

# The Baring Foundation

## CREATIVE AGEING: THE DIRECTORY

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UK arts organisations offering creative opportunities  
to older people

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Compiled by the Baring Foundation



# CREATIVE AGEING: THE DIRECTORY: UK ARTS ORGANISATIONS OFFERING CREATIVE OPPORTUNITIES TO OLDER PEOPLE

## About the Baring Foundation

The Baring Foundation is an independent foundation which protects and advances human rights and promotes inclusion. We believe in the role of a strong, independent civil society nationally and internationally. We use our resources to enable civil society to work with people facing discrimination and disadvantage and to act strategically to tackle the root causes of injustice and inequality. More can be found in *A History of the Baring Foundation in 50 Grants*.

From 2010-2019, the Baring Foundation's Arts programme focused on creative opportunities for older people and continues to give a small number of invited grants in this area as part of a legacy programme.

The Foundation has published widely on the topic of creative ageing; a selected list of resources can be found on [page 42](#), with more on our website.

## About the author

This Directory was compiled by David Cutler, Director of the Baring Foundation and Arts programme manager, and Harriet Lowe, Communications and Research Manager at the Foundation.

## Acknowledgements

The authors are grateful to all those who took the time to write or suggest submissions for this Directory.

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Bridgeside Lodge Care Home resident, John, at a summer event. John was thought to have three months to live when he was admitted to Bridgeside Lodge in November 2017. Today he is thriving and is the life and soul of the party. Guitar lessons with The Spitz have eased his anxiety and raised his confidence and social interaction with care staff and fellow residents. Photo © Hannah Lovell, courtesy of The Spitz.



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# Introduction

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The Baring Foundation believes that everyone should have the right to access culture and express themselves creatively regardless of age. From 2010 – 2029 our Arts programme focussed on arts for and by older people. We chose this focus because we felt creative ageing to be a neglected area. We published state of the field reports in 2009 ([Ageing Artfully](#)) and 2019 ([Older and Wiser?](#)). Since our move in 2020 to funding arts for and by people with mental health problems, we have maintained an interest in creative ageing through the occasional discretionary grant and a series of reports. These reports are all available on our website and are listed at the back of this report.

It came to our attention that there appeared to be no central list of arts organisations using creative ageing in the UK. Our publication of a directory in 2021 of arts organisations specifically engaging people with mental health problems received a lot of appreciative feedback which led us to the conclusion that a sister publication on creative ageing might also be of use.

## WHO THIS REPORT IS FOR

We hope that it will chiefly be of use to arts organisations looking for peers. Funders and policy makers may get a sense of where there are relatively few services on offer. Older people's organisations including care homes might find local service providers and partners here. Older people themselves looking for creative opportunities might also find this useful.

## THE SCOPE OF THIS REPORT

We have defined creative ageing as **any artistic activity by older people** accepting that a number of organisations define older as young as 50 (though most would be 60s onwards).

To be included here, organisations need to have been active in this field in the **last year**.

The report covers the **UK**. We organise work by nation and region, and there is a map on [page 37](#).

It is almost entirely composed of work by **arts organisations**; that is an organisation using professional artists to a greater or lesser extent, and seeing the arts as its main purpose. It doesn't include for instance work by freelance artists with local chapters of Age UK or in a care home. It was beyond our resources to map this activity, which will also be constantly changing.

We use the **broadest definition of the arts**; for instance, we include crafts.

Most of the activity here is '**participatory**'. This means that a professional artist is sharing their skills with members of the public who haven't had their training. The facilitating artist can be any age.

Work is almost always **sustained** rather than a one-off event.

Activity can take place **anywhere**: in someone's home or outdoors, in an arts or community venue or in a health or social care setting.

## HOW WE COMPILED IT

The most important thing to acknowledge is that this Directory is NOT comprehensive and might only be a fraction of all the work taking place. We have made several open calls asking relevant organisations to contact us. We have asked funders and umbrella bodies to help us. Mostly they said they did not keep lists of relevant arts organisations – including ones that we assumed would have such lists. We asked a number of organisations to check our lists and unsurprisingly they were often too busy. We have then done desk research, including drawing on our many past publications.

## TYOLOGY

Work tends to be undertaken by:

- specialist arts organisations (for instance Magic Me or Entelechy Arts).
- community arts organisations where this is a distinct strand of work amongst others (such as Re-Live or Dance Base).
- mainstream or generalist arts organisations (such as Leeds Playhouse and Wigmore Hall).

## EXPANDING OR DECLINING?

There is such a large margin for undercounting and disagreement over definitions that it is simply impossible to tell.

Some organisations have closed in recent years (Ladder to the Moon and Small Things for example). Others appear to have reduced their offers. Such change is inevitable. On an impressionistic level, it would appear to the authors that there has been some expansion in older people's theatre companies and age-friendly or dementia-friendly activities in museums and galleries. Regarding the latter, it seems to us that this has become quite widespread.

Recent years have felt highly pressured for all the relevant organisations in creative ageing; arts organisations, older people's organisations and health and social care organisations – making for a perfect storm. These are not good conditions for creative ageing to thrive despite the continuing ageing of the population.

In general, participatory arts are becoming ever more valued, as shown by the Arts Council England's ten-year 'Let's Create' strategy. In the arts and across the public and civil society sectors, lived experience and leadership are becoming more recognised but in our view ageism remains rife. It would also appear that funders and many arts organisations are increasingly recognising the value of arts and health. Although we very strongly believe that creative ageing should not be seen as simply an aspect of arts and health, it is true that we are more likely to experience some health conditions in later age. Initiatives such as Dance for Parkinson's and many projects around creativity and dementia therefore remain strong.

So, we found it impossible to conclude whether creative ageing is expanding or declining but we are sure it needs to expand.

## NEXT STEPS

We are sincerely sorry if we have missed out your organisation. Please contact us straight away on [baring.foundation@ing.com](mailto:baring.foundation@ing.com) to let us know. In 2026 we will update the online version of this report.



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# DIRECTORY BY REGION

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Photo courtesy of Live Music Now. Community Transport Newham Songwriting Project, final concert, 2023.

# England

## England-wide

**Alive** works in the community and care homes to provide meaningful activity including creative opportunities. It is Bristol based, delivering practical social, creative and gardening projects in Bristol and North Somerset, but with a support and training offer for care homes open to all.

**Arts for Dementia** provides an online calendar of arts events for people living with dementia, as well as training courses for artists and others. It also hosts its own visual arts sessions in community venues across London.

**Creative Dementia Arts Network** aims to improve the health and wellbeing of people living with dementia by providing information, education and support for Creative Health Practitioners (CHPs), arts, health, social care and housing providers, commissioners and people living with dementia and their families. It also offers specialist consultancy and runs conferences. In Bristol, it runs FLOURISH, an arts and dementia practice learning course and provides clinical supervision and peer support for CHPs.

**Creative Minds** commissions artists to work in a variety of venues including care homes and using different art forms.

**English National Ballet** (ENB) has been running its Dance for Parkinson's programme since 2010. Sessions take place led by the ENB and partners in London, Ipswich, Liverpool, Oxford and in Wales (see page 29). ENB also has other opportunities for older dancers, including a new music and movement course at Swiss Cottage Library.

**National Activities Providers Association** (NAPA) has run the National Arts In Care Homes Day since 2019, as well as providing guidance material for arts in care homes.

**Orchestras Live** promotes orchestral music in communities with all ages and has a long history of working with older people. It is

currently co-producing projects with the Philharmonia in Bedford (see page 18) and in Brentwood, Essex (see page 17). Orchestras Live operates in England, but can offer consultancy across the UK.

**Paintings in Hospitals** is a unique resource, with its own art collection dedicated to improving health and wellbeing, and with over 2,000 artists represented. Any healthcare and social care organisation in England and Wales can borrow from the collection, including care homes.

## LONDON

**All Change Arts** has been making art in North London since 1985. Going Places is an arts activism programme co-created with artists and older people (60+) who come together in arts, community, residential and day care settings to create, perform and publish new work, including intergenerational and interdisciplinary partnerships, projects, events and celebrations.

**ACAVA's** Maxilla Men's Shed Tinkering Sessions run weekly for individuals to work on creative projects, share skills, or simply enjoy a cup of tea with others. Specialist courses are run to support skill-building and embedding an ethos of re-use and sustainability. Based in North Kensington.

**Age Exchange** began life as a theatre company with a strong interest in intergenerational work and reminiscence. It now has a Creative Dementia programme running weekly creative groups (dance, art, singing) in Blackheath, South London, for people living with dementia and their carers. Unusually, Age Exchange is embedded within a social care organisation.

**Age UK Westminster** provides a wide variety of creative activities, with regular workshops held throughout the year, including ceramics, jewellery, masquerade workshops and wreath making for Christmas time.



**Ageing Well in Lewisham** runs two weekly projects in Sydenham: Crafts Plus, a relaxed arts and crafts group for older people of all abilities; and The Befrienders, a fun and creative choir for older people. The group frequently writes its own songs, collaborates with other local groups and performs. No experience needed for either.

**Akademi** is a London dance company specialising in South Indian dance with numerous communities including a long running strand with older people, Dance Well.

**Art Explora** is the British branch of a major French arts Foundation, and replicates the approach taken in France to deliver art appreciation in care homes.

**artsdepot** in North Finchley has a wide-ranging programme for older adults, including creative writing, dance and movement for those at risk of falls. Their Matinee lunch clubs are open to groups from local care homes and services for older adults and feature cabaret entertainment or a show in their theatre, as well as a hot lunch.

**Arts for Dementia** has year-round projects in Southwark, Camden, and online. Sessions are led by professional artists, supported by staff and volunteers. See also England-wide, page 08.

**Baseless Fabric** creates opera and theatre performances in unusual places for people who might not otherwise get to see them. They can deliver concerts in care homes and lunch clubs.

**Capital Age Arts** started out as a London-wide annual festival and evolved into participatory arts events across the city, often using volunteers.

**Cats Whiskers Community Arts** leads a weekly drama programme, Stage Door, at the Riverside Studios in Hammersmith. Performers work towards a show.

**Central and Cecil** housing association has properties in London and South East England and an extensive arts and crafts offer for residents.

**City of London Sinfonia** has a long tradition of education and outreach. Its Room to Room Music programme brings music into the rooms of care home residents.

**Claremont Project** in Angel, Islington has a packed schedule of creative activities, mostly aimed at people over 55.

**Community Focus** in Friern Barnet, North London, is an inclusive arts centre with a wide range of offers. It will deliver arts projects in care homes, including for people living with dementia.

**Connaught Opera** offers musical performances throughout Greater London with a dementia-friendly focus.

**Cubitt Artists** is an artist run cooperative in North London founded in 1991 with 32 studios. It has run many programmes for older people including residencies in care homes and this strand of work continues.

**Dementia Friendly Venues Charter:** London now has its own Charter with over 100 organisations signed up. You can find a [map of dementia-friendly venues online](#). This is an initiative of the Mayor of London.

**Duckie's Posh Clubs** are daytime cabaret events for 'swanky senior citizens, elegant elders & glamorous golden girls', with live showbiz turns, dancing and afternoon tea. Posh Clubs take place regularly in Hackney, Hastings and Peckham and sometimes pop up elsewhere.

**Dulwich Picture Gallery** was Britain's first public gallery, has a major collection and is also a Dementia Friendly Gallery. There are regular creative workshops for people living with dementia and their carers, as well as gallery and exhibition tours.

