



# Arts in Care Homes How To guide



## Only Connect resource pack

*"Only connect ... the prose and the passion"*  
EM FORSTER, *Howards End*, 1910

### Developing care homes pen pal partnerships and creative writing activities

A user-friendly resource to help when setting up pen pal projects, letter writing sessions and/or creative writing groups in care homes.

# Contents

1.	Inspiration for project	3
2.	Learning and outcomes from project	4
3.	Only Connect project outline	6
4.	Read Aloud Group Suggestions	6
5.	Letter writing suggestions	7
6.	Developing creative writing and poetry	7
7.	A few more ideas...	8
8.	Topics for Letters	10
9.	Only Connect Resource Materials	14
10.	Credits and acknowledgements	30
11.	Contact details	31

## Inspiration for project

This project was developed, as the result of a conversation with a resident living in a care home in Windsor. Nichola Charalambou, Creative Writes Director and Alison Teader, Arts in Care Homes Project Manager were doing a reminiscence project in the home, talking to individuals about their lives and memories.

One lady talked movingly about the letter she received every week from her sister, usually written on a carefully selected notelet or card, featuring nature related images. It was clear that for her, this correspondence was a crucial lifeline to the outside world. Receiving this mail on a Friday or Saturday was the highlight of her week. When asked if she ever wrote back to her sister, the woman said that she was unable to, due to arthritis in her hand. She had asked a member of staff to help her but was told that this was not in her job description...

Nichola and Alison decided to develop a project to encourage letter writing in care homes, using creative writing as a stimulus for creativity and discussion. The aim was to involve residents, care staff, relatives and volunteers and develop creative activities to provide stimulation and inspiration for letters and short stories. The pack is intended as a user-friendly resource for anyone wanting to set up pen pal partnerships or creative writing activities in care homes.

The name Only Connect is taken from a quote from the novel EM Forster's Howard's End, "Only connect ...the prose and the passion." The quote suggested itself during a discussion about the need to link up care home residents with their local communities and the outside world. [A very interesting article about the novel can be found here.](#)

Two pilot projects were held with staff from [Sunrise Seniors](#) and [Greensleeves Care](#). Practical workshops were held to try out Read Aloud activities, share tips and try out ideas for letter writing activities and related creative activities. Pen pal partnerships were developed with letters, poetry and artwork exchanged and friendships made in local communities and further afield.

Participants' input was invaluable in terms of developing this pack. A lot of the suggestions and tips came from participating care staff or arose from discussions about the practicalities of suggested activities.

## Learning and outcomes from pilots

The following outcomes for participants and learning points for facilitators were observed during the pilot projects:

- **Motivation/purpose** – a resident spoke very movingly about how letter writing made her feel “like a useful person” and gave her a sense of purpose.
- **Involving community** – participating staff gave feedback that installing Only Connect post boxes in the homes, created a new way for relatives and friends to engage with people living in the homes: “Adding post box has added new level of communication with family” and “Post box is nearly full when I come to look if there are any letters”. Some relatives posted letters in the post boxes at the end of the visit, resulting in increased engagement and communication with their family member: “Every time I come, I will leave you a letter” Relative.
- **Enhanced well-being** – Staff commented on the pleasure receiving letters and mail gave to residents: “People love receiving a piece of post” Staff
- **Creativity** – There were several lovely examples of creative expression in the form of letters and poems written by residents during this project. One man wrote a very moving letter, including experiences from his working life. Anna from Sunrise Guildford wrote a beautiful poem, ‘The Red Rose’ which was turned into a song, with the help of professional musician Nick Jones.
- **Job Satisfaction** – Staff talked about the pleasure they got from seeing their residents inspired and engaged. They developed several of their own initiatives as a result of this project.
- **Pen Pal Partners** – Participating homes developed several pen pal partnerships with community partners and people living abroad. Examples include: a Spanish care staff member in one home who started writing letters in Spanish to a Spanish resident in another home, who was feeling lonely and isolated, partly due to the onset of dementia; a resident who moved out of a care home to live in her own home on The Isle of Wight who is now swapping letters and artwork with residents from her former home and homes that have made pen pal partnerships with people in Ireland and Belgium.
- **Planning** – Useful learning point from staff: “everything in world of seniors takes time”. Important to think about best time for activities and best person to lead on specific things. Don’t try to do too much in one session.

