

Inspiring People who Care

**FREE creative activities to raise spirits and say THANK YOU!
and celebrate people in caring roles.**

**If you are in caring role or organisation in the community or
volunteer across Bath & North East Somerset this is for you.**

**Inspiring, uplifting and energising support sessions,
activities and resources
for people in caring roles.**

**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 People who Care

Welcome to the Inspiring People who Care project. We are excited to offer over 90 Free creative activities from January - March 2022. Take time for yourself and have fun! Meet other people and learn new skills that you can use for yourself and share with others. 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.

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. Book your place on BaNES Wellbeing College www.wellbeingcollegebanes.co.uk

There are 90+ wellbeing Activities for staff, volunteers and carers

Delivered across Bath & North East Somerset (B&NES) in local venues indoors, outdoors and online.

- Choose from the menu and information on pages
- Find the menu on the Wellbeing College Bath website: www.wellbeingcollegebanes.co.uk
- Find the date and title of your activity and follow the 'Book Here' link
- You will be sent a confirmation email when you book
- Please note, places are limited to 12 people per session.

There will be additional downloadable resources available from February 2022.

Additionally there are 70 Opportunities for Care Homes and their residents - get in touch if you would like information about this.

Contact Philippa or Karen for booking assistance




Email: karen@creativityworks.org.uk

Mobile: 07517 110612

Email: philippa@creativityworks.org.uk

Mobile: 07715 382877

Key:

	Indoors
	Outdoors
	Online



 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@virginicare.co.uk
 communitywellbeinghub.co.uk

Menu of Activities

These wellbeing sessions take place in community venues in and around Bath.

Opportunities for you to take time for yourself in a nurturing group, meet others, have fun and learn new skills that you can use for yourself and others. For further information see pages 5 - 8. Booking essential.

To confirm your place book on the Wellbeing College website.

Session Title	Availability	Venue
Visual Journaling for Self Care - 4 week course	Tuesdays 8th, 15th Feb, 1st, 8th March, 7pm to 9pm	St. Andrews Community Church, Foxhill, Bath BA2 5QA
Cooking for Healthy Living - 5 week online course	Fridays 14th, 21st, 28th Jan, 4th, 11th Feb 6pm to 7:30pm	5 week online course via zoom
Playlists for Life taster session + 50 places for online training	Tuesday 25th January 1pm to 3pm	Online session via Zoom
Poems to Order	Wednesday 26th January 7pm to 8:30pm	Online session via Zoom
Lakeside Wellbeing	Thursday 27th January 10am to 12.30pm	Chew Valley Community Farm, Chew Magna, BS40 8SZ
Wellbeing in Nature	Friday 28th January 10am to 12 noon	Minerva Temple, Botanical Gardens, Royal Victoria Park, Bath BA1 2YA
Relaxation	Friday 28th January 11:30pm to 1pm	St John's Church Hall, Midsomer Norton, BA3 2HX
Creative Writing for Wellbeing	Thursday 24th March 6pm to 7:30pm	Online session via zoom
Photography and Breathing Space	Saturday 29th January 10:30am to 12:30pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL
Zine Books and Storytelling	Tuesday 1st February 1pm to 3pm	Southdown Methodist Church, Southdown BA2 1NJ
Online Nature Connection course - 3 week training	Thursdays 3rd, 10th, 17th February 3.30pm to 5pm	3 week online training via zoom
Forest Bathing	Friday 4th February 11am to 12:30pm	Midsomer Norton, Kingman Woods, BA3 2ND
Photography and Breathing Space	Saturday 5th February 10:30am to 12:30pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL
Paper Pleasures - Origami Books	Saturday 5th February 2pm to 3:30pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL

