

Still Stomping

A project by Gulbenkian University of Kent, Kent County Council and Moving Memory Dance Theatre

Celebrating Age 2018 – 2020



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1. Summary of key points

Still Stomping:

- contributed to strengthening the intergenerational nature of b0ing! festival at Gulbenkian University of Kent by placing older and younger people, working together, in the public eye
- engaged with an estimated 4000 people as audiences, 200 workshop participants, 20 volunteers (as trainees and/or performers) and our core company of 6 older women
- employed 6 professionals in creative, technical and administrative roles
- was led by older women who devised and delivered creative activities with and for other older people, young people, primary school children and families
- involved participants' creativity being facilitated, developed and translated into performances which entertained a wide public audience
- resulted in an extended group of older and younger people who have worked alongside the Moving Memory core company, taken part in Moving Well workshops, trained in Moving Well practise and helped deliver participatory and performance work and who remain a pool of associates still engaging with Moving Memory's activities and starting to branch out on their own in a variety of ways
- strengthened Moving Memory's experience, profile and relationships with key partners, including consortium partners, Gulbenkian University of Kent, and Kent County Council
- left a strong legacy with individuals and communities and for Moving Memory's future plans

2. An outline of the activity delivered – what we achieved, in comparison with the original aims of the project

Still Stomping aimed to:

- deliver a range of imaginative, high-quality creative experiences, devised, led by and involving older people, which challenge assumptions about older people
- enable participants and audiences of all ages to experience work that transcends age, defies pity and lifts the heart

The experiences were devised and led by Moving Memory Dance Theatre and were planned to include:

- experienced older performers devising and performing with a supporting group of young people (Still Stomping / Love Grows)
- a new participatory group and training for active older people (Moving Well)
- a creative programme bringing older people in residential care together with primary school children (Love Grows)
- an exploration of the possibilities of installation work in residential settings

Activity

	Planned activity	Actual activity
April/June 2018	Ensure best practice in Intergen31	Discussions between Gulbenkian's Eleanor Cocks and Sian Stevenson to establish best practice for Intergen31 and marketing of workshops
April/May 2018	3 MM workshops with Gulbenkian youth groups	3 workshops with Gulbenkian youth groups led by Sian Stevenson and MM core company members. Intergen31 established
April 2018 onwards	Commence consultancy Tim Webb	Discussions with Tim Webb re interactive environments in residential settings – as the project developed, this strand became focused on creating an installation and performance related to Love Grows for b0ing! 2019
April/June 2018	1st series Moving Well	Moving Well series in Faversham (11 participants)
May / June 2018	Arrange & support consortium meetings / Select & invite care homes to participate / Plan evaluation / Select & invite primary schools to participate / Training for care staff	Update with consortium partners; decision to postpone Love Grows activity (care settings, schools and training) to start planning later in the year with delivery in 2019
July/Aug 2018	Intergen 31 work with MM to make Start Stomping. Marketing for b0ing!	Rehearsals for Start Stomping involving Moving Memory core company, Moving Well participants and Intergen31 (total company of 28. Marketing of performances at b0ing!
25&26 Aug 2018	Still Stomping at b0ing!	b0ing! @ Gulbenkian – Start Stomping performed four times to over 600 people
15 Sept 2018		Start Stomping performed twice at Margate Festival – outside Turner Contemporary - to nearly 400 people

