



COURTYARD
HEREFORD

CREATIVE AGEING

APRIL - AUGUST 2018

CREATIVE AGEING & ADULT PARTICIPATION

Glastonbury might be having the year off, but we are celebrating all things musical this year. Spring 2018 sees us launch into a year of themed workshops, projects and classes. Check inside for more details.

July is a bumper one for us with a new training programme run by music interaction expert Matthew Laure, and our ever popular Moving Pictures event combining film and dance for a full day workshop that'll get your toes tapping. The week is rounded off by a Dementia Friendly performance on Horaay for Hollywood on Friday 13th July.

INSIDE...

**Creative Training
Adult Workshops
Training**

BOX OFFICE **01432 340555**

courtyard.org.uk

In partnership with



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

CREATIVE AGEING

Our creative ageing project was first established in 2010, making us one of the first art centre's to have a dedicated team engaging older people. We run a huge range of projects, be that here in our vibrant city centre venue; out in the community as part of our collaborative projects with groups like the Alzheimer's Society; or delivering specialist arts sessions in care homes across the county.

The project aims to combat isolation for older people living in our very rural county by running high quality arts sessions, where the focus is on enjoying taking part and having fun!

CREATIVE AGEING CLASSES

FIND YOUR FEET

Mondays from 16 April

10am - 11.30am (term-time) £2 per session

A dance and movement class for people living with dementia and their carers. Dance, exercise, and make new friends in this relaxed and enjoyable session. Led by an experienced dance movement specialist.



PLAYING TOGETHER

Tuesdays from

17 April

10.30am - 12pm

(term-time)

£2 per session

Join our new creative ageing class, bringing older people and preschool children together. This creative session allows participants to communicate through 'play' activities, including music, movement, sand, puppets and visual arts. Come along to experience the joy of playing together!

MUSIC MAKING WITH BEAT BANG BONG

Wednesdays from 18 April

2pm - 3.30pm (term-time) £2 per session

Where words fail, music speaks - led by an experienced artist this class allows you to share the joy of making music together in a relaxed group setting -and it's not too loud! The session ends with a cup of tea and a chat.



DEMMENTIA FRIENDS INFORMATION SESSIONS

We are committed to making Hereford more dementia friendly and so we are now offering monthly Dementia Friends information sessions here at The Courtyard.

Anyone can be a dementia friend, it is about understanding a little more about dementia, and the ways you can help. Sessions last about 45-60 minutes.

Tuesday 17 April, 6 - 7pm

Tuesday 12 June, 6 - 7pm

Tuesday 10 July, 2 - 3pm

Tuesday 14 August, 6 - 7pm

Free to attend, book your place at the Box Office on 01432 340555

REMEMBER ME

Wednesday 16 May

11am - 4pm

Our annual dementia arts festival is back! Filled with creative workshops and topped off with the return of Miss Kitty's Spectacular Tea Dance please save the date for this fantastic day. For full details see Remember Me programme flyer.





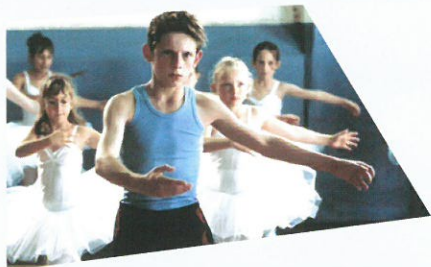
CREATIVE AGEING EVENTS

Dementia Friendly Screening SUMMER HOLIDAY

**Wednesday 20 June, Doors open 1.30pm
film starts 2pm**

A British mechanic (Cliff Richard) and his buddies pick up passengers and head for Athens in a double-decker bus. This classic musical is shown in a friendly environment. The sound is a little bit quieter and the lights are only dimmed. You will be able to sit round a table, so you can have tea, coffee and cake while you watch the film.

TICKETS: £7 inc refreshments
(accompanying carers free)



Moving Pictures BILLY ELLIOT

11 July 11.30am - 3.30pm

Film, Lunch & Dance workshop for those aged 55+

The day starts with a screening of Billy Elliot the tale of a talented young boy becomes torn between his unexpected love of dance and the disintegration of his family. The film is followed by a delicious lunch. Then **Dancefest** lead a creative dance workshop inspired by the film. For those who would prefer a shorter, seated dance workshop we have a special price ticket.

