



AGE FRIENDLY
MANCHESTER

Manchester
one of the
greatest places
in the world
to live your life.

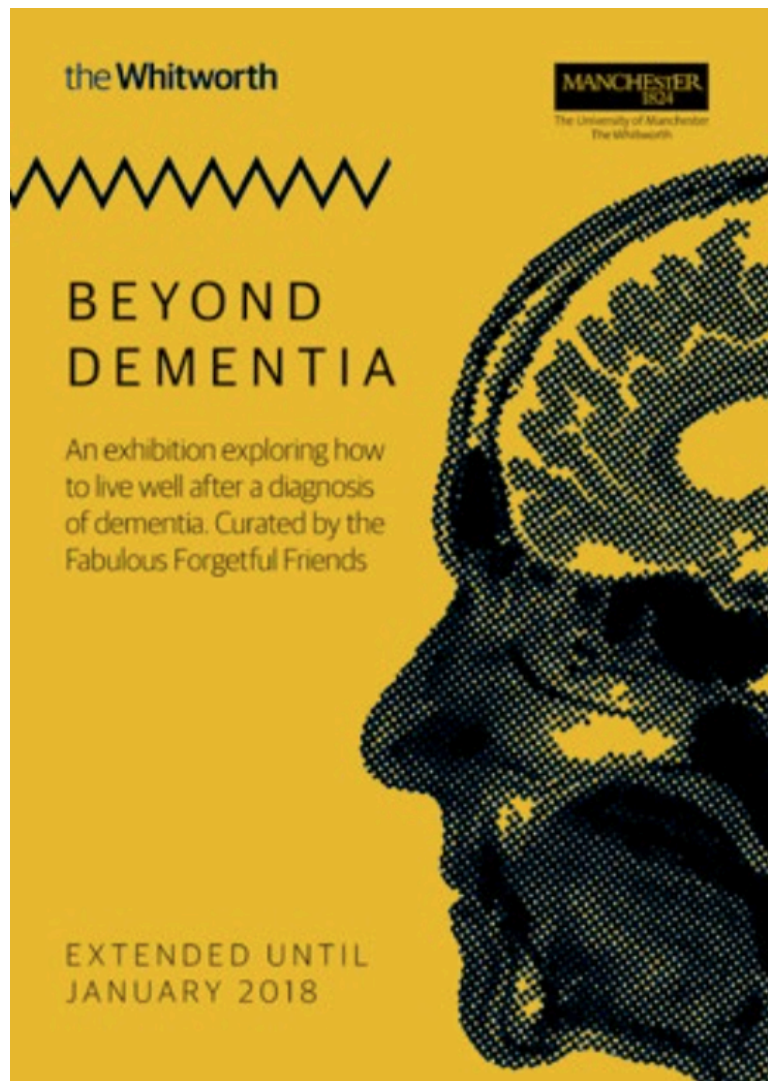










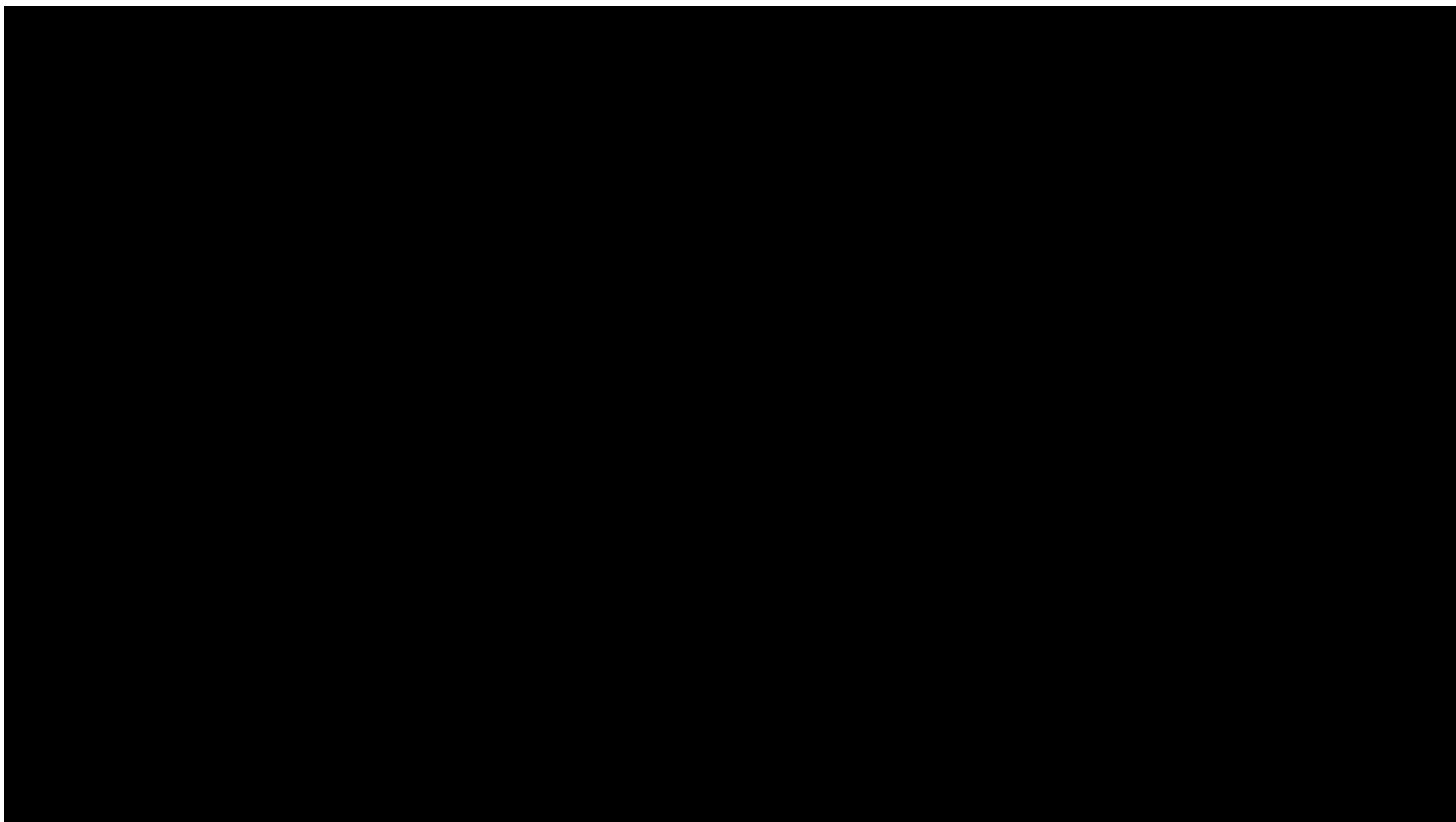


"The exhibition and accompanying public programme has been a resounding success. The Fabulous Forgetful Friends and their carers have offered a different, powerful and moving narrative of their experiences of dementia. It is a narrative that provides understanding and aims to raise people's awareness of the condition whilst providing meaningful ways to engage with the arts."