Aug/Sept		Start Stomping on social media includes Facebook post on 22/8/18 of pictures of dress rehearsals reached 1.1k; Facebook post on 7/9/18 promoting Margate performance reached 1.4k
Oct - Dec	2 performances Start Stomping in public places in Kent	Start Stomping performed at Margate Festival in September – see above
Sept – Dec 2018	Love Grows in 4 care homes and 4 primary schools	Commenced planning phase
Oct 2018		Attendance at Kent County Council Care Managers' Conference
Oct – Dec 2018	2nd series Moving Well	Second Moving Well series plus initial training sessions (12 participants) Love Grows initial discussions and planning
Dec 2018 – June 2019		Start Stomping re-worked by core company and key Intergen31 members and presented in Sittingbourne, Hatfield and Chatham (audience over 800).
Jan – Mar 2019	3rd series Moving Well	Third Moving Well series plus training sessions (10 participants) Love Grows discussions and planning: schools and care settings finalised and content confirmed
Apr – June 2019	Love Grows performance and installation made	Love Grows participatory phase: 16 workshops in 4 primary schools and 4 care settings (over 200 participants) 3 training sessions for team (pre; during and post)
July/Aug 2019		Screening of Love Grows film at 4 host venues (115 participants and family members) Rehearsals for Love Grows performance commence with Intergen31 and core company Appointment of Activities Co-ordinator
24&25 Aug 2019	Love Grows performance and installation at bOing! 2019	bOing! @ Gulbenkian – Love Grows installation, workshops and four performances (core company, Intergen31 and Moving Well team – total company of 20) reaching audiences of over 1200
Aug/Sept		Love Grows on social media included BBC SE video of Love Grows had 7485 views by 5/6/19
Sept/Oct 2019	4th series Moving Well	Fourth Moving Well series – led by trainees (8 participants)
26 Oct 2019	Presentation at People Dancing (dates tbc)	Decision to attend Ageless (Leeds) instead of People Dancing – core co. run workshop and perform extracts from Beyond the Marigolds (23 participants)
7 Nov 2019		Introduction to Moving Well for care providers (7 participants)
22 Dec 2019		Core, Intergen31 and Moving Well team (10) run a workshop and perform at FLAC (12 participants – who also perform – and audience of over 200)
Jan/Feb 2020		Moving Well group create and rehearse own piece for performance at This Girl Can @ Gulbenkian – become Kick Up A Fuss Collective (7 performers and audience of over 50)
Mar – June 2020		Review, evaluation and planning for future activity

The project engaged with an estimated 4000 people as audiences, 200 workshop participants, 20 volunteers (as trainees and/or performers) and our core company of 6 older women. We employed 6 professionals in creative, technical and administrative roles.

Start Stomping (June – September 2018)

From June 2018, a creating and rehearsal process began with the Moving Memory core company, 6 younger performers (Intergen31) and 8 older women who had been participating in Moving Well workshops (“The Juniors”). 5 other younger and older people were involved with technical and back-stage support. Over twenty company rehearsals and a number of other activities over the summer resulted in the creation of a short pop-up piece, Start Stomping – which also featured a 16’ inflatable man, a human-drawn chariot and a strong message of female empowerment.

Start Stomping was performed four times at Gulbenkian’s b0ing! Festival (25 & 26 Aug) and two more times outside Turner Contemporary as part of Margate Festival (15 Sept). Audiences were diverse, with a strong family presence with total numbers estimated at 1400. A film of the performance was made by Bob Karper¹.



Audience comments included:

- "intergenerational, bold, bright, sense of something important being represented"
- "mesmerising"
- "it's all about power"
- "I loved it... visually really striking... it's about female empowerment"
- "... It was bright, beautiful, passionate and thought provoking as well as inspirational!"
- "... fantastic, really effective and thought provoking. The performers performed with such passion and power"
- "a bit Handmaid's Tale"

¹ <https://vimeo.com/287543382>

- “stunning”
- “I liked the theme of the wrong sort of power in society being overthrown. When the dancers made eye contact with the audience it was really powerful but a bit embarrassing when it's your Grandma. The music added to the atmosphere.”
- "and then the women were FREE!" (whooped by a small child!)

The process of making and performing the work was enormously important for all participants. Comments included:

“As regards being part of Stomping, I got more and more out of it as the weeks went by. I found it quite challenging in terms of memory, i.e., learning it all and I sometimes found it emotionally challenging, when other things were going on in my life. It was interesting getting feedback through watching the videos and I hope that my kinaesthetic awareness improved with all the rehearsals! I was surprised by how much fitter I felt by the time the performance came along and I can honestly say that although I am already pretty fit, I actually feel more youthful and springy in my movements!! I very much enjoyed the opportunity to work with people both older and a lot younger than myself, which I felt has positive benefits for everyone... I feel more confident than when I started and I am really grateful that you gave me the push to perform!”

