Creative communities

Nurture

ARTS IN CARE HOMES

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Creative Communities Foreword

Creative Spaces for Creative Communities

At Creative Paths CIC we believe that everyone should have access to the right space, support, and tools to enjoy the benefits of creativity in their lives.

The spaces and environments that we live in, the objects and decorations we surround ourselves with all have a direct effect on our mood, activities, and wellbeing.

The aim of this toolkit created by artist Ella Holden is to encourage greater creative activity and small creative changes to your care home environment. This will increase the spirit of a Creative Community within your home and provoke imagination, enjoyment and creativity for your residents.

We have five creative themes to explore in this pack, each theme will have easy creative makes, ideas, resources and tips to transform your care home into a Creative Community.

Nurture – Activity that supports residents to participate in nurturing and caring activities such as growing plants, animal care and friendships.

Play – Activity that is fun and enjoyable, that promote freedom and expression such as music making, expressive dance and movement, sensory play, role and character play.

Create – Activities that lead to a creative outcome such as craft, art, sculpture, a poem or story.

Relax – Activity that provides relaxation such as meditation, sound gardens, zen activities, yoga, optical stimulus, aromatherapy, and sensory stimulus.

Celebrate – Activities that celebrate life, people, events, and achievements.

We hope you find the ideas and resources that we have created for you engaging and useful and that they inspire a wider Creative Community in your care home for your residents, staff, relatives, friends and neighbours.

I look forward to seeing what you make and do!

Karyn Stavert - Creative Director - Creative Paths (EM) CIC

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"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."
Alexander Den Heijer

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Foreword

When an individual goes into a care home they can often feel that they are only ever on the receiving end of support and care, this can be quite disempowering. Therefore it is important to provide opportunities that harness those feelings of wanting to be seen as useful by providing your residents with the opportunity to nurture or look after something; it provides them with a sense of purpose and responsibility.

We all need to feel we are contributing. There are many benefits from having something to look after or nurture. This section of the pack is designed to provide creative ways that you can promote the act of nurturing in your home for your community, group work and one to one.

Nurturing Nature:
One of the most successful activities that can bring enjoyment and achievement to your residents are activities that nurture animals, birds and insects in your outdoor spaces. These activities will encourage more nature into your garden spaces for your residents to enjoy and as a bonus will be good for environment too.

Growing Activities:
There is a great deal of satisfaction gained from nurturing a plant from seed and watching it grow into either something tasty or something beautiful to look at.

Looking after each other:
Create a space and time where residents can meet and support each other, such as friendships groups born of creativity. This could be supported by creating posters, displaying joint work made by the group - for example friendship quilts or collages. Other ways residents can nurture others is by raising support or donations for charitable causes or local groups, this could be by making crafts or artwork to sell.

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Flower windows

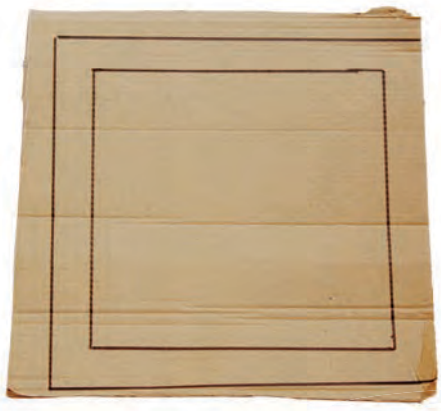
Flower windows are a beautiful and simple way to bring the outside in. These can be hung in a window or on a wall to make a creative, colourful and relaxing space.

You will need:

- Cardboard
- Flower Petals or leaves
- Clingfilm
- PVA Glue
- Decorations or paint
- Ribbon
- Scissors
- Ruler
- Sellotape

Instructions:

1. On a piece of cardboard, draw out two 12x12cm squares. Inside draw a 10x10cm square to create your frame.



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Flower windows

Instructions - Continued:

2. Cut out the cardboard to make your frame.

3. Decorate the front of the frame using collage, paints or pens and set aside.

4. Cover the inside of the back frame in PVA glue and stretch a piece of clingfilm over the space in the middle.

5. Arrange the flowers or leaves on the clingfilm, facing towards you.

6. Add another layer of glue to the 'edge' of the back piece, then add another layer of clingfilm. This will sandwich the flowers into place. Be sure to smooth as many of the air bubbles out as possible.

7. Add string or ribbon to the back of the frame with sellotape to hang from the window.

8. Glue the front frame into place and trim away any excess clingfilm. Leave to dry for 24 hours before hanging.

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Bamboo Wind Chimes

A wind chime can bring a sense of peace to any space both inside and out. The gentle noises of nature can be used to create a serene space.