**East London Dance** runs Leap of Faith, a weekly open dance class for older people. Over the years, the group has worked with some top choreographers and performed at some top London venues. A partnership with the English National Ballet.

**Engage Here** delivers Make Sense, a programme of art workshops for those who are older, living with dementia or mild cognitive impairment. These workshops place no pressure on the outcome but look to foster an art practice that can improve participants' wellbeing. Workshops take place weekly at Kentish Town Health Centre.

**Entelechy Arts** is a long-established specialist arts and older people organisation based at the Albany Arts centre in Deptford, South London. There are numerous programmes for older people at the Albany and in different community locations, including the long-running Meet Me at The Albany club.

**Green Candle Dance Company** has a long history of engaging London's older citizens in dance. Projects vary according to funding. Also provides training for artists wanting to specialise in leading dance with older people.

**Jackson's Lane** arts centre in Haringey has a creative befriending scheme for older adults called Feeling Good. Social prescribers can make a referral. They have been hosting Christmas Day events for older adults who are alone for 50 years.

**JaZanne Arts** is a mixed cultural, female led arts organisation, working with older people focusing on those living with dementias and independent elders from Caribbean communities. Creative arts include singing, drama, playwriting, poetry and performing. Open to everyone from complete beginners to those who are experienced. Based in Edmonton, North London.

**London Bubble** is an experienced community theatre company based in South East London, with two regular offers for older people: Tea Break Theatre, a regular theatre group for the over-55s; and the Rotherhithe Shed for men over 55.

**London Symphony Orchestra** runs LSO Connect, a music programme for older residents in Islington in partnership with local organisations including the Claremont Project, see page 09.

**Magic Me** has a 35+ year track record of delivering pioneering intergenerational arts projects to strengthen community bonds and combat loneliness. Based in Tower Hamlets, the company also has a programme of creative work in London and Essex care homes.

**Museum of Brands** offers reminiscence sessions to care homes, community centres and other cultural institutions using its collections. They also offer training on delivering reminiscence sessions to people living with dementia.

**Opera Holland Park** runs free hour-long concerts, which are relaxed and dementia-friendly, providing an hour of joy through music to promote the benefits of musical and social engagement. They also have a ballot for free tickets for over-65s for the main season of operas.

**Orange Tree Theatre** is a small West London producing theatre with a big reputation for hits and runs the Friday Company for older members of the community to learn theatre techniques.

**OW!** is a theatre group of nine women in their eighth and ninth decades who create engaging participatory shows for care homes. Affiliated to Southwark Playhouse.

**Park Theatre** in Finsbury Park has a substantial offer of free activity for people living with dementia and their families, including a weekly drama-based workshop, the Together in Time singing group, and Kick off with a Verse, a poetry group for carers.

**Patina People** is a theatre company of older adults in North London. Their shows are designed to entertain, inform, inspire and challenge ageism.

**Rambert** is a world-famous ballet company, based in London and touring. It has regular classes for over-60s in its London headquarters.

**Resonate** is a participatory arts company covering Westminster and the Royal Borough of Kensington and Chelsea and focussing on people living with dementia.

**Riverside Studios** in Hammersmith is an arts centre with classes for older writers and actors.

**Royal Collections Trust** often runs sessions for people living with dementia and their carers at Buckingham Palace. Check its website for details.

**Sadler's Wells** has for many years run the famous Company of Elders, as well as periodically running a national festival of Older People's dance called Elixir.

**Songhaven** delivers monthly professional concert experiences filled with well-loved songs and singalongs followed by a social tea. Concerts are dementia friendly. Song requests are welcomed at time of booking.

Private bookings enquiries warmly welcomed, plus free concert films available on the Songhaven website.

**Southbank Centre**, one of the most famous arts venues in the UK, had a series of initiatives for older people called (B)old. It currently has a self-led visual arts group for over-50s called Skylark.

**Southwark Park Galleries** has been running its Seniors Art School since 2012, a free annual programme of artist-led workshops and social outings that empowers older people to learn new artistic skills, share stories and develop their creative confidence.

**Southwark Playhouse** has two Elders Companies for over-65s, The Southwark Players meeting Monday mornings and The Improvisers meeting Wednesday mornings. There are no auditions and it's free to take part.

**Spare Tyre** is a London based theatre company with a long history of working with people living with dementia and a specialism in sensory theatre. Currently it offers training for care homes and family carers designed to help carers think creatively about how they communicate with the person they care for, focusing on imaginative techniques for non-verbal communication in everyday activities.

**The Old Vic** theatre delivers Matinee Idols, a free scheme offering people aged 50+ the opportunity to discover more about The Old Vic, learn new skills and tackle the effects of loneliness in the local community through discounted tickets and pre-show events.

**The Place** is a dance school and venue in central London, with community classes for all ages, including contemporary dance for over-60s.

**The Round Chapel** in Clapton, Hackney hosts a weekly creative dance session for elders. Sessions aren't aimed at performance but at finding joy in moving and ease in moving.

The **Royal Albert Hall** has various offers for older audiences, including hosting Dance for Parkinson's led by English National Ballet, relaxed performances at the Community Coffee Club, and the Royal Albert Hall Songbook with musicians visiting care and health settings across London and the Home Counties.

**The Spitz** has turned itself from a much-loved East London arts venue into a company of musicians taking music into hospitals and care homes and themselves based in a London care home. Sessions are participatory.

The **Wallace Collection** has an Older Adults programme with monthly creative workshops for older people living with dementia and Out of the Frame, an outreach programme delivered in care homes and day centres across London, using reproductions and handling objects to stimulate interaction and discussion.

**Wigmore Hall**, one of London's most famous concert halls, has run the Music for Life programme for people with dementia, their families and carers since 2009. The programme has several strands including dementia-friendly concerts, a choir in partnership with Resonate Arts, Monday afternoon music-making sessions and outreach projects in care homes.

## EAST MIDLANDS

**Creative Paths** specialises in creative arts and reminiscence activities in care settings. They are based in Nottingham but deliver across the East Midlands.

### Derbyshire

**Artcore** is a participatory arts organisation based in Derby with a focus on arts and health.

**District Musicians**, Music to Your Door, see Nottinghamshire.

### Nottinghamshire

**City Arts** is a long-established participatory arts organisation serving disadvantaged communities. It developed the 'Armchair App' for people living with dementia which enables virtual visits to art collections.

**District Musicians** specialise in bringing music to people living with dementia wherever they are, whether in their own homes (Music to Your Door), in the community, in hospitals, or in residential care facilities. They are based in Nottingham but also deliver work in Sheffield and Derbyshire.

**Live Music Now** delivers its Songs & Scones concerts monthly in Retford library in partnership with Nottinghamshire Libraries.

**Nottingham Playhouse** runs a series of workshops and drop-ins for over-50s under the banner of Encore.

**The Dementia Studio** in Beeston, Nottingham, aims to enrich the lives of people with dementia and to support carers. Day care sessions are led by practising artists supported by Arts Care Assistants to engage guests with all kinds of creative activities.

## WEST MIDLANDS

**English Symphony Orchestra** is based in Worcester but delivers concerts in care homes and hospices across the West Midlands.

## Birmingham

**Aesop Arts** developed the **Dance to Health** programme, an evidence-led, pioneering falls prevention dance programme for older people. There are currently classes in the Swansea region, Walsall, Dudley, Norwich, Birmingham and Crewe.

**Live In The Lodge** is a community-led intergenerational music programme in Falcon Lodge, Sutton Coldfield, Birmingham, with nearly 100 local people hailing from each of the last nine decades meeting, playing and learning together each week.

**Midlands Arts Centre (the MAC)** runs a monthly evening event for people aged over 65 called the Culture Club.

The **National Trust** runs Back in Time reminiscence sessions for people living with mild dementia, their friends and carers, at the Birmingham Back to Backs heritage site. Sessions are led by committed volunteers who will also do outreach sessions and sessions online. Part of a wider partnership with the Alzheimer's Society.

## Herefordshire

**Orchestra of the Swan**, Hereford, see also Warwickshire.

**The Courtyard** in Hereford is an arts centre with a proud tradition of dementia-friendly performance and creative ageing (workshops and classes).

## Leicestershire

**Aakash Odedra** dance company in Leicester specialises in South Asian dance and is an Arts Council England National Portfolio Organisation (NPO). They run bi-weekly Dance for Health classes aimed at women aged 50+ in collaboration with University Hospitals Leicester, and a weekly Dance for Fitness class also for women aged 50+.

**Curve Theatre** in Leicester runs creative sessions in care homes and Memory Cafés in partnership with Age UK and Anchor Housing as part of its Neighbourhood Hubs community engagement programme. Art forms include music and armchair dance and invites to Curve Cabarets and Christmas concerts at the theatre.

**Philharmonia Orchestra** has been running its Hear and Now project for 15 years, with current projects in Leicester and Bedford. Co-produced with Orchestras Live (see page 08) and local music organisations, the project brings people living with dementia together with young musicians to create an original piece of music.

## Staffordshire

**Aesop Arts / Dance to Health**, see Birmingham.

**New Vic Theatre** in Newcastle-under-Lyme is a producing theatre with a proud history of socially progressive new works and the initiator of the **Agnes and Stages** company for older amateur actors. This is a self-organised group, offering workshops to build communication imagination and confidence and working with professionals to devise and perform verbatim documentary theatre.

**Wolverhampton Art Gallery** hosts the long-running **Still Lively** visual arts group for older artists.

## Warwickshire

**Armonico Consort** is a music organisation specialising in Renaissance and Baroque music with a long-standing outreach programme. It runs choirs for people with dementia called the Memory Singers in Warwick and Solihull, with mixed repertoire including golden oldies. They also run choirs and singing workshops in care homes and retirement villages.

**Arts Uplift** works across Worcestershire, Coventry and Warwickshire. Its Ageing Well programme has weekly creative opportunities to improve health and wellbeing, including Singing for Wellbeing in Alcester, Arts and Crafts in Southam and Bedworth, and Movement to Music in Kenilworth.

**Belgrade Theatre** in Coventry has the Theatre Hub for over-50s offering weekly sessions.

**Orchestra of the Swan** offers Café Muse, a themed, participative dementia café led by professional musicians, operating weekly at the Courtyard Theatre Hereford, and monthly at the Methodist Church, Stratford upon Avon. Free to attend including a complimentary lunch.

**Sonrisa Arts** offers Live Well and Dance with Parkinson's, a fun, creative dance session led by a professional dance artist. Sessions can be taken seated or standing and are followed by social time with refreshments. Classes currently take place weekly in Coleshill and Nuneaton.

## Worcestershire

**Aesop Arts / Dance to Health**, see Birmingham, page 12.

**Arts Uplift**, see Warwickshire, above.

## NORTH WEST

### Cheshire

**Aesop Arts / Dance to Health**, Crewe, see Birmingham, page 12.

**Cheshire Dance** has a sizeable dance programme for older adults with regular classes in Chester, Neston and Crewe, including in partnership with the Storyhouse arts centre.

**Storyhouse** arts centre in Chester has the Storyhouse Elders who explore and challenge the societal perceptions of age and ageing and the impact of creating and experiencing art in later life. Storyhouse offers a monthly event for elders on the first Monday of the month plus a week-long festival every October.

### Cumbria

**About Being** is a dance programme that offers weekly classes for older adults, including those with mobility issues such as stroke or Parkinson's, and their loved ones, at the Fusehill campus of the University of Cumbria in Carlisle.

