

MUSEUMS &
WELLBEING
WORKSHOP
4.11.24

What support can museums offer to carers of people with dementia?

An international cohort of museums and organisations which have been involved in programmes for people living with dementia for many years, offers experiential workshops to explore relationship strategies and ways of involving participants.

MONDAY 4 NOVEMBER
10AM–1:30PM / 3–5:30PM
FLORENCE, FONDAZIONE PALAZZO STROZZI
PIAZZA STROZZI

STROZZINA

- 10 Welcoming and registration of participants
- 10:30 Introduction to work
Riccardo Lami, Fondazione Palazzo Strozzi
Donato Nitti, Embassy and Consulate of the Kingdom of the Netherlands
Claudia Forti, Regione Toscana

MARIA MANETTI SHREM EDUCATIONAL CENTER

- 11–12 LAB 1
Jessica Belles, Jolien Posthumus, Museum van de Geest, Haarlem
Art, Mental Health and Mindfulness
- LAB 2
Maartje Vos-Swinkels, Miranda van der Zandt, Van Abbemuseum, Eindhoven
Well, let's be ing-ish
- LAB 3
Ieva Petkutė, Socialiniai meno projektai, Kaunas
One image – 1000 words
- 12:15–13:15 LAB 1
Sophie Valkenier, Singer Laren Museum, Laren
Exploring an artwork together
- LAB 2
Leela Deretta, Zeeuws Museum, Middelburg
Art practice: connecting through technique
- LAB 3
Cristina Bucci, Chiara Lachi, Luca Carli Ballola, Coordinamento MTA, Florence
Art body movement
- 13:30–15 Lunch break

15–16 LAB 1
Irene Balzani, Michela Mei, Lorenzo Ciani, Fondazione Palazzo Strozzi, Florence
With many voices with the artist Lorenzo Ciani

LAB 2
Alessandra Nardini, Luca Albanese, MaM Museo Archeologico Monteriggioni,
Abbadia Isola-Monteriggioni, Siena
Living History

LAB 3
Marjan Ruiters, Zeeuws Museum, Middelburg
Socratic dialogue

STROZZINA

16:30–17:30 Final sharing and conclusion

**Jessica Belles, Jolien Posthumus,
Museum van de Geest, Haarlem
*Art, Mental Health and Mindfulness***

In this workshop Jessica will share about the work and programs of Museum of the Mind (European Museum of the Year 2022), exploring the history of the mind and mental health, straddling the boundaries between healthcare, art and science. In addition, Jolien will share her expertise on the relationality of art, mental health and mindfulness, and how we can create programs especially around the caregivers and their mental health. We share the learnings from *Mindfulness in Museums* connecting scientific insights, ancient wisdom and practical exercises on how to welcome people in our museums to mindfully engage with art.

**Maartje Vos-Swinkels, Miranda van der Zandt,
Van Abbemuseum, Eindhoven
*Well, let's be ing-ish***

A sensory art experience: Disrupt the usual, discover the unknown, design the unexpected. Do we?

**Ieva Petkutė, Socialiniai meno projektai, Kaunas
*One image – 1000 words: "Photovoice" practice for storytelling
and research***

We will start our workshop with a photography task - so, please, take your cameras/ phones with you. After discussing our creative results, we will go further to explore *Photovoice* - a participatory arts practice, which has been used by a group of family carers in Lithuania in 2024 to explore carer of people living with dementia experience. The guests of the session will be invited to reflect on a range of questions around *Photovoice* approach in order to explore how photography could find a way to be used in museums.

**Sophie Valkenier, Singer Laren Museum, Laren
*Exploring an artwork together***

In Singer Laren we use the method of VTS to facilitate a conversation in front of an artwork. With this method we can give carers tools for starting conversations that focus on a different connection with their participants. With multisensory attributes we stimulate the senses to help find the words in the conversation.

**Leela Deretta, Zeeuws Museum, Middelburg
*Art practice: connecting through technique***

Tactile activities based on tapestries from the 16th century. The technique of weaving is used for creating connection, big and small.

Cristina Bucci, Chiara Lachi, Luca Carli Ballola,
Coordinamento MTA, Florence
Art body movement

Using the body to make contact with the work of art can open up new possibilities for engagement, communication and relationship. In this workshop we explore some ways of including creative movement activities in museum programmes.

Irene Balzani, Michela Mei, Lorenzo Cianchi,
Fondazione Palazzo Strozzi, Florence
With many voices with the artist Lorenzo Cianchi

Since spring 2016, the project *A più voci – With many voices* has been part of an experience conceived and conducted together with an artist that is renewed for each edition. Workshops have been set up that have brought together the works on show at Palazzo Strozzi and the research of and by the artists, always with the intention of 'bringing art to life': exploring its languages in an experimental way, involving each person in a profound and often unexpected way, and fostering the relationship between elderly people and carers. For the Helen Frankenthaler exhibition, the collaboration with Lorenzo Cianchi began and the experience will lead to experimenting with colour, starting from the idea that every shade is unique, has its own physical wave that strikes the eye and resonates differently thanks to our experiences and memories (real or invented).

Alessandra Nardini, Luca Albanese, MaM Museo Archeologico
Monteriggioni, Abbadia Isola-Monteriggioni, Siena
Living History

Archaeological artefacts become a tool to bring a character from the past to life and imagine her story through her characteristics, movements, emotions and lifestyle.

Marjan Ruiter, Zeeuws Museum, Middelburg
Socratic dialogue

In this workshop Marjan Ruiter, director of the Zeeuws Museum, will introduce you to the method of Socratic Dialogue. This method is used to stimulate active listening and learning to halt your own judgement: we're not sharing opinions but trying to find common ground. The first part of the workshop we'll work with the method ourselves using an artwork from the exhibition by Helen Frankenthaler. The second part will be a reflection on how the method was used in the Zeeuws Museum and what lessons were learned in the process.

MUSEUMS & WELLBEING

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Museum Singer Laren, Laren

Museum Van De Geest, Haarlem

Van Abbemuseum, Eindhoven

Zeeuws Museum, Middelburg

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