NIGERIA-SCOTLAND ARTS EXCHANGE

THIS EVENT IS A PARTNERSHIP OF

FUNDED BY → The British Academy

ARTS & MEDICINE PROJECTS NIGERIA

EDINBURGH CENTRE FOR RESEARCH ON THE EXPERIENCE OF DEMENTIA (ECRED)

INTRODUCTION BY

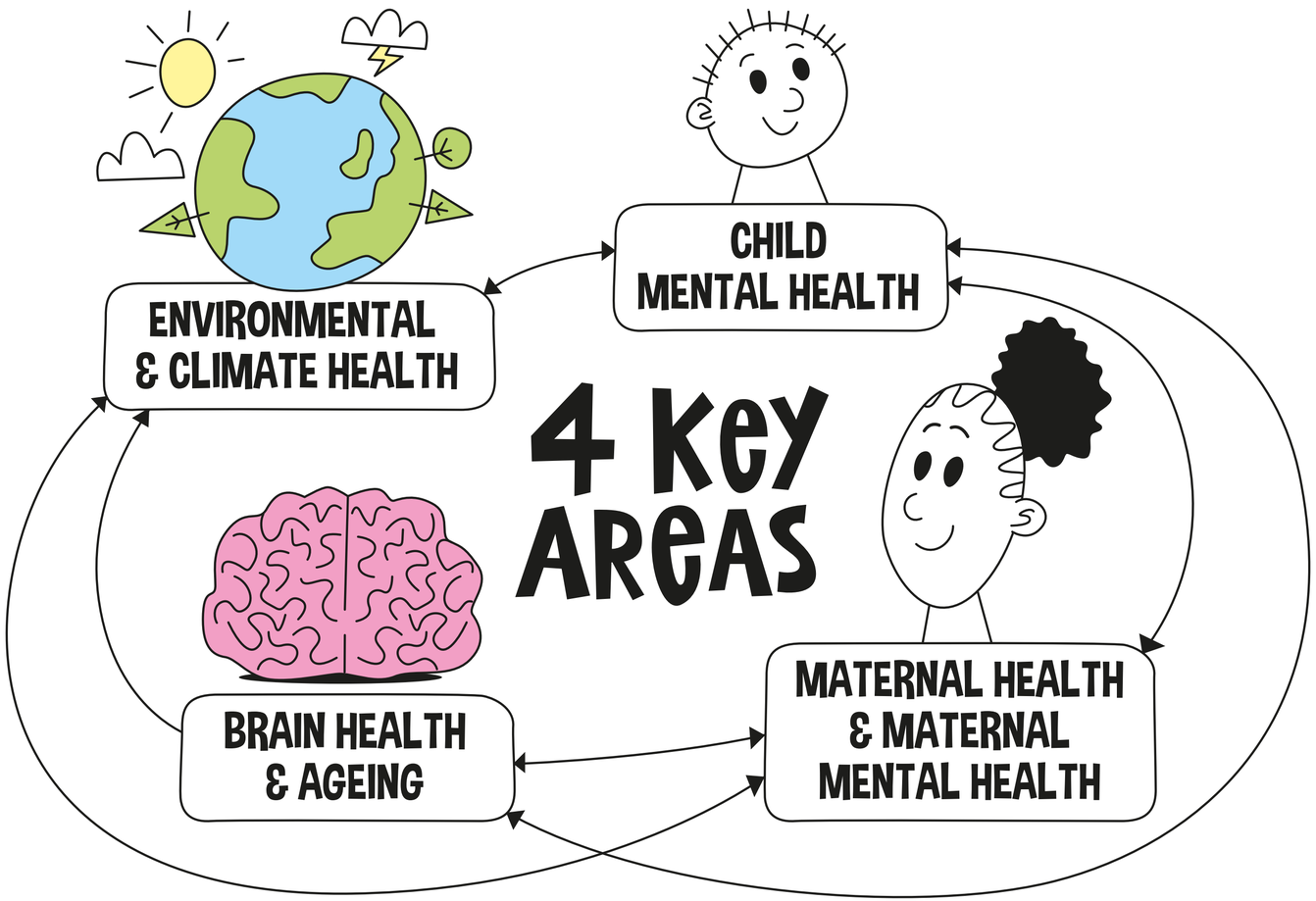
ASHLEY STEWART

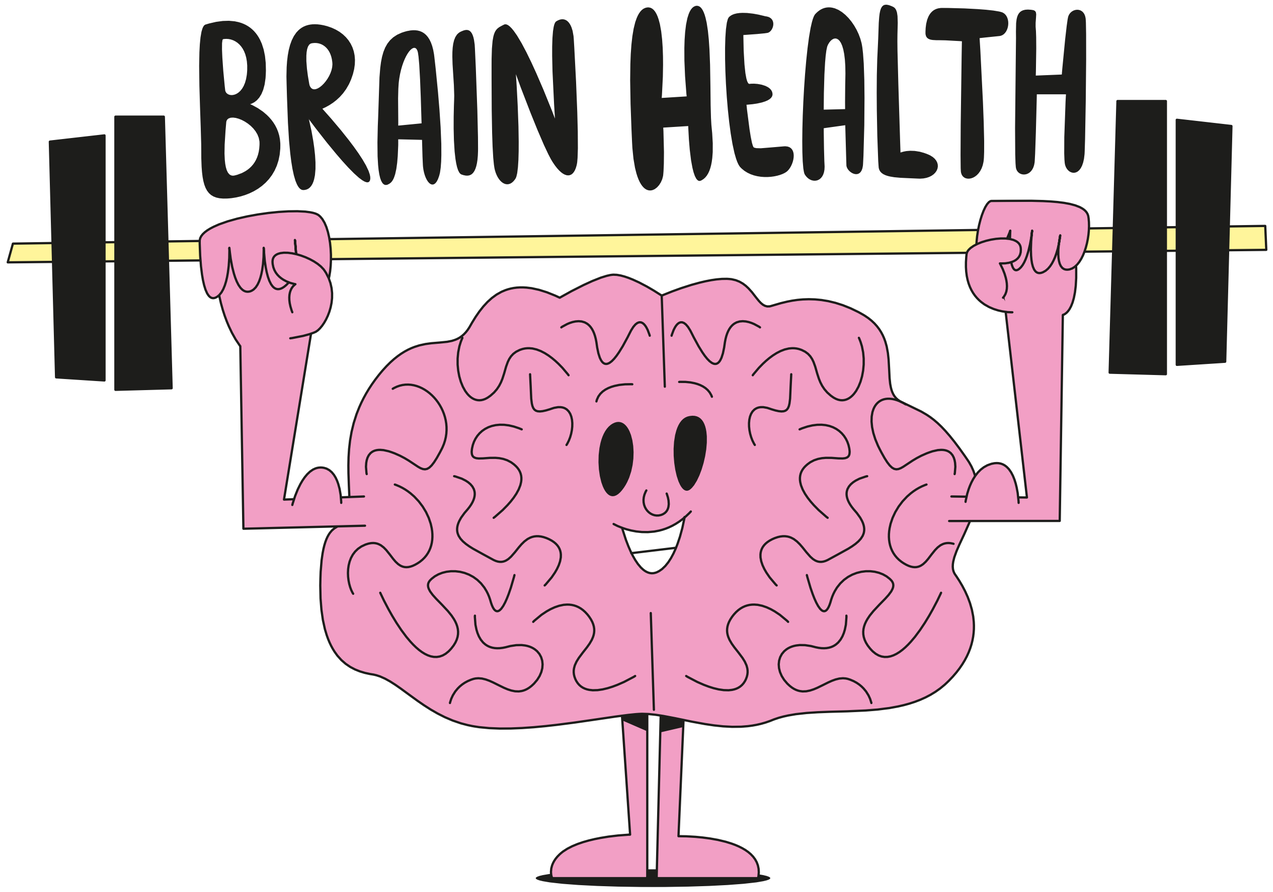