Menu of Activities

Session Title	Availability	Venue
Zine Books and Storytelling	Monday 7th February 5pm to 7pm	Bath Artists Studio, Comfortable Place, Bath BA1 3AJ
Playlists for Life taster session + 50 places for online training	Tuesday 8th February 1pm to 3pm	Southdown Methodist Church, Southdown BA2 1NJ
Self Portrait in Four Photos	Wednesday 9th February 10am to 12 noon	Percy Community Centre, New King Street, Bath, BA1 2BN
Relaxation	Friday 11th February 11:30am to 1pm	St John's Church Hall, Midsomer Norton, BA3 2HX
Paper Pleasures - Origami Books	Saturday 12th February 2pm to 3:30pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL
Photography and Breathing Space	Saturday 12th February 10:30am to 12:30pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL
Forest of Colour	Tues 15th Feb 2.30 - 4.30pm Tues 22nd March 2pm-4pm	The Hive, Bath Road, Peasedown St John, BA2 8DH
Lakeside Wellbeing	Thursday 17th February 10am to 12.30pm	Chew Valley Community Farm, Chew Magna, BS40 8SZ
Photography and Breathing Space	Saturday 19th February 10:30am to 12:30pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL
Creative Writing for Wellbeing	Wednesday 23rd February 7pm to 8:30pm	Online via zoom
Self Portrait in Four Photos	Thursday 24th February 7pm to 8:30pm	Online via zoom
Poems to Order	Friday 25th February 7pm to 8:30pm	Online via zoom
Back in Touch Expressive Arts	Sunday 27th February 2pm to 4pm	The Hive, Bath Road, Peasedown St John, BA2 8DH
Memory Boxes - 4 week course	Wednesdays, 2nd, 9th, 16th, 23rd March, 9:30am to 11:30am	St. Andrews Community Church, Foxhill, Bath BA2 5QA
Sun Prints	Saturday 5th March 10:30am to 12:30pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL
Playlists for Life taster session + 50 places for online training	Tuesday 15th March 1pm to 3pm	One Community Trust, 1 The Park, Keynsham, BS31 2BL
Wellbeing in Nature	Friday 18th March 10am to 12 noon	Minerva Temple, Botanical Gardens, Bath BA1 2YA

Activity Information

Take time for yourself, learn new skills, have fun and meet other care staff.
Staff wellbeing and peer support community sessions taking place across B&NES and online.
Book online through the Wellbeing College Bath – find the date, the activity
www.wellbeingcollegebanes.co.uk

Visual Journaling for self-care - 4 week course

These workshops will invite care home staff to experience a range of creative 'starting points' to begin your visual journaling journey. Four carefully designed sessions introduce techniques, inspiration, and freedom to connect visually with your inner self as a way to manage stress, gain alternative perspectives and use your journal for self-care.

When Tuesdays 8th, 15th March, 1st, 8th March

Times 7pm to 9pm

Venue St. Andrews Church, Foxhill, Bath



Cooking for Healthy Living - 5 week course

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. For this session you will need access to a mobile device. A list of recipe ingredients and equipment will be sent in advance. Let us know any dietary and health needs in advance.

When Fridays 14th, 21st, 28th Jan, 4th, 11th February

Times 6pm - 7:30pm

Venue Online



Forest of Colour

Explore the world of nature and colour in a relaxing 2 hour workshop. We will take inspiration from nature to create colourful, imaginative pictures using leaf and flower shapes. The session will include using water soluble paint, collage and crayons. All materials will be prepared and isolated beforehand.

When Tuesday 15th February 2.30pm - 4.30pm

Times Tuesday 22nd March 2pm - 4pm

Venue The Hive, Bath Road, Peasedown St. John, BA2 8DH



Playlists for Life - 3 separate sessions + 50 free e-learning courses

Music can help people improve the lives of those living with dementia. In these introductory sessions we will show you how to get started in creating personal playlists for the people you care for. Our training introduces you to an innovative and powerful tool to help care for a person with dementia. 50 Free e-learning places available - Book via the Wellbeing College. Also free resources available www.playlistforlife.org.uk.

When Tuesday 25th January

Times 1pm - 3pm

Venue Online via Zoom

When Tuesday 8th February

Times 1pm - 3pm

Venue Southdown Methodist Church



When Tuesday 15th March

Times 1pm - 3pm

Venue One Community Trust, Keynsham

When Flexible online learning

Times To be completed within 3 months

Venue 50 free online e-learning places.

