

REAWAKENING THE MIND



THE HELPING HAND

Patrons: HSH Dr Donatus, Prince von Hohenzollern & Baroness Greengross

Arts vs dementia

SUPPORTERS SCHEME

YOUR SUPPORT - YOUR HELPING HAND

will help relieve people from isolating trauma in the weeks/years prior to diagnosis, help advance social prescribing – direction to arts – to relieve the isolating strain and trauma of diagnosis of dementia and to boost brain health through providing more re-energising arts workshops for dementia, training and staff to fill our website directory of arts opportunities for dementia nationwide.

Engaging with cultural interests and creativity restores sense of purpose, joy and social interactivity enables people to live happy, healthier lives and preserve interests in the community, for years longer - despite dementia.

Arts 4 Dementia (Registered Charity 1140842, Registered Company. 7511427)
Phoenix Yard, 65 King's Cross Road, London WC1X 9LW
www.arts4dementia.org.uk Tel: 020 7239 4954 nigel@arts4dementia.org.uk

Weekly workshops at arts venues re-energise and inspire people to override early-stage dementia.

There are some 600,000 people living with dementia in the community. In our experience, these arts programmes empower them to maintain cultural interests together with their partners for some three years longer.

John, participant with dementia at Southwark Playhouse drama workshops:

'I really enjoyed the teamwork, that it's not always about me, that ideas are shared. It's stimulating. I can't wait till next week's session! My friend has noticed how I am enjoying myself more.'

Marie Forbes, dance artist, Siobhan Davies Dance:

'Bringing together all those different ideas in one class is a massive achievement. Some are more structured, others move more freely, speaking more confidently after dancing.'

Jennifer, carer, participant in dance and drama:

'Everyone feels included. It got everyone working together and being inventive very quickly.'

Andrea Cuciuc, Medical Sciences Student at UCL

'I found attending arts classes for dementia the most fulfilling and rewarding volunteering experience very impactful towards becoming a doctor. I have witnessed the power of artistic and creative activities, how participants became more confident in expressing their ideas, how, despite their condition, the positive, funny side of their personality remains intact. I believe it vital to any prospective doctor to see the effects of social prescribing of arts projects for dementia.'



TRAINING

Our training days give insight into challenges people face as the various types of dementia set in, their existing skills and how best to access these, to inform arts workshops for dementia nationwide. Arts and medical students volunteer at workshops to benefit their careers.

800 artists, arts facilitators, art students have attended our training.

Training delegate feedback:

'This has had a huge impact on planning for my upcoming London Brain Project. I will be focussing on the now rather than on memories.' 'Excellent information on dementia types and communication - it challenged my own perceptions and Assumptions. 'So useful, even though I already run workshops for dementia. I'm going to finetune it. It is very reassuring others face similar challenges.'

SOCIAL PRESCRIBING

By 2021, every GP will have access to a social prescribing link worker who can offer arts and other non-pharmaceutical interventions to patients for wellbeing



BEST-PRACTICE CONFERENCES

Our conferences provide a platform for debate between experts across culture, health and wellbeing nationwide and beyond:

849 people across culture, health and wellbeing have attended.

Arts vs Dementia Best-Practice Conference 2021 (The Wellcome Collection in London) will advance social prescribing to culture and creativity as diagnostic practice for dementia.

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MAKING THE DIFFERENCE

Arts vs Dementia, our award-winning charity founded to provide stimulation for people coping with a new diagnosis of dementia, is now at a crucial threshold, to extend the charity's reach from helping hundreds of people a year to tens of thousands

THE NEED

Focus on coronavirus has significantly depleted our charity's funding sources, yet throughout we have continued to provide artistic stimulation. Arts for wellbeing has proved even more vital in isolation we have all had to experience.

