

Creativity at Home





"This has really picked me back up"
- Matinée Outreach Participant

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Back cover image: creative journal by Lisa Waugh
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Collage postcards by Ali, Matinée Outreach participant

Creative Collage

20-60
minutes

A fun way to create a surprising and imaginative piece of artwork that is as simple or involved as you wish.

You will need:

- Paper - any size
- Glue stick
- Scissors
- Magazines, newspaper, wrapping paper, patterned papers, old calendars, greetings cards, ribbon, or any interesting pictures you can find that you don't mind cutting out

Great for:

✓ Playfulness

✓ Connection

Making your collage:

1. Start by selecting and cutting out any pictures and words you feel drawn to.
2. If you are using patterned paper, you could cut this into shapes to look like background areas, objects, people, animals...
3. When you feel you have a few bits cut out, start arranging them on the plain paper. Play around with this until you feel ready to start sticking them down.
4. You can arrange it to be as simple or as layered as you want. If you like, you can work from background to foreground to create a scene.
5. Get sticking. Keep adding until you are happy, and allow to dry.

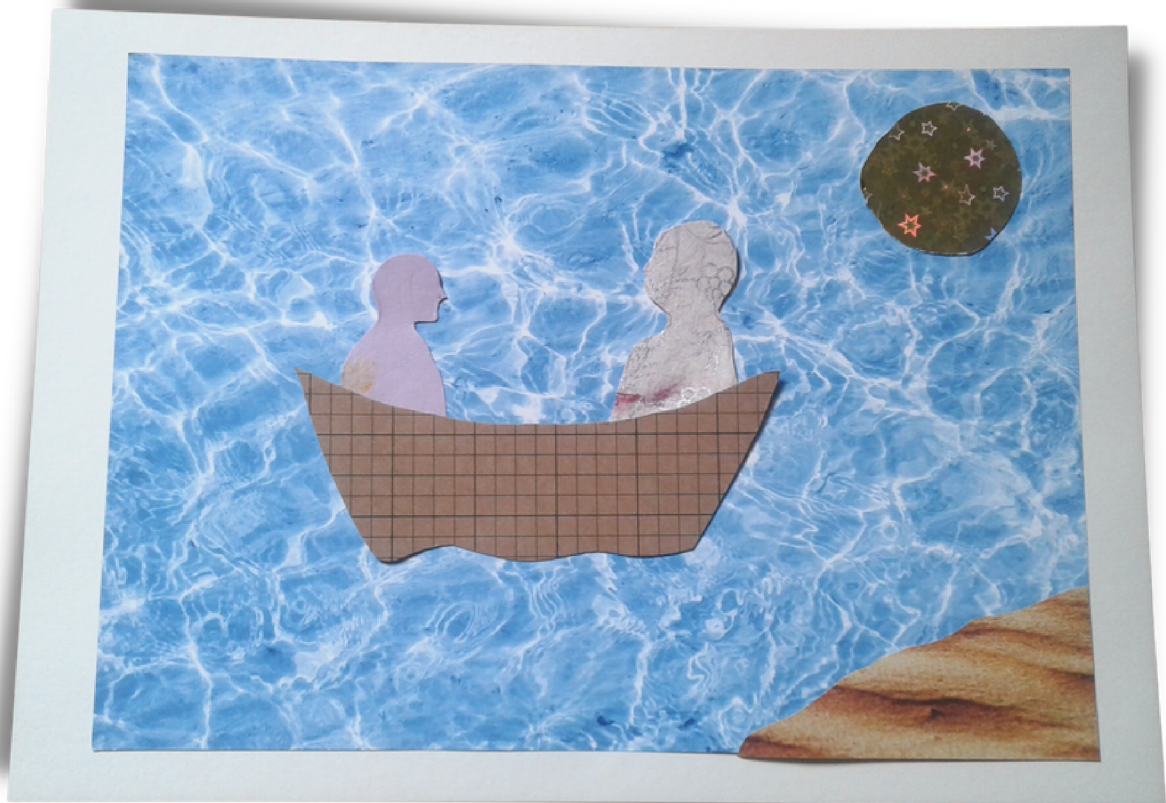


Extend the activity:

Why not have a go at making a collage with a partner?

