



From Isolation to Inspiration

SARAH BEAUCLERK | VERE EXPERIENCES CIC



What being a care worker taught me: the human spirit needs more than the basics
Sarah Beauclerk

Society shuns the idea and reality of ageing. Have we forgotten that these are the generations that rebuilt the country after the war, and created the NHS?



© 'What is not so considered is the design of aids to enable reading, crafts, music - the activities a person would engage in to keep sane.' Photograph: Alamy



VR INCLUSIVE MENTAL HEALTH INTERVENTIONS

Developed in collaboration with the Pembs. Older Adult Community Mental Health Team.

- Meaningful benefits for patients include reductions in relapse and crisis episodes, with one participant describing the group session as her “safe space.”
- Evaluation data shows an average in-session mood improvement of nearly 3 points on a 10-point wellbeing rating scale, and a broader trend of sustained improvement in baseline mood.
- As patients progress and no longer require intensive support, the demand for continued, lighter-touch support has become clear. We are now developing Community Immersive Wellbeing Sessions in response.





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Connecting Realities

“It made me feel important”

- **80 % of participants** show observable mood improvement following VR experiences
- Reported benefits were **as individual as the needs of each participant**, from relaxation to reconnection and renewed sense of self
- **Moments of Connection** as healthcare staff report increased understanding of their cared for.
- **Care-home staff reported improved overall ambience and atmosphere** following sessions — a calmer, more positive environment for residents and teams alike.



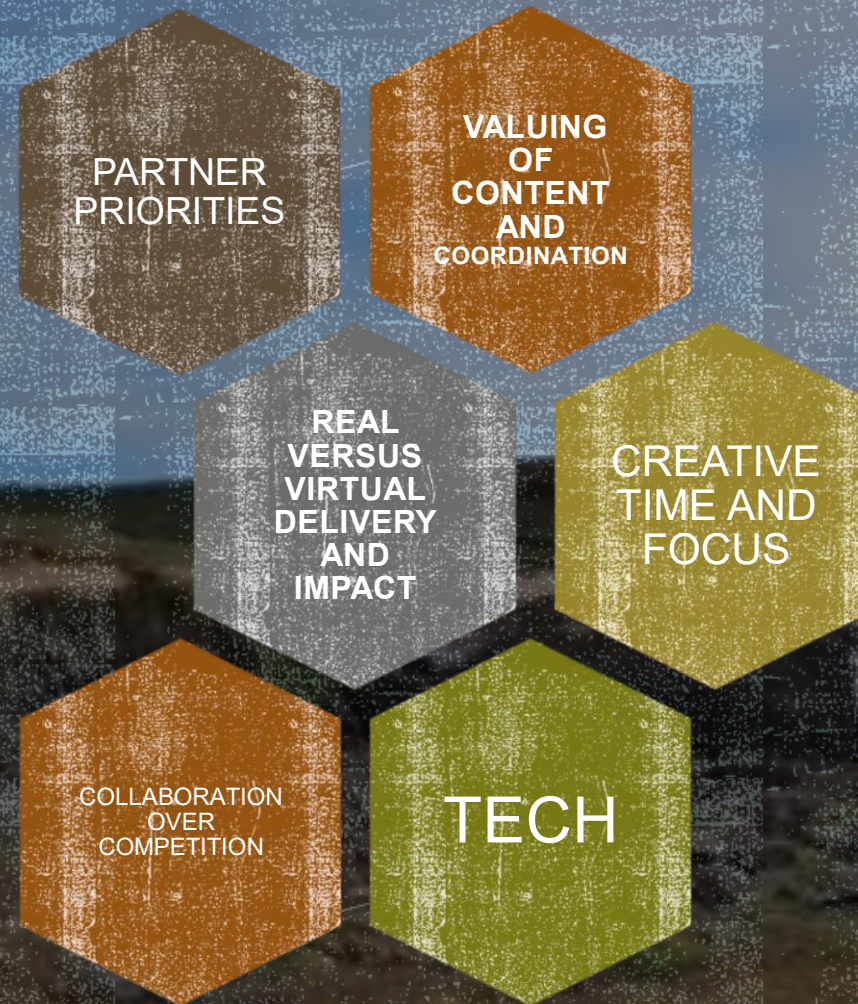
CARERV

- **“The headsets had some great feedback and it will really help carers manage manual handling in their role. It is an exciting development which I can already see has so much potential. We can’t wait to introduce this to unpaid carers.”**