- **Pen Pal partnerships** – One member of staff suggested that if twinning up with a local school to write letters, it might be sensible to write group letters rather than letters to and from specific individuals. Realistically, residents may have to withdraw from projects due to a variety of reasons including ill health. Therefore for sustainability sending group letters seemed preferred option.
- **Protecting individuals identities** – If exchanging letters with new partners, the issue of protecting identities should be taken seriously. It may not be sensible to share residents' details or images and letters should always be sent c/o home address rather than individual residents.

## Only Connect project outline

Here is a suggested plan of action for anyone wanting to start up their own Only Connect project:

- **Set up pen pal partnership** with someone in local community or further afield. Your care home could twin up with another home. Local schools, churches, scouts' packs or colleges might be worth approaching. This initiative is a good way of involving relatives and volunteers. Contact [Arts in Care Homes](#) if you have difficulty finding a pen pal partner.
- **Set up Read Aloud Group** to share and discuss poetry and creative writing. Use suggested poems and letters as starting point for discussion and creative expression.
- **Set up letter writing group** to write letters to pen pals. You may prefer to do this one-to-one with specific residents or in a small group, if you have enough staff/volunteer support.
- **Use Topic List and letter templates as guide** to start writing letters. Try to introduce creative elements by including related poems, short stories and artwork with letters.
- **Use Read Aloud** materials to provide inspiration for letter writing.
- **Use this resource pack as a guide** but let your pen pal partnerships develop organically. You may wish to use elements of this project i.e. just set up a Read Aloud group or write straight forward letters rather than introducing creative writing activities. It is up to you!
- **Organise associated creative activities** to make positive outcomes go further and keep the inspiration and discussions going! Make up your own related activities.
- Let [Arts in Care Homes](#) know how your project is going!

## Read Aloud Group suggestions

Set up a regular Read Aloud group. Probably best to keep this quite small in size (ideally about six residents). Invite relatives, friends and volunteers to come to sessions and support.

Find nice, quiet space where group can meet without interruptions. Important that group members are able to hear each other and engage in discussion.



Make copies of Read Aloud suggested materials – ideally using Arial or Calibri font size 14 on white paper.

Give group members copy of first piece. Group leader reads this out to group slowly and clearly. Ask for initial reactions/opinions.

Invite individuals to read piece or extracts of piece aloud. Nice activity is to get all the group to read piece together or do a verse or paragraph each in turn.

Consider content of poem, discussing imagery and choice of words. How does it make group members feel? Does piece suggest associated images or memories? Remember there is no right and wrong! All opinions are valid. Even if you don't like a poem you can still have something to say about it!

Consider structure of poem – number of verses, rhyming etc.

Move onto second piece.

If there is time at the end of the session, you may want to read both pieces out again. You could also try and write a piece of poem. Making a list of participants' responses to theme is a good place to start with this.

## Letter Writing group suggestions

Decide if you are going to do this activity in a small group or on a one-to-one basis. Many of the staff participants in the pilot projects found it easier to do this as a person centred activity, engaging on one-to-one basis with individual residents.

This could be a good way of involving relatives or volunteers. See if they would consider pairing up with a resident and using this resource pack and template letters to start writing their own letters.

Use template letters as starting point. If working one-to one with a resident you could first read through suggested Read Aloud material and then write letter in response.

## Developing creative writing and poetry

Try using Template 1 to develop some fictional characters.

You could use photos and postcards depicting people to help with this. Get participants to choose a picture at random, make up a name for them and then invent a character using TEMPLATE 1 questions.

### Try writing a colour poem.

Using colour charts (available from paint shops) ask participants to select a colour. Then, for a change of scenery and some fresh air, accompany them on a walk or wheel around the garden looking out for objects in similar colours. Alternatively, you can stay seated and ask individuals to think of what the colour they have chosen from the paint chart suggests to them. Make a list of participants responses to colour. You could edit this or think about putting comments into themes or verses. Use Topic 3: Suggestions sheet to help with this.

### Try writing haiku on the season or nature.

Traditional Haiku Structure: The first line is 5 syllables. The second line is 7 syllables. The third line is 5 syllables like the first. Punctuation and capitalization are up to the poet and need not follow the rigid rules used in structuring sentences.

