

WEST YORKSHIRE

PLAYHOUSE



**EVERY
THIRD
MINUTE**



A festival
of theatre,
dementia
and hope

9 Feb - 31 March

Welcome to *Every Third Minute*

At the Playhouse we've been championing the incredible stories of older people for decades. In more recent years we've focused on the positive potential of engaging creatively with people living with dementia. We recognise that your story doesn't simply end when you develop dementia, rather it changes into one of new challenges, resilience and, with the right support, new opportunities to live more creatively. Theatre's great strength in holding a mirror to life makes it the perfect vehicle to help others understand the lived experience of dementia.

We're incredibly proud that people living with dementia and their supporters are leading the way in curating this pioneering festival, contributing as artists and decision-makers, choosing the stories they want to tell and challenging the prevailing perception of dementia as a condition wholly defined by loss and grief.

Every Third Minute is made possible by significant investment from **Arts Council England** through its Celebrating Age fund. We're delighted that this investment enables us to further advance our commitment to vital theatre.

We constantly strive for our produced work, Creative Engagement and Furnace programmes to intersect and mutually influence the Playhouse's creative output.

We are committed to producing outstanding work which is socially resonant and meaningful both in performance and through development by participants and artists. *Every Third Minute* could not have been realised without this commitment.

We hope you enjoy being part of *Every Third Minute*. Whether you're here to be entertained, to learn or to share, you're part of a community striving for engaged, creative, enriched and enriching lives for people living with dementia.

Nicky Taylor
Every Third Minute Festival Director

James Brining
Artistic Director,
West Yorkshire Playhouse



A message from *Every Third Minute* Festival Curators



"I might have a problem remembering things but it's good to be involved – I want to be active."

Curating our festival has been hard work but enjoyable. We've tried to find a range of events with something for everybody. We feel we're doing something worthwhile and meaningful that could influence a lot of people.

We want people to hear that there is hope – we're doing it, aren't we? So other people with dementia might think, 'I can try that'.

We hope people will look at what we've created and be inspired that we're keeping busy and involved.

You can just sit at home and watch telly if you want, but through this we've done things we've never done before.

We can make a difference, by being part of it and sharing it, and leaving a legacy.

We hope people will talk about *Every Third Minute* for a long time.

People with dementia are still alive, and still having fun, it's not all gloom and doom, we're still living – just! We're not just stuck, life still continues, life goes on...

Festival Curators.

Back row, Left-Right, **Pete Grogan, Peter Jervis, Debbie Marshall, Rosa Peterson, Bob Fulcher**

Front row, Left-Right, **Debbie Catley, Nancy Jervis, Eugene Harris, Diana Smith-Harris**

Performances

We warmly welcome anyone with an interest in dementia to *Every Third Minute*, including people living with dementia. Our dedicated staff and volunteer team are committed to making your visit as enjoyable and stress-free as possible. If you have any questions about the suitability of events for your specific needs please contact **Maggie De Ruyck** on **0113 213 7296** or **maggie.deruyck@wyp.org.uk**

Friday 9 February - Saturday 3 March, 7.45pm plus matinees,
Courtyard Theatre, from £13.50



The performance is followed by a **Post Show Discussion** on 20 Feb.

Still Alice

A West Yorkshire Playhouse production in association with Michael Park for The Infinite Group

Adapted by **Christine Mary Dunford**
Based on the best-selling novel by **Lisa Genova**
Alice Howland (portrayed by **Sharon Small**) is a professional at the top of her game. But, diagnosed with early-onset Alzheimer's, she is compelled to confront her new reality. Uncompromising and truthful, yet tender.

Associate Production Sponsor **SKIPTON BUILDING SOCIETY**



Our Dementia Friendly performances of *Still Alice* are on Wed 21 Feb, 7.45pm, and Thur 22 Feb, 2pm. To book tickets contact the Box Office on **0113 213 7700**.

