



***'Molly and Bill has created special little moments
that wouldn't otherwise arise'***

Molly and Bill Impact Report

November 2017



**'Thank you for everything
that you have done for B; he
is blind now and tends to get
quite down; B really enjoys
the activities and looks
forward to them'**

Foreword

I am passionate about making things happen, something that makes a positive difference and encourages others to think differently or try something new. The Molly and Bill pilot has ticked all those boxes and many more. It has been a challenge, a delight and an amazing opportunity to create and develop a project that acknowledges the creative needs of older people in residential care.

I have met and worked with some inspirational people, caring and committed people who want the best for those in their care. I have also had the privilege to meet and spend time with some wonderful elders who have so much to share and offer us, their stories are our collective histories, their experiences could be ours. I have witnessed an openness to learn something new, participate and enjoy all that we have offered, and relished their frankness when we might have got it wrong.

Molly and Bill has been about bringing the creative into care, building on some of the good work already out there and introducing new opportunities and volunteers. Creative activities, whether arts and crafts, cooking, gardening, circle dance, singing, memory making or music therapy – all bring social, cognitive, emotional and physical benefits. People living in a closed world of dementia have opened up, remembered, connected; those with limited movement have increased their mobility through dance; the silent have sung solo and the lady who hadn't picked up a paint brush since being told she couldn't draw 70 years ago, realises she too is an artist and proudly displays her work.

Volunteers have freely given their time and skills to bear witness to the Molly and Bill magic as they spend time with residents, get to know them, their likes and dislikes, their life stories. Some have delivered activities, others have knocked on the doors of those who don't join in, and one volunteer has even found the missing links in people's family histories and ancestral lines.

The impact of all this work, the collaborations and the legacies that have been captured in this report aim to inspire us all to think creatively about care, those we care for and to keep that creativity going.

Liz North
Molly and Bill Project Co-ordinator



This Impact Report provides a summary review of the Molly and Bill pilot project over the 9 months, January to September 2017. It covers the impact of volunteers and the delivery of creative activities on residents, their families, care staff, volunteers and creative providers.



Context for Creative Activities

The availability of creative activities for older people in residential care has been recognised as **“a major determinant of quality of life and affects mortality rates, depression, physical function and behavioural symptoms”** as cited by the Alzheimer’s Society in their report ‘Home From Home’.

For some time now, the Care Quality Commission has emphasised the need for care providers to meet not only the physical care and support needs of residents but also take into account their social, cognitive, physical, emotional and spiritual needs. This enables them to keep in touch with their interests and identity, as supported by the National Association of Providers of Activities for Older People (NAPA) who state: **“activities should be seen as very much integral to care and not an extra. We support care homes to enable residents to live life the way they choose with meaning and purpose.”**

Where there are no opportunities for physical and meaningful activity, a person's appetite, blood pressure, muscle strength, dexterity, immunity, mood, sleep, digestion and cognition can be adversely affected according to the British Association of Occupational Therapists.

Volunteering in Care Homes

There are an estimated three million paid staff working in the health and social care services and the same number of people regularly volunteer in the sector according to the Kings Fund and Joseph Rowntree Trust.

Volunteers are able to give their time freely to support residents to take part in activities and encourage them to use their gifts, talents, goals and interests and therefore enable care homes to satisfy the increasing pressure to deliver person centred, holistic care. Volunteers add value and quality to the care environment by bringing the community in, having the time to build relationships that go beyond care needs and in some cases deliver activities as well as supporting residents to take part in those on offer.





Molly & Bill

Making our lives lively & Being involved in local life

6 care settings across Calderdale

9 month pilot

250 residents

11 creative providers

8 volunteers

1 part time Coordinator



An Overview of Molly and Bill

Molly and Bill (Making Our Lives Lively and Being Involved in Local Life) is a partnership between VAC, Calderdale Clinical Commissioning Group and Calderdale Council. It was also supported by a National Lottery Awards for All grant and the Abraham Ormerod Trust.

Originally, 3 residential settings were part of the pilot and then 3 intermediate care settings were incorporated.

The pilot has been managed by a part time Project Coordinator responsible for recruiting, training and supporting volunteers and developing a programme of activities delivered by third sector, community providers or individual practitioners. Activities are delivered by a mix of volunteers and paid providers that are matched to the needs of the residents and the settings.

Development Phase

January to March was a key period of development that included researching good practice from similar projects and activities, setting up systems, risk assessments, policies and procedures and building relationships with the care settings to identify gaps, needs and interests of residents.

From the outset, the aim was to attract creative providers that matched the needs of the residents in each of the settings and to deliver a varied programme within budget. They needed to be able to demonstrate they had the skills and experience of working in care settings with people who may have impaired memory, mobility, cognition and disabilities.

