

THE

HOPPINESS

PROJECT



Brewing with Care Homes

Practitioner Pack



Aim and Introduction:

The Hoppiness Project engages older adults living in care homes, their carers, and brewers to explore the histories and cultures of brewing in the local community. Together, the community can grow, explore, tend, nurture, reminisce, brew, drink and flourish.

This pack aims to provide care home practitioners with the key information they need to create a hop growing, and beer brewing, project in their care homes. The pack provides the basis from which a practitioner, or volunteer, can expand and adapt activities to their circumstances and the needs of their participants.

Programme overview:

This series of six sessions aims to take participants through the growing season of a hop plant. The following pages provide guidance for how each session in the sequence can be organised, what you will need, and when in the growing year this should be carried out. The last page provides an array of useful links to support you with ideas for further activities, connections to brewing collectives and more.

Session 1: Introducing the project: Reminiscence (February - March)

Session 2: New life: Hop planting (April)

Session 3: Growth: Tending and caring for the hop (May)

Session 4: Brewing and Brewers (June - July)

Session 5: Harvest (September)

Session 6: Festival: Celebrate and Sing (October)

Key Discussions:

Sessions are an opportunity to initiate conversations around participants experiences and interests, such as:

Beer drinking
Going to a pub or social clubs

Celebrations
Growing

Hop Picking
Brewing



Times (totals)

Session
time: 90

10 (10)

15 (25)

25 (50)

25 (75)

15 (90)

Activities

This session provides opportunity for beer related reminiscence and an introduction to the growing season ahead. Through interaction with artefacts and photos, song and the opportunity to taste some beer, participants can discuss their own experiences of growing and drinking whilst being engaged as partners in the nurturing of their own hop plant.

Introductions:

- Introduce everyone and the purpose of the upcoming sessions

Present and pass around dried hops:

- Model scrunching and smelling

Pictures and artifacts. 1-to-1 discussions or group share:

- Initiate conversation, stimulate memories.
- Beer drinking, pubs, brewing, breweries, gardening and past celebrations and social past.

Share and sample Beer and Sing songs together:

Music: Variety hour, for example

- Show Me The Way To Go Home
- The Wild Rover (Irish Drinking Song)
- Roll Out The Barrel
- Lily The Pink

Round-up:

- Summary of achievements from session
- Questions
- Next steps



Core Aim
Introduce the
hoppiness project
through sensory
play and
reminiscence.

Resources

- Photos of hop growing and beer making from past
- Dried hops
- Pump and clip
- Beer related artefacts
- Example Hop bind (if available)
- Music sheets -see song list
- Beer local and different styles
- Dimple glasses
- Bottle openers
- Beer mats

**Times
(totals)**

5(5)

15(20)

45 (65)

15(80)

10(90)

Activities

This session sees the participants engage with the burgeoning growing season. Participants plant their own hop plant, nurture baby rhizomes of their own and use hops from last year's harvest to make sensory bags.

Introductions**Recap of previous sessions:**

- Print and discuss photos from last session
- Share selection of artifacts
- Discuss today's activity

Planting the hop:

- Plant the hop in the grounds of the home
- Indoor activity - propagate rhizome cuttings from hop - Use sunflower seeds activity if not hop available (first year)
- Lavender bags activity

Top tip: buy an extra hop, a bare root rhizome for cutting up in session (see link below)

Sing song and beer tasting (see session 1 for details)

Round-up:

- Summary of achievements from session
- Questions
- Next steps



Core Aim
To engage participants in the cycle of hop growing.

Resources

- Artefacts and picture (See Session 1)
- Instruction for taking cuttings
- Hop
- Planting tools
- Planting spike
- For Cuttings:
- Instruction sheets for taking cuttings
- Compost
- Secateurs
- Pots
- Small watering cans
- Labels for the hop
- Rhizomes
- Music sheets - see song list

Times (totals)

5(5)

10(15)

55(65)

15 (80)

10 (90)

Activities

This session sees participants care for their hop and support their own maturing plants. Participants build a support for their hop plant, which by August may grow as high as six metres. Participants also have the opportunity to care for their own plants. As always, the session is ended with song, and perhaps a tippie of local ale.

Introductions

Recap of previous sessions:

- Print and discuss photos from past sessions
- Discuss today's upcoming activities

Activity A:

Tending to the hop. Invite participants to help create structure for hop to grow up.

Top Tip: the hop will grow vertically up to as high as six metres. It's possible to train them horizontally to ease harvesting in autumn.