“In terms of new experiences since retirement Moving Memory’s Start Stomping is up there at the top of the list. The whole process engendered a multitude of emotions and challenges that I could never have predicted at the start... There was the joy of meeting and appreciating a whole range of different people, both old and young, all with their own unique qualities and experiences... It gave me the chance to meet young people as equals and learn from them. Memories of youthful exuberance, spontaneity and risk taking were embodied in the Mini-mes and engendered many smiles. There were some uncomfortable but, for me, necessary moments of self-analysis that have contributed to more positive reflection since completing the project. One final comment would be that Moving Memory Dance Theatre Company with Sian as their creative leader are a unique and innovative group. They have an insightful and collaborative ethos that enables an atmosphere in which to explore a range of emotions making.”

“This has been an insight into the process of dance/theatre and the dedication and labour necessary to take a project to performance. In particular, the politicised themes of the dominance of patriarchy and intergenerational work resonate with me. This experience has left me wanting further involvement and opportunity to perform... I also begin to see how the spirit of performance and the workshops knit together to inform each other. I especially enjoy the inclusivity that characterises the group, and the confidence and presence that the core company exude. It is an inspiration and tonic to work with Sian, she has such a breadth of experience. It is challenging and lovely to have the opportunity to freely express and connect emotions with physicality, rather than always stay with a prescribed fitness regime.”

Moving Well and training (April 2018 – ongoing)

Four series of Moving Well workshops took place (May/July 2018; September/October 2018; January/March 2019 and October/November 2019). From these workshops a core group of 8 older women emerged who demonstrated a particular commitment and became “the Juniors”. The commitment of the Juniors - and other regular Moving Well participants - was phenomenal, with consistent attendance and assiduous learning. Some participants made 80-mile round trips on a weekly basis and many have prioritized participation above other personal commitments.



The 8 Juniors also undertook a training programme equipping them to lead Moving Well workshops. Four training sessions in October/November 2018 were followed by 2 more in January 2019 together with access to Moving Memory's digital kit and training resources. The Juniors went on to lead the Jan-Mar 19 Moving Well workshops (with ongoing support and oversight from Creative Director, Sian Stevenson, and core company member, Glyn Burnett). The workshops resulted in a short movement piece, Waves, made by the group.

Further training took place in March 2019 which prepared core company members, Juniors and Intergen31 participants for delivery of the Love Grows participatory phase. Juniors went on to lead participatory activity with children at b0ing! 2019 and support the children to take part in the promenade performances of Love Grows, alongside Intergen31 and the core Moving Memory company.

In November 2019, we led an open "Introduction to Moving Well" workshop for care staff, and, as a result, one of our trainees went on to assist at a regular movement group for older people in Sandwich.

Feedback from Moving Well participants includes:

- "You're putting your ideas in, then other people are going with it and it just feels different to standing behind someone and copying them – which is what most dance classes are now"
- "I enjoy the sense of belonging and the interaction, because you can dance as a solo person but there's very little opportunity to belong to a body of people and work with them, alongside them, and I really like that"
- "It's about freedom and creativity"

The enthusiasm and dedication of Juniors led to a further, self-led (with support) series of workshops in autumn 2019. When Moving Memory were invited to take part in Gulbenkian's This Girl Can family festival in March 2020, the Juniors took up the challenge and organised themselves to create a short piece of performance for the day. They were supported by Moving Memory's Creative Director, Sian Stevenson, and provided with rehearsal space. The process stimulated the key members of the group to establish themselves as Kick Up A Fuss Collective (KUF). Their piece, And Then She... was performed twice at This Girl Can to an extremely positive response.

The group were excited about the possibility of taking it to other locations during summer 2020 and were hoping to take part in Farnham Maltings' Dance in the Meadow when the Covid-19 pandemic lock-down began. The group have opted to begin working online and we expect their live work to begin a new lease of life at some time in the future.