Register on the Wellbeing College website

Activity Information

Poems to Order - 2 separate online sessions

This group session is a magical pick-me up that will reflect and celebrate you in poetry. Have a personal poem written for you by Harula who will talk to you about your chosen topic, then write a poem in 3 minutes. She will perform it for you if you wish, then send it on via email for you to keep. This is a surprisingly moving and meaningful experience, leaving you with a tangible gift to keep in the form of your own unique poem.

When Wednesday 26th January
Times 7pm - 8:30pm
Venue Online

When Friday 25th February
Times 7pm - 8:30pm
Venue Online

Lakeside Wellbeing - 2 separate sessions

A rejuvenating session where you can discover how contact, beauty, compassion, emotion and meaning can connect you with nature. There will be indoor spaces for warmth and shelter, and we will also make the most of the winter outdoors, as much as weather allows. Dress warm. You will be supported to cultivate your own wellbeing, get to know a beautiful setting, and to share with each other.

When Thursday 27th January
Times 10am - 12:30pm

When Thursday 17th February
Times 10am - 12:30pm

Venue Chew Valley Community Farm **Venue** Chew Valley Community Farm, BS40 8SZ

Wellbeing in Nature - 2 separate sessions

A rejuvenating session where you can discover how contact, beauty, compassion, emotion and meaning can connect you with nature. There will be indoor spaces for warmth and shelter, and we will also make the most of the winter outdoors, as much as weather allows. Dress warm. You will be supported to cultivate your own wellbeing, get to know a beautiful setting and share with each other

When Friday 28th January
Times 10am to 12pm

When Friday 18th March
Times 10am to 12pm

Venue Minerva Temple, Royal Victoria Park, Bath **Venue** Minerva Temple, Victoria Park, BA1 2YA

Relaxation - 2 separate sessions

A deeply relaxing and gentle session for anyone feeling exhausted or who would benefit from some quiet space for deep rest. Requires no energy – peaceful and restorative. Gentle movement to release tension, followed by lying comfortably on the ground, covered by a blanket, with directed relaxation and gentle music. Bring: comfortable clothes, a yoga mat or blanket to lie on, a blanket to cover you, a pillow and warm socks.

When Friday 28th January

Times 11:30am - 1pm

Venue St John's Church Hall, Midsomer Norton, BA3 2HX

When Friday 11th February

Times 11:30am - 1pm

Venue St John's Church Hall, MSN, BA3 2HX

Creative Writing for Wellbeing - 2 separate online sessions

Simple, stimulating prompts inspired by the five senses inviting participants to engage with their imagination and creativity to write (or record, or dictate) poetry, stories and memoir, and then share them with each other. Some activities will be completed individually, and others together as a group. A playful way to connect with each other as we listen and enjoy what others have written and learn more about one another. No prior writing experience necessary. Harula will also provide prompts that participants can use to continue writing creatively in their own time.

When Thursday 24th March

Times 6pm to 7:30pm

Venue Online

When Wednesday 23rd February

Times 7pm to 8:30pm

Venue Online



Activity Information

Photography and Breathing Space - 4 separate dates

Use photography to be inspired by the world around you. This group offers opportunities to meet others and discover new ways of seeing whilst exploring the local area. Learn new skills and how to express yourself through photography. No fancy equipment needed just bring a phone, tablet or camera. Come to one or all of these sessions.

When Saturday 29th January, Saturday 5th Feb, Sat 12th Feb, Sat 19th February

Times 10:30am - 12:30pm

Venue One Community Trust, 1 The Park, Keynsham, BS31 2BL



Zine Books and Storytelling - 2 separate sessions

Learn how to make a zine out of A4 paper. Using simple drawing materials and paper create a small booklet. This fun and meaningful activity uses storytelling as a tool for wellbeing. Rita will provide useful prompts and ideas to inspire you to create for yourself and share with others.

When Tuesday 1st February

Times 1pm - 3pm

Venue Southdown Methodist Church

When Monday 7th February

Times 5pm - 7pm

Venue Bath Artist Studios, Bath BA1 3AJ



Nature Connection Introduction - 3 week online course

These sessions will help you understand how to meaningfully bring nature into working in a caring environment. They will also allow you to experience the feeling of restoring yourself through nature. Many memories and cherished experiences can be accessed via our relationship with the living world. Through simple steps of the 5 pathways to nature connectedness, we can access some of these with others, even if they are limited in how much they can be outside.

