17 February 2025

Dear all,

Dún Laoghaire-Rathdown County Council Art’s Office is delighted to offer this opportunity for your care setting in 2025. As part of our ongoing work in **Arts and Health** we have provided training for artists to work in healthcare settings in the County to provide a better service for day centre attendees and residents in residential care settings. We also partner with our Age Friendly and Library Services to deliver the annual Cuairt agus Cultúr Programme in care settings.

We are now offering a **training session for healthcare staff** who are interested in or are already engaging artists/creatives in their services. This ‘hands-on’ and practical training is open to all **healthcare staff working with older people** in our County. It will explore how arts projects can be inclusive of older people with cognitive and other differences. Participants will also receive vital **dementia and communications training specific to the area of Arts and Health**.

* **Wednesday 12 March, 10.30am- 3.30pm (tea/coffee and lunch provided)**
* **dlr LexIcon, Dún Laoghaire, County Dublin.**
* **Free to all attendees**

In addition, we will be offering the opportunity for all attendees to apply for one of **four fully funded Creative Projects** that will allow healthcare staff to apply the learning. Please note that a staff member **must attend** the training session for your care setting to take part.

This training promises to be a relaxed and enjoyable opportunity to learn about **how your** **healthcare setting can become a ‘climate of creativity’**. It will be facilitated by Dementia Trainer Sarah Cairns and artist and musician Tess Leak. It will be an opportunity to meet other healthcare professionals interested in Arts and Health in the County.

If you are interested in attending, please fill out the attached **application form** and send it back via email to dlr Arts Office [arts@dlrcoco.ie](mailto:arts@dlrcoco.ie) **by 12 noon, Tuesday 25 February** or by post:

**Training for Healthcare Professionals 2025,**

**C/o dlr Arts Office,**

**Dún Laoghaire-Rathdown County Council,**

**County Hall, Marine Road, Dún Laoghaire, County Dublin.**

If you have any questions, please contact Máire or Ciara in dlr Arts Office **(01) 236 2759**

This opportunity is part of the ‘Let’s Get Social dlr Programme 2024-25’ funded by Creative Ireland and the HSE, supported by Dún Laoghaire-Rathdown County Council.

**Application form: Training for healthcare staff: 12 March 2025**

**Name and address of residential nursing home / day centre:**

**Contact Name and Email of person attending training:**

**Phone Number:**

**Do you currently offer creative or wellbeing sessions to all your residents and day service attendees? Yes / No**

**If yes, could you tell us a little about what you do?**

**Why would you like to participate in this training?**

**Anything that you would like us to know?**

**More information about the facilitators:**

**Sarah Cairns** has been working with people with dementia for over twenty years as an Activities Director. She holds a masters in Dementia Studies, a diploma in Older People in Dance and Person-Centred Dementia Care and, since 2007, has worked nationally as a Dementia & Communication Educator and Training Consultant. For the past ten years she has sat on the steering committee of the Arts for Health Partnership Programme in West Cork, for which she also acts as dementia advisor. Sarah is particularly interested in finding ways to support residents to achieve agency, empowerment, connection and belonging through culture, meaning-making and creative activities.

**Tess Leak** is an artist and musician who has worked with the Arts for Health programme in West Cork and in community contexts for the past fourteen years. With artist Sharon Whooley she is creator/curator of participatory projects The Museum of Song and The Museum of Birds and Beasts, in collaboration with national cultural institutions and older residents in community hospitals. From 2021-2023 Tess was lead artist for the Irish Hospice Foundation's Compassionate Culture Network in Cork County, working with groups to explore loss and grief through creative practices. She is a member of the Vespertine Quintet and facilitating inclusion through creativity is at the heart of all her work.