

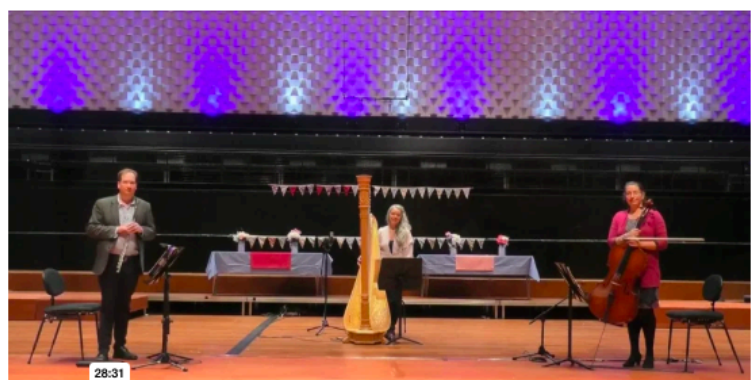


Resource Pack for Staff

Module Three

Creating Social Events

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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, and 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 settings.

Module Three is all about creating social occasions with Zest. We recommend you have Zest open on your computer, tablet or TV while you work through this module, using this module (which will only need about 20 mins) as a guide. The URL of the site is: <https://www.zestactivearts.org>

This module aims to:

- Help you support residents to enjoy social occasions and events using Zest
- Give you an overview of the Big Night In videos so you can use them easily to support social events and incorporate physical activities
- Give you some tips on how to build up to a Big Night In with a range of activities including learning songs / dances, making decorations to dress the space, or making props to incorporate into the event
- Give you some suggestions on planning your Big Night In event and inviting your wider community of friends, family and carers to take part.

Supporting your residents through social events

Zest Big Night In videos are designed to support you to deliver participatory and social activity, bringing people together to enjoy performances and interactive content.

We have created the Big Night In videos based on feedback from care homes about the best formats and types of content for longer form videos designed to be accessible and inclusive including for those living with dementia. Most of the videos are structured as a series of separate sections or interludes, rather than a narrative that requires sustained concentration to follow.

Each video is 20-30 mins long and features a number of sections with a brief introduction by the artists, and you can pause the video as needed to shorten the session or have a break. They are designed to support a group social activity that can last longer than the duration of the video itself. For example if you are planning an hour of singing and moving you might use the 20 minute Sea Shanties video which includes 6 different songs, each with a brief introduction by the artists.

This allows time to learn and practise the songs (or a selection of them) before playing the content and joining in by singing along.

Why not make an event using a Big Night In video? Plan an afternoon or evening to gather people together to enjoy each performance. In the days or weeks leading up to the event you can learn some movements or songs in advance, invent your own movements, maybe make some theme-related decorations and refreshments to dress the space for the occasion.

Overview of Big Night In videos

Title	Description	Category
Sea Shanties by Jim Causley and Mariners Away	Jim Causley and members of the Mariners Away sea shanty crew of Dartmoor bring you a series of traditional and original songs of the sea. Sea shanties were once commonly sung as a work song to accompany rhythmic labour aboard large merchant ships. Set sail and join in by singing along and making your own actions to the songs inspired by hauling ropes, raising sails and walking the plank!	Music - Folk
Swing Time! with Hot House Combo	Hot House Combo blends vintage charm and captivating rhythms to transport you to the colourful and toe-tapping dance halls of the 40s and 50s. Their passion and energy will have you struggling to sit still! Create your own Swing Dance event and try out some of the moves on screen by dancers from Mad About Swing and South West Lindy Hoppers.	Music & Dance - Swing
Devon Folk Songs by Jim Causley and Mariners Away	Jim Causley and members of the Mariners Away sea shanty crew of Dartmoor bring you a series of traditional and original folk songs from Devon. These songs celebrate traditional Devonshire trades and pastimes like bell-ringing, tin mining and going to the country fair. Why not make some simple movements to go with the songs and have a tea dance? Time to butter those scones (cream side up)!	Music - Folk
Flying with Strings by Louis Bingham and Sarah Vigers	A series of beautiful puppetry and music interludes brought to you by artists Sarah Vigers and Louis Bingham. Each of the episodes features one of 3 characterful birds	Puppetry and Music

