



Creative Care Kit

Keeping Well with Creativity

Cover artwork by Tina Finch, participant in bOlder. bOlder is a talent development programme for contemporary visual artists aged over 50, funded by the Greater Manchester Combined Authority as part of Great Place GM and run by Castlefield Gallery.

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Illustrations contributed by Warren Osborne: www.warrenosborne.com

INTRODUCTION

Welcome to your Creative Care Kit

You have received this Creative Care Kit as a gift to support you with the challenging times we are all facing. We are a group of arts, voluntary and health organisations that have come together to find a way of supporting older people across Greater Manchester, particularly those who find it hard to access activities online.

Getting creative can support our own health, help keep us well and recover too. This box is a collection of cultural and creative resources to keep you entertained, engaged and connected as we continue to practice physical distancing measures.

We want to provide an opportunity for you to share what you have created. If you are able, why not share an image or some words on:
[@GM_Culture](#)
[#GMcreativekits](#)

You can also email us at:
CultureTeam@greatermanchester-ca.gov.uk

What Should I Expect?

The great thing about these activities - and creativity in general - is that you can't really get it wrong. It doesn't matter if what you do doesn't turn out how you expected - the important thing is the journey you take yourself on to get there and the new things you discover along the way.

Being creative can give you a special kind of language beyond words alone. It is a great way to let yourself feel emotions in a safe way. As adults, this is a chance to play and play is a great way to relax and learn.

The pandemic's distancing measures mean that one of the most important ingredients of everyone's mental health has been dramatically reduced: being with other people. Your Creative Care Kit is full of ideas that can help you both look after yourself, and connect to others - even if just by knowing that you are doing the same activity as other people.

Your creative care pack

Creative activities of all kinds protect wellbeing and this pack has been designed by artists and practitioners with that and with you in mind. You might find it useful to think about this using the Five Ways to Wellbeing: Connect, Be Active, Learn, Give and Pay Attention to the moment. These can be a handy way to help you choose which activity you feel like trying at a particular time. Tuck into this jam-packed box of inspiration and get started! Your options are endless!

TIME CAPSULE

This activity is to help you reflect on the positive things that have happened during your experience in lockdown.

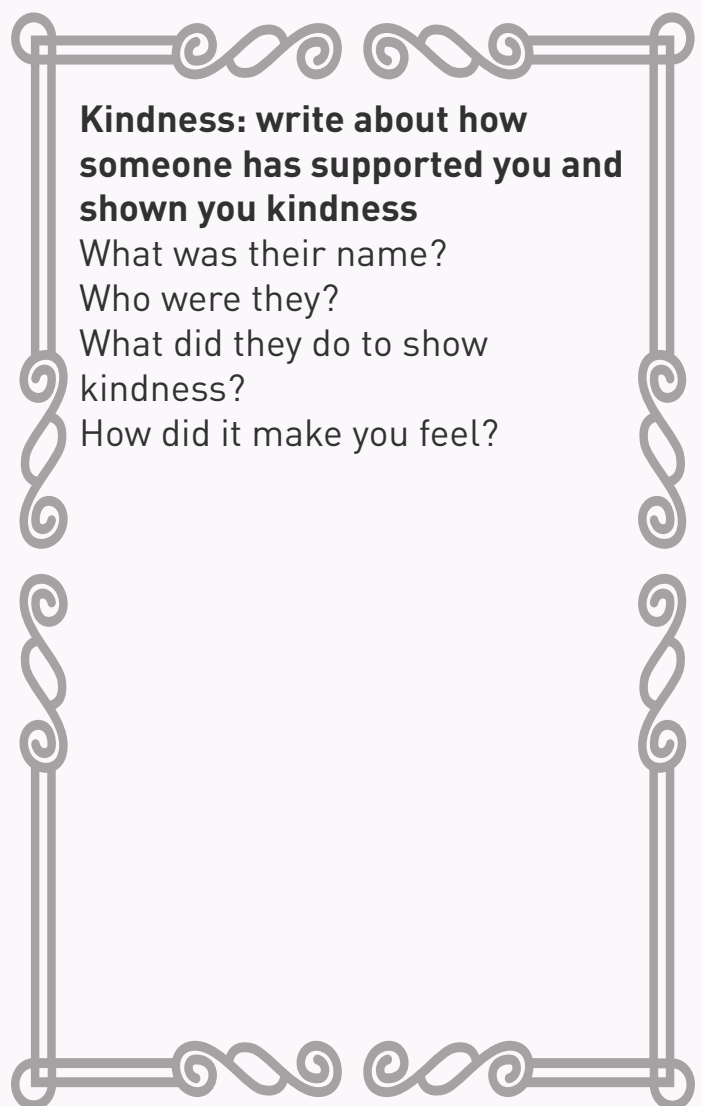
Although there's no doubt this has been a difficult time for everyone, it's important to notice the good things in the face of uncertainty.

Date:

Week Number:




Whilst I've been safe at home, I've been keeping myself busy by: (5 things)



Kindness: write about how someone has supported you and shown you kindness
What was their name?
Who were they?
What did they do to show kindness?
How did it make you feel?

This idea has come from the Trafford Culture Champion programme which is based at Stretford Public Hall. If you are over 50 and would like to hear more about the Trafford Culture Champion programme please contact Jess on jessica@stretfordpublichall.org.uk or call on 07856489930

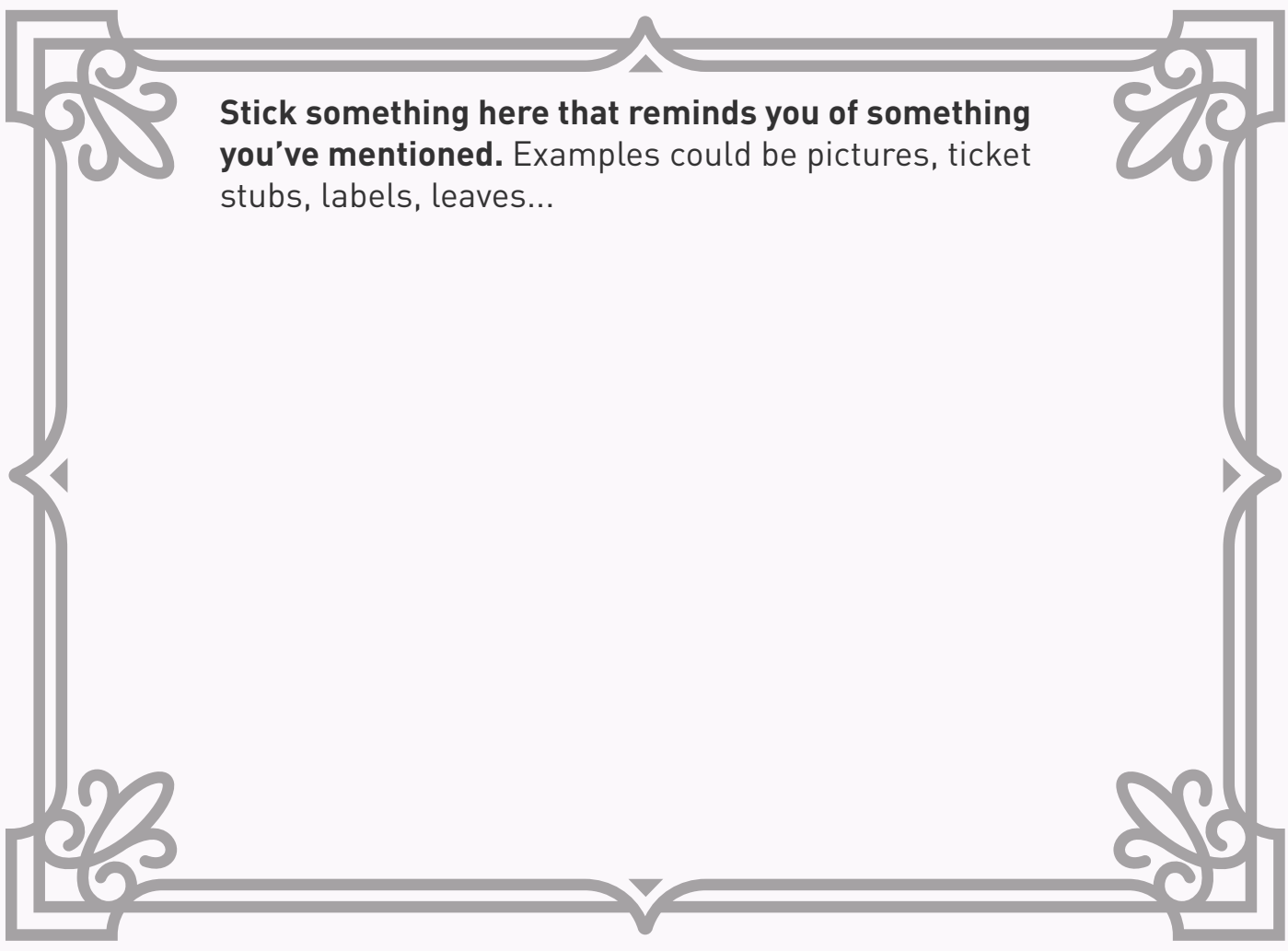


The 4 things I'm most looking forward to doing are:



3 things I've learned

This could be anything you didn't know before, a fun fact, a new skill or something you've learnt about yourself:



Stick something here that reminds you of something you've mentioned. Examples could be pictures, ticket stubs, labels, leaves...

