

# Creative Later Life

## Issue 4- January 2021

Welcome to our third **Creative Later Life e-news** offering you a flavour of what is free, accessible and available to everyone who wants to get creative this month. Age UK research shows that older people across the UK value the impact that creativity has on their own sense of wellbeing and, as Lockdown 3 begins, and the colder weather comes, it is even more important.



Image credit: cath\_crosswell, participant of 64 million artists 'January Challenge: find your rainbow', 2021

Please share with your networks and colleagues. If you would like to feature an opportunity or photo from your own project next month, then do get in touch- we'd love to hear from you [hello@ageofcreativity.co.uk](mailto:hello@ageofcreativity.co.uk)

### Digital Resources:

1. **64 Million Artists January Challenge FREE DAILY CREATIVE PROMPTS**

<https://64millionartists.com/our-work/the-january-challenge/>

It's not too late to join thousands of people across the UK (and beyond) in a creative challenge this month. Easy creative activities are sent to your inbox each day and your challenge is to simply- give them a go. See what other people are making on social media and join the buzz for free.

2. **BBC Get Creative at Home FREE TUTORIALS AND DOWNLOADS**

<https://www.bbc.co.uk/programmes/p0778tx6>

Join a host of famous faces for dozens of creative masterclass that you can enjoy at home. From Jools Holland, Simon Callow, Anthony Gormley and Clare Twomey, these bitesize films are a joy for everyone to watch and be inspired by.

3. **M4D Radio FREE DIGITAL STATION FOR PEOPLE LIVING WITH DEMENTIA**

<https://m4dradio.com/>

Enjoy radio 24 hours a day, 365 days a year if you are living with dementia and would like tailored programmes, music and content at home. Simply click one button on the website to begin listening to an uplifting, inspiring radio station this year for free.

### Non-Digital Resource:

1. **Colouring pages from 113 Museums around the world- FREE DOWNLOADS TO PRINT**  
<https://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR38nEkNybxzasEZjqNjCprnkGlyYhuTRFW64C2iSCo7JzkW76lvRkkRiY>

If you love to colour and fancy a new challenge, then why not download and print some interesting, and often intriguing, pictures and booklets that have been shared for FREE by 113 museums across the world. There really is something for everyone.

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# *Creative* LOCAL Life

## Age UK County Durham

### Online exercise classes created for those aged over 50

Creativity can also be expressed using exercise, it is an excellent way to feel revived and invigorated.

Age UK County Durham have developed three exercise classes that can be accessed online so you can exercise in your own home. The pre-recorded sessions are available on our website in the [Exercise classes](#) section

#### The classes are free for you to try

- Standing exercise
- Tai chi
- Qigong
- Armchair (seated) exercise

They are ideal for keeping you mobile and improving your confidence for day to day activities. We're also developing classes that will be 'live' using the online Zoom forum where the tutors will be able to interact with those taking part. If you'd like to take part in with the 'live' sessions send us an email at [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk) or call George Barber on 0191 374 6568

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For more creative opportunities to try visit [www.festival.ageofcreativity.co.uk](http://www.festival.ageofcreativity.co.uk)

# AGE OF CREATIVITY

This email was produced by Age UK Oxfordshire, in partnership with Age UK and other local Age UKs across England. Age of Creativity is a project delivered by Age UK Oxfordshire to support more creativity with, for and by older people. Every effort has been made to ensure the content included is suitable, however no liability can be taken for these recommendations.

**If you have any feedback about this e-news please contact: [farrellrenowden@ageukoxfordshire.org.uk](mailto:farrellrenowden@ageukoxfordshire.org.uk)**