### Buy some used postcards from Ebay.

Ask participants to look at the image on the front of the postcard and make up a possible message to put on the back

## A few more ideas...

- Make a mobile poetry trolley with wide range of books and poems to use as stimulation and conversation starter with residents. This enables engagement and discussion with residents that don't enjoy group activities.
- Instead of setting up a letter writing pen pal partnership, how about swapping poems on the different topics suggested. How lovely to receive a monthly poem through the post!
- Buy old postcards from Ebay to use as talking point for discussion, art, writing etc. encourage relatives and friends to send postcards in Only Connect box to add to this collection
- Use sticky labels and nice headed notepaper with image of home and address – makes it more personal. Your home could also make up their own Only Connect notelets, using images created by residents.
- Decorate your mail in different ways – incorporate pressed flowers, scented letters, envelope art – [see Mail Art for ideas](#) for this. [Artist Trading Cards](#) was a project set up in 1997 by the Swiss artist M. Vänçi Stirnemann sending out cards with art on. How lovely to receive a piece of art in the form of a postcard through the post!



- **TouchNote** is a great App to use to send postcards digitally, incorporating photos taken on outings
- Develop short stories in the form of fictional postcard messages in response to postcard images – collate into book of short stories or pieces.
- When using poetry, try to use a range of old and contemporary poems. Youtube is a very useful resource, allowing you to play clips of poems being read aloud by the author.
- See [www.bonnie-day.co.uk](http://www.bonnie-day.co.uk) for poetry related resources for care homes, including poetry and activity books designed to trigger conversation and reminiscence.
- Arts in Care Homes are considering the possibility of developing an Only Connect networking group. The aim of this would be to put care homes in touch with other care home pen pal partners or link up volunteers or organisations hoping to write letters to care home residents. If this would be of interest to you, please let us know!

## Topics for Letters, Read Aloud materials and suggestions for creative activities

Where possible we have reproduced copies of poems or letters. However due to copyrights rights we have not reproduced poems written less than 100 years ago, unless given specific permission. Where permission to reproduce has not been obtained, we have given links to poem.

### Topic 1: Who am I?

#### Template Letter 1 – Developing Characters

Read Aloud suggestions: [‘It was a long time Ago’ Eleanor Farjeon](#)

#### Creative activity suggestions:

- Make/decorate Only Connect Post box for care home.
- Try developing some characters in creative writing sessions using [Topic 1, Interview Questions](#). You could then do portraits of these invented characters in art sessions asking ‘What would this character look like?’ Combine the character descriptions and images and make a book. Develop this into a drama project. Write songs for each character.

### Topic 2: Happiness and Well-being

#### Template Letter 2

Read Aloud suggestions: Vincent Van Gogh postcard written on 24 Sept and Sydney Smith letter

#### Creative activity suggestions:

- Get some old postcards (Ebay or charity shops are a good source) to use as activity resource.
- Consider sending postcards rather than letters. Might be an easier way of starting pen pal partnerships as writing postcards takes less time and commitment than letter writing
- Have a well-being session: draw up suggestions for happiness and well-being, using Sydney Smith letter for inspiration.

## Topic 3: Colour

### Template Letter 3

Read Aloud suggestions: 'Colour' Christina Rossetti and '[The Blue Garden](#)' Helen Dunmore

#### **Creative activity suggestions:**

- Bring in paint charts and discuss colours
- Take the group into the garden or visit a park. Write a poem on colour.

## Topic 4: Seasons/Nature/Weather

Read Aloud suggestions: 'Snow' Walter De La Mare and '[Winter Haiku](#)' Matsuo Basho

#### **Creative activity suggestions:**

- Write a haiku based on the season or weather.
- Organise seasonal nature related activities – printing using natural materials e.g. leaves, making lavender bags, pressing flowers, planting bulbs etc.

## Topic 5: Words of Wisdom

### Resource: Example of Words of Wisdom poem

Read Aloud suggestions: Georgian Paper archive letter and '[Letter to My Daughter](#)', Maya Angelou

#### **Creative activity suggestions:**

- Organise an intergenerational session with local school or college using Georgian Papers letter as starting point.
- "Be a rainbow in someone else's cloud" Maya Angelo: ask people to share favourite sayings or pieces of advice their relatives have passed on to them.

## Topic 6: Love Letters

Read Aloud suggestions 'I Carry Your Heart' EE Cummings and 'Love after Love' Derek Walcott

### Creative activity suggestions:

- Make valentine cards.
- Make heart shaped biscuits.
- Self Love – Think of list of things you like about yourself!

