

USEFUL SIGNPOSTS

FOR NAVIGATING

A JOURNEY TO

CREATIVE HEALTH

COMPILED BY

SEIWA CUNNINGHAM

Table of Contents

Note that details with a **highlight through them have been added since this document was originally circulated in April 2025**

Organisations offering creative or clinical support to People Living with Dementia (PLWD) and their carers.....	3
Dementia Awareness Information and Training.....	5
Directories and listings featuring dementia-friendly activities, workshops, events and facilitators.....	6
Publications and Journals.....	8
Freelance Artists, Facilitators and Practitioners with experience of working with PLWD.....	10
Art:.....	10
Music:.....	10
Photography:.....	11
Drama/Theatre:.....	11
Oral History:.....	12
Reminiscence:.....	12
Story Telling:.....	12
Seiwa Cunningham - social media & links to selected projects & clients.....	12
Coming Soon:.....	13

Organisations offering creative or clinical support to People Living with Dementia (PLWD) and their carers

[Alzheimer's Society](#) - The Alzheimer's Society website, as you would expect, has comprehensive information and recommendations and should be your first port of call for any enquiries about dementia. The Society partnered with the GLA and the Museum of London to create a range of resources, which you can find by searching their website, but there are many other organisations happy to offer help and advice.

[Arts for Dementia](#) - Arts for Dementia uses the power of the arts to inspire people living with dementia to get creative, connect, learn new skills and most importantly, have fun.



[Art4Space](#) - an Award-winning Community Art Centre in Stockwell, Lambeth, with over 25 years of experience improving both mental health and wellbeing to local communities. From September 2024, on the last Friday of the month, they will run 2-hour dementia friendly sessions. This 2-hour session offers a relaxed, creative wellbeing experience and a chance for older adults, people living with dementia and their carers to socialise over cake and refreshments in their beautiful community arts centre in Stockwell (SW4 6QU).

[Culture Health & Wellbeing Alliance](#) (CHWA) provides networked, collaborative advocacy, support, and resources, promoting health and well-being for all through creative and cultural practices.

[Dementia Diaries](#) - an initiative focused on shifting perceptions about living with dementia, led by people with dementia.

[Dementia Friendly Communities](#) - These communities are equipped with the knowledge and resources to support people with dementia. Training and awareness building are provided to local organisations and individuals to create inclusive and supportive environments. (Source: [I just Want To Be Able To Dance](#))

[Dementia Hubs](#) - These hubs act as a 'front door' to dementia support, with Alzheimer's Society being a good starting point (as they are for most things). Dementia Hubs offer a

welcoming, community-based space where individuals can connect with others, access information, and receive support from a multidisciplinary team. (Source: [I just Want To Be Able To Dance](#))

Dementia Navigators - Individuals providing personalised support to people with dementia and family carers. They help navigate the support system, connect with services, and develop care plans tailored to their needs and aspirations. (Source: [I just Want To Be Able To Dance](#)). Try this link too, from [Alzheimer's Society](#).

Dementia Networks - A connected group of organisations that work together to strengthen dementia support. These networks connect organisations that provide dementia support. They work together to share best practices, resources, and skills, and to identify and address gaps in support. (Source: [I just Want To Be Able To Dance](#))

Dementia Voices - is hosted by the national community interest company, [Innovations in Dementia](#), which in turn promotes a positive but realistic view of dementia, demonstrating that, although it is life-changing, it does not have to be life-ending. We support people with dementia to live with hope and keep control of their lives.

Drawing Room - Runs Re-discovery, monthly creative sessions for People Living with Young Onset Dementia and their carers.

Dulwich Picture Gallery - Runs dementia-friendly Creative Conversations and tours.

Innovations in Dementia - Innovations in Dementia is a Community Interest Company (CIC) whose work supports people with dementia to keep control of their lives and be happy. They do this by running innovative projects, by providing a training and consultancy service and by influencing how others work with people with dementia.

London Arts & Health - Supports artists, creative practitioners, and health professionals across London and beyond. It promotes excellence and engagement in the arts and wellbeing and extends the reach of the arts to communities and individuals who would otherwise be excluded.

NAPA (National Activity Providers Association) - NAPA represents and supports professionals and practitioners who work in the field of providing activities, engagement and services for various sectors such as healthcare, social care, housing or community development.

[New Rethink Dementia campaign](#) - A new campaign challenging people to Rethink



Dementia will be launched today by the Scottish Government in partnership with COSLA.

(Source: [I just Want To Be Able To Dance](#))

[Royal Hospital, Chelsea](#) -

Dementia-friendly and wellbeing events and tours for London residents living with dementia or other cognitive decline, alongside

their families, friends, carers and loved ones.

