

# **Creative Engagement:**

***The Art of Meaningful Wellbeing  
in Dementia Care***

**The International Knowledge Exchange**

*Australia, New Zealand, Japan, the USA, Canada and the UK*

**11<sup>th</sup> February 2026**



**RUNWOOD  
HOMES**

**Kieun Kwon**

**NAPA**

***Associate Director of Dementia & Wellbeing,  
Runwood Homes Group & Trustee of NAPA***

# NAPA 'Year of Culture' 2026

We'd love to hear from you. We have a great mix of backgrounds here today.

**"What's one word that describes what 'Culture' means to you?"**

*Please write it in the chat box.*



*The NAPA theme is vital; it acts as an anchor to help us navigate and deliver key messages that change people's lives.*

**Reconnect with Nature**

WHAT  
IS

**Reconnect with Community**

**Reconnect with Self**

#RECONNECT  
MAGENTA

**Reconnect with Family and Friends**

**Reconnect with Longevity**

Global Wellness Day 2026 will be celebrated on Saturday, June 13, 2026. The official theme for 2026 is #JoyMagenta. (Joy in Movement / Joy in Mindset / Joy in Shared Experiences).

# **Headings for Runwood Homes Meaningful Engagement Overview**

- 1. Happy Staff Happy Home – Lifestyle Team Update 2025**
- 2. Equality, Diversity, and Inclusion**
- 3. Monthly Dignity Theme**
- 4. Understanding Language and Culture: Different Meanings**
- 5. Regular Exercise – “Runwood Ramblers” and Gentle Movement**
- 6. Community Connection**
- 7. Intergenerational Connection - Supporting Dementia Friendly Schools**
- 8. Musical Care and Musical Connection**
- 9. Supporting Families and Friends of Our Residents**
- 10. Arts in the Care Home with NAPA Theme**

**Even though we do many different activities, they are all connected. It's hard to separate these activities because they all work together. By focusing on the **five senses**, we can celebrate the unique strengths of every person.**

***Our Activity Providers have such amazing skills! They are Transformational Leaders who make a real difference in our homes every single day. I truly believe we should keep doing what brings us joy.***

# Lifestyle Team's 2025 Highlights & Plan for 2026

- Residents Ambassador – Co production & You Said We Did
- Power of music – Choir or Singing Group in every home
- Musical Bingo with Tongue Twister on zoom on 24th September – Arts in Care Home Day by NAPA theme
- Concerts on 12<sup>th</sup> & 17<sup>th</sup> September, 11<sup>th</sup> December in Church – Benfleet
- Exhibition in Harlow Library on 9<sup>th</sup> September (Private View)
- Poetry competition & Poem Book publishing
- Practical Engagement Training & Activity Pack
- HM & DM – joins in LC workshop & PE Training
- Dementia Talk & Meaningful Engagement sessions for Families
- Eric's Solo exhibition in Greenbanks

***Lifestyle Team are Jack of all Trades & Biggest Marketers!***



# “Happy Staff Happy Home”

**A Happy Staff Makes a Happy Home.**

**Our Happy Staff Creates a Happy Home.**

***i.e. Employee Assistance Programme, Staff Survey with demonstrated outcome, Employees of the Month, Cultural Celebration, Appreciation Day of staff, Volunteers & MDT & Staff Exit interview etc***

***Achieving a 'Happy Home' is rooted in fulfilling the psychological needs of people with dementia, as outlined in Tom Kitwood's Person-Centred Care.***

**We have a Confidential Employee Assistance Programme in place for all employees and their immediate family. This constitutes a helpline, an App and a website for the employees to use freely and confidentially. The EAP covers:**

## Your Assistance Programme

It's not easy to balance the pressure of work, home life, and any other personal issues that you may be experiencing. Health Assured provides support and guidance for you and your immediate family. \*

### What can I use this service for?

- |   |   |  |
|---|---|--|
|  Family issues            |  Financial information |  Legal information  |
|  Medical information     |  Relationship advice  |  Housing concerns  |
|  Alcohol or drug issues |  Childcare support   |  Stress & anxiety |
|  Low mood               |  Domestic abuse      |  Retirement       |
|  Consumer issues        |  Tax information     |  Bereavement      |

## Your Assistance Programme

A 24/7 helpline from Health Assured. Wellbeing and mental health support to get you through life's issues, problems, and worries.



Free 24-Hour Confidential Helpline  
**0800 028 0199**

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.

- |   |  |  |
|---|--|--|
|  Bright TV           |  Wisdom             |  Four-week programmes |
|  Nutritional advice  |  Health Checks      |  Fitness advice       |
|  Financial wellbeing |  Medical factsheets |  Budgeting            |

## Your Assistance Programme



- Stress & anxiety
- Debt
- Work
- Addictions
- Relationships
- Legal

**Free 24 Hour**  
Confidential Helpline  
**0800 028 0199**  
Download Wisdom now



wisdom.healthassured.org



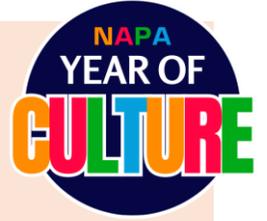
The main psychological needs  
of people with **dementia**



Kitwood's  
"Flower of  
Psychological Needs"  
(often listed as  
**Comfort, Attachment,  
Inclusion,  
Occupation, Identity,**  
with **Love** at the  
centre), and you  
recognize that a happy,  
well-supported staff is  
the vehicle for meeting  
those needs.



