



FOREVER YOUNG PROJECT PHOTO ALBUM



Contents Page

Music for Wellbeing..... p. 2 - 3

Clay Modelling..... p. 4 - 5

Reminiscence Storytelling p. 6 - 7

Festive Sharing Days..... p. 8 - 9

Mindfulness and Wellbeing..... p. 10 - 11

Introduction to Oral Storytelling..... p. 12 - 13

Intergenerational Encounters..... p. 14 - 15

ONE Award Certification..... p. 16 - 17

Joyfulness and Celebration..... p. 18 - 19

Acknowledgements..... p. 20 - 25

Music for Wellbeing

Musical activities, including drumming and 'Singing for Fun', were *Forever Young's* most popular workshops, uplifting everyone's mood and fostering togetherness.





During the COVID-19 , sessions were held digitally. Participants used body rhythms and everyday percussion instruments such as pots, pans and table tops!

Clay Modelling

Clay modelling workshops saw participants getting creative. The activity improves both manual dexterity and cognitive stimulation. It also acts as an aid to memory and, last but not least, is a lot of fun!



Reminiscence Storytelling

IROKO commissioned the Museum of London to deliver reminiscence workshops. The sessions used objects in the museum's collection, including food items from yesteryears to enliven the senses, prompt memories and spark conversations.





Festive Sharing Days

Festive Sharing Days provided an enjoyable opportunity for participants to get outside, get to know one another and have fun.



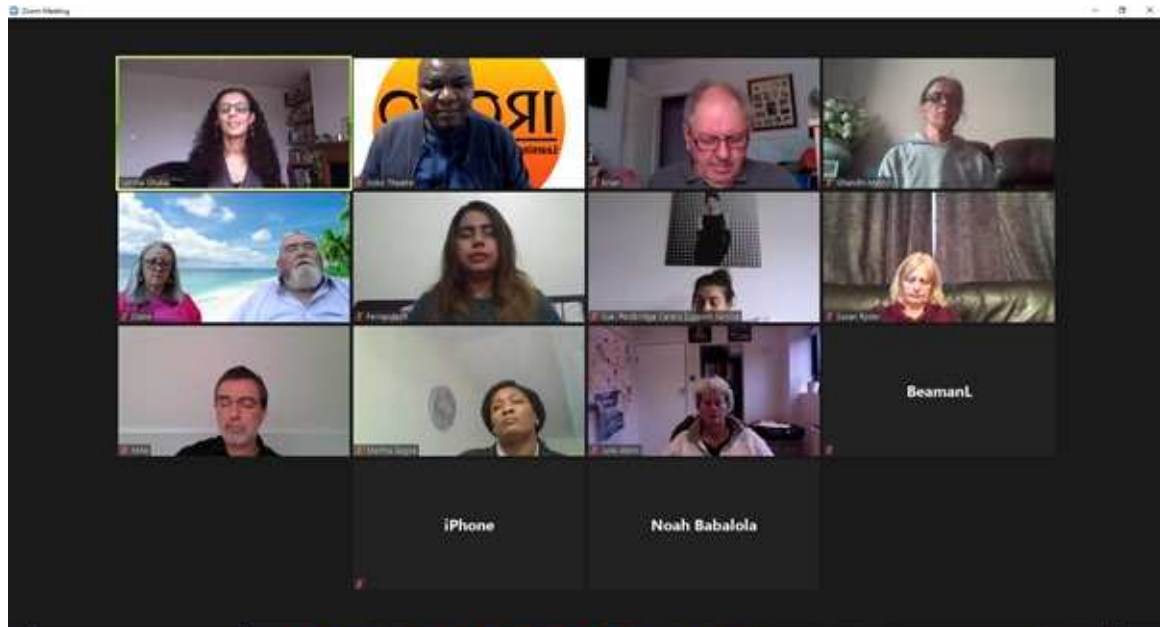
Councillor Peter Chand (Barking and Dagenham Mayor) and Councillor Dorothy Akwaboah (IROKO MC member) with IROKO workshop leaders at the Barking and Dagenham Sharing Day



Mindfulness and Wellness

In response to the COVID-19 pandemic, IROKO enlisted the help of a Mindfulness specialist who conducted sessions remotely. They provided much needed calm and relaxation to NELFT NHS Foundation Trust frontline workers and their patients during a trying time. Participants learned breathing and meditation techniques and did stretching exercises from the comfort of their own homes.





Introduction to Oral Storytelling

Oral Storytelling was a great way to communicate stories, express creativity and raise awareness of issues affecting older people. It also provided older and young people the opportunity to learn techniques which increased their confidence and sense of purpose.





Intergenerational Encounters

Fifteen Year 13 pupils from Dagenham Park School volunteered on the programme. They learned about health conditions and other issues affecting older people. The opportunity for meaningful intergenerational encounters was rewarding for all involved.