GROW VEG FROM SCRAPS

Did you know that you can grow vegetables from the scraps that usually go in the bin?

Have fun with these simple green finger techniques and save money at the same time!

You will need:

A sunny window ledge
Vegetable scraps
Containers for water
Pot and soil (optional)

Green onions

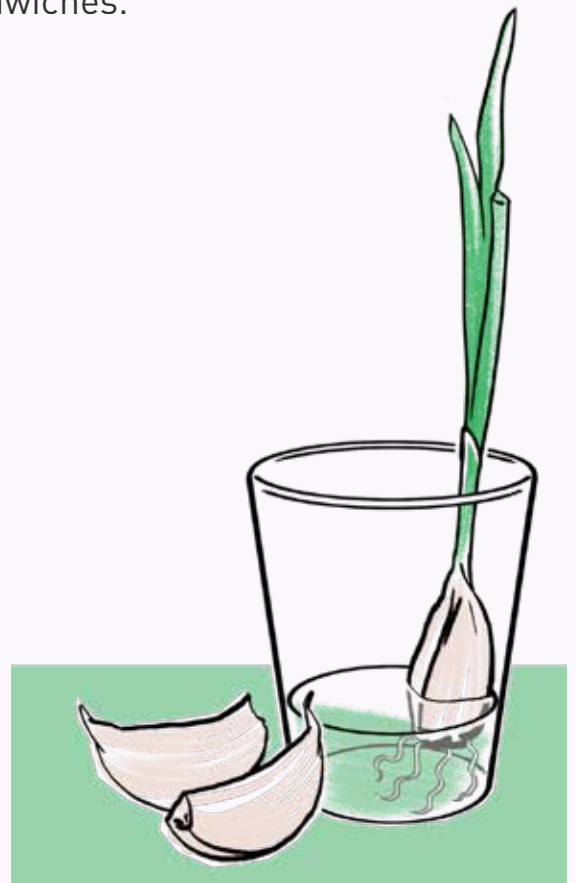
When preparing spring onions, you usually leave an inch at the root end. Keep these and submerge the roots in a cup of water and watch them grow in a matter of days. Keep the roots submerged and change the water every few days.

Garlic

Place an unpeeled garlic clove in a small container. Add a little bit of water to cover the bottom of the clove being careful not to submerge it totally or it will rot. Once you see a green sprout, you can eat this like a spring onion or transfer the sprouted cloves into a pot of soil and grow a whole new bulb. Place the pot somewhere that gets at least six hours of direct sunlight on most days, and keep the soil moist but not soggy. It can take several months to grow completely.

Romaine Lettuce

Take the heart of the lettuce and cut off the end, leaving about 2 inches (the part you would usually throw away). Place this, end down, in a bowl with warm water about ½ inch deep. Change the water daily. As new leaves sprout, you'll want to remove the outer leaves as they begin to turn brown, however the inside will still be fresh and tasty. You won't get a whole new lettuce, but enough to add to sandwiches.



TIME LAPSE DRAWING

This activity gives you permission to draw over the top of the drawing you have just done, allowing an observation to become something else.

See how far you can take it. You could end up with something completely abstract with a vibrant line and colour design!

Draw a simple line drawing every hour or so on the same page during the day. Try drawing over the top of the last one and use different colours to create the feeling of depth of space.



You can take this drawing further by filling sections with colour or pattern to create an abstract effect.

Cartwheel Arts provide high quality creative projects in community settings across GM with a particular focus on wellbeing and community cohesion. We call this Art for a Reason. Contact: admin@cartwheelarts.org.uk www.cartwheelarts.org.uk - [@cartwheelarts](https://twitter.com/cartwheelarts) <http://drawtheday.org>

BOTANICAL COLOURING

Mindful colouring from Manchester Museum's botany collection.

Materials: Colouring pencils or pens

You don't have to be an expert artist to colour! If you're looking for an uplifting way to unwind after a stressful day, colouring will do the trick. The Museum's herbarium sheets fade over time so we invite you to let your imagination go and colour in the sheets.

Research suggests that mindful colouring can provide numerous benefits for all ages. Along with the chance to relax and refocus, it can help lift your mood, decrease anxiety and stress, improve focus and in some cases improve sleep. It allows us to switch off and focus on the moment.

The horse chestnut is from Leo Grindon's collection from Chatsworth House. Leopold Hartley Grindon (1818 – 1904) was an educator and botanist.

He was a pioneer in adult education and his collection of plants, related botanical drawings and writings formed an important collection within the herbarium at Manchester Museum.

Leo would have used the horse chestnut in talks and tutorials, encouraging people to take notice of the plants round them.

At Manchester Museum we have worked with artist Lucy Burscough to take inspiration from our Botany collection to create some colouring sheets. If you want to try more, you can find them here <https://www.mminquarantine.com/resources-for-carers>



Original image.



Aesculus hippocastanum:
green fruit.
Chalky on base
- *Stictis* -
- *tr.*
June 14/09 R.

The HERBARIUM of the
MANCHESTER MUSEUM.

Aesculus hippocastanum.

Loc.
Coll. LEO. GRINDON.
Reg. No. Kx 570.

CREATIVE CHALLENGES

Bolton Culture Champion, Carole, has created these activities for you to enjoy.

Think of a song with the word 'happy' in it. Sing, hum or whistle it. Can you think of any more?

What is your favourite biscuit? Think about how it looks, smells, tastes. Does it bring back any memories?

Have a little dance while you are waiting for the kettle to boil.

Have something different for breakfast or lunch today. Variety is the spice of life!

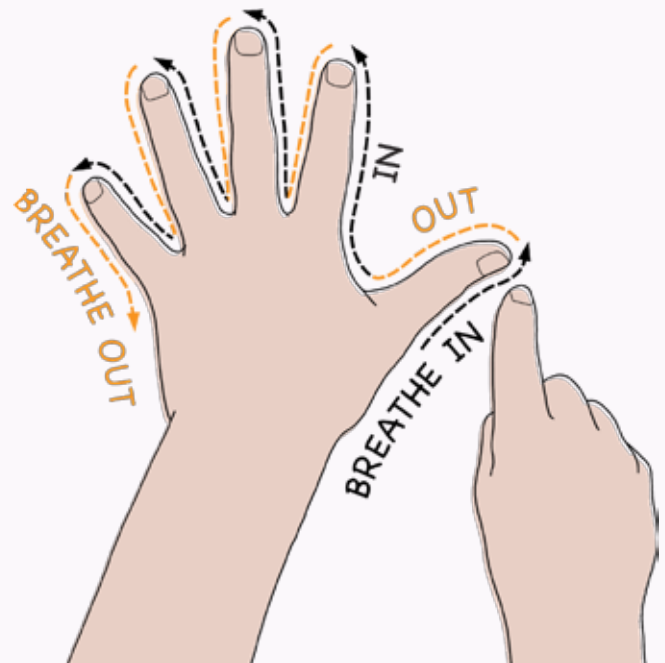
Write down three things you are grateful for. Put the list on the fridge door.

How many words of three letters or more can you make out of the word BUTTERFLY? Believe it or not there are more than 50!

Can you remember a poem that you learnt by heart at school? Try saying it out loud.

On a good day, go into the garden or open the window, and listen for birdsong. Do you know which birds you can hear?

Using one finger, slowly trace your other hand. Start by moving slowly up one side of your thumb. When you get to the top, breathe in and then breathe out as you trace down the other side. Repeat with all your fingers.



How many songs can you think of with SUN or MOON in them?

Put on some nice perfume or aftershave, smell a flower or spray an air freshener. If you prefer, smell bread or chocolate! Just enjoy a lovely smell and see what memories it brings.

The Bolton Culture Champion programme is based at Bolton at Home, a charitable community benefit society that works to make people's lives better by providing quality housing and community services. You can contact Gaynor Cox 07979 705123, gaynor.cox@boltonathome.org.uk, www.boltonathome.org.uk

Bolton
at Home

BRAIN WORKOUT

Try solving these riddles - the answers are at the bottom of the page.

1 You answer me, but I never ask you questions. What am I?

2 What kind of room has no doors or windows?

3 What can travel round the world but stays in the corner?

4 What can go through glass without breaking it?

5 Here are some tricky brain teasers for you. Which is the odd one out and why?

- a. Pheasant
- b. Peacock
- c. Pelican
- d. Penguin
- e. Puffin

6 Which is the odd one out and why?

- a. Hazelnut
- b. Peanut
- c. Cashew nut
- d. Walnut

7 Which is the odd one out and why?

- a. Computer
- b. Television
- c. Camera
- d. Projector



Answers
1. A telephone
2. A mushroom
3. A stamp
4. Light
5. A penguin, as they cannot fly
6. Peanut, it is not a real nut - it is from the pea/bean family
7. Camera, because it doesn't need electricity

WEAVING

To make a cardboard loom you will need cardboard (you can make any size, A4 is a good size), string, scissors, a ruler, pen/pencil and sellotape.

1. To make the loom:

- Draw a line about 2cm from the edge across the top and bottom of the card.
- Take the ruler and measure across the top every 1cm.
- Cut with scissors or craft knife along the top and bottom, using your 1cm marks as a guide. This will create tabs.