TICKETS: £15 - Film, Lunch & Full-length workshop

£10 - Film, Lunch & Seated workshop

£5 - Film & Lunch & Seated workshop
(accompanying carers rate)



Dementia Friendly Show HOORAY FOR HOLLYWOOD



**Friday 13 July,
Doors open 1.30pm
show starts 2pm**

Step back in time to
1920's London and
discover the most

unforgettable show songs that made
their way across the Atlantic as *Hooray for
Hollywood* unveils the influential music that
helped shape a legacy of opulence still much
admired today. This performance is designed to
be accessible for people living with Dementia and
their families.

TICKETS: £21 (accompanying carers free)



Dementia Friendly Show SHARING JOY

**Wednesday 25 July, Doors open 10.30am
show starts 11am**

Sharing Joy is an interactive performance
suitable for older people, especially those living
with dementia. The show uses music, mask,
dance, nostalgia, puppetry and general hilarity
to encourage participants to celebrate life and
all its joys.

The show is set in the 1940s and 1950s, and
features courting couples, wartime nurses, 1950s
dancing, a singing dog, and even Elvis!

TICKETS: £16, Concessions £15
(accompanying carers free)

CREATIVE AGEING MAILING LIST

If you would like to be first to hear about our upcoming projects, events,
training you can sign up to our mailing list, contact: The Creative Ageing Team

aop@courtyard.org.uk 01432 346514

Creative Ageing is kindly funded by Big Lottery



MENTOR LED TRAINING PROGRAMME

A series of training sessions for care staff, activity leaders and other practitioners who want to gain skills, knowledge and experience in working creatively with older people.

Please be aware places on Creative Ageing training workshops are no longer able to be reserved, you must now purchase a ticket to secure a place. Book online or via the box office, advanced booking strongly advised.

Turn the Beat Around with Matthew Laurie INTRODUCTION TO MUSICAL INTERACTION

Monday 23 April 2018

Musical interaction is an effective and enjoyable way to connect with and develop rapport with other people through improvisation, collaboration and celebration. This session will introduce the principles of Musical interaction through a series of enjoyable games and will offer some simple repertoire so participants can start using the practice in their setting.



All sessions run 10am - 1pm

£10 each session

Advanced booking strongly advised.

Book online or via the Box Office

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**Adapting Creative Arts for older people,
with Jeanette McCulloch**

PAPER COLLAGE TECHNIQUES

Monday 14 May 2018

Come and combine different types of paper (patterned, textured, printed words, transparent, maps etc.) to make individual and group artwork without the need to draw. The paper does the work!



DEVELOPING REPERTOIRE

Monday 9 July 2018

Repertoire is a key ingredient necessary for the provision of musical interaction. During this session we will explore the common repertoire of songs that 'everyone knows' along with some more interactive songs that allow for improvised celebration of music-makers. Participants will leave with more confidence to lead sessions and deeper understanding of how to create rapport with the people they support.

Held at Fred Bulmer Centre

UPCYCLE SCRAP FABRICS... NO-SEW!

Monday 25 June 2018

What to do with fabrics scraps....? Upcycle fabrics into new items - sensory, tactile and fun.

Shape-Cut-Paste...how to transfers images, add colour, use interlocking pieces, layering, weaving, we can think of oodles of ways to use recycled fabric.

**Play Your Part: A toolkit for creative storytelling,
with Claire Coache**

EVEN MORE CREATIVE WORKSHOP IDEAS FOR OLDER PEOPLE

Thursday 7 June 2018

Following on from the success of our drama project Play Your Part, we developed a toolkit to be a simple way for people who work with older people to develop their own creative storytelling activities. Come and learn how to get the most out of this new and exciting Creative Ageing resource. You will also receive a copy of the toolkit as part of the ticket price.



ADULT CLASSES TERM-TIME



WRITING FOR THE STAGE



Mondays from 16 April
10.30am - 12.30pm
£70 per term

Especially designed for up-and-coming playwrights, these sessions will bring out skills in both beginner and experienced writers.

READING ROOM



Tuesdays from 17 April
10.30am - 12.30pm
£52 per term

This exciting workshop is geared toward adults of all ages who enjoy close script analysis. Participants will explore work by acclaimed dramatists covering structure, characterisation theme and style with an experienced director.

READING ROOM EXTRA



Fridays from 20 April
6pm - 8pm
£52 per term

For adults of all ages who may be keen to develop their sight reading skills and abilities in vocal characterisation. Participants will look at a cross section of material from classical and contemporary playwrights bringing a script to life by looking at it from a more in depth rehearsal point of view.

