

AGE OF
CREATIVITY
FESTIVAL
2021



We are delighted to take part in Age of Creativity Festival 2021 - Celebrating a Creative Later Life across England. This annual festival is led by Age UK Oxfordshire, with Age UK and hundreds of Age of Creativity network members.

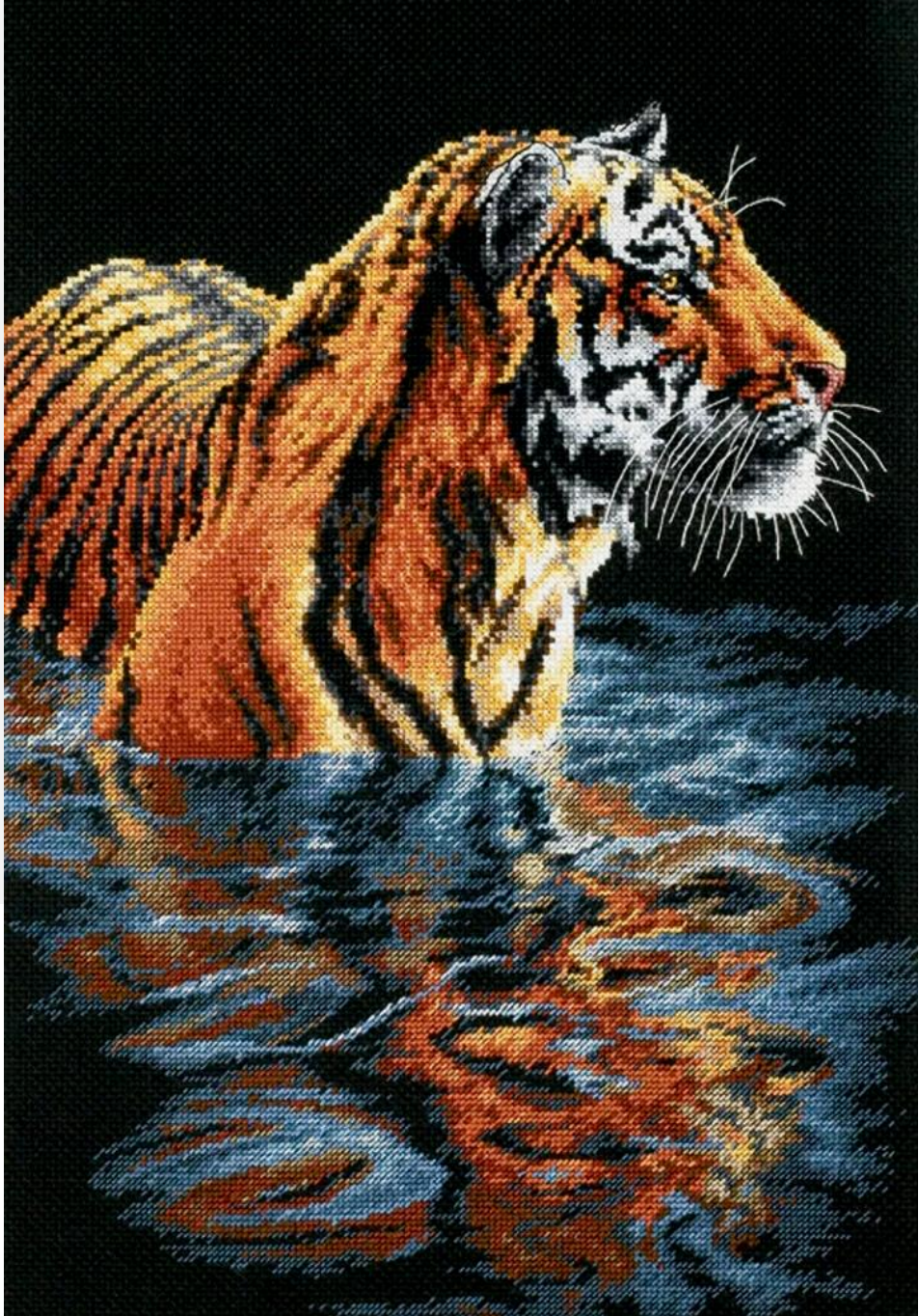
Some of our staff, volunteers and service users have shared photographs of themselves, their interests and hobbies. We share these with you here.