GSAHW COUNTRY
FESTIVAL DIRECTOR, NIGERIA

YINKO ENAHORO

GSAHW ASSOCIATE
FESTIVAL DIRECTOR, NIGERIA

GLOBAL
SOUTH
ARTS & HEALTH WEEK
INITIATIVE

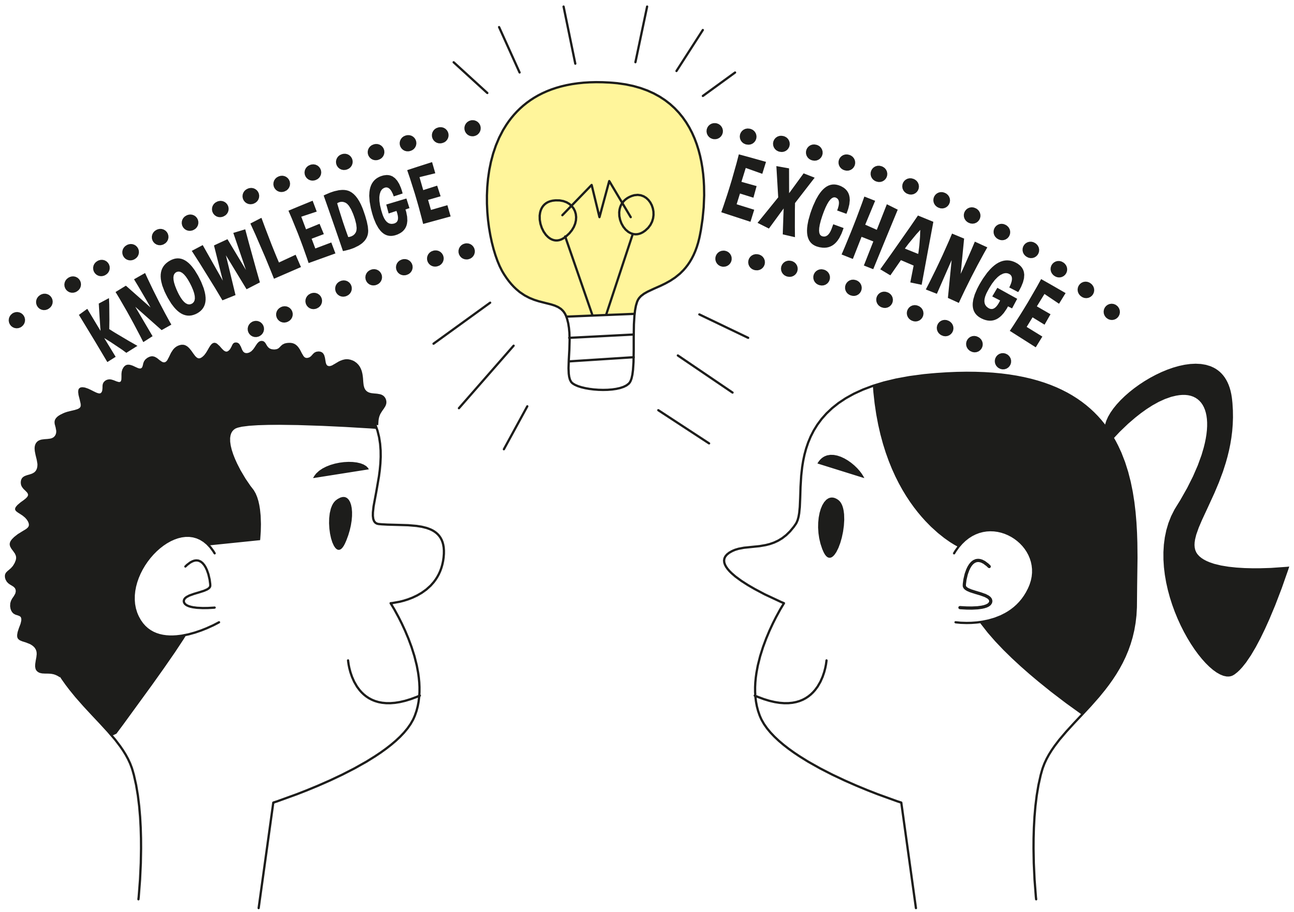

ENVIRONMENTAL
& CLIMATE HEALTH
CHILD
MENTAL HEALTH
4 Key
Areas
BRAIN HEALTH
& AGEING
MATERNAL HEALTH
& MATERNAL
MENTAL HEALTH


