

In this Moment Dance and Dementia Project within a Hospital Setting

Cheshire
Dance



Presented by:
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In this Moment

Dance and Dementia Project

Aims of the project:

Using dance and person-centred creative practice to:

- Enhance the healing environment in the hospital
- Contribute to the prevention of the early onset of Dementia
- Offer people a way to live well with dementia within dementia friendly communities
- Challenge perceptions around dance and who can dance
- Undertake a qualitative enquiry, collecting observations about the project from all stakeholders



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- This initiative has had a transformational effect on individual patients, challenging their own assumptions about ability and offering a space for other aspects of their personalities to be revealed.
- The integration of the care pathway from hospital to community and the home through lively and engaging activity is such an exciting aspect of this initiative.
- With more funding the next phase for the In THIS Moment project would see more sessions in Cheshire East communities.

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- Film of Cheshire Dance working with Ward 21B patients.



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“My dad has Parkinson’s and is very immobile but seeing him today standing up dancing with Jody you wouldn’t think there was anything wrong! It was a great experience – Thank you.”

Leanne – visitor to Ward 21b

“It's been fantastic to join in with the Cheshire Dance sessions on ward 21b. Patients really get involved in the music & movement & it's great to see them putting so much effort in. A fun way of doing physiotherapy on Cheshire Dance day!”

Julie Tottman- therapy Assistant Ward 21b



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“The globe was passed to Pauline but she didn’t pass it on, even though the music was still playing - she was really slowly looking and totally absorbed. She was looking at America and Canada and she got stuck there - tracing her finger over the globe. So I stopped the music and asked if she’d noticed something and she said “Oh yes, I’ve been to Canada” - and then five other people joined the conversation, they’d been to Canada and America! Suddenly they found a common point and a discussion started. The conversations naturally continued around the dining table - people were talking over lunch where previously they hadn’t.

Jody, Dance Artist