

# Inspiring Care Home Residents

**FREE creative activities to raise spirits, say THANK YOU!  
and celebrate Care Home residents and staff across  
Bath & North East Somerset**

**Inspiring, uplifting and energising support sessions,  
activities and resources  
for Care Homes**

**Choose activities from the menu in this brochure  
which will be running from January - March 2022**

Organised by Creativity Works  
funded by the Workforce Development fund  
managed by the B&NES Community Wellbeing Hub



# Inspiring Care Home Residents

Welcome to the Inspiring Care Home project. We are excited to offer over 70 Free creative activities from January - March 2022. We have a wide range of activities to choose from including music, arts and crafts, creative writing, journaling, outdoor activities and relaxation which are being delivered by experienced artist facilitators who will visit your Care Home.

Booking essential - Please be aware that places are on a first come first serve basis.

**How to Book: Choose from the menus and information pages in this brochure.**

**There are 70 Opportunities for Care Homes and their residents**

- **Choose from the menu of activities on pages 3 - 6**
- **Contact Philippa: philippa@creativityworks.org.uk or Mobile: 07715 382877**
- **Tell us - what activity and when you would like to book a visit to your Care Home, your name, the Care Home you work for and your contact details.**

*Additionally there are 90+ Free creative wellbeing activities for care home staff, volunteers and people who care across Bath & North East Somerset being delivered between January and March 2022 - get in touch if you would like a brochure or more information..*

Contact Philippa or Karen for booking as follows

Email: philippa@creativityworks.org.uk

Mobile: 07715 382877

Email: karen@creativityworks.org.uk

Mobile: 07517 110612



 Housing	 Stopping smoking
 Feeling isolated, lonely or anxious	 Money advice & benefits support
 Keeping active & healthy	 Achieving a healthy weight
 Accessing food, transport or medication	 Employment issues & advice



**0300 247 0050**

Monday to Friday from 9 am until 5 pm

Alternatively, you can contact us by text: 07870 868368



CWHBanes@virgincare.co.uk



communitywellbeinghub.co.uk

# Menu of Opportunities for Care Homes and Residents

Choose from this list of inspiring Covid-safe creative sessions provided by experienced artists especially developed to support resident wellbeing. Contact Creativity Works to arrange a visit.

**For further information about each opportunity see pages 4 - 6**

Session Title	Availability
Concert on your Doorstep	Monday to Friday - daytimes (can be performed indoors or outdoors)
Music Recitals	Monday to Friday - daytimes
A Vintage Sing-a-long	Monday daytimes in January, February and March
Sing-a-long and Medleys	Wednesday, Thursday, Friday and Saturday - daytimes
Sound Store - Music and Storytelling	Monday to Friday - daytimes or evenings (can be live streamed)
Puppetry in a Suitcase	Afternoons and early evenings (not available in January)
A Kaleidoscope of Butterflies	Wednesday and Friday - afternoons
Celebration Bunting & Flags	Tuesday and Thursday - mornings
Feathered Friends	Tuesday and Thursday - mornings
Sun Prints	Monday, Thursday or Friday - daytimes
Poems to Order	Monday to Friday (some Saturdays) - daytimes (can be live streamed)
Creative Writing for Wellbeing	Monday to Friday (some Saturdays) - daytimes (can be livestreamed)
Art - Enjoy it!	Tuesday, Saturday, Sunday - daytimes
Movement Medicine	Wednesdays - daytimes

To arrange the visit to your Care Home contact Philippa

Email: [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk) Mobile: 07715 382877 or [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk)

# Opportunities for Care Homes and Residents

Choose activities for your Care Home and residents from this menu of inspiring Covid-safe creative sessions delivered by experienced artists.

To arrange a visit to your Care Home please contact Philippa:

Email: [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk) Mobile: 07715 382877

## Concerts, Music, Singing

### Concert On your Doorstep

Music from the popular classics, shows, musicals, opera and traditional folk to The Beatles, Dolly Parton and Rock n' Roll performed by two violinists. We also have a great selection of Christmas music! We actively encourage participation – chat, singing, movement and dancing! We can bring our own gazebo if you'd prefer us to be outside.

**When** Monday - Friday

**Times** Daytimes



### Musical Recitals

Classical concerts and a range of popular music aimed to support the health and wellbeing of residents and staff from Wiltshire Rural Music. Concerts feature one or two musicians and may include piano, guitar, string or wind instruments. "We didn't want the musicians to leave. This has been one of the loveliest afternoons of my life."

**When** Monday - Friday

**Times** Daytimes

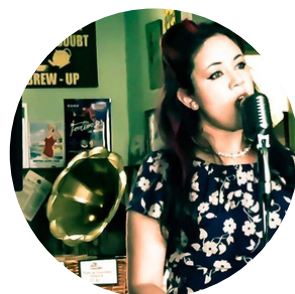


### A Vintage Sing-a-long

Sing-a-long to well-known songs from vintage eras and songs that you love. This is a feel-good session that will raise spirits and bring everyone together. A karaoke set-up can be provided where everyone can join in. Sally will sing for you and with you and invite you to share your singing talents, dressed in 40's/50's style clothing to help create the mood.