Led by dance in health specialist, Susie Tate, the sessions foster creativity and confidence, and help to combat isolation.

**Brewery Arts** in Kendal runs Act Your Age, an open theatre group aimed at those over 60 to develop new skills, stretch their creativity, build their confidence and have lots of fun; and Mature Movers, an open access dance class for over-60s, all abilities welcome.

**Liverpool Philharmonic**, Barrow-in-Furness, see Liverpool & Merseyside, page 14.

## Greater Manchester

**Band on the Wall** is a celebrated music venue which runs a variety of events for older patrons including Club Nights.

**Intergenerational Music Making (IMM)**, see Surrey, page 20.

**Live Music Now** delivers its Songs & Scones concerts at the Bridgewater Hall a few times a year.

**Manchester Camerata** orchestra has many community programmes and a strong focus on working with people living with dementia in the Music in Mind programme, which won the first Music 4 Dementia centre of excellence award.

The **Royal Exchange Theatre** in Manchester has the Elders, a regular programme of activity for older people to promote creativity into later life, challenge stereotypes of ageing and nurture connection and friendship.

**String of Hearts** is a community arts organisation which connects older adults through music, to reduce isolation and improve wellbeing in later life. It runs group sessions, home visits and collaborative activities with healthcare partners across Trafford and Manchester.

**The Whitworth** is a beautifully housed collection belonging to Manchester University set in a renovated gallery in a park. The age friendly gallery has a weekly offer for older people throughout the year and dementia-friendly guided walks in the park.

## Lancashire

**Dukes Theatre** is a producing theatre in Lancaster with a long history of pioneering work with older people and people living with dementia. Their latest iteration is 'Prime Time'.

## Liverpool & Merseyside

**Bluecoat** is a major contemporary arts centre in Liverpool with focus on engagement by marginalised communities. It had a long-standing partnership with Belong care homes to offer creativity to people living with dementia.

**Collective Encounters** is an organisation using creativity for inclusion and social progress. It has run older people's projects over many years, including currently workshops in everyday creativity for paid and unpaid carers of people living with dementia.

**English National Ballet**, see page 08, runs Dance for Parkinson's sessions at Liverpool Hope University.

**Fact** is a leading digital arts organisation based in Liverpool which has undertaken a number of projects with older people including Young at Art.

**Liverpool Philharmonic** orchestra runs a series of dementia-friendly performances, as part of its Music and Health programme. These are accessible and relaxed performances, designed in consultation with people living with dementia, taking place at Liverpool Philharmonic Hall and as part of the residency in Barrow-in-Furness, see page 13.

**National Museums Liverpool** are a leading organisation for dementia-friendly museums. As well as creating the House of Memories app for people living with dementia, they offer dementia-friendly activities such as tours, and dementia awareness training and resources for families and carers and museum professionals.

## NORTH EAST

### Durham

**ARC Stockton** has a range of participatory activities for people aged over 55 throughout the week.

**Oriental Museum** in Durham runs Creative Age, a free, weekly art group for people living with dementia or other long-term health challenges and their carers.

## Northumberland

**Dry Water Arts** in Amble runs dementia-friendly arts sessions and a Body Wise group for mature dancers.

## Tyne and Wear

**Company of Others** in Newcastle runs The Ensemble, a performing company for people over 60 years old.

**Dance City** in Newcastle has a wide range of dance classes from ballet to ballroom for dancers aged 55+.

**Equal Arts** is a long-established specialist arts organisation which has pioneered numerous initiatives such as Hen Power and Dementia Friendly books. Based in Newcastle but working across the North East and more widely.

**Helix Arts**, based in North Shields, offers a range of creative workshops and walks across the North East including dance for falls prevention and varying other artforms. Workshops take place in warm and friendly locations where participants can relax, create and socialise.

**New Writing North** leads the development of creative writing and reading in the North of England and runs Remembered West, a weekly creative workshop for older residents of the West End of Newcastle-upon-Tyne.

**Silver Singers Gateshead** are part of a regional network of choirs who occasionally come together to share and perform. Offered on a termly basis.

**Tyne and Wear Archives & Museums** (TWAM) Platinum Programme specialises in working with people over 55 – to improve wellbeing, physical, social, and learning needs. Opportunities include: slow museums – a relaxed visiting experience; handling museum objects; museum health and social care resources and training for health and care staff.

**Woven Nest** is a workshop-led theatre company working in the North East, which specialises in working with older people in care homes, including people living with dementia and with neurodivergent audiences. They also run intergenerational projects.

Photo © Equal Arts.



## YORKSHIRE & HUMBER

### East Riding of Yorkshire

**Hull Museums & Galleries** run two regular social sessions for older people with opportunities to explore collections and take part in craft activities – one at Wilberforce House Museum and the other at the Streetlife Museum.

**Pocklington Arts Centre** has a regular dementia-friendly Singing for Fun session every Thursday.

### North Yorkshire

**mima** in Middlesborough has an ongoing group for elders called The Club. The weekly Thursday sessions are a friendly mix of laughing, making and doing with guided physical activities. Age is no object and they have ditched ageist stereotypes about what can be done!

**Rural Arts** is based in Thirsk but runs its Heart and Craft programme for over-70s in venues across North Yorkshire. They also have an outreach programme called Art Beat, bringing creativity into care homes and to individuals who are housebound.

### South Yorkshire

**50+ Contemporary Dance Sheffield** is an independent community dance group providing regular contemporary dance classes and exciting creative engagement opportunities for local over-50s.

**darts** is Doncaster's award-winning creative health charity, using art to improve life, learning and health. Its offer includes inclusive creative programmes for over-60s, including dance groups, choirs, and dementia singing groups.

**District Musicians**, Music to Your Door, see Nottinghamshire, page 11.

### West Yorkshire

**Arts 4 Health CIC** in Holmfirth, near Huddersfield, offers community inclusive arts and runs projects for older people.

**Ascendance** offers inclusive dance classes and performance opportunities in Leeds and Bradford. Their Fuse Dance Collective is a

dance company for mature professional and non-professional dancers, including those with Parkinson's and takes place in Leeds.

**Calderdale Music** hosts a Senior Citizens' Orchestra in Halifax.

**Holme Valley Sharing Memories** is an intergenerational organisation based in Holmfirth. Members are volunteers (currently in their 70s, 80s and 90s) who meet weekly to work with local artists on creative projects. They also collaborate with local schools.

**Hoot** is a participatory arts organisation in Huddersfield with National Portfolio Organisation (NPO) status, working with many different communities with a focus on mental health and wellbeing, including work in care homes and with people living with dementia.

**Leeds Playhouse** was an early advocate (as West Yorkshire Playhouse) of arts for older people and especially people living with dementia, producing a [guide to dementia friendly performance venues](#) and the first festival of Dementia Theatre. They have ongoing workshops and social sessions.

**Medley** is an arts for wellbeing initiative created by Bradford based artist Isobel Murdoch, who produces themed Creative Ideas for care homes, amongst other projects.

**Performance Ensemble** in Leeds creates cutting-edge contemporary theatre harnessing the voices, experience and artistic talent of older people, creating art with the experience of age. They run many groups and create shows with community participants, giving older people the platform to tell their stories. Now an Arts Council England National Portfolio Organisation.

**The Art House** in Wakefield has @Creative Age, a group for people living with dementia and their carers. Free two-hour courses are run in four-week blocks and provide an opportunity to take some time out of the daily routine, to be creative, try something new, or possibly rekindle an interest from the past.

**Yorkshire Dance** delivers weekly community-based Dance On sessions (across Leeds and Bradford). Their In Mature Company programme delivers creative, person centred music/movement and dance sessions for people living with dementia. They also offer opportunities for older artists, creatives and



communities to come together and celebrate dance through performances, the biennial Ageless Festival, and cultural activities.

## EAST OF ENGLAND

### Essex

**Focal Point Gallery** in Southend hosts Contemporary Elders, a programme that challenges the term 'elderly' and encourages embracing wisdom as a path to growing whole. It offers challenging and exciting workshops, talks and tours on the penultimate Saturday of each month.

**Magic Me**, see London, page 10.

**Orchestras Live** is leading an innovative creative dementia care collaboration in Brentwood. Participants attend eight-week blocks of creative sessions at Brentwood Theatre, where they are immersed in a range of stimulating arts activities, from reminiscence arts to dance, songs, orchestral music and co-creation, whilst exploring wellbeing, identities and relationships between family carers and those they care for. Referral is via the Alzheimer's Society.

### Cambridgeshire

**Britten Sinfonia** runs the Musical Memories programme, offering relaxed music workshops in care home and community settings. Based in Cambridge but works across the East of England.

The **National Trust** property, Peckover House, in Wisbech hosts the Damsons Group for people living with dementia and their loved ones. Sessions are twice-weekly and combine nature and heritage-based craft activities with a chance to listen to music, reminisce, chat, enjoy a cup of tea or have a stroll in the gardens. Part of a wider National Trust partnership with the Alzheimer's Society.

**University of Cambridge Museums'** extensive Age Well programme includes: Portals to the World – monthly museum talks and walks for people affected by dementia; Dance with the Museum, monthly dance sessions inspired by museum artefacts and spaces; and Encounters, dance courses also inspired by museum artefacts for people affected by Parkinson's. They also offer training and facilitated sessions in care homes.

### Lincolnshire

**soundLINCS** is a Lincolnshire-wide music charity with a music for wellbeing referral programme. It runs music-making sessions for people living with dementia in various locations, including Spilsby, Gainsborough and Boston, supported by a recent grant from the Power of Music Fund.

### Norfolk

**Aesop Arts / Dance to Health**, see Birmingham, page 12.

**Creative Arts East** is an established participatory arts organisation serving a variety of communities. It has a number of projects working with older people, often with a focus on loneliness and vulnerability and a high proportion of work is with rural communities. Based in Norwich but works across the East of England.

**Museum of Norwich** runs Community Culture Club, a museum creative wellbeing programme for older adults (65+) including those living with a dementia, carers, those with other long term health conditions and those who are lonely or socially isolated. The programme runs for ten weeks from November to February each year, and participants can either be referred or self-refer.

**Norwich Theatre** is a 300-year-old theatre which aims to be at the heart of its community. It has a series of companies and workshops for older people, which include dancing, singing and acting. Work is sometimes taken into care homes.

### Suffolk

**Britten Pear Arts'** Participate programme runs music workshops for older people in Leiston, Saxmundham, Woodbridge and Kesgrave, as well as the East Suffolk Skylarks, offering two singing groups for people with Parkinson's, one at Snape Maltings and the other in Ipswich.

**Dance East** in Ipswich runs Dance for Parkinson's sessions in partnership with the English National Ballet.

**Saffron Hall's** Together in Sound is a long-running music project in Saffron Walden for people living with dementia. Over ten-week terms, participants are offered opportunities to sing, play and listen to live music together, led

by music therapists and visiting professional musicians from Saffron Hall. This is a partnership with Anglia Ruskin University.

**Suffolk Artlink** is a participatory arts group based in Halesworth serving a variety of communities especially rural ones. Work includes engagement in care homes.

## SOUTH EAST

**Shapeshifter Productions** has been running a participatory singing project called The Smiling Sessions in care homes and sheltered housing since 2011 and can currently deliver sessions in London, Kent and Sussex.