See who we are and some of the things we've been doing during lockdown.

INTERESTS AND HOBBIES



Sharing our joys...



Cross Stitch

Rachel, Assessor, Cambridgeshire Handyperson Service

I love my cross stitch. I get immersed in it and find time passes so quickly in the evenings. Although each project takes months to do (the white tiger has approx 27,000 individual stitches), it is so wonderful to see the finished picture. I make my own frames to display them on my walls.



Cross Stitch Tigers, by Rachel



Food and Exercise

Anita, Community Warden

I only do outdoor activities and eating!

In lockdown I introduced one of my friends to cycling and since then we both can't get enough of the exercise in the fresh air and picnics under ever-changing skies.

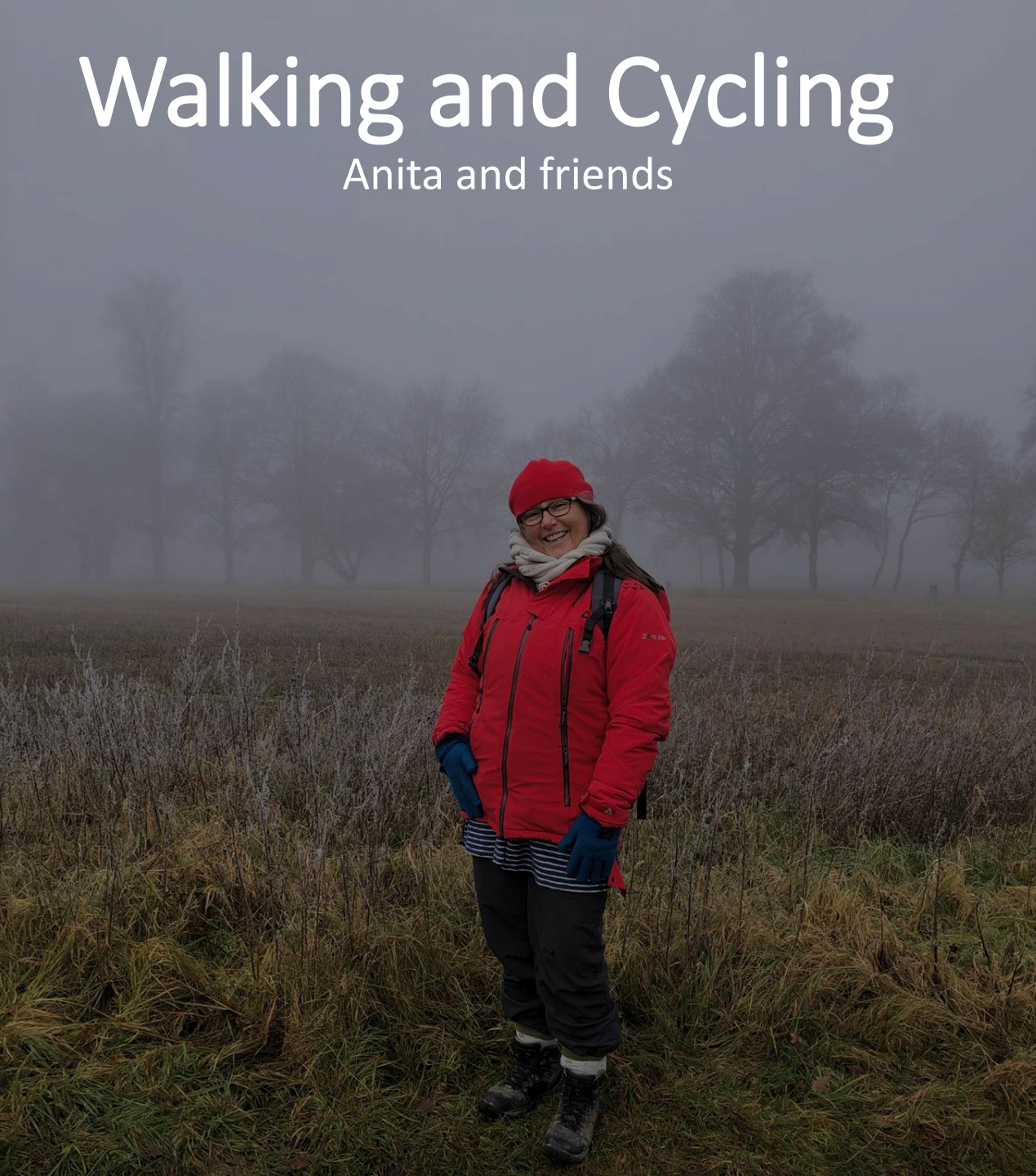
When I am not cycling, you'll find me on walks. My husband gave me a monocular for my birthday and I've spotted herds of deer, water birds and birds of prey.