[Sweet Patootie Arts](#) - Dementia Support. Cutting-edge dementia support resources based on the [TURNING POINT](#) film are available on our website, and we help facilitate dementia support programmes with our partners.

Dementia Awareness Information and Training

Alzheimer's Society is no longer accepting applications to become a Dementia Friends Ambassador, but previously trained Dementia Friends Ambassadors are available to provide FREE in-person or online Dementia Friends information sessions. Contact your local Alzheimer's Society for recommendations.

The following ambassadors are available to provide Dementia Friends Information Sessions:

Angela Clayton Turner: angela.claytonturner@gmail.com

Jeanne Khoo Pring: jeanne.pring@hotmail.co.uk

Dementia Friends general email: dementiafriends@alzheimers.org.uk

[Deep](#) - The Dementia Engagement and Empowerment Project has excellent resources on its website, including a building self-audit to assess the accessibility of your space.

[Early-stage dementia training](#) - Offered by [ArtsforDementia](#). At the time of writing, the next sessions will be on Friday 12 September and Monday 10th November 2025 (paid). Arts for Dementia works with arts venues to provide training and develop arts programmes,

empower and inspire people with early-stage dementia and their carers through artistic stimulation, and help preserve a fulfilling, active life together.

[House of Memories dementia awareness training](#) - Award-winning House of Memories online dementia awareness training (paid)

Directories and listings featuring dementia-friendly activities, workshops, events and facilitators

[Aesop](#) - is a charity with a vision of a future when arts solutions for society's problems are valued and available for all who need them. Its current focus is on major health challenges.

[Connecting Conversations in Camden](#) - Shared in PDF form, [Connecting Conversations in Camden](#) is a new monthly compilation of dementia-friendly listings of events and information.

Created and compiled by Kate White a former nurse and family carer of a Person Living with Dementia, and Dementia-friendly creative workshop facilitator, Melissa Fry, who became frustrated with not having local listings available all in one place. Supported by [Camden Memory Service](#) and [Camden Carers](#), [Connecting Conversations in Camden](#) was initially intended to cover just what is available in Kate and Melissa's home borough of Camden, [London.It](#) has since grown into a monthly gathering of PLWD, their family or professional carers, dementia-friendly facilitators, musicians, singers and the most delicious home-made cakes.

[Creative Ageing: The Directory, Baring Foundation](#) - Over 250 arts organisations offering creative opportunities to older people.

[Creative Health Connections Map](#) - As part of their work on positioning London as a creative health city, [London Arts and Health](#) (LAH) have produced a map to populate with details of place-based Creative Health assets*, including: practitioners, organisations, buildings, green and blue spaces, heritage spaces, cultural social prescribing activities and programmes. You will also find Creative Health Networks [here](#). LAH have also provided this comprehensive [resource directory](#), where they have collated resources, organisations, networks, funding opportunities, and more, to support our members, practitioners, and organisations working across the capital.

[Dementia Friendly Venues Charter](#): If you are a venue open to the public, consider becoming accredited under the Dementia Friendly Venues Charter. Culture is central to our city, and the Mayor aims to make it accessible to all. The Mayor of London has launched the world's first Dementia Friendly Venues Charter for cultural public spaces in a drive to ensure that every Londoner with dementia and their carers have a [dementia-friendly cultural venue](#) on

their doorstep.

Listings of accredited dementia-friendly cultural venues in London can be found [here](#).

Drawing Room - Runs Re-discovery, a monthly creative group for People Living with Young Onset Dementia and their carers.



Pause - A London-based collective facilitating connections through art, community and creativity. Partnering with charities and institutions across London - St Margaret's House and UCL. Contact us to collaborate!

Prescribe-arts.org - is an online platform run by **Aesop**, showcasing high-quality arts programmes providing health and wellbeing outcomes

Rare Dementia Support - Rare Dementia Support offers specialist social, emotional and practical support services for individuals living with, or affected by, a rare dementia diagnosis.

Resonate Arts - Resonate Arts produces a pioneering programme of creative activities and experiences for and with people living with dementia in the boroughs of Westminster and Kensington & Chelsea.

Victoria & Albert Museum - Run dementia-friendly Closer Look tours.

Wigmore Hall - Music for Life is an internationally renowned creative music-making programme for people living with dementia and their families, friends, and carers.

Publications and Journals

[Dementia-friendly Arts and Culture Guide](#) - Alzheimer's Society

[Knowledge is Power](#) - Knowledge is Power is an offering from [Deep](#) (The Dementia Engagement and Empowerment Project). Booklets have been written by people with dementia for people with dementia. They include information and advice that they hope will make life easier after a diagnosis of dementia. The booklet is also useful if you plan to consult with People Living with Dementia or make them feel even more welcome in your venue.