2. How to string the loom:

- Take the string and tape the end to the back of the card, somewhere near the top.
- Pull the thread down to the bottom and loop it round the first tab, then bring it back up over to the front, keep going till the whole card is strung. Tape the end of the string to the back of the card.

3. Materials:

- Collect any bits and bobs you have around such as wool, ribbon, fabric strips, tissue paper, tinsel and anything else you have to add interest.
- Start weaving your material (e.g. ribbon) behind and in front of the warp thread (the string you have wound around the card) and keep going till the card is covered.

4. To take the weaving off the loom:

- First, release the strings from the back of the card. Then remove the loops from the cardboard tabs, first at the top and then at the bottom of your weaving.
- Hold the weaving near the top, and pull up on the top loops. You want to pull the string through the weaving, so that the bottom loops are brought up to be flush with the bottom of the weaving, and the top loops gain extra length.
- Once the weaving has moved down to the very bottom of the strings, you can cut the top loops in the middle and tie those off.
- You will still have the two long strings at each end and you just need to thread them through the sides of the weaving to finish off.

The Whitworth Gallery in a Park was established in 1889 for *the perpetual gratification of the people of Manchester*. This mission is still at the heart of what we do today. Our Age Friendly work includes workshops and events as well as advocacy and research by and for older people aged 50+ and is a partner in Manchester's Age Friendly City Culture offer. For more information see: <https://www.whitworth.manchester.ac.uk/learn/adults/agefriendly/> email: claire.cowell@manchester.ac.uk or text message: 07776 170 688

1



2



3



MY TEENAGE LIFE

Your life on stage!

In the story of your life, who are the main characters? What were the major events that happened in your teenage years? Use this show programme template to think about the important people, events and sounds that made those years what they were. What were you wearing, who were you hanging out with, how did you feel about school and what did you think your future was going to hold?

Add an image in here...

Cast of Characters

My Parents -

My Best Friend -

My Favourite Teacher -

My First Boss -

My First Boyfriend/Girlfriend -

Synopsis

Act One

School, Friends and Fun

Act Two

Fashion and Music

Act Three

The Future

The Met is an arts venue in Bury featuring music, theatre and family events as well as workshops for children, young people and adults with disabilities. Find us online at www.themet.org.uk or across social media.



Musical Numbers

What songs would you choose to illustrate the important moments in your teenage life?

1.

2.

3.

4.

5.

Special Thanks

Who would you recognise in your Special Thanks or acknowledgements for helping you get through your teenage years to become the adult you are now?

52 IMAGES

You can use a camera or phone for this activity. Alternatively you could create pictures by sketching or cutting out images from magazines.

Elaine says:
'I did this with my daughter for a year but it can be however long you want it to be. It is not a photography competition, just a way of expressing something through an image.'

Choose a word - maybe count 3 lines down and 5 words across on a page of a book or newspaper, or decide on a word with a neighbour or someone you talk to on the phone.

Create an image of what that word means to you.

Here are some suggestions for words to get you started: YOU, LINE, LIGHT, FLOWER.

If you are doing this activity with someone else, why not share your images with each other?

You could try doing this every week for a year, but don't worry if you can't. It's not a chore! So no worries if you are involved in other things or you aren't feeling able.

Try to stretch your imagination - so no selfies or family photos!



GREATER MANCHESTER QUIZ

The missing words are all districts or areas in or around Manchester.

Example: Before going to bed, don't forget to put the BOLTON.

1. Why does a dog always its bones?

2. Come to the Bring and Buy

3. I have to because my tea is ready.

4. I can't wear my best trousers because the tailor is

5. The plates were so hot I couldn't

6. Is that sleet? No it's

7. The farmer says there's nothing growing there because it's a

8. Does the wine merchant

9. I thought you were normal until I found out about your

1. Bury 2. Sale 3. Rusholme 4. Altrincham 5. Oldham 6. Hale
7. Fallowfield 8. Stockport 9. Strangeways

Answers

COLOUR STORY MAKING

Use colour to inspire your writing.

Pick a colour.

Find five objects in your house that are that colour, anything from a placemat to a picture frame or a curtain.

Gather all the objects together or make sure you can see them from where you are.

Sit with the objects.

Use the objects and your imagination to create the beginnings of a story:

- How could these objects be connected?
- Who do they belong to?
- Where is this story set?
- When is this story set?
- What happens to turn this from a situation into a drama?

Now you have answered the questions, write your story. It can be in whatever format you like - a limerick, a poem, a side of A4 prose or as a script between the characters.

There is no right or wrong. Don't over think it! Don't be judgemental about your ideas. Just get lost in your imagination for a while.



The Royal Exchange Theatre is Manchester's iconic theatre in the round. Since 2014, we have led a diverse programme of creative activity for older people. You can take part in our regular Elders Mondays sessions including creative writing, play-reading and drama activities. For more information, please visit <https://www.royalexchange.co.uk/the-elders>



GROW YOUR OWN

They tried to bury me, but they didn't know I was a seed! (Mexican proverb).

We've included a small growing project in your kit. It's a chance to connect with nature - even if you aren't able to get outside at the moment.

- 1** You'll need a container- an old yoghurt pot is ideal but anything roughly that size is fine. If you can, make a small hole in the bottom of the pot, as this will help with drainage.



- 3** The next day, take the soil disc from your kit, place it in your pot and add lukewarm water. Then pour off any excess water.



- 5** Place your pot in a bright place. Keep the soil moist but not soaking wet.



- 2** Take the paper flower from your kit, place it on a saucer and soak it overnight in some cold water.



- 4** Then take the soaked paper flower, tear it up and bury it in the soil. Make sure it's covered over.



- 6** Watch shoots appear!



LOOKING FORWARD

Create a collage inspired by somewhere you're looking forward to going.

You will need: card, scissors, glue, old magazines, newspapers, interesting bits of paper or card etc.

1. Think of somewhere you'd like to go soon. This could be somewhere nearby, somewhere familiar, somewhere far away or somewhere you've never been.

2. Imagine being in the place you've chosen. Close your eyes and think about what you can see, hear, smell and touch while you're there. Is it warm or cold? Are you there alone or with other people? Are you moving around and doing things, or are you sitting peacefully? Notice how imagining this place makes you feel.

3. Using these feelings and images, start to think about your collage. You might want to create a realistic picture of the place, or you might want to make an abstract expression of how the place makes you feel. Pay attention to the picture you have in your mind.

4. Spend some time leafing through your old newspapers, magazines and other materials. Cut or tear out anything that you're drawn to, even if you're not sure how it might fit into your collage yet. You might find colours or patterns that make you think of your chosen place, and you might be drawn to pictures and words – there aren't any rules here!

5. You might want to use lots of small bits of paper to create a bigger image, like a mosaic, or you might want to arrange lots of different images together. It's up to you – why not experiment with different ways of making?

At the Octagon there are many exciting opportunities for you to watch theatre and take part in groups and workshops, including ReAct, our new project for over 50s. Contact us by phone 01204 520661, email: participation@octagonbolton.co.uk or find out more at octagonbolton.co.uk

OCTAGON

6. Arrange all your chosen materials on a piece of card. Play around with different ways of placing them on the paper – you could experiment with layers, and with contrasting or similar colours and patterns. Not everything has to be glued flat – what happens if you crumple or fold your materials? Take your time with this and notice how the picture slowly comes together.

7. When you're happy with how it looks, begin glueing everything down. Start with the background and work forward. Then when you're finished, let your collage dry flat before proudly displaying it!



WRITE NOW

Write Now is a mix of activities to get you thinking and writing. But if writing is not your thing, you could draw pictures instead.

You may not think you can write but you'd be surprised!

Anyone who writes or draws will tell you the way to improve is to write or draw a little each day. So, plan to do one or two activities each day for a week. Or choose whatever pace works best for you. You can start, stop and pick up from where you left off as you like. The idea is to have fun. So, let's create.

Kids These Days

Shelagh Delaney, *A Taste of Honey*

Born in Salford, Shelagh Delaney [1938 – 2011] wrote *A Taste of Honey*, the play for which she is most famous, at the age of 19. She wanted to put working-class people on the stage with all their fun – good times as well as hard times. *A Taste of Honey* was produced in 1958, going on to the West End and then being made into a film in 1961.

From - *A Taste of Honey*:

JO: Stop it. [As Boy embraces her].

BOY: Why? Do you object to the "gross clasps of the lascivious Moor"?

JO: Who said that?

BOY: Shakespeare in *Othello*.

JO: Oh! Him. He said everything, didn't he?

BOY: Let me be your *Othello* and you my *Desdemona*.

Activity 1

In the play, Boy is a lad of African descent, a sailor and former male nurse, and Jo is a working-class Caucasian girl from Salford – in 1958. Write a monologue from each character's point of view about how they feel about the relationship.

Activity 2

Imagine you're directing *A Taste of Honey*. How would you soundtrack the play? What music would Boy and Jo listen to? You can choose to either do it as 1958, or as now.

Activity 3

Now imagine yourself back in 1958, and you're Jo's neighbours.

Imagine the conversations:

- Between two older women at the wash-house*

- Between two older men down the pub
*A public place where the neighbourhood could go to either take a bath or wash their clothes.