Molly and Bill Volunteers

The aim of the recruitment and training process is to match volunteers to settings according to their personalities, interests, skills and volunteer roles as each setting varied in size, scope and residents' interests and abilities.

Volunteers offer a regular ongoing commitment with the majority visiting once or twice a week with a minimum of 1.5 to 2 hours per visit. All the volunteers are placed with just one setting; in part due to the geographical spread. Some of the volunteers have varied input on an ad-hoc basis

Volunteer companions tend to divide their time across a number of residents to avoid dependency and reliance on a particular volunteer visiting.

Volunteer Confidence Building

A very capable volunteer started volunteering at Norton House. Initially she supported the circle dance sessions and spent time getting to know residents who don't socialise in the wider group very much. She didn't feel able to lead an activity. After 4 months of volunteering she felt more confident and wanted to share some of her skills and interests with residents.



With the support of the Molly and Bill Coordinator and after chatting to residents and staff, she devised and delivered 3 sessions - a bingo session with bingo lingo, helping residents make bird feeders to hang outside their rooms, and potting indoor flowering plants with residents to bring colour to their rooms as autumn approaches.

Taking The Time To Listen

Spending time with, and getting to know residents is rewarding and a privilege but it is not without its stresses and difficult moments.

Like all of us, residents have good days and bad days and for some, depression and lack of hope can filter through the veneer of social niceties. On other occasions, just having the time to chat with someone can open up a whole new side of them that was hidden from view.



Quotes from Molly and Bill Volunteers

'I'm now able to hear and witness without feeling responsible or that I have to make it better. I'm finding it much easier to be with their emotions and it is important that they are able to share them with me and that they know I hear them. Once a resident had expressed herself and released the emotion, we were able to chat about other things and her mood lifted. I didn't worry about it when I went home.'

'The staff were amazed when I said J only drinks beer as they didn't know this about her. I did because we had a long chat about her father being involved in the brewing and pub industry and how she loves beer. They don't have time to have those chats like volunteers do'

Molly and Bill Creative Activities

Creative activities are provided by a mixture of paid providers from the voluntary and private sector and Molly and Bill volunteers. The aim is to stimulate and engage residents, utilise lost skills, maintain and improve current capabilities and develop social skills and confidence. Here is a taster of some of the activities.

Memory Making

Practical reminiscence sessions for residents to share their memories and create a personal memory book using life stories, newspaper clippings, collage, art work and photos.



Music Therapy

These sessions are person centred and delivered by a qualified music therapist who sings and plays a range of instruments, improvising and responding to the reactions of residents.

'The music therapy sessions have been so inspiring, one member of staff is learning to play the ukulele'

Chair Based Circle Dance

Weekly sessions provide the opportunity for residents to learn the dance, build strength and physical stamina and progress onto more complex movements.

'When others hear the music, they arrive interested to find out what is happening and join in'

Arts & Crafts

The aim of these sessions is to encourage residents to express themselves through painting, drawing, collage with physical, emotional and social outcomes.

'Thank you. I did art at school which I disliked but when you are given the freedom it is different'

Beat It Music Sessions

A collection of musical instruments are offered to residents who are encouraged to dance and move to the music.

'Freddie Mercury was great. I saw him live and it was amazing; singing along today has brought back all those memories'

Cookery Sessions

The aim of these sessions is to introduce guests to simple, nutritious 2 course meals using fresh ingredients that they can prepare at home using a microwave.

'I find holding and using a knife so difficult now.....it's been great to find out I'm still able to chop a small amount'

Molly and Bill Volunteering Stats

255 volunteering hours May to Sept

£2,155 - value of volunteer hours

25 volunteer led activity sessions

Molly and Bill Activity Stats

134 creative activities

185 hours of activities

963 attendees on all sessions

Molly and Bill Projects

Reflections Project

A Molly and Bill volunteer started volunteering at Ferney Lee in May delivering an arts and craft session every week. Alongside this, Molly and Bill were approached to be involved in the Hebden Bridge Arts Festival Reflections project in June.

The residents decided they would like to 'reflect' on their seaside holidays and other holiday memories.

Each week, both permanent residents and residents from intermediate care worked together with the volunteer who made sure everyone felt included.

Over the weeks, residents produced a collection of A3 collage placemats depicting holiday memories and 2 larger displays of work with poetry, photos and memorabilia.



The week before the Arts Festival event, a seaside coffee morning was held at Ferney Lee to celebrate the project work - complete with mini beach, buckets and spades and beach games!

At the Arts Festival, the group's artwork was on display to over 150 people. This resulted in a follow up invitation to display their work at a Cafe Culture event with the theme of seaside holidays. The artwork then toured to Mytholm Meadows in Hebden Bridge for a day of residents' holiday reminiscing.