You can both choose your own bits to cut out and add to the collage, and take it in turns to stick a piece down.

See what kind of collage you can create together!



Use this page to have a go



A Doodle a Day



When you want to get creative but you don't know where to start or what to do, why not just try 'a doodle a day'? This is a fun way to explore mark-making. Try it for a few weeks and see how it feels to look back on what you made.

You will need:

- A small notebook with plain pages
- A biro, pencil, felts, crayons, chalks...
Anything you have to hand



Instructions:

1. Take a blank notebook. Start small – A5 or A6 size.
2. Write the day/date at the top of each page.
Use a new page for each day.
3. Commit to doing one creative thing every day – be that a quick doodle, a scribble, a mark, a word, a phrase or saying, a poem, a newspaper cutting, a leaf, a colour, your mood, the weather, a view – anything goes!
4. Keep this up for a few weeks. See how you feel when you look back at what you have made.
5. Use it as a springboard for new creative projects – what works best for you? Do you have any new interests forming? Keep it for yourself, or share it with a friend.

If you enjoy this activity, you can develop it into a creative journal, a themed notebook, or a place to collect together personal or family stories.

You can add photos or prints, newspaper clippings, tickets, greeting cards, ribbons, fabric – make it as creative and colourful, serious or light-hearted as you like.

Random Words Game



A fun way to create a short piece of writing, using some found words as a starting point.

You will need:

- A piece of plain paper
- Scissors
- A pen
- Old magazines, newspapers, books, or anything else with words in that you don't mind cutting up
- Glue (optional)



Create your writing:

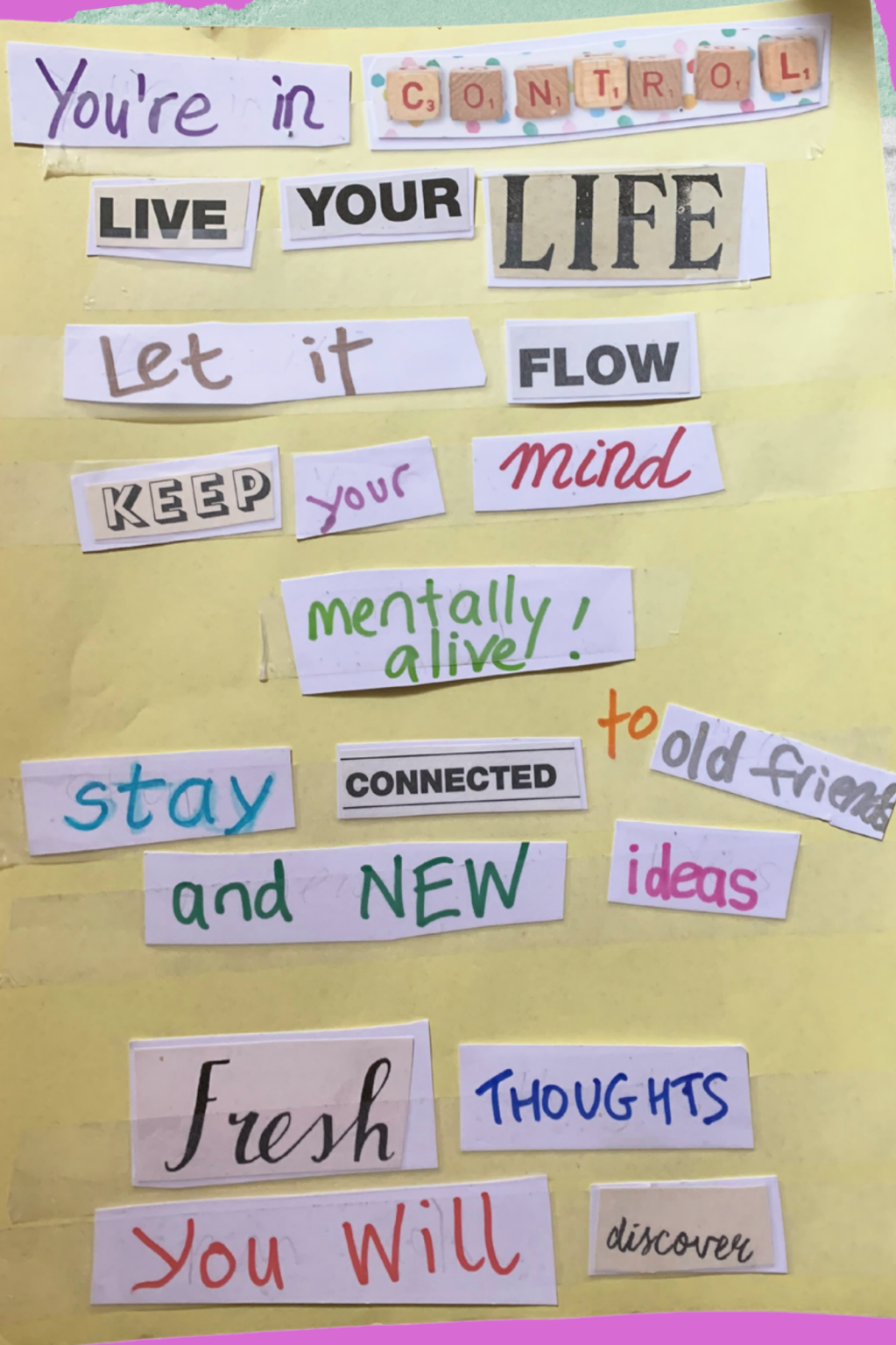
Get yourself comfy and gather your magazines, newspapers and books in front of you.