SOUL MUSIC

Greater Manchester has been home to all kinds of artists through its history – including bands, musicians, and songwriters.

Bury band Elbow won the Mercury Prize in 2008 for their album *The Seldom Seen Kid*.

From **One Day Like This** [songwriter Guy Garvey] on the album **The Seldom Seen Kid**.

“Drinking in the morning sun..

...Someone tell me how I feel
It’s silly wrong, but vivid right
Oh, kiss me like a final meal
Yeah, kiss me like we die tonight...
...Throw those curtains wide
One day like this a year would see me
right for life...”

Activity 4

What would be the perfect song for your perfect day, the “one day that would see you right for life?” What would you be doing while you listened to it? Why is it the perfect song? Why is this the “one day”? Write about it, in any style or genre you please.

Activity 5

Find one or two favourite things – things that to you are nearly perfect – that are in the room with you now or in your house. And write what those things reveal to you. Not reveal about you, reveal to you.

At Manchester City Of Literature we can point you to all the reading and writing programmes and events across Greater Manchester. You can contact us by phone 0161 953 8367 www.manchestercityofliterature.com @McrCityofLit
Activity written by Cheryl Martin for Manchester City of Literature.

BEE IN THE CITY

Bee in the City was an art trail in Greater Manchester during 2018, based on the Manchester symbol of the worker bee. Giant bees could be found all over the place.

Imagine the worker bees going for a drink at the end of a long day at Pride Parade, the Queen Bee's very first. What do they talk about? Give them names and invent a personality for each of them. Then write out their conversation.



Photography by Vladislav Mavrin

We would love to read and see the stories and pictures you have created. We want to publish and share a selection of them later this year. Once it is safe for you to visit the post office, please post copies of your writing or pictures to:

**Manchester City Of Literature, First Floor Town Hall Extension, PO Box 532,
Manchester M60 2LA.**

If you have access to email, you can send them to MCRCityofLit@gmail.com. Please include your name and a phone number or email address or other way we can contact you. We may not be able to return your work so make sure you keep a copy.

STRENGTH AND BALANCE WORDSEARCH

All the words you are looking for are related to the Super Six exercises. When you find the name of one of the exercises, why not try it out?

You'll find instructions for all the exercises on the next two pages.

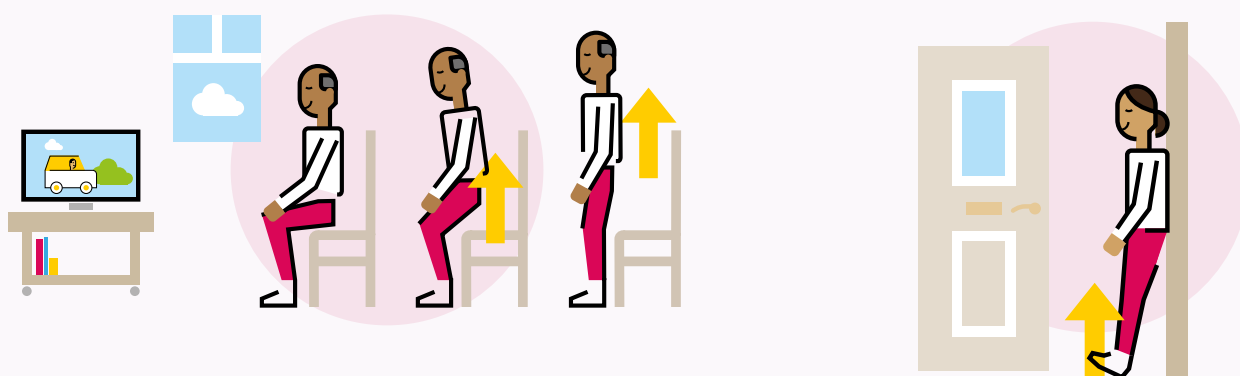
S	E	A	T	E	D	M	A	R	C	H	W	T	O
H	I	N	U	J	T	C	N	Y	J	I	B	Q	N
O	B	T	Y	I	C	P	R	E	T	A	W	P	E
U	W	S	T	R	E	N	G	T	H	U	E	I	L
L	N	X	I	O	A	J	A	B	D	S	L	N	E
D	S	M	L	V	S	O	H	A	C	E	L	H	G
E	E	B	I	W	H	T	E	N	L	S	B	E	S
R	L	G	B	E	R	M	A	E	X	I	E	D	T
C	C	D	I	A	X	I	L	N	H	A	I	X	A
I	S	A	X	E	L	G	T	E	D	R	N	A	N
R	U	L	E	C	W	A	H	Q	V	E	G	L	D
C	M	L	L	A	U	I	N	E	R	O	N	E	E
L	X	H	F	J	L	O	O	C	E	T	S	R	W
E	S	E	S	I	A	R	L	E	E	H	V	I	D

1. SIT TO STAND
2. HEEL RAISES
3. TOE RAISES
4. ONE LEG STAND
5. BALANCE
6. STRENGTH
7. FLEXIBILITY
8. HEALTH
9. WELLBEING
10. MUSCLES
11. RELAX
12. SEATED MARCH
13. SHOULDER CIRCLE
14. WATER

At GreaterSport, we are passionate about changing lives through physical activity. If you want support in how to become more active, you can contact us by phone: 0161 223 1002, Email: office@greatersport.co.uk or Twitter: @GreaterSport

THE SUPER SIX

Key exercises to help improve your strength and balance.



SIT TO STAND

If repeated regularly and slowly will improve lower limb strength and stability.

What to do:

- Sit tall near the front of the chair.
- Place feet slightly behind knees.
- Lean slightly forwards.
- Stand up (using hands on the chair for support if needed. Progress to no hands over time).
- Step back until legs touch the chair, then stand tall, bend knees and slowly lower bottom back into the chair.
- Repeat 10 times.

TOE RAISES

Helps strengthen the muscles that lift the toe up, important for when stepping and for balance.

What to do:

- Stand tall holding a sturdy table, chair or even the sink!
- Raise toes taking weight back onto heels and without sticking bottom out.
- Hold for a second.
- Lower toes to the floor with control.
- Repeat 10 times.

More challenging option:

Repeat the exercise, doing it slowly and hold for a second or so just before put the toe down again.

The Super Six exercises have been taken from the 'Keeping Well at Home' booklet. To access a copy, see here: <https://www.greatermanchester-ca.gov.uk/coronavirus/support-and-advice-for-older-residents/>

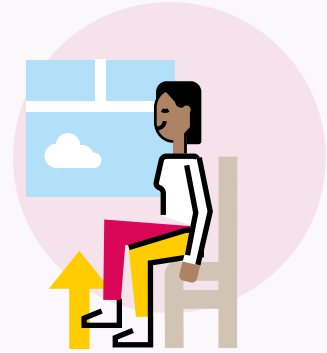


SHOULDER CIRCLES

Warms muscles and prepares for movement.

What to do:

- Sit tall with arms at your sides.
- Lift both shoulders up to ears, draw them back then press them down.
- Repeat slowly five times and feel the shoulder joints loosen.



SEATED MARCH

Warms muscles and prepares for movement.

What to do:

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- March with control.
- Build to a rhythm that feels comfortable.
- Continue for 1-2 minutes.



ONE LEG STAND

Helps improve walking stability.

What to do:

- Stand close to support surface and hold on.
- Balance on one leg, keeping the supporting leg straight but knee soft.
- Stand tall and look ahead
- Hold for 10 seconds.
- Repeat with the other leg.

More challenging option:

Try to use the support surface less and hold the position for longer, up to 30 seconds.



HEEL RAISES

Help strengthen muscles at the front of the foot, improves balance.

What to do:

- Stand tall holding a sturdy table, chair or even the sink!
- Raise heels taking your weight over the big toe and second toe, hold for a second.
- Lower heels to the floor with control.
- Repeat 10 times.

More challenging option:

Repeat the exercise, doing it slowly and hold for a second or so just before putting the heel down again.

DRAWING THE WORLD BEYOND YOUR WINDOW

Try these simple drawing activities inspired by a painting.

At People's History Museum there is a large collection of paintings by the artist Cliff Rowe (1904-1989) including this work called *Woman with Birdcage in Window* painted in 1931.



Rowe was an artist that used his paintbrush to draw attention to the ideas he believed in.

He spent much of his professional life visiting factories and painting people at work, but this painting depicts someone pausing to look out of a window.

Activity 1: SEE

Draw the outline of a window in your home and then draw what you can see outside. Focus on the shapes and the lines that you can see.

Activity 2: IMAGINE

Imagine you are the woman in the painting. What are you looking at? Have a go at drawing what you imagine.

Activity 3: REMEMBER

The woman is standing next to a bird in a cage. We can imagine the bird tweeting. Think about a sound that has made you happy in the past. Maybe it was someone's voice or the sound of the sea? Try to remember the place where you heard that sound and have a go at drawing it.

People's History Museum is the national museum of democracy, telling the story of its development in Britain: past, present and future. You can find out more at: phm.org.uk



COLOUR OUR COLLECTIONS

This image is from our archival collections, and shows parts of our building, which you can colour as you choose.

You may wish to use the activity to create a space of focus and mindfulness or simply to create your own designs for our building.