Access Partner **IM irwinmitchell solicitors**

Friday 23 February, 1.30pm, Barber Studio, £3

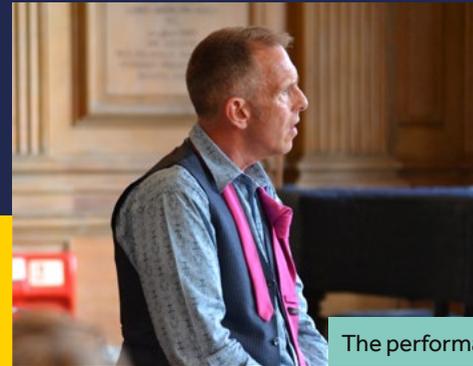


Maggie May (Rehearsed Reading)

A West Yorkshire Playhouse production

By **Frances Poet**
Maggie wants everything to be perfect when Michael brings his new girlfriend to meet the parents for the first time, but is she also trying to hide something? A brand new commission full of songs, laughs and pathos for and about people living well with dementia.

Monday 26 February, 7pm, Barber Studio, £12.50



The Purple List

By **Ian Baxter** and **Libby Pearson**
This short one-man play, is a touching, poignant, yet often funny, insight into the lives of two gay men as they navigate their way through the dementia care system and the changes in their personal relationship.

The performance is followed by a **Post Show Discussion**.

Tuesday 27 February, 1.30pm, Barber Studio, £3



This Is Us

A West Yorkshire Playhouse production

A performance platform showcasing new work by artists living with dementia in a supportive environment. This celebration of the creativity encourages audience members to give feedback. Short performances of poetry, drama, puppetry, music and song, featuring **Wendy Mitchell**, **Cognitive Shift**, **Our Time & Doing Dementia** and **Differently Intergenerational Choir**.

Wednesday 28 February, 4pm & 7pm, Barber Studio, £12.50



Blank Tiles

By **Dylan Cole**
World Scrabble Champion **Austin Michaels** used to know over 200,000 words, then he was diagnosed with Alzheimer's Disease. Since his diagnosis, Austin has been in a race against time to document his memories, before they fade.

Tuesday 6 - Friday 9 March, 7.45pm plus Thursday matinee, Courtyard Theatre, from £13.50



The Nature of Forgetting

By Theatre Re

Tom is 55, today. As he dresses for his party, tangled threads of disappearing memories spark him into life, unravelling as a tale of friendship, love and guilt.

This powerful, explosive and joyous piece explores what is left when memory is gone.

Followed by a **Post Show Discussion** on **Wednesday 7 March**.

Thursday 8 - Friday 9 March, 11am & 1pm, Congreve Room, £5

The Garden

By Spare Tyre

Bring the outdoors in, *The Garden* will take you on a multi-sensory journey through the seasons, inspiring your imagination and awakening your senses. An immersive performance for people with dementia and their supporters.



Friday 9 March, 1.30pm, Courtyard Theatre, £5

Three

A West Yorkshire Playhouse production

Three brand new short plays showcasing unique stories of life and flights of the imagination by rarely heard voices, co-written by people living with dementia and professional writers.

I See Land Ahead by **Bob Fulcher & Dominic Gately**
Hamari Yaadain / Our Memories by **Hamari Yaadain**
Memory Café & Ming Ho
A Horse Called Freedom by **Rosa Peterson & Barney Bardsley**



Three tour Associate Sponsor



6 Three will tour Leeds care homes and community venues.

Saturday 10 March, 7pm, Courtyard Theatre, from £13.50



Hannah Peel Awake but Always Dreaming

By Hannah Peel

The bright, raw magic and joy of personal relationships are set alongside the gradual loss of her grandmother to dementia as Northern Irish artist and composer **Hannah Peel** shares her spellbinding music album live.

The performance is followed by a **Post Show Discussion**.

Saturday 31 March, 7.30pm, Quarry Theatre, from £5



Memory and Beyond

A West Yorkshire Playhouse production

By **Playhouse Youth Theatre**

Young people from our Playhouse Youth Theatre will be exploring the fragility and importance of memories. Join us for a thought-provoking evening of devised theatre, showcasing this unique perspective of living well with dementia.

Look out for additional pop-up performances during the festival – you can check the daily events at our *Every Third Minute* hub in the Playhouse café or by following **#EveryThirdMinute** on Twitter.



0113 213 7700 wyp.org.uk

Conversations

Tickets can be booked for conversations through the box office on **0113 213 7700**, or contact **Nicky** or **Maggie** for further information on **0113 213 7296**

Friday 9 March, 2.45pm - 5.30pm, Courtyard Theatre & Conference Rooms, FREE for artists, practitioners and health care professionals working in arts and dementia

WINSTON
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Ideas and Innovations: Theatre & Dementia

This **symposium** brings together artists and practitioners to reflect on what it means to work in the arts with people living with dementia.

