

## **BASIC INFORMATION**

### **RED NOSES CLOWNDOCTORS INTERNATIONAL**

**We believe in the power of humour and laughter and its positive impact on the wellbeing of people in times of hardship and crisis.**

No matter at what age or for what reason, life can sometimes bring us face to face with feelings of dreariness and loneliness, evoking moments of anxiety, fear and despair. This might be how an infant in hospital about to undergo major surgery experiences the situation or how a disabled teenager fighting to stay strong after a car crash lives their worst nightmares when told they may never walk again.

But when a smile or a few notes of music are shared, when colours emerge and feelings of happiness fill the room, then you can actually sense that something positive is taking place..... our clown doctors are on the move. They live right in the moment, caring passionately for all those who need love and a bit of uplifting. They improvise as they go from bedside to bedside, connecting with those who are ready to reach out. They spread the spirit of joy from the most remote places on earth to the clinic down the road. Yes, the power of humour and laughter can indeed positively influence the wellbeing of people in times of hardship and crisis.

#### **Ten Countries. One Mission.**

RED NOSES Clowndoctors was founded in 1994 in Austria as a non-profit organisation, bringing humour and laughter to people in need of joy. In 2003 the charitable non-profit foundation RED NOSES Clowndoctors International (RNI), also based in Austria, was established as headquarters of the RED NOSES group. Its tasks are to build up, monitor and support international RED NOSES partner organisations. In doing so, RED NOSES International simultaneously develops and maintains high ethical and artistic quality standards in all its clown programmes within the group.

Today, RED NOSES Clowndoctors is one of the largest clown doctor groups in the world with partner organisations in 10 countries.

#### **RED NOSES INTERNATIONAL 2017**

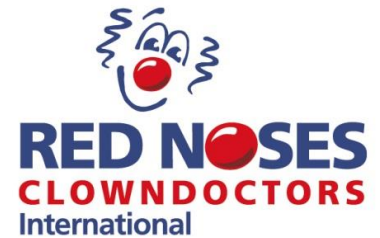
+ 371 clowns

+ 518,000 patients

+ 760 medical and social institutions.

+ 10 countries: Austria, Germany, Hungary, Czech Republic, Slovakia, Slovenia, Croatia, Poland, Lithuania, Palestine

## OUR IMPACT



### CHILDREN

RED NOSES promotes a fundamental right for sick children and children with disabilities: their right to play. As play affects cognitive development, this basic right is essential for the advancement and overall wellbeing of all children.

### CHILDREN IN HOSPITALS

The clown visits have an important impact on the psychosocial wellbeing and the recovery process of the children. Professional clowns know how to create a positive and supportive atmosphere in the hospital room, which can uplift the emotional state, promoting the healing process and the acceptance of medical treatments. Their visits at the bedside energise children to return to their natural playfulness and to give them the much needed impetus for self-confidence and courage.

### Treatments

With the format *Intensive Smile* RED NOSES clowns have become more and more integrated into the treatments and therapies of young patients. Their presence inspires a calm atmosphere reducing anxiety or fear and diverting the focus away from the medical procedure. The interaction with the clowns reduces the child's awareness of pain and also promotes coping mechanisms for stress. This way, everyone involved experiences these intense situations with more ease.

### Long-term Patients

The focus of long-term paediatric patients lies predominantly on their illness, which has a negative impact on their self-confidence and can cause feelings of inadequacy and depression to arise. The clowns together with the children produce a fantastic show during a five-day period. All the children who participate are empowered, bringing back the lightness of childhood and the levity of joyful playing. (Format: *Circus Patientus*)

### CHILDREN WITH DISABILITIES

Our *Caravan Orchestra* is a tailor-made musical theatre, dedicated to the needs of multiply disabled children and youth. It provides them with access to cultural activities within the social facilities in which they are schooled and cared for. Many of these children are often overwhelmed with all the input they receive in everyday life. For this reason the clowns have to be exceptionally sensitive and compassionate with these audiences. During the performance the children have the opportunity to comprehend and express their feelings in their own time and in their own way.





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### ELDERLY PEOPLE

Demographic changes and an ageing population are great challenges for modern societies. Although the proportion of older persons globally is constantly growing, their rights and the acknowledgement of their needs are often not sufficiently addressed. The goal should not only be to prolong life through scientific advances, but it should also be to secure good quality of life, including participation in and access to arts and cultural activities for the elderly.

#### Regular Visits

The RED NOSES Senior Programme connects with the general wellbeing of elderly persons, who very often live in senior citizen facilities for many years. Normally they lose their active role in society and become disconnected due to their limitations of perception and mobility. We seek to improve their quality of life, including participation in and access to the arts and cultural activities.

Medical staff is nowadays increasingly aware that clowning successfully supports the mobilisation of people with dementia, depression and chronically ill elderly patients. Moreover they confirm that regular clown visits by RED NOSES contributes to an increase in the quality of life of the elderly and people in need of care. This invariably increases their wish to actively participate in life.

Clowns meet the senior citizens individually at their bedside, with respect and empathy, integrating the personal history of the other and activating all their senses. That means singing songs together, recalling familiar smells, sharing recipes, connecting with memories from their “golden years” or dancing a gentle waltz. In engaging elderly people in a variety of activities, clowns reveal long-forgotten abilities and create a sense of belonging.





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### PEOPLE IN CRISIS AREAS

Especially in crisis situations, RED NOSES can respond to the immense need for psychosocial support with its innovative programme, Emergency Smile. In multi-week missions, clowns support children and their families. These are people who have lost almost everything, who have witnessed and survived conflicts or natural disasters, who were forced to migrate, and who live in dire and stressful situations. They associate happiness and joy with a reality that no longer exists.

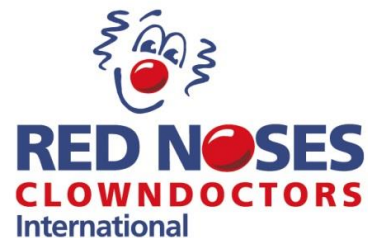
Often, children are too small to understand the traumatic incidences that so heavily affect their families' lives, and consequently cannot process them adequately using words. With our artistic and interactive clown interventions, the children are given the possibility to express their feelings in a playful manner.

The clowns can trigger a shift of focus, concentrating on the positive, the strength and the abilities of the children. The reconnection to positive feelings helps to regain resilience and hope. The clown interventions have an important impact on the emotional wellbeing of parents and other relatives too.

The families of the children feel relieved and less tense when they see that their children can laugh despite the hardship. Laughter is crucial in seemingly hopeless circumstances as it liberates the ability to feel emotions again. The clown succeeds in doing this without forcing to re-experience hurtful feelings.



## CONTACT



I am happy to assist you!  
For further inquiries please contact me:



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