At CFCCA, we have an exciting engagement programme including various free events and exhibitions, workshops and talks throughout the year. You can find out more at www.cfcca.org.uk including information about 'The Dumpling Social Club' an arts programme for Chinese older (50+) people.

MAKING CONVERSATIONS WITH ART

Here are two paintings on the opposite page, from the gallery's collection. You can choose one or both.

What to do

Sit comfortably and allow yourself to spend time with the painting. You might want to write down notes about what you notice, but you don't have to.

Notice your first impressions of the painting. Do you like it? Does it remind you of anything? Does it make you feel a certain way? Do you have any questions about it? Then take your time to notice the following aspects of the painting, one by one:

Composition – what shapes make up the painting, how much space is around them?

Colours – you could try focusing on one colour at a time, for example, noticing all the different shades of blue in the painting, and then all the different shades of pink.

Light and Shadow – scan the painting looking first for all the brightest parts and then explore all the areas of shadow.

Texture – notice the different textures in the painting, soft, shiny, scratchy, smooth...

Making Conversation takes place on the last Tuesday of every month between 1pm - 4pm. The sessions start with an informal and friendly conversation, before taking a walk around our galleries and then making some art together. Everybody is welcome to join the group. For further information, please email Kate Day: k.day1@manchester.gov.uk

Let your mind wander

What might the story of this artwork be? Why do you think the artist has painted this and what might they be trying to say? (It doesn't matter if you don't think you know this!) Does the painting relate to you and your life in any way?

Start making

This is an opportunity to make something inspired by the images in any format you like. For example, you could make a drawing, set up a scene on your kitchen table and take a picture, write a poem, make a collage from scraps, or think about sewing.

Be creative with the materials you have around the house. Here are a few suggested materials you could use:

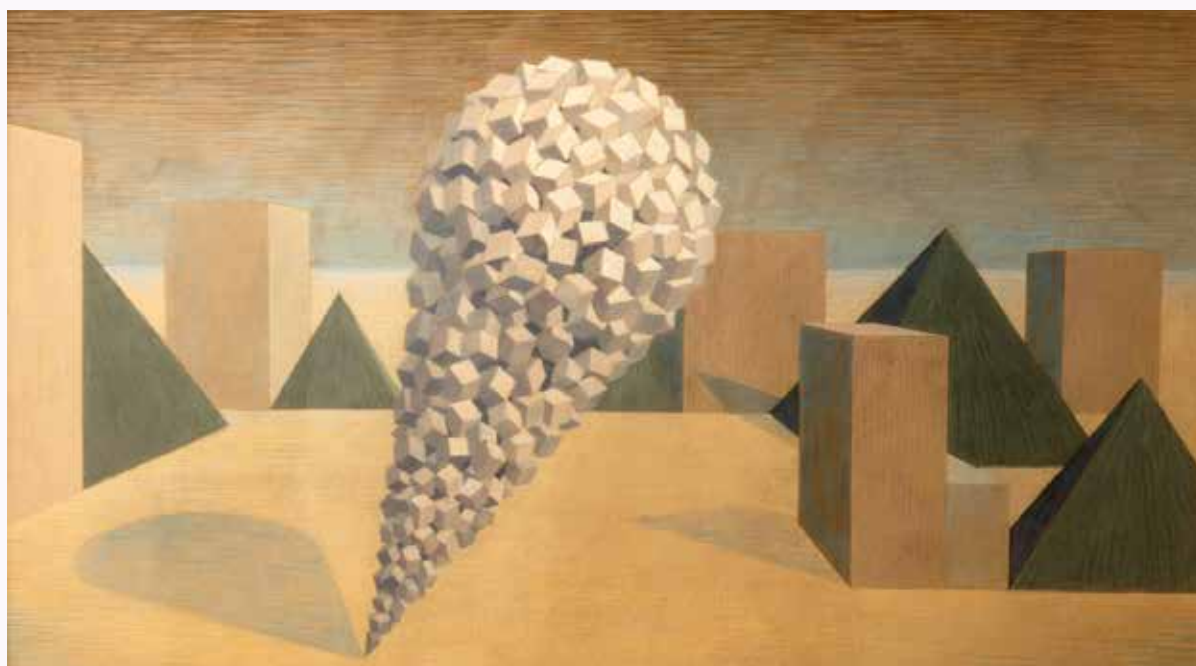
Kitchen paper tubes, envelopes/junk mail, packaging, biro, pencil, string, rubber band, tape, scissors, wrapping paper, camera/smartphone, old fabric/clothes, wool or garden pots.

Focus on the joy of making, there is no right or wrong.

Still Life by Edward Hartley Mooney 1918



Black Pyramids by John Armstrong 1893 – 1973



Manchester Art Gallery is the original useful museum, initiated in 1823 by artists as an educational institution to ensure that the city and all its people grow with creativity, imagination, health and productivity. Through its collections, displays and public programmes it works with all our constituents to ensure

creativity, care and consideration infect all aspects of the way we live.

If you would like to look at these, or more of the paintings from the gallery, and you have access to the internet, you can visit our website here:
<https://manchesterartgallery.org/>

SOLO PERFORMANCE

An acting workshop for one - vocal warm ups and text-based activities to try at home.

Deep Breathing

1. While standing or sitting, draw your elbows back slightly to allow your chest to expand.
2. Take a deep inhalation through your nose.
3. Retain your breath for a count of 5.
4. Slowly release your breath by exhaling through your nose.
5. Continue this breathing pattern for 3 – 5 minutes.

Voice: The Hummmmm

This is one of the most effective vocal warm ups. Sit with your back straight and take a deep breath in that expands your diaphragm. During your exhale, vocalise the sound, “Hummmmmmm” until you have no more breath. Repeat five times.

Enunciation

Say the sounds quickly as clearly as you can. Each sound is different and works your mouth in a different way.

MOO MOH MAW MAH MAY MEE
BOO BOH BAW BAH BAY BEE
TOO TOH TAW TAH TAY TEE
DOO DOH DAW DAH DAY DEE
NOO NOH NAW NAH NAY NEE

Repeat these six times. Keep the sound short and punchy.

HA HA HA HEE
KA KA KA KEE
GA GA GA GEE
YA YA YA YEE
RA RA RA REE
PA PA PA PEE
TA TA TA TEE
WA WA WA WEE
ZA ZA ZA ZEE

The Lowry is an arts centre in Salford & a registered charity. At The Lowry you can experience live performances such as dance, theatre or comedy in our theatres, see the world famous LS Lowry's art work in our galleries or take part in creative workshops and projects in our studios - we'd love to welcome you. www.TheLowry.com Twitter @The_Lowry



Acting Exercises: Playing with emphasis

The emphasis you put on words in a sentence can really change their meaning.

Try saying the following line placing emphasis on the first word 'I':

"I said we shouldn't help him"

Repeat this phrase another 5 times, placing the emphasis on each word in turn. Notice how the meaning of the line changes.

Now try creating your own sentences in which emphasis can change the meaning of the line e.g: She isn't flying to Hawaii tomorrow.

Intentions: What do you really mean?

1. Think of some interesting intentions that a character may have, for example to calm someone, to avoid something, to attract someone, to encourage someone, to entertain, to make peace with someone, to annoy...

2. Try saying this line, thinking about one of the objectives above:

"How do you like your coffee?"

Can you sound encouraging? Can you sound soothing? Think of some other intentions to try.

3. Now try the same exercise, by opening a book or magazine and picking a random sentence or two. If you are with another person, see if they can guess your intention.

Tongue Twisters

Try to say these without tripping up!

The lips,
the teeth,
the tip of the tongue,
the tip of the tongue,
the teeth,
the lips.

A box of biscuits,
A box of mixed biscuits,
And a biscuit mixer.

All I want is a proper cup of coffee
Made in a proper, copper coffee pot
If I can't have a proper cup of coffee in a proper copper coffee pot
I'll have a cup of tea!

TOGETHER WE MOVE

This activity is an opportunity to dust off your old records, CDs, tapes or simply sing along to an old favourite tune, and make the song come to life in a 'visual score' postcard.

1. Creating your own Rhythm and Rhyme postcards

Music can hold lots of memories for us, and with these postcards you can celebrate these memories and share with others.

What is a visual score?

A visual score is a representation of music through the use of visual symbols and drawings, outside of traditional musical annotations. So think how you might draw the sound of a drum gradually getting louder and LOUDER and LOUDER, or the HIGH pitch of a violin before it suddenly goes very, very, quiet.

Examples:

We asked some of the musicians and participants involved in the *Together We Move* programme to share their favourite tracks of the era and to translate them into visual scores.

These are some visual scores in response to these combined tracks: Moon River by Danny Williams (HMV) 1961, Oh Carol by Neil Sedaka (RCA) 1959, & Because You're Mine by Nat King Cole (Capitol) 1952.



At Castlefield Gallery you can experience new art made by artists from across Greater Manchester exhibited alongside contemporary art work made by artists from around the globe.

0161 832 8034 - info@castlefieldgallery.co.uk - www.castlefieldgallery.co.uk
[@CastlefieldGall](https://www.instagram.com/CastlefieldGall) [@castlefieldgall](https://www.instagram.com/castlefieldgall) /[castlefieldgallery](https://www.facebook.com/castlefieldgallery)

What you will need:

1. Access to music from your favourite era. This could be via your own collection of music or why not access music for free via radio.
2. Colouring pens/pencils, a pencil, paper, card and a ruler.