Love Grows: participatory phase (April – July 2019)

Creative Director, Sian Stevenson, assisted by core company performer and Project Co-ordinator, Glyn Burnett, contacted a variety of schools and care settings to explain about the project and invite them to take part. A number of positive responses were received, so care settings were selected for the commitment of managers to support the project, to represent a geographical spread across the region and to allow a range of people with differing abilities to take part. Preliminary visits led to the final inclusion of:

- Age UK Medway, Mackenney Centre, Woodlands Road, Gillingham ME7 2BX – a group of people with early stage dementias
- Age UK Thanet, Randolph House, Zion Pl, Margate CT9 1RP – a mixed group of regular day centre clients
- Red House Nursing Home Ltd, London Rd, Canterbury CT2 8NB – frailer older people in a residential home
- A specially created group of quite active older people living independently in Littlebourne

Schools were selected for their proximity to the relevant care setting and willingness of teaching staff to support the project:

- Academy of Woodlands, Woodlands Rd, Gillingham, ME7 2DU
- Cliftonville Primary School, Northumberland Avenue, Cliftonville, Margate CT9 3LY
- Canterbury Academy Primary, City View, Franklyn Rd, Canterbury CT2 8PT
- Littlebourne Primary School, Church Rd, Littlebourne, Canterbury CT3 1XS

Each care setting was paired with its local school (four pairs) and dates were arranged with all settings. The outline plan was for each pair to have four workshops comprising:

- Workshop 1: meet the children at their school - welcome, warm-ups & setting the mission
- Workshop 2: in the care setting – meet the older participants, then children joining part-way through - making new friends – movement-making and sunflower planting
- Workshop 3: location as appropriate – more movement-making and music selections
- Workshop 4: celebrating friendship with tea, biscuits, dancing and singing

Preparing our teams:

With Sian Stevenson providing the lead for all workshops, teams to work with each school/care setting pair were created, made up members of:

- our core performance company
- our trainee group - the Juniors. Juniors were encouraged to join the team for a setting local to their own homes, so that there could be an option of them supporting future activity (we

had originally hoped that two care staff from each setting would be able to attend training sessions with Moving Memory and shadow the workshop team but this proved impossible.)

- Intergen31 – a group of young people (aged 14 – 29yrs) who had taken part in the creation and performance of Start Stomping.

Three team training sessions prepared the team for practical and logistical issues as well as the content of workshops. It was important to create a visual impact in both schools and care settings – we wanted young children and older people to be clear that we were bringing something different, special and, importantly, fun. Using the “Love Grows” theme as inspiration, costumes transformed the team into “love gardeners”.

All sixteen workshops took place between March and May 2019. Our team usually comprised, Sian Stevenson, 2 core company, 2 Juniors and 2 Intergens. In planning meetings with both care settings and schools we had suggested groups of 10 – 12 children and the same number of older adults. This proved very difficult to achieve in practice, and on several occasions much larger groups were unexpectedly involved - workshop content was improvised to accordingly. Generally, host staff were prepared, supportive and actively engaged with the project.



We were delighted that the project was featured on BBC South East Today and feedback from participants included:

- “I enjoyed doing the dancing and growing sunflowers. It was nice meeting the older people and I got to be filmed!” Year 1 pupil
- “This was an important opportunity for the different generations to connect. Everyone involved has benefitted from this unique experience.” Caroline Spackman, Assistant Head Teacher at Cliftonville Primary School

Two members of the Intergen31 group wrote blogs about the process². A film³ of this phase of the project was made by Bob Karper and shown to participants in their “home” locations in July 2019. The film was also part of the company’s installation at b0ing! festival at Gulbenkian University of Kent in August 2019 and remains available online.

Love Grows: performance, installation and workshops at b0ing! festival at Gulbenkian University of Kent (July – August 2019)

Love Grows activity at b0ing! 2019 brought together all aspects of the project. A Moving Memory “encampment” was sited in the central part of the festival and became a hub of ongoing activity over the two days. A large bell-tent provided a space to watch the film of the participatory phase, adjacent tables allowed biscuit-decorating and love-heart writing and a tented area was a space for movement workshops for all ages, especially anyone who wanted to join in the performances. Members of Intergen31 ‘gardening’ team also took a tricycle out around the festival to engage the crowds - offering audience members a garden make-over, including a ‘relaxing dust down’ and ‘wake up sprinkling’ which was enjoyed by many.

