

cARTrefu 2017 - 2019



Invitation to tender

Title: Artist Mentor

Project: cARTrefu - Arts in Care Homes participatory arts project

Deadline: 12.00pm, April 7th 2017

The purpose of this document is to provide you with the background of cARTrefu, Age Cymru's arts in care homes project, and the information required to submit a tender to become one of our new Artist Mentors for the second phase of cARTrefu.

The Role

Age Cymru is seeking **three** Artist Mentors for the next phase of cARTrefu (2017-19). We're looking for established and inspiring artists in any art form who have experience of working with older people in a care home environment, as well as care home professionals.

Your role as cARTrefu Artist Mentor will be to provide expert support, inspiration and mentoring to four freelance artists who will be developing their own artistic practice whilst undertaking five 12-week residencies in care homes around Wales over a two-year period. At the end of each residency our Artist Mentors will then work directly with nominated care home staff, offering support and guidance to enable them to run their own creative session with residents at the end of each residency.

The total value of this tender is **£12,000**. Project expenses such as travel and materials will be paid separately by Age Cymru.

The deadline for bids is **April 7th 2017 at 12:00pm**.

Age Cymru

Age Cymru is **the** national charity for older people in Wales. We work to improve the lives of older people. We celebrate ageing and believe it presents unprecedented opportunities and challenges at home and abroad. We challenge ageist prejudice in society. We help people enjoy a better later life by providing life-enhancing services

and vital support. Our practical services help people stay independent at home and carry on doing the things they love most. We also work to tackle isolation and sustain good health. We support the public and private sectors to design age-friendly products and services. Our Information and Advice service offers support on a wide range of issues - from claiming benefits, to staying fit and healthy.

cARTrefu

cARTrefu, which means 'to reside' in Welsh, is an Age Cymru programme to improve access to quality arts experiences for older people in residential care. Based on a model created by the Courtyard Theatre in Hereford, cARTrefu has been running since January 2015 and is funded by the Baring Foundation and Arts Council Wales. cARTrefu is run in close collaboration with Age Cymru's Gwanwyn Festival, a national festival celebrating creativity in older age.

cARTrefu: <http://www.ageuk.org.uk/cymru/health--wellbeing/cartrefu/>

Gwanwyn: <http://gwanwyn.org.uk/>

Phase 1: 2015 -2017

Between 2015 and 2017, cARTrefu consisted of 16 artists completing residencies in care homes in four art forms: Performing Arts, Visual Arts, Words and Music. Each art form was mentored by an Artist Mentor who supported their mentees through their own artistic development, as well as through professional development in terms of facilitating workshops with older people in a residential care home setting.

Over the past two years our 16 cARTrefu practitioners have each worked in 8 care homes around Wales, offering 8 two-hour workshops in each home. This amounts to 1,024 workshops in 128 care homes. We were able to offer these workshops for free due to support from the Arts Council of Wales and the Baring Foundation.

The purpose of cARTrefu has been to introduce established art forms and new activities residents may not have had the chance to experience before and to increase residents' wellbeing as a result of taking part. cARTrefu has fostered a greater appreciation of the arts among care home staff as they've worked with our artists. We have seen care home staff acquire new skills and gain more confidence practicing these skills in their daily work with residents, so that art and creativity continue long after our artists' residencies have finished.

Since 2015, cARTrefu has become one of the largest projects of its kind in Europe. The initial results of Bangor University's evaluation of cARTrefu were showcased at the Alzheimer's Europe conference in Copenhagen, November 2016.

Phase 2: 2017 – 2019

We've recently secured further funding to continue cARTrefu for another two years so are looking for the next team of 3 mentors and 12 artists. Based on feedback from the first cARTrefu team, we've adapted the cARTrefu model to work better for our artists and mentors, as well as the care home staff and residents who take part.

