



#YearofCreativity

NAPA Conference 15th June 2022

The Year of Creativity

What does creativity mean to you?



At Hallmark Care Homes, creativity means finding ways to support others to express themselves in different ways, learning from others and sharing ideas. We actively encourage this way of thinking in our homes and believe that taking part in creative activities enables a sense of identity and purpose which is important for everyone to have, especially Hallmark Care Home residents.

**Visit our stand at the NAPA conference for more information
and to enter our Tree of Life competition**

www.hallmarkcarehomes.co.uk



Welcome & Introduction to conference	Hilary Woodhead (NAPA), Alison Teader (AICH) and Chinno Wills-Cole (NAPA Trustee)
The Importance of Creativity	April Dobson - Hallmark Care Homes
Keynote - Meaningful Engagement in Creative Activities	Jackie Pool QCS
Musical Connections and collaborations	Live Music Now
Dementia Friendly Innovative Tool to keep families connected	Famileo
30 minute Coffee Break	
Using Current Affairs to make Activities Meaningful and Promote Wellbeing	Picture News
Beanz Meanz Smiles!	Ad Memoire
# One Good Turn	Alive
Ways of using art as part of everyday conversation	The Wallace Collection and i Picture this
50 minute Lunch	
Breakin' Stereotypes	The Blair Academy
"Seeing Art Differently"	Blind Alley Art
Magic Moments: creative, sensory and mindful activities	Magic Me
How Art History changed our lives	Hallmark
Lives Well Lived - Film Premier	Sky Bergman and Sue Egersdorff (Ready Generations)
Everybody Dance	Dance Syndrome
Final thanks and Good bye	
Conference ends 4.45pm	

**Welcome to The NAPA Annual Conference;
Celebrating NAPA's 25th Year and Annual National campaign**

We are delighted to welcome over 300 delegates to this hybrid event.

It is our pleasure to welcome you to our conference, a day that reflects the creativity of our industry and the professionals within it. Our well-established and lively conference enables a multi-disciplinary focus on wellbeing, opportunities for Activity and Care Providers to learn, be inspired, make connections and experience a renewed enthusiasm and energy. We hope you will learn something new, share your ideas and feel motivated to develop creative opportunities for the people you support.

The NAPA Year of Creativity 2022, is inspired by our national programme 'Arts in Care Homes'. The National Day of Arts in Care Homes is an annual event that takes place on 24th September. All services are invited to take part in a creative or cultural activity or event, big or small and can be any art form. The NAPA Year of Creativity supports the care sector to prioritise creativity, with the aim of improving psychological and social wellbeing. NAPA defines creativity as activities and approaches that engage our imagination, enable individual expression and enhance wellbeing; and can include the visual and performing arts, drawing, painting, crafts, creative writing, poetry, music, dancing, technology and photography, as well as creative approaches to other meaningful activities.

Thank you to all our contributors, exhibitors and delegates for taking the time to be here to share best practice approaches that enhance the practice of Activity Providers and the experience of adults who use care and support services.

An enormous thank you to our conference sponsor. Hallmark Care Homes who are also celebrating their 25th Year – congratulations! As a family-run provider of care homes across the UK, Hallmark Care Homes understand the importance of creativity and creative approaches, We welcome their support.

As a charity, we rely on the support of our members, project partners and donors. These collaborations help us to develop and provide the practice development tools and resources required to enhance wellbeing. NAPA has been championing activity and engagement for 25 years; if you can help us to reach our goal of raising £25,000 in our 25th year, we would be very grateful.

Find out more **HERE** - <https://napa-activities.co.uk/napas-25th-anniversary>

Our partners make a significant difference to our work, and we would like to say a huge thank you to all the organisations that have chosen to work with us during the Year of Creativity.

Enjoy the conference and don't forget to visit the market place!

Hilary and Alison

Hilary Woodhead – Executive Director - NAPA
Alison Teader – Programme Director – NAPA: Arts in Care Homes



With interactive presentations, inspirational keynote speakers, networking opportunities, an exhibition and a film premier, the NAPA 'Creativity' Conference provides delegates with the chance to explore a variety of topics in a range of formats.

Hilary Woodhead **NAPA's Executive Director**

Chinno has worked in the health and social care sector for 20 years. His interests in education, health and social care, social policy and criminology, led him to pursue studies in those fields. He is CEO and co-founder of Dementia Care Experience and Workshops CIC, an organisation dedicated to increasing dementia awareness in society, particularly among black minority ethnic communities.

