

Arts'n'Care 08

**Showcasing the effective use of the arts
in social and health care for adults services**

50 SPACES FREE TO SERVICE USERS

Thursday 30 October 2008

**The Trident Technology and Business Centre,
Leamington Spa, Warwickshire**

9.30am – 4.30pm

**"It's a
fantastic day.
Inspiring
and fun"**

Arts'n'Care 2007
delegate

**"Brilliant
Day"**

Arts'n'Care 2007
delegate

"Superb"

Arts'n'Care 2007
delegate

**Music
Dance
Poetry
Circus skills
Drama
Singing
Writing
Comedy
Exhibitions**



BE INSPIRED: BE ENTERTAINED: BE THERE

Book today on 01332 780 096 or e-mail office@rightthing.co.uk

Or book on-line: www.rightthing.co.uk\booking.html

"The arts are a chance to do something different; a chance to shine"

The creative arts are an inspirational way to work with all groups of service users – adults with disabilities or mental health needs or older people. Through creating something unique, the arts can help people improve their communication while boosting their well-being, confidence and self-esteem.

Sensitive issues – such as adult abuse - can be explored in a safe arm's length way. And, of course, the value of using the arts therapeutically is well documented.

And let's not forget the power of the arts as a tool to improve the personal and team development of those who work in adults services.

So, come to watch; come to listen; come to learn; but also come to take part. And come to terms with what we all need to do and let the arts make a dramatic difference to your work.

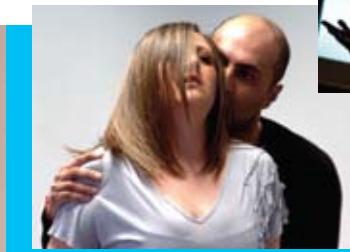


OUR PROGRAMME*

- 8.45** Registration opens
- 9.30** Introduction and welcome; keynote presentation
- 10.00** Workshop 1
- 11.20** Break
- 11.40** Workshop 2
- 1.00** Lunch – entertainment with deaf comedian Steve Day
- 2.00** Workshop 3
- 3.30** Break
- 3.50** Reflections on the day
- 4.00** Closing performance: Poetry and music with John Hegley
- 4.30** Ends



*** watch out for latest updates on our website: www.rightthing.co.uk**



Come to watch, listen, learn and take part with...

Poetry, music and drawing

John Hegley

An interactive workshop run by the quite brilliant comedy poet and musician (and former mental health nurse). This workshop will aim to generate some creativity in spite of what you might think about your own abilities. No experience required! "Awesomely mundane" *The Independent*; "Scandalously talented" *Sunday Times*, "Bleeding marvellous" *NME*.

Film

Coping Strategies

To shake off the "learning-disability" tag, Bollywood dreamer Shahid struggles to both keep to his Ramadan fast and tolerate the foibles of his compulsive-obsessive flatmates. This is the director's cut of the 30 minute comedy by Moment-by-Moment Productions (featuring Bill Nighy as the social worker)!

www.yarrowhousing.org.uk

Dance

CandoCo

CandoCo is a contemporary dance company of disabled and non-disabled dancers, aiming to produce creatively ambitious, entertaining and inspiring performances that push the boundaries and broaden people's perception of what dance is and who can dance.

"We want to excite by being daring, inspire by being excellent and question by being diverse"

www.candoco.co.uk

Singing

Sound Minds

Led by bass player and former professional opera singer James Brathwaite, this is a chance to have fun with vocal and sing-along games and find the voice you never thought you had! Beginners warmly welcomed!

Sound Minds is an emerging social enterprise using the arts to improve the lives of people under the care of community mental health teams.

www.soundminds.co.uk

Comedy

How comedy can raise awareness and improve confidence

Gareth Berliner is a fantastic comedian and a member of Abnormally Funny People Too. He also has Crohn's disease and says laughter save his life.

www.abnormallyfunnypeople.com

Writing

Expressive writing for service users

Kate Thompson is a journal therapist and counsellor, and vice-chair of Lapidus, an organisation promoting the use of the literary arts for personal development.

www.lapidus.org.uk

Communication

This is Real Life, This is Our Life

A workshop led by parents with learning disabilities from CHANGE looking at the issues parents with learning disabilities face around the country. CHANGE is a national organisation led by disabled people working for the equal rights of all people with learning disabilities.

www.changepeople.co.uk

Music

To Drum For

This workshop will offer the opportunity to experience the therapeutic benefits of drumming first hand. Participants will be encouraged to use their voices along with percussion instruments and drums.

www.todrumfor.com

Dance

Improved mental health through Salsa Absolute Salsa

A taste of salsa run by Lee Hunter founder of Absolute Salsa

www.absolutesalsa.co.uk

Singing

Voicework for wellbeing

Run by Liz McNaughton, this therapeutic social singing group activity for those with neurological illness and their carers, involves exercises and work with the speaking voice as well as the singing voice. It is simple, cost effective, does not require any particular equipment and can benefit quite large groups of people in many different care settings.

