

CREATIVITY IN CARE



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1. Mapping local history & memories

This activity works well for residents who have lived locally, as a way of sharing memories and stories with a group or as a collective project with individuals. It could be adapted to map a much bigger geographical area, or even to map dreams and memories rather than physical places.

You will need...

- Over-head projector (OHP)/ Digital projector
- Map of your local area printed onto acetate (for the OHP) or a digital copy of a map
- A large piece of paper & felt-tip pen
- Access to Picture the Past website
- A printer + paper or thin card to print on to
- Pens
- Stickers

Process

1. Create a large-scale map: Project a map of the local area onto a large sheet of paper and trace the shape of all the roads. Add the names of a few main roads, but leave most of them blank (for residents to fill in).
2. Go to <http://www.picturethepast.org.uk/> and select images of your local area from different times over the past century. Print your selection onto card or paper and cut out so that they are the size of photos or post cards.
3. Work with small groups of residents to fill in the map & locate the images and display the map on a wall or board where everyone can see it. Show them the pictures and ask if anyone knows where they were taken. As they start to tell stories about the pictures, you and residents can add notes on the back of the images, adding them to the map or marking the locations with stickers.
4. Slowly build up road names and important locations (these could be pubs, churches, places to dance, favourite shops, places people lived or were born etc ..) Accuracy isn't important! This is a memory map, and provides a great way to help residents share their knowledge and stories about the places they have lived.



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Ideas for extending the activity

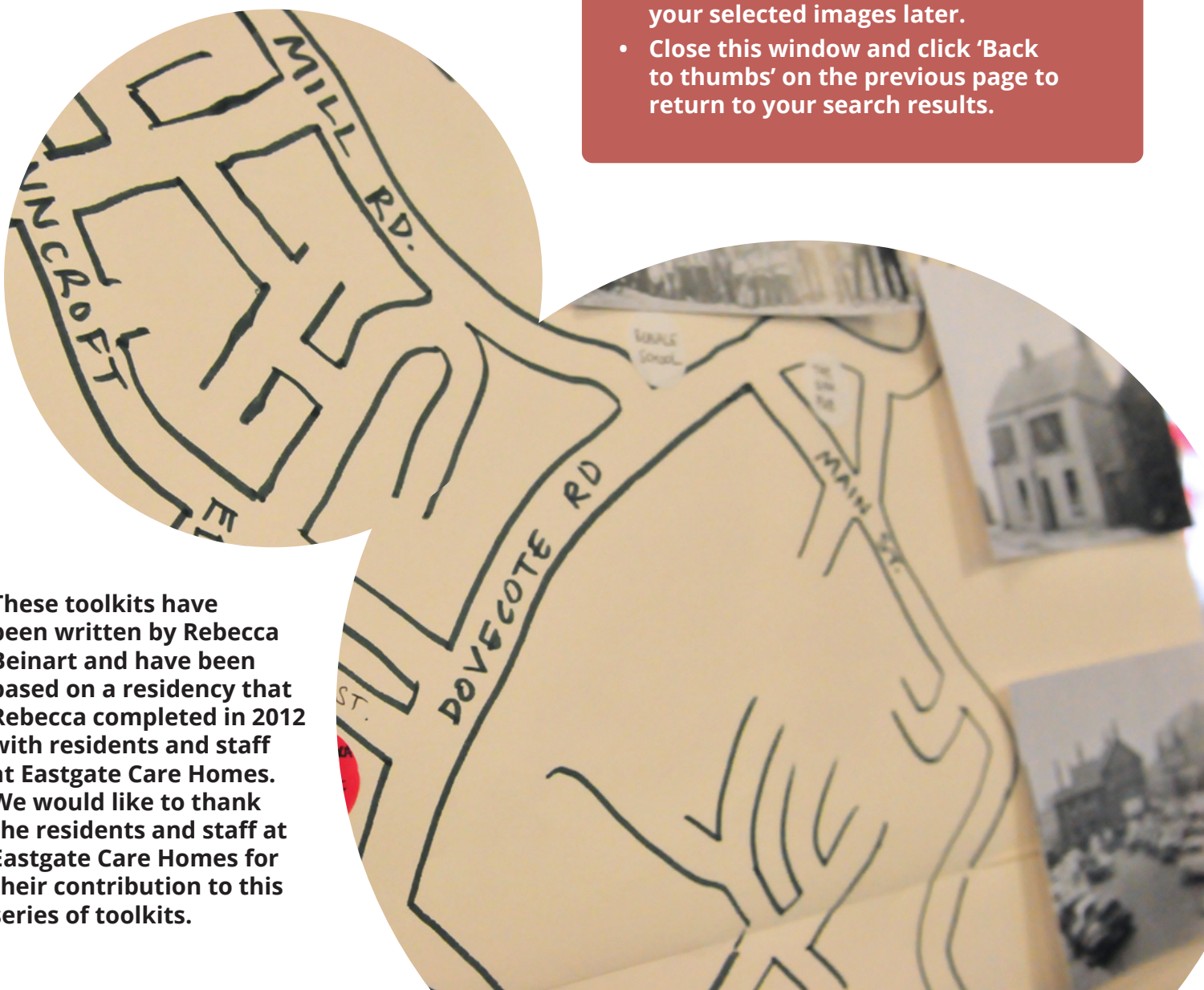
As residents tell stories about places that were important to them, you could return to the Picture the Past website and search for images that show some of these places. You could also use the local library to find historical newspapers or magazines that relate to stories they share.