## Topic 7: Around the Kitchen Table

Read Aloud suggestion: 'Perhaps The World Ends Here', Joy Harjo

### Creative activity suggestions:

- Make a cookery book, using recipes suggested by residents, staff and relatives.
- Have a special meal, cooking different recipes and sharing associated memories.

## Topic 8: Celebrations/A Sense of Occasion

Read Aloud suggestion: 'A Birthday' Christina Rossetti, 'Birthday Lights', Calef Brown

### Creative activity suggestions:

- Have a 'Sense of Occasion party or tea dance with elements tailored to interests and stories of your residents. You could reproduce residents' stories and memories of special occasions in speech bubbles, dotted around the room. Choose music and food carefully – e.g. if someone has memories of brass bands, could you incorporate a performance into your event?

## Topic 9: Fashion

### Example of Group Poem

Read Aloud suggestions – 'Second Hand Coat' Ruth Stone and 'Ten things Found in a Ship wrecked Sailor's Pocket' Ian McMillan

### Creative activity suggestions:

- Have a catwalk. Buy clothes from second hand shops and get staff, residents and relatives to style outfits and model.

## Topic 10: Letters of complaint/protest

Read Aloud suggestions: 'Servants Ball' and 'On The Eve of Her Trial' E  
Pankhurst Letter – Royal Albert Hall

Trial' E Pankhurst Letter – Royal Albert Hall

### **Creative activity suggestions:**

- Write a campaigning letter about care homes or issues relating to growing older.
- Write a letter to the local newspaper telling them about your home.
- Have fun compiling a moaning list – top 10 least favourite things or most annoying habits!

The following website are a good source of letters and other material for Read Aloud sessions:

[Letters of Note](#)

[Georgian Papers Online](#)

[British Library](#)

## Only Connect resource materials – Read Aloud, template letters and suggested activities

In this section, we have included selected copies of Read Aloud materials (where reproduction permission was granted or out of copyright), template letters and suggestions/examples.

These resources can be printed out and photocopied for use with your groups.

Topic numbers are on separate pages to allow printing of just specific topics.

## TOPIC 1: WHO AM I – Questions / Creating Character

- What is your resident/character's name?
- Who are your resident's/character's family and friends?
- How old are they?
- What do they look like?
- Where were they born? Have they always lived there?
- What is their favourite object?
- What is their favourite food?
- Where would they like to visit in the world? What is their favourite place?
- What makes them happy? What makes them laugh?
- What are they wearing on their feet today?
- What are their hobbies?

## Topic 1: WHO AM I, Example of letter

Dear...

How are you? I am really pleased to be writing to you. My name is Nichola and I live in North London. I am 46 years old. I have a sister, who has recently had her second baby. He was born a week ago, so I now have two adorable nephews.

I am not very tall, about 5ft 2inches. When I look at photographs with me and my friends together, I am often the shortest one! I have dark brown hair, with some grey coming through. I am very short sighted, so I wear contact lenses or sometimes my glasses with the black frames. I have dark brown eyes. How would you describe yourself?

I was born in Hackney, East London in the Mothers Hospital, which is no longer there. There is now a large, modern hospital nearby called Homerton Hospital. I have always lived in London, apart from the time I spent at University in Leicester. I live in a lovely part of North London called Muswell Hill, where I have lived for 16 years. Where were you born? Have you lived in the same place or moved around?



One of my favourite objects is a photograph of my little nephew in his school uniform, looking very happy. My secret is that sometimes I can be quite shy but I pretend I am not!

I work as a Creative Writing Workshop facilitator and poetry teacher. I really enjoy my job because I get to work with lots of really interesting people in different places.

I love cheese! What is your favourite food?

I daydream a lot and often about being beside the seaside. I would like to travel to the American South and would be happy to return to India and see some of the Southern areas such as Goa and Kerala. What is the favourite place that you have visited?

My friends make me happy and laugh out loud and so does my 6 year old nephew, as he often says the unexpected! What makes you laugh?

As I write this letter, I am wearing pink fluffy slipper socks which I am very fond of!

This morning, I had coffee and eggs for breakfast and then went to teach my Creative Writing Workshop at Blind Aid.

My hobbies are writing my thoughts in a notebook, reading a really good book or poetry, going for coffee and walks with friends and also going to the Theatre and Art Galleries.

