



# Art workshop facilitator to work with people with dementia and others

The Healthy Living Club is looking for a facilitator, with at least some experience of working with people with dementia, to lead an Art & Craft workshop every Wednesday afternoon (but NOT on the second Wednesday of every month) for a period of six months, starting in April.

The workshops would be scheduled to last for about 45 minutes from 2pm, and include 8 older adults with dementia and other long-term conditions.

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## Scope of the role and main responsibilities

The Healthy Living Club aims to meet the individual needs of members and provide them with a stimulating day based on activities, as well as a sense of belonging to a group. To this end, the workshop facilitator will:

- Provide those of our members who find it difficult to engage in activities as part of a larger group with opportunities to express themselves and to interact with each other through participating in a weekly Art & Craft workshop
- Collect and record background information from the members of this small group with the aim of planning workshops that will have a positive impact on their wellbeing – addressing issues such as acknowledgement of their disabilities, and the way in which Art can aid social connection, stimulate reminiscence, and contribute to each person's enjoyment of their day at the Club.
- Experiment with various forms of the visual arts and select and adapt techniques, as well as the theme of the sessions, to suit individual member's preferences and level of cognitive ability and dexterity: sessions should have an element of challenge, but are primarily a time to be enjoyed.
- Build and maintain sound relationships with all members as well as with their families/carers, as relevant and appropriate.
- To report back frequently, both verbally and via email, to the Club coordinator as to progress of the project

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## Management and resources

The workshop leader will work alongside two volunteers whom he or she will help recruit, one of whom will act as a "participant observer" whose role would be to monitor the sessions. This monitoring volunteer will record his/her views about the extent individual members engage, enjoy (or otherwise benefit from) the sessions, and provide feedback to the workshop leader and the other volunteer so that they can take it into account, and improve practice accordingly and incrementally.

# Healthy Living Club @ Lingham Court

A weekly meeting of stimulating and active workshops for people with Alzheimer's and other types of dementia.



The workshop leader will be responsible for managing our small budget for art materials and to work within its limits, as well as for sourcing material from the "South London Community Scrap Store". Free membership to the Store will be provided, and public transport (or mileage) expenses will be met by the Club.

Dementia training in the form of a one-day workshop and ongoing supervision will be provided.

In addition, each month the workshop leader, the volunteers and the Club's coordinator will receive quasi-clinical supervision by a qualified counsellor.

The Club provides all of its members with a hot meal which is served at 1:00 pm, and the Art facilitator and volunteers would be encouraged, and benefit from, joining the rest of us for lunch whenever possible.

The workshop leader will be self-employed and will receive £40 for planning and delivering each session.

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## Location and facilities

The sessions will take place at Lingham Court, 10 Lingham Street, SW9 9HF.

Lingham Court is an extra care sheltered home, with no dedicated art room. So the sessions will take place in a room, which is used for other purposes at other times.

Thus the workshop leader and/or the volunteers will need to set up the room prior to each session (and to put all the materials and any art-work away in the cupboards provided) after all participants will have left.

### For more information on the Club

Find us at: [www.facebook.com/HealthyLivingClubAtLinghamCourt](http://www.facebook.com/HealthyLivingClubAtLinghamCourt)

Make friends at: [www.facebook.com/hlc.inghamcourt](http://www.facebook.com/hlc.inghamcourt)

Follow us on: [twitter.com/HLCLC](https://twitter.com/HLCLC)

Have a look @ our blog: [healthylivingclub.org.uk](http://healthylivingclub.org.uk)

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## Health and Safety

The Art Workshop Facilitator will follow and participate in the Club's policies regarding Health and Safety, Equal Opportunities, Confidentiality and Smoking and Alcohol.

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## To apply

Please send your CV to [simonafiorio.hlclc@gmail.com](mailto:simonafiorio.hlclc@gmail.com) with a covering letter explaining:

- 1) Why you would like to lead the workshops and
- 2) What skills and personal attributes you would bring with you.

Please also indicate in your email whether there are any Wednesdays on which you won't be able to facilitate the session between now and the end of October.

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**The deadline to apply is Thursday 20 March 2014, and the shortlisted candidates will be notified by Tuesday 25 March 2014.**