

Creative Later Life In Rotherham

- Winter 2020 -

Welcome to our **Creative Later Life in Rotherham e-news** offering you a flavour of what is free, accessible and available to everyone who wants to get creative this winter. Age UK research shows that older people across the UK value the impact that creativity has on their own sense of wellbeing and, as the dark nights draw in, and Covid-19 continues to disrupt our lives, it is even more important.

Poet's tip:

"Never" Feel embarrassed about what you write down.

"Never" Worry about spelling.

"Never" Think it has to rhyme.

"Never" Wonder if it his good, it is, it's yours.

"Never" Look at a blank page and think, I do not know what to write. Start with a thought and put it down.

"Never" Wonder what other people think. Be proud of what you are achieving.

"Never" Tell yourself, you cannot do this. You Can.

"Never" Doubt yourself. You are cleverer than what you think you are.

"Never" Let a thought seem trivial or mundane. Its great material.

"Never" Think getting dressed in the morning and making breakfast is not a topic to write about.

"Never" Worry life is passing you by.

"Write It" It's your life.

*Tips from Fred, aged 72, on writing poetry for the first time
From the Royal Exchange Poetry Anthology 2020*

Please share with your networks and colleagues. If you would like to a feature an opportunity or photo from your own project next month, then do get in touch - we'd love to hear from you ain.cloke@ageukrotherham.org

Digital Resources:

1. **BBC Music Memories FREE WEBSITE**

<https://musicmemories.bbcrewind.co.uk/>

The BBC's new Music Memories website has been designed in partnership with people living with dementia, their carers and dozens of organisations that specialise in music and dementia. This platform enables you to search and

listen to music, theme tunes and even a series of dementia friendly radio shows reflecting different eras and significant moments in recent history.

2. **Singing For Better Breathing FREE YOUTUBE VIDEOS TO FOLLOW**

https://www.youtube.com/playlist?list=PL-liTbuZ7zr1F4jZYocKQ5pALmBH_1FEg

These resources are designed to support people who want to improve their health through the joy of singing. Using warm up videos to start, you can develop through 12 songs that gradually require better breathing, with instructions from experts. Watch other participants who have improved their health through this simple process and be inspired.

3. **National Trust Art and Collections FREE WEBSITE**

<https://www.nationaltrust.org.uk/art-and-collections>

Enjoy a private viewing of various artefacts and paintings owned by National Trust, alongside detailed descriptions of their history and relevance to our modern lives. Carefully curated, these webpages are updated each season to reflect significant dates and events.

4. **Eden Project Festival of Discovery FREE ONLINE FESTIVAL**

<https://thefestivalofdiscovery.com/>

Wander round our virtual Eden Project festival grounds from the comfort of your own home and sign up for whatever you fancy – it's all free with new acts being added every week! Hear what **Eddie Izzard** has to say about making humanity great again, find out the five things **Jo Brand** has discovered about life and get the blood pumping with **Mr Motivator** to name but a few of our fantastic festival acts. So what are you waiting for? Dive right in....

5. **House of Memories FREE DOWNLOADABLE APP**

<https://houseofmemories.co.uk>

The House of Memories hosts a plethora of help for those working with people with memory issues, from training through to ideas. You can download an app which allows you to explore objects from the past and share memories. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

6. **Playlist for Life FREE WEBSITE**

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

Here you will find advice on creating a playlist of music that is tailored towards each person. The 'playlist for life' is all the songs or pieces of music that make up the soundtrack of someone's life; the tunes that give that 'flashback-feeling' taking people back, to another time, person or place. This is particularly valuable for people with dementia.

7. **Armchair Gallery FREE DOWNLOADABLE APP**

<https://armchairgallery.co.uk>

As not everyone can visit a gallery, Armchair Gallery offers an app which gives instructions for doing tried-and-tested creative activities for and with people with dementia. You can discover, play and create with favourite artworks and artefacts.

8. Cheshire Dance Virtual Dance Community ONLINE CLASSES

<http://www.cheshiredance.org/virtualclasses/>

Cheshire Dance has created a Virtual Dancing Community with online classes for everyone and pre-recorded activities including for older adults. During the COVID-19 pandemic, dance sessions are being hosted online using ZOOM. Super simple to use, this platform will not only allow you to see your dance teacher, but also the other participants taking part in the class. ZOOM can be used on a laptop, a desktop computer, a tablet such as an iPad, or a smart phone. Depending on which device you use, how you virtually attend your class will be slightly different.