# Dignity Theme of the Month, and Year of Culture Theme by NAPA



- January: New Year, New Beginnings
- February: All Creatures Great and Small
- March: Words of Wisdom
- April: Spring Watch
- May: Window To The World
- June: Food Glorious Food

- July: To Mobility and Beyond
- August: Bee Green and Grow
- September: No Art Without Heart
- October: The Magic of Music
- November: Give a Little, Help a Lot
- December: Lights, Love and Laughter

# JANUARY 2026



## NEW YEAR

## NEW

## BEGINNING

DIGNITY & WELLBEING THEME

WELCOMING THE NEW YEAR WITH OPEN ARMS

THE NEW YEAR IS A CHANCE TO MAKE NEW MEMORIES, NEW  
ACHIEVEMENTS, NEW CONNECTIONS, AND LOTS OF LAUGHTER

Credit: Longview Care Home - Stacy's Wedding

**Celebrating the Past and  
Embracing the Future!  
Share our life stories,  
experiences, and cherished  
memories  
and Make a Wish List!**

- **Survey Residents**
- **Create a Wish List**
- **Promote the Initiative**
- **Granting Wishes**
- **Celebrate Achievements**

**Betty made a wish to go on a roller coaster, so we took her to one! She had a wonderful time.**



***Reconnect with Self***



**Following our residents' wishes, we organized a Gatsby dress-up day and photoshoot! Everyone had a fantastic time being models for the day.**



**When you're a football fan it's a dream come true, to visit your Favorite team's and the famous Olympic Stadium. This is exactly what we did at Rosedale Court, for not 1 but 7 of our residents. A V.I.P day that truly was magical for everyone.**



# FEBRUARY

# 2026



## ALL CREATURES

## GREAT AND SMALL

DIGNITY & WELLBEING THEME

PROMOTE OUR RESIDENTS' CONNECTIONS & FRIENDSHIPS  
THROUGH ANIMALS AND PETS.

BRING JOY TO RESIDENTS' DAILY LIVES.

Credit: Windle Court - Ex Police Dog Baloo

- **Pet therapy can be a powerful tool! Emotional well-being: Simply interacting with a pet can trigger the release of endorphins, hormones that have mood-boosting and relaxation effects.**

**This can be especially helpful for residents who may be feeling lonely, anxious, or depressed.**

**Pets can provide a source of unconditional love and companionship, which can be a major comfort.**

- **Social interaction: Pets can be a great conversation starter**
- **Cognitive stimulation & Physical activity**



**Ordinary Pets**

**Doing**

**Extraordinary**

**Things!**

**The 'Forget-Me-Not'  
initiative focuses on one-to-one  
engagement with residents  
who are cared for in bed.**





**We welcomed more than just our usual four-legged friends! From a gentle donkey and cuddly visitors to a vibrant parrot and even a bearded dragon, our home was truly full of life. The residents were fascinated by our scaly and feathered guests, enjoying the unique experience of interacting with such a wonderful variety of animals.**

# MARCH 2026



## WORDS

## OF WISDOM

DIGNITY & WELLBEING THEME

IN THE TAPESTRY OF LIFE, EVERY THREAD, EVERY EXPERIENCE,  
WEAVES A STORY WORTH TELLING.

EMBRACE YOUR JOURNEY AND CHERISH THE MEMORIES YOU'VE  
CREATED.

Credit: Silvana Court - Abacus School

**In the tapestry of life, every thread, every experience, weaves a story worth telling. Embrace your journey and cherish the memories you've created.**

- **Intergenerational poem writing**
- **Intergenerational Music session**
- **Storytelling Circles**
- **Poetry Reading & Poetry Competition**
- **Intergenerational Activities**
- **Reminiscence Sessions**
- **Therapeutic Arts and Crafts and Therapeutic Music**



**John sharing his wood carving skills with the next generation at School!**

# APRIL

# 2026



## SPRING

# WATCH

DIGNITY & WELLBEING THEME

RECOGNISE THE BENEFITS OF BEING IN TOUCH WITH NATURE  
AND THE OUTSIDE WORLD.

FIND WAYS TO ENGAGE RESIDENTS AND STIMULATE THEIR  
MIND, BODY, AND SOUL.

Credit: Park View Witham- Runwood Ramblers

## *Reconnect with Nature*

- Nature walks & Ramblers
- Screenings
- Dignity discussion groups
- Art and craft projects
- Bird watching
- Dignity quiz
- Reading material
- Nature-themed food and drinks



MAY  
2026



WINDOW

TO THE WORLD

DIGNITY & WELLBEING THEME

EXPLORING AND EXPERIENCING THE WIDER WORLD FROM THE  
COMFORT OF OUR HOME.

SHARING AND CELEBRATING DIFFERENT CULTURES, COUNTRIES,  
AND BACKGROUNDS.

Credit: Lower Meadow - Onam Celebration

***Culture generally means the shared patterns of beliefs, values, behaviors, customs, arts, language, and social practices that characterize a group of people.***

**1. Anthropological meaning**

Culture is the way of life of a group of people — how they think, act, and communicate.

**2. Social meaning**

Culture includes traditions, norms, and social rules that guide how people behave in a society.

**3. Artistic meaning**

Culture can also refer to creative expression, such as music, literature, dance, food, and art.

**4. Personal meaning**

Culture shapes identity, influencing how individuals see themselves and relate to others.

# Our Pride event!





**Morris dancing is a vibrant, ancient English folk tradition that has evolved from 15th-century royal courts into a collection of spirited regional styles—each with its own unique 'kit' and energy.**

# JUNE 2026



## FOOD

## GLORIOUS FOOD

DIGNITY & WELLBEING THEME

PROMOTE OUR RESIDENTS' CONNECTIONS THROUGH OUR  
SHARED LOVE OF FOOD.

ENJOY MANY REGULAR FOOD-BASED ACTIVITIES.

