

LEARNING VISIT REPORT
Eastside Community Heritage 12675

1.1 Date of visit: 16.06.17	1.2 Name of visiting Grants Officer: Sandra Davidson	1.3 People met with: Judith Garfield, Executive Director
1.4 Programme Area & Outcomes: Older Londoners Older Londoners aged 75 years and over living more active and healthier lives Fewer older Londoners aged over 75 years with depression and more reporting improved well-being		
1.5 Purpose of the award: £48,000 over two years towards the salary of a Project Officer and on-costs to build on the successful 'Tea, Dance, Music & Reminiscence' project recording the stories of local people in Barking and Dagenham, Redbridge and Havering.		
MONITORING INFORMATION		
2.1 Project Outcome 1: <i>810 older people in Barking & Dagenham, Havering and Redbridge engaged in social and cultural activities; reduction of isolation and loneliness and improved mental and physical health and well-being.</i> Progress made: The recruitment of a part time Project Officer to develop and run activities for older people in Barking and Dagenham, Redbridge and Havering is proving a great success. The reminiscence sessions including tea dances, dance therapy and music sessions held in sheltered accommodation and community centres has attracted high numbers of older people particularly those with dementia. The project exceeded its target with a total of 835 people engaged in the project. A case study given highlighted the success of a session run in one of the independent care homes with over 25 people with dementia and a variety of other impairments that were able to engage as a group and share memories with the confidence of the project worker and care staff. User feedback has been very encouraging and positive about the benefits of attending the sessions particularly for those with health-related issues		
2.2 Project Outcome 2: <i>Care/support workers in Barking & Dagenham and Redbridge trained in reminiscence activities and delivery.</i> Progress made: Delivering training to care/support staff proved difficult due to time commitments and care needs. A system was developed where carers sat in and observed, or engaged with the sessions to learn how reminiscence can work in practice. This helped increase confidence and interaction whilst delivering dance and music sessions. Training resources have been developed and handed out to staff and carers.		
2.3 Project Outcome 3: <i>Participating older people, including those suffering from dementia related conditions, feel less isolated and lonely.</i> Progress made: The organisation has developed an excellent reputation for its work with older people. Outreach to community and residential care settings have attracted a wide audience to the project and it seeks ongoing feedback from its service users. The		

engagement of older people at each of the reminiscence events has seen an improvement in confidence and physical and mental health. The project worker is seen as very passionate and able to encourage older people to work together by developing their trust. Creating new networks of friendship and support is instrumental in reducing isolation and is welcomed by participants.

2.4 Project Outcome 4: *15-20 older people feel that their experiences are valued, and contribute to London's history through the recording and preservation of their stories through oral history.*

Progress made:

30 people have taken part in the oral history sessions using materials from the organisation's extensive archive and freely available musical resources as stimuli in these sessions to create discussion amongst participants. Using oral history, photographs, music and food enabled participants to immerse themselves in the sessions.

2.5 Project Outcome 5: *Production and dissemination of online learning resource, available for free download from ECH website.*

Progress made:

Resources are available for free download on the ECH website, as well as by request email, including images and instructions. Resources are currently being updated and will be available soon.

GRANT OFFICER COMMENTS

Eastside Community Heritage has successfully delivered 24 sessions per year and 6 tea dances engaging 835 older people working with 23 organisations across the three boroughs. 78.5% were female and 21.5% were male. 46% were living with dementia. The majority were white UK British. Partnership work with key organisations proved crucial to the success of the project. The value of reminiscence activities for older people has been evidenced by research carried out by Age UK (and others) describing the benefits of interacting with other people and enjoying gentle exercise to improve mobility.

Your officer was not able to see a session in action but able to watch a short film of participants in a care home setting. The post holder could clearly be seen to have developed a good relationship with participants. The group sang songs and were all smiling in a brightly coloured room. The organisation has learnt to engage older people building on its intergenerational work and close links with key organisations. More work needs to be done to engage care staff and support workers with limited time to enable them to support and deliver reminiscence activities.