BRAIN HEALTH

ORIGAMI
KEEPS MIND SHARP

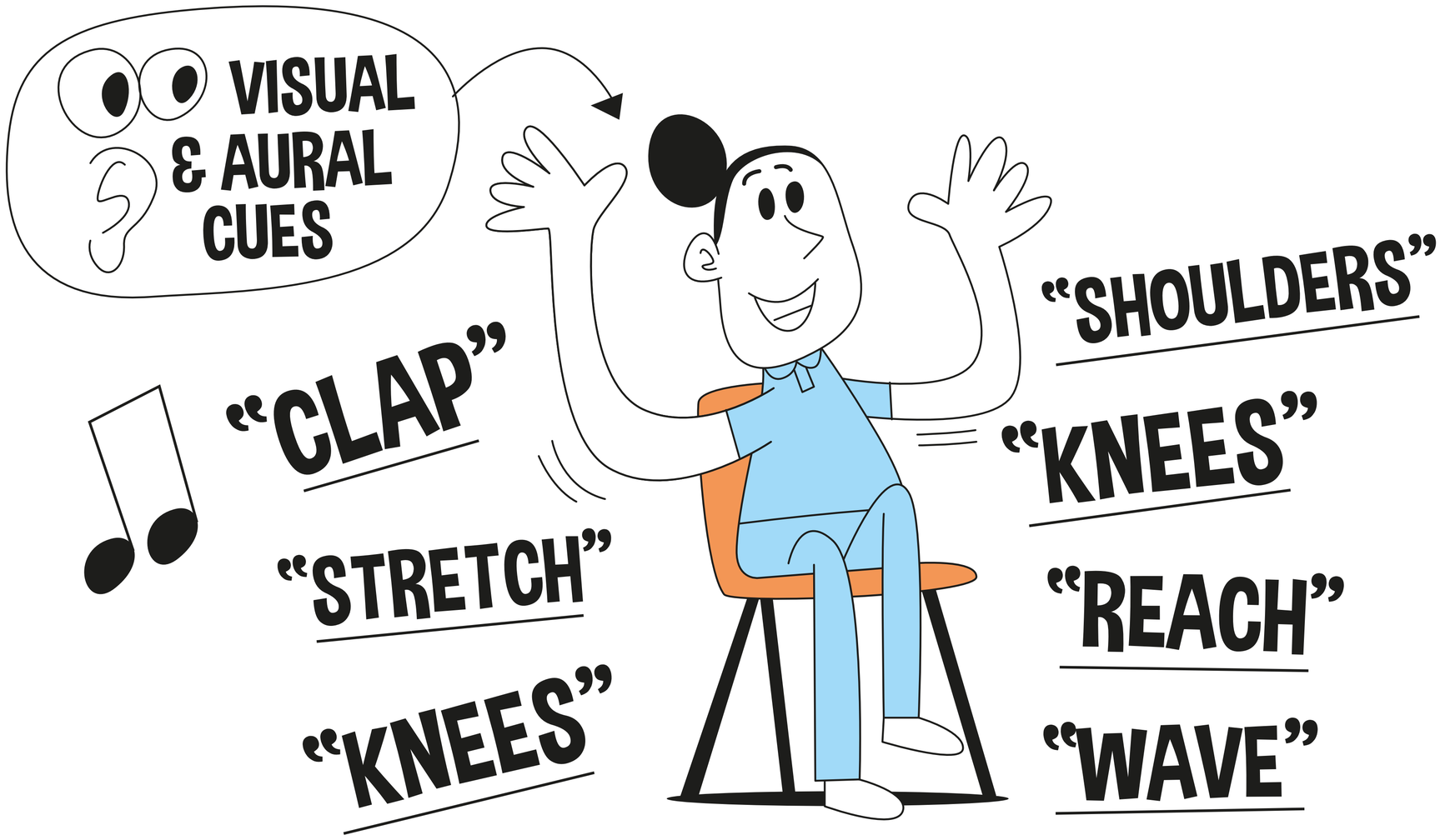
EXPLORE
STRESS
DEPRESSION
IN STUDENTS

CHILDREN
PLANT & NURTURE
TREES


KNOWLEDGE
EXCHANGE

GLOBAL CHALLENGE
CHANGE
WESTERN
DOMINANCE

SCOTTiSH
BALLET
TIME TO
DANCE


VISUAL
& AURAL
CUES
"CLAP"
"STRETCH"
"KNEES"
"SHOULDERS"
"KNEES"
"REACH"
"WAVE"

