

Programme Overview

English National Ballet and Barchester Care Homes

Barchester Care Homes

- Over 200 care homes nationwide
- Focus on 2 care homes in London
- 17 care staff trained

Timeline of Project Delivery



- Continuous Professional Development days: November 2021
- Online workshops: November 2021 – March 2022
- In-home workshops: March – May 2022

Workshops Delivered

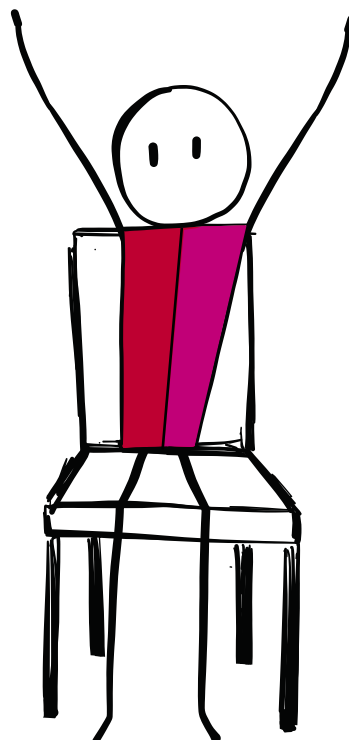


- 3 CPD days at ENB studios
- 8 live online workshops
- 8 face to face in-home workshops

Evaluation Methods



- Group Discussion
- Questionnaires
- Observations
 - Residents
 - Care staff
- Focus Groups
- Interviews



At a glance

Artistic Content



3 works from English National Ballet's repertoire explored:



Live Music Element



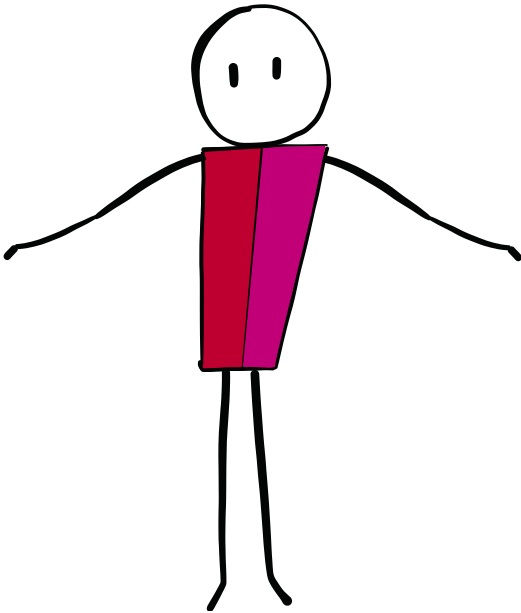
- Voice work
- Sharing of songs
- Percussion
- Rhythm
- Live piano, guitar and percussion

Images, clockwise from top left:

Erina Takahashi and Skyler Martin in *Nutcracker* © Laurent Liotardo

Daniel McCormick (front) and English National Ballet dancers in *Jolly Folly* © Laurent Liotardo

Shiori Kase, Isaac Hernández and English National Ballet dancers in *Raymonda* © Johan Persson



Sharing Expertise

- 2 English National Ballet Associate Dance Artists
- 3 English National Ballet Associate Musicians
- 2 English National Ballet Dance For Dementia Facilitators
- 1 External Evaluator
- 1 English National Ballet Director of Engagement
- 1 English National Ballet Head of Creative Programmes
- 1 English National Ballet Dance Health Manager

Development of Sensory Play

Workshops incorporated:

- Visual props
- Live music and singing
- Essential oils
- Tactile props
- Group discussions



Programme Impact

↑ Upskilling of care home staff

Staff experienced an increase in:

- Confidence supporting creative workshops
- Confidence leading small sections of workshops
- Recognition of inherent creative skills
- Ability to set up and resource a creative workshop
- Knowledge of sensory play
- Understanding of the use of open language to facilitate creativity



↑ Improved staff wellbeing

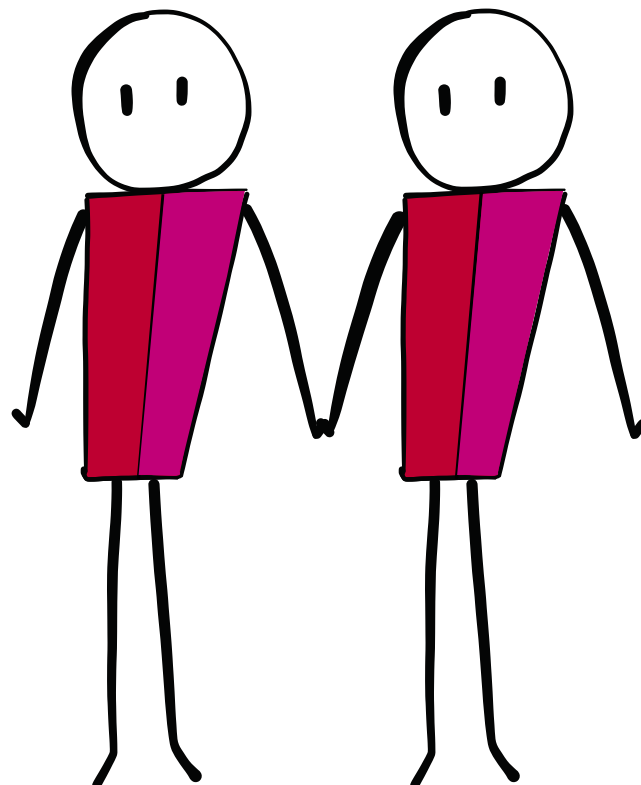
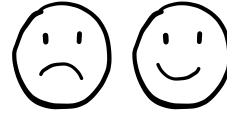
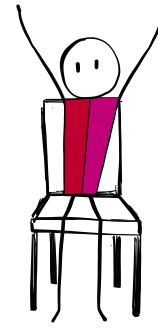
- Positive changes in mental and physical wellbeing
- Social interactions
- Opportunities to celebrate success
- Sense of challenge
- Felt respected and valued as care staff
- Inspired and motivated
- Opportunities for creativity
- Sense of wellness that lasted throughout the day





Improved resident wellbeing

- Improved posture
- Increased eye contact
- Increased vocal engagement
- Change of mood from negative to positive
- Increased mobility
- Positive changes to facial expressions
- Sense of enjoyment



Wider impact of the project



Barchester Healthcare staff with English National Ballet staff and Associate Artists at the Mulryan Centre for Dance, during a staff continuous professional development session © Rachel Cherry