## Bedfordshire

**Philharmonia Orchestra** has been running its Hear and Now project for 15 years, with current projects in Bedford and Leicester. Co-produced with Orchestras Live and local music organisations, the project brings people living with dementia together with young musicians to create an original piece of music.

**Young People's Puppet Theatre** offers at least one free eight-week marionette making course a year as part of their intergenerational work. Takes place in St Albans and Luton.

## Berkshire

**Apna Virsa** is a South Asian community arts organisation offering weekly Bhangra dance classes in Slough.

**Berkshire Music Trust** runs Singing Cafés in local venues across Berkshire: the Dementia 'Memory Lane' Singing Café and the Parkinson's Singing Café. Check their website for locations.

**Corn Exchange** in Newbury has an Ageing Creatively programme, delivering a huge array of creative workshops, classes and courses for over 55s in West Berkshire. From Tai-Chi to dancing, Urban Sketching to Cinema Club, they want to make West Berkshire the best place to grow older in.

**Royal Collections Trust** runs a monthly dementia-friendly session at Windsor Castle, with a different theme each month.

## Buckinghamshire

**Amersham Museum** runs reminiscence activities and has a singing group for older people. Care homes and other community groups can borrow museum memory boxes.

## East Sussex

**Age is a Stage** was founded in 2018 to provide creative opportunities and live comic-based drama workshops for over-50s. Sessions take place at the Theatre Royal in Brighton and Ropetackle Arts Centre in Shoreham-by-Sea.

**Brighton and Hove Music for Connection** has a number of offers for older people, including Tea & Jam sessions, bedside music-making in care homes and hospitals, and a late starters string band called Silver Strings.

**Duckie's** Posh Club, Hastings, see London, page 09.

**Fabrica** is a participatory visual arts agency based in a repurposed church in the centre of Brighton with multiple programmes for older people.

**Glyndebourne** opera has a long history of working with people living with dementia (see Raise Your Voice below). It often delivers music projects in care homes as part of its year-round community engagement programme, Resound.

**Hastings International Piano** delivers piano concerts from world-class young pianists in care homes, aiming to bring the joy of classical music to all.

**Raise Your Voice** is a music project for vulnerable people living with dementia and their carers, with fortnightly sessions in Lewes and Burgess Hill. It started off life as an outreach project of Glyndebourne Opera in 2008 but is now an independent organisation.

**Three Score Dance**, based in Brighton and Hove, is a contemporary dance group for older men and women, inspired by The Company of Elders at Sadler's Wells and the work of the legendary choreographer Pina Bausch. It runs termly dance classes and also an outreach programme into care homes, sheltered housing and dementia cafés.

## Hampshire

**Independent Arts** is an established participatory arts organisation based in Newport and covering the Isle of Wight. Its focus is on arts for wellbeing, with numerous projects including work in care homes.

**The Memory Box Foundation** runs a monthly loan service for care settings across Hampshire, Wiltshire and Dorset.

**The Point Eastleigh** has been running Retrospectif, a weekly dance workshop for dancers aged 50+, for the last decade. The weekly workshops focus on contemporary technique as well as experimenting with the dancers' own creativity.

## Hertfordshire

**Open Art Box** specialises in visual arts workshops for people living with early-stage dementia, with current fortnightly sessions in Letchworth and Stevenage.

**Young People's Puppet Theatre**, see Bedfordshire, page 18.

## Kent

**Bright Shadow** is an arts organisation focused on arts for people living with dementia. Their free creative Zest groups are for anyone with dementia or experiencing memory problems without a diagnosis and take place weekly in Medway, Deal, Whitstable and Hythe. They are led by different artists from musicians to poets, to visual artists and more.

**Canterbury Skylarks** is a weekly singing group for people with Parkinson's and their carers, hosted by the Canterbury Cantata Trust and a flagship project of the Sing to Beat Parkinson's Network, page 33.

**Community Art Kent** runs weekly accessible art and creative classes for adults 55+ in Folkestone and the surrounding areas. Participants engage in creative activities that also lead to social events throughout the year.

**Live Music Now's** Songs & Scones concerts take place in venues across Medway. Expect songs from West End shows, well known folk tunes, popular songs and light classical music. Led by professional musicians, all with a cup of tea, scone and a chance to chat and make new friends.

**Living Words** is an arts and health charity founded by Susanna Howard and based in Folkestone and mainly working with people living with dementia.

**Moving Memory Dance Theatre** is an inclusive all-female dance company based in Folkestone on a mission to challenge ageism. Their Groovin Well programme of dance and movement led by and for people age 50+ takes place across Kent. Sessions are about having fun, loosening up and celebrating the good stuff of life. All shapes, sizes and levels of mobility welcome.

**Music4Wellbeing** runs singing groups across North and East Kent, such as the Seaview Singers in Swalecliffe, the Sandwich Singers and the Dover Bluebirds. Sessions are dementia friendly and Parkinson's friendly.

**Nucleus Arts** in Rochester offer weekly visual arts and crafts sessions for over-60s, delivered by professional creatives to reinvigorate, empower and upskill older people who would otherwise feel they are no longer valued in society due to retirement, care responsibilities or illness. Participants work on personal and group projects towards exhibitions, community local events and initiatives.

**The Beaney House of Art and Knowledge** in Canterbury hosts monthly Power of the Object sessions for people living with dementia or facing social isolation. The friendly sessions are a chance to get closer to museum collections and enjoy a cup of tea.

## Oxfordshire

**Banbury Museum and Gallery** has two regular monthly reminiscence groups for older people, one in Kidlington and one at the museum. Members can also record their memories and contribute to the museum's oral archive.

**MuMo Creative** delivers Dance for Parkinson's sessions in partnership with the English National Ballet and Oxford City Council; Dance for Joy, a music and movement class for people at risk of neurodegeneration; Mindful Movement for Parkinson's classes; and in 2025 a new Singing for Parkinson's choir.

**Museum of Oxford** offers an activity programme for older people that includes Memory Lane, a reminiscence session; Movers

and Shakers, a gentle dance and movement session; art and creative writing classes; and themed talks.

**Sound Resource** promotes music for wellbeing across Oxfordshire; its Moving Minds relaxed concerts run four times a year in different venues.

## Surrey

**Farnham Maltings** is a participatory arts organisation with lots of activities across art forms on offer. They currently run weekly Singing for the Mind sessions for people living with dementia and their carers.

**Historic Royal Palaces** has been running the Sensory Palaces programme at Hampton Court Palace for nearly a decade. In dedicated two-hour visits for people with early dementia and their carers, expert freelance artists tell stories associated with the Palace with a sensory approach. Sessions are every two months or so.

**IMM (Intergenerational Music Making)** has projects across Surrey, London and Greater Manchester focusing on music making, choral singing, songwriting, music and movement and intergenerational connection. IMM will also work across the UK.

**The Lightbox** art gallery in Woking runs 'Art in Mind', a programme of monthly art workshops for people living with dementia and their companions or care givers. Each month there is a different artwork to look at and use as inspiration for participants' own works.

**Wishing Well Music for Health** brings live music into healthcare settings, including specialist hospital wards, community hospitals and assessment units. Works across Surrey and Sussex.

## West Sussex

**Age is a Stage**, Shoreham-by-Sea, see East Sussex, page 18.

**Chichester Festival Theatre** offers dementia-friendly performances and the CFT buddies scheme, a free companion scheme for anybody who may appreciate extra support coming to the theatre, including older people and people with disabilities.

**Duckie's** Posh Club, Crawley, see London, page 09.

**Raise Your Voice**, Burgess Hill, see East Sussex, page 18.

**Wishing Well Music for Health**, see also Surrey.

## SOUTH WEST

### Bristol

**Acta** is a long-established Bristol based participatory theatre company known for its Malcom X Elders Theatre Company devising original work.

**Alive** offers meaningful and creative activities to older people in Bristol and North Somerset, including people living with dementia and in care homes. Its Bristol Elders project involves three social clubs predominantly for Bristol's older Afro-Caribbean community. See also England-wide, page 08.

**Creative Dementia Arts Network**, see England-wide, page 08.

**St George's Bristol** is a concert hall and music venue and offers free lunchtime concert tickets and a place to meet for local charities and community groups that support older residents of the region, to promote the wellbeing aspects of music and combat loneliness in older age.

### Devon

**Pavilions Teignmouth** runs weekly Silver Swans Ballet for the over-55s, plus a musical theatre dance class (Stepping Out) also for people 55+. No dance experience necessary.

**Royal Albert Memorial Museum** in Exeter has been running its Living Each Season dementia-friendly programme since 2013, delivering reminiscence and creative workshops to care homes, community centres, memory cafés and hospitals.

### Cornwall

**Forget-me-not Chorus**, St Austell. See UK-wide, page 32.

**Newlyn Art Gallery** runs the twice weekly 'Tea, Cake and Art' at The Exchange in Penzance, a creative social for people over 65 who feel isolated or lonely and would like to meet others and explore creative activities together in a friendly and relaxed environment. Sessions are dementia friendly.

## Dorset

**Bournemouth Symphony Orchestra** has a strong reputation for community engagement. This includes Music for A While on hospital dementia wards and Music and Coffee concerts in the community for people living with dementia and their carers.

**The Memory Box Foundation**, see Hampshire, page 19.

## Gloucestershire

**Cinderford Artspace** has a long-running visual arts programme for older people living with dementia called Mindscape.

**Mindsong** provides singing and music opportunities for people living with dementia, including in care homes, with sessions led by trained volunteers. They also offer singing groups for people living with Long Covid, lung, and neurological conditions.

**Open Arms Artists' Collective** is a fairly new arts organisation interested in engaging people living with dementia in creative activities, especially theatre. Based in Cheltenham but works across Gloucestershire and neighbouring counties.

## Somerset

**Alive**, see also Bristol, page 20.

**Creative Innovation Centre** in Taunton has two buildings offering a range of activities for over-60s, including health and wellbeing art-related workshops, live music events and themed community projects.

**Mendip Dance Club** is a weekly dance group in Chilcompton for women over 50. They will dance to anything that the visiting professional tutors will choreograph!

**Museum to You** is a small CIC which takes museum objects into care settings to facilitate creative sessions. Collaborations include with the Bishop's Palace in Wells.

**The Holburne Museum** in Bath provides arts-based engagement opportunities for older people living in the local area, visiting people supported by care homes, community and charity groups. All activities take inspiration from the museum collection and temporary exhibitions, providing sensory opportunities to engage with handling objects and engaging arts-based activities.

## Wiltshire

**Arts Together** offers weekly creative groups for lonely older people in Trowbridge, Melksham, Bradford-on-Avon, Devizes, Marlborough and Pewsey.

**Celebrating Age Wiltshire** (CAW) offers high-quality creative arts, heritage, and cultural activity as a vehicle to improve or maintain the health and wellbeing of older people. CAW is currently working in 11 community areas – Amesbury, Calne, Corsham, Malmesbury, Melksham, Royal Wootton Bassett & Cricklade, Salisbury, SW Wiltshire, Southern Wiltshire, Trowbridge, Warminster.

**The Memory Box Foundation**, see Hampshire, page 19.

**Wiltshire Creative's** Mind the Gap programme is an opportunity for older people to meet and explore the creative arts in the safe surroundings of Salisbury Playhouse. The group meets fortnightly for coffee, conversation and creativity. Art forms vary weekly.

Photo courtesy of  
Streetwise Community  
Circus, Belfast.



