

InCahoots Collective

 [Spectrum People](#)



A LITTLE BIT ABOUT SPECTRUM PEOPLE

Spectrum People is an independent charity **dedicated to supporting vulnerable individuals across Wakefield**. Since its establishment in 2013, the charity has led a range of **meaningful activities that help people overcome personal challenges and build confidence**. Working alongside local partners, Spectrum People provides **access to safe community spaces, recreational activities, social prescribing, and art therapy**. **Empowering individuals to develop new skills, form connections, and improve their wellbeing**. Whether through Appletree Community Garden, creative therapy, or bespoke support services, the charity is **committed to fostering inclusion and strengthening communities**.

WHAT IS THE IN CAHOOTS COLLECTIVE PROJECT ABOUT?

The **In Cahoots Collective project** ran in 2024 and brought **music and movement to Wakefield residents and their carers who face challenges due to physical/mental health issues including dementia/memory issues, depression, anxiety and isolation**.

Over 100+ residents took part in a series of workshops held across the district, led by 3 international therapists - the In Cahoots collective. Residents gained much from the group workshops, and a group of 14 creatives who attended a masterclass at the start of the week went on to volunteer at subsequent workshops. **The week-long workshop series was organised and managed by Wakefield-based charity Spectrum People**.

As a follow-up to this, a **Culture Fund bid was submitted in 2025 for similar weekly sessions over a number of weeks, as those attending in 2024 felt the incredible value of a single session could be enhanced by running similar sessions over a longer time frame**.

HOW WAS THE IN CAHOOTS COLLECTIVE PROJECT FUNDED?

The In Cahoots Collective was funded by a **Culture Grant fund (Wakefield) and a Dutch Culture fund**, totalling £15,000. **A Culture Grant fund from Wakefield Council would fund the follow-up project**.

WHAT ASPECTS OF HEALTH DOES THE PROJECT ADDRESS?

The In Cahoots Collective project addresses **mental health, physical health, health inequalities, health prevention and social isolation**.

WHO ARE THE BENEFICIARIES OF THE PROJECT?

Adults, mostly those aged 40+. The project engaged with people from a **diverse range of communities and cultural backgrounds**. Two workshops were specifically for care home residents and two supporting partner organisations MHA and MAG.

HOW DO YOU DEMONSTRATE IMPACT AND SUCCESS?

All attending the sessions had an experience that **felt very different from more traditional approach to seated movement and music** type work. It also involved **song and reminiscence that became woven improvisationally** into the emerging themes for each session, making each one a **unique experience**.

“It reclaimed nice memories”

- Workshop participant

“I felt growth in us as participants in the masterclass, in the participants of the workshops, and it seemed even in the ways the therapists were engaging! It was an incredible creative experience, run by talented and inspirational experts that will stay in my memory for a long time”.

-Workshop participant

The masterclass laid the foundations for an improvisational approach with a focus on **how live music and its strong dynamics, together with rhythmic movement and dance, combine to bring out the “creative best**, including the arts therapists delivering the practice to creative practitioners and other arts therapists from different disciplines.

HOW HAS THE PROJECT MADE A DIFFERENCE TO PEOPLE'S WELLBEING?

The In Cahoots collective project used live music and dance to engage people, often **gently challenging them to do more than they previously have**. New experiences of **self-discovery and learning** in this way can foster a sense of **achievement and connectedness**. In turn, **positively impacting our overall sense of wellbeing**.

HOW IS THE INITIATIVE ENSURING LONG TERM SUSTAINABILITY?

Avenues to secure further funding have been explored to develop the music and movement idea in 2025. The In Cahoots Collective hope to be successful in their most **recent application for a Culture Grant from Wakefield Council**.



WHAT KEY LEARNINGS HAVE EMERGED FROM THE PROJECT AND HOW ARE THESE INFORMING YOUR PRACTICE?

The In Cahoots project offered a learning experience of movement, dance, and discovery for all those involved, including the cared-for and their carers.

"I haven't done this for 20 years"

-Workshop participant

Creatives who attended the masterclasses **learnt new skills to incorporate in their practice**. The project also enabled **lead international therapists to further develop their knowledge and practice** through **working with groups they had not previously engaged such as refugees and those with mental health issues**.

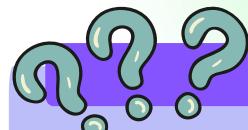
"Of particular significance, this Case Study demonstrates the importance of highly experienced creative arts therapists (CATs) collaborating, dialoguing and bringing their skills to bear in service of helping creative health practitioners (CHPs) develop their own skills, knowledge and practice in high quality, values based, person-centred ways. It makes a real difference to noticing, valuing and celebrating what can often go unnoticed in creative practices involving vulnerable adults and especially those with neuro-degenerative conditions including Dementia Syndrome and Parkinson's"

For further reference as to the rationale for greater collaboration between CATs and CHPs, please see Chapter 18 in a brand new publication by JKP on this subject, ["The Creative Dementia Practice Handbook: Arts for Health and Wellbeing"](#) MP Parsons & R Coaten (Eds.) (2025).

In Cahoots Music & Movement video



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Music and Movement video



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