GARRICK SINGERS

Mondays from 16 April
12pm - 1.30pm &
2pm - 3.30pm
£5 per session

Over 60 and/or retired? Come and join our choir! No need to read music just an enthusiasm for singing. No auditions, all welcome. Led by the fantastic **Jon Watson**, leader of the Fire Choir.

Run in partnership
between The Courtyard
and The Music Pool.



HEREFORD LIFE DRAWING GROUP

Thursdays from 19 April
10am - 1pm
£7.50 per session

All levels of experience welcome. We provide the life model, please bring your own equipment.

ZUMBA*

Tuesdays from 20 April
1.30pm - 2.30pm
£5 per session

A fun dance based class combining aerobics & Latin dance styles to create a feel good atmosphere. Suitable for adults of any age and any ability, Zumba is highly adaptable for you!

CHANCE TO DANCE*

Fridays from 20 April
10.15am - 11.15am
£4.50 per session

Gentle programme of creative dance for the over 50's. Looking at a wide range of styles of dance from Ballet to Bollywood, each session will give you a chance to try something different, meet new people and get fit in the process!

LAURA GALE ADULT CONTEMPORARY DANCE*

Tuesdays from 24 April
6.40pm - 7.40pm
£39 for 6 weeks / £8 drop in

Energetic class for both beginners and more experienced dancers. Sessions include exercises for fitness and flexibility alongside contemporary technique phrases and routines.

LAURA GALE STREET JAZZ*

Adults
Tuesdays from 24 April
7.40pm - 8.40pm
£39 for 6 weeks / £8 drop in

Teens
Wednesdays from 25 April
7.40pm - 8.40pm
£63 per term

A fusion of Commercial Jazz, Street and Hip-Hop Dance. Great for dance enthusiasts and those who are looking for a fun way to improve fitness!

Please book these classes
through Laura Gale on 07725
357531. laura@lauragale.co.uk
lauragale.co.uk

*Participants should wear comfortable clothing and trainers. Please note there are no changing facilities onsite. Water is available but you may wish to bring your own bottle.

BOX OFFICE **01432 340555**

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The Courtyard, Edgar Street, Hereford, HR4 9JR.

CREATIVE AGEING AT A GLANCE

April 2018

Tuesday 17	Dementia Friends	Training
Monday 23	Introduction to Musical Interaction	Training

May 2018

Monday 14	Paper Collage Techniques	Training
Wednesday 16	Remember Me	Event

June 2018

Friday 1	DAA Coffee Morning	Event
Thursday 7	Play Your Part Toolkit	Training
Tuesday 12	Dementia Friends	Training
Monday 18	CCC Coffee Morning	Training
Wednesday 20	Summer Holiday	Dementia Friendly Film
Monday 25	Upcycle Scrap Fabrics - No Sew!	Training

July 2018

Monday 9	Developing Repertoire	Training
Tuesday 10	Dementia Friends	Training
Wednesday 11	Moving Pictures: Billy Elliot	Dementia Friendly Film
Friday 13	Hooray for Hollywood	Dementia Friendly Show
Monday 16	CCC Training	Training
Wednesday 25	Sharing Joy	Dementia Friendly Show

August 2018

Tuesday 14	Dementia Friends	Training
Monday 20	CCC Coffee Morning	Training
Tuesday 28	DAA Coffee Morning	Event

Creative Community Champions Coffee Morning

Free introduction to our very successful community programme
Free but booking is advised

Our Creative Community Champions project supplies creative toolkits and teaches group leaders new artistic skills that they can run their own creative session with older people in their community.

We hold regular Coffee Mornings for Champions to try new creative kits and share information, and for potential Champions to come along to find out more about the project.

Monday 18th June 10.30am - 12.30pm

Monday 16th July 1.30pm - 4pm

Monday 20th August 10.30am - 12.30pm

Dementia Action Alliance Coffee Morning

10.30am - 12.30pm

Free

As the first arts centre to join DAA back in 2012, The Courtyard is committed to helping other organisations become dementia friendly. Do you run a business or local organisation? Are you interested in learning about what it takes to become dementia friendly? Pop by to our regular coffee morning and chat with other members of the DAA and learn about how easy it is to become dementia friendly and support people living with dementia.