



Resource Pack for Staff

Module One

Getting Started with Zest

Contents:

Page:

About Zest Active Arts	1
Introduction to this module	2
How to access the content	2
How the content is organised	4
Setting up a group session with Zest	5
Setting up a one to one session with Zest	6
Suggestions on how to get started	7
Technical troubleshooting and support	8



About Zest Active Arts

Our vision is for everyone to be able to lead a fulfilling life. We make culture work to inspire people to be physically, socially, and creatively active.

We work with artists with expert experience, knowledge and skills, to create engaging arts content aimed at increasing activity levels in residents of care homes. We work with care home managers, staff and residents to ensure the content we produce is of high quality, motivating and accessible regardless of age or ability, and aimed at improving health and wellbeing. We deliver products and services that are accessible and affordable for care home managers, staff and residents, using everyday technologies for content, supported by training and resource packages.

Activity levels for residents in care home settings are typically low and on average 79% of the day is spent entirely sedentary. Zest Active Arts aims to increase activity levels in people living in care homes, through inspiring and engaging digital arts content, along with support for care home staff to motivate and encourage residents to use the digital resources to move more.

Our digital content aims to:

- Increase physical activity levels in daily living, aid falls prevention and independence;
- Stimulate and enhance social interaction mediated by staff members, inviting residents to be active and enjoy viewing and participating in music and movement on a regular basis.

We work with specialist dance artists Clare Parker & Rosie Allen-Perdikeas, and experienced participatory musicians, who all have extensive experience delivering movement and music sessions with staff and residents in care home settings and with the elderly and frail. Our dance artists are qualified in delivering exercises aimed at preventing falls using the FaME and Otago evidence based programmes. Our movement content embeds core exercises designed to support falls prevention, along with engaging and accessible music and choreography to support people to participate at a level that is appropriate to them, with the support of care home staff in the live setting.

The project sets out to increase activity in care home residents through researching, developing and testing the viability and potential of the product. We are collaborating with staff and residents in 30 residential homes across South England in order to understand and develop digital and supporting content that is relevant, engaging and useful, and which impacts positively on people's activity levels in these settings. The project was initiated with support from Innovate UK Healthy Ageing Digital Futures strand; and is led by Bournemouth Symphony Orchestra and a core partnership comprising: Wellmoor, Villages in Action, Open University Digital Health Lab, independent dance artists, and participating care homes.

Introduction to this module

Welcome to **Zest Active Arts!** Our digital content has been created for use in residential care settings, for sharing with older people under the supervision of a staff member or carer where needed. It is suitable for people with a wide range of abilities who can choose how they want to participate - with options to listen, watch, join in singing, tapping or playing along with the music, and to take part in moving at the level of intensity they are comfortable with.

This resource pack accompanies the 2023 testing of digital movement and music content for use with our partner care homes. It is designed to accompany our training; to help staff be familiar with the digital content that is available, and how to use it to increase activity levels for residents in their care homes.

Module One is all about getting started with Zest. We recommend you have the Zest website open on your computer, tablet or TV while you work through this module, using this module (which will approximately need about 20 mins) as a guide to get you moving around, and familiar with the content.

This module aims to:

- Help you to access the content on your digital device e.g. internet enabled TV or tablet
- Give you an overview of how content is organised so you can navigate and access it easily
- Give you tips on how to set up a group or individual session in your home; including how best to use the digital content in the session and how to set up your space for the activity
- Give you some suggestions for where to start so you can get going with the content straight away
- Give guidance to help you troubleshoot any technical issues

How to access the content

All the videos are available to access at the URL below.

The URL of the site is: **<https://www.zestactivearts.org>**

The best way to view this content on a large TV screen is to access the website on an internet browser, via a laptop, and use an HDMI cable (which will be plugged into the DVD player or HDMI portal on the TV) to connect your laptop to the screen. Then play the content on your laptop and it will be displayed on the large screen for your residents to see.

