

Networking and Learning event

Tuesday 19th September, 10am – 4pm

St Fagans National Museum of History, Cardiff CF5 6XB

Improving the wellbeing of older people through arts and culture

Wales is a nation of older people, and older people contribute massively to our communities, culture and economy. Despite this invaluable contribution, many older people are unable to lead the lives they want to, and their desires are often overlooked and undervalued.

Join us for this free event to share skills, knowledge and good practice, and help us develop better ways to engage with older people and improve their quality of life and wellbeing through involvement with arts, culture and heritage.

Who is the event for?

- **People working in arts, culture and heritage** interested in exploring partnerships with other cultural organisations or project including museums, libraries, arts venues and sports clubs.
- **Older people and community groups** interested in helping developing age-friendly practices with cultural organisations.
- **People and organisations working closely with older people** interested in using arts and culture in their work.

What are the aims of the day?

- To learn from each other and share good practice, and develop a directory of age friendly projects and activities involving cultural institutions around Wales.
- To learn about some of the inspiring and innovative work already taking place around Wales, and find out how to get involved.
- To learn about the resources that organisations including museums, libraries, galleries and arts venues can provide to help you in your work.
- To make new contacts and partners to work on age-friendly projects around Wales.
- To propose new partnership projects between cultural organisations and the public, private and third sectors.

To book your place, visit <http://bit.ly/2tP7Y6K>, or contact the Ageing Well in Wales team at ageingwell@olderpeoplewales.com or on 02920 445 030.

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10:00am	Registration, tea and coffee
10:30	Welcome, overview of the day and housekeeping <ul style="list-style-type: none"> • Sharon Ford, <i>Amgueddfa Cymru - National Museum Wales</i> • Steve Huxton, <i>Ageing Well in Wales</i>
10:45	Making museums age-friendly
11:00	Using performance to engage and empower people living with dementia
11:30	Gwanwyn: Ten years of celebrating creativity in older age <ul style="list-style-type: none"> • Victoria Lloyd, <i>Age Cymru</i>
12:00	Sports: A key part of Welsh cultural heritage, and a great way to engage with older people <ul style="list-style-type: none"> • Tony Jameson-Allen, <i>Sporting Memory Network</i>
12:15	Lunch and networking <i>Lunch will not be provided. However, people are invited to either bring their own lunch with them, or to get something to eat at the St Fagans café</i>
1:15	Workshop session 1
2.30	Workshop session 2
3:45	Closing remarks and what next?
4pm	Close

Afternoon workshops: Session 1 options

Age: More than just a number

How can we best engage with older people? Do we need specialist activities, or better ways of communicating? How do we bring arts & culture to older isolated people?

Libraries: More than just books

What activities are libraries in Wales already providing? What additional services could be provided? Using libraries as local cultural hubs and building new partnerships.

Music: More than just Vera Lynn

From professional performances to amateur singalongs. Whether taking part in performance, or enjoying music, how can we best use music to engage with a wide variety of older people?

Afternoon workshops: Session 2 options

Sport: More than just Walking Football

Whether using sport to help older people keep physically active, or using sports as a great way to break down barriers between generations, how can we use the rich sporting culture and heritage of Wales to engage with isolated older people?

Museums: More than just reminiscence

Unlocking the wellbeing potential of museums in Wales. Building relationships between museums and care and housing sectors to increase the reach of museum collections.

Theatres: More than just Dementia Friendly venues

Using performance to engage with older people, people living with dementia and their carers. Using theatres, galleries and arts venues as community hubs.