1. Cut out individual words that stand out to you, or write them down on scraps of paper. They could be words you find interesting, or that make you feel a certain way. Perhaps they are words that you like saying out loud?
2. Start putting some of your favourite words onto a blank piece of paper. Do any of them sound good together? Do any evoke a certain emotion? Move them around to play with different options.
3. Try to make longer sentences that tell more of a story or create an image.
4. You can write additional words in, to help things come together. Perhaps you are creating a poem, or a short story?

Anything goes - you can't go wrong!

Extend the activity:

- Take away the cut out words, leaving just the words you have written.
- Can you find new words to fill those gaps? There are so many possibilities!



Random Words poem by Giulia Artuso,
Matinée Outreach participant

You can copy or cut out the words on this page, if you like.

 YESTERDAY

 FUTURE

 YOU

 Hello

 Important

 Laugh

 Flavour

 MAGIC

 Everything

 WATCH

 Spring

 Asking

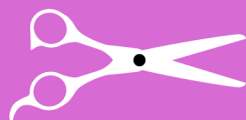
 Discover

 Flowers

 Hope

 Waiting

**This page is blank, so you can cut out the words
from the other side.**



Favourite Journey Map

25-45
minutes

Do you have a place you enjoy visiting or a favourite journey? This activity is about making a map of somewhere that may hold special memories for you.

You will need:

- A piece of plain paper
- Coloured pencils, pens or crayons
- Glue stick or sticky tape
- Tissue paper, collage pieces, old magazines and newspapers (optional)

Great for:

- ✓ Enjoying good memories
- ✓ Mood boosting

Making your map:

Your map can include lines, shapes or words and actually doesn't need to look like a real map at all! It can be a visual representation of a special journey.

1. Start by thinking of a favourite or special journey. It could be a walk locally, the route you used to take to a friend's house, or a journey to a special place.
2. Think about the different directions you went in when taking this journey. Using your pens, pencils or crayons, draw these different directions on your paper. If the journey was an exciting one, maybe you could draw lines that are wiggly or jumpy.
3. If you passed trees, or a pond, or any landmarks on this journey, you could draw or write these on your map. You can include shops, houses, paths, roads, rivers...
4. How did you feel on this journey? You may want to add words to your map that describe how you feel on that journey.

5. You may want to use different coloured pencils to represent the different places on your route.
6. Can you draw a shape that represents your destination on the map? This could be the shape of a building, house or place.
7. You may choose to add layers of collage to your map, using torn up tissue paper, or pictures/words from magazines/newspapers.