DEMENTIA FRIENDLY CLASSES

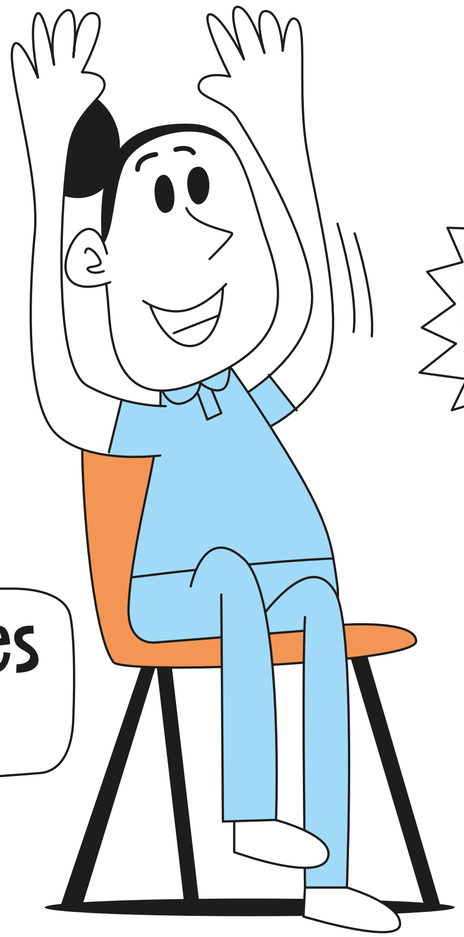
FUN

CLASSES DELIVERED IN PERSON NOT ON ZOOM

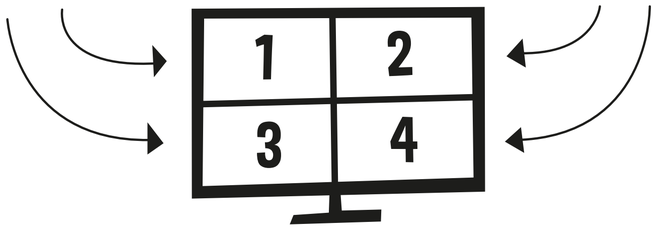
1-2-1 QUIETER EXPERIENCES

ENHANCES MOOD

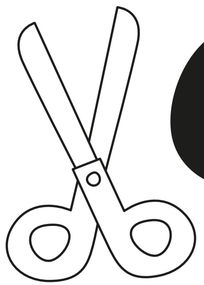
ALLOWS CONNECTION TO SELF



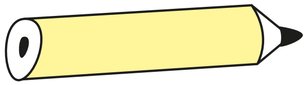
BREAKOUT ROOMS

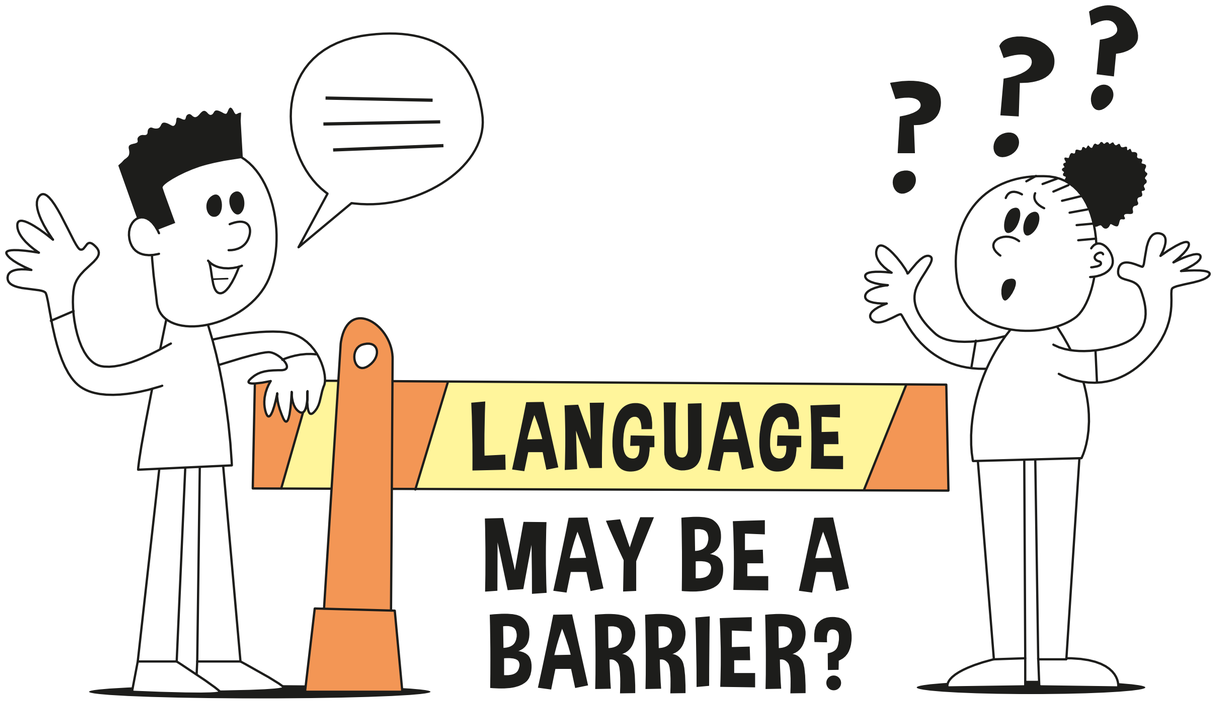


ROOM 1



CRAFTS




LANGUAGE
MAY BE A
BARRIER?

OFFER THERAPEUTIC ARTS & CREATIVITY TO CARERS

EXCHANGE
PROGRAMS

ADDITIONAL NOTES

Collaboration can be carried out between Art practioners and researchers to establish the role of art in brain health

Using arts as methodologies to support people living with dementia who find verbal or traditional research methods challenging

Staff training in dementia

Provide international opportunities and fellowships that will bring together students and individuals from various parts of the world for training

Care budget allocation - craft activities need resources

Galleries in VR world so we can share our activity outcomes

Twin dementia resource centres to share good practice

How do we train carer givers when the turnover in staff is so fast

BREAKOUT ROOM #1 - CRAFTS

FEEDBACK

- OFFER DANCE TRAINING
- COULD BE TWINNED INTERNATIONALLY
- INCREASE AWARENESS OF ARTS & BRAIN HEALTH

ROOM 2

DANCE

We ARe ALL
DANCERS

DANCE CLASS
FOR ALL
NO
LEOTARD
NEEDED

DANCE
BREAKS
DOWN
BARR
IERS

ADDITIONAL NOTES

Finding freedom and liberation in movement

Getting dance beyond ballet image, having dance be just about wanting to move to music

Raising awareness of dance as accessible exercise

Body holds the soul

Collaborative efforts across borders

Lack of appreciation of creative approaches in other academic disciplines

Value of intergenerational work

Using cross-desciplinary, equitable approaches

CONTINUED...

Must bring dance to spaces to where people are

Reach out to different bodies to raise awareness

Raising creative research approaches to status of quantitative research

Could we invite some older people from Nigeria to Scotland to take part in some creative activities - and fly some older Scots out to Nigeria to do the same thing

Trans-generational approach

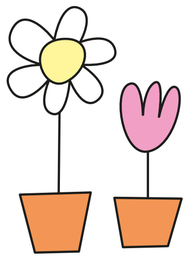
Start in Scotland, but broaden out. Eventually, transfuse traditional and local dances.