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# Northern Ireland

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## Northern Ireland-wide

**Armstrong Storytelling Trust** offers storytelling and reminiscence sessions to groups of older people including those living with dementia. Storytellers visit day centres, residential and nursing homes and community venues. They provide one-off visits and also undertake residencies which can include intergenerational sessions.

**Arts Care** is a major organisation working in health and social care. It hosts the **Here and Now Arts Health and Wellbeing Festival** which takes place across Northern Ireland every year for people aged 60 and over. Arts activities run from September to February and there are lots of activities to get engaged with as a group or an individual such as music sessions, visual arts, story-telling and dance.

**Kabosh Theatre** runs ad-hoc projects for older people, including The Occasional Gardener, a gardening and arts therapy project in care settings.

**Prime Cut Productions** is a leading independent theatre company based in Belfast with a series of community programmes including for older people.

**Ulster Orchestra's** Move to the Music programme is for older people who may feel isolated and people at risk of social exclusion across Northern Ireland. The project provides free access to selected concerts, engagement opportunities and sustained projects for community groups, Tea Dances aimed at those over 65, and Musician on Call visits to senior day centres and care homes.

## Belfast & County Antrim

**ArtsEkta** is an arts organisation focused on celebrating intercultural connections in Northern Ireland. It runs an older people's programme from April to September each year, with varying art forms.

**Belfast Exposed** is known nationally and internationally as a community photography agency and has worked extensively with older people, including people living with dementia.

**Commedia of Errors** is an independent theatre company, which has developed Plays Aloud, a project which bringing specially developed live performance to older audiences, touring to care homes, folds, sheltered housing units and dementia care facilities across Northern Ireland.

**Northern Ireland War Memorial Museum** has an offer for people living with dementia, including reminiscence workshops and loan boxes and Singing for Victory sing-alongs.

**Oh Yeah** is a music centre in Belfast with a long track record of initiatives and workshops with older people.

**Strand Arts Centre** in Belfast runs weekly Silver Screenings of classic movies at the Connswater Shopping Centre, its temporary home. Tickets include free tea, coffee and biscuits. Transport can be arranged for community groups and nursing homes.

**Streetwise Community Circus** has since 2014 run the Age-ility project for over-55s, with members ranging from 55 to 95. You can learn circus skills in a safe and friendly atmosphere in weekly sessions currently in Belfast, Fermanagh, Millisle and Whitehead.

## County Derry

**Echo Echo Dance Company** delivers Body Wisdom, an award-winning dance, movement and music programme for older people which offers weekly programmes, inspiring performance projects and a broad range of community partnership projects in Derry and the northwest.

## County Tyrone

**BEAM Creative Network's** Young at heART project uses ceramics, mosaic, clay, music, creative writing, fine art, and textiles and seeks to combat isolation and loneliness prevalent among older individuals living in a very rural community.



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# Scotland

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## Scotland-wide

**Central Scotland Circle Dance** runs circle dance groups in Alloa, Edinburgh, Glasgow, Galashiels and Kinross. Circle dance includes choreographies from many dance traditions and draws on the rich and diverse dances from various countries. The aim is to experience the joy of dancing with others and to create a sense of wellbeing and community.

**CrossReach** is a Scottish social care organisation which runs Heart for Art visual arts groups for older people across Scotland. There is a full list of locations on its website.

**Dementia Inclusive Singing Network** is a support network for dementia-friendly choirs and singing groups across Scotland. There are around 15 member groups, including in Edinburgh, Glasgow, Peebles, Perth, Fife, Argyll & Bute and Aberdeen. There is a full list of active groups on their website, with contact details.

**Parkinson's UK Scotland** has a weekly online Parkinson's Voice Exercise Group session, which include elements of music, movement and singing.

## Aberdeenshire

**Boogie in the Bar** events are community-led afternoon disco dancing parties for anyone who enjoys a proper boogie but doesn't want or is not able to stay out late. There are four regular Boogies in the Aberdeen area.

**City Moves** dance agency in Aberdeen has a number of classes for older people including Dance for Parkinson's, Mature Moves open class, and an older people's performance group called Quicksilver.

**Ten Feet Tall Theatre** runs the Encore! Script Reading Group in association with Aberdeen Performing Arts. It's a weekly sociable play reading group designed for those aged 60+ and run on a termly basis.

## Argyll and Bute

**CrossReach**, see Scotland-wide, left.

## Ayrshire

**DAYR to Sing** is a new singing for lung health and Long Covid group in Ayr, designed to help participants breathe better to self-manage long term lung conditions.

## Borders

**CrossReach**, see Scotland-wide, left.

**Eastgate Arts** in Peebles hosts ad-hoc activities, such as Memory Lane Music, a cheerful hour of song and music for adults living with dementia and their carers, led by musicians Frances Taylor and Robbie Tatler. Followed by a social café with refreshments.

**Hearts and Minds'** Elderflowers specialise in therapeutic clowning and are available to visit older people living with dementia in hospitals and care homes. The Elderflowers currently visit the Borders General Hospital, Findlay House (in Edinburgh) and Clackmannanshire Community Healthcare Centre (Sauchie).

## Clackmannanshire

**Hearts and Minds**, see Borders, above.

## Dundee

**CrossReach**, see Scotland-wide, above left.

**Dundee Contemporary Arts** is an arts centre in Dundee which pioneered screenings for older people branded 'Senior Citizen Kane'.

**Dundee Rep** runs Beautiful People for over-55s, a creative company of older people who come together every Wednesday to perform together.

## East Ayrshire

**CentreStage** in Kilmarnock, East Ayrshire, runs the weekly music and social 'Gie it laldy!' group for people living with dementia.

## Edinburgh

**Art in Healthcare** engage a lot of older people in their workshops. Offers include Room for Art, a weekly visual arts group and Caring Spaces for unpaid carers.

**Capital Theatres** is a theatre charity in Edinburgh. As well as dementia-friendly performances, they offer other monthly activities for people living with dementia, including 'Tea and 'Jam' music sessions, 'Brew and Blether' and 'Songwriting Sprint' where participants speed compose a song which is then performed by Edinburgh's dementia-inclusive Forget Me Notes choir at recurring Together In Song concerts.

**Citadel** in Leith is an arts group run by and for older people, performing plays written by the over-60s often based on stories, memories and local heritage. They run a regular playwrights' workshop where scripts are developed.

**CrossReach**, see Scotland-wide, page 25.

**Dance Base** Edinburgh's public programme includes weekly dance classes for over-60s in ballet, Cuban salsa, and tap, including different ability levels. The health and wellbeing programme includes weekly Dance for Parkinson's classes and projects based in local hospitals and care settings. They also have PRIME, a resident company for older dancers, which has toured nationally and internationally.

**Edinburgh Community Performing Arts** runs Re-Connect, a free gentle movement project for older people aged 65+. Designed for people who may have dementia, Parkinson's or restricted movement, the activities are led by a professional dance artist, supported by volunteers and movements can be done seated, standing or a combination of both!

**Fruitmarket**, a gallery and art space, delivers Making Memories, a monthly creative reminiscence project for older people, delivered in a partnership with The Crannie. The free artist-led sessions provide an opportunity for a person-centred approach to reminiscence arts.

**Hearts and Minds**, see Borders, page 25.

**Impact Arts**, see Glasgow, page 27.

**National Galleries of Scotland** (National, Modern One, Modern Two and the Portrait Gallery) offer regular free, relaxed and sociable art sessions for people living with dementia, together with tours of new exhibitions led by artists.

**National Library of Scotland** has monthly Library Socials for people living with dementia and their friends and family. Events are inspired by the Library's collections and may involve music, craft or story-telling depending on the theme.

**National Museum of Scotland** has monthly Museum Socials for people living with dementia, friends and carers. Each session explores a different museum theme through various interactive activities, including curator talks, object handling and creative crafts. Tea and cake provided.

**Royal Botanic Garden Edinburgh** has monthly Garden Socials for people living with dementia and their families, often with a facilitated creative activity.

**Royal Collections Trust** runs monthly sessions at Holyroodhouse for people living with dementia and their carers, with a different theme each month.

**Scottish Chamber Orchestra** has the ReConnect programme, which has been running since 2013, providing a series of weekly music sessions in which dementia patients, together with visiting family members and care staff, are invited and supported to sing, play instruments, improvise and listen.

**Tragic Carpet**, run by artist Freda O'Byrne, uses object theatre, puppetry, circus, mime, music, projection, and light to explore the stories of ordinary people in extraordinary circumstances. They have a drama group for over-50s in Drylaw, Edinburgh, every Tuesday morning. No experience necessary.

**Tricky Hat Productions** runs The Flames – an artist-led performance programme – that works across Scotland with groups of older people to enable them to tell their own stories.

## Fife

**Haydays** in St Andrews runs a range of active and creative activities for older people. It runs weekly in term times and includes a café with coffee, tea and even some home-baking.

## Glasgow

**Art in Hospital** delivers an ongoing visual arts programme for patients in the healthcare areas of Medicine for Older People, Stroke Rehabilitation, Acute Rehabilitation, Palliative Care and Community and Mental Health across the NHS Greater Glasgow & Clyde region.

**Barrowland Ballet** is a dance company with an emphasis on intergenerational work and has produced several older people's pieces.

**Common Wheel** holds weekly music groups across Glasgow in care homes for people living with dementia.

**CrossReach**, see Scotland-wide, page 25.

**Glasgow Film Theatre** offers a monthly dementia-friendly film screening.

**Glasgow Life**, Glasgow's leisure trust, offers regular dementia-friendly concerts all year round.

**Glasgow Museums** offer free Ageing Well sessions for groups of older adults and care homes. These relaxed visits offer the opportunity to explore museum displays at a slower pace with a member of the learning team. Participants can handle real museum objects, take part in activities and have a cup of tea or coffee and chat. Sessions can be tailored to meet the needs of groups and are available to book throughout the year.

**Glasgow Senior Citizens Orchestra** is a friendly non-auditioning orchestra for everyone from retired professionals to late starters and enthusiastic amateurs. The orchestra plays concerts (about 10 per year) for older people at various luncheon clubs around Glasgow.

**Impact Arts** runs the Craft Café which offers a wide range of creative activities to its members from painting to pyrography. There are two projects – one in Govan, Glasgow and one in Edinburgh.

**Scottish Ballet** has a dance for health offer, which includes Dance for Parkinson's and Time to Dance for people living with dementia

and their carers, plus Regenerate, a dance class for over-60s with at least one year's ballet experience.

**Scottish Opera's** Memory Spinners group meets weekly in Glasgow. Using music, storytelling, movement and the visual arts, the programme helps people with dementia and their carers relax, get creative and form new support networks.

**The Portal Arts** Seniors' Film Club has been running since 2008, producing some amazing films, from social history documentaries to comedy sketch shows in which they write, act, and film, whilst also turning their hands to a range of other media skills, such as photography, radio shows and song writing.

## Highlands and Islands

**An Lanntair** in Stornoway runs online creative workshops, Creative Connections, for people aged 60+ who feel isolated.

**An Talla Solais**, a gallery in Ullapool, runs the Dolphin Arts Project for people who are living with dementia, their family and friends.

**Eden Court** in Inverness offers a range of activities, including LGBTQI+ socials for older people with creative activities for those who are interested; Dance for Parkinson's; and an older people's dance group, Gracenotes.