Extend the activity:

You may want to show your map to a family member or friend so you can share your thoughts about the special journey you have drawn.

Ask friends or family members to make a map and share your journeys together.

Take your map with you on that favourite journey and see if there is anything you would like to add to the map. You could decorate the map with things you find along the way such as leaves, small flowers or travel tickets.

Create a map for each of your favourite journeys on foot, by car, by train - or even by aeroplane.



Image: map by Ali, Matinée Outreach Participant
Activity devised by Lindsey Warnes Carroll

Use the following pages to have a go





Make a Pine Cone Bird Feeder

15-20
minutes

Do you like to watch the birds come and go as they fly in your garden? This simple bird feeder uses all natural materials and may encourage birds to pay your garden a visit.

You will need:

- A pine cone for each feeder
- A piece of string or garden twine for each pine cone
- Bird seed mix
- Suet or lard (at room temperature)
- A mixing bowl

Great for:

- ✓ Connecting with nature
- ✓ Simple crafting

Making your bird feeder:

1. Clear a table or other flat surface and lay out everything ready.
2. Cut the softened lard up into small pieces and mix it together with the bird seed mix in your bowl. Using your hands is best, if you can.
3. Take a pine cone and tie some string or garden twine to the top. You will use this string to hang the bird feeder up.
4. Start to press the mixture into the pine cone, adding more until you have covered most of the pine cone.
5. You may want to pick up some of the bigger seeds in the seed mix and press them into the cone using your fingers.
6. Once your pine cone is covered in bird seed, your bird feeder is ready to hang in your garden or yard.

If you have more than one pine cone, you can make multiple bird feeders and hang them in different places.

Extend the activity

Watch to see which birds come and visit your bird feeders, and keep a tally of which birds you see.

"I'm looking to see which birdies come into the garden."

You could draw a picture of a bird visiting your bird feeders.

You could make some extra bird feeders to give to family members or friends as a small gift.

Make your own dough:

Instead of using suet, you could have a go at making a bird-friendly dough to wrap around your pine cones and stick the seeds into.

This recipe makes enough dough for 3-4 bird feeders. You will need:

- 250g all-purpose flour
- 4 teaspoons cream of tartar
- 500ml lukewarm water
- 2 tablespoons vegetable oil
- Greaseproof paper

1. Stir together the flour and cream of tartar in a saucepan.
2. Next add the water and oil. Cook over a medium heat, stirring constantly.
3. Continue stirring until the dough has thickened and begins to form into a ball.
4. Remove from the heat and then place onto greaseproof paper.
5. Allow to cool slightly and then knead until smooth.

This mixture does not keep for long indoors so store in a ziplock bag or sealed container, and use within 48 hours of making.

Image: Bird feeders made by Ali,
Matinée Outreach participant



This Thing Is...



This activity helps you to look at something you love through a different lens, and can be repeated multiple times.

You will need:

- A piece of paper
- A pen
- The sentence starters on the next page



Instructions:

Firstly, think of something you love that you would like to write about. It could be a place, a person, an object, an animal...

Keeping your 'thing' in mind, complete the sentences on the following page.

- Start by filling in all of the _____ with the thing you have chosen to write about.
- Then complete each sentence by writing your response in the space underneath.

TIP: Try to make your answers as descriptive as you can. For example, rather than saying '6am', you could say 'first thing in the morning, just before the dawn chorus'.

There are no right or wrong answers!

Extend the activity:

- You could turn your answers into a poem or short piece of creative writing by putting them in an order that you think sounds good.
- Perhaps you could think of some more sentence starters, in addition to the ones on the next page? E.g. if it were a building, a material, a colour...
- You could repeat the activity as many times as you like, using a new 'thing' to describe each time.

If _____ were a time of day, it would be...

If _____ were a piece of furniture, it would be...

If _____ were a kind of weather, it would be...

If _____ were a tree, it would be...

If _____ were a meal, it would be...

If _____ were a feeling, it would be...

If _____ were a drink, it would be...

The poem below was written by
Matinée Outreach participant Johnny Sharp,
using the 'This Thing Is' activity:

Football Life **by Johnny Sharp**

Football is a Rottweiler: fierce, fighter.
It's 3pm on a Saturday
and cloudy with sun.