How can artists explore creativity with people living with dementia? What are our opportunities and responsibilities? With a broader understanding of the potential of arts and dementia in recent years, what are the new challenges for this growing sector? Includes contributions from **The Baring Foundation** and **Winston Churchill Memorial Trust (WCMT)**, and talks by **Churchill Fellows**, who are funded by **WCMT** to research innovative practice overseas and bring back global insights for the UK.



Saturday 10 March, all events FREE

Created Out of Mind

Created Out of Mind is a team aiming to explore, challenge and shape perceptions and understanding of dementia through science and the creative arts.

Dementia Wikithon, 11am - 1pm, Priestley Room - People living with dementia and their supporters are invited to explore, edit and inform Wikipedia pages on dementia and related topics, led by an expert Wikimedian! People of all computer abilities are welcome.

Creativity Testing, 12pm - 2pm, Meeting Room 1 - What is creativity? In this interactive workshop, artist **Charlie Harrison** will be presenting research on some of the connections between art and testing and inviting you to contribute ideas on how we might test for creativity in people living with and without dementias.

Sebastian Crutch, 5pm - 6.30pm, Congreve Room - Neuropsychologist **Sebastian Crutch** will talk about different forms of dementia and host a Q&A with people living with or caring for someone with a dementia. Seb will present videos featuring people describing the impact of dementias which primarily affect not just memory, but vision, language, social behaviour and other skills.

Skin to Mind, all day, front of house - Can my brain exist outside my head?! Artist **Charlie Murphy**'s video installation 'skin to mind' offers insights into some of the ground-breaking techniques being used by UCL dementia researcher **Selina Wray**. Learn how this kind of research can aid in the understanding and treatment of Frontotemporal Dementia and familial Alzheimer's Disease.



Talking Life on Tour, all day, front of house - Amidst the buzz and bustle of the festival foyer, a telephone sits - waiting for someone to pick up the receiver... Stop and take a moment to listen to the personal stories and life observations of people living with dementias and their loved ones. Excerpts are taken from Created Out of Mind's vibrant *Talking Life* podcast series, led by **Susanna Howard**.



Tuesday 20 & Thursday 22 March, Conference Rooms, £15 per couple

Getting Along Seminars for couples

The Getting Along programme addresses the change in relationships between couples where one partner has been diagnosed with a dementia. Through 4 group seminars over 2 days, we address some of the difficulties that arise (tensions, silly, draining arguments - or even blazing rows!). Often they are caused by the presence of a dementia and they are nobody's fault, but when you have perhaps lived with each other for decades it must be hard to get used to!



Please contact **Nicky** or **Maggie** on **0113 213 7296** to register interest.



Innovations
in Dementia

0113 213 7700 wyp.org.uk 9

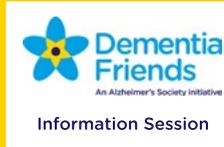
Training & Workshops

Tickets can be booked for training & workshops through the box office on **0113 213 7700**, or contact **Nicky** or **Maggie** for further information on **0113 213 7296**.

Monday 12 February, 10.30am - 11.30am, Congreve Room, FREE

Dementia Friends family session

During this half-term break we invite families - including children - to take part in this participatory information session to become Dementia Friends. **Alzheimer's Society's Dementia Friends** programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. Dementia Friends is about learning more about dementia and the small ways you can help.



Thursday 15 February, 10.15am - 12.15pm, Priestley Room, £10 per family (up to 3 people inc. a person living with dementia)

Create your Digital Life Story

What makes you, YOU? We will be recording all aspects of your story, including your voice, visuals, story and text. Artist **Claire Ford** welcomes people living with dementia accompanied by up to two friends or family members in this intergenerational session.

Please bring along any photographs, precious objects or special mementos that you have collected during your life to create your digital life story.



Thursday 15 February, 1.15pm - 3.15pm, Priestley Room, £5

Learn to Create Digital Life Stories - training session for supporters of people living with dementia

Learn to use sound, text, photographs, drawings, music and colour to collate those important and poignant moments in life to form a digital book. Artist **Claire Ford** teaches new digital skills to use to engage with a person living with dementia at home.