I also love to bake. The chocolate cake was my son's birthday. The pancake was Mango, ice cream and dark chocolate.



Walking and Cycling

Anita and friends





Observing Nature

Anita, Community Warden



Rhinestones

Carol, Community Warden



One of the people I visit has found lockdown very hard and struggles with loneliness. I make art works out of rhinestones and vintage jewelry so, at Christmas, I chose her favourite opera and made her this picture as a gift. She was delighted and said it meant the world to her.

I get a great amount of satisfaction from my work and hobby, so this was a double joy for me!



Crochet

Tracy, Sharing Time & Telephone Befriending Volunteer

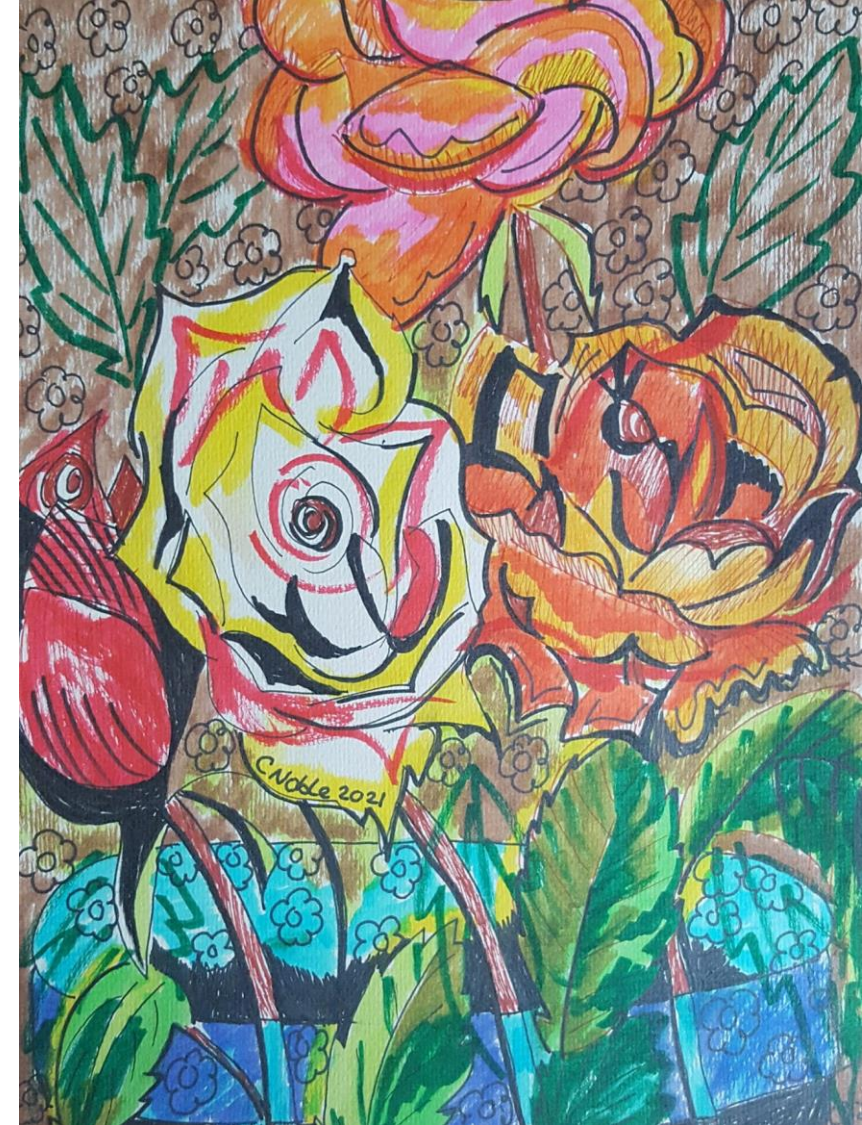
Some of the crochet work I have completed over the last year.