You will need:

- Bamboo Sticks
- Paint
- Natural Objects
- String or Twine
- Scissors

Instructions:

1. Paint the bamboo sticks and set aside to dry.
2. String the dry bamboo sticks and beads together. Tie along a long stick or piece of bamboo.
3. Hang natural objects such as pine cones to the ends. Tie string to each end to hang.

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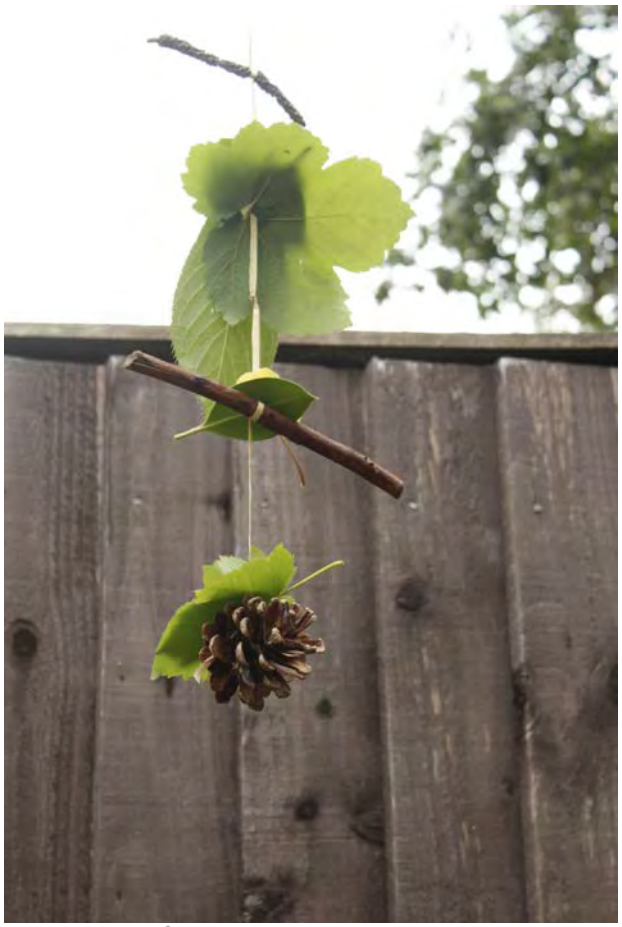
Leaf Threading

Leaf threading is a fantastic way of bringing the outdoors in. This will fill your creative space with soft colours and pleasant smells. As well as being an accessible activity for even the least steady of hands.

Simply collect as many large leaves and natural objects as possible and thread or tie them onto a piece of twine. The fuller these are the more effective they look. Then hang them your creative space and you will feel like you are sitting under a tree.



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Imagery

Many people were encouraged to grow their own fruits and vegetables during World War Two.

This sense of ownership and togetherness can be celebrated in the memories of growing seasonal vegetables and sharing them with the neighbours.

Suggested conversation topics:

- Which vegetables are harvested for each season?
- Favourite and least favourite vegetables
- Scrumping
- Dig for victory slogan
- Food rationing

Carrots help you see better in the dark!

Eat your greens!

What year did food rationing end?

What fruit keeps the doctor away?

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Your own vegetables all the year round . . .

