

Timeless Tales

6 MONTH
PROJECT IMPACT



TIMELESS TALES

Timeless Tales is a project that promotes companionship and friendship with residents in local care homes using stories, poetry and songs. It aims to improve the wellbeing of care home residents, particularly those with dementia and to bring community and the arts into care homes when residents cannot always get out to experience this themselves.



theplacebedford.org.uk



East London
NHS Foundation Trust



Friends for Life
Bedford

Timeless Tales is a collaboration between The Place Theatre and Friends for Life Bedford and has been made possible through funding from East London NHS Foundation Trust

68

**RESIDENTS
REACHED**

68 residents reached with most of these residents receiving 10 sessions each

42

HOURS

42 hours of poetry, songs & prose carried out across 4 care homes

86%

ENGAGEMENT

By the end of each session, 86% of residents on average clapping, commenting or joining in.

**The project
involved 9
volunteers**



I was surprised that the majority of residents were so receptive & clearly very keen to participate in the future. I was left with the impression that it would be good for the team to train up the care home staff to do this kind of thing on a daily basis. It seemed to me that the residents seemed highly stimulated for the hour or so we were there.”



Timeless Tales Volunteer



It was immensely positive. The residents responded with applause, they sang along when we sang and they said they liked some of the poems and readings. There was some laughter and conversation at the end.

Timeless Tales Volunteer

The sessions were brilliant for residents and it was great that you could go in both rooms so no residents missed out. It was nice to have different things going on and the residents clearly enjoyed the poetry and the singing.

Care Home Activities Lead



Thank you for the wonderful sessions with the residents. They really look forward to you coming each week and it's been nice to have you in regularly so they are more familiar with you and the set up

Care Home Manager

**4 CARE HOMES
CONNECTED**

This project has involved 4 care homes that now have a good relationship with The Place Theatre & Friends for life

**73% FEMALE
27% MALE**

After discussion with care homes, this is a reflection of the care home intake rather than particular interest in joining the sessions



Each week, alongside other material, the same key song and poems are repeated, sometimes a few times. There is a huge difference in the participation of residents with this as they become used to the format, feel confident in the environment and have a familiarity with the words. Some residents join in with the poem and are able to follow and read along with the Timeless Tales team.





Your paragraph text

“

I used to read poetry all the time from my books but not now, I don't know where my books are now, I lost them in the move. But you can come and read it for us now and we can listen

”

“

We don't get to do much like this now, you know every day is the same really. Its nice you come here in your day to see us and its nice to listen and see some different things going on here

”

Care Home Residents

3 residents have performed themselves. 2 reading their own poetry & 1 resident reading 'To be or not to be'



What was the piece you read for us today Maggie?

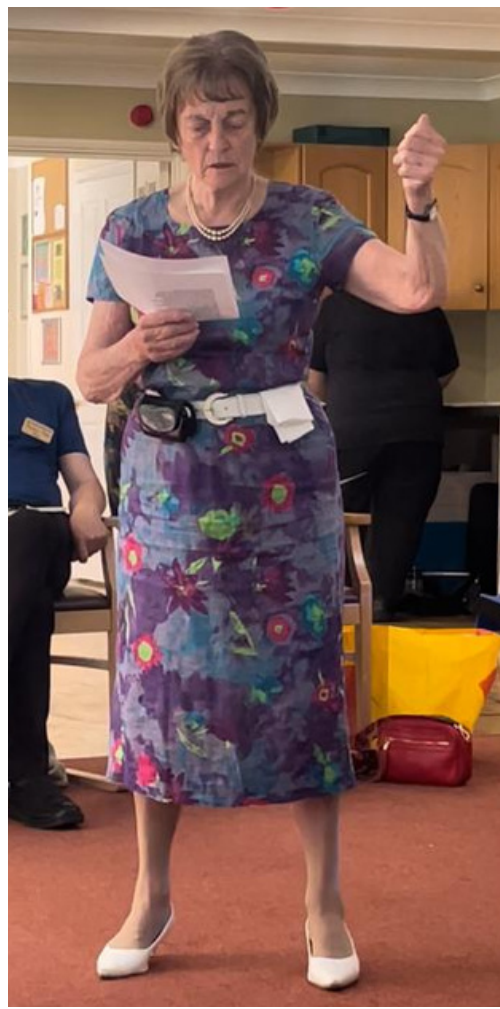
To be or not to be! I have known it for very many years since I was quite young.

Would you like to read again for us in the future?

I'd love to!

“ Maggie loved having the opportunity to perform, it's brilliant to see our residents talents being celebrated. ”

Care home staff member



Links with community

Links were made with Tibbs Dementia.

Tibbs provided training to volunteers and support throughout the project. The team enjoyed visiting their performances in the community too!



During the project, a local school have visited to perform to residents. The aim of this was to promote intergenerational links, to begin to form a relationship with a local school and to give residents a different form of performance.

Residents need links to the wider community to be maintained and prevent feelings of social isolation particularly for those who are unable to get out.

Care home staff member



Older people in care should expect to spend the time they have left not just as an existence, but as a life with dignity and love

**Relatives and Residents
Association, 2021**



TIMELESS TALES