- Twiddlemuffs I made and sent to the dementia unit of the care home where my Dad lives.
- Rainbows for my Dad and the care staff to hang in the windows.
- A blanket I made as a birthday gift for a service user who I video call each week now we can't meet indoors.

I have a stockpile of knitted and crochet blankets and cushions waiting for when things open up again and I can donate them for charity auctions as I have in the past.

Rainbows, by Tracy





Flowers

By Cathy, Service User - using Sharpie pens and watercolours



Wing Walking

James – Communications and Campaigns volunteer

Ticking off the bucket list!



Training

James

I'm training incredibly hard at the minute to tick off another life bucket list goal of completing a triathlon. This is a selfie of my first outdoor training session at Cambridge Lido, which I'm delighted has just opened again.



Clear Run

Liz, Health and Safety Co-ordinator

Running has been my therapy during the past year. No longer training for races or achieving personal bests, my runs are about escape, clearing my head and being in nature. The open fields, massive sky and seeing the Ship of the Fens, Ely Cathedral. All helps put everything into perspective.

Embroidery

By Liz

Working in health and safety during the pandemic has been all-consuming, so I have dusted off my sewing kit and started teaching myself a new embroidery stitch each week as a welcome distraction from thinking about PPE and risk assessments!



Craftyduckydoodah Papercraft

Susan, Service Manager
Hospital Support & Shopping Services

I am a papercraft designer, I teach papercraft classes and workshops online and in person when permitted. I have a blog with an active following and take part in several international blog hops each month.

Pre-covid I visited various care homes and ran craft sessions with the residents, many of them living with dementia.

I have managed to keep in touch with a couple of residents and their families over the past year or so, sending my cards and letters.





A Quiet Spot

Brian, Trustee

There is nothing I like better than to get away from it all, find a quiet spot and have a day fishing: watching nature, water voles, kingfishers, the first swallows and oyster catchers.

If I can catch a few fish too that's great. This one is a Bream.

Lockdown Puppy

Melanie, Chief Executive

I spend a large amount of my free time walking my 3 dogs. Here's the newest addition, Bonnie a Cockerpoo (10months), with my Grandad who has just turned 93yrs.

They just love each other's company.





Sewing Bee: Scrubs and Masks

Julie, Home Support Administrator

Some sewing I did in lockdown last May/June for Cambridge Skills making scrubs bags for NHS staff out of duvet covers, curtains and fabric donations.



Cambridgeshire Skills

35 mins · 🌐

Our first Sewing Bee 'Certificate of Appreciation' goes to the lovely Julie who lives in March. Thank You for your completed Scrub Bags.