What do you enjoy doing?

I look forward to hearing from you. Bye for now!

Nichola

## TOPIC 2: WELL-BEING ACTIVITY: Sending Postcards

**Suggestion:** Use comments in purple as structure for postcard text

Postcard from Vincent van Gogh to Theo van Gogh, Drenthe, 24 September 1883

Dear Theo,

Today I send you by parcel post three studies which I hope are dry enough; however, if they stick to the sheet of paper I put over them as a precaution, sponge them off with tepid water. The paint on the smallest one especially has sunk in a lot. In a week or so brush it over with the white of an egg, or with a little varnish in a month, to restore the colour. I send them to you to give you an idea of the work, which will be better as I go along, you know

**(Comment on image on front of postcard if you are sending one)**

I forgot to reply to what you wrote about sending the money; for the present I beg you to send it by postal order, as you did last time, till I have found an exchange office; but deduct the expenses.

**(Reference to last letter received)**

I had a letter from home. Father had been unwell after having a fall. I hope it is not more serious than they wrote – do you know anything more about it?

**(Ask Question)**

Last week I went farther into the peat fields – splendid scenery. I think it is more and more beautiful here, and I intend to stay in this neighbourhood from now on. For it is so beautiful here that it will require a lot more study to render it, and only very elaborate work can give an exact idea of the way things are basically in their serious, sober character. I have seen superb figures, but I repeat, a scenery that has so much nobility, so much dignity and gravity, must be treated after deep reflection and with patience and steady work. Therefore, I must attack things as if I had come here merely to get a glimpse of them; but if everything goes well, and if we have some luck, it goes without saying that I shall stay here for good.

Do write again soon. I long to hear from you, for I feel gloomy, notwithstanding the beautiful scenery. Adieu, with a handshake,

**(Emphasise how much you enjoy receiving postcards)**

Yours sincerely, Vincent

Source: Vincent van Gogh. Letter to Theo van Gogh. Written 24 September 1883 in Drenthe. Translated by Mrs. Johanna van Gogh-Bonger, edited by Robert Harrison, number 327.

Link: <http://webexhibits.org/vangogh/letter/13/327.htm>

## TOPIC 2: WELLBEING, Read Aloud Material

Suggestion: Read this letter together and then see if you can create your own list for wellbeing with your group, asking them to suggest things that make them feel better when they are feeling sad.

In February of 1820, on learning that his good friend, Lady Georgiana Morpeth, was suffering from a bout of depression, noted essayist and clergyman Sydney Smith sent her the following precious letter, in which he listed twenty pieces of advice to help her overcome “low spirits.”

(Foston, Feb. 16th, 1820)

Dear Lady Georgiana,

Nobody has suffered more from low spirits than I have done—so I feel for you.

1st. Live as well as you dare.

2nd. Go into the shower-bath with a small quantity of water at a temperature low enough to give you a slight sensation of cold, 75° or 80°.

3rd. Amusing books.

4th. Short views of human life—not further than dinner or tea.

5th. Be as busy as you can.

6th. See as much as you can of those friends who respect and like you.

7th. And of those acquaintances who amuse you.

8th. Make no secret of low spirits to your friends, but talk of them freely—they are always worse for dignified concealment.

9th. Attend to the effects tea and coffee produce upon you.

10th. Compare your lot with that of other people.

11th. Don't expect too much from human life—a sorry business at the best.

12th. Avoid poetry, dramatic representations (except comedy), music, serious novels, melancholy sentimental people, and every thing likely to excite feeling or emotion not ending in active benevolence.

13th. Do good, and endeavour to please everybody of every degree.

14th. Be as much as you can in the open air without fatigue.

15th. Make the room where you commonly sit, gay and pleasant.

16th. Struggle by little and little against idleness.

17th. Don't be too severe upon yourself, or underrate yourself, but do yourself justice.

18th. Keep good blazing fires.

19th. Be firm and constant in the exercise of rational religion.

20th. Believe me, dear Georgiana,

(Source: The Selected Writings of Sydney Smith) Letter of Note website

## TOPIC 2: WELLBEING, Template letter

Date

Dear

Thank you so much for your letter. It was really interesting finding out a bit about you.

