

**VAMOS**  
THEATRE

**VAMOS  
THEATRE  
THE BEST  
PRESCRIPTION...  
PERFORMANCES  
WORKSHOPS  
AND TALKS FOR  
HEALTH AND  
SOCIAL CARE**



## Introducing Vamos Theatre

Vamos Theatre is the UK's leading full mask theatre company, recognised leaders in non-verbal communication training and performance. Since 2013, over 42,000 people have experienced our Health and Care workshops and performances. Our unique approach engages people to think differently about health and well-being, and ways of caring for all, including those living with dementia. Our success in supporting skills development led to major Arts Council England Strategic Funding to spread our work more widely.

## Arts in health and care: the benefits

Current research shows the many positive effects that involvement in the arts has on those receiving care; including improved cognitive processes, stimulation of memories and enhanced communication. This has positive effects on families and carers, and the quality of the care environment. Vamos Theatre supports new models of person-centered care within an ethos of empathy, listening, acceptance and playfulness. We believe that training is most successful when learning is experiential, emotional and enjoyable.



Photo Graeme Braidwood

## What we offer

We offer **performances**, **workshops** and **talks** for Health and Care settings.

For people living with health conditions that affect their wellbeing e.g. dementia or Parkinson's, our performances provide meaningful emotional and creative activity - one of the four Social Care Institute Markers of Excellence. Everyone taking part is supported to express themselves, and are given alternative ways and choices of communication. It is the taking part that counts and what makes a difference to physical and mental health.

Involvement in our activities motivates staff, and improves job satisfaction: staff learn new skills and gain a deeper understanding of those in their care. Family members share connections sometimes lost through dementia, and can connect with their partners/parents/grandparents and others in a creative way.

## Workshop

### Listening with your Eyes

*Listening with your Eyes* helps develop skills of empathy, insight, listening and trust-building. Suitable for all experiences, the workshop practically explores the ways in which we make connections, with the emphasis on the non-verbal. It looks at the impact of body language, mood, eye-contact, touch and gesture, and shows how tone of voice can change the meaning of the words we say. The workshop is led in a supportive and playful way: our aim is for everyone to learn through their own discovery, to feel for themselves, and so to empathise with others more easily.

**Course size: Maximum 24**  
**Length: 2 hours**

### Benefits and learning outcomes

- Teaches empathy, deep listening, insight, and trust, which feed into the Compassion in Practice 6Cs.
- Encourages positive communication without words that is physical, honest, clear and caring.
- Teaches confidence in reaching and connecting with people living with dementia.
- Enables the development of sustainable good practice habits of person-centred care.
- Links with Care of Older Adults Section 3.05 of the RCGP Curriculum Module and the MRCGP syllabus for trainee GPs.

“*Listening with your Eyes brought together everything a GP needs to practice medicine with humanity. LWYEs was engaging, fun, full of warmth and empathy and hugely relevant for GP training... our trainee feedback was exceptional.*”

*Dr Katherine Kelly – TPD South  
Worcestershire GP Special Training*



*Listening with your Eyes*

## Performance

### Sharing Joy

*Sharing Joy* is a theatre show created for people living with dementia and their carers and families. It's a celebration of life and all its joys, using music, dance, nostalgia, masks, puppetry and laughter to bring pleasure and meaning to everyone involved. The show is set in the 1940s and 1950s, with courting couples, wartime nurses, a singing dog and even Elvis himself! There's music to bring back memories, dancing to enjoy or join in with, swinging dresses and best suits. It's a playful and joyous show that encourages everyone to take part and to express themselves. *Sharing Joy* can be performed at most venues including theatres, care homes, day centres, GP surgeries, dementia cafes or wherever it will fit.

### Benefits and learning outcomes

- Encourages a re-engagement with culture.
- Involves high levels of participation, proven to improve mental and physical health.
- Gives people living with dementia the opportunity to connect in alternative ways.
- Promotes knowledge, training and skill-building in carers.
- Provides meaningful engagement, an Essential Skills cluster for pre-registration nurses (NMC), a Social Care Institute Marker of Excellence.
- Links to Care Certificate Standards 4, 5, 6, 7 and 9 (HSC training).

