarded as a stimulating and enjoyable, recreational experience. Coffee and tea was served to all the group by the care staff.
- The structure and pattern of sessions followed with Victoria adopting her approach and techniques – as used for the Canterbury Group – but simplifying the tasks overall for a slightly shorter period of one and half hours.
- Typically ten residents and one or two volunteers, to offer support, attended.
- A variety of topics were covered and themes included:
 - Session 1: each sharing something about their personal and professional history and the house where they were born;
 - Session 2: each sharing something about their names, and then focusing on the theme of the sea;
 - Session 3: A mix of themes covering, love and friendship and sharing about loved pets;
 - Session 4: gardens and flowers.

How the residents responded

- At first the residents were reluctant to do much writing but they warmed up over the sessions. Several in the group were contented just to listen, talk occasionally and preferring not to write. Some people welcomed having some help, and for someone to scribe for them.
- Listening to the poems being read aloud, at times, appeared to have an enchanted, spell-binding effect on the residents. When their original work was read out the following week, again they were delighted, surprised and pleased with what they had accomplished and how 'good it sounded'.
- The group dynamic was very different from Canterbury given the people already knew each other, to a degree, and due the fact that several people came and left at various points in any one session.
- Each week Victoria documented a review of the session and what she had done as a record for the project, reflecting on what had covered and how the session unfurled with useful prompts and suggestions for 'another time'.
- A lot of mutual kindness and caring was evident between fellow residents and they were delighted with Victoria's presence and visits.
- The care home sessions generated a mood uplift, and a pleasurable experience with participants reflecting on sad times and losses as well as happy times in their lives.
- As with the Canterbury group, residents were invited to say how they were feeling with a one word 'check-in' at the beginning and a one word 'check-out' at the end. The scoring exercise, used with the Canterbury group, was felt to be too complicated. No written baseline or written questionnaire feedback was gathered for this group; this would have been too obtrusive, over-burdening and time consuming.
- The residents' (oral) feedback showed that the majority of those who came along, very much enjoyed the sessions.
- Having the opportunity to do something different, to break up the routine of their day and be stimulated by bright, lively, cheerful outside visitors, and having something different to talk about, was 'something to relish' and look forward to; especially for those residents who were long retired teachers.

- Some residents, understandably, had limited concentration spans and several would frequently doze off to sleep for a nap. Several would leave early and others would join the group part way through. This was naturally accepted as part 'of the way things are' and the comings and goings were easily accommodated into the process.
- Sometimes multiple conversations between different residents happened at the same time and this presented a slight challenge. Victoria gently brought the group together, back on track, welcoming their enthusiasm.

The Brambles Care Home Films

Jasper successfully encouraged five residents to be filmed after the session four, at a later date, with them reading out some of their poems produced during the sessions. Eight poems were read and filmed.

Below are the links to the individual final short films.

Five residents took part in the filming with eight poems read and film edited.

<https://vimeo.com/274052749> (password doreenlambert)

<https://vimeo.com/274035526> (password maryfelton)

<https://vimeo.com/274035750> (password valeriecooper)

<https://vimeo.com/274035938> (password helenhoward)

<https://vimeo.com/274036048> (password ednabarnes)

<https://vimeo.com/274829968> (password: valerie cooper)

<https://vimeo.com/274830347> (password: maryfelton)

<https://vimeo.com/274830214> (password: helenhoward)

Poetry produced by the residents

Below is a sample of some of the short and delightful poems produced by the group.

Poems by Brambles Care Home Residents

My Garden

When I sit under the cherry tree
In the evening,
The garden, with its walls
Puts its arms around me
And loves me
As I love it.

by Helen, 8th May 2018

Love Is

Full of life and caring
A feeling of security
Considerate
Affectionate – better than
people
A cuddly mixture
Warm, welcoming, with a
listening ear
Love is like a medicine, makes
me feel better
It's a tonic

*by Doreen, Mary, Betty, Jill, Floss,
Fay, Robert
Brambles, 1st May 2018*

Rose Bed

My garden is a rose bed
Full of budding joy
For everyone's delight

My garden is a rose bed
Colours glowing bright

by Fay and Mary, 8th May 2018

My Garden

My garden is such a joy to view.
Gives life to many insects, birds.
They come each year and nest.
They bring life to gardens
everywhere.
They sing with joy when making
nests.

We love to hear their songs.
My garden pond I used to have
was full of every kind of life.
I used to love the colours there,
the colours of the dragonflies.

*by Valerie, scribed by Vicky
9th May 2018*

Appendix 3: Web-links to the films

The main series of 'A Few Words About Me' were all filmed at St Peter's Methodist Church Hall. Below are links to the individual and final short films, which run from three to approximately thirteen minutes.

In each case the password is funderfilms

<https://vimeo.com/265187233> (funderfilms)

<https://vimeo.com/267413196> (funderfilms)

<https://vimeo.com/272963700> (funderfilms)

<https://vimeo.com/272964225> (funderfilms)

<https://vimeo.com/257173038> (carolinayoung)

<https://vimeo.com/257173355> (derekleadbetter)

<https://vimeo.com/257173578> (ruthblair)

<https://vimeo.com/257470238> (kenburgess)

<https://vimeo.com/257470528> (sheilakellet)

<https://vimeo.com/262375426> (dawnhorne)

<https://vimeo.com/262419792> (michaelyoung)

<https://vimeo.com/262420108> (michaelyoung)

<https://vimeo.com/262420347> (philipknight)

<https://vimeo.com/262420641> (philip knight)

<https://vimeo.com/262420846> (ruthblair)

<https://vimeo.com/262421077> (michaelyoung)

<https://vimeo.com/262421303> (michaelyoung)

<https://vimeo.com/262421487> (michaelyoung)

<https://vimeo.com/262374949> (carolinayoung)

<https://vimeo.com/262375281> (carolinayoung)

<https://vimeo.com/262419553> (fayblair)

<https://vimeo.com/262520332> (ruthblair)

<https://vimeo.com/276921905> (carolinayoung)

<https://vimeo.com/274035526> (maryfelton)

<https://vimeo.com/274035750> (valeriecooper)

<https://vimeo.com/274035938> (helenhoward)

<https://vimeo.com/274036048> (ednabarnes)

<https://vimeo.com/274052749> (doreenlambert)

<https://vimeo.com/274829968> (valeriecooper)

<https://vimeo.com/274830214> (helenhoward)

<https://vimeo.com/274830347> (maryfelton)

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A Few Words About Me

Project Evaluator

Fay Blair

June 2018