Credit- Bramwell - Afternoon Tea

- **Cooking and baking with a chef**
- **Recipe sharing**
- **Tasting parties**
- **Food-related games**
- **Food-themed art and crafts**
- **Encourage resident choice**
- **Support independence**
- **Provide a welcoming atmosphere**

*Reconnect with Longevity*

# JULY 2026



## TO MOBILITY AND BEYOND

DIGNITY & WELLBEING THEME

HERE, INDEPENDENCE TAKES FLIGHT, NOT JUST FOOTSTEPS

WE NURTURE THE SPIRIT ALONGSIDE THE BODY, IGNITING THE  
OLYMPIC FLAME WITHIN.

EVERY JOURNEY IS A GOLD MEDAL MOMENT!

Credit: Loganberry Lodge - Swimming Activity

1. Mobility & Strength Projects
2. "Around the World" Walking Challenge – Cultural Adaptation
3. Regular Resistance Band Fitness Club
4. The 'Dance Floor' Project (Seated & Standing) Host regular (e.g., weekly) dance-based movement sessions
5. Mind-Body & Balance Projects
6. Chair Yoga and Meditation
7. Gardening and "Grow Your Own" Mobility & meaningful task
8. Active Games League (Skill-Based)
9. Hydration & Mobility Stations
10. Musical Movement - Music is Key
11. Ramblers Club
12. Returning to the old habit of a sports challenge. *Reconnect with Longevity*



**In a stunning display of positive risk-taking & physical vitality, several residents enjoyed an outing to the ice rink!**



**Bike rides and fish and chips! what a great day!  
The residents loved being able to ride round the  
track, it brought back memories from when  
they were young.**



**“Flying a kite reminds me of my childhood and makes me feel free!”**

# AUGUST

# 2026



## BEE GREEN

# AND GROW

DIGNITY & WELLBEING THEME

ENCOURAGING OUR RESIDENTS TO BE OUTDOORS,  
EXPERIENCING NATURE, AND STIMULATING THE SENSES.

A WHOLE-HOME PROJECT TO BRIGHTEN, ENHANCE AND UPLIFT  
OUR RESIDENTS' GARDENS.

Credit: Bramwell - Bee Green and Grow

## **Inclusive Gardening Competition Ideas**

- 1. The Fastest & Tallest Growers (For Active Engagement) - "Reach for the Sky" Sunflower Challenge**
- 2. Best Edible Harvest (Herbs/Tomatoes)**
- 3. Creative & Sensory Categories (For Dexterity and Reminiscence)**
- 4. A Moment in Time" Flower Pressing Art**
- 5. The Funniest Planter/Gnome Scene**
- 6. The "Chef's Garden" Design**
- 7. The Best Resident Gardener**
- 8. GREEN & Recycled garden & A teddy bear picnic lunch Event**



**"Little Green Fingers"**

“Just a **tea break** in the garden!”





**Bee Green And Grow Competition Winners!**



# SEPTEMBER

RUNWOOD  
HOMES

# 2026



## NO ART

## WITHOUT HEART

DIGNITY & WELLBEING THEME

CHERISHING EVERY RESIDENT'S UNIQUE STORY AND FOSTERING  
CREATIVITY TO HONOUR THEIR LIVES.

ENSURING THAT EACH RESIDENT'S JOURNEY IS PAINTED WITH  
LOVE, UNDERSTANDING, AND EMPOWERMENT.

CreditRunwood- Art Exhibition

1. Intergenerational Activities
  2. Pen Pal Programs
  3. School Performances
  4. Holiday Celebrations
  5. Learning Opportunities
  6. Volunteer Programs
  7. Community Service Projects:  
Collaborate with schools on community service projects
  8. Exhibitions in Gallery, Library, Care Home & Museum
  9. Poetry sessions
  10. Concerts & Musical Bingo
  11. Sustainability & Green Art with / without children
- The People's Gallery Exhibition August 2026

# OCTOBER

# 2026



## THE MAGIC

## OF MUSIC

DIGNITY & WELLBEING THEME

CHERISHING EVERY RESIDENT'S UNIQUE STORY AND FOSTERING  
CREATIVITY TO HONOUR THEIR LIVES.

ENSURING THAT EACH RESIDENT'S JOURNEY IS PAINTED WITH  
LOVE, UNDERSTANDING, AND EMPOWERMENT.

Credit: Runwood Homes - Guinness World Records

1. Music Therapy Sessions
2. Musical Survey & Care Plan
3. Sing-Along Gatherings
4. Musical Performances
5. Music Trivia or Name That Tune
6. Musical Instrument Showcase
7. Music-Themed Crafts
8. Musical Movie Nights
9. Music and Movement Classes
10. Provide opportunities for residents to create music: Provide residents with instruments or other tools to create their own music, such as singing, playing an instrument or composing a song.
10. Create a Singing Group & Concerts
11. Sing-song sessions with movement

# NOVEMBER

# 2026



GIVE A LITTLE

PLEASE HELP THE

HELP A LOT

DIGNITY & WELLBEING THEME

EVERY SMALL ACT OF KINDNESS CARRIES THE POTENTIAL TO MAKE AN  
IMMEASURABLE IMPACT ON EVERYONE.

EXPERIENCE THE PROFOUND POWER OF COMPASSION, WHERE SMALL GESTURES OF  
CARE CAN BRIGHTEN THE LIVES OF OUR RESIDENTS IN MEANINGFUL WAYS.

