



We at **Age & Opportunity** are running our **Creative Exchanges** in Cork city this autumn. **Creative Exchanges** is a two-day course (one day per week over 2 weeks), designed for activities coordinators working in residential or day care settings. It is also suitable for those with an arts background interested in engaging with older people in a care setting. *

Creative Exchanges provides participants with:

- Practical skills to carry out creative activities with people in residential and day care settings
- An understanding of the value of creative activity, particularly in care settings
- Experience of taking part in arts-based workshops

The course is designed to provide meaningful opportunities to engage older people in arts activities and adopts a person-centred approach promoted by HIQA's National Quality Standards for Residential Care Settings for Older People (2016). On completion of the course, a Certificate of Attendance will be issued to participants by Age & Opportunity. It is the only course of this type currently running in Ireland.

VENUE AND DATES

Venue: The Birch room, Nano Nagle Place, South Presentation Centre CLG, Douglas Street
Cork City T12 X70A
Dates: Wednesdays 5th and 12th November 2025
Times: 10 am to 4.40 pm Tea/coffee will be provided on arrival, and at the mid-morning break.

PRICE/BOOKING

Creative Exchanges costs €380 per participant and participants need to attend both training days. As places are limited, fees need to be paid in advance to secure a place. To book a place, please contact Fiona at engage@ageandopportunity.ie or Tel (01) 913 3922.

*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.

PROGRAMME

DAY 1

Introduction - Creativity and Wellbeing, Facilitator - Brian Dooney

This session looks at different aspects of creativity and their significance for health and wellbeing.

Reminiscence Theatre Workshop, Facilitator - Gillian McCarthy

This workshop demonstrates how to utilise objects and images, 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 (1), Facilitator - Caroline Schofield

In this workshop participants are given practical ideas about facilitating art-making activities within a care setting. They also learn how to use ordinary materials more creatively for art-making.

DAY 2

Introduction – Ageing, Facilitator – Brian Dooney

This session looks at different attitudes to/or representations of ageing and the impact they have on our sense of self and society. The value of a life-course model for positive ageing is also examined.

Visual Arts Workshop (2), Facilitator – Caroline Schofield

In this workshop participants learn how to encourage a group within a care setting, to work creatively and artistically together, using a range of media and to explore different ways of utilising them more creatively.

Movement Workshop, Facilitator – Philippa Donnellan

This session offers tips and techniques in facilitating fun creative movement activity with others. By way of introduction, participants are guided through a series of easy, energising exercises and sequences set to music of all kinds, designed to aid mobility and strength. Following on, we explore the use of songs, text, and simple props to create dance and encourage inclusive, imaginative participation.

FEEDBACK FROM PAST PARTICIPANTS

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

WHO WE ARE

Age & Opportunity is the national organisation working to enhance wellbeing for older people through participation in sport and physical activity, arts and creative engagement, personal development, community collaboration and active citizenship. We envision a society where all older people can be active, visible, creative, connected and confident about ageing.

In addition to our Creative Exchanges course, Age & Opportunity run National Arts in Nursing Homes Day, in conjunction with Nursing Homes Ireland which celebrates the creativity of people in nursing homes and care settings and the CarePALs, physical activity leadership course, designed for care settings.

For more information visit: www.ageandopportunity.ie

FACILITATORS

Brian Dooney has been a Facilitator with Age & Opportunity's Engage programme since 2016. He designs and delivers courses on literature and the arts; and on positive ageing – 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. Projects include 'Art at the Kitchen Table' & 'Open Gallery with Réalta. Recent work includes working creatively with palliative care patients in the South East Palliative Care Centre, Waterford and a residency for the Irish Hospice in St. Luke's Hospital, Kilkenny. This year she exhibited with artist/puppet maker Corina Duyn in the exhibition "I brought the dream of flying" at GOMA and during 'Creative Brain Week', after a year's collaboration exploring Corina's move into a nursing home.

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 centers 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.