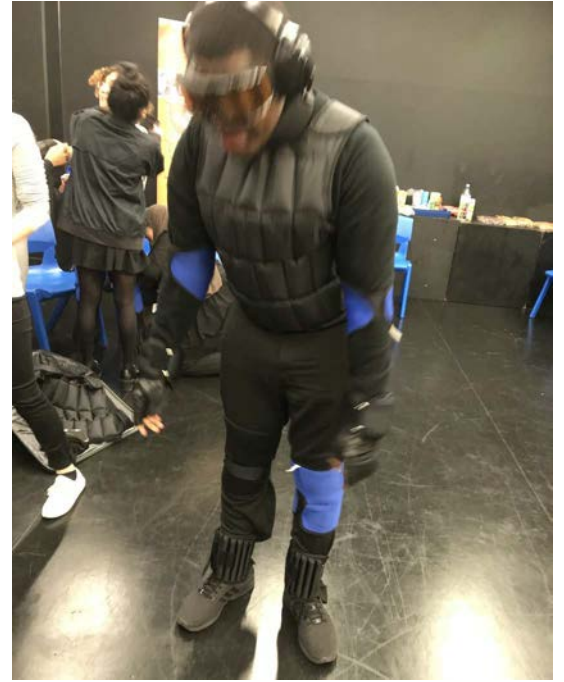




ONE Award Certification

Eighteen people received IROKO ONE Award certification in the 'Communications and Expressive Skills Development' programme. This was a mixture of the older and young people who volunteered on the project.





Joyfulness and Celebration

With great pleasure, IROKO noted that all *Forever Young's* activities were met with overwhelming joy and communality. Friendships flourished and smiles and laughter were in abundance! The project really illustrated the positive impact which creative arts can have for the mental, emotional and physical wellbeing of older people.





ACKNOWLEDGEMENTS

IROKO would like to say thank you to the following organisations and individuals who have made 'Forever Young' project possible. Our special thanks also go to all the numerous volunteers who helped in their own way to make this project such a huge success. THANK YOU!

Funders

Charity of Sir Richard Whittington, one of the Mercers' Family of Charities

Partners

NELFT NHS Foundation Trust: Older Adult Mental Health Team & Memory Service

NELFT NHS Foundation Trust (Mental Health Team)

Trustwide Clinical Health and Specialist Psychological Services (Barking and Dagenham)

Arthritis Self-help Network London (ASNET)

Museum of London Docklands

Redbridge Carers Support Service

Redbridge Central Library

Dagenham Park School

ELFT (East London NHS Foundation Trust), Stroke Recovery Team

Manor Park Library

Manor Park Neighbourhood Team

Carpenters Café for vulnerable older people

Newham New Deal Partnership

East London Cares

Individual Guidance

Dr Mike Devine, Consultant in Old Age Psychiatry
(NELFT Older Adult Mental Health Team & Memory Service)

Jenny Redpath, Operational Lead
NELFT Older Adult Mental Health Team & Memory Service

Lindsay Royan, Consultant Clinical Psychologist
(Trustwide Clinical Health and Specialist Psychological Services)

Signs Mahachi, Lead Nurse Practitioner
(Barking & Dagenham Memory Service, Broad Street Health Centre)

Raizel Fernandes, Assistant Psychologist
(Barking & Dagenham Memory Service, Broad Street Health Centre)

Rhonda Brooks, Development Librarian
(Celebratory Projects and Health & Wellbeing, Redbridge Central Library)

Diane Wynne-Fitzgerald, President
(Arthritis Self-help Network (London))

Aisling Serrant, Community Engagement Manager
(Museum of London Docklands)

Sue Grant, Dementia Carer Support Worker
(Redbridge Carers Support Service)

Shanti Krishnamoorthy, Community Neighbourhood Officer
(Manor Park Community Neighbourhood)

Andrew Richardson, Community Neighbourhood Officer
(Manor Park Community Neighbourhood)

Rosie Jukes, Assistant Headteacher
(Dagenham Park Church of England School)

Sue Merchant
(NELFT NHS Foundation Trust, Staff Health and Wellbeing Team)

Tanya Joseph, Project Support Officer
(NELFT NHS Foundation Trust, Staff Health and Wellbeing Team)

Afet Mehmet
(NELFT NHS Foundation Trust, Staff Health and Wellbeing Team)

Tee Fabikun, Founder
(Carpenters Café)

Fiona Baird, CEO
(Newham New Deal Partnership)

Daniel Fredriksson, Dementia Support Worker (Richmond)
(Alzheimers Society UK)

Amina Mohamed, Dementia Adviser
(Alzheimer Society, Tower Hamlets)

Craig Mahoney, Programme Coordinator (Social Clubs)
(East London Cares)

Workshop Facilitators

Gabriela Montgomery-Solano
(Movement)

Juwon Ogungbe
(Singing for Fun)

Varsha Shukla
(Mindfulness & Wellness)

Richard Olatunde Baker
(Music for Wellbeing)

Ruky Euba
(Movement)

Roger Allotey
(Music for Wellbeing)

Alex Oma-Pius
(Music for Wellbeing)

Social Media Marketing & Copywriter

Ife Adedeji

Project Management & Supervision

IROKO Management Committee

Project Evaluation

Kate Kelsall

Project Administration

Carol Edozie

Heritage Development Director

Alex Oma-Pius FRSA



© IROKO Theatre Company 2021

info@irokotheatre.org.uk

www.irokotheatre.org.uk

Tel. (020) 8522 1950