Wendy Gallagher
Arts and Health Partnership Manager

Image: The poster for the exhibition Beyond Dementia (July 2017-2018). The exhibition was extended due to popular demand.









~~~~~  
A  
**HANDBOOK**  
FOR  
**CULTURAL**  
**ENGAGEMENT**  
WITH  
**PEOPLE LIVING**  
WITH  
**DEMENTIA**



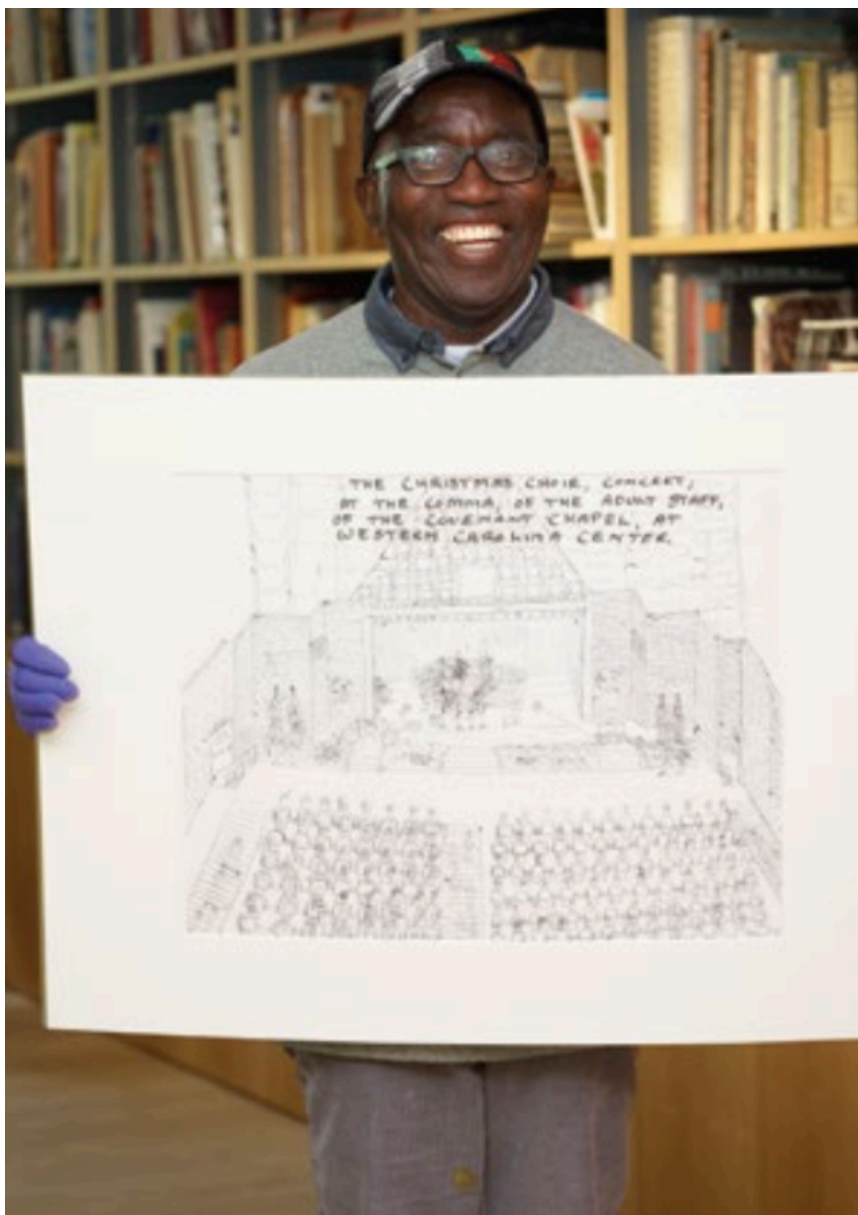
the **Whitworth**



# CONTENTS

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>6 FOREWORD</b><br/>Professor John Keady, University of Manchester</p> <p><b>7 THE FORGOTTEN</b><br/>Ronnie Lomax</p> <p><b>10 INTRODUCTION</b><br/>Wendy Gallagher, Arts and Health Partnership Manager,<br/>The Whitworth &amp; Manchester Museum,<br/>University of Manchester</p> <p><b>14 UNDERSTANDING DEMENTIA</b><br/>Dr Helen Pusey, Senior Lecturer, Division of Nursing,<br/>Midwifery and Social Work, University of Manchester</p> <p><b>16 TOP TIPS FROM THE FABULOUS<br/>FORGETFUL FRIENDS</b><br/>A guide to working with people living with<br/>dementia by people living with dementia</p> <p><b>18 ARTS FOR DEMENTIA</b><br/>Professor Victoria Tischler, University of West London</p> | <p><b>24 BEYOND DEMENTIA; LESSONS LEARNT</b><br/><b>Beyond Dementia project team and<br/>exhibition organisers</b><br/>Wendy Gallagher,<br/>Arts and Health Partnership Manager,<br/>The Whitworth, University of Manchester<br/>Matt Retallick, Assistant Curator,<br/>The Whitworth, University of Manchester<br/>Lesley Perkins, Non-Executive Director,<br/>Together Dementia Support<br/>Holly Grange, Project Curator,<br/>The Whitworth, University of Manchester</p> <p><b>36 LETTERS FROM THE GROUP</b></p> <p><b>42 VISITOR FEEDBACK</b></p> <p><b>48 MERCHANDISE</b></p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|