Please bring along a selection of photographs and memorabilia that you can digitalise on the day.

Thursday 22 February, 10am - 4pm, Congreve Room, £50

Access Partner  irwinmitchell
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An introduction to dementia friendly theatre performances, by Nicky Taylor



This workshop for theatre and creative industries professionals introduces the process of planning and delivering a dementia friendly performance. Practical and interactive, the session encourages theatres and arts centres to take their first steps in welcoming audiences living with dementia, and includes an opportunity to shadow the West Yorkshire Playhouse team during a dementia friendly performance of *Still Alice*.

Saturday 3 March, 11am - 1pm, Rehearsal Room 3, FREE

Performing Our Lives - Theatre-making workshop for people living with dementia

The Performance Ensemble, in collaboration with West Yorkshire Playhouse, present a theatre-making workshop for six people living with dementia who are interested in performing their own stories. Using storytelling and movement techniques developed with older performers in the recent *Anniversary* project, we aim to build performers' confidence, develop connections and value unique life experiences.

There will be a pre-workshop meeting for anyone interested to find out more. Please contact **Nicky** or **Maggie** on **0113 213 7296** to register interest.





Tuesday 6 March & Wednesday 7 March, Conference Rooms – 10am – 5pm £230 (inc. lunch)

TimeSlips Training and Certification Programme **TimeSlips**

CONNECT THROUGH CREATIVITY

TimeSlips (timeslips.org) is a world renowned, evidence-based creative engagement and community-building method that invites older people to imagine and create new stories together. Developed by theatre practitioner and academic, **Anne Basting** in Milwaukee, USA, *TimeSlips* brings meaning and joy to older people wherever they live - and whatever their abilities.

TimeSlips is particularly enriching for people living with dementia, as it replaces the pressure to remember with the freedom to imagine.

For the first time *TimeSlips* Training and Certification will be offered as a 2-day programme, to equip artists, carers, health and social care staff with a new approach to communication and engagement with the people they support.

The programme, delivered by Master Trainer, **Joan Williamson**, includes sessions on:



"TimeSlips is an opportunity to let your imagination soar"

- Asking beautiful questions
- Creativity and creative engagement
- Understanding the principles of *TimeSlips* Storytelling
- Practicing with people living with dementia
- Designing special projects
- Building partnerships
- Becoming accredited as a Certified *TimeSlips* Facilitator

For those who complete certification, training also includes:

- Digital copy of *TimeSlips* manual and storykit
- Ongoing online support and access to resources and our inspiring international community of creative connectors!



"It makes stars out of people!"

"It feels like the sun's coming into the room, when it could be a very cloudy day."

Saturday 3 March, 2pm – 4pm , Rehearsal Room 3, £5

Memory Moves: Older Dancers Workshop

Dance legend **Namron** leads a dance and movement workshop for older people, followed by a short performance of his solo dance piece and a discussion about his decades of dance experience. Open to over 55s.



Saturday 10 March, FREE

Created Out of Mind

Every Voice Heard, 2pm - 4pm, Meeting Room 1 - Have you written about your own or a loved ones experience of dementia? Would you like to share some of those words in a supportive environment? During the session, **Susanna Howard** will read the words of people living with a dementia in care homes, who are unable to attend the festival but want their voices heard. Come to listen or read. If you have words to share, drop **Susanna** a line at info@livingwords.org.uk, or turn up.

Music for Life, 2pm, 3pm, 4pm, Priestley Room - If I can't remember who I am, will I still be me? Music and improvisation can help us to experience the present, express ourselves and communicate with others without relying on memory or words. Participatory improvised music sessions. Led by **Julian West**.



Thursday 15 March, 9.30am - 4pm, Congreve Room, £50

Getting Along Practitioner Training for health and social care staff

Getting Along is an attempt to address the change in relationship dynamic and to equip couples with some simple strategies to adopt where they spend the vast majority of their time – at home with each other.