He became a NAPA Trustee in 2020.

Chinno has a specialist interest in the experience of older black people receiving care activity, and support services.



Chinno Wills-Cole **NAPA Trustee**

As Programme Director of NAPA Arts in Care Homes, Alison oversees the annual National Day of Arts in Care Homes and related projects. Alison has an MA in Arts and Health from Anglia Ruskin University and over 20 years experience working in different care settings, organising arts and cultural engagement, evaluating arts and health projects and developing related training and initiatives for care staff teams, artists and volunteers.

Her interests include visiting exhibitions, printing, gardening, creative writing and walking her dog.



<https://artsincarehomes.org.uk>



@Artsincarehomes



@artsincarehomes



@artsincarenapa

Alison Teader **Programme Director**





April Dobson

April is the Head of Dementia Care & Wellbeing, Hallmark Care Homes. April leads on the implementation and continuous development of both wellbeing and dementia care provision across all Hallmark Care Homes

Her career within the housing and social care sector has been devoted to enhancing and enriching the lives of older people and her work has been recognised through various prestigious awards including the Laing Buisson award for excellence in dementia care, Worcester University's Hennell award, and the NAPA award for activity leadership.

April is a member of the Chartered Management Institute, and holds diplomas in housing, leadership and management, and coaching and mentoring. She is also a qualified Dementia Practice Development Coach (Worcester University), and licensed Talking Mats™ trainer.



<https://www.hallmarkcarehomes.co.uk/>



April.dobson@hallmarkcarehomes.co.uk



07507 696921



Meaningful Engagement in Creative Activities



Jackie Pool

An experienced occupational therapist, Jackie has worked in a number of high-profile roles for some of the country's largest health and social care providers. She is also the founder of the PAL Instrument and has authored many books and articles on the topic of dementia.

Currently, Jackie works as QCS' Dementia Care Champion, as well as a researcher at the Universities of Manchester and Exeter. Jackie is also a multi-award winner; she won the 'National Dementia Care Award' for 'Best Dementia Care' and was also recognised by NAPA for her outstanding career contribution.



<https://www.qcs.co.uk/dementia-centre/>





Douglas works nationally for LMN, exploring the health and wellbeing outcomes of live music activities in health and adult social care settings, with national partners including NAPA , NCF, Care England and Music for Dementia. This includes developing and designing programmes of live music activities with people living and working in care homes for older people , developing the partnership and workforce development that support these to happen.

He presents to the APPG on Arts Health and Wellbeing, and is a member of the RSPH Arts and Health SIG. He led the Live Music In Care Study team with the University of Winchester, and care providers. He also works regularly with Drake Music, Music in Detention, and Music for Change, and is a DJ and radio show host.



Douglas Noble



Zoë Wren

Zoë Wren is a folk singer and songwriter who accompanies herself on guitar and piano. Inspired by artists of the 60s such as Joni Mitchell and Simon & Garfunkel, Zoë plays fingerstyle guitar often in alternate tunings, and writes songs that put a contemporary twist on her folk influences. Since starting out as a London Underground busker, Zoë has gone on to play at festivals and clubs across the UK, and become a Twitch Partner and live looper, livestreaming to thousands of viewers across the world each week. She also performs as a Live Music Now musician in care homes, SEND schools and hospitals, and in all areas of her music making is motivated by the connections formed with audiences and music's unique way of bringing people together.



<https://www.livemusicnow.org.uk/>

Dementia Friendly Innovative Tool to keep families connected

famileo

Anne-Sophie de Dreuille was one of Famileo's first customers for her grandfather, Jean-Marie. Convinced about the benefits and the potential of the service, she joined the team to help launch Famileo in Great Britain.

Her mission is to educate people about this new and unique concept of social media on paper. The Famileo gazettes enhance family communications, bypassing the digital gap and helping elder adults live better.

Anne-Sophie is working to make Famileo accessible to British families and older adults by implementing it in care homes. Anne-Sophie has a Master's degree in International Trade from the French University of Lyon 3. She has experience working in an international environment, particularly business development projects in Europe.



Anne-Sophie de Dreuille



<https://www.famileo.com/famileo/en-GB/>



@FamileoEN





Using Current Affairs to make Activities Meaningful and Promote Wellbeing

Katie Harrison, Co-founder and Director of Picture News has a background as an RE and PHSE specialist and in this position, enjoyed teaching philosophy and looking at global issues, producing lots of resources from scratch.

