

## Case studies: How can the arts and creativity support people who are shielding or vulnerable during Covid-19?

Arts at Home  
Arts Development Company  
South West England

“I didn’t think I’d like it but now I feel really relaxed ... love it!”

### Introduction

This project was a direct response to the pandemic situation. We re-directed funding for an existing programme to support vulnerable adults who were lonely, isolated, experiencing poor mental health and adults with learning disabilities. While we were no longer able to deliver the planned programme of artist-led activities for these target groups, we could re-design the approach. The project aimed to commission high quality interactive experiences designed by artists (multiple art forms) and able to be delivered digitally and by post. We ensured the vulnerable groups could be reached through working in partnership with Adult Social Care

colleagues at Dorset Council and through additional networks including local foodbanks. We wanted to provide experiences that could take place more than once so people accessing them could do so regularly and have something to look forwards to and feel part of a shared experience.

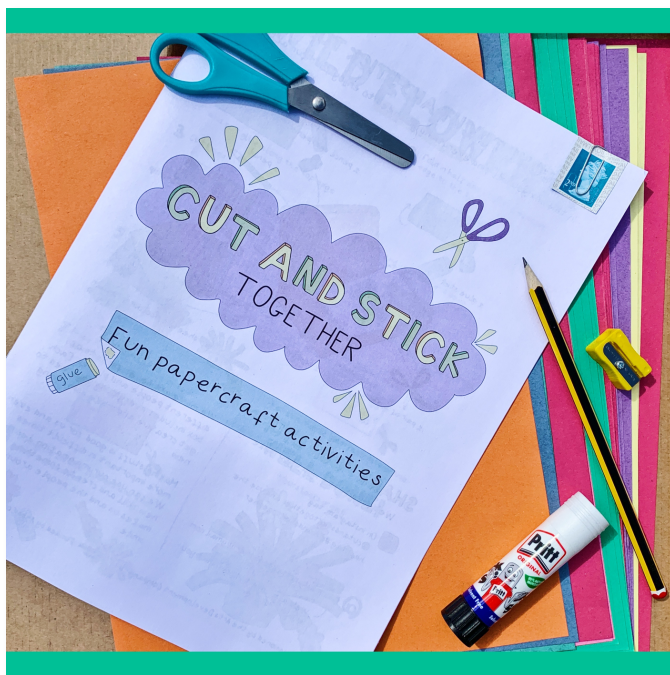


Image credit: Jasmine O’Hare for Cut and Stick Together

### Funders

Arts Council England, Dorset Council

### Who is it for?

We are aiming to reach adults with learning difficulties, vulnerable older people - specifically those lonely and isolated during lockdown, families with babies under one year (particularly single or shielding parents), People experiencing adverse mental health including high anxiety and low mood/depression.

### What outcomes were/are you aiming for?

Combatting loneliness and isolation, promoting well-being and supporting mental health.

### Where is it happening?

Primarily Dorset and the South West

### ***Are you working in partnership?***

We have worked closely with Dorset Council as a partner to help reach vulnerable groups. The commissioned creative content was working with Bournemouth Symphony Orchestra, Babigloo Music For Babies, Fingerprint Dance, Cut and Stick Together boxes and Louisa Adjoa Parker (poet).

### ***How many people took/are taking part?***

Total Arts at Home views of online videos to date... 1,456

### ***For how long has it been happening?***

Work began in April and continues into July 2020.

### ***What were/are the main outputs?***

We have commissioned five artistic responses that will result in:

- four sets of **digital** content for live stream online that can also be viewed on demand afterwards. This digital content takes the form of series of workshops in dance/movement, music, creative writing
- and a set of 100 boxes of art/creative contents that are **physical products** delivered to vulnerable adults via local foodbanks, Dorset Council, Home-Start West Dorset, Weldmar Hospice and Age UK Dorset connections

### **Feedback:**

*...on Creative Movement and Dance with Anna Golding, Fingerprint Dance:*

"I've started to really look forward to them each week. P has even joined in from his wheelchair which I never thought he'd do...it's become part of our routine." V from Grace + Growl open class, Charmouth

"I loved this so much, it inspired a piece of my teaching this weekend on *The Moving Connective Tissue Body*" J, a yoga teacher in Bournemouth

"L really responds to hearing your voice again when we play the films to her" A, a carer from the No Limits project

"I don't normally 'do' dance but I'm really enjoying these" Brenda, Birmingham

"I just did the second one...I didn't think I'd like it but now I feel really relaxed ... love it!" Sian, Scotland

"It's given me a bit of space to breathe and be there for myself" Rachel, Sydney

*...on Babigloo Music for Babies*

"I absolutely love this. Brilliant concept and so valuable. Love the pace (just right), playfulness and joy – thank you!"

### ***What have been the challenges and successes for you?***

This content is free to access and can be shared with wide audiences. We know some of the dance content has been shared as far afield as Australia. Challenges include the artists learning to use new technology and adapt their approaches to work from home and in front of a camera for the digital content. It needed to be high quality content AND make for good viewing quality and this took effort and practice. Success include reaching greater numbers for workshops than we would have done if it was a group meeting.

**Further information**

The Arts Development Company is a social enterprise that connects arts, health, business and environment sectors together, to deliver enriching experiences in Dorset and beyond. We champion equality and diversity at all levels in the arts and culture sector. We explore and share innovative ways to fund arts and culture in the UK to ensure it has a sustainable and thriving future. <https://theartsdevelopmentcompany.org.uk/arts-at-home-2/> (The Arts Development Company is a CIC employing 7 people.)