

# CURIOUS CULTURES: ORIGINAL CALL OUT - Winter 2021 EVALUATION - AUGUST 2022



# CURIOUS CULTURES

a **free** interactive workshop for Care Home Residents in  
Norwich and Norfolk from multi-award  
winning curious directive



# CURIOUS CULTURES: ORIGINAL CALL OUT - Winter 2021

## WHAT IS CURIOUS CULTURES?

A **FREE**, high-quality, hands-on, multi-sensory session during Winter 2021 - the perfect experience to brighten up a dark, cold morning or afternoon.

## WHAT ARE WE OFFERING?

### 1. OFFERS

A 45-minute session in your Care Home activities room (or equivalent), giving 8 - 20 residents the opportunity to interact with 3 professional practitioners: a herbal remedies specialist, a fermenter & a plant scientist.

### 2. INCLUDES

Informal sharing around origins of different herbs, different techniques for fermenting and more. The sessions are inclusive, with sensory stimulation for those far along their dementia journey, and scientific descriptions for more alert residents.

### 3. GIFTS

The residents will be gifted balms, lotions and other products to take away - perfect to share with family when visiting.

### 4. OPENS

Pathways to person-centred self-care.

## HOW DO I BOOK A SESSION FOR OUR RESIDENTS?

We have 6 available 45-minute slots over winter 2021/22. You can book by visiting [www.curiousdirective.com/curious-cultures](http://www.curiousdirective.com/curious-cultures). Once you've booked, we'll be in touch to discuss details.

## WHERE HAS THIS COME FROM?

Since the first lockdown in 2020, Care Homes have shared a need for cultural activities which are:

1. Delivered by **CREATIVE PROFESSIONALS** to alleviate social anxiety/isolation.
2. Are **FUN**, safe and hands-on - ideally in person.
3. Delivered **INCLUSIVELY** – defined by choice - for residents at all stages of their dementia journey, as well as highly-alert residents.
4. Offering **LONGER-TERM BENEFIT** of interaction with different stimuli.
5. Not just 'listen/watch' but **DO/PLAY/ENJOY**.

## CAN YOU GIVE ME AN EXAMPLE OF A SESSION?

1. Our team arrives at your reception 45 mins prior to the session to set up.
2. We bring with us everything we need for the workshop.
3. After arrival, the Activities Co-ordinator begins to gather residents.
4. The workshop takes place around tables (ideally), in small groups of 4-5.
5. During the 45 minute workshop, our practitioners will interact with your residents, being led by their interests. At the end of the session, gifts will be handed out to the residents based on the session they've experienced.

# CURIOUS CULTURES

## HOW DID IT GO?

Our original application for curious cultures dates back to 19/04/21. Due to ongoing access issues to care homes across Norwich over the latter end of the COVID-19 pandemic, this project had to endure countless cancellations over the autumn/winter of 21-22.

However, our Curious Cultures sessions began 05/07/22 and ran through to 18/08/22.

As per our application, we delivered 9 sessions across three care homes;

Corton House (Hall Road, Norwich)

Chiswick House (Christchurch Road, Norwich)

Laurell Lodge (Ipswich Road, Norwich)

## THE SESSIONS (delivered in all three homes)

**ONE:** Curious Cultures: Natural Ink Making

**TWO:** Curious Cultures: Fermenting

**THREE:** Curious Cultures: Candle Making

## DATES OF SESSIONS

- 1 - Curious Cultures - Corton House - 05/07/22 - Fermenting
- 2 - Curious Cultures - Chickwick House 29/07/22 - Ink Making
- 3 - Curious Cultures - Corton House - 09/08/22 - Ink Making
- 4 - Curious Cultures - Laurell Lodge - 15/08/22 - Ink Making
- 5 - Curious Cultures - Laurell Lodge - 17/08/22 - Candle Making
- 6 - Curious Cultures - Laurell Lodge - 18/08/22 PM - Fermenting
- 7 - Curious Cultures - Chiswick House - 18/08/22 AM - Fermenting
- 9 - Curious Cultures - Corton House - 18/08/22 - Candles Making



CURIOUS CULTURES: Natural Ink Making - Corton House



CURIOUS CULTURES: Natural Ink Making - Chiswick House



CURIOUS CULTURES: Natural Ink Making - Laurell Lodge

# WHAT DID RESIDENTS THINK?

Joyce, a resident of Corton House wrote to us thanking us for our Fermenting session. More broadly, we saw a steady increase in attendees with each return session (as envisaged in the original application).

## OUR THREE LIFESTYLE/ACTIVITIES CO-ORDINATORS - TESTIMONIALS

### CORTON HOUSE

“Ken - found it fascinating and it made him think about how hard it was as everything had to be made.

Norma - said it was amazing what can be achieved from plants (ink making).

Joyce - found it interesting but particularly enjoyed painting with the ink.

Both myself and Mel found both talks really informative but lighthearted and fun. It is crucial to strike the right sort of balance with older adults. The residents always like to learn something new which they have done with Curious Cultures – it also stimulates a lot of conversation and Jack is perfect in encouraging everyone to join in. It is hands-on and inclusive and all the residents involved really enjoyed the experience.”