if you

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DIG FOR VICTORY NOW

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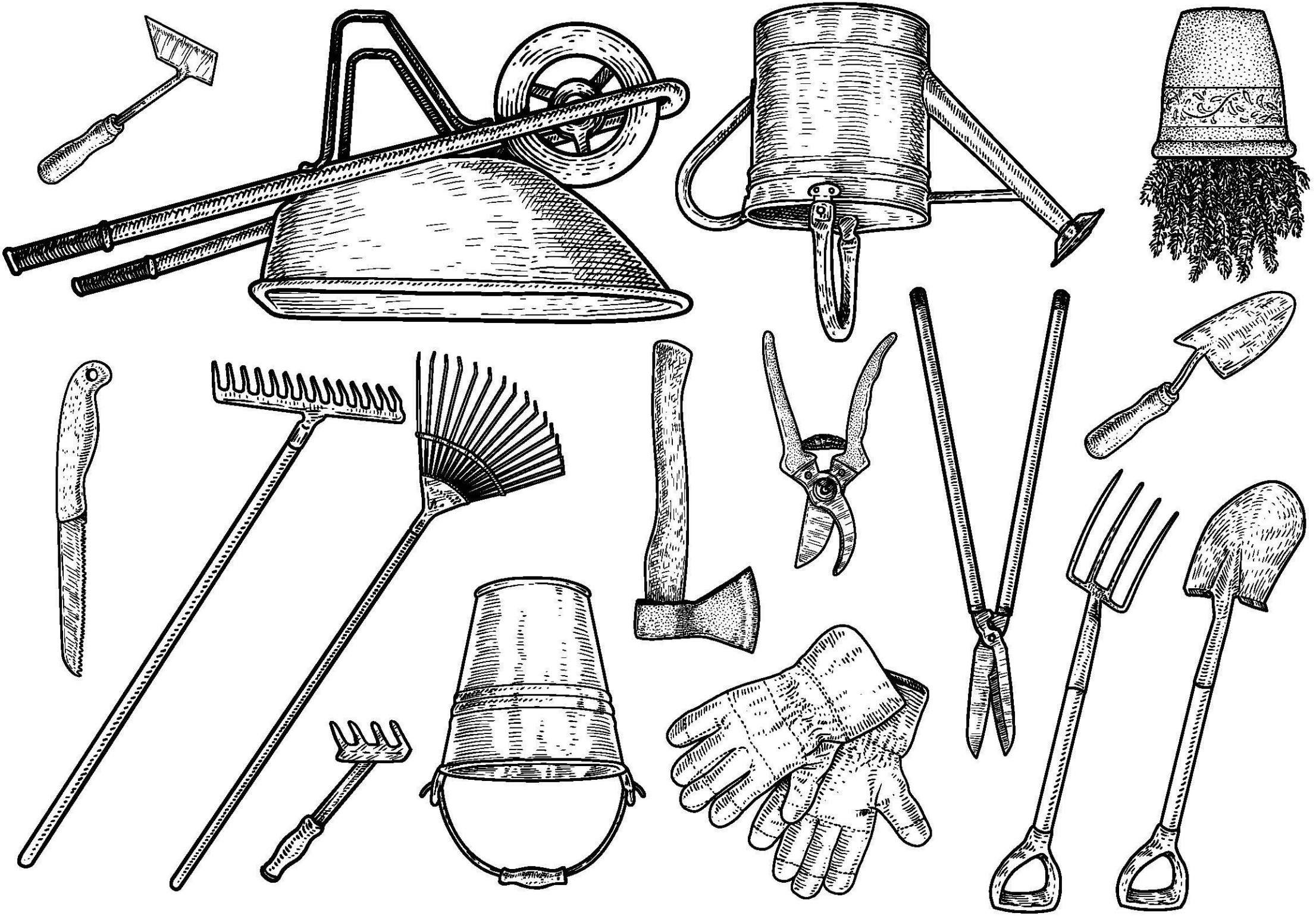
DIG ON FOR VICTORY



Nurture
Imagery

Looking at British nature can help us to feel a connection with our surroundings. Just looking out the window to spot the local birds at the feeders can be an exciting task.

Many people will remember playing in fields, finding insects, being around flora and fauna during their childhoods.

Suggested conversation topics:

- **Ways to cure a nettle sting**
- **Local birds**
- **Dens**
- **Local animals**
- **Bees and butterflies**
- **Collecting insects**

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Jobin del

1. Bergeronette _ 2. Alouette _ 3. Etourneau _ 4. Gobe-mouche
5. Coucou _ 6. Bouvreuil _ 7. Hirondelle de cheminée
8. Pic épeiche _ 9. Hibou (moyen duc)

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Flower Bingo

A game for up to six people. Print off and laminate the flower picture bingo cards. Cut out and put the different flower names into a hat. Pull them out out at random. Use buttons or stickers to count off the different flowers. First person to cover their flower wins!

FUCHSIA

LILY

DAFFODIL

ROSE

SUNFLOWER

STRAWBERRY

DAISY

PANSY

SNOWDROP

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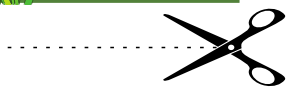

