

# Encounter

## Theatre & Therapy



1960's Cowick Street Floods, Image Courtesy of Exeter Express and Echo

[www.EncounterTT.co.uk](http://www.EncounterTT.co.uk)

Local Elders  
Weather Memories and Connections  
October – November 2015

Encounter Theatre & Therapy (ETT) have teamed up with RAMM to bring you 'Local Elders - Weather Memories and Connections' funded by Exeter City Council.

### What is 'Local Elders - Weather Memories and Connections?'

This project for elderly residents of the St Thomas and Cowick Street areas, is in response to the forthcoming '*Whatever the Weather*' (WtW) exhibition which RAMM are hosting in partnership with MET Office and University of Exeter in Autumn 2015.

The WtW exhibition recognises the weather as a favoured topic of conversation in British society and acknowledges the diverse way that floods, storms and heat-waves are represented in the media. The premise is that our lack of control over the weather has an unsettling effect on humanity and can leave us feeling helpless in the face of natural phenomena.

We recognise that vulnerability and isolation can be an all too familiar experience for the elders in our society. We also know that telling life stories and sharing memories can be an empowering experience. We are bringing together dramatherapy, museum based art, the elderly residents of Exeter and the general public to move towards a greater sense of wellbeing and community '*Whatever the Weather*'.

## Project Brief for Host Residential Homes:

ETT will lead three sessions of dramatherapy in three residential homes where elder participants will dialogue with each other about their experiences of the Cowick Street floods in 1960 and other local weather events. Through sharing personal stories and hearing those of their peers, participants will be supported to talk about their feelings of vulnerability as dependent residents within our communities. The sessions will lead the group of elders towards a place of feeling safer and more resilient when facing extreme weather events in the future.

The project culminates with a visit to RAMM's WtW exhibition and an opportunity to meet participants from the other homes, sharing Devonshire Cream Tea from the RAMM cafe in the Courtyard. The Tea Party tables will be open to the public also, encouraging an intergenerational and cross-cultural understanding of the effects of weather and weather representation within our communities.

We will bring audio and visual media archives from these local weather events to provide historical stimulus and promote meaningful conversations. We will invite our participants to share their own images and writing from these events.

### *Key project outcomes:*

- ✿ To enable a potentially vulnerable and isolated population to participate in local cultural life
- ✿ To give participants a greater sense of community by forming connections between the residential homes we are working in
- ✿ To foster new friendships between participants, encouraging a stronger sense of peer to peer support
- ✿ To encourage staff teams to take a wider interest in the lives of their residents
- ✿ To validate the experiences of our elderly participants and promote conversations around the additional needs they have as vulnerable members of our communities
- ✿ To have a positive impact on the local community through using reminiscence work
- ✿ A RAMM project case study to disseminate the knowledge which our community elders hold

*We will be measuring the impact and outcome of the project with brief questionnaires presented to:*

- ✿ Elderly participants
- ✿ Support workers/carers
- ✿ Host feedback

By engaging with this project you will be supporting the development of a positive model of therapeutic arts and cultural engagement work to be shared with like-minded community organisations. ETT will be working with RAMM to produce a project case study to widen the impact of your participation.



We look forward to meeting you soon.

Amerie and Samantha

Co-Artistic Directors – Encounter Theatre & Therapy (ETT)  
Home of HCPC, ITC and BADth registered community artists and dramatherapists

[www.EncounterTT.co.uk](http://www.EncounterTT.co.uk)

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## Project Costs:

*The majority of the costs of this project are being covered by Exeter City Council*

Host Residential Home Contribution: £250.00

### Package rate includes-

- 5 residents and 2 carers project participation
- Initial meet and greet assessment session with artists/project coordinators
- 3 x dramatherapy sessions and in-session reminiscence materials
- RAMM Tea Party contributing member tickets for 5 residents and 2 carers
- Travel to and from RAMM Tea Party
- Entrance to RAMM Whatever the Weather exhibition
- RAMM case study to contribute to home activities file

### Diary Dates:

- ✿ Initial meet and greet visits to take place in October
- ✿ 3 x Weekly Dramatherapy Sessions running weeks beginning-  
02/11/15, 09/11/15, 16/11/15
- ✿ **RAMM Courtyard Tea Party – 24<sup>th</sup> November 2015**

### Bookings:

To be one of our memories and connections champion homes and secure your elders and carers places at the RAMM Courtyard Tea Party, please send your participation fee and booking form to ETT, Exeter Phoenix, Bradninch Place, EX4 3LS

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Memories and impact supported by

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