Credit: Low Furlong - Kathleen - Poppy Appeal

1. Random Acts of Kindness
2. Volunteering Projects: Collaborate with local charities or organizations and involve residents in volunteer activities.
3. Sharing Life Lessons: Arrange sessions where residents can share their life experiences, wisdom, and advice with younger generations or staff members. This promotes a sense of purpose and importance in their contributions to others.
5. Intergenerational Activities
6. Supportive Initiatives

*Reconnect with Community*



**Connecting with the community, even policeman!  
“They get younger everyday!”**





### Fire safety talk

5<sup>th</sup> May

#### A blazing good time with the fire Department!

This week, our residents were thrilled to welcome the local fire Department for an engaging fire safety chat. We also got an up-close look at there impressive equipment and fire truck. The highlight of the day was celebrating Eddie's birthday as a former fire fighter he was beaming with joy.



### Nursey weekly visit



Our residents had a delightful time this week, thanks to the adorable children from bom and Tata's Nursery!

the visit was filled with giggles games music and sweet treats- those biscuits didn't last long! Laughter echoed through the halls as young and old shared a Heart warming afternoon of fun.

# Community Connection & Co-Production with residents



**Special Project: "Paws-itive cause!!!!"**

**Supporting Retired Greyhounds**

**Dear Everyone,**

Thank you so much for your absolutely wonderful support for our recent donation drive! We delivered all the goods to the Basildon Dogs Trust, which was much appreciated.

Following a visit to the greyhound racing track, our resident ambassadors, Linda and Pam, and the team here were inspired to lead a new special project to celebrate International Dog Day on August 26th.

This time, we are specifically collecting donations of dog goods for the Whittingham Greyhound Kennels, a charity dedicated to retired racing greyhounds in Whittingham.

We would be incredibly grateful if you could donate items specifically for the Whittingham Greyhound Kennels, helping these amazing retired racing dogs. *Thank you again for your continued generosity!*



## Resident Ambassadors!



Thank you so much for your absolutely wonderful support for our recent donation drive! We delivered all the goods to the Basildon Dogs Trust, which was much appreciated.

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# DECEMBER

Sanders  
HEALTHCARE  
SERVICES



## LIGHTS

### LOVE & LAUGHTER

DIGNITY & WELLBEING THEME

MAY THE SPARKLE OF LIGHTS, THE WARMTH OF LOVE, AND THE JOY OF LAUGHTER FILL YOUR DECEMBER WITH MAGIC. AS THE WORLD CELEBRATES WITH LIGHTS, IMMERSE YOURSELF IN THE LOVE OF FAMILY AND FRIENDS, AND REVEL IN THE JOY OF SHARED LAUGHTER.

Credit: Braywood Gardens - Christmas Fayre

- Happy Hour Socials
- One-on-One Time & Create a Buddy System for those who haven't got families
- Santa Claus Visit
- Spiritual Support
- Christmas Art & Craft sessions
- Light-Up Christmas Crafts
- Pet Therapy
- Storytelling Circles
- Funny Christmas Stories
- Christmas Jokes and Riddles
- Christmas Carol Singing
- Christmas Movie
- Laughter Yoga



# **Equality, Diversity & Inclusion:**

## **Understanding Language and Culture Differences**

- **Toad in the Hole?**
- **Spend a penny?**





**The Practical Engagement Training provides additional ideas for one-to-one engagement and 'Tools Down' time.**

## **Practical Engagement Training**

- **What is 'A Whole Team Approach' & 'Engagement'? Tools DOWn Ideas**
- **What are the signs of Wellbeing & Illbeing? / The importance of your body language.....**
- **Why is activity and engagement important? / What can you do when you have less than 5 minutes!**
- **Applying Kitwood's Model - Choose a resident and think about how to meet Kitwood's psychological needs.**
- **Practical Activity & Engagement Ideas**



★ **Regular exercise – Daily Routine – Runwood Ramblers**  
**Gentle Movement: Volunteers from the Lottery Club joined**





Runwood Ramblers  
Spring Watch

**Physical activity** offers immediate **positive** benefits to the body!





# Intergenerational Connection & Dementia Friends Session for Children

- Children and our residents **become friends**. The connection moves beyond playfulness and fosters genuine, **befriending relationships**. **Children are our future**.
- **Dementia Friends for Children** gives them **great insight** into dementia. However, those children are **already very empathetic** and share a natural, **unconditional connection** with older people.
- **Our residents** visit schools to **share their knowledge** and talk to children, allowing the students to **learn about the lives of older people** and perhaps even about dementia. Furthermore, regular visits by people from the community help our residents feel like they are **still part of the community** rather than feeling isolated **in a care home**, fostering a **strong sense of community and citizenship**.

## Dementia Friendly Generation: Dementia Friends Session for Children!



By getting children and younger people involved in the initiative, you are helping to create a dementia friendly generation. Young people who are not afraid to speak about dementia and who understand how they can help make people living with dementia feel involved in their communities can only be a good thing. *Alzheimer's Society UK*



**Supporting  
Families and  
Friends of Our  
residents  
- Dementia Talk  
& Meaningful  
Engagement for  
Families**

*Reconnect with Family and Friends*



Wilton Manor Dementia T  
for Families and Friend  
on 30<sup>th</sup> October 2025



"You Said We Did" on 30th October 2025 at Wilton Manor

The relationship between parents and children is one of the few human connections that is both a **biological necessity** and a **philosophical paradox.**

## **CQC (Care Quality Commission) also focus on:**

- Equality & Diversity – Year of Culture (NAPA 2026)
- Staff wellbeing (e.g. break spaces away from residents).
- Reasonable adjustments and staff knowledge of **Quality Statements**.
- Residents isolating in rooms → Meaningful activities & engagement.
- Lifestyle coordinators should: Involve residents in **co-production** of weekly/personal activity planners.

### **Inspectors asked Activity Staff:**

*“Who is the activity lead in your company?”*

*Who is supporting your team?”*

# Practical Examples of Outstanding CQC Practice

- 1. Gardening** → residents grow produce, bring into home, use in cooking.
- 2. Resident painter** (e.g., wore dungarees) → staff also wear dungarees, join in painting, resident leads activity.
- 3. Resident ambassador role** → using life history, skills, and strengths to engage.