	(Swallow, Hoopoe, Beefeater), with music that reflects their migratory flight path. Make a wearable bird decoration or puppet and create your own flight dance to accompany Louis' beautiful music!	
Cake Concert by Bournemouth Symphony Orchestra	Presenter Hugh Nankivell and The Teatime Trio of musicians from Bournemouth Symphony Orchestra bring you a series of classical favourites. Time for a tea dance, with cake!	Music - Popular Classics
Uncle Tacko presents: Flea Circus	Uncle Tacko is itching to show you his international troupe of personally trained fleas... gasp in amazement as mighty Hercu-Fleas pulls a golden chariot around the circus ring, gaze in wonder at Madam Flea-Flea's daring leaps on her flying trapeze and watch out for the smouldering sensuality of the Russian acrobat – Olga Ivanitch, plus many more tiny feats of astonishment. How about creating your own circus show - which of you is the strongest, most daring?!	Ol' Time Variety Show
Christmas Folk by Jim Causley and Mariners Away	Jim Causley brings you a series of Christmas folk songs including traditional carols from around the British Isles and original songs that take a modern day look at Christmas. Time to adorn the room with fairy lights, bust out the mistletoe, wear a santa hat and enjoy a good sing-along!	Music - Folk
Uncle Tacko Presents: Punch and Judy.	Prof. Gayton's Punch & Judy is a vibrant, fast-paced, laugh-a-minute romp through the tribulations of Mr. Punch as he tangles with a snapping crocodile, a cheeky baby, an officious constable, a string of sausages, and the Devil himself! The show is inspired by the classic knock-about Punch & Judy tradition, reworked with a modern sensibility. Why not create & stage your own Punch & Judy show based on your own cast of characters?!	Ol' Time Variety Show

Suggestions for activities to do in the build up to your event

Choose one of the Big Night In videos that appeals to you and your residents. Watch it and note down ideas it sparks for activities that might link to it. Here are some suggestions for activities you might do in the week(s) running up to your Big Night In. We encourage repeating activities as this can be very enjoyable and satisfying and support better social engagement.



Uncle Tacko Presents: Flea Circus

- Plan and schedule an event using Uncle Tacko's Flea Circus - you might create a series of games to test people's strength, coordination or agility. These can be fun to create using domestic and found items.
- You could devise an armchair challenge, throw a bean bag into a hoop, hook a duck, juggle some grapes and run a series of heats with residents with prizes or medals for the winners.

Sea Shanties by Jim Causley and Mariners Away

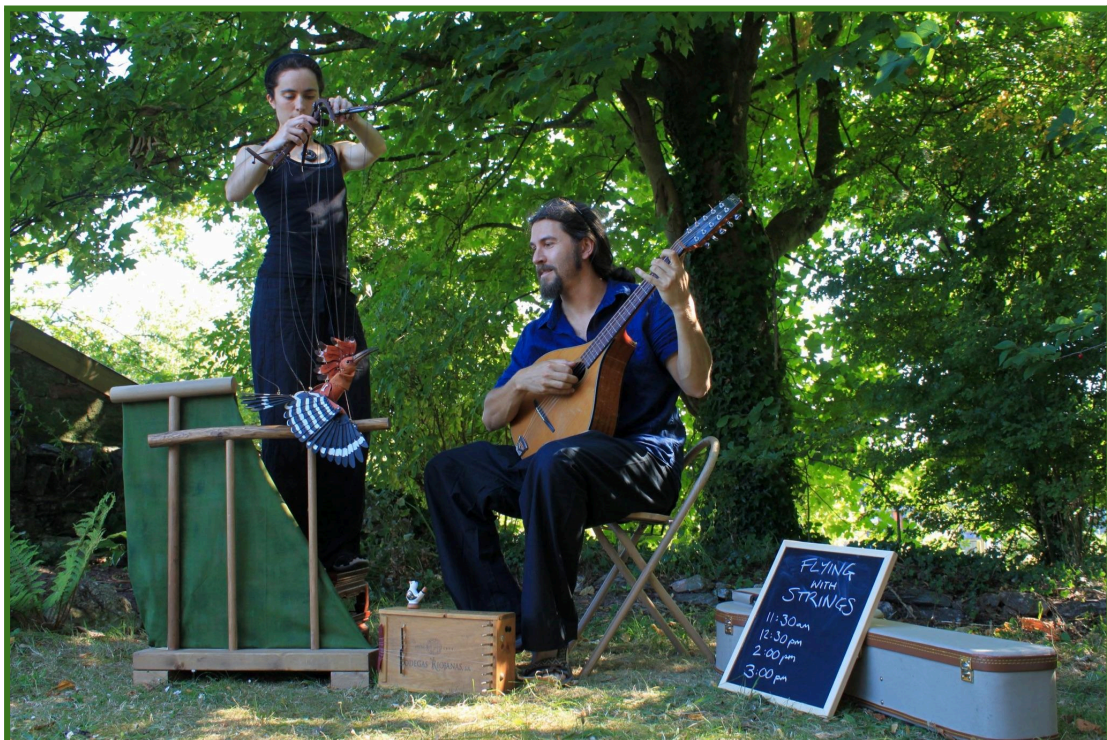
- Plan and schedule a Big Night In event to watch the Sea Shanties
- Learn the sea shanties - have a sing along (see song sheets PDF) and make some actions to go with the songs
- Learn and do a dance everyday - we recommend Outward Bound Strength & Balance which includes actions to do with hauling up the sails and pulling on the ropes, followed by Rock the Boat circulation booster

