

ArtSpeak Nottingham

by Sharon Scaniglia, April 2023

ArtSpeak is a Big Lottery funded bespoke arts programme for people aged 60 + in Nottingham, and beyond, which uses the arts to challenge what is encountered with ageing, including stigmatisation, social isolation, and loneliness. When we retire due to age or ill health, or become a carer, it's easy to lose touch, social networks fold and kick starting your social life can be daunting. Nottingham has many older people on low income and in poor health so having affordable opportunities was another aim to address as part of the programme.

Artspeak has been managed by Hannah Stoddart (full-time Project Co-ordinator) and Sharon Scaniglia (Arts Programme Manager), for the last five years, offering free and affordable activities in several city locations and at 25 Prospect Street in Radford, a specific centre for older people.

Although our funding finishes in May 2023, there will be nine groups that have been set up that will continue to meet and engage in arts, the majority of which are tutor led. We believe our project's success is due to being tutored by professional artists who teach, encourage, challenge, support and share skills. Participants feel connected, and new friendships form with each group becoming an entity which is appreciated in different ways.



Cool Company



Just Jamming



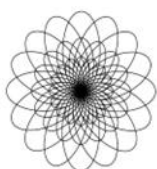
Meadows Friday Group

Our participants tell us that it has been: “confidence boosting”, “better than anti-depressants” “discovery time for me”, “you’ve brought colour into my life”, “the sessions have been very therapeutic”, “ArtSpeak has enriched me in many ways”.

We have learnt that not every artist is able to work with older people and there are limited training opportunities to work in this sector, which is the fastest growing part of our population. We have been pushed out of some venues to make way for children’s activities which questions cultural venues age agenda. We have monitored and evaluated all our activities in line with our funder’s requirements. We know how beneficial our sessions have been to people.

We have produced a book containing information about the last five years and there is a dedicated website that will run for two more years where people can post their own information about sessions and events as an ongoing resource for individuals and groups. It’s been a privilege to work with so many wonderful people and it’s a comfort to know things will continue.

Before starting ArtSpeak Sharon was the Principal Arts Officer in Nottingham for 14 years, after having worked in West Sussex and Hampshire developing arts opportunities for communities.



ARTSPEAK
Art, Activities & Friendship
FOR NOTTINGHAM'S 60+