“ It was the best time I've had since my wedding night!

” Hugo, 84



Sharing Joy photo Ed Maynard

VAMOS  
THEATRE

BOOK ON 01905 312 921  
[www.vamos theatre.co.uk](http://www.vamos theatre.co.uk)

## Performance

### Out for Tea

*Out for Tea* is a short theatre performance designed as a training tool for those working in the Health and Care sectors. This engaging, wordless mask performance shows positive caring in action and demonstrates the importance of non-verbal techniques in caring for people living with dementia. It is performed by two actors and a live musician who interweaves music throughout.

*Out for Tea* is useful as a stand-alone training tool, or as a springboard for debate and discussion at Health and Care events.

It has been especially popular at conferences.

**Length: 20-30 mins (flexible)**

### Benefits and learning outcomes

- Practically demonstrates the powerful effect of body language, mood, eye-contact, touch, and gesture, and their benefit in helping us make real and honest connections.
- Demonstrates confidence in reaching and connecting with people living with dementia.
- Demonstrates an understanding of empathy, deep listening, insight, and trust, which feed into the Compassion in Practice 6Cs.
- Provides humorous and memorable entertainment, with inbuilt learning.



*Out for Tea*

## Performance

### Walkabout

*Walkabout* is an interactive style of performance which brings our full mask characters off the stage and into life. Used as both entertainment and a learning element of Health and Care events, our engaging characters create an impact and a talking point. Whether it's a dynamic matron, a nervous nurse, or a helpful porter, our characters can assist participants, hand out badges, or whatever is needed.

Warwickshire County Council, The Dementia Care Journal, The RSC, The Royal Wolverhampton NHS Trust, Alzheimer's Society, Prime Life in Plymouth, Worcester and Gloucester are just some of the organisations who would recommend us.

**Length: 20-30 mins (flexible)**

### Benefits and learning outcomes

- Practically demonstrates the powerful effect of body language, mood, eye-contact, touch, and gesture in communication.
- Creates a talking point and ice-breaker during events and conferences.
- Provides humorous and memorable entertainment, with inbuilt learning.
- Can serve as a springboard for debate and discussion.



*Walkabout*

## Talk

### Making Connections

Rachael Savage, Vamos Theatre's Artistic Director, brings arts-led practice to life in a talk on the company's work within the Health and Care sectors. She focuses on the creation of Vamos Theatre's touring theatre shows, like *Finding Joy*, about living with dementia; *A Brave Face*, about military PTS; and *Dead Good*, a show about end of life. In an engaging, poignant and entertaining talk, Rachael gives an insight into the positive impact engagement with the arts can have on everyone.

**Length: 30-45 mins**

### Benefits and learning outcomes

- Presented by one of the UK's leading experts on non-verbal communication.
- Provides a springboard for further discussion about positive communication that is physical, honest, clear and caring.
- Creates an inspiring impetus for including the arts in Health and Care practice.
- Demonstrates the positivity of forging connections and collaborations between arts and health organisations.



*Making Connections* photo Graeme Braidwood

VAMOS  
THEATRE

BOOK ON 01905 312 921  
[www.vamos theatre.co.uk](http://www.vamos theatre.co.uk)

***“ We teach more than competence in communication: we help to show how to listen and observe, how to build relationships and trust, and how to behave with compassion and empathy ”***



*Sharing Joy* photo Graeme Braidwood



**VAMOS**  
THEATRE

## Enquiries and booking

tel: 01905 312 921  
info@vamostheatre.co.uk  
www.vamostheatre.co.uk

Vamos Theatre  
C/O The Swan Theatre  
The Moors  
Worcester  
WR1 3ED



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



Supported by  
**worcestershire  
county council**