Katie progressed to work as an education consultant, where she gained extensive experience of training and supporting teachers while completing her MA in Education. Katie's expertise in training and supporting teaching staff put her in a unique position to realise that like her, many teachers were having to produce news-based resources, on their own, and so Picture News was launched!

At Picture News, Katie's roles include selecting and co-writing the weekly resources, and conducting visits, meetings and presentations, including running a large number of various very popular CPD certified training sessions for teaching and activity support staff.



Kate Harrison



<http://www.picture-news-care.co.uk>



@CarePicture



Beanz Meanz Smiles!



Jane Jarvis – AD-Memoire Project Manager at the History of Advertising Trust

Jane has worked for over 20 years with archive film and images on creative projects and broadcast productions in the Film and Heritage sector designed to engage more audiences with content and showcase some of the most fascinating testimonies of our social history. She joined HAT in 2015.

Jane is well qualified to be a speaker at this NAPA conference. Since its launch in 2019, Jane has been heavily involved in promotion, liaison and monitoring feedback on HAT's reminiscence resource app, Ad-Memoire, with Hospitals, Care Homes and organisations and has seen the positive impact of using the app with older people first-hand. Her mother was diagnosed with Dementia in early 2019 and passed away at Christmas 2020. She had special access to Ad-Memoire with Jane during its development and Jane treasures the laughter and fun memories of the past her mother shared, prompted by watching the ads.

One of the Hospitals that has been using Ad-Memoire since August 2021 is the Tonbridge Cottage Hospital of Kent Community NHS Foundation Trust.



Grahame Hardy – Specialist Nurse for Dementia – Kent Community Health NHS Foundation Trust

Grahame has worked in Healthcare for over 37 years. He is a Registered Mental Health Nurse with an exciting and rewarding career journey using his vast experience and his passion and commitment for dementia care. His work has taken him from a Healthcare Worker, Staff Nurse, Manager and Leader to working as a Lecturer in a London University delivering exciting and memorable lectures to students to promote awareness and insight into the lives of people living with Dementia. He has also worked for 9 years in the Care Home industry across the Kent locality as a Clinical Lead. Grahame is a Specialist Nurse for Dementia in Kent Community Health NHS Foundation Trust, a Trust awarded as being Outstanding in 2019 by CQC. Grahame supports the Community Hospitals ensuring that the staff are skilled in delivering the best Dementia Care to patients and their families. He also completes joint visits with Practitioners and facilitates Dementia Care to Academy students. Grahame has led in the development of transforming an old, dated and unused Day Room into a 1950's Vintage Tea Room in a Community Hospital in Kent using music, antiques and memorabilia. With its opening last summer, Ad-Memoire has become an essential resource both in the Tea Room and on the wards making a positive difference to patients' stays at the Tonbridge Cottage Hospital.



<https://ad-memoire.co.uk>



@admemoire



@AdMemoire

#onegoodturn



Isobel Jones is the CEO of the Charity of Alive. She has over 15 years of working in the Charity Sector and over 30 years of experience with Dementia, both personal and professional.

She has been instrumental in shaping Alive to deliver creative and innovative person centred activity in care settings and in the community.

She is Co-Director of the Bristol Health Partners Dementia Health Integration Team and is playing an integral part in reshaping the model of Dementia Care across BNSSG.



Isobel Jones



<http://www.aliveactivities.org>



@aliveactivities



Ways of using art as part of everyday conversations



Holly has been the Community Learning Producer at the Wallace Collection since December 2019 and manages the Out of the Frame programme, an outreach programme to care homes, day centres, supported housing and memory cafes in London. Prior to the Wallace Collection she worked for a number of different arts organisations, including the V&A Museum of Childhood and Dulwich Picture Gallery.

She is particularly interested in way in which engaging with the arts can support personal wellbeing.



Holly Power



<https://www.wallacecollection.org/>



@WallaceMuseum



@wallacecollection



Catherine Chastney

Catherine is an arts educator and has worked in local and national museum collections in Hertfordshire and London for over 15 years. She believes that engaging with art enhances our lives. She enjoys bringing art to people and helping them to experience it in a fun and personal way.

Catherine managed the team that set up and ran the Community and Access Programme at the Wallace Collection, and is currently still a freelance educator for the programme.

Catherine has extensive experience of bringing the arts to a range of audiences - from children to adults, galleries to hospital wards, and playgroups to prisons - making art accessible and enjoyable. She has a keen interest in arts and dementia.