## Evidence & Documentation

- . Collect and share evidence of events (e.g., concerts, art exhibitions).
- . **Evidence folders.**
- . **Case studies** used as evidence.
- . **Ensure meeting minutes capture:**
  - Residents' voices.
  - How activities/medications improved outcomes.
  - Agenda points aligned with residents' needs.

# Research Projects in 2026:

## Musical Care & Musical Connection

### **1. *Parkview Essex & Chelmunds Court:***

#### **A new research collaboration with University of Sheffield:**

This is quite an interesting opportunity between NAPA and Dr. Jennifer MacRitchie from the University of Sheffield. Together, we're exploring **new ways to bring music into care through easy-to-use music devices.**

### **2. *Elizabeth House***

#### **Live Music Now - Douglas Noble – Strategic Director Music in Health**

**We're working with the University of Roehampton who have developed the**

**Take Note resources:** This is a website and pack of cards that have been created for carers – particularly carers working with people living with dementia – to give them suggestions for music activities. As part of the project, we'll provide a pack of these cards and training on how to get the most out of them. Any team members who take part in this project can complete an Open Awards Badge of Excellence in Live Music In Care and Health. This recognizes their achievements and can help evidence commitment to staff development, meaningful activities and person-centred care:

# September

## ★ Arts in Care Homes Month

**"No Art Without Heart" in Harlow Library**

**"Homes in Harmony Concerts"**

**at St. Mary the Virgin Church**

**"Musical Bingo" on 24<sup>th</sup> September**

**11<sup>th</sup> December Christmas Carol Concert**



# NO ART WITHOUT HEART

DIGNITY & WELLBEING THEME

**SEPTEMBER 2025**

CHERISHING EVERY RESIDENT'S UNIQUE STORY AND  
FOSTERING CREATIVITY TO HONOUR THEIR LIVES.

ENSURING THAT EACH RESIDENT'S JOURNEY IS

**NAPA's Theme - Green – 2025 theme**

## Homes in Harmony concert

A day of Singing, celebrating  
and Socializing



Friday 12th September  
and

Wednesday 17th September

Doors open at 10.30 for 11am start  
At St Mary the Virgin Benfleet



**Compered by Catherine Ranson**

Led by award-winning choirmaster  
**Catherine Sahadevan**, the Choir is a  
group of enthusiastic singers from the  
Runwood estate, performing popular  
songs from different genres and eras.

*Plus special guest*

**Country and Western Band - Natale M Hills**

*Refreshments and Lunch will be provided*



**The private viewing was a vibrant celebration. It was wonderful to see over 60 people in attendance, with residents like Eric (Greenbanks) and Alison (Elizabeth House) fully engaged in creating art in the gallery space and the joyous singing and dancing that filled the room. The atmosphere was a perfect reflection of the community spirit that defines the Runwood Group.**



**Arts in Care Home Project**  
**Trash to Treasure**  
**The Grange**



We have been very busy making recycled objects to create a spectacular display that we called "Trash to Treasure". We have been lucky to have received a lot of help from staff members, who have assisted with doing the actual projects and collecting the items from their homes.

Sharon one of our carers is a very accomplished knitter was so kind to knit us some toad stools and a squirrel. We will be placing these on the grass area of our display. We also got knitting enjoying our knitting group. We knitted squares over a period of time, once they were all done Lisa our CTL sewed them all together for us to make a blanket.

This will go on top of our main character in the display, a deer called Deirdre. The residents found this very amusing, we always like to put a bit of humour in all that we do.

Using the toilet roll holders that we collected we made some beautiful decorations using pictures and YouTube as a guide, it was very fiddly work but we persisted and loved the result.

We put together a bug house and had great fun deciding what colours to use and are looking forward to using it in the garden.

I mentioned to the residents that I had a bag of lavender. One of our residents said " that reminds me of when I was a little girl, my mother used to put lavender under my pillow". So we decided to make our own lavender bags to give our display a lovely scent.

We made some beautiful flowers using some left over cup cake cases, we decided to use a variety of colours, mixing them up to make our own designs and patterns. The residents said the flowers reminded them of carnations.



**Blackthorns Residents'**  
**Sustainability Project**



The nature board is filled with memories from the residents' trips and walks. It features pictures of flowers and insects from their bee garden, as well as lavender from their own garden. Residents also made "bottle people," which they named "Mr. and Mrs. Bottle" and the "bottle kids."

Several residents have painted their favorite things, and for those who have had horses, a horse picture was created for them. Many nature pictures were also painted, reflecting the interests of the many nature-loving residents.





## "Circle of Life and Growing Together"

### Greenbanks



This art project, titled "Circle of Life and Growing Together," beautifully captures the themes of community, growth, and individual journeys. The project began with a call to our community via social media, where we sought ideas and materials for our art piece. The response was incredible, with many impressive suggestions and donations of buttons, paints, and other colorful materials.

A particularly valuable suggestion led us to join a local initiative called the Watford Recycling Art Project (WRAP). As members, we can access a large quantity of free, recycled materials, which has been crucial to the project's focus on sustainability. We are excited to incorporate these materials, reinforcing our commitment to recycling.

The artwork itself is created on a large, round canvas, symbolizing continuity and community.

A renowned local artist visited our home and discussed the project with the residents. Together, they decided to paint a tree on the canvas using bright, vibrant colors. The tree was chosen to symbolize growth, connection, and the resilience found throughout life's journey.

The leaves and branches of the tree are made from a collection of buttons. Each button represents an individual—unique, different, and with its own story. Yet, when placed together, they form a unified whole, demonstrating that every individual is a vital part of our community. This project is a testament to the idea that we are all growing together, connected in the circle of life.