Lauren Blockwell, Carer’s Trust

- Delivering OT and Nursing-led immersive care training to Unpaid Carers living within the Community.
- Developed through support from Public Health Wales and in collaboration with Juice Immersive, PCC Occupational Therapy and Manual Handling Training professionals, and featuring the ‘Safe Systems of Work’ a West Wales 3 County Collaboration.
- Current modules include slide sheet and hoisting training as well as manual handling techniques.

CHALLENGES/OPPORTUNITIES



RED SEAM

A Wales based company created to develop and produce new and compelling television drama and film.

WELSH NATIONAL OPERA

A national company with international status, we sit at the heart of music-making in Wales.

VERE EXPERIENCES

A Pembrokeshire CIC harnessing immersive technology to improve outcomes in isolated groups.

EXPLORING POSSIBILITIES FOR LIVE PERFORMANCE FOR ALL IN AN EVOLVING DIGITAL AND XR SPACE.

PROJECT AIMS: Democratise access for underserved and remote audiences / Develop new forms for performance in digital and XR spaces / Explore new revenue models through hybrid formats / Unite stage artists, filmmakers, and immersive tech / Test, evaluate, and share new approaches to digital performance



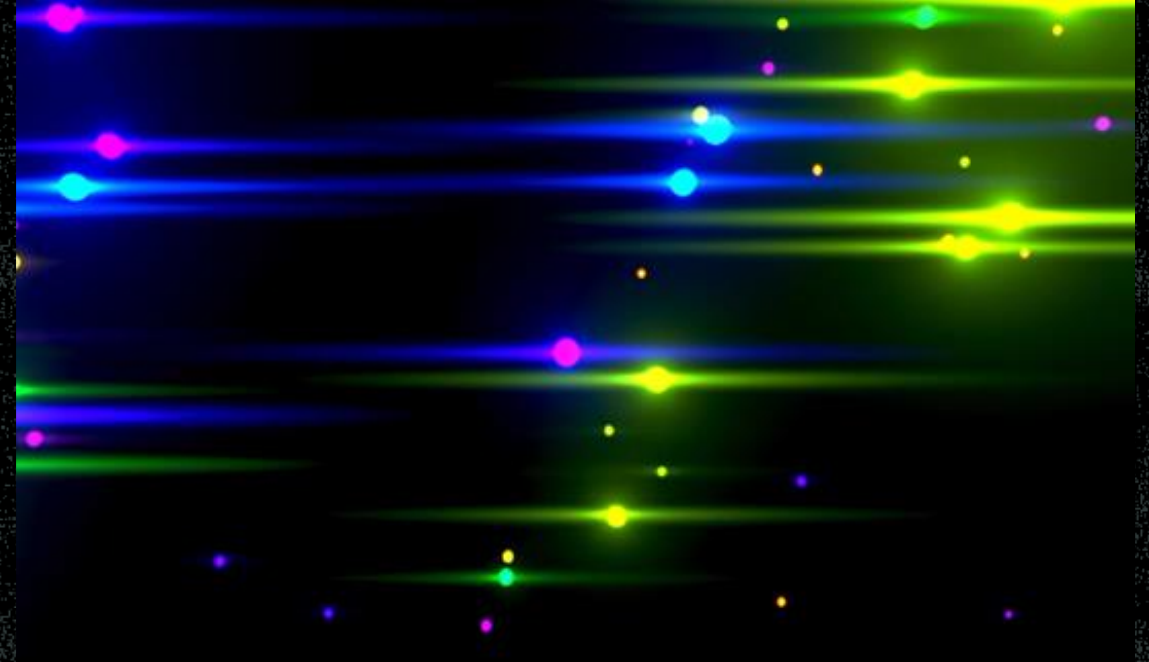
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WHAT'S NEXT?

Exploring Possibilities: Media Cymru funded project working in collaboration with Red Seam and Welsh National Opera

An Immersive Wellspring for Women's Health and Wellbeing in Development



Thank you

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