On opening the page you will be able to navigate to the menu bar at the top and click on the **'Videos'** tab; this is where you can access content. This tab is password protected as the content is only available to our partner care homes. Therefore, once you have clicked on the 'Videos' tab, it will prompt you for a password - the

password is Zest123. If you have any issues please contact us (see troubleshooting section below).

Once into the Videos section you will see all the content, divided into sections by type of content (short dance bites, Big Night in performances etc). To select the content you wish to view, scroll down on your laptop, or, if using a Firestick or Facebook portal, scroll down using the remote to find it and then click the middle button on the remote to select the content. This will open up a new page showing the title page of the video.

Click on play to watch the video. You can pause it at any time, and use the rewind / forward wind buttons to scroll back and forwards through the video. You can make the video bigger by pressing the 'full screen' icon on the bottom left of the video.

Return to the main page to access more content by either pressing the back button or using your browser history to return.



Staff training session during Feasibility Study 2022

How the content is organised

The videos are organised into 3 main types:

- **On the Move 'bites'** - 5 minute movement and music activities for every day
- **Big Night In 'events'** - 20 minute performances and concerts to support special social gatherings
- **Staff instructional videos** - 5 minute videos to guide staff on leading specific exercises or activities

On the Move 'bites' are designed to get everyone moving more everyday. They include a range of short music, movement and exercise videos that can be used for a stand alone 5 minute activity, or combined for a longer movement session (module two has tips on how to incorporate these into activities every day).

We offer different options to suit the diversity of older people, their fitness and health and wellbeing objectives. All the activities are intended to be done seated or lying - it is possible to adapt exercises for people who are able to and wish to take part standing supported or without support, and our instructional videos give guidance on this.

On the Move 'bites' are designed by our movement specialists to support independence in daily living activities, and are categorised as either **Gentle** or **Energising** (see Module Two) and organised as follows:

- **Warming up** - Activities to encourage deeper breathing, mobility in the joints and general wellbeing
- **Circulation Booster** - Activities to promote and increase circulation, raise the heart-rate and build stamina
- **Strength & Balance** - Activities targeting specific parts of the body that benefit from strengthening to reduce risk of a fall. Raise awareness of balance and support good balance practice within daily living activities.
- **Warming down & relaxation** - Activities to maintain flexibility, deepen breathing, develop coordination, encourage rest and a sense of wellbeing.

Big Night In 'events' are designed to get everyone in your care home joining in together. The videos have been created by specialist programmers and are designed to be inclusive and dementia friendly, as well as to support active participation. They include a range of content from music concerts, dance performances, puppetry, film and old time music hall shows. Each video is 20-30 minutes long and features a series of performances introduced by the artist. Designed to help you make a social occasion of it, we release content at different points in the year that might support special occasions like Christmas, and promote links with the seasons and themes you may be exploring in your activities programmes. Module Three of our staff training guides you on the content available and provides suggestions for how to make the most of your Big Night In.

Staff instructional videos are designed to support staff to deliver safe and effective physical activities for people living in residential care, with a focus on specific exercises to promote strength & balance, and ideas to help you offer a diverse and exciting programme of movement, music and arts activities suitable for people living in residential care, such as how to use props for a fun and lively session. There are also links to our resources including training materials, song sheets, and other useful tips.

Setting up a group session with Zest

Zest Active Arts is designed to support a group to access the content whilst participating in a communal space, for example through an internet enabled TV. The content can be adapted to suit different groups and people with differing abilities and needs.

The number participating will depend a lot on the layout and size of your communal space, as well as the number of staff supporting the activity and the needs of the people taking part. An ideal space is often the lounge or dining room where chairs can be arranged in a semi circle or circle and where the content can be played out on a large TV screen. Consider the chairs you have in the space and how suitable and supportive these are for exercise (armchairs may encourage too relaxed a posture, dining room chairs are ideal but some people may need armrests for additional support and safety, for others these will get in the way of free movement).

Staff play a crucial role in making the content interactive and enjoyable. Some participants may not be able to see the television screen well or hear the instructions. So the staff are vital in bringing the content alive in the room with residents. We recommend that at least one staff member familiarises themselves with the content before the session so they know what to expect. In the session the staff member should position themselves where they can see and hear the content as well as make eye contact with and lead the group participating.