If you can display the map in a place where visitors can also see it, family members and visitors can also contribute and add to the map – this is a great way to engage with visitors and other members of staff. You could also take this idea forward and the images and stories as a basis for the Printing activity (see **ToolKit 2: Printing**).

Help box: *Selecting and Printing images from Picture the Past*

- On the Picture the Past website (<http://www.picturethepast.org.uk/>) you can search for images by place and date.
- Select an image by clicking on the small thumbnail.
- Then click 'zoom' (in the buttons displayed above the image).
- This will open a new window with a printable version of the image. You can print directly from this page or right-click on the image to 'Save Image' to your own computer and print all of your selected images later.
- Close this window and click 'Back to thumbs' on the previous page to return to your search results.

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2. Printing

This activity sheet explains a simple method for printing onto fabric or paper to create striking images in order to tell a story. This activity provides a great opportunity to work with lots of individuals that contribute to a shared final outcome.

You will need...

- Polystyrene tiles
- Sharp pencils
- Ink Rollers + a sheet of plastic to roll inks onto
- Printing Inks
- Fabric or paper to print onto

Process

You could choose a starting point for this activity, such as: photographs of the local area

(see **Toolkit 1: Mapping History**), a poem or song or seasonal themes / i.e. the weather

1. Ask residents to pick something from the theme – eg a place that's important to them, something from the poem, or a symbol or pattern relating to the season.
2. Each person creates a design based on the theme by drawing into their polystyrene tile. It doesn't have to be a detailed drawing – simple designs with patterns work really well. Ask residents to use a sharp-ish pencil to draw into the polystyrene. Press hard enough to push down the surface of the polystyrene, but not so hard you go all the way through! (**NOTE: remember that whatever you design will come out as a mirror-image!**)
3. Squeeze ink out onto a sheet of plastic. Roll the roller through the ink until it is evenly covered. Then roll the roller onto the polystyrene tile. The aim is to evenly cover the tile, but don't put so much ink on that you fill in the design.
4. Place the polystyrene tile ink-side-down onto your fabric or paper. Press down firmly, but be careful not to move it. (It can help to use scrap paper on top of the polystyrene to avoid spreading ink everywhere.)
5. Carefully peel back the polystyrene – the design will have printed onto the fabric or



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paper. (Don't worry if it doesn't come out perfectly – each print will be different and you can play with different quantities of ink & different pressures when you press the polystyrene down.)

6. You can get many different residents to print their designs onto one large piece of fabric or paper, creating a 'patchwork' effect. Each tile can be repeated several times with different colours.

Ideas for extending the activity

If you wanted to create a story from the pictures, print them in a particular order like a comic strip. You can use the same method to print onto cushion covers, fabric bags, cards etc for residents to use themselves or to sell as a fund-raiser. (NB not all printing inks will be wash-proof.)

NOTE: *Those with limited motor skills can still create a design by pressing the pencil tip and other objects into the polystyrene.*



Help box: Sourcing Polystyrene, Rollers, Ink and Fabric

You can buy printing equipment from County Supplies: <http://www.county-supplies.org>

Details & suggestions for other places to find them are below.