The participatory phase of Love Grows in schools and care settings had resulted in a piece of choreography built on the movements contributed by individual participants. The performance presented at Love Grows was the result of this core material being re-worked by the Intergen31 group, with their piece then being re-worked by Moving Memory’s core company in a “relay” choreographic approach⁴. A third element was introduced to allow children attending b0ing! to join in the performance - the Juniors ran workshops with children during the day, teaching them the original choreography and then led them as a separate group in the promenade performance. The final performances were a promenade with the three groups starting in separate places and moving closer to form one cohesive intergenerational community, culminating in a celebratory finale⁵.

We were delighted to welcome several of the children and older participants who had taken part in the participatory phase and had brought their families and friends to the festival to see the film in which they featured and take part in the performance.

The mixed age team, including older women leading activity, looking slightly surreal and deliberately provoking laughter, made a significant impact on audiences and others taking part in b0ing!



² <https://www.movingmemorydance.com/2019/08/06/love-grows-blog-1/> and <https://www.movingmemorydance.com/2019/08/06/love-grows-blog-2/>

³ <https://vimeo.com/356251765>

⁴ Film of the making process - <https://vimeo.com/354617575>

⁵ <https://vimeo.com/362625465>

Gulbenkian's Becky Lees said

“Love Grows by Moving Memory was an ideal piece of work for our bOing! 2019 programme. bOing! is an international family festival produced by Gulbenkian, which takes place on the University of Kent campus. The festival is free to enter with lots of free outdoor performances and activities and attracts around 10,000 visitors each year. Love Grows was a fantastic addition to our 2019 festival. The durational element (digital installation set up in a bell tent) meant there was an ongoing free activity for festival-goers to participate in throughout the day, as well as lots of walkabout performers who could interact with festival-goers and create a fun and quirky atmosphere. The colourful costumes and props made their performance particularly charming. The “flashmob”-style, pop-up performances also worked brilliantly, starting off quite subtly and starting to grab people's attention before culminating in a big confetti explosion which made everyone stop and engage. It created such a fun, celebratory atmosphere which really captured the spirit of bOing! The intergenerational cast was also ideal for our festival which attracts all ages from babies to grandparents. The themes of love across the generations was a lovely, universal and positive theme which again captured the ethos of bOing! which is all about family and celebration.”





Audience feedback included:

“You came to my daughter’s (Bronte) school to work with her class. She enjoyed it so much she has not stopped talking about it since you worked with the class. You are all amazing and lovely people and thank you so much. Hopefully she will get to see you back at school”

“Loved the dance performance, so joyous and uplifting – and great fun too! Kids loved the biscuit decorating. On a more serious note, it was great to see women of a certain age performing - and on centre stage. Not something you see very often. And we need more of it! Love it”

“Loved the whole experience, really made b0ing!”

“It looks like Love Grows was quite rightly the hit of the weekend!”

“Congratulations!!! I absolutely loved this film and your project is incredibly inspiring and touching and pure joy! What a delightful inter-generational collaboration...”

Comments from Juniors included:

“I grew up thinking elderly people could not stand for long, move very much and could not carry things. As I myself have aged I have realised that not everyone fits in with that concept and in fact many older people want to be treated in a way that fits their ability rather than their age. I am 44 but inside I still feel the same as when I was in my twenties. The conversations I had and the whole experience of being involved with this project confirmed that people want to be included in many aspects of life and not just put in an isolated group, labelled elderly.”

“Spending time with people older than myself and some with early onset dementia was all new to me. Our session preparing for these workshops was invaluable. Teasing out the stories of their loved ones was both a challenge and a delight. Turning these stories into a dance was a wonderful embodiment of the emotions they had revealed and gave me a sense of connection every time we performed it. I also had not spent much time with young children before and discovered that I got on with them quite well was a revelation! I particularly enjoyed delivering the workshops at the Boing Festival and felt that my confidence grew with each workshop as well as my ability to interact with the children and their families. It's been a privilege to have the opportunity to interact with these different generations which has broadened my experience and appreciation.”