Ask some questions based on their letter

Respond to any questions asked in letter

In our Read Aloud group at NAME OF CARE HOME we read a postcard written by Vincent Van Gogh in 1883 and a letter written by Sydney Smith in 1820.

Vincent Van Gogh was ...

In the letter by Sydney Smith, gives his friend Lady Georgina 20 pieces of advice to help cheer her up. Some of them were ...

Here are some pieces of advice we came up with to help cheer someone up...

The things that cheer me up most are...

What things cheer you up?

Look forward to hearing from you soon!

Best wishes

## TOPIC 3: COLOUR, Read Aloud material

**Suggestion** – when doing Read Aloud session, it is a good idea to find a biography of the poet/author to read to the group. Talk a little bit about their background and life in the group as this is often popular activity and a good way of involving different people who like history side of things.

### ‘Colour’ by Christina Rossetti

What is pink? a rose is pink  
By a fountain’s brink.  
What is red? a poppy’s red  
In its barley bed.  
What is blue? the sky is blue.  
Where the clouds float thro’.  
What is white? a swan is white  
Sailing in the light.  
What is yellow? pears are yellow,  
Rich and ripe and mellow.  
What is green? the grass is green,  
With small flowers between.  
What is violet? clouds are violet  
In the summer twilight.  
What is orange? Why, an orange,  
Just an orange!

## TOPIC 3: COLOUR, Template Letter

Date

Dear

Thank you so much for your letter. It was really interesting finding out a bit about you.

Ask some questions based on their letter

Respond to any questions asked in letter

In our Read Aloud group at **NAME OF CARE HOME** we read a lovely poem called ‘Colours’ by the poet Christina Rossetti. This got us thinking about colours.

What is your favourite colour and why?

Mine is...? Because ....

Do you have any memories related to specific colours?

I do, I remember....

Here is a list poem we made about colours after walking in the garden:

Include example

We have got lots of nice things happening at **NAME OF CARE HOME** over the summer including ...

Have you got any plans?

Look forward to hearing from you soon!

Best wishes

Could also include some colourful artwork if the resident has done any?

## TOPIC 3: COLOUR

### Suggestion for 'Colour' poems activity

Why not try writing a poem that could be created by using the senses and colour together, after a visit to the garden?

You could use names of colours from paint colour charts as a starting point

Or think of a colour before you go outside and have that in mind when you write poem about specific colour. Put everyone's verses together to create one big Colour poem.

Think about incorporating the senses. Here are some examples taken from Creative Writes sessions:

#### Cadmium Orange

Feels like autumn

Looks like bricks

Smells like rich, cinnamon tea

Sounds like flights departing for warmer climes

Tastes like sausages on a bonfire

Feels like a 2 bar gas fire

Tastes like toast

Feels like a crispy leaf, fallen to the ground

Sounds like the crackles of sparks from a log

#### Group Colour Poem

Burgundy is deep velvet you can fall into

The apples looked crisp and fresh. I was happy for all the simple things in life like nature and all the beautiful shades of green

Strawberries blushing red hiding seductive sweeteners

I met with a fox, who was out early, he weaved in and out of the bushes; playing a game of 'you can't find me'...Then he was gone.

The sweetness of a just ripe orange, that hits the back of my tongue and refreshes my pallet in the golden sun

And the sunflower moving around, worshipping its master – the sun.



## TOPIC 4: SEASONS/NATURE/WEATHER

### Read Aloud Material

'Snow' by Walter de La Mare

No breath of wind,  
No gleam of sun –  
Still the white snow  
Whirls softly down  
Twig and bough  
And blade and thorn  
All in an icy  
Quiet, forlorn.  
Whispering, rustling,  
Through the air,  
On sill and stone,  
Roof – everywhere,  
It heaps its powdery  
Crystal flakes,  
Of every tree  
A mountain makes;  
'Till pale and faint  
At shut of day  
Stoops from the West  
One wintry ray,  
And, feathered in fire,  
Where ghosts the moon,  
A robin shrills  
His lonely tune.

Reproduced courtesy of 'The Literary Trustees of Walter de la Mare and The Society of Authors as their Representative'

## TOPIC 5: WORDS OF WISDOM

### Suggested activity

Try to get group to share their words of wisdom, advice or sayings and write a poem passing on their learnings to others

### Words of Wisdom

Carefully watch your thoughts  
for they become your words.  
Manage and watch your words  
for they will become your actions.  
Consider and judge your actions  
for they will become your habits.  
Acknowledge and watch your habits  
for they shall become your character.  
Understand and embrace your character  
for it becomes your destiny and your dreams.