**MARIA WIDDRINGTON, LIFESTYLE CO-ORDINATOR, CORTON HOUSE**

### CHISWICK HOUSE

“I would like to say a big thank you for a very interesting session this morning. Our residents found these sessions very interactive and hands-on. I for one found them very relaxing and was able to sit back and watch our residents taking part and enjoying the time. It was lovely to hear them reminiscing and some funny stories came out. I found that the way you were engaging with the group and individuals was managed very well. The way you treated every resident in the correct way for that individual’s needs was great.”

**KATE MORE, ACTIVITY CO-ORDINATOR, CHISWICK HOUSE**

### LAURELL LODGE

“We’ve had a brilliant time with all three of the Curious Cultures sessions. The ink-making has been talked about most - and the candles made are up in our residents’ rooms. Jo has inspired us with her fermenting, we’ll be doing some of that come Christmas time. Thanks for such a brilliant set of workshops. Please come back”

**STEPHANIE DICKERSON, ACTIVITY CO-ORDINATOR, LAURELL LODGE**



CURIOUS CULTURES: Fermenting - Corton House



CURIOUS CULTURES: Fermenting - Chiswick House



CURIOUS CULTURES: Fermenting - Laurell Lodge

## STATISTICS

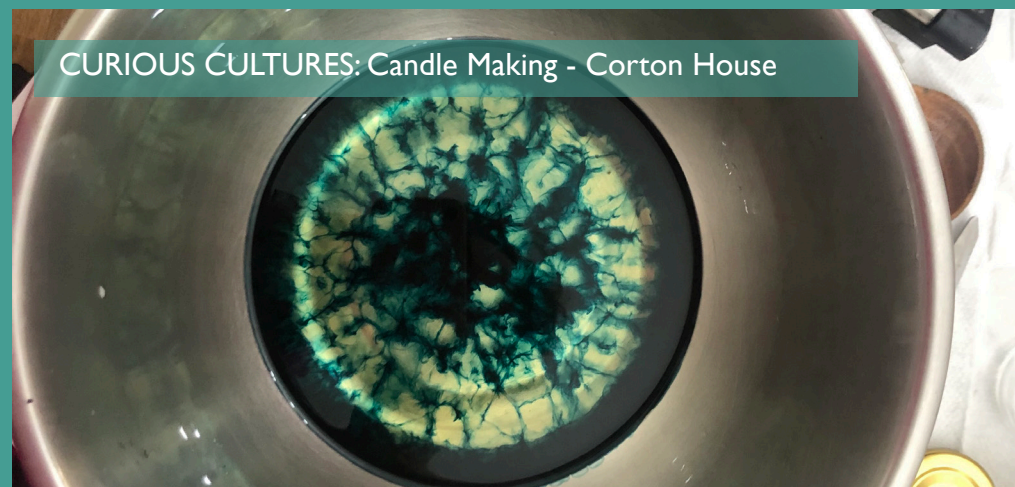
**8 CARERS ENGAGED.**  
**9 SESSIONS DELIVERED.**  
**12 ORIGINAL NATURAL INKS CREATED.**  
**14 FERMENTS MADE/SHARED.**  
**15 CANDLES MADE TOGETHER.**  
**23 HOURS SPENT IN THE HOMES.**  
**67 PARTICIPANTS (some replicated).**  
**COUNTLESS STORIES SHARED.**

## OUR REFLECTIONS - A NARRATIVE

Curious Cultures came from a desire to bring science into a care home setting. I have 15 years' experience working with science communication but I'd never heard of this concept - so I was very excited to get started. As per our application, it felt crucial to ensure residents were offered a sensory experience of science. But equally important was the sense of entertainment. Everything we brought to all 9 sessions felt like a genuine entertainment for the residents. Introverted residents were speaking much more, we gained a great rapport and found out life stories way beyond the activities taking place.

It's this sense of what's possible in addition to primary care. This sense that more is possible and perhaps it takes consistent, unusual, curious thinking to gently encourage this change of culture in care homes.

This sort of activity, I think, has made significant change within these three care homes. All three lifestyle co-ordinators seemed to take on some of the 'softer' practice at play with our visits - i.e speaking more gently and not rushing and just opening up wider stories about the world around us.



CURIOUS CULTURES: Candle Making - Corton House



CURIOUS CULTURES: Candle Making - Chiswick House



CURIOUS CULTURES: Candle Making - Laurell Lodge



# CONCLUSIONS

In the future, we can fully see this project continuing life in Norwich, Norfolk and beyond.

Bringing our creative imagination (for curating this experience) has created a refreshing approach for the Activity Co-ordinators.

Crucially, this initial investment has enabled us to test out these sessions.

We've really enjoyed getting to know the residents - and repeat visits revealed how the importance of a continued focus/investment in these sorts of programmes can promote real, tangible dividends.

We're incredibly pleased that Norwich Consolidated Charities chose to invest in this project - thank you from us, and our care home collaborators.

We couldn't have done it without your support.

Jack

Artistic Director,  
curious directive theatre company  
*theatre through the lens of science.*

5/4/22

CORTON HOUSE  
CARE HOME

Dear Jo + Jack

Many thanks  
for a lovely informative  
hour this morning

It was nice to meet  
you both; and those  
that were there, talked  
about it over lunch.

Next time please may  
we try the 'GREEN  
Cabbage'.

Hope to see you both  
again

From us all.

Norma