# Shifting Perspectives

## Reframing Our Art

In 2025, the Museum of Chelmsford opened their exhibition, *Shifting Perspectives*, partnering with the Alzheimer's Society to invite people living with dementia and their companions to explore, choose and display works of art by women artists. The exhibition invites visitors to slow down and view at this art from a different perspective. It runs until Sunday 2<sup>nd</sup> November.

With a grant from Museum Development South East, the museum took an artistic element of the exhibition out into the community. They worked with Chelmsford artist Elaine Tribley to develop and deliver a print workshop in care homes, inspired by two works, both called 'Essex Farm', by painter and printmaker, Doris Boulton-Maude.

The workshops took place at Windle Court in South Woodham Ferrers, Manor Lodge Carehome in Moulsham and at the 'Every Day Counts' group held by Essex Dementia Care at Broomfield Village Hall.

Looking at shapes and patterns within Boulton-Maude's 'Essex Farm' prints, marks were made into plasticine blocks with a variety of tools and natural objects and then printed using colour ink pads creating unique individual responses. The artwork around you is just a small selection of the beautiful prints created.



## Quality Innovation Newsletter

Issue 57 August 2025

### Eastham Care Home Blooms with Sustainable Wildlife Garden

The residents and staff at Eastham Care Home have transformed their outdoor space into a thriving wildlife sanctuary, proving that creativity and environmental consciousness go hand in hand. Through an inspiring community project, they've created a sustainable garden using entirely recycled materials, giving new life to everyday items while providing a haven for local wildlife.

The garden's charming guardians are Buzz Keeper, a lovingly crafted scarecrow, and his delightful companion Flutterkin, who watch over the growing plants and visiting creatures. Their presence adds whimsy and character to the space, delighting residents and visitors alike.

Music fills the air thanks to ingenious wind chimes created from repurposed kitchen items – old pots, pans, and cutlery now dance in the breeze, creating gentle melodies. Meanwhile, discarded wellington boots have found new purpose as quirky planters, bringing colour and personality to the garden.

The team's commitment to wildlife conservation shines through their impressive bug hotel, constructed from reclaimed wood pieces. This eco-friendly structure provides essential shelter for beneficial insects, supporting the local ecosystem while demonstrating sustainable building practices.

The latest addition to this magical space is an enchanting fairy door, carefully crafted from old pallets and nestled into a garden tree. This whimsical feature has sparked the creation of a dedicated fairy garden area, capturing imaginations and adding an element of wonder to the outdoor space.



This remarkable project showcases how creativity, environmental responsibility, and community spirit can combine to create something truly special. The Eastham Care Home wildlife garden stands as a testament to the positive impact that can be achieved when people come together with a shared vision for sustainability and nature conservation.

## Bramwell's Recycled Garden

This year, our "Bee Green & Grow" garden competition at Bramwell was a heartwarming journey from start to finish. It's a story not just about creating a beautiful garden, but about the incredible collaboration between our residents, their families, and our dedicated staff.

### The Journey from Prep to Bloom

The project began with a simple, yet powerful, idea: to transform our garden using recycled and repurposed materials. This became a collective effort that truly embodied the spirit of our community.

In the early stages, our residents, families, and staff came together to prepare the garden beds. We received fantastic support from families who brought in recycled materials, including plastic milk bottles that were ingeniously used for planters and decorations. It was amazing to see how everyone embraced the challenge of giving these items new life.

As the garden took shape, residents poured their creativity into every detail. We used everything from old tires painted in bright colors to broken crockery to create mosaics. Each recycled item became a symbol of our commitment to sustainability and a testament to the idea that beauty can be found in the most unexpected places.

### A Garden of Memories

The project was filled with joyful moments that went far beyond the gardening itself. Our residents spent hours together, creating, laughing, and sharing stories as they worked. Families and staff joined in, fostering a true sense of togetherness. The garden became a space for connection, where memories were made and friendships blossomed.

The final result was a vibrant, eco-friendly garden that was truly a sight to behold. It was a proud moment for everyone who contributed, a celebration of their hard work and creativity. The "Bee Green & Grow" garden is more than just a garden; it's a living testament to what we can achieve when we work together with heart and imagination.



## A Creative Journey Towards a Greener Future: Humfrey Lodge

At Humfrey Lodge, our residents have been passionately turning recycled materials into art, showing how creativity and sustainability can go hand-in-hand. This project, which we call "The Green Project," is a beautiful example of how we're contributing to a better environmental future for generations to come.

- **From Newspaper to Haute Couture:** The residents at Humfrey Lodge recently created a stunning upcycled dress for a local art exhibition. Using old newspapers, they designed and built a beautiful gown, adding layers of texture and story to the fabric. They also crafted an elegant headpiece to complete the look. This project was not only a fun, creative challenge but also a powerful statement about using everyday waste to create something truly beautiful.
- **A Home for Our Tiny Gardener:** Our commitment to a nature-friendly environment extends to even the smallest members of our ecosystem. In a wonderful team effort, residents and staff—including a very dedicated maintenance worker—came together to build a bug hotel. Using various recycled bits and pieces, they created a cozy and safe habitat for insects. This "hotel" now stands proudly in our garden, making it a more environmentally friendly space and supporting the health of our local flora and fauna.

Through these projects, our residents have proven that art combined with sustainable elements becomes something bigger than itself. It's a testament to the power of teamwork, creativity, and the desire to build a more environmentally conscious world, one beautiful piece of art at a time.



## A Wildly Creative Green Project

Our residents have been exploring the "Green" theme with a project that combines their love for nature with creative recycling. This art story is a testament to their deep thought and passion for the natural world that surrounds our home.