BREAKOUT ROOM #2 - DANCE

FEEDBACK

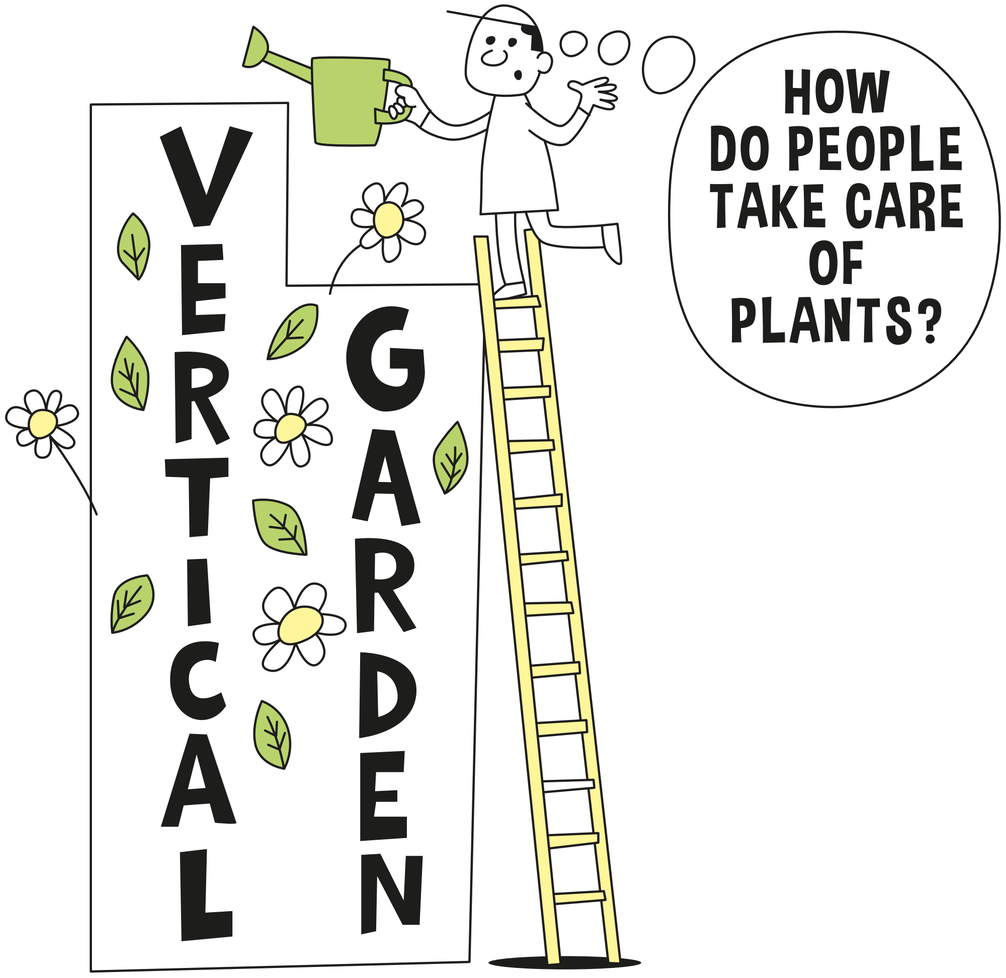
- "BODY HOLDS THE SOUL"
- BRING DANCE TO PEOPLE
- INTERNATIONAL EXCHANGE?
- RAISE AWARENESS OF DANCE
- MOVING YOUR BODY EQUALS NO LIMITERS

ROOM 3



NATURE + MUSIC

SUPPORTING
CARERS


VERTICAL GARDEN
HOW DO PEOPLE TAKE CARE OF PLANTS?

GROW
VEGETABLES
THEN CARERS
COOK
WITH WHAT
WAS
GROWN

ADDITIONAL NOTES

Person-centred work central - every person is different

Vertical garden worked for people who could not bend easily. But some where high up and a gardener came for some of the plant care but also care but also care givers were involved in this

Music and language - what are the possibilities for developing projects in this area

What kind of music could people connect with memory-wise? Stimulus to start to move around, getting feedback from care partners and family members

CONTINUED...

Is there any feedback about the people taking care of the plants? How does it impact them when they are nurturing their plant?

Can an element of education around dementia and interactive discussion on lived experience of dementia be intergrated into this horticulture/music project

They did observations on how the people responded to taking care of the plants. There were veg and aesthetic parts of the garden. The people planted the seeds

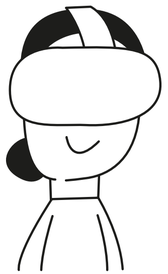
Feedback from care givers is that they enjoy using the beg for cooking and being in the garden

BREAKOUT ROOM #3 – NATURE+MUSIC

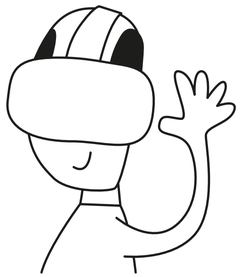
FEEDBACK

- CAN BE SPECIFIC - PERSON CENTRED
- CARERS GAIN THEIR OWN TIME / INDEPENDENCE
- LANGUAGE - WHAT DO PEOPLE MAINTAIN THROUGH DEMENTIA?