Comments from members of the Intergen31 group included:

“I've become a lot more comfortable with working with people who are different ages - not that I was uncomfortable before, but it has become easier in the last year since I started working with

Moving Memory. I think one big thing I've learnt would be that you can learn and be inspired by all people - not just the ones that are "older and wiser". This, and seeing how comfortable everyone in core is about themselves and their bodies (at least in rehearsals) helped me to feel more confident and comfortable with myself."

"The encouragement and listening to my ideas has turned my beliefs around. Also being welcomed into the company and allowed to take breaks, or supporting in a different way, but still being valued is so important. I often feel older than I am due to having arthritis and limited mobility and energy and I feel comfortable working with older people. This project and the company never question anyone's abilities or limitations and that has made me feel safe. I'm sure this must have been felt by participants across the project."

A final comment from (oldest) core company member, Jane May:

"It was a wonderful to have some of my preconceptions about young people swept away. I thought that they had no time for us oldies as they were much too busy growing up and being excited about the challenges ahead of them. Did they feel something similar about us? That our lives belonged in the past and so we couldn't possibly understand or have anything in common with them. In fact, we had a lot in common. And, as well as that, we had a lot of fun together."

Outcomes

Still Stomping has succeeded in being a celebration of the positive role that arts and culture can play in engaging older people in their communities.

The project enabled the creation of 2 outdoor performance pieces (Start Stomping and Love Grows) - both informed by the personal experiences of older people, which were carried and shared by other older and younger performers, and resulted in changed perceptions of older people.

The pieces were seen by audiences of all ages in a range of locations, including Start Stomping at Margate Festival and a variation on Love Grows as part of Folkestone's Living Advent Calendar. A smaller version of Start Stomping (re-named Tipping the Balance) was created by the core Moving Memory company, with additional funding from ACE and KCC, and toured to other locations (Sittingbourne Shopping Centre, 21.12.18; RE:ignite festival at University of Herts, 27.4.19 and Chatham Dockyard, 16.6.19). A series of short films were made, showing the work itself and how it was made. These were shared with participants, in their own venues, as well as online and one became the focal point of the installation at b0ing! 2019.

Moving Well workshops and training have led to the establishment of a new group of active older people who are experienced in Moving Memory's creative approach, can lead Moving Well workshops, and who are engaging effectively with the cultural sector in Kent. Some of this group are volunteering in local care settings and some have made work and established themselves as a separate - though closely affiliated - performance group (Kick Up A Fuss Collective - kuf). kuf created a new piece of performance for Gulbenkian's This Girl Can Family Day 7.3.20 and has clear long-term aspirations.

People of all ages and abilities have told us that their well-being has improved in various ways - including feeling a stronger sense of identity - because they have taken part in our activities.

- A group of young people have experienced, and can talk positively about, a genuinely shared creative process and have performed to the highest standards alongside older people.
- A group of young children have experienced working with older people in a positive, creative way.
- Older people in residential settings, many of whom had not engaged with arts activities in the past, have had the chance to experience working creatively with younger people, including young children.
- Older adults, including those who had not engaged with arts activities in the past, or recently, have developed their skills in new ways, over a long period of time and done things they never expected to.
- Older people have placed themselves in public spaces in roles that challenged assumptions about older people.

Academic research⁶ has established that the process has led to reduced age stereotypes and self-stereotypes in the main participants (core company, Intergen31 members and Juniors who have continued to engage over two years) – an important part of reducing ageism and improving well-being across the life-course.

The work has been shared at a local and national level through performances at bOing! in two consecutive years, in other public spaces in Kent and Hertfordshire and at Ageless Leeds 2019. It has been shared with the social care sector through an open workshop at University of Kent, as a case study for SCIE prevention, research, practice⁷ and in a blog for the Age of Creativity⁸ website.