Swing Time! with Hot House Combo

- Plan and schedule an event using Swing Time with Hot House Combo
- Learn and do a dance everyday, we suggest the circulation booster dance bite - *Hot House Jump* which includes, swing and cleaning window movements and some fun hand, arm and leg coordination moves!
- Google and print out photographs/images of local and national 30's 40's 50's dance halls, laminate them and use them as a conversation starter talking about the fashion, music, people's memories of going and what they enjoyed and remember most. The laminated photos can be put up as part of the Big night In event.
- Create a quiz around the music and singers from the 30's, 40's and 50's. There are many to be found and that can be adapted from the internet.

Flying with Strings by Louis Bingham and Sarah Vigers

- Plan and schedule an event using Flying with Strings by Louis Bingham and Sarah Vigers
- Collect information and images from the internet/books to create a conversation opener for a session talking and looking at local and national birds. Include their habitation and migration behaviours and print lots of colourful images of the birds eg: Swallows, Robins, Wrens etc.
- Use the bird prints to create an art session/s, using pastels, pencils, paints for people to draw their favourite bird/s. The Flying with Strings music could be played in the background as the art session takes place. Once the artwork is finished create an art exhibition in the home in the lead up to the Big night In event, inviting residents, staff, family, friends etc.



Cake Concert by Bournemouth Symphony Orchestra

- Plan and schedule a Big Night In to watch the Cake Concert Classics
- List pieces in the concert and discuss the instruments used (flute, harp, cello), as well favourite pieces & other classical music people like
- Create a 'movement orchestra' with people doing movements to reflect playing the flute, cello and harp. Take it in turns to conduct their movements whilst listening to some classical favourites

Christmas Folk by Jim Causley and Mariners Away

- Plan and schedule a Big night In to watch the Christmas Songs
- Ask people about their favourite Christmas traditions and foods
- Make some movements related to Christmas traditions like pulling on crackers, stuffing the turkey, wrapping or unwrapping presents, kissing under the mistletoe, hanging up the stockings and decorating the tree. Choose a favourite Christmas song and set the movements you have made into a group dance to perform together

Uncle Tacko Presents: Punch & Judy show

- Plan and schedule a Big night In watch Uncle Tacko's Punch & Judy show
- Learn and do a dance everyday, we suggest the circulation booster dance bite from On the Move with the Orchestra, which uses the music Row, Row, Row your Boat, and I do like to be Beside the seaside.
- Use the piece of music The Sun Has Got His Hat On (find on Spotify or YouMusic) and create a movement sequence using a prop for example, light baton or scarf, drawing on ideas from the seaside, characters, themes shown in the Punch and Judy Show

Planning your Big Night In events

Things to consider when planning your Big Night In events include:

- When is the best date / day of the week and time of day for the activity? Some will lend themselves well to a daytime activity (like an afternoon tea dance to Cake Concert Classics or Hot House Swing Time!). Others are more suited to a morning or evening activity.
- How long should your event be and how will you use the videos within the event? For example, you might use the structure of the Cake Concert Classics video and plan your event to include an interval with tea and cake served.
- How can you layer in activities as part of engaging with the videos? For example if watching Cake Concert Classics you could create your own orchestra with the participating residents. Each could be assigned to 'play' along with specific instruments (e.g. the strings, horns, percussion), using their own instruments like shakers for percussionists. Someone could be the conductor and have the job of keeping the time.

