

Here and Now

Older People's Arts and Wellbeing Festival



Celebrating Creativity and Connection Across Generations

Arts Care is Northern Ireland's leading Arts, Health, and Well-being organisation. With a strong commitment to promoting creativity and inclusion, Arts Care delivers a diverse portfolio of participatory arts projects, events, performances, and exhibitions directly into the heart of health, social, and community care services across the region.

The Here and Now Festival is supported by the Public Health Agency (PHA) and the overarching objectives align with the PHA's strategic focus on addressing health inequalities, particularly among older people experiencing social isolation and loneliness.

Held annually, the Here and Now festival provides a unique platform for individuals aged 60 and over to engage in a wide range of creative arts activities. These are delivered by Arts Care's team of expert artists, who bring extensive experience

in arts and health facilitation. The programme includes workshops in visual arts, crafts, music and singing, dance and movement, storytelling, and creative writing—each designed to promote well-being, social connection, and creative expression.



There are 4 key elements to the Festival:

- **Prime Exhibition** - Each year the PRIME art exhibition forms part of the programme. The exhibition is open to independent amateur artists and professional artists over the age of 60yrs to submit pieces for display at the exhibition keeping with the Here and Now Festival theme
- **In-Person Workshops** - Delivery of 22 arts-based programmes (2 per council area) to participants aged 60+ in community or virtual settings and across a whole range of art forms including visual art, music, dance and creative writing
- **Virtual Workshops** - Delivery of a series of regional virtual workshops across Northern Ireland including SingingTogether, Dance and Movement and Visual Art
- **Showcase Exhibitions and Performances** - A series of local and regional events to showcase the art and performances produced from the in -person workshops

What the participants say...

“Something like this workshop was a wonderful opportunity. When you live on your own it is so important to have outlets to mix with other people, be part of a group from all walks of life. And to learn in a friendly, caring space. This project was exciting, fresh in delivery and inspiring. It felt so good to listen to others and to be heard myself. To get to see your ideas coming together and have an end product and satisfaction of achievement. It was a great confidence booster, lots of laughter and great for your mental health. I wish there was more workshops like these. It has made a huge difference to me.”

Contact us for more information about our social enterprise activities on 028 9031 1122, email info@artscare.co.uk or go to artscare.co.uk



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