STEP 1

Once you have picked your favourite tune, select one colour pencil and your paper.

Play the tune and try to focus on a particular instrument or sound – how does that instrument change throughout the song? Can you draw to the sound? When it gets **LOUD**, when it gets *SOFT* etc.

Try not to lift your pencil off the paper often, imagine you are taking your pencil on a musical walk from one end of the paper to the next.

STEP 2

Take a new colouring pencil and play the track again. Focus on a different instrument or sound this time and repeat Step 1. Take a third colour pencil and repeat the process with a different sound. Don't worry if your lines cross over each other on the paper – it just adds to the pattern.

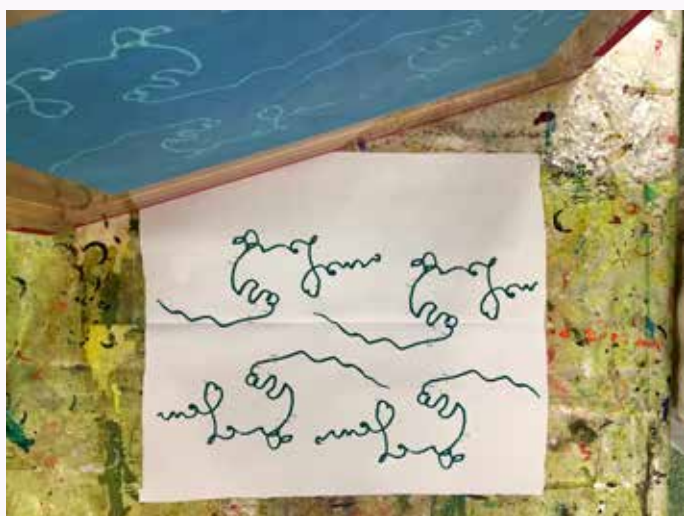
*If you want to make a neater design you can pre- draw some straight lines across the paper – like musical sheet paper, so you can draw within and on each line.

You can then repeat this exercise with lots of different tracks/songs of your choice.

STEP 3

Select your favourite visual score to copy the design onto your card. Draw the design on one side of the card.

Now you have your music inspired postcard – who would you like to send it to?



Since January 2019, For Together We Move, artists Sally Gilford, Ben McDonnell and Liz Wewiora, have been working with over 60s residents from across Greater Manchester to engage with the music, visual culture and social history of the decade 1952–1962. This activity has been supported by Castlefield Gallery, Manchester, and the University of Salford Art Collection.
www.castlefieldgallery.co.uk <https://artcollection.salford.ac.uk/>

LET'S TAKE A LINE FOR A WALK

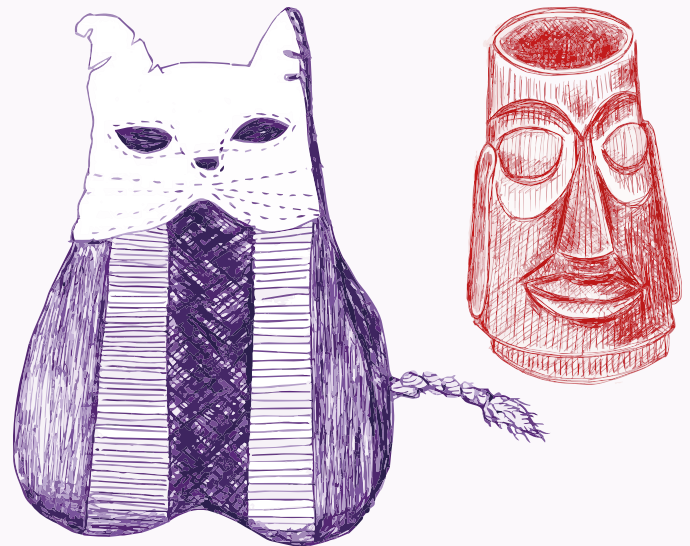
For this activity, you are going to be creating a line drawing.

You will need a pen or pencil and a couple of pieces of paper.

The line is a basic element of drawing and can be drawn thick or thin, straight or curved, calm or angry, or as a dot or dash. When the artist Paul Klee wrote *The Pedagogical Sketchbook* in 1925, he said drawing was like “taking a line for a walk”. When you put it like that, drawing suddenly becomes less daunting. Are you ready to take a walk?



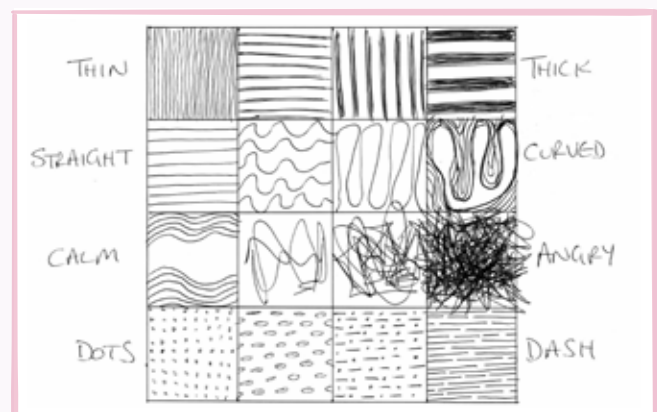
Anyone who can make a mark on a piece of paper can draw. We do it all the time: doodling on bits of paper when we're trying to think, scribbling absentmindedly on whatever's about when we're left on hold on our phones. Drawing makes us happy and confident, it's a way of expressing how you feel. It brings you joy.



1. Let's start with a drawing exercise:

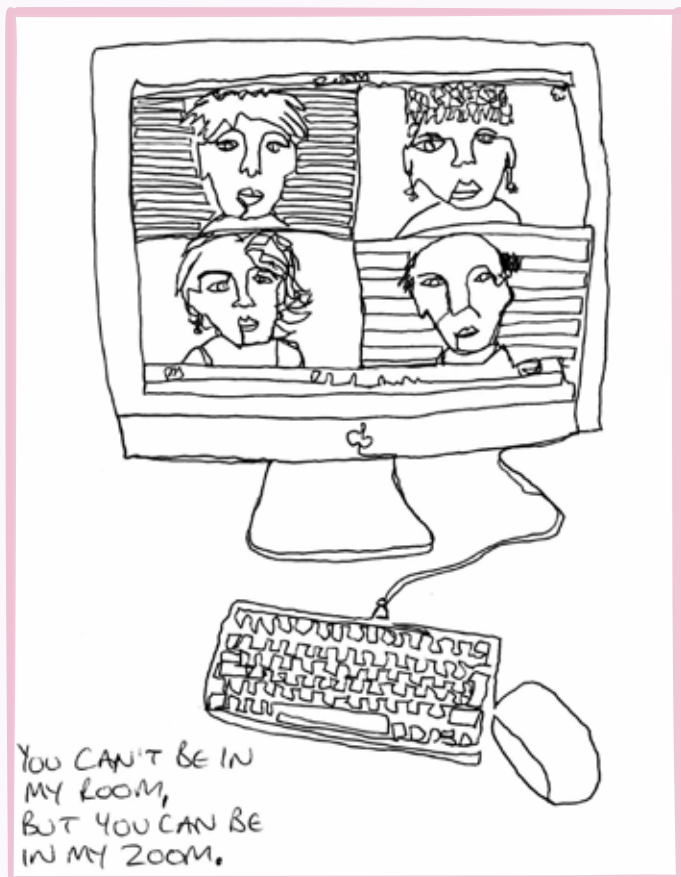
Draw a 4 x 4 grid which fills the paper you are using.

Starting from the top row and going from left to right, draw some lines in the first box, and then alter the nature of the lines in each of the following boxes. For instance, in the first box the lines could be quite thin and by the last box in the row, the lines are really thick. You can come up with your own line styles or use those in the illustration.



2. The Project:

Now draw an object using the line styles you've just been experimenting with. You can use anything for inspiration: an everyday object in your home or maybe something that's important to you. This drawing has been made using one continuous line.



