



Chichester Cultural Learning Partnership is formed of seven organisations and following the success of the inaugural Festival last year the group have put together another programme of Dementia-Friendly arts and cultural activities for everyone to enjoy.

PLACES ARE LIMITED, PLEASE BOOK ALL ACTIVITIES & EVENTS IN ADVANCE



Make, Do, and Mend
11 April and 23 May, 11am - 12.30pm,
Vicar's Hall

Join the creative fun at this tactile workshop exploring colour, textiles, making and mending with textile artist Lou Lou Morris.

Sing Healthy, Play Happy
18 April and 16 May, 2pm - 3.30pm,
Vicar's Hall

In these fun, gentle and supportive sessions we sing and explore instruments together. No experience is necessary: sing along, pick up an instrument, or simply sit back and listen. Led by Open Strings Music.

Guided Tours of the Cathedral
4 May and 18 May, 10.30am - 12pm,
meet at West Door.

All activities cost £3 each, including refreshments, carers free.

Telephone: 01243 813595

Email: onlinesales@chichestercathedral.org.uk
Website: www.chichestertickets.co.uk



Chichester Festival Theatre is one of the UK's flagship regional theatres with a reputation for producing work of the highest quality.

Mind, Body, Sing!
Fridays from 15 April, St. Paul's Church,
Chichester, 2pm - 3.30pm

Join the fun and health-giving properties of group singing. No auditions and no reading of music.

£3 per person including refreshments

Mindful Movements
Wednesday 20 April
and Thursday 5 May
Chichester Festival Theatre, 2pm - 3.30pm

Explore the benefits of seated creative dance sessions with an experienced dance and movement specialist.

£3 per person including refreshments.

Guided Tour
Saturday 21 May, 10:30am

A backstage tour of the Festival Theatre.
£5 per person, carers free.

Contact: Louise Rigglesford
Telephone: 01243 784437 ext. 2121
Email: leap@cft.org.uk
Website: www.cft.org.uk/livingwell



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Fishbourne Roman Palace is an incredible archaeological site, featuring the largest collection of early mosaic floors in Britain. Discover the story of this unique place and join in with an afternoon exploring original artefacts and ancient crafts first hand.

13 April - Roman Costume
27 April - Roman Clay Lamp Making
11 May - Marble & Marbling

Wednesday afternoon sessions 2.45pm-4pm, with tea and coffee. £5 per head for each session. Participants are also welcome to visit the Palace where normal admission charges apply.

Telephone: 01243 785859
Email: palacebookings@sussexpast.co.uk
Website: www.sussexpast.co.uk/fishbourne



The Novium Museum is built over the remains of a Roman bath house and tells the stories of people, places and events throughout Chichester District.

Hands on History Tour
Monday 11 April and Monday 23 May,
2pm - 4pm

Join us on this informal and interactive tour of the museum, pointing out our favourite objects and stories, before handling some artefacts.

£2 per person including refreshments.

Admiral Murray's Navy
Monday 9 May, 2pm - 4pm

An introduction to Admiral George Murray, his life in Chichester, and his service in the Royal Navy at the time of Nelson. We shall be offering a range of nautical themed craft activities to further explore the life and times of Admiral Murray. Free event.

Telephone: 01243 775888
Email: thenovium@chichester.gov.uk
Website: www.thenovium.org



The Otter Gallery, based at the University of Chichester, offers a welcoming and accessible space for art. It is home to a collection of nationally significant 20th and 21st century art, and hosts a year-round programme of exhibitions and events.

A Tour with a difference
Monday 18 April, 2pm - 4pm

Go behind the scenes of the gallery, exploring pictures and mixed media on display and hidden in storage, as well as art work around

the campus. Followed by tea, coffee and biscuits and a chance to talk with gallery staff. £2 per person including refreshments.

Contact: Laura Kidner, Gallery Officer
Telephone: 01243 816098
Email: galleries@chi.ac.uk
Website: www.chi.ac.uk/ottergallery



Pallant House Gallery is in the heart of Chichester and has one of the best collections of Modern British art in the country. Take the opportunity to learn about the collections and try out a range of dementia-friendly activities, including creative art workshops and discussions.

Care for Art
12 April and 10 May, 10.30am - 12.30pm

Art Views
28 April and 26 May, 1.30pm - 3.30pm

Art Workshop
3 May and 17 May, 2pm - 4pm

A Guided Tour of the Gallery Collections
19 April, 1.30pm - 3.30pm

£3.50 per person including refreshments.

Please visit the website for more information.

Contact: Sandra Peaty
Email: s.peaty@pallant.org.uk
Tel: 07788489536
Website: www.pallant.org.uk/events



An award-winning open air museum with a collection of rescued historic buildings set 7 miles north of Chichester. Join us for a relaxed afternoon session to explore an area of everyday life in the past.

Short tour of one area at the Museum:

Thursday 14 April
Explore the Gridshell Artefact Store

Thursday 21 April
Taste of the Past: Bread and Pottage

Tuesday 26 April
Sounds of the Past: Visit the Blacksmiths Forge and Mill

Saturday 7 May
Traditional Crafts: Textiles

Thursday 19 May
Smell of the Past: Tudor Herbs and Medicine

Tuesday 24 May
Explore Bayleaf Tudor Farmhouse

All start at 2.30pm and last for 45 minutes, followed by refreshments.
£3 per person including refreshments.

Contact: Adult Courses team
Telephone: 01243 811021
Email: courses@wealddown.co.uk
Website: www.wealddown.co.uk

Chichester Dementia Alliance



The Chichester Dementia Action Alliance is a group that works within the National Dementia Alliance Framework to enable people with dementia and their carers to have a voice about what will benefit them to live well. This is achieved through integrated working across communities and services, with an emphasis on building dementia-friendly communities and raising awareness through Dementia Friends sessions.

For more information go to chichesterinpartnership.org.uk or call 01243 521041

Tea Dance

Saturday 10 September 2016
2.30pm - 4.30pm
Vicar's Hall, Chichester Cathedral

Take a step back in time at our vintage tea dance.

Feel free to dress up and enjoy live music and a cream tea.
£5 per person, including refreshments.

Please book in advance.
Telephone: 01243 813595 Email: onlinesales@chichestercathedral.org.uk
www.chichestertickets.co.uk

Part of the Living Well with Dementia Festival 2016

A DATE FOR YOUR DIARY

LIVING WELL WITH DEMENTIA FESTIVAL 2016

11 April - 29 May

Dementia-friendly events & activities in and around Chichester for adults living with dementia, their family and friends



Supported by



www.cft.org.uk/livingwell