



Creative Exchanges – Level 2

Age & Opportunity is pleased to offer a follow-on course to our initial 2-day Creative Exchanges course.

Creative Exchanges -Level 2 is a 2-day course (1 day per week over 2 weeks) designed for activities coordinators working in residential/day care settings. It is also suitable for those with an arts background interested in engaging with older people in a care setting*. It has been developed so participants can build on their learning from Creative Exchanges – Level 1 and develop further confidence in their roles.

Creative Exchanges Level -2 will provide participants with:

- Further practical skills to carry out creative activities with people in residential and day care settings.
- An opportunity to experience arts-based workshops which allow time to demonstrate skills learned and to receive specialised coaching and feedback (helpful tips for delivery in one's own work setting).
- Space in which to explore and evaluate the effectiveness of different creative activities and approaches with particular groups in various settings.

On completion of the course a Certificate of Attendance will be provided by Age & Opportunity.

VENUE AND DATES

Venue: The Irish Museum of Modern Art, Kilmainham, Dublin 8

Dates: Wednesdays, 19th and 26th November **Time:** 10:15am – 4.45pm

COURSE FEE

Creative Exchanges course fee, €380 per participant. As places are limited this needs to be paid in advance to secure a place. For more information, please contact Fiona at fiona.holohan@ageandopportunity.ie or Tel (01) 913 3922. Participants must attend both days.

*If you are a professional artist (working within a creative or interpretive art form as defined by the Arts Act of 2003), you might like to explore either the Artists Care Exchange or the Arts, Health and the Older Person, training initiatives we offer for professional artists, visit: www.ageandopportunity.ie/arts for more detail.

DAY 1

Reminiscence Theatre Workshop, Facilitator - Gillian McCarthy

This follow on workshop demonstrates how to utilise different reminisce theatre techniques as a means to invite people to share stories and memories, thereby opening the doors to their personal histories. It also illustrates how personal histories/shared memories, can be used to spark the development of characters for use in role play or drama.

Visual Arts Workshop, Facilitator - Caroline Schofield

This workshop will demonstrate through art making, an art project which can be developed over time and added to, creating personalised artwork to be shared with family and friends. It will explore different visual media and ways of working creatively and artistically together, supporting participants to develop their own creative ideas and those of the group they are working with.

DAY 2

Music Workshop, Facilitator - Hilda Chan

Participants will take part in a practical creative music workshop and discuss ways of using music for activities in care settings.

Movement Workshop, Facilitator – Philippa Donnellan

This workshop will focus on developing personal skills to facilitate creative movement activity. It will begin with a series of simple and fun dance exercises to awaken the mind and warm up the body. Employing varied techniques, we will explore how to use songs/music, poetry and props to inspire creativity and build confidence in leading movement with others.

(Coffee/tea will be provided on arrival and at the mid-morning break each day.)

Feedback on Creative Exchanges, Level 1

The Creative Exchange course pulsated the imagination into a quantum leap of dance, music, pottery, flower and art therapy to create an infinite possibility of diverse therapeutic connection.

Bridget, Creative Exchanges, Dublin Course participant – June 2025

FACILITATORS

Brian Dooney has been a Facilitator with Age & Opportunity's Engage programme since 2016. He designs and delivers a variety of courses and workshops on positive ageing, active citizenship and art and literature – in the context of building resilience and confidence; developing creativity; promoting lifelong learning and engagement.

Gillian McCarthy is an actress and theatre facilitator with over twenty years' experience. As a facilitator she has worked with various groups, schools and organisations including, Co-Operation Ireland, the Gaiety School of Acting, the Irish Cancer Society and the Law Society of Ireland. She has a keen interest in storytelling and has also facilitated Creative Exchanges for Age & Opportunity in recent years.

Caroline Schofield is a visual artist who works creatively with individuals and groups through a reciprocity of skill sharing, ideas and stories in a participatory and collaborative Arts & Health Practice. She has developed Art at the Kitchen Table & Studio and Open Gallery, with Réalta, a visual looking programme at University Hospital Waterford. She also facilitates Arts Programmes in the hospice in Waterford and participated in a residency "By their Side", with the Irish Hospice Foundation.

Hilda Chan is the Executive Director of Newpark Academy of Music, with extensive experience in early music education and music therapy practice. She holds a BMus, MA, and Higher Diploma in Early Music Education. Over the past eight years, Hilda has been deeply engaged in community-focused music projects. She established the *Musical Memories* dementia-friendly choir, which has supported numerous dementia patients and their carers, funded in partnership with Dún Laoghaire-Rathdown Arts Council. Building on this success, she is now leading *Music in the Moment*—a new initiative in collaboration with DLR Arts Council that brings live music into nursing homes to enrich the lives of residents through meaningful musical engagement.

Philippa Donnellan is a choreographer and dance facilitator. Since 2007 she has worked with older age communities in varied settings across Ireland. She has co-led an online dance residency in care centres in Dublin, Naas and Kildare under the *Care Hubs of Arts & Creative Excellence 2020/2021* initiative by Age & Opportunity. She also facilitates dance workshops for healthcare professionals and others in the care sector, designed to build understanding of creativity through movement.