



TRINITY LABAN

Using digital inclusion and co-production to reduce loneliness and isolation: Supporting older people through creative arts-based connections

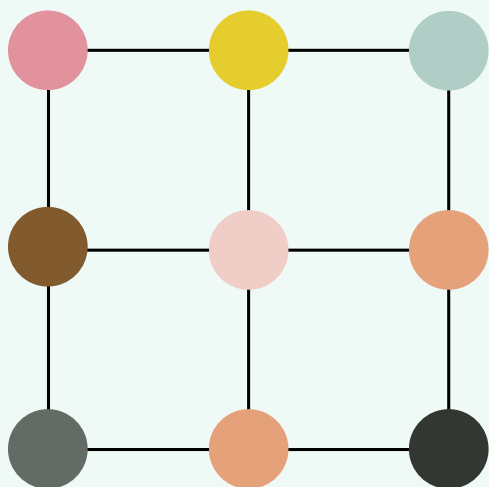
A Good Practice Mentors case study with:

Trinity Laban Conservatoire of Music and Dance

Trinity Laban Conservatoire of Music and Dance's mission is to provide support to performers and creators by developing and facilitating their creative lifestyles. Through their online arts-based programme, they enable a community to develop and thrive.

Trinity Laban received support from GPM via a co-production session that shared the principles and values of co-production, alongside practical tips and tools for taking a co-production approach and facilitating group self-sustainment.

This support helped them with their focus on digital accessibility, and they ensured that those less likely to take part in their online group were fully included via the creation of connections, a safe place for expression, and increasing social bonds.



Trinity Laban's Arts Café

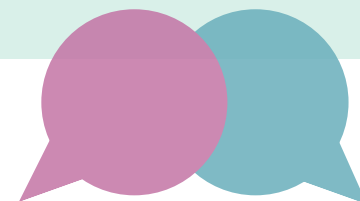
When the Covid pandemic hit, like so many services, Trinity Laban's Arts Café was forced to move online. After emerging from lockdown restrictions, Trinity Laban made a conscious decision to review what they could learn from the experience and how an Arts Café might thrive in a digitally inclusive space.

Trinity Laban was interested in exploring whether the same bonds that are formed from meeting in-person could be re-created when meeting online. In addition, they wanted to reach the people who traditionally have limited access to technology and digital tools.

Questions they wanted to answer

Q. Can we use an alternative online space to bring people together in a creative space?

Q. How can we use co-production principles to ensure the online space, and what we create, feels inclusive and collaborative?

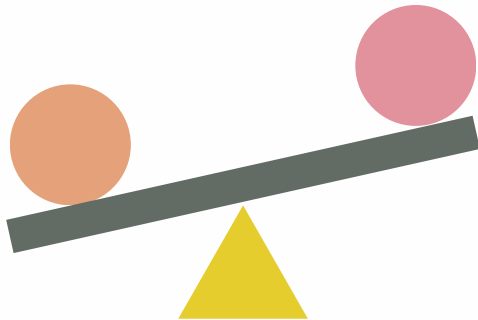


Taking a co-design approach

The GPM team delivered a co-production workshop to the delivery team, sharing a variety of tools and methods to engage and involve people, increasing confidence and inclusion. The session included:

- Power Sharing
- Creating an equal space where people felt heard and valued
- Using the 'Time to Think' approach
- How to bring the whole spectrum of co-production principles and values into their online space
- Co-designing group guidelines

Trinity Laban were able to draw upon these learnings when considering how to deliver their online support, and how to promote co-production amongst the artists leading the project.



Trinity Laban's Arts Café

The online Arts Café looked to replicate an in-person session through:

- Provision of participation packs: tea, coffee and art materials provided by post increased feelings of being part of something and strengthened feelings of connection.
- Technological support: access to technology and full support to get online was provided by a specialist digital inclusion partner.
- Ensuring that all the artists involved understood the principles of co-production and encouraged participatory and collaborative approaches in their workshops.



How the group fully embraced their online world...

The co-designed guidelines helped the group to build a space where people's vulnerabilities were considered and respected. They were able to sing on mute or dance with their cameras off, until they felt confident enough to visibly join in and show themselves fully.



Building confidence and connections

For many members of the group, the online sessions acted as a stepping stone to returning to activities and groups in person, by re-building their confidence.

The members' confidence around digital technology grew throughout the programme - peer support and encouragement around the technology occurred naturally, with people helping each other to access and participate in the sessions.

GPM's support was a key piece of learning in Trinity Laban's delivery of their online Arts Café. The space became a place for people to do something real, get to know each other, and feel involved in both the organisation and community.





If you would like to discuss how GPM could support you to reach, engage and connect with your community then please drop us an email:

✉ GPM@syha.co.uk

For more information and resources please visit our website:

🌐 [GPM Website](#)

Please see our Eventbrite page for our upcoming workshops

👉 [GPM Eventbrite](#)