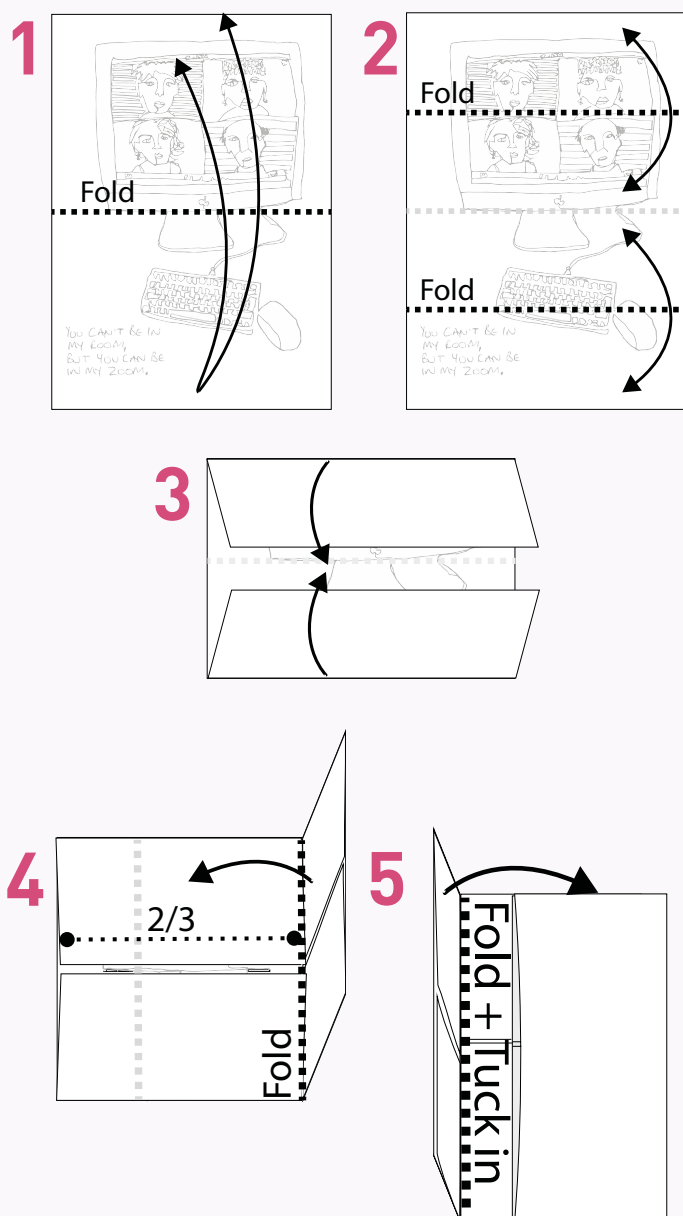
What's Next...

You could display your finished drawing at home, but having taken your line for a walk, why not take it on a longer journey? You could share your work on social media or follow the instructions on how to letterlock and you can either post or give your picture to a friend or a member of your family.



3. Letterlocking:

This process of folding a letter in such a way that it becomes its own envelope, dates back to the 13th century. It was a way of securing the letter's contents from prying eyes until the recipient received it. The skill went into decline with the mass production of envelopes in the 19th century. Follow the instructions and have a go.



KITCHEN POP ART COLLAGE

Taking inspiration from Pop Art, reproduce your own bright, colourful take on the classic Andy Warhol paintings and prints.

Materials needed:
paper, old magazines, coloured paper, scissors, glue, pencils



Pick your favourite cupboard staple and, using collage techniques, you can make your own masterpiece!



Step 1.

When you have picked the item you want to reproduce, start by sketching it out onto an A4 sheet of paper. Go large with your drawing! The smaller you make it the harder it is.

Arc is an arts and health organisation, based in Stockport, which is leading Stockport's Culture Champions project. At Arc you can take part in creative programmes which improve mental health, confidence and skills. You can find out more at [HYPERLINK "http://www.arc-centre.org"](http://www.arc-centre.org) www.arc-centre.org and [HYPERLINK "http://www.keepingustogether.org.uk"](http://www.keepingustogether.org.uk) www.keepingustogether.org.uk - activity by Arc artist and volunteer, Lauren Jones.





Step 2.

Once you are happy with your design, start ripping or cutting the colours you need from the magazines or coloured paper. Make little piles of the different colours you'll be using.

This way it's easier once you start sticking.



Step 3.

Start the collage. Use scissors or rip the papers to fit your design and then start gluing them down. It's easiest to work each section at a time. Build it up in layers, starting with a base colour first then working on top.



Step 4.

Add lettering from your magazines, or if you want you can draw on top of your collage adding textures, text or any other details you'd like.



Step 5.

When you are happy with your collage, carefully cut around it and mount it onto a colourful background. The collage can become a bit wrinkly depending on what paper you started on, but once you have mounted it down with glue, lay a few heavy books on top to flatten it down whilst it dries.

ICE CUBE INSPIRED SENSORY POEM

For this exercise it is best to use ice cubes that have melted slightly and that have not come straight out of the freezer.

You will need a couple of ice cubes in a box or bowl, a towel, a pen and paper.

As you respond to the ice cubes write down everything that you say in a list – don't filter anything out!

Begin:

Look at the tub of ice cubes.

What can you see?

How would you describe the shape of the ice cubes?

How would you describe the colour and texture?

Where might you find ice cubes?

What might you use them for?

Then:

Take hold of an ice cube in your hands. You may want to place a towel on your knee whilst doing this to keep dry!

How does the ice cube feel when you hold it?

What is the texture?

How would you describe what it feels like?

Is it light or heavy?

How does it feel as it moves through your fingers?

The Storybox Project is a dementia friendly creative project supporting people to live well with creativity as part of everyday life. You can explore our resources and join our community here: <https://storyboxathome.smallthings.org.uk/test> or contact us on 07941218 435 info@smallthings.org.uk

Next:

Try and make the ice cube disappear totally.

How quickly does it seem to be melting?

What could you do to make it melt even more quickly?

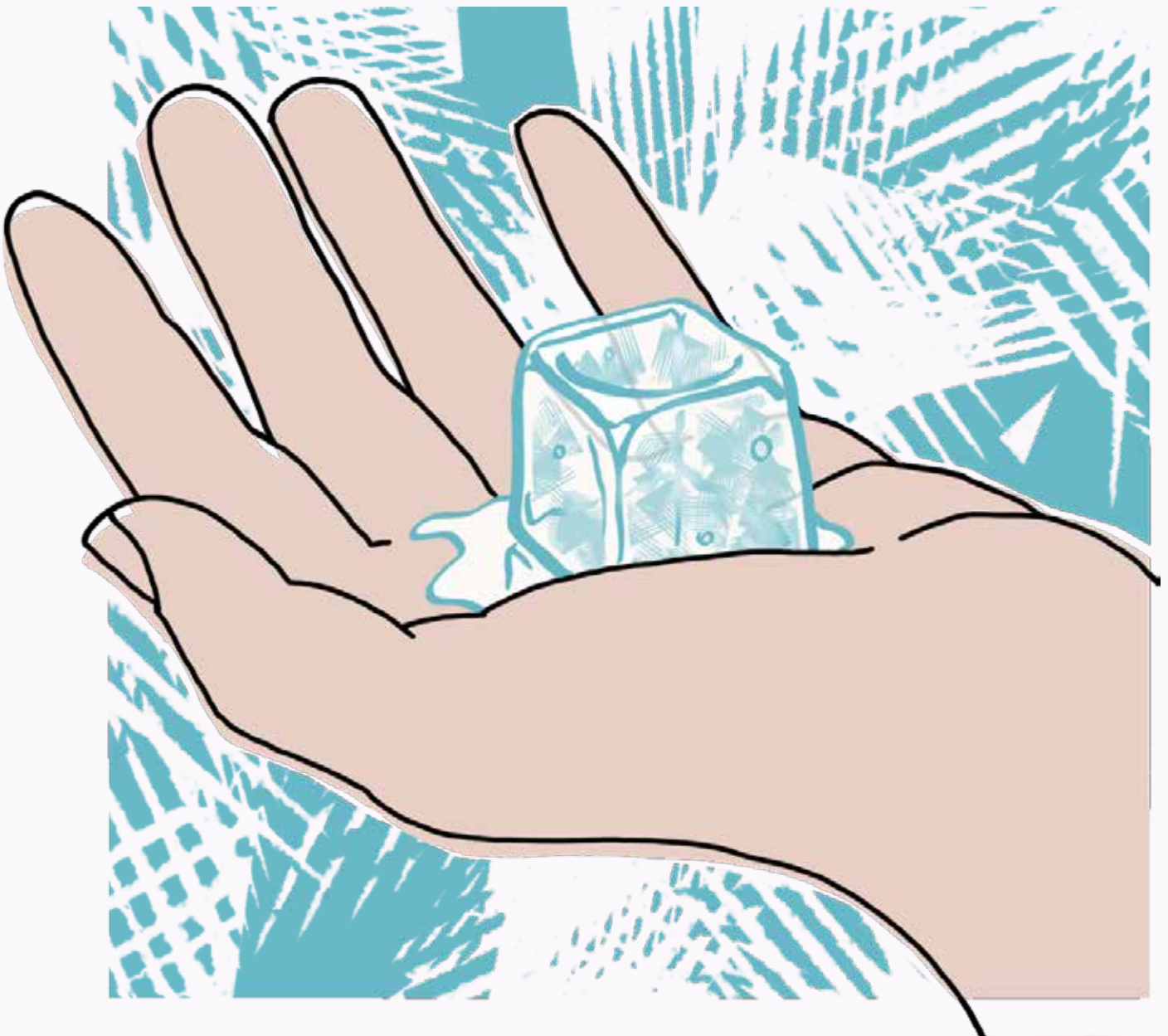
How does it feel when it is melting?

And how does it feel once it is gone?

Finally:

Read back the poem that you have created about the ice – this is your list of words and phrases!

End by coming up with a title, then read it back one final time.



COLLECTING WORDS AND MAKING HAIKUS

A haiku is a special poem form that has five sounds in the first line, seven in the second, and five in the third.

To make your own haiku you can use a place you remember, something you can see, or perhaps an old photograph. Just looking out of your window can also be great inspiration.