Football is East Midlands talk.

It's the Big Tree pub in Sheffield
and pie, chips and baked beans.
It's a pint of John Smith's Magnet beer:
a beer of body. A beer of strength!

Football is an old fashioned train
with compartments for 6/7/8.
It's a round cocktail table
and an ant - busy working all the time.

Football is a white and black rose.

Gardens of our Lives

15-45
minutes

A fun way to create artwork inspired by your perfect garden; imagined or real.

You will need:

- Paper - any size
- Coloured pencils, felt pens, crayons, pastels, paints... anything you have to hand

Great for:

- ✓ Relaxation
- ✓ Imagination

Instructions:

1. Make yourself comfortable, with your paper and art materials in front of you.
2. Use the questions on the following page to help you to imagine your perfect garden.
3. Start to visualise how you would arrange all of the elements of your garden. Think of yourself as the landscaper: where will you put everything?
4. Using your art materials, start to create your garden on paper. Don't worry if you can't draw all of the elements of your garden, you can just create sections or use colour to create the impression.
5. If you like, you could just focus on one flower or area of the garden to create your artwork.

Extend the activity:

Do you have a story to tell about a garden you have loved? You could write it down, or draw it. Why not share it with a friend or loved one?



Activity devised by Lisa Waugh
Image credit: Nicky Bellenger

You could use the following questions to help you to create your perfect garden:

What would you like to see in your ideal garden?

Flowers? Which ones? Which colours and scents?

Vegetable patch? Raised beds? Which vegetables might you grow?

What about fruit trees? Which fruits might you grow?

Are there any other trees or shrubs?

Would you like to make a pond or wildlife area?

Would you have a shed, greenhouse or summerhouse?

Would you like a seating area, or a lawn?

Does your garden have any areas just for you, like a bench tucked away?

How would you arrange it all?

Most importantly, think about how it would feel to sit in this garden.

In all of the places you have lived or visited, do you have a favourite garden, and why?



**'I enjoyed it. I found it
soothing and inspirational.'**

Sensory Poem

This activity uses all 5 of your senses to write a reflective poem.



You will need:

- Paper
- A pen

Instructions:

1. Choose a theme:
 - Holidays/travel
 - Family
 - Celebrations
 - Food & drink



Or perhaps you have another theme in mind?

2. Place 5 pieces of paper in front of you. At the top of each piece of paper write one of the 5 senses: see, hear, feel, smell, and taste.

3. On each piece of paper, write down a memory that connects to your theme, and that uses that particular sense.

For example, if my theme was 'holidays/travel' and the sense at the top of my paper was 'hear', I could write: 'the sounds of the waves, gently lapping on the beach'.

4. Try to write a memory for each of the senses. If you like, you can write more!

5. Now, underneath each sensory memory, write a sentence about how that memory makes you feel.

For example, my memory of the sounds of the waves made me feel 'calm and relaxed'.

Extend the activity:

Turn your sensory memories into a poem.

Now you have at least one memory for each of the senses, you can turn your writing into a full poem.

Here's how:

1. Read each of your memories out loud. How do they make you feel? Which are your favourites?
2. Now choose an order for your memories.

You can do this by cutting each memory out and moving them around in front of you, or you can rewrite them onto a new piece of paper in an order of your choosing.

3. If you like, you can add some of your sentences about how each memory makes you feel.

You have your poem!

Why not give it a title and share it with someone?



Through the Window

This activity is in two parts. Part one will help you to feel grounded and relaxed, and part two will encourage you to use your imagination.



You will need:

- Paper
- A pen



Instructions:

Part 1 - Grounding

1. Position yourself next to a window, preferably in a room that is nice and quiet.
2. Open the window. Take a moment to feel the air on your face. How does it feel?
3. Now, with your paper and pen to hand, close your eyes and focus on your breathing. On every out breath, draw a line on the paper: let the length of your breath guide the pen.
4. When it feels right, open your eyes to see what your paper looks like.
5. Now focus on the sounds coming from outside. Do any surprise you? How near or far are those sounds? How do they make you feel?
6. Every time you notice a new sound, make a mark on your paper that represents that sound. It can be abstract or realistic. Try not to overthink it or take too much time on each sound: it is more about noticing what you can hear and how it makes you feel than creating a detailed piece of artwork.