Molly and Bill Projects

Family History at Ferney Lee

A founder member of Todmorden Family History group is a volunteer at Ferney Lee. She was asked by a resident who is in his 80's if she would be able to help him with his family history – he knew he had Norwegian ancestry and the name of a town in Norway but nothing else.

Over a few weeks, the volunteer spent 1:1 time with the resident to find out what he knew about his family – important dates, marriages, parents etc. She then spent many hours researching the information, requesting birth and marriage certificates and putting together his ancestral line.

Through her work on a well known ancestry website, she was able to make contact with other distant relations and access their information, building up a complete picture of his family tree. She was able to tell the resident all about his family going back to his great great grandparents. This included finding the signature of his Norwegian great grandfather who was a sailor and navigated the Amazon in Peru in the 19th century. The ships' records were available including photos of them.

To finish, the volunteer produced a report for the resident detailing all his ancestors and their lives on both his mother and father's sides. This report was presented to the resident and his 2 sisters who had also not known about their Norwegian side of the family.

Through this work, the volunteer built up a relationship with the resident and has been able to accompany him into the local town, enrol him at the library, link him to his local church so that he can attend services again. As a result of this relationship, the resident accessed the karaoke sing alongs delivered by the same volunteer.

The volunteer has also worked on the family tree of another resident who has Irish ancestry. This was difficult due to





the Irish records being destroyed during the Easter uprising. However, this resident had never met his grandfather and after much research, the volunteer was able to find out about him and even find a photo. The resident was overjoyed at how like his grandfather he is and the story has been printed in the local newspaper alongside the two photos. The resident is delighted. As a direct consequence of the volunteer's involvement, some distant relatives have been identified and contacted on behalf of the resident. It is hoped that they will be able to meet one another soon as they didn't know about one another and have never met before.

'I retired 4 years ago and hadn't realised how invisible I'd become in retirement. Doing this voluntary work and being out in the community with the resident has made me visible again and reconnected me with people. It's also great being called a 'young woman' again at the age of 69!'

Another two residents have since asked the volunteer to research their family history and the volunteer hopes to be able to build on this and show the residents using the internet, the places where their families lived and worked.

Molly and Bill Projects

Beech Hill School Gardening Project

In June and July, children and staff from Beech Hill School teamed up with Molly and Bill to produce 3 special planters – Sensory, Visual and Herb - at Summerfield House. The Year 6 children took responsibility for planning the project, from choosing the different plants for their sensory, visual or aromatic qualities, working to a budget, designing the layout of the planters and finally planting the beds. They involved the residents and together they painted and decorated pebbles to form a colourful edging round the garden area and residents have enjoyed the development of the raised beds.

To complete the project they wrote a letter to the residents to tell them how much they enjoyed themselves and share some of their experiences. It is hoped that this will develop into a letter exchange project between the children and the residents.

In July, the children and residents, staff from Summerfield and the school enjoyed a Garden Party to celebrate their achievement and the development of these wonderful planters.

This partnership will continue and Beech Hill is one of three finalists in the Young Person's Contribution of the year category of the Alzheimer's Society's Dementia Friendly Awards 2017.





'I have really enjoyed redecorating your garden and making it look brighter. What I have enjoyed most, is coming here and seeing you enjoy yourselves. I am really thankful for you letting us come to your home.'

Molly and Bill Collaborations and Spinoffs

Rolling Out The Arts

The creativity of the project has cascaded out beyond its delivery; arts and crafts at Ferney Lee have developed into a platform for bringing the setting into wider community events after the success of the Reflections Project. Residents' art work was exhibited in Todmorden Open Studios alongside art work from the town's Art Group. Residents are currently working on a theme of 'Embrace The Sea' as part of the Lamplighter Festival with jelly fish lanterns and a seaside window display.

Building on the collaborations from the Reflections project, Molly and Bill is a member of Embrace Arts, a new inclusive arts collective of community groups, schools and individuals involved with arts and creative activities for Calderdale.

Bringing Creativity into Care

Molly and Bill is working with Calderdale College to support the next generation of carers and care staff by contributing to the students' learning with a session about the benefits of creative activities for older people in residential care. As part of the work, students will have the opportunity to create activity projects for delivery in the Molly and Bill settings.

