

# **The Butterfly Effect**

When a butterfly flaps its wings in one part of the world it can cause a hurricane in another part of the world.

Author Unknown

## **Changing Perception and Improving Understanding through Arts and Media**

Butterflies MLSG have an ambitious, creative programme of work for 2017. We intend to take a journey, following and linking the themes of the City of Culture year which has, at its heart, the inclusion of people with dementia and their carers exploring and celebrating their experience, and challenging perceptions of their situation, through the arts.

Art has always been an integral part of the Butterflies, its importance a high priority in both allowing a person with dementia express themselves, and valued as a means of sharing skills and experience with their loved ones, developing creativity, try something new and most importantly, have fun.

We will continue to build on this shared enthusiasm. The project will develop throughout the year, embedded within our programme, driven by responses, interpretation and interest of our members. Participation and pleasure in immediate shared experience is a vital part of the programme. The project will not 'use' Butterflies to create a piece of art, but a project they will lead, developing a lasting theme for future participants, celebrating lives and stories, triggering memory, remembering those who have gone and inviting people to question their perceptions of life with dementia.

We will use artists who are trained in working with people with dementia, some of whom have built up a strong relationship with Butterflies, sympathetic to members' situations, impressed by their strength and generosity in sharing experiences and support, and their determination to live life to the full and create art.

We currently work with in excess of 80 people, both carers and the cared for and intend to engage more people throughout the course of the project. In addition we reach a much greater number of people through our awareness raising campaigns, training, enquiries from the public and work with extended families.

## **The Project**

### **Telling the World**

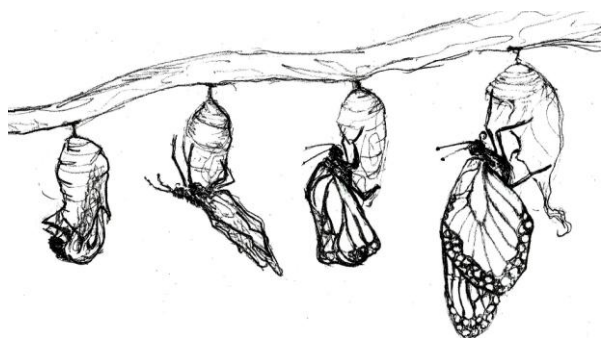
We will employ a writer and photographer to create and manage the content of our online presence, documenting the development of work and inviting response. This will publicise the project and begin the process of creating and strengthening links with other regional, national and international organisations supporting those with dementia, in addition to publicising and displaying work throughout the year.

The team will work with artists, butterflies staff and participants to select material to upload. Exhibitions of work and images/recordings of work in progress will be integral to the blog.

This will culminate in an interactive online discussion and celebration; sharing art, ideas and questions internationally. (See Tell The World)

[We are currently seeking funding from Creative Communities Programme and local business for this part of the project](#)

**TRANSITION and GROWTH.**  
**An art piece to symbolise development throughout the project**



We plan to create a physical centre piece to document development and transition. This will be in the form of a giant chrysalis, which will metamorphose throughout the year. This will be an integral part of the project, appearing at each exhibition/event and changing with each appearance. It will eventually emerge as a butterfly at the final event 'Tell the World'. Butterflies participants will work with an artist to design and make this creature during autumn 2016, creating the chrysalis form. The artist and makers will revisit

this work at points in the year to work on the metamorphosis

**We are currently seeking funding for this section of the project through City Arts Unit**

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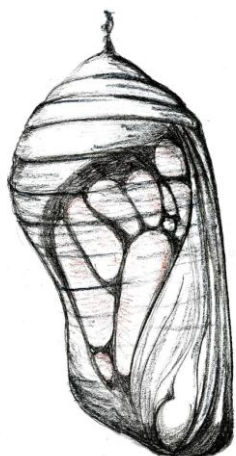
**MADE IN HULL - HULL, WE MADE IT, WE DID!!**

**Preparatory Period during September/October/November 2016**

Building on previous literature and reminiscence projects, we will explore working lives and workplace. While this will include traditional local industries and businesses, work will be considered within the widest of contexts, paid and unpaid, parenting, volunteering and work that continues in caring for a family member or supporting friends with dementia.

We intend to introduce the project with a visit from John Killick whose renowned work creating text and poetry with people with dementia will inspire us and train our volunteers to support workshops.