Located in a beautiful lakeside setting, Broomhills is blessed with a vibrant natural environment and a variety of wild animals, including birds and hedgehogs. This abundance of nature sparked a thoughtful discussion among residents about how to incorporate the "Green" theme into their art. The result of their brainstorming was a wonderful project: creating a series of hedgehogs made out of recycled newspaper.

This activity was the perfect way to merge their artistic skills with their passion for both sustainability and the local wildlife they adore.



This project is a perfect example of how our residents' love for their natural surroundings inspires meaningful and creative artwork.

Every hedgehog is unique, reflecting the individuality and care of the resident who created it. The use of recycled newspaper not only gave new life to old materials but also served as a beautiful metaphor for how we can protect and appreciate the wild creatures and environment that make our home so special.

Elizabeth House, had residents who were sitting in the garden when they spotted some snails. This inspired them to make snails with air-dry clay and shells. The activity was fun, playful, and creative.



Caroline House residents also created their masterpieces using all recycled materials. Residents, feeling the heat in the garden, started talking about getting fans. They spoke to the home manager, Avi, who shared how people in her home country of the Philippines create fans. The residents liked the idea of making their own fans from recycled materials like newspapers. So, they decided to move forward with the recycled art project.



## VE Day



'You were there when silence broke,  
When sirens stopped and church bells spoke.  
When strangers danced in crowded streets,  
And joy came rushing on weary feet.

You knew the sound of marching boots,  
Of ration books and powdered fruits.  
You bore the blackout, bore the fear,  
You kept the home fires burning clear.

Some wore the uniform with pride,  
Some toiled and waited, wept and cried.  
Some waved goodbye, not knowing when  
They'd see their loved ones whole again.

But on that day, May's gentle light,  
The world felt something pure and right.  
A breath of peace, long overdue,  
A gift hard-earned by souls like you.



So here we stand, and still we say:  
We thank you all, this VE Day.  
For courage quiet, steadfast grace  
You helped the world find its true face.'



Poem Competition 2025

Winner - Windmill House by Windmill staff and residents

To mark VE Day, Windmill staff and residents came together to create two heartfelt poems—one capturing childhood memories, and the other reflecting personal experiences of VE Day in 1945.

Lifestyle Coordinators gathered memories through group and individual reminiscence sessions, where residents shared their stories, laughter, and reflections. These memories were then thoughtfully woven into two free verse poems.

Residents truly enjoyed the experience, reconnecting with the past and each other through powerful storytelling and shared history.

# "Poems by Everyone" Poetry Competition

## Reconnect with Self

Highly Commended - Ivy Court,  
Home Manager, Stacey Dean

### First Glimpse

The first glimpse of you,  
a moment so rare,  
A mix of joy,  
and a touch of care.  
In the incubator's warmth,  
you lie so still,  
A tiny human,  
with a heart that beats and thrills.

My heart swells with love,  
and a touch of fear,  
As I watch you grow,  
and wipe away each tear.  
You're a miracle,  
a gift so divine,  
A precious life,  
that's truly mine.

*"I created that poem as my little girl was born 8 weeks early and spent 5 weeks in special care, very difficult moment in life becoming a mum for the first time as well as having to watch you little girl lay in a incubator with all wires and pipes attached, not being able to hold or touch her for the first 5 days was heartbreaking, I'm very honoured to receive second prize 😊"*

### John Franklin's

iPad artwork is simply superb and outstanding. People use technology to pursue their creativity, just like David Hockney.

John Franklin, intently drawing on his iPad. The screen glows with vibrant colours.

John Franklin is a digital artist whose work on the iPad is truly superb and outstanding. He uses modern technology as his canvas, just as traditional artists have used paint and clay for centuries.



Using iPads for creative work and digital engagement.



The Poppy Appeal: Every November, the Royal British Legion runs the "Poppy Appeal" to raise funds for veterans and their families.



### Silvanna Court

Jean, a resident ambassador, loves reading and knitting. She visits local schools to speak with children and is a passionate advocate for Remembrance Day. She'd do anything to support people in promoting the contributions of veterans throughout history.





**“Who would have thought that I would be exhibiting my work in the gallery?”**





# Share your thoughts

Please write any message on a tag.

# "Share your thoughts"

Please write any message on a tag.



Most interesting  
what we learned was  
from the 1000s of birds  
at the bird house we had a very  
good time and it was a very  
good experience