<https://ipicturethis.org.uk/>

Breakin' Stereotypes



Charlie Blair is the Founder of The Blair Academy, a social enterprise which combats loneliness in the elderly community, promoting physical and mental health through hip hop dance.

Reaching over 5,000 people across care homes, day centres and homeless shelters, the Blair Academy strengthens communities and bridges generational gaps by providing mobile and inclusive classes.

Taking inspiration from her own experiences as a dancer, a homeless teenager, and working in care homes, Charlie was drawn to hip hop for its characteristic embracing of individuality.



<http://www.theblairacademy.com>



@charlieablair



@theblairacademy



@theblairacademy



Charlie Blair



"Seeing Art Differently"

Annie Fennymore is an award winning blind artist who after being registered blind in 1995 turned to art and developed her own form of tactile art which she continues to develop and encourage others to try.

She teaches, shows her work and her methods throughout the U.K. and is currently working on a handy guide showing her methods and techniques which will be made available for others.

In March she is working with James Edward Kilpatrick who is making a documentary about Charles Bonnet syndrome and Annie will interpret interviewees' descriptions of this condition directly onto canvas.

Annie has no art qualifications but says that she continues to learn on a daily basis and shares that which has learnt.



<http://www.blindalleyart.com>



@blindalleyart



@AnnieFennymore



Magic Moments: Creative, Sensory and Mindful Activities



Georgia is an artist and filmmaker specialising in inclusive, experimental approaches to visual arts, filmmaking and animation. She co-creates dynamic, playful spaces for shared curiosity, led by the existing fascinations, ideas and narratives that people choose to bring.

Since 2015 Georgia has worked with individuals and groups in a wide range of cultural and community spaces including Meet Me at Lewisham Homes, MK Gallery, Action Space, Rocket Artist Studios CIC and Age Exchange.

She has a BA (Hons) in Performance Design and Practice from Central Saint Martins (2014) and an MA in Inclusive Arts Practice from the University of Brighton (2019).



Georgia Akbar



www.georgiaakbar.com



Lily Ash Sakula

Lily Ash Sakula is a Deptford based artist and animator. They make collaborative films that link different generations and communities; creating space for participant led chaotic fertility and collective brilliance. Lily is interested in capturing instances of joy, flashes of excitement and glimpses of practical utopias; creating magical spaces in which social norms can be broken. They seek through their work to be an active practitioner of radical hope.

Lily has worked with a wide range of groups and communities including Meet Me at the Albany, Camden Arts Centre, House of Illustration, Goldsmiths, John Chilton SEND School, Queer Youth Art Collective, Project Indigo, Ministry of Stories and the Watts Gallery.



www.lashesofsakula.com



<https://magicme.co.uk/>



@MagicMeArts



@MagicMeArts

How art history changed our lives



Emily is the Lifestyles Lead at Maycroft Manor, Hallmark's care home in Brighton. Passionate about the impact of the arts on physical and emotional wellbeing, Emily was a secondary school drama teacher for over 15 years prior to joining Maycroft Manor as a lifestyles lead in January 2019.

Since starting at Maycroft Emily has implemented a diverse and robust activities programme which provides individual plans for residential, nursing and dementia communities.

The activities programme is created along with the residents and Emily typically provides 15 activities a day. Activities range from yoga to art history, poetry to quizzes, and gardening to musical activities.

Prior to the pandemic Emily oversaw a number of meaningful intergenerational activities such as visits from local nurseries and schools, and ran Brighton's only intergenerational baby and toddler group.



Emily Carver-Prue



Lives Well Lived film screening



Sue is an experienced children's services and education professional.

In 2019 she established Ready Generations charity to research and develop thinking about the potential of intergenerational practice. In summer 2022, Ready Generations will open a fully integrated intergenerational nursery in the heart of a new build care village in Chester. The nursery will operate an inclusive curriculum for both pre-school children and older people.



Sue Egersdorff

Sue's passion is to find ways to understand and improve relational connection, social cognition and emotional development. She believes this is central to everyone's overall wellbeing, learning and enjoyment of all life has to offer. She is keen to use her knowledge to develop innovative services for children and older people together.

Sue was previously a Director for Early Years and Integrated Leadership at the National College for School Leadership and a senior civil servant. In this role she advised the English Government on early childhood services across both education and health.

Sue is also a well-respected speaker and writer.