## VISITOR FEEDBACK

**"A very moving, enlightening and inspiring exhibition. Just shows creativity reaches through boundaries and can be a real healing process. Thank you to all those 'fabulous forgetful friends' who shared their experiences. A real insight into the condition."**

**"A fantastic exhibition to remind us each person with dementia is an individual and has their own story. Something society often forgets."**

Charlie's chosen artwork: *Brooks Yeomans Christmas Choir, Concert, at the Comma, of the Adult Staff, of the Covenant Chapel, at Western Carolina Center 1997. Felt-tip pen on paper.*

45



# Evidence based practice and research

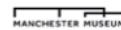


Investigating the health and wellbeing impacts of museum and gallery activities for people living with dementia, stroke survivors, and mental health service-users

A partnership between



the Whitworth







# CULTURAL FIRST AID KIT

A PARTNERSHIP BETWEEN

**MANCHESTER**  
1824

The University of Manchester  
Manchester Museum

**MANCHESTER**  
1824

The University of Manchester  
The Whitworth

**NHS**

Central Manchester  
University Hospitals  
NHS Foundation Trust

## EXERCISE

1

# WALKING TO THE BEAT



## EXERCISE 1

### WALKING TO THE BEAT

#### AIM:

To regulate gait, support muscle development and reduce falls.

This can be completed with crutches or walking frames, as well as without.

#### RESOURCES:

Online music player ie Spotify (free version) or itunes, speakers or headphones

#### METHOD:

- 1 Select a song from 60 beats per minute (bpm) playlist.
- 2 Listen to the beat and tap it out on your lap.
- 3 Still sitting, try to march your feet to the beat.
- 4 When you are ready, stand up and move your feet to the beat, listening carefully to the strong beats of the music.
- 5 Practice walking to 60 bpm for 5-7 days.
- 6 When you feel confident, move to 70 beats per minute. You can repeat this pattern with 80, 90 and then 100 beats per minute.



CULTURAL FIRST AID KIT