**Strathspey Kirks** (Grantown-on-Spey) offers a monthly sing-along session, with tea and coffee. Dementia-friendly.

## Moray

**Dance North** works in partnership with Moray Council to deliver Sing, Exercise & Tea classes (SET) to isolated older people in Moray. This programme of seated dance sessions is delivered weekly in three locations across Moray by experienced dance artists. Every session includes creative activity followed by a cup of tea and a chat.

## Perthshire

**Birks Cinema** in Aberfeldy have weekly Knit and Natters and Craic 'n' Craft sessions.

## Renfrewshire

**CrossReach**, see Scotland-wide, page 25.

## Stirling

**Macrobert Arts Centre** runs Dance for Parkinson's and relaxed screenings which are inclusive of people living with dementia.

## West Lothian

**Generation Arts** offers a range of creative classes across art form suitable for older adults, including Generation Dance in Bathgate and Livingston. They also work in care homes.

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# Wales

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## Wales-wide

**Age Cymru**, Wales' national ageing organisation, has run for many years a spring festival for the arts called Gwanwyn with small grants to support performances and exhibitions.

**Amgueddfa Cymru / National Museum Wales** encompasses seven major museums, which run various dementia-friendly activities such as tours, with upcoming events listed on their website.

**Dr B Creative** works across Wales offering active movement sessions, seated movement sessions, care home silent discos, music and movement, live music, art and poetry in care homes, intergenerational projects and dementia group projects.

**Forget-me-not Chorus** runs community choirs for people living with dementia across Wales and Cornwall. There are in-person choirs in Cardiff, Newport, North Wales and Cornwall, care home choirs throughout Wales and Cornwall, and a hospital service in South and West Wales. Their online session is open to all, with participants from all nationalities joining regularly.

**House of Memories Cymru**, the Welsh version of the renowned museums app and dementia awareness programme developed by National Museums Liverpool, was launched in 2023. 14 museums across Wales worked together to create the app, which is populated with digital objects chosen for their significance to Welsh heritage as well as their potential to stimulate memories and conversation.

**Making Sense** creates resources and runs artist-led sessions for people living with dementia and their families and carers in **North Wales**. Their object-based reminiscence collections can be borrowed via library services in Conwy and Denbighshire.

**National Dance Company Wales** runs Dance for Parkinson's weekly in term times in Wrexham, Bangor and Cardiff. This programme is an affiliated hub of English National Ballet's Dance for Parkinson's programme, [page 08](#). The English National Ballet also offers an online class – all you need is a chair!

**Welsh National Opera** runs the Cradle Choir for people living with dementia in Llandeilo and Milford Haven.

## Bridgend

**Gwella** is an arts and health charity which often has an offer for older people, including currently a weekly Glee singing club for people with living with dementia in Nant-y-Moel.

**Tanio** is an established arts organisation in Bridgend. Its Spring Forward Gold Project in association with Age Cymru is a forest arts programme for older people running through the summer to October. Its regular Breathing Spaces groups are also popular with older residents and take place in Bridgend, Porthcawl, Ogmere Vale and Bettws.

## Cardiff

**Arts Active Trust** runs relaxed and fun movement and mobility sessions for over-60s and those recovering from injury or surgery, together with social crafting sessions offering a chance to chat unwind and try something creative. Sessions take place in Better Leisure Centres in Cardiff.

**Forget-me-not Chorus**, see Wales-wide, left.

**Re-Live** in Cardiff runs a weekly life story group for older people, The Company of Elders, who perform their stories to global audiences online. A weekly Memoria group invites older people living with dementia to explore their life stories and imagination.

**Rubicon Dance** is based in Cardiff and runs a wide-ranging programme of dance for health, including Dance for Parkinson's, groups for over-60s, and dance for patients on elder care wards and for people living with dementia.

**SParky Samba** is a new initiative by Parkinson's UK Cymru offering people affected by Parkinson's the opportunity to join a samba percussion band. In addition to learning to play a repertoire of pieces, there is opportunity to gain performance skills. The first group is in Cardiff and there are new groups starting in Llandudno and Fishguard.

**Striking Attitudes** is a dance company offering creative movement sessions for older dancers in Cardiff and Pontypridd.

## Carmarthenshire

**Arts Care/Gofal Celf** is an arts and health charity based in Carmarthen and has been delivering arts and health work with all ages for over 35 years, including with older people, using art to improve health, wellbeing and community cohesion.

**People Speak Up** in Llanelli is an arts charity with a focus on arts and wellbeing. Its Creative Home Delivery Service is an arts and health service for older people across Carmarthenshire, bringing art and creativity into people's homes.

**The Art House (y tŷ celf)** in Llanelli has weekly art and craft workshops for people living with dementia.

**Welsh National Opera** runs the Cradle Choir, an intergenerational choir for people living with dementia, friends and family and also involving local schoolchildren. Sessions are weekly in Llandeilo.

## Ceredigion

**Active-Ability** provides a safe and welcoming space to explore movement to music using a range of dance moves which can be performed seated or standing. Free refreshments are available afterwards. Their Facebook page lists classes in Ceredigion.

**Borth Community Hub** runs two weekly free creative activity groups every Monday, exploring and having fun making art with different materials. The morning group is a supportive group for living well with dementia and is also open to friends and carers.

**Hahav** provides free support to people across Ceredigion who are living with an incurable or life-limiting illness. They have a regular afternoon tea event, called Caffi Cofion, for people living with dementia, which often involves live music and crafts, at Plas Antaron in Aberystwyth.

## Conwy

**Cywaith Dawns/Dance Collective CIC** works across Conwy and offers dance for people living with dementia, regular Dance for Parkinson's sessions in Llandudno, and intergenerational dance sessions for care homes and nurseries.

**Forget-me-not Chorus** in Llandudno, see Wales-wide, page 29.

**Making Sense**, see Wales-wide, page 29.

**SParky Samba**, Llandudno, see Cardiff, left.

## Denbighshire

**Denbigh Leisure** has a long history of delivering creative ageing projects. It currently has several offers for older people across the county, including: Lost in Art, a visual arts project for people living with dementia at Ruthin Craft Centre; artist-led Craft and Chat groups in Corwen and Llangollen, using a wide range of mediums; Story Pals, intergenerational creative projects pairing up schools with care or health settings; Paned a Chân (Cuppa and Song), a Welsh language community music project in LLanrhaeadr; and bilingual singing in care homes delivered by musician Ceri Rawson.

**Forget-me-not Chorus**, Bodelwyddan, see Wales-wide, page 29.

**Making Sense**, see Wales-wide, page 29.

## Flintshire

**Theatr Clywd's** Arts from the Armchair is a referral programme via the Memory Service for people living with dementia and early onset memory loss, their carers and families. Weekly

sessions include exploring theatre-based arts, poetry, music, movement and creativity in a safe and inclusive environment.

## Gwent

**Inside Out Cymru** works across Gwent and provides tailored arts programmes for older people. Collaborating with artists, health boards, and local authority, they deliver co-produced interventions in community, residential, and clinical settings for people with dementia, the general community, and their carers.

## Gwynedd

**Cricieth Creadigol/Creative Criccieth** is an award-winning project in the town of Criccieth offering bi-weekly creative sessions including crochet, knitting and embroidery. Participants work on community projects e.g. post box toppers, tapestries and other artistic creations displayed locally and as part of national and international displays. Its Facebook page has more information.

**Cywaith Dawns/Dance Collective CIC** deliver Dance for Parkinson's at Pontio, Bangor on behalf of the National Dance Company of Wales.

**Galeri** arts centre in Caernarfon hosts the CAIN dance group for the over-60s led by artist, Cai Thomas, 'TONIC' daytime concerts aimed at older people and a dementia-friendly cinema programme.

**Canolfan Gerdd William Mathias** is based in Caernarfon and provides music training, performance and participation opportunities. It delivers the Caffi Ganfod y Gan (Discover the song) project, working with adults and older people with additional learning needs and disabilities; and two singing projects for older people: Paned a Chân (Cuppa and a Song) in Llanrhaeadr in partnership with Denbighshire Leisure and Sgwrs a Chân (Song and a Chat) in partnership with Gwynedd Council Community Arts Unit.

## Newport

**Forget-me-not Chorus**, see Wales-wide, page 29.

## Pembrokeshire

**Span Arts** is a community arts organisation in rural Narberth. Its Creative Connections workshops are designed for carers, including older adults, and cover a range of creative activities such as music, printmaking, movement, and photography.

**SParky Samba** in Fishguard, see Cardiff, page 30.

**Welsh National Opera** runs the Cradle Choir, an intergenerational choir for people living with dementia, friends and family and also involving local schoolchildren. Sessions are weekly in Milford Haven.

## Rhondda Cynon Taf

**Striking Attitudes**, Pontypridd, see Cardiff, page 30.

## Swansea

**Aesop Arts / Dance to Health**, see Birmingham, page 12.

**Glynn Vivian** art gallery runs a Wednesday Adult Workshop which aims to improve older people's access to the arts. The group offers a chance to learn practical skills, training and volunteer opportunities and a safe place to try new things.

## Vale of Glamorgan

**Forget-me-not Chorus**, Penarth, see Wales-wide, page 29.

**Motion Control Dance** in Barry hosts Dance for Parkinson's and other offers for older dancers.

## Wrexham

**Tŷ Pawb** is a new, award-winning arts and cultural centre in Wrexham. It has a weekly social and creative making group called Bom Dia Cymru for older members of the Portuguese community in Wrexham.

## UK-wide, multi-country, touring or digital

**City Arts**, Armchair Gallery, see Nottinghamshire, page 11.

**Constella Music's** Connecting Stars programme delivers live and interactive virtual music and dance performances in care homes across the UK. They have delivered 2,000 such concerts so far, collaborating with 100 care homes.

**Creative Mojo** specialises in bespoke visual arts sessions for older people, including in care homes. They do 1-2-1 and group workshops. They operate a franchised model and you can search their website for representatives near you.

**Dance for Parkinson's** is an international movement recognising the benefits of exercise and movement for Parkinson's. People Dancing has a directory of classes happening across England, Scotland and Wales and online.

**Forget-me-not Chorus** started in Wales, but now also operates in Cornwall, online and in person in settings such as care homes and hospitals.

**Goldies** (the Golden-Oldies Charity) runs monthly singalong sessions for older people across England and Wales (through Goldies Cymru).

**Goofus Theatre** is a theatre company specialising in non-verbal theatre, using puppetry, clowning, music, and physical performance. They will work in care homes and other health and care settings.

**Hold the Drama** uses music as a way to start conversations about emotions and feelings and has a programme of work in care homes.

**House of Memories** developed by National Museums Liverpool is an app co-created with people living with dementia, a digital collection of museum and everyday objects from across the decades that have been brought to life with sound, music and descriptions for exploration

by people living with dementia and their carers. House of Memories also offers dementia awareness training and resources for families and carers and museum professionals. Welsh museums have also now produced House of Memories Cymru, see page 29.

**Intergenerational Music Making** (IMM) currently works in London, Surrey and Manchester but will work across the UK. See Surrey, page 20.

**Live Music Now** is a national organisation working alongside people with reduced access to music. They have a long history of working in care homes, where they offer concerts and musical residencies.

**Musical Moments** is a franchise, with branches offering group and individual music sessions for older people and people living with dementia, including in care homes, in various locations across the UK, but mostly in the North of England.

**Music for Dementia** is a national charity run by the Utley Foundation and advocates for the integration of music into dementia care. Its website includes resources for professionals, including social workers, teachers, musicians, activity coordinators and churches. The Utley Foundation launched the Power of Music Fund with the National Academy for Social Prescribing.