We need your support, to avoid being forced to reduce our work. With your support, Arts vs Dementia can keep reaching out to help families override the strains of dementia. At this difficult time, we recognise the urgent need to direct people to arts early in the diagnostic process. Our aim is for arts prescriptions to be available to the 209,000 people diagnosed each year, to protect them from isolating fears as they undergo tests - and instead to open the door to arts projects that can keep them healthier and happier for years longer

**Baroness Greengross, Patron, Arts 4 Dementia
Co-Chair, All Party Parliamentary Group on Dementia**

'The arts and particularly music are an essential part of living with dementia. We must promote the arts from the moment of diagnosis to improve the quality of life for people.'

Dr Michael Dixon, Chair, College of Medicine, Co-Chair, Social Prescribing Network

'We must make sure that people with dementia can access social prescription at a very early point, because that enables us to delay the onset of any deterioration, and ensure that they are linked to those arts interventions at an early stage which might be more difficult as the disease progresses.'

Dr Charles Alessi, Senior Advisor, Public Health England

'We know now more than ever that social isolation and cognitive inactivity are risk factors towards people developing cognitive decline, especially as they grow older. It is important for people to retain meaning and purpose and ... to maintain contact with the arts and the community to achieve this.'

THE HELPING HAND – ARTS vs DEMENTIA

SUPPORTERS SCHEME

Name _____

Address _____

Telephone _____ Email _____

My donation of £_____ will support the Social Prescribing Founding Scheme

Or I wish my donation of £_____ to support the following _____

*Or I wish to give a regular donation of £_____ a month, starting on _____

GIFT AID: If you pay tax above the level of all your donations and can allow us to apply for Gift Aid – at no extra cost to yourself – please tick here .

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THE REAL DIFFERENCE YOUR MONEY CAN MAKE

Supporters £100*: Covers the cost of studio hire for three dance classes - for example, at Siobhan Davies Dance, to help re-energise eight people with dementia and carers,

Major Supporters £250: Enables an artist to deliver an arts workshop for eight people with dementia and their companions - for example, drama at Southwark Playhouse.

Pearl Supporters £500: Meets most of the £650 cost of training *twenty artists, arts facilitators and students* in preparation to run arts workshops for early-stage dementia.

Gold Supporters £1,000: Pays for one person with dementia and partner to override dementia and protect against cognitive decline at weekly re-energising arts workshops *for a full year*.

Diamond Supporters £2,500: Funds a class of eight people with dementia and their partners to stave off cognitive decline through an eight-week weekly programme, for example, of poetry workshops.

Platinum Supporters £5,000: As before (Diamond Supporters), but for six months.

Social Prescribing Founding Supporters £10,000: Provides substantial support towards the breakthrough to nationwide social prescribing to arts as diagnostic practice for dementia *or* funds a full year of weekly arts workshops for eight people with dementia and their companions.

Donating is very personal:

You allow us to work, to reach our goals and through our workshops you are directly helping people to maximise brain activity for as long as possible. You are extremely important to us. We shall keep you informed about the use of your donation and the progress of those whom you support.

You may dedicate support to a specific purpose. You can be named in association with an event *or*, if you prefer, remain anonymous. *Unrestricted funds - any sum* will be used for the Social Prescribing Project to benefit people with dementia nationwide.

As a member of 'The Helping Hand' Supporter programme of the year, you will be mentioned in the magazine 'The Helping Hand' on the occasion of the annual festive Gala evening and on the Arts vs Dementia website.

Legacies: Our Patron, HSH Prince Donatus, who has himself bequeathed a legacy to us can be contacted if you are considering a legacy or long-term sustainable support.

The Helping Hand supporters will receive regular news and the magazine and will be invited to the Arts vs Dementia Gala.

Please make your cheque payable to "Arts 4 Dementia" and send it to:
Chairman of The Helping Hand, HSH Dr Donatus, Prince von Hohenzollern,
c/o Arts 4 Dementia, Phoenix Yard, 65 King's Cross Road, London WC1X 9LW
or transfer your highly appreciated donation to our Lloyd's Bank account
"ARTS 4 DEMENTIA", Account No: 2304 6360, Sort Code: 30 96 88.

Thank you so much for your interest in our work and for reading this leaflet

Leaflets are impersonal – You are warmly welcome to introduce yourself to our chief executive, Nigel Franklin, Tel: 020 7239 4954

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