[The Journal of Dementia Care](#) - Dementia Community is a Charitable Community Benefit Society, a membership cooperative that aims to provide learning and networking opportunities for the dementia care community.

The following links have been kindly supplied by Mary Fridley, [The Joy of Dementia](#) / [Reimagining Dementia](#).

[Reimagining Dementia](#) is a Creative Coalition for Justice, an international group of people living with dementia, carers/care partners, family and community members, dementia activists and allies, health professionals, advocates, artists, academics, policymakers, and others.

[Circus Connections: Storytelling Through Circus Arts](#) - Circus Connections uses circus arts as a bridge to build intergenerational and community relationships through storytelling, movement, and performance, creating an environment where both groups learn, grow and flourish together.

[Connecting Caregivers Conference](#) - Radio host and caregiver advocate [Linda Burhans](#) is hosting her annual (and virtual) Connecting Caregivers Conference on May 6 and 7. The conference is free for family caregivers.

[Dementia Beach Retreat](#) - Cecelia Chan continues to break barriers and battle stigma in Malaysia, most recently by hosting the country's first-ever beach retreat for People Living with Dementia and their families, as a reimagining of care through community-building and experiential healing.

[Embracing Growth and Joy in Dementia](#) - Dementia, like life, is full of challenges as well as opportunities for growth, connection, and joy. [In this curated conversation](#), People Living with Dementia, care partners and professionals explore how we can grow emotionally throughout the journey.

[It Takes a Village: Transforming Health & Healing](#) - It Takes a Village is a conversation with people (including [dangle & dot](#) founder Nancy Nelson) who have benefited from a “health team” approach created by the late [Dr. Susan Massad](#) that emphasises shared responsibility, collaboration, and holistic well-being.

[Memory Café Alliance](#) - The Memory Care Alliance has created [a dissemination kit](#) to make it easy for Coalition members and others to share information about Memory Cafés with their clients/patients/colleagues.

[R.O.A.R.](#) - A Movement for Nursing Home Reform. Born out of the documentary *"No Country for Old People"* by Susie Singer Carter, R.O.A.R. is a movement fighting for dignity, accountability, and systemic reform in long-term care.

[The Healing Power of the Arts](#) - In this CBS Sunday Morning segment, chief medical correspondent Dr. Jon LaPook explores the transformative impact of the arts on health, and features the national *Arts For EveryBody* movement.

[Time Bandits: Intergenerational Creativity](#) - Judy Seall's creation, the Time Bandits Arts Club, pushes the boundaries of intergenerational and arts work by bringing together young students and care home residents living with dementia through creative, relationship-centred activities.

[The Un-Becoming of Self](#) - In this [Harper's Magazine article](#), Sallie Tisdale, a former nurse, shares a deeply personal and reflective look at dementia. In it, she explores the evolving nature of identity and memory and a nuanced perspective on what it means to care.

*Some of the [directories](#) provided above will help you find a dementia-friendly trained facilitator or freelancer; however, the links provided below are for artists and practitioners **! have either worked with or commissioned**, and come highly recommended.*

Freelance Artists, Facilitators and Practitioners with experience of working with PLWD

Art:

[David Little](#) - Art Therapist

[Katie Turnbull](#) – Visual artist and Art Psychotherapist

[Melissa Fry](#) - Printmaker / Artist

[Remiyya Badru](#) - An artist and walker passionate about the River Thames.



[Seiwa Cunningham](#) - Artist, Carer & Dementia Advocate, Creative Health Workshop Facilitator, Expert by Experience, Reminiscence and Cognitive Stimulation Therapy Practitioner

[Zoë Gilmour](#) – Artist / Musician

Cognitive Stimulation Therapy:

Craft :

[Seiwa Cunningham](#) - Artist, Carer & Dementia Advocate, Creative Health Workshop Facilitator, Expert by Experience, Reminiscence and Cognitive Stimulation Therapy Practitioner

Dance:

Please specify which genre/s of dance below

Drama / Performance / Theatre:

Please specify which genre/s of dance below

[Bernadette Russell](#) - Theatre / Storyteller

[Caroline Baker](#) - Drama / Reminiscence Practitioner

[Edith Tankus](#) – Performer / Clown / Writer

[Emma Waterford](#) - Performer

[Kate Maravan](#) - Actress / Teacher / Writer -. [The Old House](#) is a wonderful play about memory, loss, mother-daughter relationships and the hokey-cokey. Highly recommended.

Fine Art

Please specify which art/s below

Mosaic:

[Seiwa Cunningham](#) - Artist, Carer & Dementia Advocate, Creative Health Workshop Facilitator, Expert by Experience, Reminiscence and Cognitive Stimulation Therapy Practitioner

Music:

Please specify which genre/s below

[David Truswell](#) - Musician

[Ela Southgate](#) - Musician and singer

[Georgia Akbar](#) – artist and facilitator specialising in inclusive, experimental approaches to visual arts and film-making

[Inês Delgado](#) – Violinist and workshop leader

[Julian West](#) - musician, researcher, workshop leader, consultant and coach

[Liv McLennan](#) - Musician

[Luke Saydon](#) - Musician

[Maciek O'Shea](#) – Opera singer

[Manchester Camerata](#) - Music in Mind

[Paul Rubinstein](#) - Musician and storyteller

[Rona Topaz](#) - Singer and choir leader based in London.

[Rihab Azar](#) - Syrian/British oud player, composer & community workshop leader

[Ronald Amanze](#) - himself a Person Living with Dementia, is a former music producer, who together with [David Truswell](#), runs [Dementia in Dub](#).

[Art, Poetry and Bad Behaviour](#) is a Creative Health Exhibition emerging from Pearls Meeting Centre (Dementia Café). Inspired by the memory of Pearl Ferguson, the mother of Ronald Amanze, who developed the exhibition concept. Dates: 22 August – 21 September 2025. Location: The Library at Willesden Green, Exhibition Space, 2nd Floor, 95 High Road, London NW10 2SF. Admission: Free

[Songhaven](#) - Dementia-Friendly Concerts

[Stephanie Singer](#) - Singer/Dancer

[Wigmore Hall](#) - An internationally renowned creative music-making programme for PLWD

[Zoë Gilmour](#) – Musician / Artist

[Zoe Konez](#) - Musician

Oral History:

[Sarah Gudgin](#) - Oral Historian / Reminiscence Practitioner

Photography:

[Daniel Jason](#) - Photographer

<https://www.youtube.com/@maniktakesphotos>


<https://www.instagram.com/thebboc/>

<https://www.instagram.com/manik35mm/>

Poetry:**Printmaking:****Puppetry:****Reminiscence:**

[Caroline Baker](#) - A reminiscence Practitioner
who regularly works in partnership with [Pam Schweitzer](#).

[Sarah Gudgin](#) - Oral Historian / Reminiscence Practitioner

[Pam Schweitzer](#) – Reminiscence Practitioner and founder of the [European Reminiscence Network](#) and RYCT.  Remembering Yesterday, Caring Today

[Seiwa Cunningham](#) - Textiles / Multiple Crafts / Reminiscence Practitioner / CST Practitioner.
Email: seiwacunningham@gmail.com

Sculpting/Model Making:**Story Telling:**

[Bernadette Russell](#) - Storyteller / Theatre

[Mara Menzies](#) - Storyteller

[Paul Rubinstein](#) - Storyteller / Musician

[Olivia Armstrong](#) - Storyteller



Seiwa Cunningham - [social media & links to selected projects & clients](#)

Carer & Dementia Advocate Creative Health Workshop Facilitator / Expert by Experience /
Reminiscence and Cognitive Stimulation Therapy Practitioner

[LinkedIn](#)

[@redalloverart](#)) • [Instagram photos and videos](#)

[Alzheimer's Society](#)

[Art at The Treehouse Exhibition 2023](#)

[Art by Post Project, Southbank Centre](#) - 2021

[Art by Post Project, Southbank Centre 2](#) - 2021

[Bringing back tropical memories with the power of plants](#) / [Enliven Project](#) (Royal Botanical Gardens, Kew) <https://www.kew.org/read-and-watch/dementia-friendly-walks>

[Crossing Borders](#) - Horniman Museum

[Fabric of a Nation](#) - Brent Museum and Brent Archives: Exhibitions and Projects 2010

[Renegade Craft Fair](#) / [Renegade Craft Fair 2](#)

[Sensory Palaces](#) - Historic Royal Palaces

[Stanley Arts care home project](#) - Stanley Arts 2024

[The Link, Thamesmead](#)

[What is the role of Creativity in Dementia?](#) - London Arts & Health 2023

Coming Soon:

[Dementia, Museums and Wellbeing Conference](#) - The Wallace Collection, October 2025

CREATIVE HEALTH

ARTS & CREATIVITY



Art



Music



Poetry



Literature



Drama



Theatre



Nature

HEALTH & WELLBEING



Mental Wellbeing



Exercise



Cognitive Enhancement



Relaxation



Cognitive

Resilience and Confidence



INTERGENERATIONAL & COMMUNITY



Carers



Community



Workplaces



Workplaces

SOCIAL PRESCRIBING



Gp9



Link



Workers



Care

Increased Social Pathways