Non-Digital Resources:

1. ROYAL EXCHANGE THEATRE POETRY ANTHOLOGY- FREE DOWNLOADS TO PRINT

<http://www.ageofcreativity.co.uk/assets/pdfs/AofC%20Poetry%20Anthology%20Booklet%20A5%20WEBSpreads.pdf>

In January 2020, poet Oliver James Lomax worked with members of the Royal Exchange Theatre's 'Elders Programme' to develop new poetry. Most of the participants had never written before and found the process very rewarding. As lockdown hit, the group developed a poetry anthology to inspire other people to write their own poetry at home. Read their work and have a go!

2. South Bank Centre Post Project- FREE DOWNLOADS TO PRINT

<https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/art-by-post>

The Art by Post booklets are designed by artists and inspired by the South Bank's art collection and artistic programme. The activities are designed for adults living with one or more long-term health conditions, who through Covid-19 restrictions are at further risk of isolation. It's particularly aimed at giving people living with dementia, and their supporters, access to creative resources.

3. Creative & Sensory Activities for people and families affected by dementia FREE TO DOWNLOAD AND PRINT

<https://www.worcester.ac.uk/documents/TAnDem-Creative-and-Sensory-Activities-Booklet-1.pdf>

This booklet has been created by the Association for Dementia Studies at the University of Worcester. The arts and sensory activities contained in this booklet are intended for people with dementia and their families and carers to share together at home. They are a starting point for shared time together; to explore and have fun. Feel free to make them your own and let your imagination guide you. Please consider whether the materials and activities are safe, appropriate and manageable for everyone taking part.

Creative LOCAL Life

- Rotherham -

1. Age UK Rotherham Virtual Activity Groups FREE TELEPHONE ACTIVITY

For those who are isolated from other people and are struggling to get online we have introduced our virtual activity clubs. These use telephone conference calling to bring people together socially and take part in activities such as bingo, quizzes or reminiscence. Usually the groups have no more than six people on a call and a member of our team hosts the activities, which can be tailored around people's interests.



Good fun is a very important part of the group and this is very much something we are all achieving, chatting, laughing and passing time on with good company.

Karen, Virtual activity club leader



If you or someone you know may benefit from either a wellbeing call or being part of a virtual activity club **Call us on: 07782 550 926**

2. Rotherham Carer's Forum Virtual Choir FREE ONLINE CHOIR

Rotherham Carers & Co is pleased to invite you to their 'Carers' Choir'. This is a free singing activity to have fun and meet other carers and friends. The sessions are designed to help alleviate any loneliness, sadness or low self esteem you may be experiencing during these challenging times. Sessions are each **Wednesday between 7pm to 8pm**, lead by Phoebe Taylor-Thorpe.

More details here: <https://www.varotherham.org.uk/news/rotherham-carers-co-virtual-choir/>

3. Rotherham Timebuilders and Festival of Angels MAKE AN ANGEL

Rotherham Timebuilders are looking for knitters to help us knit angels for this year's festival of angels? Sue is getting the knitting army organised. Let us know if you can help. (You can come to the Rotherham Minster or we can bring you wool). Contact Timebuilders for wool and patterns, the details are here: <https://www.facebook.com/timebuildersrotherham/>

Don't knit? This year's Angel Festival focus is on people making their own Angels at home. These templates show to make an Angel at home using a wooden spoon: <https://bit.ly/3IH5gaD>

4. Creative Wellbeing Activity Packs for Active Independence

Creative Wellbeing are able to offer a selection of craft packs within the Community for older or disabled people that would like one. The craft pack has everything you will need and a supporting video is also available. No crafting experience is necessary.

Packs will be delivered Contact Brian on 078248130003

Please see our Facebook page for the supporting video:

<https://www.facebook.com/CreativeWellbeing>

5. Conversations about the impact of the Covid-19 Pandemic on people in later life

Age UK Rotherham is working with Rotherham Older People's Forum to gather information and stories about how Covid-19 is affecting people in later life.

The situation is now frequently changing and we are hoping this survey will give you a chance to tell us about what its been like for you and your feelings about the next 6 months?

The form can be completed online here:

<https://forms.gle/5TmLnCJ1enXvae567>

OR please download Word or PDF versions of the form from here

<https://bit.ly/3IHd8c8> and return your completed forms or stories by email to: iain.cloke@ageukrotherham.org

For more creative opportunities to try visit www.festival.ageofcreativity.co.uk

AGE OF CREATIVITY

The template for this email was produced by Age UK Oxfordshire, in partnership with Age UK and other local Age UKs across England. Age of Creativity is a project delivered by Age UK Oxfordshire to support more creativity with, for and by older people. Every effort has been made to ensure the content included is suitable, however no liability can be taken for these recommendations.

If you have any feedback about this e-news please contact:

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