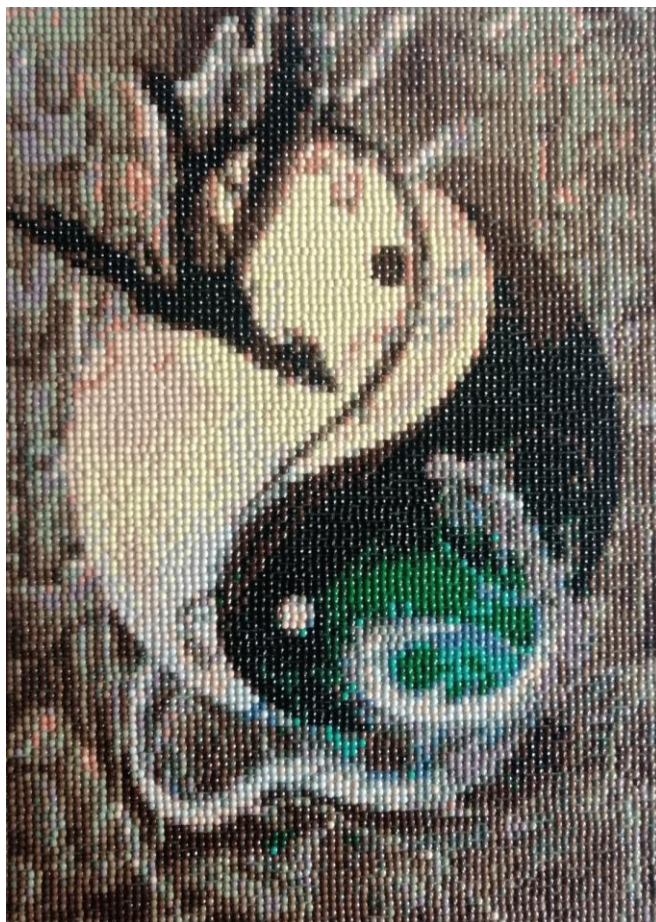


Float away

Beverley, Communications
and Campaigns Manager

I hadn't painted for years, but during lockdown I dusted down my art bag, retrieved it from the garage and had a go again. I love a photo of my children when they were young playing with bubbles, so used this as my inspiration.

I also found a new hobby - diamond painting.



Tree of Seasons & Balance

By Beverley

Watercolour and diamond
painting.





Woodland Walks

Paul, Communications and Campaigns Volunteer

I enjoy the hobby of going on a woodland walk with my family (in this case, on a lovely break in North Wales).



Music

Talitha, Sharing Time Volunteer

Me playing my cello at a May Day picnic on Logans Meadow. I write folk tunes. When in-person visits resume, I will take my cello round and play for the lady I visit. It gives a bit of variety to visits, and the low sound of the cello is often easier to hear than female voice pitches, which are often the first frequencies to erode with hearing loss (so says my friend in the Audiology Dept at Addenbrookes). My 82-year-old father, who wears two hearing aids, said he can hear violins and cellos very well.



My Spaniel Puppy: Charlie and Me

Nick, Telephone Befriending
Volunteer

I love running & I hope to be able to
take Charlie for proper runs when
he's older.