When Thursday 3rd, 10th and 17th February

Times 3:30pm - 5pm

Venue Online



Forest Bathing

An outdoor session in nature, walking and sitting (not 'bathing' so you won't need a swimsuit!). This mindful and simple way of being peaceful and calm amongst the trees can bring many benefits, emotionally and physically. A wonderful way to de-stress and slow down. Bring: Warm clothes, waterproof footwear for wet grass, water to drink. Staff may be interested to use some of the relaxation and nature connection techniques for their residents in the future.

When Friday 4th February

Times 11am - 12:30pm

Venue Midsomer Norton, Kingsman Woods, BA3 2ND



Paper Pleasures: Origami books - 2 separate sessions

Make an origami book to spark stories. You will learn to make simple but exciting books of your own, using origami and paper engineering. Your books will include mouths which open and close, a zigzag, hidden pockets and pop-ups. Create something for you, your family and your residents. A welcoming, encouraging activity. No experience necessary. Afternoon and evening sessions.

When Saturday 5th February

Times 2pm - 3:30pm

Venue One Community Trust, Keynsham

When Saturday 12th February

Times 2pm - 3:30pm

Venue One Community Trust, 1 The Park, Keynsham, BS31 2BL



Activity Information

Self Portrait in Four Photos - 2 separate sessions

Self Portrait in Four Photos invites you to delve into the world of photography and image-making as a way to tell your stories of individuality and identity and stories of your lives. Using colour, light and composition it will offer a chance to reflect on what matters to each of us and how we interact with our worlds. Enjoy some space whilst learning new skills in a supportive environment.

When Weds 9th February

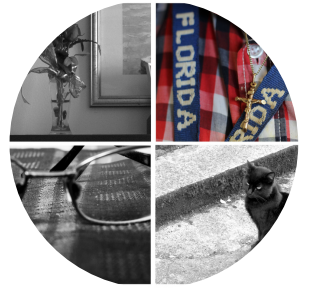
Times 10am - 12pm

Venue Percy Community Centre, Bath

When Thursday 24th February

Times 7pm - 8:30pm

Venue Online



Back in Touch Expressive Arts

An Expressive Arts exploration for self-care to get us back in touch with ourselves and the resources we hold right here in our hands. Using the 5 essential principles of resilience - safety, calm, connectedness, purpose and hope, you will be guided through 5 playful activities using the power of the arts to represent how we can create these important pillars for ourselves and those around us. Expressive Arts is a practice that uses many different creative approaches to explore, learn and play. No previous experience necessary just come as you are. Please join us for 90 minutes of respite to acknowledge and give back for all you have done.

When Sunday 27th February

Times 2pm - 4pm

Venue The Hive, Peasedown St. John, BA2 8DH



Memory Boxes - 4 week course

This 4 week course will invite participants to create memory boxes of a time or place. The boxes can be painted and/or decoupaged and filled with art materials to contain a memory or memories. Often, participants utilize the box to re-create a room or scene from their past, creating a narrative to share with others. Utilizing a range of art materials, the creation of the boxes aims to trigger memories and invite conversations.

When Wednesdays 2nd, 9th, 16th and 23rd March

Times 9:30am - 11:30am

Venue St Andrews Church, Foxhill, Bath, BA2 5QA



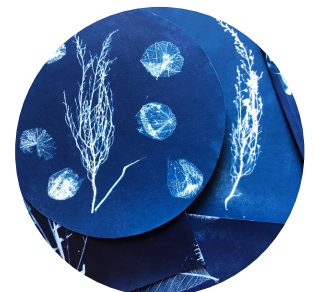
Sun Prints

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 Saturday 15th March

Times 10:30am - 12:30pm

Venue One Community Trust, 1 The Park, Keynsham, BS31 2BL



Book online: Wellbeing College Bath website – www.wellbeingcollegebanes.co.uk
For further information contact Philippa 07715 382877 philippa@creativityworks.org.uk
or Karen 07517 110612 karen@creativityworks.org.uk