



JUNE 2016

[www.ourtimeproject.com](http://www.ourtimeproject.com)

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## Proposal

To produce and deliver a series of **HIGH QUALITY** Theatre and movement workshops with the elderly Communities of the Bradford on Avon Community Area working with active elders, very frail elders and those with dementia.

## Background:

OUR TIME PROJECT Company based in Wiltshire and delivers high quality theatre and movement workshops to elderly communities; specialising and working with very frail elders, those who have had strokes, those with dementia those who are physically disabled as well as active elders.

The work has been developed over 14 years under the Directorship of Sue Lee B.A HONS/Diploma Ecole Lecoq. , who has created pioneering theatre and movement work with the elderly. It is the ethos of the company to have an innovative and life enhancing approach to the work.

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THE OUR TIME PROJECT FILM of a recent project can be viewed at  
<https://www.youtube.com/watch?v=JN7XR2OqCBw>

**Based in Wiltshire OUR TIME PROJECT focuses on the delivery of high quality workshops for elderly communities of U.K**

**Each residency workshop is a unique experience in itself and is tailor-made to the needs and requirements of each group (whether very frail elders/active elders/ those with dementia or physically disabled). These workshops draw from the distinctive experience of the Company and the experience of the Director Sue Lee who has created pioneering theatre and movement work with the elderly over the past 12 years, and has a wide experience as an Artist, Director and Producer. It is a pre-requisite of the company's ethos to have an innovative creative and life enhancing approach to interactive workshops with the elderly.**

**Drawing from training at the Lecoq International school 1992-1994 and over 30 years' experience as a practitioner and Director of theatre, Sue Lee B.A Hons /Diploma Ecole Lecoq (Director) co-ordinates the OUR TIME PROJECT and encourages a direct and stimulating environment where wonderful experiences and great discoveries happen with much laughter, under the care and collaboration with care workers within each workshop setting. The workshops aim to inspire and bring out the undiscovered in each participant, drawing on the creativity that stems from each individual's life experience and celebrate this in a joyous way. Movement is at the core and each workshop begins with simple movements which will have a great physical benefit, then leading to simple improvisation creating a unique, vibrant and life enhancing**



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experience that bonds the collective and rejoices the individual's uniqueness...The workshops are delicate, drawing out the creative potential in each person in a sensitive way as well as encouraging a group-shared experience. The workshops aim to stimulate physical activity as well as 'spiritually' bind the group encouraging well-being and improved quality of health.

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#### Gallery of recent project SENSES.





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Total Project cost £6000  
 Total required from Area Board £3000

Expenditure (Itemised expenditure)	£	Income (Itemised income)	Tick if income confirmed	£
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Stationery	200	BH TRUST in cash	/confirmed	1500
Phone print				
Delivery	3000	Nominal fees to groups cash payments	/confirmed	300
Producing	1000			
Photography And editing	1000	In kind photography editing support	/confirmed	600
Prep space/studio	700	In kind prep space support	/confirmed	600
Travel	100			
<b>total</b>	<b>6000</b>		<b>total</b>	<b>3000</b>

The residencies have proven to be extremely successful in other areas of Wiltshire. Feedback from care workers/managers and participants alike clearly show the benefits of health and well - being of the participants.

Forum stroke club Wilton participant:

*"This helped us to join in without embarrassment about our disabilities. It was such good fun."*

Another Forum Stroke Club Wilton participant:

(Answering the feedback form question: What have you learnt?)

*"That I can live a normal social life."*

Karen Johnson, Activities Manager, Order of St John's Care Trust, Wiltshire

*"There was a lot of physical movements involved which is always beneficial"*

(Answering: How does this Programme develop the quality of life of individuals?)



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*“Socialization, physical well being, stimulating the imagination. A new challenge”*

Caroline Smith, activity co-coordinator, Buckland Court, Amesbury:

*‘It was fun and entertaining and suitable for the group.*

*It has extended my knowledge of how role play can help people show expression and share experiences in different ways.”*

Dee Mansfield Forum Stroke Club leader:

*‘This visit caused such merriment. I was amazed at the involvement of my members even the chair bound members ‘had a go’..”*

Frances Hammond –Biney, Manager (previously a nurse,  
talking of a group with dementia), Staverton House, Staverton Wilts.

*‘There was a positive energy in the room. Residents were interacting well and there was some evidence of increase in their usual attention span. Aids memory lane trips, we felt it was really useful”*

Avon Park resident, Winsley, Wilts

**Certain groups have voiced a need and interest in the work and include:**

Hilcrest House Winsley,

Alexander Heights Limpley stoke

The Old Vicarage Staverton

Wiltshire Heights Bradford on Avon

The Old Vicarage Staverton

Firlawn nursing home Holt

