

FEBRUARY 2019

Let's do some art together on Zoom for people aged 65+

Starts Tuesday 9th February 2021,
2pm - 3pm or 3.30pm - 4.30pm

Then every Tuesday for 6 weeks

Followed by a virtual exhibition of your artwork



To book a place or to find out more about using
Zoom please call Marion on 020 3441 5288 or email
artsandaction@aol.com




Department for
Digital, Culture,
Media & Sport

In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**

VIEW THE LET'S DO SOME ART TOGETHER... Exhibition on

www.hounslowseiorstrust.org

Hounslow Seniors Trust (HST) worked with Nicki Rolls a Redlees Studio artist who we had worked with on projects before to deliver "Let's do some art together". We knew Nicki would help us achieve our desired outcomes for the project. These outcomes were to provide workshops that gave older people new artistic skills, attract and retain new users to HST activities and provide space within the Zoom sessions for people to get to know each other, form new friendships and feel less isolated, especially during lockdown as many of us had been shielding for almost a year.

We promoted "Let's do some art together"... through the HST website, Fun and Fitness in Retirement WhatsApp Group, the Redlees Studio mailing list and by word-of-mouth. It was a good thing we did not do more promotion, because the response was over-whelming. We originally planned to provide 6 sessions for a total of 16 participants with each participant taking part in 3 sessions each. However, when we spoke to the potential participants, it became clear that they wanted more, so the Trustees took the decision to use reserves to fund an additional 12 one hour workshops enabling each participant to attend 6 sessions for 6 weeks. In the end 24 people joined the groups and 20 completed the sessions and provided artworks for the Let's do some art together... exhibition. The exhibition can be viewed on the HST website www.hounslowseiorstrust.org.

HST was new to Zoom so we spent some time discussing the format of the sessions and felt that to be truly beneficial to the participants and to enable us to achieve our outcomes we needed to limit the numbers in each session to eight. At the final review meeting with the participants they confirmed that eight per group was the right number as it gave them all the opportunity to participate fully. At the review meeting we asked the participants how they felt attending the sessions on Zoom.

They said: - 'Zoom was good, but face-to-face is better.' - 'I got used to Zoom' - 'Eight was a good size for the group because I could see everyone on my screen.' - 'Doing art in my living room was messy.'

The participants felt that in the future it would be useful to have an introduction on how to use Zoom at the start of any series of Zoom sessions.

One of our primary aims for this project was to invite new people into the group and ensure they felt welcome, got to know each other and stayed. Ten of the participants were new to HST, of these nine stayed for all the sessions and contributed to the exhibition. What people said: -'I live alone so nobody sees my artwork, it was good to be able to share it with others' -'It was great to socialise and get to know new people' -'The art sessions were something to look forward to' - I felt less isolated being part of this group' - 'We were able to support each other.'

During the course of the project our management team from Arts and Action took time to investigate ways of attracting new users to our activities, particularly isolated and lonely older people. They spoke to a number of befriending organisations and others who support many lonely and isolated people. These organisations told them that the majority of their referrals

come from Local Authority Adult Social Care, Carers Groups, GP Surgeries and Community Psychiatric Nurses. Some GPs and CPNs 'prescribe' contact with services that help their lonely and isolated patients and the 'social prescribing services' offered by local voluntary organisations become embedded in local surgeries. HST will investigate how to become a 'social prescribing service'. We also discovered that Places of Worship are often in touch with many lonely and isolated people and that some people respond to articles in the local press.

HST will also look at making contact with voluntary and community organisations working with older people that are listed in the Hounslow Community Information Guide and CarePlace. This groundwork will be used to expand our embryonic (new) peer network of local organisations working with isolated people.

So we are now looking to the future. Firstly we have eight people on a waiting list so the Trustees of HST have taken the decision to fund a further 6 "Let's do some art together"... sessions. All 8 potential participants will be new to HST so they feel it is very important to engage with them. Also, the preparation of this report has enabled HST to submit a grant application for funding to carry forward the work around contacting more isolated and lonely older people and developing the peer network.

Report prepared by Arts and Action – March 2021.