Really enjoyed  
long walk

Heron  
Coylt  
my son and I

I think it's all  
lovely  
Sure  
Candice W

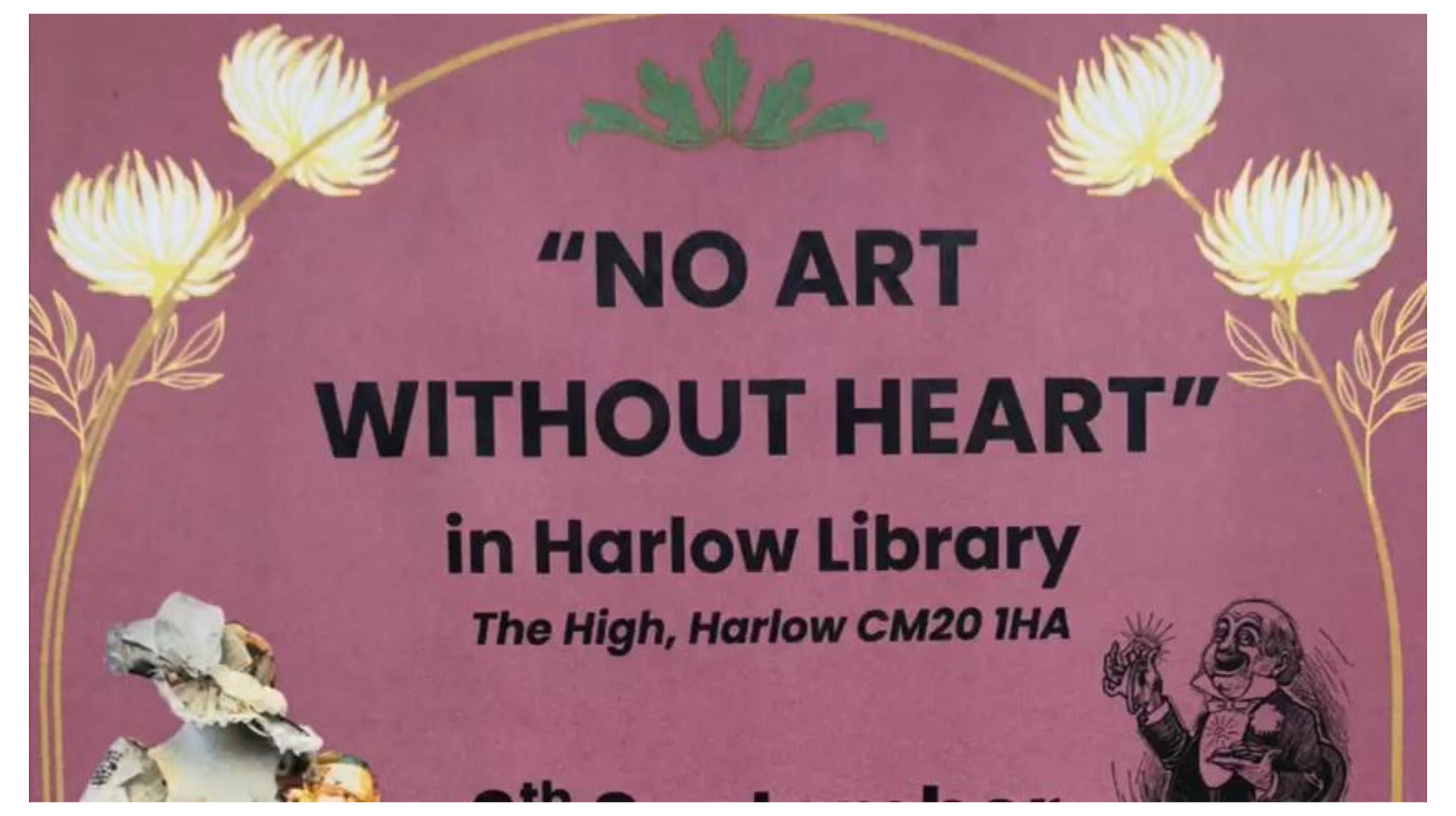
Lovely Exhibits  
& so much to learn  
Well done every  
Lifestyle Roundtable

from wonderful  
but the residents is  
had one  
funny to expect  
selves through it

Love  
more on  
name

Herons  
Pencil  
Pearl 177

Thank you  
in a week  
7



**"NO ART  
WITHOUT HEART"**

**in Harlow Library**

*The High, Harlow CM20 1HA*



oth e ...



**Eric's Solo Art Exhibition on 7th November – Greenbanks**





**Weavers House  
in Northern Ireland  
had an exhibition  
in Cookstown Library  
in Summer 2024 & 2025,  
and this is their latest  
project in the garden!**

## "Homes in Harmony - The Power of Music".

It was wonderful to see over 70 people from several homes of the Runwood Group. It was an evident display of the power of music. Everyone at St. Mary the Virgin in Benfleet Church enjoyed the event, and together we celebrated our "Arts in Care Home" month.



### *Musical Care & Musical Connection*















**"One good thing about music,  
when it hits you, you feel no pain."  
— Bob Marley**

















**Following the success of two concerts held this past summer, Sarah Sanders suggested we organize a Christmas Carol Concert:**

- 1. We chose the Christmas carol songs, and all homes have been practicing them.**
- 2. We also held Zoom meetings with the minibus drivers and a concert committee meeting to finalize the EXCITING plans, including printing a program.**
- 3. Everyone enjoyed the concert, and some residents even arrived by taxi. Our CEO joined in!**
- 4. We are now organizing another one for Easter!**



# 11th December 2025 “Homes in Harmony”– Christmas Carol Concert



**Over 70 people, including residents from 16 homes, families, and volunteers, participated in the Homes in Harmony Winter Season Christmas Service, Carol Concert, and Celebration. This event demonstrated that it was not just homes that were in harmony, but the entire season and community, which united beautifully.**



**Among all the heartfelt compliments from our residents, Irene (Bennett Lodge) said, while holding my hand, “Wonderful! A lot of work goes into this! Thank you for looking after us!”**









**The symbols of Christmas are, of course, Father Christmas and the Christmas tree!**

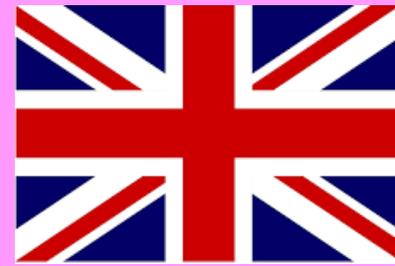
# One Team One Dream!

*Thank you!*

NAPA



**RUNWOOD  
HOMES**



# **Creative Engagement:**

***The Art of Meaningful Wellbeing  
in Dementia Care***

## **The International Knowledge Exchange**

*Australia, New Zealand, Japan, the USA, Canada and the UK*

**11<sup>th</sup> February 2026**



**RUNWOOD  
HOMES**

**Kieun Kwon**

**NAPA**

***Associate Director of Dementia & Wellbeing,  
Runwood Homes Group & Trustee of NAPA***