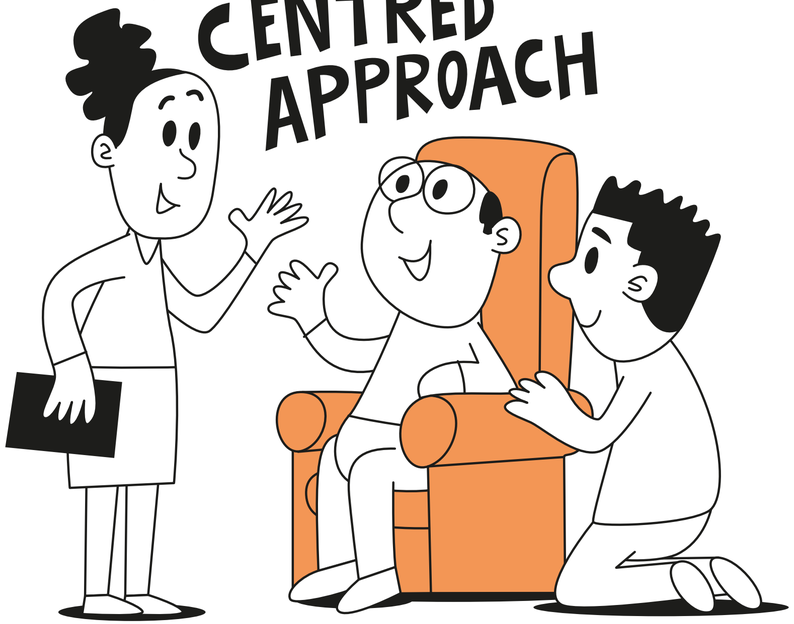
ROOM 4



VIRTUAL REALITY



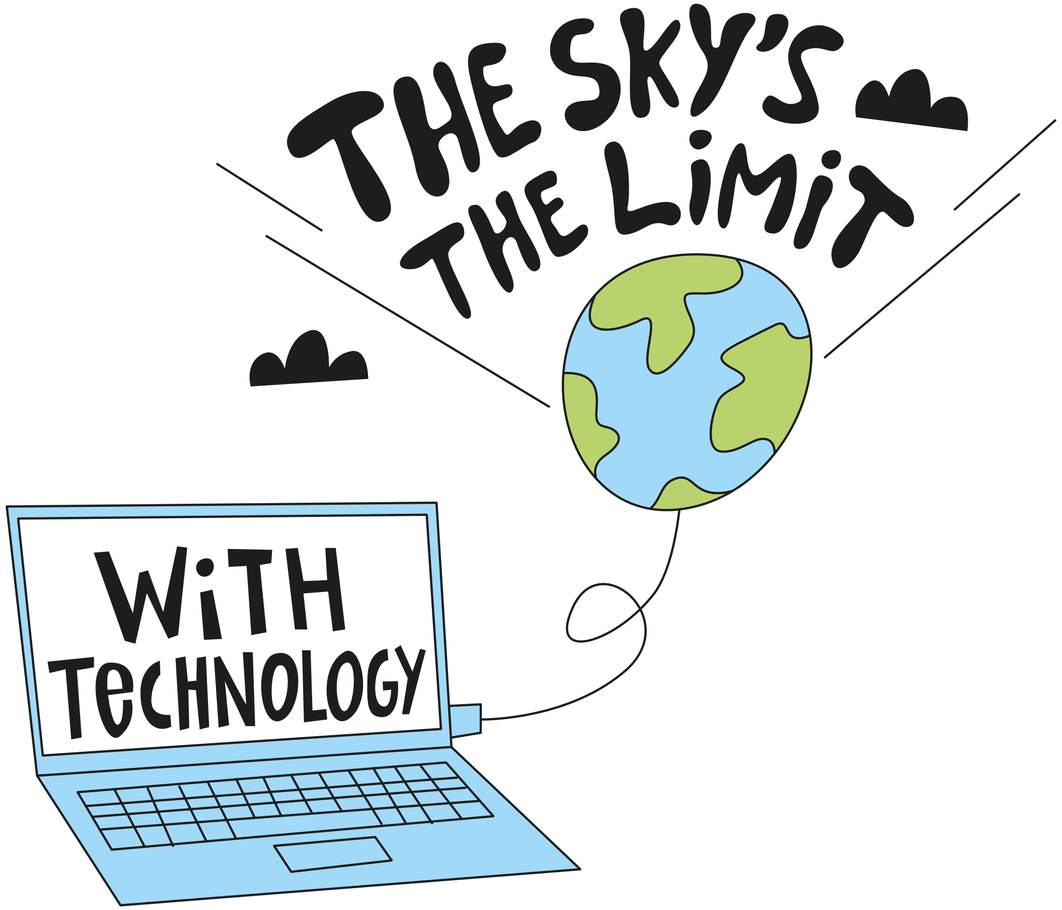
PERSON-CENTRED APPROACH



ASK PEOPLE WITH LIVED EXPERIENCE WHAT THEY WANT - EG. MUSIC APPS

COST CHALLENGES

!NEED A FUNDER!


THE SKY'S
THE LIMIT
WITH
TECHNOLOGY

ADDITIONAL NOTES

How can we broaden global reach of material for 360 VR content?

Who creates the content? How can VR be co-produced?

Is accessing equipment and traininhg in using it going to be a barrier?

Filming different cultural content e.g., highland games

Challenging stigma around enabling people with dementia to use VR

Partnering with care homes

CONTINUED...

Accessibility is a key priority area e.g., how to utilise equipment

Working in partnership with software developers, people with tech experience to ensure person-centred