Part 2 - Storytelling

1. Look out of your window and try to focus on things that have a different view to you. It could be a bird on the roof of a house or an ant in the grass.

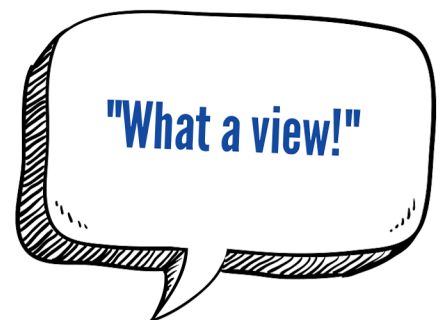
You can even include inanimate objects: a lamppost or a garden gate, for example.

2. All of these things have a different view to you. Try to imagine what they can see. How is it different to your view out of the window?

3. Choose the one that interests you the most. How does this thing feel about the view that it has? Is it able to change its point of view, e.g. a bird, or is it stuck where it is, e.g. a fence post? Think of your 'thing' as a character in a story.

4. Can you draw an image of what that character can see?

5. Now, put yourself in its shoes. Can you write a monologue or a short story as if you are that character?



Biographies

Arts Derbyshire is the strategic arts charity for the county. Our main aim is to enrich people's lives through the arts. We work with artists, service providers and the public to provide strategic direction for the arts in Derbyshire, to enable collaborative working for arts development, and to encourage people to take part in the arts.
www.artsderbyshire.org.uk

Derbyshire County Council took over responsibility for Public Health from the NHS in April 2013. This means that they are responsible for making sure there are a wide range of services available to help people in Derbyshire to stay healthy.
www.derbyshire.gov.uk/social-health/health-and-wellbeing/about-public-health

Nicky Bellenger is a theatre maker and creative facilitator who works predominantly with people living with dementia, children and young people. Her work creates space for people to explore their creativity, to grow in confidence, to improve wellbeing and to find ways of sharing things that are important to them. She is also a volunteer Dementia Friends Ambassador with the Alzheimer's Society.

Lindsey Warnes Carroll is a writer, theatre maker, performer and artist based in Leicester. For many years she has been involved with devising and delivering inclusive arts activities and workshops for people of all ages. She regularly writes and performs comedy and improvisation, and co-produces, directs and supports new performance work.

Lisa Waugh is an artist and art therapist who brings a wealth of experience working with adults, children and families affected by chronic and life-threatening illness, grief, and the many ways we seek to deal with loss. She is passionate about the powers and potentials of the arts and art therapy to offer ways through distress, personal growth, insight, enrichment and essential reconnection.

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Nicky Bellenger, Project Coordinator & book design, Arts Derbyshire

A special thank you to **Frances Watt**, previous Matinée Project Coordinator, for her determination and dedication to adapting the project at the start of the pandemic to ensure those who were most isolated were able to access creative activities from home.

Finally, a heartfelt thank you to all **Matinée Outreach participants** and their families, friends and carers. Your creativity and conversations have inspired this book, which will no doubt inspire many more people to be creative at home.



Blank pages for your creative projects!





Blank pages for your creative projects!





Hello and thank you for picking up Arts Derbyshire's 'Creativity at Home' activity book: we hope it will bring you lots of joy.

The activities in this book are for anyone who wishes to explore creativity at home, and require minimal materials. They can be enjoyed alone, or shared with others. You do not have to do the activities in order and all activities can be repeated multiple times.

Most importantly: relax and enjoy creating. The minute you put pen to paper, you are the artist - there is no right or wrong. Embrace where this book takes you, and relish the surprises.



This book was inspired by Matinée Outreach, a project for people living with dementia and memory loss, their family, friends and carers. Matinée Outreach was an Arts Derbyshire project 2020-2022, funded and supported by the Paul Hamlyn Foundation and Derbyshire County Council Public Health.