www.phoenixagain.com

Dance

Freedom in dance

Run by Jess Scantlebury, Freedom in Dance Programme Co-ordinator, this fun and informative creative workshop will demonstrate the multitude of benefits that dance as an art form can offer older people.

www.lincolnshiredance.com

Drama

Our Play Our Say

This workshop led by people with learning disabilities from CHANGE will show how they use drama in their research and campaigning for better sex education.

www.changepeople.co.uk

Music

Channel One: Sing-along reggae

London based Channel One have been playing together since 2002.

In 2004 they won the prestigious Community Care Award for Mental Health for their series of innovative music and mental health workshops in secondary schools.

www.soundminds.co.uk

Drama

wolf + water arts co

Run by Peter Harris, artistic director of wolf + water arts co, this participatory workshop will explore how using drama and theatre can be used both creatively, educationally and as a means of advocacy by people with learning disabilities.

www.wolfandwater.org

Circus Skills

Cirque Nova

Juggling and acrobatics – this participative workshop demonstrates the many benefits to learning circus skills such as increased physical strength and flexibility.

www.cirquenova.com

Creativity projects for care settings

Arts for Health Cornwall & IOS

This workshop is a sample of the projects that demonstrate the learning they have gained as well as being fun. Take part and see what it is like to be an older person in a care setting and how creativity can improve your quality of life.

www.artsforhealthcornwall.org.uk

Film

Using a short fiction film about the experience of dementia in practitioner education

Ex Memoria is a 15 minute fiction film about the experience of a woman with dementia, a Jewish refugee from wartime Poland now living out her later years in a care home. Its independent, arthouse tradition in film-making makes it different from the standard instructional videos more frequently used in practitioner education.

Drama

Oh It's Nothing Outloud Productions

An impromptu visit for mum's birthday gives Kate quite a shock, just what has been going on since she last visited? Why doesn't her brother Richard face up to the situation – Dad's doing it again and everyone's turning a blind eye – but then why should Richard step in? Dad's always been a pig to him and his wife even though he was the one left behind to look after them in their old age – of course Kate could just walk away, leave the birthday present and retreat, God knows she'd like to. Who wants to grow old?

www.outloudproductions.co.uk

We will be adding more to the programme over the coming months – so check our website - www.rightthing.co.uk - for the latest news on Arts'n'Care 2008

For information about running a stall in our exhibition area, please contact us
office@rightthing.co.uk

HOW TO BOOK A PLACE

- book on-line: visit www.rightthing.co.uk/booking.html
- e-mail us for a booking form: office@rightthing.co.uk
- call us: 01332 780 096
- fax us: 01332 780 096
- write to us: 73 Church Street,
Denby Village, Derbyshire DE5 8PH

We just need to know:

Your name

Your job title (if you have one)

Your contact e-mail or postal address

Your billing e-mail or postal address (if different)

And whether you have any special food, drink or access needs.

How much?

For the first 50 adult service users to apply – Arts'n'Care 2008 is completely free*

For all other adult service users it is £50 each

For everybody else it is £125 each

**Up to three adult service users may accompany any full-paying delegate free of charge. We have 50 free places available – first come, first served. Additional adult service users can attend at a subsidised cost of £50 each.*

Payment and cancellation terms

We will invoice you upon booking. Terms are strictly 30 days. Cancellations must be made by 30 September or else full fee will apply. Substitutions are, of course, welcome.

Arts'n'Care 2008

This year our event is being run over two days:

Wednesday 29 October is for the effective use of the arts within children and young people services; while Thursday 30 October is for adult services.

To find out more visit: www.rightthing.co.uk

"Fantastic atmosphere – left feeling invigorated."

Arts'n'Care 2007 delegate



"Very enjoyable and full of ideas and inspiration"

Arts'n'Care 2007 delegate



"Thanks for a brilliant day, very inspiring! I've come home with lots of ideas to apply to my work settings."

Arts'n'Care 2007 delegate

"An inspiring day with some impressive work being showcased and a great opportunity to network and share ideas. Please do another next year!"

Arts'n'Care 2007 delegate

"Thanks for a fantastic and inspiring day yesterday. I am still on a high!"

Arts'n'Care 2007 delegate

do **therightthing** ----

About us

We are not the usual type of company. Everything we do is aimed at improving everyday practice because this, in turn, can help improve the everyday lives of those people who matter most: those who use social and health care services. We do things differently, informally and with a smile because we love our work and we believe in it. We are a new, small company and sometimes we will make money. And sometimes we will lose money. But we will always do the right thing.