Including minority groups

Lots of potential for global collaborations. Just need 360 camera and microphone

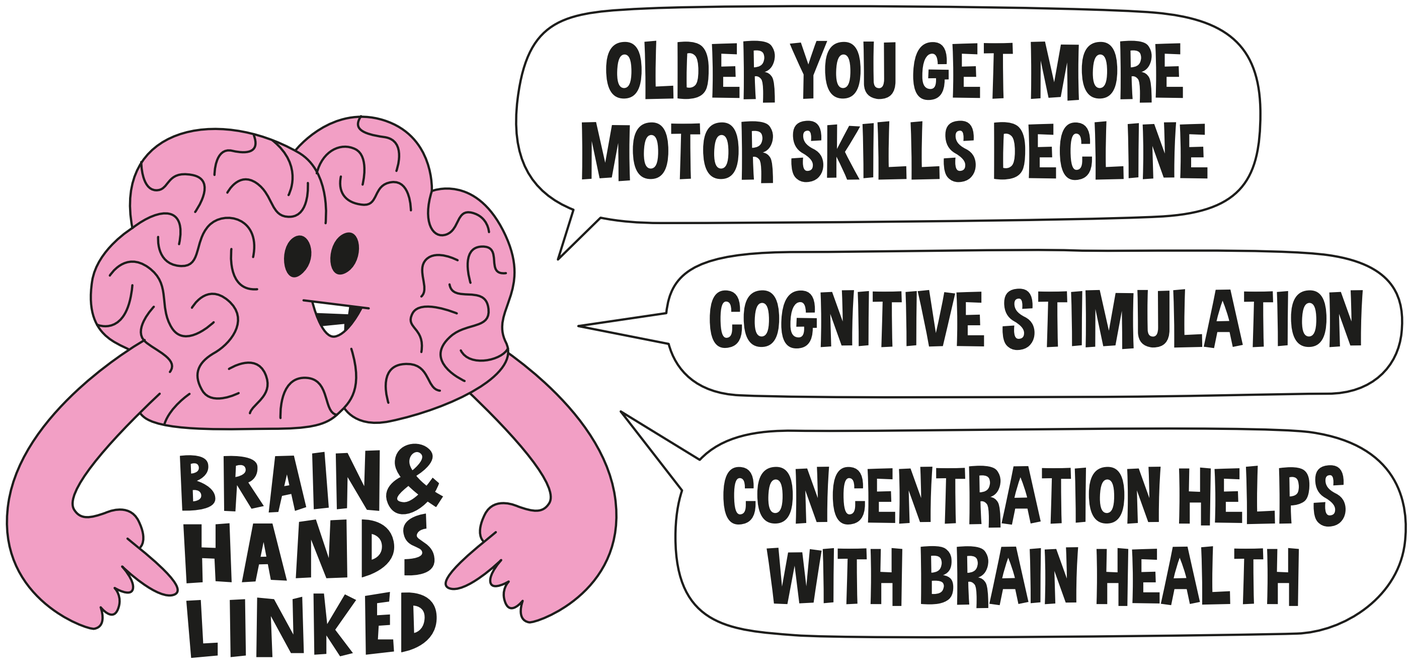
BREAKOUT ROOM #4 – VIRTUAL REALITY

FEEDBACK

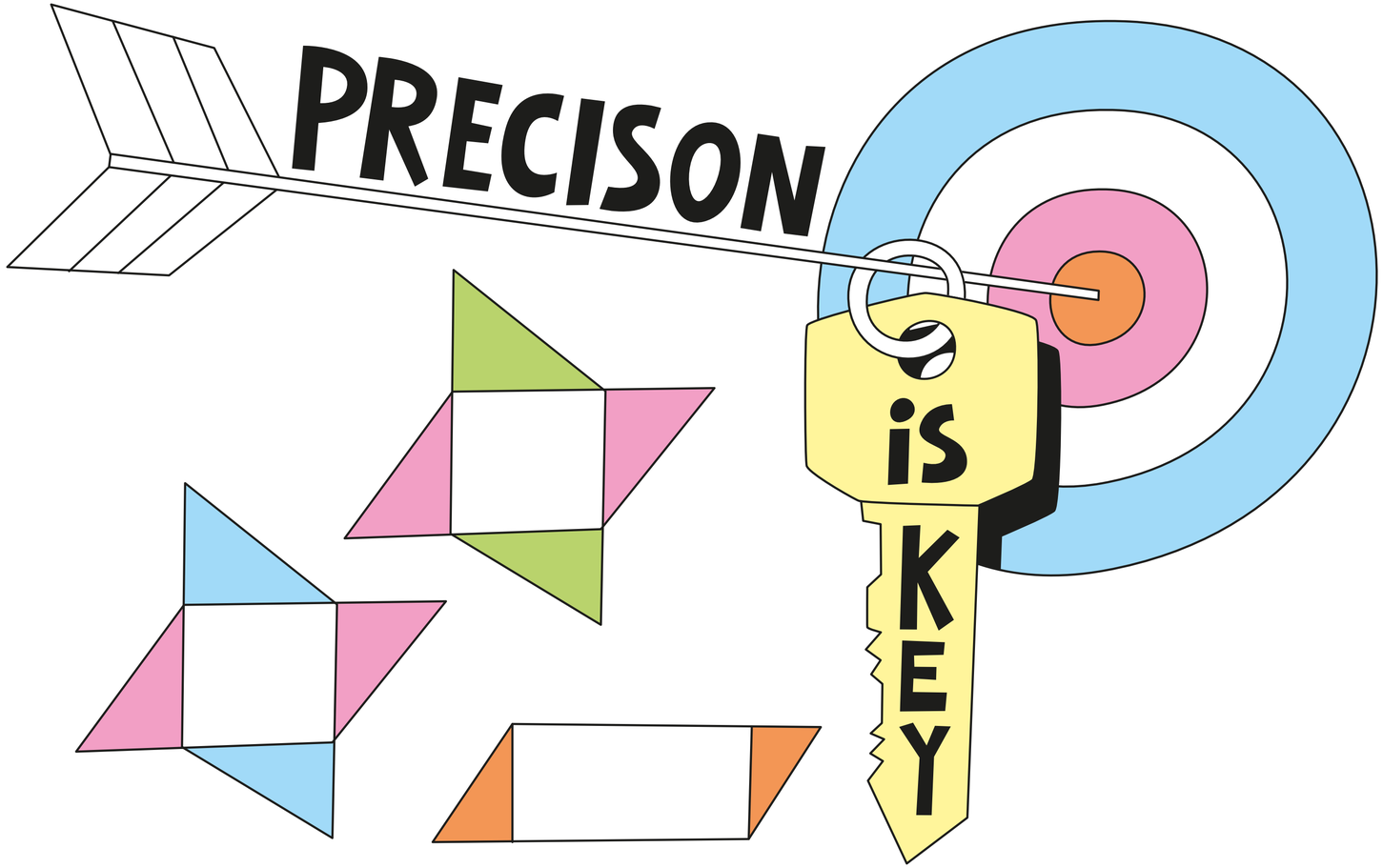
- CHALLENGE STIGMA
- COST CHALLENGES?
- DATA/ACCESSIBILITY CHALLENGES?
- BIG START-UP COST BUT WORTH IT LONG-TERM