<http://www.readygenerations.co.uk>



@readygen



@readygenerations



Sky Bergman Productions

LIVES WELL LIVED

Lives Well Lived film screening

Sky Bergman is an accomplished, award-winning photographer. Lives Well Lived is Sky's directorial debut.

Sky's fine art photography is featured in the permanent collections throughout the world. Her commercial work has appeared on book covers for Random House and Farrar, Straus & Giroux, Inc., and in publications including the Smithsonian, Arthur Frommer's Budget Travel, Reader's Digest, and Archaeology Odyssey.

A professor at Cal Poly from 1995 - 2021, Sky is the former chair of the Art & Design department (2007-2013) and is currently a Professor Emeritus of Photography and Video. She has two short films about intergenerational connections currently on the film festival circuit and is working on a feature-length film that is a celebration of love.



About the Lives Well Lived Film

The film has screened in more than 300 cities, won eight awards, and the theatrical run garnered enthusiastic reviews including a 100% Fresh rating on Rotten Tomatoes. It is currently airing on PBS and is available on Amazon, iTunes, and PBS Passport.

Lives Well Lived celebrates the incredible wit and wisdom of people aged 75–100, who reveal their secrets for living a meaningful life. Encompassing 3,000 years of collective life experience, diverse people share life lessons about perseverance, the human spirit, and staying positive in the midst of life's greatest challenges.

Their stories will make you laugh, perhaps cry, but mostly inspire you.



<https://www.lives-well-lived.com>



@liveswelllived



@liveswelllived



@liveswelllived



@Sky Bergman

Everybody Dance



Jen Blackwell is Creative Founder and Director of DanceSyndrome. Jen has Down's syndrome but at no point has that got in the way of her aspiration and determination. Ever since leaving mainstream school she wanted to be a community dance worker, but after more than 10 years of searching she never found appropriate training.

In 2009 DanceSyndrome was started and in 2010 Jen found 14 dancers to work with, half of whom had learning disabilities. Together they have grown into a dedicated, inclusive group of learning-disabled Dance Leaders. In 2013 DanceSyndrome became a charity.

Jen is now a well recognised and respected role model and this has been recognised through a number of awards. In September 2015 Jen was thrilled to win "Inspirational Woman of the Year" at the Enterprise Vision Awards 2015. Jen has gone on to be included in the Shaw Trust Power 100 2018 & 2019 and was chosen as the recipient of the Prime Minister's Point of Light Award in October 2018. Jen said "Dancing is my life, I am passionate about dance and about supporting people like me to have opportunities in the dance world. Winning awards shows that people with learning disabilities can do amazing things with their lives if given a chance".



Donna trained at Merseyside Dance and Drama Centre where she qualified as a professional dancer and graduated with a dance teacher qualification in Ballet, Tap and Modern with Imperial Society of Teachers of Dancing (ISTD) and Royal Academy of Dance (RAD).

Donna has worked as a professional dancer all over the world, working on many production tours and cruise lines. When her daughter was born she decided to concentrate on teaching dance. She became Principal of The Dance Academy UK in 2008 and more recently became Dance Director at Piano, Pies and Pirouettes CIC. This work led to Donna designing a Ballet program specifically for Wigan Warriors working to strengthen any weak, injury prone areas they may have, whilst also building strength and flexibility into muscles and tendons they don't necessarily use in their usual rugby training.

Donna met DanceSyndrome Founder Jen Blackwell in 2011 and working with Jen and DanceSyndrome has changed her life. She describes how meeting Jen changed her life, "I was practising a routine in my dance studio when a very quiet, shy but poised looking young lady walked through the door with her mum. Little did I know that this beautiful lady would change my life forever."



<https://dancesyndrome.co.uk>



@DanceSyndrome



@DanceSyndromeUK

Welcome to the Market Place!

The only conference exhibition in the UK dedicated to activity and engagement. A space for our 'in person' delegates to explore, try and buy products to support creative practice! Meet our exhibitors and experience technology and innovative activity resources to inspire you. Our virtual delegates are invited to contact exhibitors directly for further information.

Visit the NAPA stand where you will find a selection of replica materials and art sets for sale.

Prices - £3.50 to £15
Card payment or cash



Hallmark Care Homes

Hallmark Care Homes is an established, family-run care provider that has three CQC rated ~Outstanding homes. It provides residential, nursing and dementia care to 1,200 residents across 19 locations in England and Wales and has won 100 awards over the last 25 years including; Residential Care Provider at the 2021 Health Investor, National Care and Leaders in Care Awards ceremonies.



