

Wednesday 01 November
11am to 1pm

Week 4



Dr **Anne-Marie Glynn** is Chief Operations Officer in the Global Brain Health Institute at Trinity College Dublin where she leads the implementation of GBHI strategy. She is committed to improving brain health and reducing the stigma pertaining to ageing.



Aosdána member and renowned poet **Tony Curtis** studied literature at the University of Essex and Trinity College Dublin. He is an experienced facilitator of poetry and creative writing workshops with both adults and children and is a regular contributor at the Clifden Arts Festival.



Caroline Hyland is an illustrator and art facilitator with a background in visual communications, art education and occupational therapy. Her 'Can You See What I See?' art project brought her on a journey back to illustration, inspired by a personal story of a family living with dementia.

Wednesday 08 November
6.30pm - 8.30pm

Week 5



Professor **Agustín Ibáñez** is Director of the Latin American Brain Health Institute (BrainLat) at Universidad Adolfo Ibanez and a Global Brain Health Institute (GBHI) faculty member.



Róisín Hayes is a MA qualified and IACAT registered music therapist. Róisín is passionate about the benefits of music therapy for improving social, emotional, motor, cognitive and communicative health and wellbeing for people of all ages and abilities.



Helena Quaid is the wife and spousal carer for Kevin and co-founder of Lewy Body Ireland. She is chair of the Dementia Carers Campaign Network (DCCN) and is a member of Dementia Research Advisory Team (PPI) supported by the Alzheimer Society of Ireland.

Kevin Quaid is the author of two books 'Lewy Body Dementia, Survival and Me' and 'I am Kevin! not Lewy'. He is the Chair of the Irish Dementia Working Group, Vice-chair of the European Working Group of People with Dementia and co-founder of Lewy Body Ireland.

Creative Brainwaves



Creative arts improve brain health

A five-part series of talks and workshops exploring how engaging in creative arts can improve your brain health. These talks, led by Karen Meenan, Global Atlantic Fellow for Equity in Brain Health at the Global Brain Health Institute (GBHI), will feature creative neuroscientists, researchers and especially creative artists who work to improve brain health. Join us to learn how singing, music, dance, poetry, art and writing can stimulate your senses and improve cognition. There is always a special welcome for people living with dementia and their caregivers at each session.

The talks are **FREE**, but booking is required. Tea and coffee will be provided.

Funded by Creative Ireland's Creativity in Older Age Scheme 2023.

Bookings via dlr Libraries Eventbrite

All events take place in dlr Lexicon,
Dún Laoghaire, A96 H283
Enquiries: dlrlexiconlib@dlrcoco.ie
T: 01 280 1147

Wednesday 11 October 11am to 1pm

Week 1



Professor **Brian Lawlor** is the site director of the Global Brain Health Institute (GBHI) and is a Professor of Old Age Psychiatry at Trinity College Dublin with an

interest in dementia, late-life depression, loneliness and brain health. His research interests range from early detection and prevention to evaluating new treatments for dementia.



Mike Hanrahan, writer, musician, performer and lead singer with Stockton's Wing is creating innovative ways to bring moments of joy and fulfillment to those who live

with dementia. He is Global Atlantic Fellow for Equity in Brain Health and his research interests are the connections between the arts and brain health.



Norah Constance Walsh is a musician, composer, and choral conductor of multiple choirs and ensembles including dementia-inclusive The Forget-Me-Nots Choir.

Collaborators include Brendan Grace, Lisa Lambe, Sandy Kelly and Mike Hanrahan.

Wednesday 18 October 11am to 1pm

Week 2



Professor **Sven Vanneste** is a neuroscientist, Global Brain Health Institute facility member and Professor of Psychology at Trinity College Dublin. His lab for Clinical

and Integrative Neuroscience specialises in sensory loss conditions such as chronic tinnitus, chronic pain, Parkinson's disease and memory related issues such as mild cognitive impairment.



Olwyn Lyons is a choreographer, dance artist and community dance facilitator who has worked extensively with arts and older people. She has a

special interest in facilitating dance for people living with Parkinson's disease.



Dr Anusha Yasoda-Mohan is a perceptual neuroscientist and Global Atlantic Fellow for Equity in Brain Health with a special interest in hearing loss and tinnitus. She is also a trained

Indian classical dancer and is passionate about the arts and its transdisciplinary collaboration with the sciences.

Wednesday 25 October 6.30pm to 8.30pm

Week 3



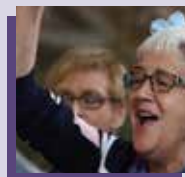
Professor **Ian Robertson** is a neuropsychologist working to understand how attention works in the brain and what role attention and alertness play in preserving

brain function as we age. Ian is Professor Emeritus of Psychology at Trinity College Dublin and is the Founding Director of the Global Brain Health Institute at Trinity.



Poet **Ron Carey** was awarded a Diploma in Creative Writing from the Open University and has a master's in creative writing from the University of South Wales. He has

written three poetry collections '*Distance*' which was nominated for The Forward Prize Best First Collection, '*Racing Down the Sun*' and more recently '*Songs for Older Life*'.



Frances Elliott is a singer, performer, member of The Forget-Me-Nots choir and chair of the Good Neighbours Social Club in Bayside,

Sutton. She has featured on several videos of the Forget-Me-Nots including '*We'll Meet Again*' which was recorded during the pandemic.