



Free



Inspiring People who Care

**FREE Inspiring, uplifting and energising creative activities
for people who work in caring and support roles
across Bath & North East Somerset.**

**Choose activities from the menu in this brochure
which will be running until March 2023**

Organised by Creativity Works
funded by the Workforce Development fund



Bath & North East
Somerset Community
Health and Care Services



Inspiring People who Care

Welcome to the 'Inspiring People who Care' project. We're excited to offer a range of FREE creative activities to support staff well-being for organisations that provide caring support in B&NES. These activities can also be booked by Care Homes across B&NES.

Music, arts and crafts, creative writing, outdoor activities, movement and relaxation are delivered by experienced artists. Activities are designed for staff who work in organisations that have caring roles and can take place at your venue or online. This project will also continue to offer activities for residents and staff in Care Home settings across B&NES.

Booking essential - places are unlimited but please be aware that this is on a first come first served basis.

How to Book:

- Choose from the menu of activities and information pages in this brochure
- To book contact: creativecare@creativityworks.org.uk
- Tell us - what activity you would like to book, your name, organisation and your contact details
- We will put you in touch with the activity facilitator for you to arrange the date and time of the creative wellbeing activity for your staff team and Care Home residents
- You will be responsible for bringing your staff team and Care Home residents together at a date, time and venue for the creative wellbeing activity

Most creative activities are available daytimes, evenings and weekends

Contact Philippa or Rachel for booking assistance
Email: creativecare@creativityworks.org.uk



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

Please give us a call and we will be happy to help you

Call 0300 247 0050
Monday to Friday from 9 am until 5 pm

BATHNES.thehub@hcrgcaregroup.com
 communitywellbeinghub.co.uk

Menu of Creative Activities

Choose from this list of inspiring creative sessions provided by experienced artists especially developed to support the wellbeing of staff who work in caring roles and for Care Homes across B&NES. To book contact Creativity Works: creativecare@creativityworks.org.uk

Session Title	Session Title
Music and shows:	Movement:
1. Concert On Your Doorstep	12. Movement Medicine
2. Cafe Concerts	13. Creative Dance for Wellbeing
3. Sing-a-Long and Medleys	14. Somatic Movement For Stress, Burnout and Fatigue
4. A Vintage Sing-a-Long	Nature and outdoors:
5. Street Theatre Workshop	15. NatureWell
6. Singing for Wellbeing	16. Nature-based Mindfulness & Movement
Arts, Crafts, Writing and Cooking:	
7. Botanical Printmaking Using Cyanotype	
8. Geometric Stories	
9. Art - Enjoy It!	
10. Creative Mindfulness	
11. Cooking for Healthy Wellbeing	



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Activities Available

Choose activities from this menu of inspiring creative sessions delivered by experienced artists.

Music and Shows:

1. Concert On Your Doorstep - with Lucy Hewson and Rebecca Prosser

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 actively encourage participation – chat, singing, movement and dancing! We can bring our own gazebo if you'd prefer us to be outside.



2. Café Concerts With Trio Paradis - with Jacquelyn Bevan

Feel-good entertainments with plenty of lively tunes to make you smile, played on violin, cello and piano. Our music will inspire memories as we include the classics, jazz, songs from the shows, folk tunes and some less well-known pieces you will enjoy. Also Tango! - Latin American dances, Shall We Dance?, Songs from the Shows, A Tour of the British Isles and A Little Night Music. And there's time for a chat over tea as well!



3. Sing-a-Longs and Medleys - with Sian Colquhoun

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."



4. A Vintage Sing-a-Long - With Sally Holliday

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. 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.



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5. Street Theatre Workshop - with the Natural Theatre Company

Come together for a fun look into the world of the world famous Natural Theatre of Bath. Try out some of their classic street theatre pieces in a gentle and supportive atmosphere that will leave you with a smile on your face having tried something completely different.



6. Singing for Wellbeing - with David Moss

A session to raise spirits, sing in a group and learn some skills with an aim to encourage carers to sing, in a caring capacity, both for themselves and those who they care for. There will be songs to share and become more confident singing, as a wonderful way to boost wellbeing.



Arts, Crafts and Writing:

7. Botanical Printmaking Using Cyanotype - with Laura Montag

Try a unique type of art-making by creating beautiful floral Prussian blue print designs. It is a simple process, using a non-toxic historical chemical process that produces permanent blue and white images. Each print created is unique with stunning results. Accessible for everyone. All equipment provided and Covid-safe.



8. Geometric Stories - with Emma Grant

Using the graphic elements of line, circle, triangle, and square, we will create posters that tell stories through giving meaning to the size, colour and shapes we choose. Full instructions will be given! Create artwork using collage, pencils, pens or paint - come and be absorbed in the simplicity of shapes and the stories we can tell!



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9. Art - Enjoy It! - with Marie Hillcoat

Themes from the natural world and people to inspire creativity using paints, collage and other media. Using your own ideas and pre-cut shapes (if needed) to create scenes and pictures. This session is inclusive of a wide range of abilities.



10. Creative Mindfulness - with Jo Loring Fisher

A slow, gentle session using simple art-based mindfulness techniques, to promote wellbeing. The session can be held indoors or outdoors and draws upon the natural world for inspiration.



11. Cooking for Healthy Wellbeing - with Alex's Greek Cooking

In these sessions we will create favourite Mediterranean recipes to enjoy or share with others. Learn nutritional recipes and cooking tips in these friendly fun sessions. A list of recipe ingredients and equipment will be sent in advance. Let us know any dietary and health needs in advance. Online or face to face sessions.



Movement:

12. Movement Medicine - with Angela Hill

This is a mood-lifting session for staff and residents to enjoy together. It is simply guided movement to great music! Drama and dance techniques make this playful session is accessible to all whether seated or standing, to all abilities and needs. It is a way to release tension and keep fit in a social and light-hearted atmosphere. Sessions can be quiet and restful or high-energy, between 40 minutes and an hour in response to how the group is feeling.

'You should come every day!' comment from a resident from Greenacres Care Home. Wednesday or Fridays mornings.



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13. Creative Dance for Wellbeing and Fun - with Sarah Gilmartin

Using movement and music to explore your creativity and the Five Ways to Wellbeing. This dance is for your team and for yourself, using colourful props, museum objects or a theme of your choice, to build connections, take notice, reflect, relax and be active, while learning new skills to use with the people you care for. Sessions can be as a team or with clients and be seated/standing or both.



14. Somatic Movement and Yoga for Stress and Fatigue - with Philippa Forsey

This creative movement allows you to unfold, unwind and rejuvenate body and mind. Mainly taking place on the floor but can be adapted to sitting and standing these sessions encourage gentle movements for muscles, joints for whole body relaxation and helping relieve stress and tension.

Available Fridays.



Nature, Outdoors and Moving:

15. NatureWell - with EcoWild

Feel inspired and rejuvenated through the 5 Pathways to Nature Connectedness; Contact, Beauty, Emotion, Compassion and Meaning. A half day workshop. Using indoor spaces for warmth and shelter, and we will also make the most of the approaching winter outdoors, as much as weather allows. Dress for the weather! You will be supported to cultivate your own wellbeing, get to know a beautiful setting and share with each other.



16. Nature-based Mindfulness & Movement - with EcoWild

Using the skills and practice of mindful awareness to come home to ourselves and the rest of the living world, we will introduce this well evidenced practice for self care and resilience. Movement in nature will support this and we come into better contact with our body intelligence, and stretch/ move in a way that best meets our current needs.



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Housing



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