A one-day programme that aims to equip staff providing dementia services to:

- Address and have a clearer understanding of both sides of the care-giving relationship.
- Understand the broad impact of the presence of a dementia within relationships.
- Gain confidence to respond to antagonisms within relationships
- Adopt simple methods to observe interactions within the informal care-giving setting
- To introduce a relationship-centred approach to their work and run formal *Getting Along* programmes

The programme looks at how services might better respond to this damaging change in the relationship dynamic.



Innovations
in Dementia

Monday 26 March, 1.30pm - 3.30pm, Congreve Room, FREE

Our Time Session

Our Time is the Playhouse's regular programme for people living with dementia and their supporters. Through poetry, song, movement, visual arts, music and plenty of imagination, people with dementia come together to explore their creativity in a supportive, encouraging session. Newcomers are welcome to join this taster session.



Diary Dates

Feb	COURTYARD THEATRE	OTHER LOCATION
Fri 09/02/18	Still Alice 7.45pm CN	
Sat 10/02/18	Still Alice 7.45pm CN	
Mon 12/02/18	Still Alice 7.45pm CN	Dementia Friends... 7.45pm Congreve Room
Tue 13/02/18	Still Alice 7.45pm CN	
Wed 14/02/18	Still Alice 7.45pm CN BSL	
Thur 15/02/18	Still Alice 2pm, 7.45pm	Create your Digital... 10.15am Priestley Room Learn to create your Digital... 1.15pm Priestley Room
Fri 16/02/18	Still Alice 7.45pm	
Sat 17/02/18	Still Alice 2.30pm, 7.45pm	
Tue 20/02/18	Still Alice 7.45pm PSD	
Wed 21/02/18	Still Alice 7.45pm CN DF	
Thur 22/02/18	Still Alice 2pm CN DF , 7.45pm	Introduction to Dementia Friendly... 10am - 4pm Congreve Room
Fri 23/02/18	Still Alice 7.45pm CN CAP	Maggie May 1.30pm Barber Studio
Sat 24/02/18	Still Alice 2.30pm CN BSL , 7.45pm	
Mon 26/02/18		The Purple List 7pm PSD Barber Studio
Tue 27/02/18	Still Alice 7.45pm	This Is Us 1.30pm Barber Studio
Wed 28/02/18	Still Alice 7.45pm	Blank Tiles 4pm, 7pm Barber Studio

March	COURTYARD THEATRE	OTHER LOCATION
Thur 01/03/18	Still Alice 2pm, 7.45pm CN AD	
Fri 02/03/18	Still Alice 7.45pm	
Sat 03/03/18	Still Alice 2.30pm CN AD , 7.45pm	Performing Our Lives 11am - 1pm Rehearsal Room 3 Memory Moves 2pm - 4pm Rehearsal Room 3
Tue 06/03/18	The Nature of... 7.45pm	TimeSlips 10am - 5pm Conference Rooms
Wed 07/03/18	The Nature of... 7.45pm PSD	TimeSlips 10am - 5pm Conference Rooms
Thur 08/03/18	The Nature of... 2pm, 7.45pm	The Garden 11am, 1pm Congreve Room
Fri 09/03/18	Three 1.30pm Theatre & Dementia... 2.45pm The Nature of... 7.45pm	The Garden 11am, 1pm Congreve Room
Sat 10/03/18	Hannah Peel 7pm PSD	Created Out of Mind All Day Various
Thur 15/03/18		Getting Along Training 9.30am Congreve Room
Tue 20/03/18		Getting Along Seminars Conference Rooms Getting Along Seminars Conference Rooms
Thur 22/03/18		Getting Along Seminars Conference Rooms Getting Along Seminars Conference Rooms
Mon 26/03/18		Our Time 1.30pm Congreve Room
Sat 31/03/18		Memory and Beyond 7.30pm Quarry Theatre

KEY: **AD** Audio Described **BSL** British Sign Language **CAP** Captioned **CN** Community Network
DF Dementia Friendly **PSD** Post Show Discussion **RP** Relaxed Performance

Playhouse Older People is a creative strand of work at the Playhouse and is part of our wider Creative Engagement programme. All year round we run creative programmes for, by and with older adults and people living with dementia and their supporters.

If you would like to join or find out more please contact **Maggie De Ruyck** on **0113 213 7296** or **maggie.deruyck@wyp.org.uk**



West Yorkshire Playhouse is grateful to all our funders and supporters of *Every Third Minute*.



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All details are correct at the time of printing.