Activity B:

For those with access needs: Create sign for hops and pot up hops cutting and create structures for cuttings.

Sing song and Beer tasting (see session 1 for details)

Round-up:

- Summary of achievements from session
- Questions
- Next steps



Resources

- Photos from past session
- Instruction sheets for making hop supports & to make a sign
- Pots
- Compost
- Small (30cm) sticks
- Twine
- Watering can
- Jute hop rope
- Coppiced hazel for the hop structure - 5ft plus
- Music sheets -see song list
- Beer and glasses

Activities

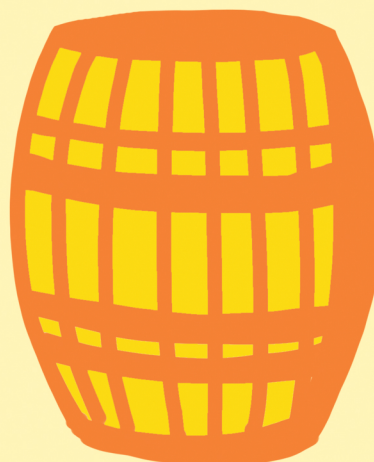
This session sees the participants visit a local brewery. There's nothing like the real thing: The sights, smells and sounds of the brewery are unique and, in this session, participants are immersed in a purpose-built sensory experience, led by local brewers. The textures of the ingredients, and a chance to sample the finished product, all help to show how their own hops will be turned into beer. where their hops will be made into beer.

Engage your local brewery and consider asking them to provide:

- Sensory experience malt grain smelling tasting
- Sensory aspects of brewing
- Noise samples
- Sampling a variety of beer
- Discussion of the brewing process
- History of brewing in your area

Things to consider:

- Transport will need arranging
- Beer mats
- **Logistics for trip**
- Transport
- Songs for minibus
- Risk assessments



Core Aim
To connect participants with community through brewing experience

Top Tip:

Nothing can quite replicate a visit to the brewery.

However, if a visit is impossible, try sourcing the ingredients, pictures, sound-scapes or videos of the process.

By creating a sensory session, you can bring the sights and smells of the brewery into the care setting.



Times (totals)

5(5)

15(20)

60 (80)

10 (90)

Activities

The season is at an end but not until participants have the chance to collect the fruits or their nurturing and care. This session sees participants cut down the binds, pick the hops and send them off to the beer makers for a brew. All accompanied by a sing-song and taste of last years' beer.

Introductions

Recap of previous sessions:

- Print and discuss photos from last session
- Discuss today's upcoming activities

Harvest Activity:

Top Tip: For the first year, whilst the hop plants yield is lower, find other source of hops such as a growing collective who are often in need of help with picking (see links on last page)

- Organise drinking and harvest songs to accompany picking
- Pick hops from binds

Possible concurrent activities related to harvest time:

- Apple bird feeder sunflower
- Skewers cobweb

Also consider: Wassail Singing of traditional songs associated with harvest and merriment, see last page for links
Weigh in the hops you have harvested

Round-up:

- Summary of achievements from session
- Questions and next steps



Core Aim

To engage participants in the process of beer making and the seasonal harvest

Resources

- Photos from past sessions
- Bag or crate for harvested hops
- Gloves (Binds can be rough, hops sticky)
- Scales
- Instructions and equipment for other harvest related activities
- Music sheets -see song list
- Beer and glasses

Activities

Session Summary: It's sing-song and celebrations all round. Participants come together to taste the brew, reminisce on the process and look at their work over the season. Roll out the Barrel!

Introductions

Recap of last session:

- Use photos from past sessions
- Discuss today's activity

Celebration Sing, song and Journal Making:

- Bring enough photos to make journals of the process that the participants or the care setting can keep
- Cut out photos for putting in journals stick them blank scrap books (collective and or individual. Discuss the journey and annotate

Final Round-up:

- Summary of achievements from season
- Discuss Journals and journey
- Next year's growing plan



Core Aim
To celebrate journey
and the achievement
of growing and
creating

Resources

- Beer photos of process since project start
- Blank booklets for journal-making
- Colourful pens
- Beer created using your hops (as part of collective or independently)
- Music sheets -see song list
- Beer and glasses



Top tip: If you are fortunate to work in a session partnered with other homes, consider running this project across them. In time you may have enough hops to create the brew entirely with your own hops.



This pack and The Hoppiness Project has been developed by a team from Alive Activities and the University of Bristol and is based upon a concept created by Guy Manchester. Illustrations by Camilla Adams