1. First of all, write down as many words as you can think of to do with your chosen place or photo.

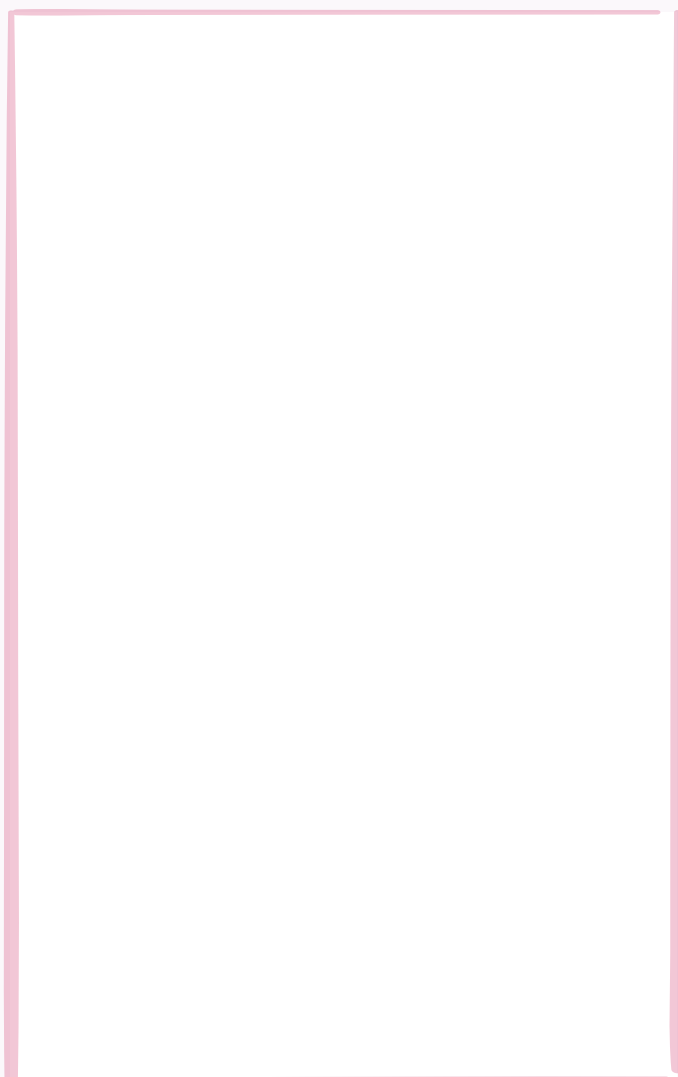
2. Now arrange these words into lines. You may want to add a few extra words to join the ideas together. Here's an example using an image of a grandparents' green grocer's shop:

Chickens with heads on, grandfather in white apron and tie, Mum hanging on to Grandma, boxes of potatoes, beans in baskets, old pennies, leeks bigger than ever, black boots, bunches of bananas, abundance.

And here is the haiku:

For beans in baskets
For bananas in bunches
Pay in old pennies

You can make more than one haiku from each set of words, you just need to remember the 5, 7, 5 rule.



NOTES

Use this page to make any notes you may have, or to assist with any activities within this booklet.

CREATIVE WELLBEING

HINTS AND TIPS

Section 1

Soothing and Relaxing

- Being creative can provide relaxation, distraction and absorb us and connect to an experience called 'flow,' which is like a temporary golden state of mental health.
- Creative activities, particularly those involving movement, can ease tension and stress.

Emotions

- Creative activities can boost mood and reduce anxiety.
- Creative activities can boost self-esteem, senses of achievement and pride.
- Being creative has been shown to reduce the harmful effects of stress on the body, supporting the body to take care of itself and protect the immune system.

Pain Relieving

- Many studies all over the world with all kinds of people and illnesses show that arts activities can reduce pain.
- Music is a particularly strong form of natural pain relief.

Section 2

Understanding

List all your worries starting with 'what if..' Then, write down the 'so what?' for each worry. Work through with practical steps.

Notice when you are talking negatively to yourself and imagine telling these to a friend. Ask yourself, what would your friend say?

Feelings are not facts! Separating feelings from the actual facts of what is going on is useful and can help calm the mind.

Remind yourself daily that this is temporary.

If you can't say it, show it! Movement is an ancient and powerful way of expressing feelings.

Soothing and Relaxing

Identify your own special place where you can retreat when stressed. Make it cosy with blankets, pillows, scarves. Count down from 5.

What 5 things can you see?
What 4 things can you hear?
What 3 things can you touch?
What 2 things can you smell?
What thing can you taste?

Develop a self-care toolkit. Involve sensory components (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure)).

Repetitive, right-left movement can be effective at self-soothing and regulating emotions in times of distress.

Write without thinking: don't hold back, don't judge. Just let your feelings come out on to the page.

Fake it! Act out how calm you would like to feel: smile, breathe deep, walk talk, move your body. After 10 mins, check how you feel.

Practice gratitude: write down three things every day that you are grateful for and reflect on them.

Movement

Body Squeeze: clench all your muscles and take a deep breath. Hold for a count of 10. Breathe slowly as you gradually release the tension. Repeat.

Emotions

Dress for the life you want, not life at the moment. It is amazing how our dress can impact mood.

Find your awe: the feeling of awe makes people more likely to support others and give generously.

We have three main states: soothe, drive (motivation), and threat. Check how much time you are spending in each and try to find a balance.

Accept your feelings: There is no map for this situation, it is normal to experience big and confusing feelings.

Worry date. Set a time for worrying. Tell your worries you will listen to them then. Give yourself permission to relax until then.

Make a list. If you're feeling overwhelmed, a to-do list can help. Write it down, cross off anything unimportant, then do the simplest! This helps you feel more in control.

Pain Relieving

Research shows you can boost your mood by focussing on a positive memory. What are your favourite moments?

Connection and Belonging

Be kind to yourself and others. Offer the benefit of the doubt. Everyone is doing their best. Don't enter into every argument you are invited to.

Useful Numbers and Contacts

Below is a list of useful contact numbers and websites, relating to both your physical and mental health.

NHS - 111

If you have any concerns about your health.

Age UK - 0800 169 6565 - Provides help and information for people in later life. Can also provide contacts for local Age UKs.

Independent Age - 0800 319 6789

Advice and support for older people.

Citizens Advice

Online free advice for all problems.

Silver Line - 0800 470 8090

Helpline If you are over 55, call for a cheerful chat, day or night.

Samaritans - 116 123

If you want to talk through concerns, worries or troubles.

Refuge - 0808 2000 247

National Domestic Abuse Helpline.

Carers UK - 020 7378 4999

Mental health support in Greater Manchester

- If you need help in a crisis, no matter what it is – we're here to help

Find mental health support where you live

<https://hub.gmhsc.org.uk/mental-health/in-your-area/>

SilverCloud

Online programmes for adults to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure. Instant access to self-help support:
<https://GM.silvercloudhealth.com/signup>

If you do not have access to the internet ask a friend, family member, neighbour or community contact to print documents for you.

Local helplines

If you feel you need mental health support, urgent or otherwise, you can contact your locality helpline or the mental health trust phone numbers in your crisis support plan. They will connect you to practical support with voluntary sector and statutory health and social care services.

- **Bolton - 01204 337 221**

- **Heywood, Middleton & Rochdale
0300 330 9073**

- **Oldham - 0300 330 9073**

- **Stockport - 0800 138 7276**

- **Trafford -0300 330 9073**

- **Bury - 0161 253 5151**

- **Manchester - 0800 234 6123**

- **Salford - 0800 952 1000**

- **Tameside & Glossop - 0161 470 6100**

- **Wigan - 01942 636 395**

Shout – free 24/7 crisis text messaging service

You can send a text message any time of day or night wherever you are – every conversation is with a human being. Just text GM to 85258. You don't need an app or data. There's no registration process. It's silent and won't appear on your phone bill. Confidential and anonymous.

Living Life To The Full

Living Life To The Full delivers online courses for people affected by low mood, anxiety or depression using cognitive behavioural therapy concepts. Available online and totally free of charge for Greater Manchester residents
Instant access to self-help support: www.hub.gmhsc.org.uk/mental-health/living-life-to-the-full/



This booklet was designed by Studio Salford.

Studio Salford is an internal agency within the School of Arts and Media at The University of Salford. They provide a range of services to create compelling, meaningful and innovative content.

Students and alumni work for the agency from across a range of degree programmes including: Film Production, Television and Radio, Graphic Design, Photography, Journalism, Digital Media and many more. They work alongside academic staff to produce professional, commercial content and are teamed with experienced Design and Media Studio Managers who lead on each project to ensure a professional service. For more information, please visit:

<https://blogs.salford.ac.uk/studio-salford/> or email: y.f.stopford@salford.ac.uk

CREATIVE CARE KITS

Is a collaborative project by Greater Manchester Combined Authority and the following cultural and voluntary sector organisations from across Greater Manchester, who have come together to respond to the Covid-19 crisis.

Arc
Art With Heart
Bolton at Home
Bolton Culture Champions
Bury Art Museum
Bury Culture Champions
Bury Met
Cartwheel Arts
Castlefield Gallery
CFCCA
GreaterSport
Manchester Art Gallery
Manchester Camerata
Manchester City of Literature
Manchester Culture Champions
Manchester Museum
Octagon Theatre
People's History Museum
Royal Exchange Theatre
Small Things
Stockport Culture Champions
Stretford Public Hall
The Lowry
The Whitworth
Trafford Culture Champions
University of Manchester

Creative Care Kits has been made possible with the generous support of:

