

# Press Release

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## Entelechy Arts and Queen Mary University of London launch a new report on how to deliver remote arts programmes for older adults

The 'Discoveries in Distanced Arts: The work, wonder, and wear of remote creative programmes' report provides insights into the impacts of Covid-19 on cultural and creative sectors and shares learning on how to develop remote creative programmes.



A new report based on research led by Entelechy Arts and Queen Mary University of London will provide insights into how arts organisations can design and deliver remote programmes, based on experiences during the Covid-19 pandemic. Recent estimates suggest that up to 36 per cent of older people experienced loneliness as a result of social isolation caused by the pandemic.

The report details the processes of design and delivery of remote one-off and ongoing arts programmes for older adults from the perspectives of the artists, staff members, and volunteers involved.

The 'Staying Connected' remote programme is led by Entelechy Arts and the Meet Me... programme is run in partnership with the Albany. The programme consists of a series of creative activities that have been adapted and designed to be delivered in remote environments to help members to stay connected during the Covid-19 pandemic.

The remote creative programme included both continuous events such as [Clusters](#), the [Meet Me on the Radio](#) show, delivered on a weekly basis and one-off activities that are part of [Creativity At Home](#).

The project posed a series of questions to staff, volunteers, and artists involved in the Staying Connected programme, to gain insights into their experiences. Areas of interest included the design and delivery of the programme and its perceived impacts on their own and members' health and wellbeing.

Key findings of the report include:

- The use of group phone calls to deliver parts of the programme known as 'working clusters' because many older adults had limited internet and smartphone access.
- Several strategies including check-ins, warm-up exercises, and acknowledgement, were embedded into the weekly remote telephone working clusters to encourage individual contributions and active engagement amongst members (older adults).
- The challenges of remote delivery of programmes by phone, radio, and parcel deliveries changed the nature of the social interactions and the stay-at-home orders increased the level of emotional distress experienced by members and practitioners.
- The potential need for additional support measures for practitioners including hiring well-being support staff, regular check-ins, and weekly group movement sessions for practitioners for sustained delivery of remote programmes.

**Dr Janelle Jones, Senior Lecturer in Social Psychology at Queen Mary said:**

"Our report outlines what arts organisations can consider and do to create new programs or modify existing programs for remote delivery. Our recommendations can inform the development of guidelines for remote delivery which may ensure the viability of arts organisations for their service providers in the current landscape and beyond."

**Maddy Mills, Director, Entelechy Arts said:** "Since March 2020 our artists, volunteers and staff teams have worked together with our communities to develop a pioneering portfolio of remote creative engagement programmes. We are delighted to share the outcome of this report, the first of two attached to the research project, which digs deeper into the nuts and bolts, and key learnings from the programme, and asks fresh questions about care, process and collaboration in relation to remote creative programmes for communities unable to access culture in person."

This research was funded by the Arts and Humanities Research Council (AHRC), part of UK Research and Innovation. The report is available to free to download from the Entelechy Arts website as a [PDF](#).

### **Editors Notes:**

**Report PDF link:** <https://entelechyarts.org/wp-content/uploads/2021/11/Discoveries-in-Distanced-Arts-report.pdf>

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**Photo Credit:** Roswitha Cheshier

Credit line: Discoveries in Distanced Arts: The work, wonder, and wear of remote creative programmes research was funded by the Arts and Humanities Research Council (AHRC), part of UK Research and Innovation.

**Entelechy Arts:** <https://entelechyarts.org/projects/discoveries-in-distanced-arts/>

**Access statement for press and media:**

Entelechy Arts is an inclusive company that works with older and disabled people who experience multiple barriers to access. To remove these barriers, we may request sensitivity around timings and the provision of access support such as captioning or different interview options. There may also be a cost involved in covering access support, such as personal assistance, speech to text translation, captions, British Sign Language interpretation or specialist travel which we would be open to discussing as required to ensure our PR activity is inclusive to all.

**Impact of the pandemic on older adults**

Recent estimates suggest that up to 36 per cent of older people experienced loneliness as a result of social isolation caused by the Covid-19 pandemic imposed stay at home and social distancing measures.

Community groups and volunteers stepped up during the pandemic to provide additional social supports such as food deliveries and prescription collections, to older adults as well as support the emotional needs of older adults using group activities to foster social interaction. This includes arts organisations, like Entelechy Arts', which used arts engagement to stimulate social interaction, reduce loneliness and improve the health and wellbeing of older adults.

Entelechy Arts' has a broad portfolio of programmes co-created with older people one of which is 'Meet Me at the Albany', a creative arts club for the over 60s, in collaboration with regional arts space The Albany and the London Borough of Lewisham, to address the social needs and creative aspirations of isolated older people within the community. As the pandemic unfolded, they produced vibrant and important cultural programmes, created by and for the communities they serve.

**About Entelechy Arts**

Entelechy Arts is a vibrant community of artists and change-makers committed to ensuring every individual has the opportunity to be creative, and contribute to the cultural life of their community, regardless of any barriers they may be experiencing. We produce vibrant and important cultural programmes, created by and for the communities we work with, namely isolated older people, those living with disabilities, and those living in care home environments. This richness in sharing stories and experiences of those who can often feel underrepresented, encourages stronger communities, changes perceptions, and ultimately helps people live healthier, happier and more connected lives. [www.entelechyarts.org](http://www.entelechyarts.org)

Entelechy Arts is funded by Arts Council, England and Lewisham Borough Council.

**About Queen Mary University of London**

At Queen Mary University of London, we believe that the diversity of ideas helps us achieve the previously unthinkable.

Throughout our history, we've fostered social justice and improved lives through academic excellence. And we continue to live and breathe this spirit today, not because it's simply 'the right thing to do' but for what it helps us achieve and the intellectual brilliance it delivers.

Our reformer heritage informs our conviction that great ideas can and should come from anywhere. It's an approach that has brought results across the globe, from the communities of east London to the favelas of Rio de Janeiro.

We continue to embrace diversity of thought and opinion in everything we do, in the belief that when views collide, disciplines interact, and perspectives intersect, truly original thought takes form.