Text, significant words and artwork will be gathered from. Photo walks will be organised to significant sites related to contributions. Photos taken on the walks and photos gathered from participants will be used for exhibition and, importantly for use in workshops where participants are less mobile. There will be an opportunity for the wider community to take part in a number of the planned workshops



Work from this project will be exhibited publicly in Kardomah94 during January or February (date to be confirmed). This event will also be the launch of our year's work, introducing our chrysalis.

The metamorphosis begins

**We are currently seeking funding for this through the City Arts Unit**

## **ROOTS and ROUTES REFLECTIONS – HOW DID WE END UP HERE?**

Our programme continues to be grounded in the stories we gather in our workshops. We wish to reflect on the importance, power and ultimate fragility of memory and recollection of experience with which we tell the stories of our lives, using Glass as a metaphor. Glass is strong, but fragile, needs to be handled carefully lest it shatters. Often beautiful, it can also be hard and dangerous.

Using material gathered from reminiscences and asking the question 'How did we get here? We will create text and art to create an installation comprising glass art, written spoken/recorded word and music, working with Glass percussionist Brenden Murphy,

The project is in two parts.

1 Sept - December 2016

The first part of the project involves continuing to develop stories and shaping/selecting material which will inform the musical composition. Brenden Murphy will visit Butterflies, introducing his work and a selection of his instruments and discussing the proposed composition with Butterflies participants

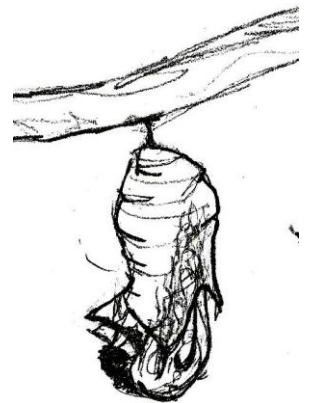
**We will be funding this through our own available funds and City Arts Unit**

Batches of written and recorded material will be sent to Brenden to create a soundscape which will complement the spoken word event in the following year. This event is open to the general public

The second part of the project comprises Brendan working for four days with a group of Butterflies participants (potentially including the wider community pending funding) on a community piece of music to be performed at an event during the second season of Hull2017 potentially in June.

During this period, workshops to create glass etchings, stained glass sun catchers; painted glass will take place to provide the visual setting for the performance. The chrysalis will be included in this exhibition. It will have developed to the stage where the wings are just breaking through the pupa.

**We will be applying to the Creative Communities Programme for this section of the project**



## **FREEDOM - IT'S ALL A BALANCING ACT**

Following our mantra “there is life after a diagnosis of dementia” we will hold a series of workshops exploring the challenges families face when living with dementia; the balance between coping with doctors’ appointments, assessments, medication, family life and having fun. We will demonstrate the importance of having a voice and our value as human beings with a life time’s experience to share.



**We will be seeking funding from this section from existing funds, through our separate fund raising programme and other funders – PENDING**

The results of these workshops will be illustrated at an interactive multimedia event; a fun arts day, with Circus skills at its core. Butterflies members often use juggling and balancing, walking a tight rope, as ways to describe their lives. They have also described their frustration with the perception that once diagnosis is received, they must curtail their lives, ceasing to take risks or try anything new.

The displayed art work, activities and demonstrations (circus skills and art techniques) will encourage people to participate in learning new skills which reflect the coping mechanisms developed by families dealing with a diagnosis.

We intend this event to be inclusive, attracting an audience who may not normally attend an art exhibition. Youth and community groups will be invited to participate and to attend circus skills workshops prior to the event to encourage confident participation and support for the day itself.

Our chrysalis will make its third appearance as part of the exhibition. It will now have emerged still further from its cocoon, with its body and wings free, but not quite able to spread its wings.

**We will be applying to the Creative Communities Programme for this section of the project**

## **TELL THE WORLD HEAR OUR VOICE – CELEBRATE WITH US**

By this stage of the project, we will have a strong social media presence. Our work will have been documented through online exposure on our blog. Through this we will make contact with other organisations helping people with dementia, interested artists and individuals, encouraging their responses. They will be invited to add links and images of art and events resulting in an international on line display, which ensures that people affected by dementia have a visible presence.

This will culminate in a celebratory event using the technology of SKYPE to meet up virtually to discuss ideas, aspects of work and share successful ways to work and support progress.

We hope that the links created will continue to support successful sharing of good practice and campaigning nationally and internationally, long after 2017, enabling our voices to continue to grow in strength.



The final appearance of our centre piece will be a giant fully developed butterfly; ready to flap it's wings and spread the word that out of every struggle and challenge we face, there is always an opportunity for something beautiful



**We are looking to self fund this section of the project with the help of Humber Foundation Trust and Hull University Research programme**