### Quote from Mahatma Gandhi

## TOPIC 5: WORDS OF WISDOM,

### Read Aloud Material

Extract from letter written by Frederick Prince of Wales to his son George, the future George III, in 1749. Transcription courtesy of The Georgian Papers Programme ([www.georgianpapers.com](http://www.georgianpapers.com)): the original letter, kept in the Round Tower at Windsor Castle in the Royal Archives, can be seen at <https://gpp.rct.uk>, reference GEO MAIN 54227-54232.

Instructions for my Son George, drawn up by my-Self, for His good, that of my Familys, and for that of His People, according to the Ideas of my Grand-Father, and best Friend, George 1

To my son George

As I always have had the tenderest Paternal Affections for you, I cannot give You a Stronger proof of it, than in leaving this Paper for You in Your Mother's hands, Who will read it to You from time to time and will give it to you when you come of Age or when you get the Crown.

My design is not to leave you a Sermon, as is usually done by Persons of my Rank. Tis not out of Vanity I write this: It is out of Love to You, and to the Publick. It is for your Good, for that of my Family, and of the Good people you are to govern, that I leave this to You. I entertain no doubt of your good heart, nor of Your Honour; Things I trust, You will never loose out of Sight. The perverseness and bad examples of the times, I am Sure will never make You forget them.

Let me add, that when Mankind will once be persuaded, that You are Just, Humane, generous and brave. You will be beloved by Your People, and respected by Foreign powers.

I know that you will have always the greatest respect for your good mother, as I have already exhorted in my Will; and all You can do, consistently with Your own Interest, for Your Brothers and Sisters, You certainly will do.

You must not reckon Yourself only their Brother, but I hope You will be a kind Father to them.

I conclude with recommending You, the Princess, the Rest of my Children, and all Your subjects, to the Protection of God Almighty; which, depend upon it My son, You will have, if you Fear and Obey Him

Leicester House, Jan. the 13th 1748, Frederick P.

## TOPIC 8: CELEBRATIONS/SENSE OF OCCASION

### Read Aloud Material

#### 'A Birthday' by Christina Rossetti

My heart is like a singing bird  
Whose nest is in a watered shoot;  
My heart is like an apple-tree  
Whose boughs are bent with thick-set fruit;  
My heart is like a rainbow shell  
That paddles in a halcyon sea;  
My heart is gladder than all these  
Because my love is come to me.  
Raise me a dais of silk and down;  
Hang it with vair and purple dyes;  
Carve it in doves and pomegranates,  
And peacocks with a hundred eyes;  
Work it in gold and silver grapes,  
In leaves and silver fleurs-de-lys;  
Because the birthday of my life  
Is come, my love is come to me.

## TOPIC 9: FASHION

### Suggestion for group poem activity

Why not try to write a poem with your group trying to make list of things found in someone's handbag – Inspired by the Ian McMillan poem; 'Ten things Found In A Shipwrecked Sailor's Pocket.'

#### Eight Things Found in Barty's Mother's Handbag

A red lipstick  
An embroidered cotton handkerchief  
A powder puff  
A leather purse with money  
A comb for her permed hair  
An umbrella  
A gold ring – maybe a wedding present  
A black and white photograph of her family

#### Ten things found in a Ladies Handbag

An Address Book with illegible names and telephone numbers  
A photograph of a little girl  
A load of used tissues  
A box of tablets and medicines  
A diary, consisting entirely of the times that she took different tablets  
A letter from a friend  
A pair of clean drawers  
A packet of Park Lane cigarettes  
A packet of Worther's originals  
A shopping list

Both poems written by participants during Creative Writes workshops

## Topic 10: COMPLAINTS

### Read Aloud Material

# THE SERVANTS' BALL

## TO THE EDITOR OF THE TIMES

Sir,—May I ask your help in giving publicity to a point that causes me increasing concern as each of my annual servants' balls takes place ? The fact that the demand for tickets for the Servants' Ball is invariably much greater than the supply will, I hope, protect both you, Sir, and myself from any charge of advertising.