On the Move ‘bites’ are suitable for group chair based activities. Module Two of our staff training offers some tips on setting up the space and safe and effective exercise practice. It also provides suggestions on how to select and combine ‘bites’ depending on the group/individual you are working with and the length of the session.

Big Night In ‘events’ are designed to support interactive and social occasions. Delivered on the screen in concert format these can be watched passively, but we really want to encourage you to think creatively about how you can use them to encourage participants to move more, engage in conversation and enjoyable activities with each other. We recommend building up to the event by doing a series of activities with residents that relate to the themes, ideas and content in the video. This may include learning songs or dance steps, reminiscence work around a topic, or getting crafty to make decorations to dress the space for the occasion.

Social occasions and moments in the calendar connect us to each other and the wider world and the content is designed to support you to create your own special new memories, rituals and social events that encourage physical and social interaction as much as possible.

Setting up a one to one session with Zest

Zest Active Arts is designed to support one to one activities with residents through a tablet or other device. This may be, for example, working with someone who prefers to engage in activities on their own, or who needs to exercise from their bed. Working one to one also enables the resident to choose the exact content they are most interested in and for the staff member and resident to get to know each other better and create new shared memories and understanding through engaging with the content. For some it may be a good idea to start with one to one work before then encouraging them to join in with group activities.

If working with a tablet or other digital device to access the content, try to set up the space where both the staff member and resident can see and hear the content.

As with group sessions, staff play a key role in bringing the content to life and supporting the resident to take part. Working one to one, especially in a quieter space, lends itself to a more intimate engagement with the content. For example, some of the relaxing On the Move 'bites' are designed to support other care activities such as a gentle hand massage. A music only bite such as 'Relaxation with live harp' provides a limited time frame for a short guided relaxation or breathing exercise.



Gentle Warm-down with Harpist Eluned Pierce and dance artist Clare Parker

Suggestions on how to get started

We understand how busy care home environments can be and how many competing pressures there are on staff. Our content is available on demand for you to use in ways that best suit you and your residents. Each video includes a short introduction so that you know what to expect, and On the Move 'bites' start with short demos to enable you and residents to try out a few key movements, even if you are playing it without any prior viewing to familiarise yourself with the activities. Here are a few suggestions to get you going:

- **Choose one On the Move 'bite'.** One you can do with a group every time you are working in the home. Make a regular habit of it, for example something you do mid morning everyday - a good place to start with this would be Morning Bird Warm Up.
- **Look through the Big Night In videos in a one to one session with a resident or in a small group.** See if anything especially grabs their attention. Have a chat about why this sparked their interest. Are there activities that might lead into for example a shanty song, making a puppet, reminiscing about going to the seaside or dance hall?
- **Familiarise yourself with one of the core strength and balance exercises in the Staff Instructional videos.** Plan to incorporate these into everyday activities like doing the toe to heel exercise when putting on socks, slippers or shoes.
- **Look at the video with suggestions for colourful and fun props that encourage movement.** Make a plan to source, make or decorate your own prop like batons or pom poms with a group. Then start incorporating them into daily physical activities!



Technical troubleshooting and support

Technical issues you might face, and the solution:

1. **You can't load the website** - please check the URL is correct, that your wifi is turned on and your laptop is connected to the wifi
2. **You can't plug in your laptop to the TV screen** - you'll need to unplug the HDMI cable from the back of the DVD player and plug it into your laptop. The HDMI cable looks like this:



3. **You can't access the videos** - the 'Videos' page is password protected, the password to access them is Zest123.
4. **You can't hear any sound on the video** - check the volume on the TV screen is turned up, using the remote.
5. **The video is playing too fast** - you can pause the video at any time using the buttons on the screen, allowing you to recap sections if needed.

Any other technical queries, please email Care Home Liaison Lead - Katie Taylor on katie@wellmoor.org.uk.



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