**Royal Academy of Dance** runs **Silver Swans** ballet classes for older dancers. It is a franchise system which means that classes are available throughout the UK.

**Royal Collections Trust** runs regular dementia-friendly heritage events at its properties, which include Windsor Castle, Buckingham Palace and the Palace of Holyroodhouse.



**Singing for the Brain** is an Alzheimer's Society programme which brings people affected by dementia together to sing in a fun and friendly environment. They also do vocal exercises to help improve brain activity and wellbeing. There are lots of groups and you can search their website for one near you. You can also receive training to set up your own Singing for the Brain group.

**Sing to Beat Parkinson's** was created by the Canterbury Cantata Trust (see page 19), which also offers training to people wanting to set up their own groups. There are Sing to Beat groups in many locations and online.

**The Dot Collective** tours professional productions that pop up in the living rooms, dining rooms and gardens of residential care, as well as providing accessible, dementia-friendly theatre performances for dementia peer groups, cafés and assisted living.

**The Reader** is a major national organisation but has its origins in Liverpool. It shares the joy of reading literature with many different communities but has a strong emphasis on people living with dementia, including in care homes.

**The Together Project** is an intergenerational arts charity. Current projects include: Crafting Connections, an arts and crafts penpal scheme pairing children with older adults receiving care across the UK; and Songs & Smiles, weekly music groups for 0-4 year olds, their parents/ carers and older adults in care settings.

**Turtle Key Arts** have been running Turtle Song projects since 2008. The projects take place approximately three times a year in different locations and bring people living with dementia and their carers together weekly for ten weeks, and with the help of professional musicians and music students, to compose their own song cycle, ending in a live performance for friends and family which is recorded as a DVD. A partnership with the Royal College of Music and English Touring Opera.

**Vamos** is a full mask touring theatre company telling socially relevant stories and including work in care homes.

Moving Memory's core dance company performing for Love Grows. Photo © Matt Wilson



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## Network & support organisations

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**Arts Council England** is setting up a peer-to-peer network for artists in England doing creative ageing work.

**Creative Ageing: Development & Agency (CADA)** is based in Manchester, but with a mandate to work across England. Its mission is to champion the creative and cultural contributions of older people, to support creative ageing work to thrive and ensure older people's voices are heard.

**Creative Lives** is a charity supporting community arts in the UK. You can explore a map of creative opportunities of all kinds from across the UK on their website.

**Culture Health & Wellbeing Alliance** is England's membership organisation supporting and promoting creativity for health and wellbeing.

**Family Arts Campaign** is based at the Albany Centre in South London and is an arts advocacy organisation with a mission to encourage all art organisations to be family friendly in their programming, which includes being age-friendly. They have a directory of organisations which have signed up to the Age Friendly Standards on their website.

**Flourishing Lives** is London-based and advocates for and provides networking and support opportunities to arts and wellbeing organisations serving older people.

**Luminate** is the Scottish creative ageing development agency. It promotes creativity as we age in various ways, including through a programme of training and development opportunities for artists and social care staff who want to develop their creative practice with older people.

**Wales Arts Health and Wellbeing Networkm (WAWHN)** runs regular knowledge sharing sessions for arts organisations doing creative ageing work.

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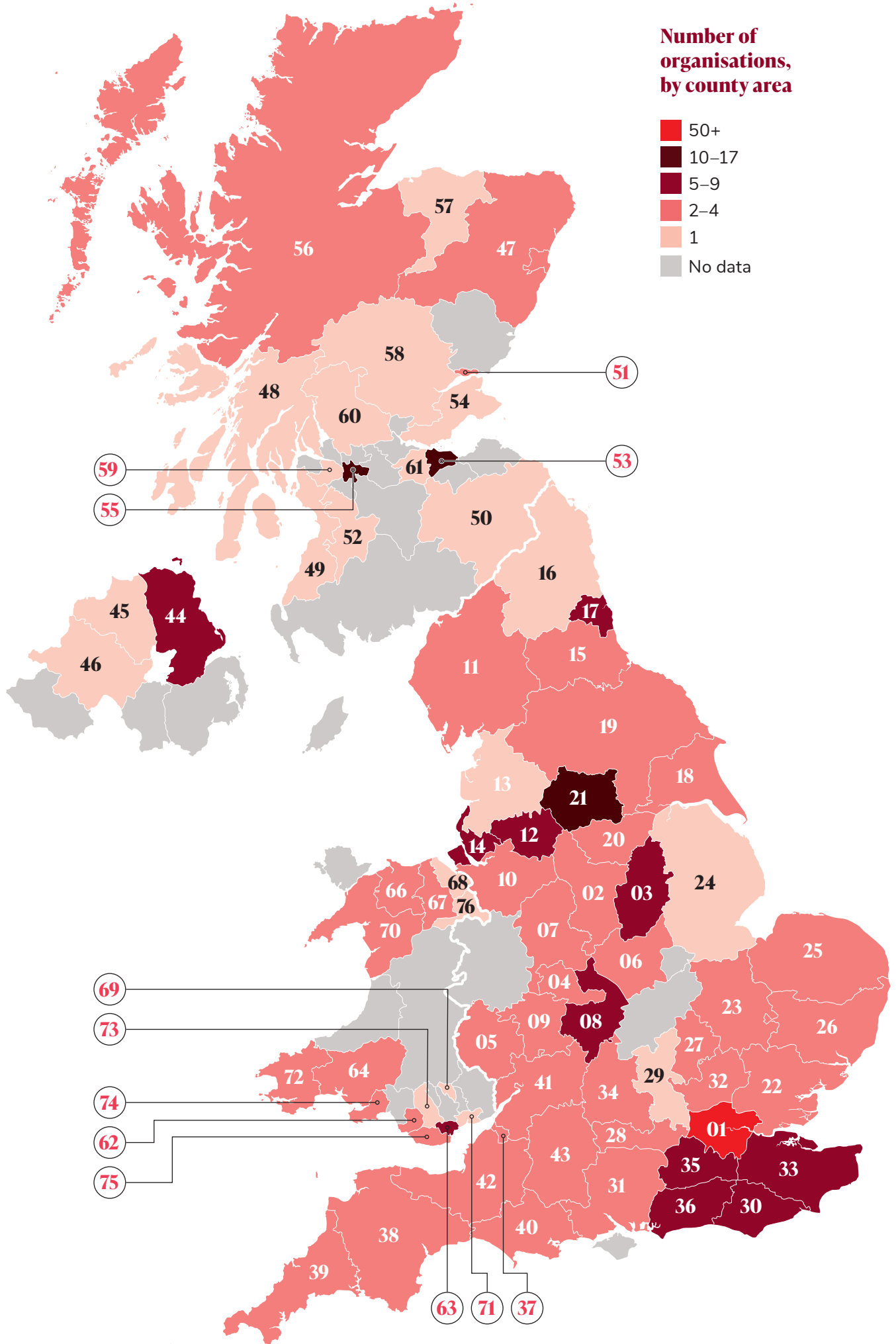
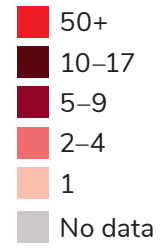
# Map

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**ENGLAND****01** London**East Midlands****02** Derbyshire**03** Nottinghamshire**West Midlands****04** Birmingham**05** Herefordshire**06** Leicestershire**07** Staffordshire**08** Warwickshire**09** Worcestershire**North West****10** Cheshire**11** Cumbria**12** Greater Manchester**13** Lancashire**14** Liverpool & Merseyside**North East****15** Durham**16** Northumberland**17** Tyne and Wear**Yorkshire****18** East Riding**19** North Yorkshire**20** South Yorkshire**21** West Yorkshire**East of England****22** Essex**23** Cambridgeshire**24** Lincolnshire**25** Norfolk**26** Suffolk**South East****27** Bedfordshire**28** Berkshire**29** Buckinghamshire**30** East Sussex**31** Hampshire**32** Hertfordshire**33** Kent**34** Oxfordshire**35** Surrey**36** West Sussex**South West****37** Bristol**38** Devon**39** Cornwall**40** Dorset**41** Gloucestershire**42** Somerset**43** Wiltshire**NORTHERN IRELAND****44** Belfast and Antrim**45** Derry**46** Tyrone**SCOTLAND****47** Aberdeenshire**48** Argyll and Bute**49** Ayrshire**50** Borders**51** Dundee**52** East Ayrshire**53** Edinburgh**54** Fife**55** Glasgow**56** Highlands and Islands**57** Moray**58** Perthshire**59** Renfrewshire**60** Stirling**61** West Lothian**WALES****62** Bridgend**63** Cardiff**64** Carmarthenshire**65** Ceredigion**66** Conwy**67** Denbighshire**68** Flintshire**69** Gwent**70** Gwynedd**71** Newport**72** Pembrokeshire**73** Rhondda Cynon Taf**74** Swansea**75** Vale of Glamorgan**76** Wrexham

The number in **red** refers to the location of the counties on the map (right).

**Number of organisations, by county area**



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## Themed lists

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### Creative writing / literature

[Living Words](#)  
[New Writing North](#)  
[The Reader](#)

### Dance / movement

[50+ Contemporary Dance Sheffield](#)  
[Aakash Odedra](#)  
[About Being](#)  
[Active-Ability](#)  
[Aesop Arts / Dance to Health](#)  
[Akademi](#)  
[Apna Virsa](#)  
[Ascendance](#)  
[Barrowland Ballet](#)  
[Boogie in the Bar](#)  
[Brewery Arts](#)  
[Central Scotland Circle Dance](#)  
[Cheshire Dance](#)  
[City Moves](#)  
[Cywaith Dawns/Dance Collective CIC](#)  
[Dance Base](#)  
[Dance City](#)  
[Dance East](#)  
[Dance for Parkinson's/People Dancing](#)  
[Dance North](#)  
[East London Dance](#)  
[Echo Echo Dance Company](#)  
[Eden Court](#)  
[Edinburgh Community Performing Arts](#)  
[English National Ballet](#)  
[Green Candle Dance](#)  
[Mendip Dance Club](#)  
[Motion Control Dance](#)  
[Moving Memory Dance Theatre](#)  
[National Dance Company Wales](#)  
[Pavilions Teignmouth](#)  
[Rambert](#)  
[Royal Academy of Dance](#)  
[Rubicon Dance](#)  
[Sadler's Wells](#)

[Scottish Ballet](#)  
[Sonrisa Arts](#)  
[Striking Attitudes Dance Company](#)  
[The Place](#)  
[The Point Eastleigh](#)  
[The Round Chapel](#)  
[Three Score Dance](#)  
[Yorkshire Dance](#)

### Film

[Dundee Contemporary Arts](#)  
[Glasgow Film Theatre](#)  
[Strand Arts Centre](#)  
[The Portal Arts](#)

### Music / singing

[Alzheimer's Society / Singing for the Brain](#)  
[Armonico Consort](#)  
[Band on the Wall](#)  
[Baseless Fabric](#)  
[Berkshire Music Trust](#)  
[Bournemouth Symphony Orchestra](#)  
[Brighton and Hove Music for Connection](#)  
[Britten Pear Arts](#)  
[Britten Sinfonia](#)  
[Calderdale Music](#)  
[Canolfan Gerdd William Mathias](#)  
[Canterbury Skylarks](#)  
[Capital Theatres](#)  
[CentreStage](#)  
[City of London Sinfonia](#)  
[Common Wheel](#)  
[Constella Music](#)  
[Dementia Inclusive Singing Network \(Scotland\)](#)  
[District Musicians](#)  
[Eastgate Arts](#)  
[DAYR to Sing](#)  
[Farnham Maltings](#)  
[Forget-me-not Chorus](#)  
[Glasgow Life](#)  
[Glasgow Senior Citizens Orchestra](#)