Inviting in the wider community of friends and family

We have all experienced the watercooler moment when you strike up a conversation with a colleague over a TV show you have both enjoyed. You can share the content with the resident's wider network of friends, families and carers and encourage a conversation about it, or activities to do in the lead up to, or following, interacting with the content.

Conversation starters/activities suggestions to do with your family member/friend

Uncle Tacko's Punch & Judy

- Encourage residents and family / carers to talk about memories of seaside pastimes / village fetes. What do they remember and what special memories do they have? Might this lead to a creative activity like drawing, making a mini punch and judy show, or some creative writing?
- Invite residents and their family / friends to watch Uncle Tacko's Punch & Judy show and follow on with a mini project to make a handheld character puppet using a wooden spoon and some fabric. What kind of character is it and how can the expression, costume etc communicate this. Encourage a conversation between residents and family / friends as they go about making their 'puppet'.
- Bring a group of residents together to write and stage a puppet show using their combined cast of puppet characters. Think about how the puppet moves given its character and allow these to become caricatures.

Uncle Tacko's Flea Circus

- Encourage residents and family / carers to talk about memories of childhood flea circuses. What do they remember and what special memories do they have? Might this lead to a creative activity like drawing or some creative writing?
- Invite residents and their family / friends to watch Uncle Tacko's Flea Circus and discuss it afterwards, including the fascinating history, of which information can be accessed on the internet.

Sea Shanties by Jim Causley and Mariners Away

- Encourage residents and family / carers to talk about memories of journeys, travel, holidays and the sea. What do they remember and what special memories do they have? Are there any photographs to look at? Could a framed collage of those photos be made? The sea shanties might lead to listening to music they remember associated with those places and times. A creative activity like drawing, painting or some creative writing on a postcard and sent to a friend or family member?
- Invite residents and their family / friends to watch Sea Shanties by Jim Causley and Mariners Away, to sing along and use a prop and to learn the Outward Bound dance bite together.

Swing Time! with Hot House Combo

- Encourage residents and family / carers to talk about memories of dance halls and music, fashion from the 30's, 40's, 50's. What do they remember and what special memories do they have? This could lead to listening to music they remember associated with those places and times, remembering fashions they wore and looking at old photographs, perhaps a creative activity like writing about those memories, or recording them as an audio journal?
- Invite residents and their family / friends to watch Swing Time! with Hot House Combo and move, sing and dance. Residents, family, friends and could be invited to dress-up in the era's style / wear accessories for the event.

Flying with Strings by Louis Bingham and Sarah Vigars

- Encourage residents and family / carers to talk about memories of instruments they like or have played, also about local and national bird wildlife, maybe documentaries they have seen on the television. What do they remember and what memories do they have? This could lead to listening to music they remember associated with the instruments they like or have played, a creative activity like drawing or some creative writing/poetry.
- Invite residents and their family / friends to watch Flying with Strings by Louis Bingham and Sarah Vigars. Family and friends might play a musical instrument they would like to bring in as part of the event or on a separate occasion.

Cake Concert by Bournemouth Symphony Orchestra

- Encourage residents and family / carers to talk about memories of favourite music, singers, concerts they have watched or attended. What do they remember and do they have particular memories? This could lead to listening to music they remember associated with those times, and finding a way for them to access the music (radio, mp3 player, CD player, record player) they like to be able to listen to in their own time or share with others.
- Invite residents and their family/friends to watch the Cake Concert by Bournemouth Symphony Orchestra. Family and friends could bring in homemade biscuits and cake for their relatives/friends to enjoy whilst the video is playing, or biscuits / cake could be made by residents or your residential care home cook and all invited to share.

Christmas Folk by Jim Causley and Mariners Away

- Encourage residents and family / carers to talk about what they like about Christmas time and what they like to do, also what they remember when they were younger and if they have any special memories? This might lead to listening to a wide range of Christmas music, including Christmas carols and Christmas church services on the radio. There could be a creative activity like making and writing Christmas cards.
- Invite residents and their family / friends to watch Christmas Folk by Jim Causley and Mariners Away, dress up in festive clothes/accessories. Create a list of favourite carols and hymns to learn and sing together.

15.09.2023

Zest ACTIVE PARTS