**When** Mondays in January, February and March

**Times** Daytimes



### Sing-a-longs and Medleys

Cheerful, uplifting well-known sing-a-long songs (not wartime). A one-hour, face-to-face session of songs, rhythm and percussion, gentle movement, laughter and reminiscence, including action songs, chorus songs, dressing up and chair dancing. "A great afternoon's entertainment...these two strike just the right note."

**When** Wednesdays, Thursdays, Fridays and Saturdays

**Times** Daytimes



### Sound Store - Music and Storytelling

This session is with a musician and a storyteller and will help residents and staff explore the world of imagination, reminiscence and memories through stories and music. This one hour session is suitable for small groups of up to 10 people at a time. If your Care Home prefers an online workshop this is possible for up to 5 people. Equipment provided.

**When** Monday - Friday

**Times** Daytimes or evenings





# Opportunities for Care Homes and Residents

## **Puppetry In a Suitcase - The Constant Tin Soldier by Hans Christian Anderson with a happy ending!**

This celebratory show with music will help everyone feel uplifted. The audience will have tickets to the show, and be invited to join in with sounds and noises. Performance is best in a darkened room as it uses light and shadows. This makes a great after dinner show.

**When** Weekdays and weekends, except January

**Times** Afternoons and early evenings



## **Arts and Crafts**

### **A Kalidescope of Butterflies**

Create beautiful collections of individual butterflies and flora to create a dramatic wall display and add colour and joy to resident's rooms or living spaces. Smaller butterflies can be created to decorate beautiful decoupage memory boxes or to create beautiful shadow boxes for table or wall display. All materials prepared in advance and Covid-safe.

**When** Wednesdays and Fridays

**Times** Afternoons



### **Celebration Bunting and Flags**

This creative workshop is a way of storytelling, celebration and support. We will explore the creative process to benefit our hearts and minds and to celebrate the people we live and work alongside. Beautiful outcomes and something you can add to. We will use simple materials (collage, paper and fabrics) accessible for all.

**When** Tuesdays and Thursdays

**Times** Mornings



### **Feathered Friends**

A tribute to those we've lost in the last year – create and decorate colourful feathers. Feathers hold much symbolism representing new beginnings and trust that you are on the right path, as well as remembrance. Covid-safe activities – Materials pre-cut, equipment isolated beforehand.

**When** Tuesdays and Thursdays

**Times** Mornings

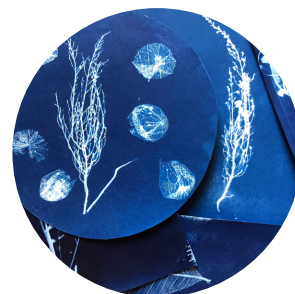


### **Sun Prints**

Create a photograph using sunlight or sunlamp, inspired by beautiful designs in nature. Creating sun prints (also known as cyanotypes) is a simple process with stunning results and is accessible for everyone. Each print created is unique. No previous experience necessary. All equipment provided and Covid-safe.

**When** Mondays, Thursdays or Fridays

**Times** Daytimes



To arrange the visit to your Care Home contact Philippa [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk)  
Mobile: 07715 382877 or [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk)

# Opportunities for Care Homes and Residents

## Poems to Order

Give me a topic, any topic, and I'll write you a poem in just 3 minutes! Harula, a writer and poet will read the poem to you when it's finished (if you wish) and then you keep the written version as a gift and memory, in the form of a ribbon tied scroll. A surprisingly moving and meaningful experience. This session can be face-to-face or online if there is a screen / projector screen available.

**When** Monday - Friday (Some Saturdays)

**Times** Daytimes



## Creative Writing for Wellbeing

Simple, stimulating prompts inspired by the five senses invite you to engage your imagination for poetry, stories and memoir, and then share together. A playful way to connect with each other and learn more about one another. No prior writing experience necessary. Harula can provide prompts that staff can continue to use in their care roles, to support residents who wish to continue exploring creative writing.

**When** Monday - Friday (Some Saturdays)

**Times** Daytimes



## Art - Enjoy it!

Create a group artwork that celebrates your Care Home. A relaxing and enjoyable session to create art alongside others to make one big piece of art to be proud of and display. This session is inclusive of a wide range of abilities. All materials will be prepared and isolated beforehand and individual art kits can be created for each resident to create safely.

**When** Tuesdays, Saturdays, Sundays

**Times** Daytimes



## Movement

### Movement Medicine

Guided movements to lift the spirits. These sessions aim to encourage easy participation through a range of fun techniques including drama and dance to encourage creative movement and social engagement, creating a playful relaxing atmosphere. Stress and tension can be released through the body without the need for words. Accessible and inclusive.

**When** Wednesdays

**Times** Daytimes



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