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www.hallmarkcarehomes.co.uk

Alive on Demand

Alive on Demand is a dementia-friendly video streaming platform, designed by and for older people. With over 250 videos (and ever-expanding) including Guided Reminiscence, Guided Tours, Slow TV and Music Appreciation, there really is something for everybody. All content comes with additional resources, to turn each video into well-rounded, engaging activity.

Designed to spark conversation, AoD is a great resource for both 1-2-1 and group activities. You are also able to filter by level of dementia and duration of video, to make sure that the content is best suited for those that you support.

Special offer on the day: Delegates will be able to subscribe to Alive on Demand on the day, and walk away with a subscription.

We will also have business cards with a 10% discount code to hand out.

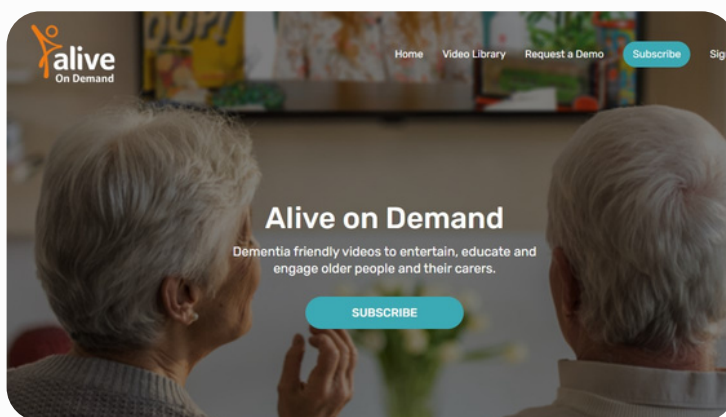
Price range: £40 -£60



<https://aliveondemand.co.uk>



ben@aliveactivities.org



Inspired Inspirations

inspired
inspirations

Inspired Inspirations is a family run business based in Shropshire, who has developed their touch screen activity tables in recent years, while working closely with the care sector, focusing on increasing the engagement physically, cognitively and emotionally of service users across the UK.

Imagine a giant Android tablet, built into a robust base for the safety of service users, with heavy duty wheels to be able to take instant and engaging activities to those who need them most. Surrounding the screen is a solid oak frame to add a warm aesthetic, to be more inviting for a service user, as well as looking like a piece of furniture, rather than a clinical piece of hospital equipment.

At Inspired Inspirations, we have not only focused on developing the most robust long-lasting entertainment module we can, but we also provide ongoing training at no extra cost to ensure well-being staff have maximum confidence in using the table with service users and getting full engagement. On top of this, we supply our industry lead Project Well-Being training plan, which includes 120 free to download apps, which are proven to create engagement and fun within care settings.



Special offer on the day



www.inspired-inspirations.com



info@inspired-inspirations.com



Just Bowl is the Bowls Development Alliance's community engagement programme. It is a fun, easy to play, form of bowls that has been developed to take bowls into care homes, rehabilitation centres, leisure facilities, educational establishments, community settings and just about anywhere else.

We work with our partners to offer a bespoke training package which is supplemented by our exclusive Just Bowl equipment and is supported by research carried out by Sheffield Hallam University. We also provide aftercare support and guidance to ensure that Just Bowl is being utilised to its full potential.

Products on display:

Just Bowl Equipment sets, wedges and New Age Bowls

Price from £60
Special offer available



ian@justbowl.org



www.bowlsdevelopmentalliance.com/just-bowl



Picture News



Picture News is a rapidly growing resource provider in the care and education sectors, providing weekly discussion, activity and sensory resources that are current, engaging, fun and applicable to a variety of abilities. Our resources give users opportunities to learn about the wider world, strengthen their individual voice by using current affairs to inspire opinions and passions, and thirdly, encourage them to communicate these views, thereby developing interpersonal relationships and interests.

Products on display

Delegates can purchase a subscription for our resources that would be emailed to them, rather than physically holding a copy of resources.

Special offer available



hello@picture-news-care.co.uk



www.picture-news-care.co.uk



Would you like to receive latest information on NAPA Training, Special Offers, activity ideas and news from the world of activity, straight into your inbox?



**Training and/or Qualifications?
NAPA has the answer for all your professional development needs**



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A varied selection for your activity needs**



Nominate HERE

**2022 is NAPA's 25th Anniversary.
If you would like to donate to our appeal,
you can do so HERE or by scanning the QR code.**