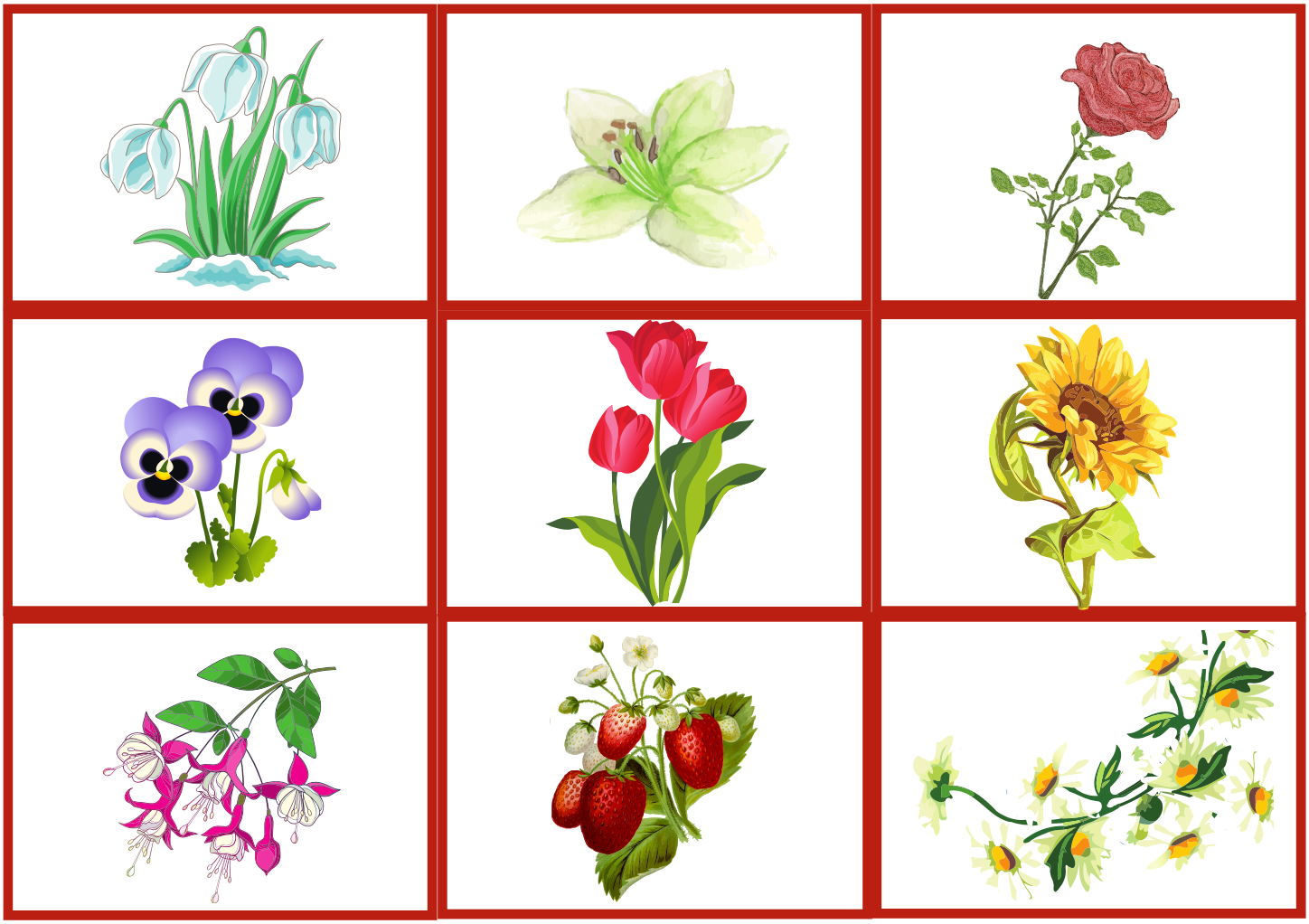

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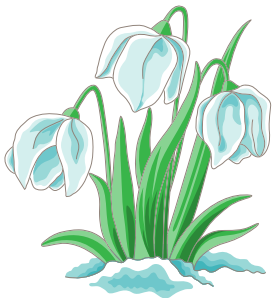

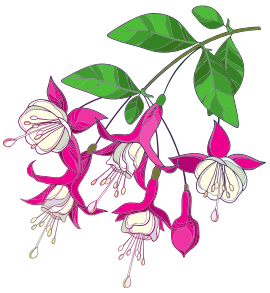

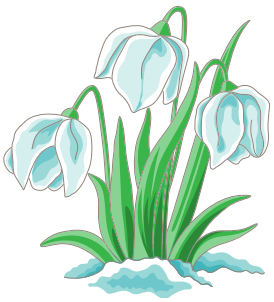

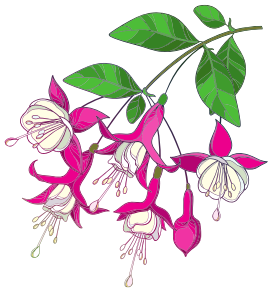
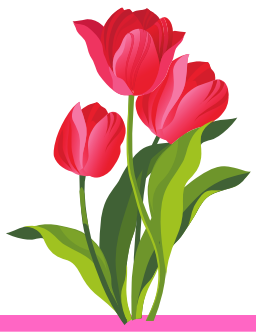

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Additional Resources

Discussion Points:

Bee Facts

https://i.pinimg.com/originals/de/d7/d6/ded7d65fcc14d8c225be0838f436b86d.jpg

Flower Gardens

https://pbs.twimg.com/media/DZ4-oMSW4AAB3bt?format=jpg&name=medium

Book Suggestions

The Diary of an Edwardian Lady- Edith Holden

The Running Hare- John Lewis Stempel

Audio

Animal Sounds

https://open.spotify.com/playlist/2b0ksVS9JqqWpLGKF2QEsZ?si=JAKba40RSC-L_2F2ZOvsIA

Wind in the Willows

https://www.youtube.com/watch?v=k5onUh_4qv8

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