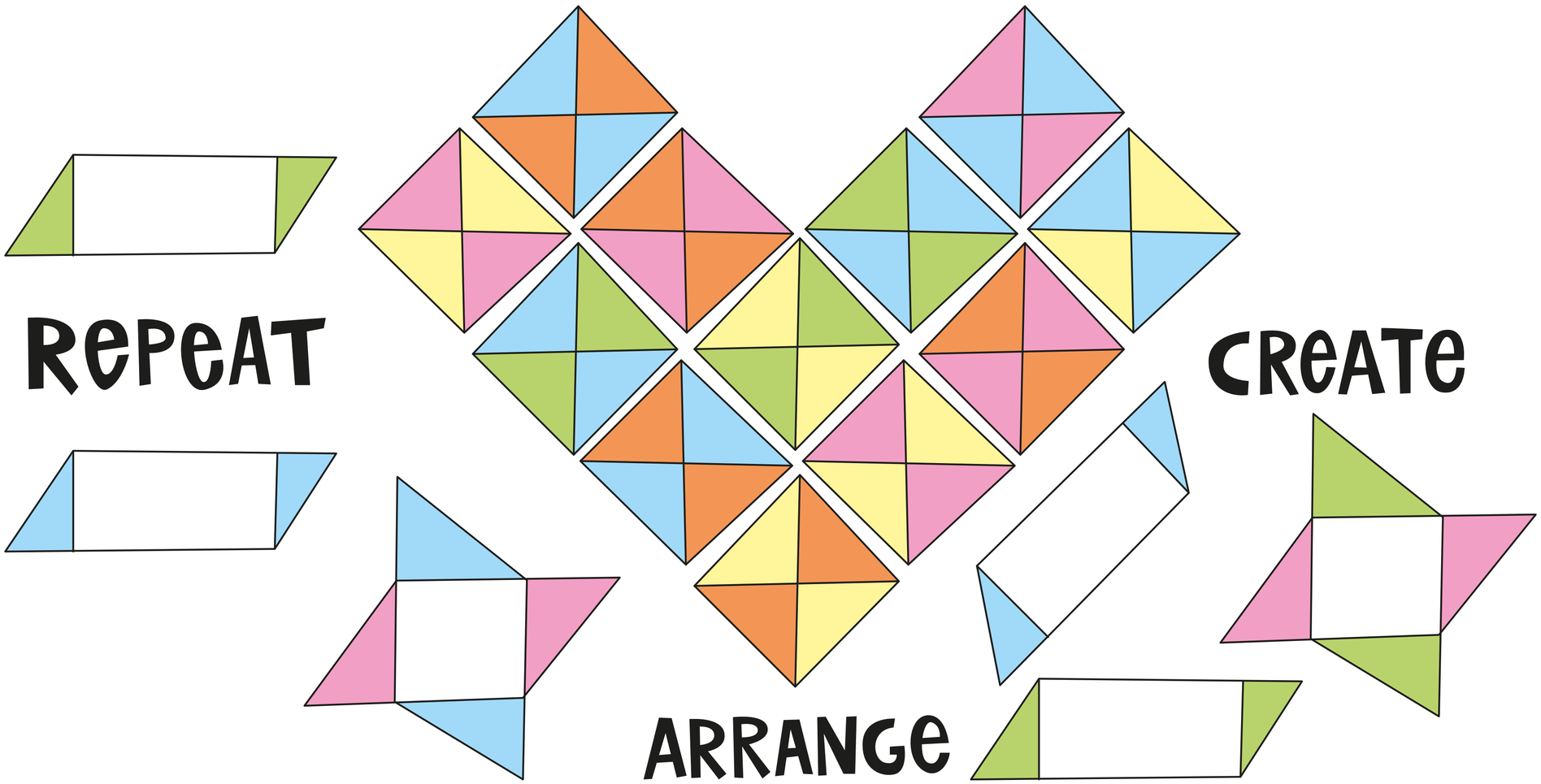
ORIGAMI WORKSHOP

ORIGAMI =
ANALYISE
PROBLEM


BRAIN&
HANDS
LINKED
OLDER YOU GET MORE
MOTOR SKILLS DECLINE
COGNITIVE STIMULATION
CONCENTRATION HELPS
WITH BRAIN HEALTH

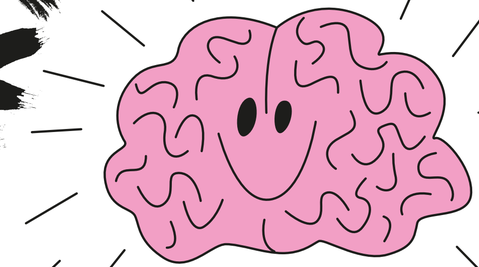
(FOLD)
STABLE
HANDS
HELPS THE
BRAIN!


PRECISON
is
KEY


REPEAT
CREATE
ARRANGE

KEYNOTE
KUNLE
ADEWALE

ARTS x CREATIVITY FOR BRAIN HEALTH PROJECT

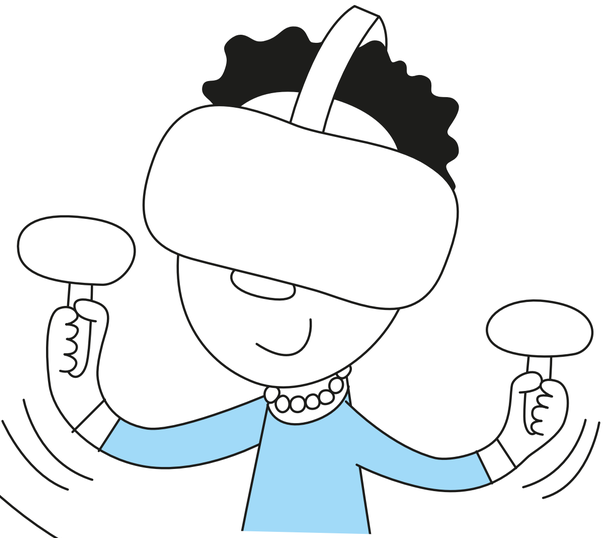


LAGOS

Tech Access for Seniors

MUSIC

APPS



VR

ReLive BeAUTiFUL MeMORies
PROMOTES DiGNiTY
COMe ALiVe
CHeeRed ON PARTiCiPANTS
SiNGiNG, DANCiNG, eMOTiON

THE END

EVENT ILLUSTRATED BY