Each year I notice at the ball a growing number of people who, to be frank, are not of the class for whom the ball is designed. It is, what it calls itself, a Servants' Ball, and I am jealous that it shall go on deserving that name. It is because I have the double aim of helping a hospital and of giving London's domestic servants the real chance of a big night out that I keep the price of tickets so low. Those patrons who come from a wealthier class are actuated, no doubt, by one or both of two motives. Either they wish to give themselves and their friends " a party on the cheap " ; or they wish to support the charity. In the first case, I should be greatly obliged if they would choose some other time and place, since every ticket they buy (and they cannot really be prevented) can be sold to a genuine domestic servant ; and in the second case, which I believe is more common, they would be doing me and my cause a far greater service by sending their " five bobs " direct to the hospital treasurer.

Yours faithfully,

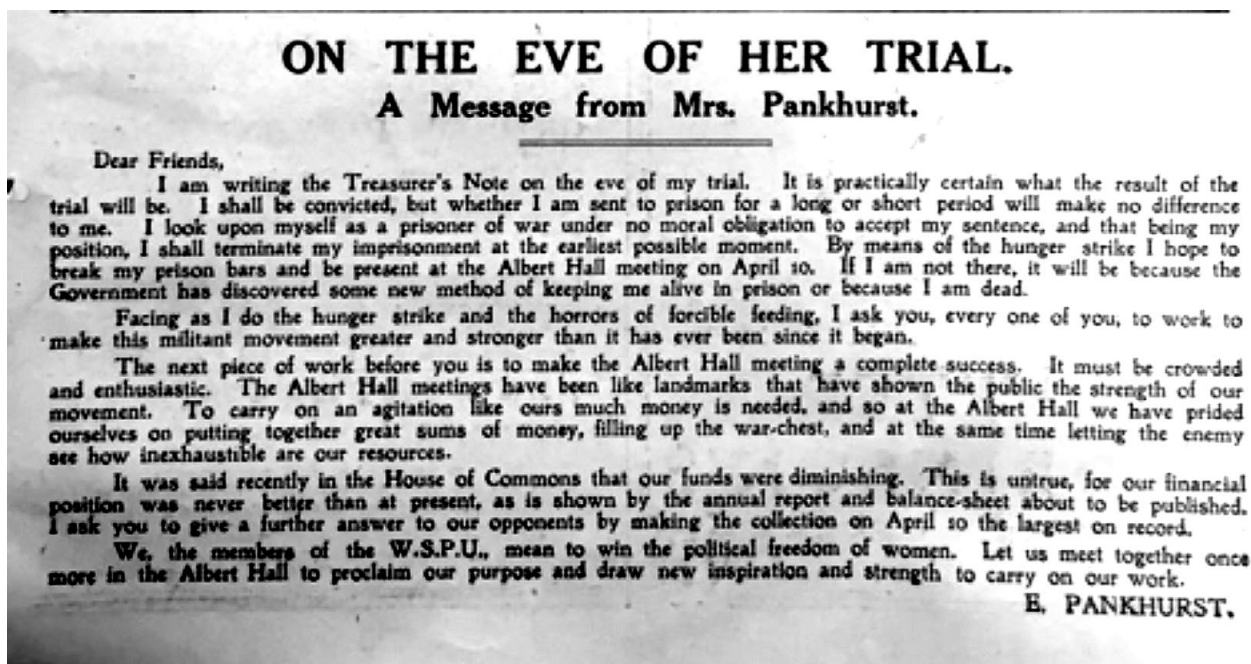
JEANNE MALCOLM.

46, Bryanston Square, W.1, Nov. 18.

Letter from [Royal Albert Hall](#) archive, thanks for their permission to reproduce.

## Topic 10: COMPLAINTS

### Read Aloud Material



Letter from [Royal Albert Hall](#) archive, thanks for their permission to reproduce.



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All participating staff

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Walter de la Mare poem reproduced courtesy of 'The Literary Trustees of Walter de la Mare and The Society of Authors as their Representative'.

**For further information about this project please contact:**

**Nichola Charalambou**

Founder, Creative Writes

Email: [info@creativewrites.co.uk](mailto:info@creativewrites.co.uk)

[www.creativewrites.co.uk](http://www.creativewrites.co.uk)

**Alison Teader**

Project Manager, Arts in Care Homes

Email: [info@artsincarehomes.org.uk](mailto:info@artsincarehomes.org.uk)

[www.artsincarehomes.org.uk](http://www.artsincarehomes.org.uk)



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