

Creative Later Life

Issue 7- April 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.



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

The **Age of Creativity Festival** celebrates older people as creative audiences, participants, volunteers and artists. Each year we work with partners across England to share a diverse mix of opportunities for everyone to share and enjoy. If you want some inspiration, then simply visit our website: <https://festival.ageofcreativity.co.uk/>

Digital and Non-Digital Resources:

We have a huge number of creative ideas listed on the festival website to suit all levels and interests. Whether you fancy a virtual tour of the Natural History Museum, a livestreamed concert performance of Elgar in E Minor, or you would prefer a virtual Zumba class or shared reading group- we have it. You could download 31 creative challenges to try at home or find a local walking tour to spot creative landmarks. We also have dozens of groups and classes run by local Age UKs across

the country to join and feel connected to your local community. **We are accessible-** all content is suitable for beginners and we have dementia-friendly content as well opportunities for those with hearing or visual impairments. Just take a look!

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