

Music, seated dancing and other activities are tailored to the needs of older people and those affected by dementia.



Proven benefits include:

- Promoting wellbeing in line with the National Dementia Strategy
- A means of expression for those with communication difficulties
- Connection with other group members – reducing isolation
- Increased confidence and self-esteem
- Physical exercise
- Fun and stimulation



Engaging, interactive and stimulating, these sessions get people laughing, talking, singing and moving.

Everyone can join in regardless of their physical needs, mobility, memory or cognitive impairment. Activities are particularly suited to people with dementia.

The one-hour sessions include seated dance, singing and music. Percussion instruments and props add to the enjoyment.

These affordable activities have proved immensely popular with residents and other participants, their relatives and staff.

www.josparks.co.uk

Riccall Carers has teamed up with community musician, Jo Sparks, to offer these stimulating activities.

Jo Sparks is an acoustic guitarist who has worked in the care sector for almost 20 years. She uses creative and entertainment skills to run music activity sessions for people of all ages and abilities within residential homes, day centres and elsewhere in the community.

Over the past four years Jo has focused on the specific needs of older people and those who have dementia. With the support of Riccall Carers she has developed a full range of activity sessions particularly suited to these individuals.

Following a successful launch at Riccall Carer's own residential homes, these stimulating and cost-effective sessions are now offered to other residential and day care centres in York, Selby and surrounding districts.

Jo Sparks is CRB approved and holds public liability insurance.