

Creative Later Life

Issue 6- March 2021

Welcome to the latest **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 this month is dedicated to the '**Age of Creativity Festival**'- which is all about putting the 'Creative' into Later Life.

AGE OF CREATIVITY

Every May, the **Age of Creativity Festival** brings together a wealth of eclectic creative ideas with/ for/ by older people across England and this year is no different. What is different, is that our content is either 'digital' or 'non-digital' and available to try from home. Simply visit our website <https://festival.ageofcreativity.co.uk/>

Digital Resources:

Explore a wealth of **age friendly creative ideas** online: <https://festival.ageofcreativity.co.uk/online-events/> and sign up to the **e-newsletter** to get a curated list of ideas to try at home. Many of the activities are **dementia friendly, accessible and have immediate access to free content** with no sign up required.

Non-Digital Resource:

We also have a section of the festival website dedicated to **non-digital resources** to try at home. There are **creative packs** to download and **radio stations** to listen to- most of which are **free, age friendly, dementia friendly and suitable for complete beginners**.

Creative LOCAL Life

Age UK County Durham's latest craft is perfect now that Spring has arrived and Easter will soon be here. Volunteer Pam, has a lovely craft to share with you and it is ideal for an Easter activity. Go to our Craft activities page to find out how to make this lovely Easter wreath and see our downloadable activity sheets <https://www.ageuk.org.uk/countydurham/activities-and-events/craft-activities/>

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