- To foster exciting cross-disciplinary practice, we will be recruiting a team of artists from across art forms that no longer have to fit into the four categories of Performing Arts, Visual Arts, Words and Music.
- We've extended the length of residencies from 8 weeks to 12 weeks to ensure artists are given the maximum opportunity to connect and engage with residents, and to explore all areas of their creative work.
- Artists will now complete 5 residencies over the two years period.
- For residencies 2 – 5, artists will be expected to showcase the art work produced by themselves and residents at end-of-residency exhibitions, coordinated with Age Cymru.
- The Mentor's role will focus on supporting the artist for three sessions in each residency, before working with nominated care home staff for three sessions, supporting them to run their own activity by the final workshop.

The Brief:

cARTrefu is dedicated to pushing the boundaries of art as far as possible. We're looking for artists who want to create something original and daring with residents in care homes. We want surprise and innovation; we want artists who won't shy away from controversy or difficult subjects but who will embrace art and creativity to their fullest expression.

As an Artist Mentor, it will be your role to ensure this happens. You will need to:

1. Provide four artist mentees with the skills and inspiration to facilitate workshops for older people resident in care homes and develop their own practice:

- a. To deliver workshops for older people resident in care homes that can be shadowed by artist mentees.
 - b. To co-deliver workshops for older people resident in care homes with artist mentees.
 - c. To observe, support and provide feedback at workshops for older people resident in care homes delivered by artist mentees.
 - d. To provide ongoing (sometimes remote) expert mentoring to 4 artist mentees and to support the development of their own practice with older people resident in care homes
 - e. To communicate regularly with the cARTrefu team on the development of each artist, and to work in conjunction with the cARTrefu team on drawing up a development plan for each artist mentee.
 - f. To support artists in preparing their work for end-of-residency showcasing events.
2. Work with care home staff and utilise their skills to continue creative activities after each cARTrefu residency.
 - a. To build and maintain strong working relationships with care homes to ensure the residencies operate effectively.
 3. Attend quarterly cARTrefu Forums and events with artist mentees and the cARTrefu management team.
 4. Collaborate with cARTrefu colleagues at Age Cymru and evaluators to support the effective evaluation of the project.

This brief is not intended to be exhaustive in every respect, but rather to define the fundamental purpose and responsibilities. Mentors will be required to work flexible hours, to fit with the requirements of care homes and freelance artists.

Access to a vehicle is essential and each Mentor will be required to undergo an enhanced DBS check. As part of the brief, Mentors are expected to undertake any and all other reasonable and related tasks allocated by the cARTrefu management team. The ability to speak Welsh is desirable.

The £12,000 fee will cover:

- Attendance at up to 6 care home sessions per mentee, per residency.
- Attendance at quarterly cARTrefu Forum meetings.
- Ongoing remote support to artist mentees

- Participation in artist training prior to residencies commencing.
- The completion of reflective journals.

The Artist Mentor role is appointed on a fixed term freelance basis until 2019.

Project Timetable

7 April	Application closes
20 / 21 April	Interviews
4 or 5 May	Mentor briefing with cARTrefu management team
8 – 11 May	cARTrefu artist interviews (mentors will join the panel to recruit the new team of cARTrefu artists)
w/com 5 June	cARTrefu artist training
w/com 12 June	Residencies commence

Tender

Please submit a tender proposal by Friday April 7th (12.00pm) including:

- A description of your artistic practice.
- Web links / photographs / reports of previous projects you have worked on.
- A CV highlighting your experience of working in care homes as well as your experience of mentoring.
- Referees from two other projects you have worked on.

Please also include answers to the following two questions (up to 1 page each):

Based on your experience and cARTrefu's aspiration to create brave and innovative art in care homes:

1. How would you approach the aspect of supporting care home staff to be more creative with residents?
2. What approaches would you take to support each artist mentee to develop their own practice and experiment with their art form during cARTrefu?

Tender proposals should be sent to Reg Noyes, cARTrefu Project Coordinator:

reg.noyes@agecymru.org.uk