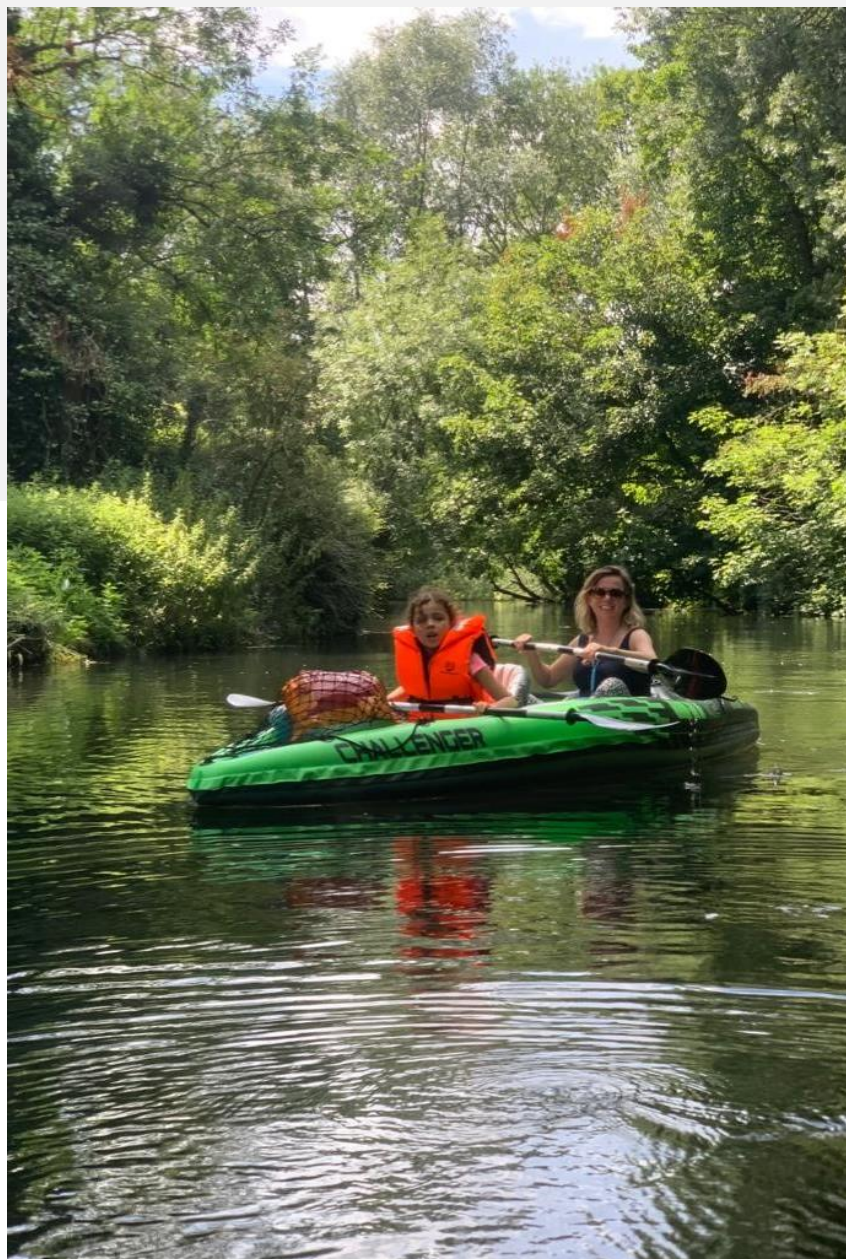


Cam, Kids, Kayaking

Karen, Communications and Campaigns volunteer

I've been busy with work, moving house and home schooling!

However, I did try kayaking and we bought inflatable ones to take out on the Cam.





Lockdown Creativity

From Koren Sharing Time Volunteer, creativity by Marie, service user

I was able to see Marie in her flat for the first time today since lockdown. She was keen for me to take this photo of her knitting projects which have kept her going this past year and she would like to be included in the exhibition.

Best Friends

Lucy, Chief Operating Officer

The best reason to get out into the fresh air, whether the sun is shining, the breeze is blowing, or rain is pouring, whether it's the beach or the woods or just the local park - my dog walks with Benson fill my heart with love, freedom and joy.





Netball

Lucy

Netball is my passion, I play, coach and umpire. The courts being a place to forget all troubles and feel the stresses release. Keeping physically active helps the body and mind. Through lockdown netball, deemed a close contact sport, was minimal but the club of 40+ seniors were immense support to one another, we had on-line virtual “nights out but in” made fun lockdown fitness videos and just kept together -one supportive team off court as well as on, and now elated we are allowed safely to return to the game I love.



Sketches

Michael, service user

I enjoy sketching with my pens, creating colourful characters.

Dogs and Photography

Marcia, Executive Assistant

I love my dogs and the great outdoors; I love photography and getting creative with paint, digital art forms and upcycling.

The inspiration for my photography is so very easy when you have such amazing models as my dogs.





By Marcia



Big Knit

Nina, Big Knit Supporter

I used to have a job with visually impaired people where I ran a craft club. For those who liked knitting, I found patterns and put them into large print and braille. I have been diagnosed with chronic fatigue syndrome and haven't done any craft for a while but saw an advert for the little hats and thought I could manage them as they are little. I have some pain in my hands, so just do them at my own pace. I enjoy making them and feel useful that I'm contributing to raise charity funds.