3. What we learned, and how the project has helped us develop

Of all the partners, Start Stomping has been of particular significance to Moving Memory Dance Theatre. It has made a huge contribution to broadening the company's experience in running community-led projects and allowed us to develop strong relationships with other community partners. The project has raised the company's profile in local communities (through Love Grows) and nationally (through online articles and attending Ageless). It has enhanced the experience of individual members of the core company, Moving Well participants and Intergen31 members. The project facilitated a year-long academic study of Moving Memory's work and the results showed that the project had positively changed perceptions of older people.

As a peer-led organisation, feedback from participants is vital to our planning and the project allowed us to experiment with different ways of gathering feedback including confidential / anonymous forms (on paper and online), group discussion and individual conversations as well as using nationally recognised tool, The Happiness Pulse.

⁶ <https://www.movingmemorydance.com/wp-content/uploads/2016/12/Intergen31-Report-FINAL.pdf>

⁷ <https://www.scie.org.uk/prevention/research-practice/getdetailedresultbyid?id=a110f00000TDC2LAAX>

⁸ Age of Creativity blog 30.4.19 <http://www.ageofcreativity.co.uk/blog/>

The feedback we received (especially core company, Intergen31 and Moving Well participants) fed directly into the development of the project and this process helped us modulate the project in real time and learn more about how to tailor our work in the future.

For example, feedback from the team on delivery of the Love Grows participatory phase helped us learn the features we would want to incorporate into any future community project. The team valued the experience as a pilot for future projects and they identified the need for small groups and to have time to develop relationships with partner organisations and participants. Importantly, they recognised how the project had impacted on them – they learned new skills and personal resources to be flexible in dealing with unexpected changes, they found they could relate to and engage with people from different ages and with different abilities and they appreciated the mutual support of being part of a team (it meant they worried much less if they had to pull out of a session for personal / family reasons). There was an expressed interest in being part of a joint planning process and more training for any future workshops.

The project helped us identify the many barriers to accessing creative training facing most care staff. At the beginning, we had hoped to train at least two staff in each care setting, but it quickly became apparent that problems with rotas and paying for cover staff would make this impossible for most carers. Instead, we linked our own volunteer trainees with their most local care setting with a view to them continuing a relationship after the project was completed. Engagement with Kent County Council's Adult Social Care team also helped us learn more about the priorities of services and helped us engage with third sector care organisations. We remain committed to providing training in Moving Well style activity but have learned a lot about how this might be developed and useful to the people we want to reach. Several individuals were inspired by seeing the project in practice and have continued to engage with the company.

Conversations between Sian Stevenson and former Oily Cart Director, Tim Webb, on the development of interactive environments took place over the course of the project and have fed in to plans for the future.

4. The longer-term impact of the project

The long-term impact on Moving Memory has been enormous, in terms of our artistic practice, our community practice and our wider profile. As a result of their involvement with this project, we have acquired two new Board members and appointed a new Chair. The project informed our plans for the future which – until the outbreak of Covid-19 - included:

- A three-year community project, building on partnerships established through Love Grows with two primary schools in Margate & Gillingham & aiming to bring children & older adults from marginalized communities together to share experiences of food & cooking & empower them to engage creatively with the wider community.
- Following R&D which involved members of the Juniors, we were planning to produce & tour of a new theatre show, Intimate Me, to Gulbenkian University of Kent, BeeCreative (Herts) & Nottingham City Arts had each confirmed hosting a performance & week-long residency, with interest from Manchester Museum & other national venues.

The Covid-19 crisis led us to adapt our plans and the connections with communities and individuals that we had made through the Start Stomping project proved invaluable at allowing us to establish a rapid response. We have:

- Established online Moving Well groups for the core company, kuf + other Moving Well practitioners, new participants and other practitioners.
- Begun the process of creating an online training resource with warm-ups, improvisations and a "Choreographic Kitchen".
- Made contact with community partners to plan a series of socially-distanced outdoor performances specifically for care settings.

The work we have achieved through this project, especially the establishment of a group of older people trained to run Moving Well workshops has led us to being semi-finalists for the AAL Smart Ageing Prize.

Still Stomping (Celebrating Age programme)
Gulbenkian University of Kent, Kent County Council & Moving Memory Dance Theatre
End of project report: May 2020