Good Practice

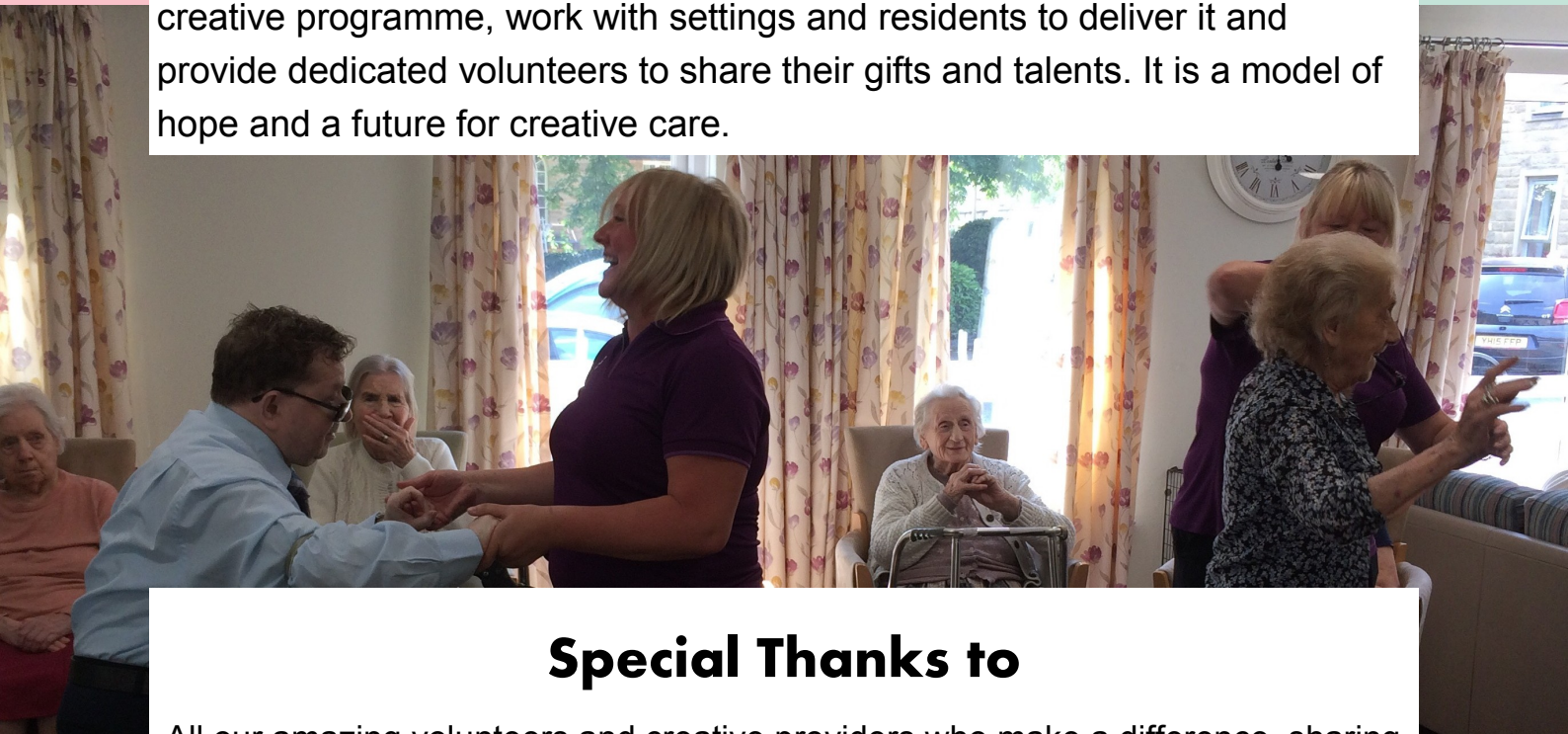
A Chair Based Exercise pilot is being developed by CMBC to train care home staff to deliver weekly physical activity sessions that can be sustained within the care home. The learning and benefits of Molly and Bill have informed the planning of the pilot with the evaluation systems being used and plans to dovetail the project with Molly and Bill are being explored.



Conclusion

There is substantial evidence to support the availability of activities and volunteer companions for the benefit of residents' emotional, social, physical and mental wellbeing and the collaborations and community links that have come out of the pilot.

Molly and Bill as a model, can provide the support and co-ordination of a creative programme, work with settings and residents to deliver it and provide dedicated volunteers to share their gifts and talents. It is a model of hope and a future for creative care.



Special Thanks to

All our amazing volunteers and creative providers who make a difference, sharing their talents and time with residents.

All managers and care staff for their invaluable support and residents at

Brackenbed View Care Home
Community Place

Ferney Lee Residential Services for Older People

Norton House Residential Home

Summerfield House Nursing Home

Trinity Fold Care Home

The Big Lottery Awards for All

Calderdale Clinical Commissioning Group

Calderdale Council

Calderdale and Huddersfield Foundation Trust

Abraham Ormerod Trust



Molly & Bill

Making our lives lively & Being involved in local life