[Glyndebourne](#)  
[Goldies](#)  
[Hastings International Piano](#)  
[Hold the Drama](#)  
[Intergenerational Music Making \(IMM\)](#)  
[Live in the Lodge](#)  
[Live Music Now](#)  
[Liverpool Philharmonic](#)  
[London Symphony Orchestra \(LSO\)](#)  
[Manchester Camerata](#)  
[Mindsong](#)  
[Music4Wellbeing](#)  
[Music for Dementia](#)  
[Musical Moments](#)  
[Oh Yeah Music Centre](#)  
[Opera Holland Park](#)  
[Orchestra of the Swan](#)  
[Orchestras Live](#)  
[Parkinson's UK Scotland](#)  
[Philharmonia Orchestra](#)  
[Raise Your Voice](#)  
[Saffron Hall](#)  
[Scottish Opera](#)  
[Scottish Chamber Orchestra](#)  
[Shapeshifter Productions](#)  
[Silver Singers Gateshead](#)  
[Singing for the Brain/Alzheimer's Society](#)  
[Sing to Beat Parkinson's/Canterbury Cantata Trust](#)  
[Songhaven](#)  
[soundLINCS](#)  
[Sound Resource](#)  
[SParky Samba](#)  
[Strathspey Kirks](#)  
[St George's Bristol](#)  
[String of Hearts](#)  
[The Spitz](#)  
[Three Score Dance](#)  
[Turtle Key Arts](#)  
[Ulster Orchestra](#)  
[Wigmore Hall](#)  
[Wishing Well Music for Health](#)

### **Reminiscence / museums**

[Amersham Museum](#)  
[Armstrong Storytelling Trust](#)  
[Banbury Museum and Gallery](#)  
[Fruitmarket](#)  
[Glasgow Museums](#)  
[Historic Royal Palaces/Hampton Court](#)  
[House of Memories Cymru](#)

[Hull Museums & Galleries](#)  
[Museum of Brands](#)  
[National Trust](#)  
[Northern Ireland War Memorial Museum](#)  
[Making Sense](#)  
[Museum of Oxford](#)  
[Museum of Norwich](#)  
[Museum to You](#)  
[National Museums Liverpool/House of Memories](#)  
[National Museum of Scotland](#)  
[National Museums Wales/Amgueddfa Cymru](#)  
[Oriental Museum](#)  
[Royal Albert Memorial Museum](#)  
[The Beaney House of Art and Knowledge](#)  
[The Memory Box Foundation](#)  
[The Holburne Museum](#)  
[Tyne & Wear Archives & Museums](#)  
[University of Cambridge Museums](#)

### **Theatre / drama**

[Acta](#)  
[Age is a Stage](#)  
[Ages and Stages Theatre Company](#)  
[Belgrade Theatre](#)  
[Brewery Arts](#)  
[Cats Whiskers Community Arts](#)  
[Chichester Festival Theatre](#)  
[Citadel](#)  
[Collective Encounters](#)  
[Commedia of Errors](#)  
[Company of Others](#)  
[Curve Theatre](#)  
[Dukes Theatre](#)  
[Dundee Rep](#)  
[Goofus Theatre](#)  
[Kabosh Theatre](#)  
[Leeds Playhouse](#)  
[New Vic Theatre](#)  
[Norwich Theatre](#)  
[Nottingham Playhouse](#)  
[Open Arms Collective](#)  
[Orange Tree Theatre](#)  
[Ow!](#)  
[Park Theatre](#)  
[Patina People](#)  
[Performance Ensemble](#)  
[Prime Cut Productions](#)  
[Re-Live](#)  
[Riverside Studios](#)  
[Royal Exchange Theatre](#)

[Southwark Playhouse](#)  
[Spare Tyre](#)  
[Streetwise Community Circus](#)  
[Ten Feet Tall Theatre](#)  
[Theatr Clywd](#)  
[The Old Vic](#)  
[Tragic Carpet](#)  
[Tricky Hat Productions](#)  
[Vamos](#)  
[Woven Nest](#)

## Visual arts and crafts

[ACAVA](#)  
[Age UK Westminster](#)  
[An Lanntair](#)  
[An Talla Solais](#)  
[Artcore](#)  
[Art Explora](#)  
[Art in Healthcare](#)  
[Art in Hospital](#)  
[Arts Together](#)  
[BEAM Creative Network](#)  
[Belfast Exposed](#)  
[Borth Community Hub](#)  
[Cinderford Artspace](#)  
[City Arts Nottingham](#)  
[Creative Mojo](#)  
[CrossReach \(Heart for Art\)](#)  
[Cubitt Arts](#)  
[Dulwich Picture Gallery](#)  
[Engage Here](#)  
[Fabrica](#)  
[Fact](#)  
[Focal Point Gallery](#)  
[Fruitmarket](#)  
[Glynn Vivian](#)  
[Impact Arts](#)  
[Independent Arts](#)  
[mima](#)  
[National Galleries of Scotland](#)  
[Newlyn Art Gallery](#)  
[Nucleus Arts](#)  
[Open Art Box](#)  
[Paintings in Hospitals](#)  
[People Speak Up!](#)  
[Royal Collections Trust](#)  
[Rural Arts](#)  
[Southwark Park Galleries](#)  
[The Art House \(y tí celf\), Llanelli](#)  
[The Art House, Wakefield](#)

[The Lightbox](#)  
[The Wallace Collection](#)  
[The Whitworth](#)  
[Wolverhampton Art Gallery](#)

## Intergenerational

[Armstrong Storytelling Trust](#)  
[Cywaith Dawns/Dance Collective CIC](#)  
[Intergenerational Music Making](#)  
[Live in the Lodge](#)  
[Magic Me](#)  
[The Together Project](#)  
[Welsh National Opera](#)  
[Woven Nest](#)  
[Young People's Puppet Theatre](#)

## Care homes

These are organisations that we know do or have worked in care homes. There will be a number we have missed in our research and many others will welcome requests from care homes.

[Alive](#)  
[All Change Arts](#)  
[Armstrong Storytelling Trust](#)  
[Art Explora](#)  
[Baseless Fabric](#)  
[Brighton and Hove Music for Connection](#)  
[Glyndebourne](#)  
[City of London Sinfonia](#)  
[Commedia of Errors](#)  
[Community Focus](#)  
[Common Wheel](#)  
[Connaught Opera](#)  
[Constella Music](#)  
[Cubitt Arts](#)  
[Creative Dementia](#)  
[Creative Minds](#)  
[Creative Mojo](#)  
[Creative Paths](#)  
[Curve Theatre](#)  
[District Musicians](#)  
[Dr B Creative](#)  
[Equal Arts](#)  
[Generation Arts](#)  
[Glasgow Museums](#)  
[Hastings International Piano](#)  
[Hearts and Minds Elderflowers](#)  
[Hold the Drama](#)  
[Hoot](#)



[Independent Arts](#)  
[Intergenerational Music Making \(IMM\)](#)  
[Kabosh Theatre](#)  
[Live Music Now](#)  
[Magic Me](#)  
[Making Sense](#)  
[Mindsong](#)  
[Museum of Brands](#)  
[Musical Moments](#)  
[The Memory Box Foundation](#)  
[NAPA \(National Activity Providers' Association\)](#)  
[Paintings in Hospitals](#)  
[Resonate Arts](#)  
[Rural Arts](#)  
[Shapeshifter Productions](#)  
[Songhaven](#)  
[Suffolk Artlink](#)  
[The Dot Collective](#)  
[The Wallace Collection](#)  
[Three Score Dance](#)  
[Tyne & Wear Archives & Museums](#)

[Ulster Orchestra](#)  
[Welsh National Opera](#)  
[Wigmore Hall](#)  
[Woven Nest](#)

### **Festivals**

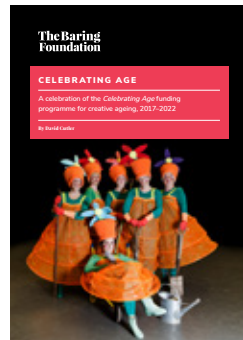
[Gwanwyn, Age Cymru, Wales](#)  
[Here and Now Arts Health and Wellbeing Festival, Arts Care, Northern Ireland](#)  
[National Day of Arts in Care Homes, England \(24 September\)](#)  
[Storyhouse Elders Festival, Chester](#)  
[Ageless Festival, Yorkshire Dance](#)

# Creative ageing resources

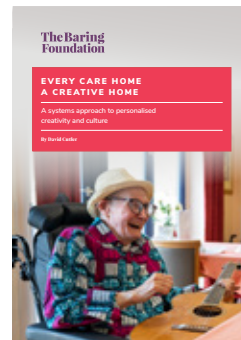
All resources can be found on our website [www.baringfoundation.org.uk](http://www.baringfoundation.org.uk)



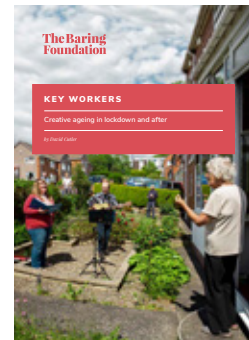
**Creative Ageing in Northern Ireland**  
**Dr Una Lynch**  
2024



**Celebrating age: A celebration of the Celebrating Age funding programme, 2017–2022**  
**David Cutler**  
2023



**Every care home a creative home**  
**David Cutler**  
2023



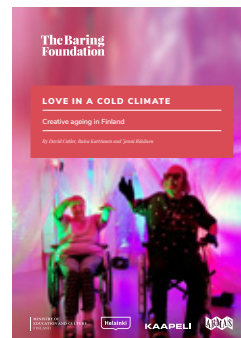
**Key workers: creative ageing in lockdown and beyond**  
**David Cutler**  
2020



**Treasury of arts activities for older people, Vol. 1**  
**Liz Postlethwaite**  
2019



**Treasury of arts activities for older people, Vol. 2**  
**Liz Postlethwaite**  
2021



**Love in a cold climate: Creative ageing in Finland**  
**David Cutler, Raisa Karttunen and Jenni Räsänen**  
2021



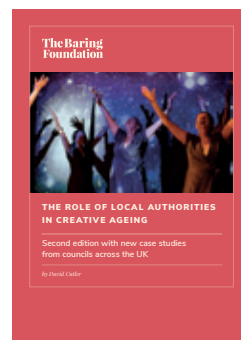
**Around the world in 80 creative ageing projects**  
**David Cutler**  
2020



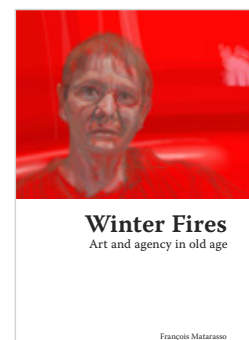
**The Artist in Time**  
**Chris Fite-Wassilak and Ollie Harrop**  
2020



**Older and wiser: creative ageing in the UK 2010–19**  
**Rebecca Gordon-Nesbitt**  
2019



**The role of local authorities in creative ageing**  
**David Cutler**  
2017



**Winter Fires: art and agency in old age**  
**François Matarasso**  
2012



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