Polystyrene printing tiles: *County Supplies: 'Safeprint Foam Sheets' 300x300mm, box of 10 costs £6.15 (NB these are large enough to cut into quarters, providing 40 tiles from one packet) or use recycled polystyrene from food packaging – eg pizza bases, chip packaging, polystyrene plates. Anything that's flat with a smooth surface will work.*

Rollers: *County Supplies: 'Ink/ Lino Roller' costs £4.15 each (or look in a local art shop).*

Inks: *County Supplies: 'Block Printing Ink' costs £1.85 per tube - 6 colours available.*

Fabric: *Different fabrics create different effects – you can print onto a white silky fabric to create bright images or print over textures/ colours. Local markets are a great place to pick up cheap fabric. You can also try your local Scrap Store (Playworks in Nottingham or Mansfield Play Forum) who often have fabric off-cuts for free.*

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3. Home Remedies and Wellbeing

This activity involves multiple senses and memory and importantly encourages residents to contribute their own ideas of wellbeing. This activity could be adapted in many different ways and this Toolkit acts as a framework to be built upon.

Things to collect as starting points:

- Examples of old-fashioned remedies, e.g. Rosehip Syrup, Syrup of Figs, Elderberry Cordial (or wine), Hot Toddy(!), Camphorated Oil, Menthol, Fresh or Dried Herbs, such as, Lavender, Chamomile, Rosemary, Dandelion, Nettle etc.
- Old medicine bottles (you can often find these at car boot sales, or on ebay, or you may be able to borrow some through the

Museums lending service – see Resource sheet for details)

Process

1. Working with a small group of residents, pass around the remedies and herbs, asking each person to smell or taste them and say what they remind them of. (The multi-sensory activity of smelling & tasting can also work well with people who are not able to communicate easily.)
2. This can lead into a conversation about the remedies that residents remember from their childhood, or even things that their parents or grandparents used.
3. If there are some remedies or herbs that people have a strong memory of, you could try making these with the residents, e.g. Lavender bags or bath-bombs, scented oils, cough syrup, herbal teas. Perhaps one of the people you're working with will remember a recipe – if not you can look one up, or use some of the suggestions below. (Note: To make some remedies you may need access to a kitchen)



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Granny's Cough Mixture

1 tbsp butter
1 tbsp golden syrup/ honey
lemon juice
a drop of brandy

Gently heat the butter over a low heat, add the other ingredients to taste, enjoy!

Ideas for extending the activity

Ask residents and other staff what they do to make them feel better. This can be a really interesting chat to have with residents and care staff at the same time, considering the notion of Wellbeing. Collect these ideas and use them to make a display or to make a booklet (see Tool Kit 4: Making a Booklet). If you make scented oils (add essential oils to a base like almond oil) these can be used for hand-massages as part of a 'pamper' session.

Lavender bath bombs

2-3 teaspoons dried lavender
1 tbsp citric acid powder
3 tbsp bicarbonate of soda
10 drops lavender essential oil
1 tsp plant-based oil (vegetable or almond oil)

Make sure that the bowl you are using and your hands, are completely dry - otherwise the bomb will start fizzing. Mix the citric acid and bicarbonate of soda together. Add a few drops of lavender oil and 2-3 tsp dried lavender flowers, along with the vegetable or almond oil. Mix everything together with a metal spoon.

Place the biscuit cutter on top of a sheet of baking paper. Put the mixture into the biscuit cutter and press down with the back of the spoon. The oil now needs to evaporate so the bomb can set as a dry, hard block - leave for a minimum of 30 minutes and preferably overnight.

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4. Making a Booklet

This project activity provides some simple examples of creating a booklet. You could work with residents to design illustrations and produce a hand-made cover in order to give the booklet a personal feel and create a sense of ownership. It is a good way of bringing work together that can be kept and shared and can be used to remind residents of things they've achieved recently. For example you could collect together stories the residents tell, artworks they produce, ideas for things that make us feel better i.e. remedies, recipes, poetry, favourite songs etc.

You will need...

- Images to illustrate the booklet – start with magazines for collage/ photocopies from old books/ images the residents have made
- Paper

- Scissors and glue
- A photocopier or a scanner and computer
- Card to make the covers
- Coloured embroidery thread, large embroidery needles (you can get plastic ones if that's easier for people to use)
- Pegs
- A large pin to punch holes before stitching

Process

1. Plan the text for your booklet - this could be handwritten or typed words.
2. Design the pages with residents and add illustrations to the text - you can do this by asking residents to select meaningful images from magazines/ add coloured-in line drawings or mount their own artwork.
3. Photocopy the pages back-to-back so that when you fold the whole booklet down the middle, the pages appear in the right order. (If you are just working with images the order doesn't necessarily matter)
4. Alternatively you can scan the pages into a computer and print them off.
5. Make covers with the residents: Each person can choose a piece of card. You can add texture, patterns or words by gluing fabric / other card / images / text onto the cover.



