

Butterflies Previous Projects

Over our six years of existence, the Butterflies have taken pride in participating in many of the community arts events that take place in Hull during each year. We feel it is important that people who are living with dementia not only have a presence at these events, but that they continue to have a voice and are involved in the cultural life of the city.

People attending our workshops have a great pride in their city and heritage and have a lifetime of experience and stories to celebrate and share. They engage equally with exploration of their past and with discussions on the future of their city and They relish opportunities to learn new arts skills with which to express themselves

As well as regular arts workshops and having formed a vibrant singing group thriving singing group, Butterflies have been frequently involved with city wide community arts projects. Examples include:

2011 Funded by the Department of Works and Pensions The Butterflies hosted the “Life Changes Project” working with local percussion specialist Gary Hammond , Iain Thompson (Northern Film) and John Murray with the pupils from Frances Askew Primary school. The project explored the lives of participants through the written word and sound.

<https://www.youtube.com/watch?v=QzFYJh9ttLI>



The Humber Mouth Literary Festival

2012 Hard Times and Great Expectations – working with Frances Kelly the group talked about their working lives, hopes and aspiration both in the past and in their lives now. The works produced included poetry, stories and prints. These were displayed in venues around the city including Dr’s surgeries and libraries

2013 Textile dreams - Passing on the Banner, (Humber mouth 2013) responded to the theme, “*I have a dream*” celebrating the 50th anniversary of Martin Luther King’s iconic and inspirational speech. text and images were combined in textile Banners and artwork to powerful effect, expressing the continuing battle families coping Dementia have to be part of to be retain control over their lives.

2014 <http://www.butterflies-and-battlefields.co.uk>

Butterflies and Battlefields aims to illustrate, in a very accessible way, 'What's happening?' as families respond to the conflict of dementia.

The ebook available on this website is a collaboration between photographer Jerome Whittingham and writer Dave Windass, supported by the Humber Mouth Literature Festival's 'special commissions programme' 2014.

Our thanks to June Cooke and members of the Butterflies Memory Loss Support Group, Hull, for the warmth of their welcome and their eagerness to support this project.

2015 **Time and Place** (Hull CC art and Wellbeing Project) -an exhibition of wide ranging personal memories linked to places from Hessle road to Singapore, represented through text, print, textile work and photography to which Butterflies made a significant contribution.

Positive Psychology Approaches to Dementia – publication date August 2016

During 2015 the Butterflies were commissioned to produce a series of illustrations for a book written by lecturers in clinical psychology at Hull University

How can positive psychology approaches help us to understand the process of adjustment to, and living well with dementia?

As accounts of positive experiences in dementia are increasingly emerging, this book reviews current evidence and explores how psychological constructs such as hope, humour, creativity, spirituality, wisdom, resilience and personal growth may be linked with wellbeing and quality of life in dementia. Expert contributors from a range of academic and clinical backgrounds examine the application of positive psychological concepts to dementia and dementia care practice. The lived experiences of people with dementia are central to the book, and their voices bring life to the ideas explored, highlighting how positive experiences in dementia and dementia care are possible. How can positive psychology approaches help us to understand the process of adjustment to, and living well with dementia?

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We regularly attend and take part in the Lord Mayors Parade and the Freedom Festival, including being part of the torch lit procession through the city. We believe that, with support everything is possible to participate in, and that it is particularly important that people with dementia are seen and their voices are heard.