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6. Once the cover is ready put it face down with the pages on top so that you can see the centre-spread of the booklet. Fold all the pages and the cover in half to create the spine.
7. Unfold and peg the pages & cover together to stop them moving. Now punch evenly spaced holes through the spine with a large pin.
8. Ask each person to choose a coloured thread and stitch their booklet together. Different residents will have differing abilities to do this, but if you have a selection of embroidery needles & plastic needles, quite a few people will be able to have a go.

Ideas for extending the activity

You could make personal booklets with different residents that include personal pictures and images and text about topics that are special to them. This is a good way of collating ideas from residents, staff and visitors – and ensuring that people's contributions are valued and preserved.

You could also work with residents to create themed booklets to sell at fund-raising events.



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5. Cinema

Setting up a cinema screen and showing 'classic' movies can be a very different experience than having the TV on. Although it can be disruptive to re-arrange the layout of a room, it can help people feel like this is a special occasion.

You will need...

- A DVD player or laptop
- A digital projector & speakers
- A projection screen
- Fabric to make curtains
- String
- Popcorn!

Process

1. This activity is helpful if it can be planned with staff in advance so that seating/ the room is arranged to ensure that all residents can view the screen with ease.
2. The screen can be decorated in order to create a theatrical feel. You could use red velvet or other fabric to create curtains around the screen.
3. Set up the projector, DVD player and speakers – watch the film!
4. If you have access to the kitchen you could make popcorn to serve at the interval or serve ice-cream.

Ideas for extending the activity

You could have a regular movie afternoon, and show films requested by residents.

You can use the same set-up to show images, or to play short extracts from films and ask people to guess where they're from. The Media Archive for Central England is a useful resource for archived footage and sell a range of DVD's: www.macearchive.org



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Cinema can also be a great starting point for other creative activities i.e. talking about resident's early memories of going to the cinema and creating artwork or other images based on favourite films and stars. This could lead into other activities such as **Printing** (see Toolkit 2) or **Making a Booklet** (see Toolkit 4).

NOTE: This Toolkit suggests using a projector and screen in order to create a theatrical feel, however if you don't have access to this equipment and you have a large screen TV then you could use this instead.

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6. Making Lanterns

Making lanterns is an accessible crafts activity that can engage most people. The activity can consist of a short session lasting around 5 minutes up to half an hour depending how much each resident enjoys the process and the number of lanterns that individuals want to make. If you are able to produce a lot of lanterns with different residents, the effect of all of them together can create a beautiful and atmospheric scene.

'Stained Glass' Lanterns (for tea lights)

You will need...

- Jam jars
- Coloured tissue paper
- PVA glue + pots to mix glue in
- Brushes
- Black paper
- Scissors
- Tea lights

Process

1. Prepare the tissue paper by tearing or cutting it into small pieces. This can easily be done with residents.
2. Prepare the black paper by cutting strips that are the same height as the jars and long enough to wrap all the way around a jar.
3. Mix PVA with a little water in a pot - this makes it easier to paint on.
4. Working one-to-one, or with a small group, ask each person to pick out some colours.
5. Ask them to paint some glue onto the jar and start adding pieces of coloured tissue. Once the jar is covered, they can paint a thin layer of PVA over the top to smooth over & varnish the paper.
6. **Optional:** To create a 'Stained Glass' effect, ask each person to take a strip of black paper. Fold it into a concertina and cut patterns into it. When the paper is opened out you should end up with the patterns repeated across the paper. Stick this onto the jar, so that the coloured paper (and light) shows through the areas that have been cut away.
7. When the lanterns are dry, light a tea light inside.



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Fairy Light lanterns

You will need...

- Balloons
- Vaseline
- Coloured tissue paper
- PVA glue + pots to mix glue in
- White fairy lights + paper clips, string or wire

Process

1. Give each person a balloon and ask them to partly blow it up to create a small ball. This will act as a mould for the lanterns.
2. Cover each balloon with a thin layer of vaseline to prevent tissue sticking to the mould. It can help residents if they put the balloons into a cup as a base.
3. Ask each person to pick out one or two base colours and cover their balloon (leaving a small gap at the bottom of the balloon. Use at least 4 layers of tissue paper so that the lantern will be strong enough to hold its shape.
4. They can cut out patterns from other colours to decorate the lanterns.
5. Leave the lanterns to dry overnight and the following day, the balloons can be popped, leaving small round lanterns.
6. Trim the hole at the bottom & attach each lantern over a fairy-light bulb using paper clips/ string/ wire. You will end up with a string of colourful lanterns.

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