

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

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

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.

*If you know of any digital resources that we could include then please add them to the website directly or email festival@ageofcreativity.co.uk

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**.

* These resources provide additional support for older people who lack confidence in digital platforms. These resources can also be used by carers, care staff, social-prescribers and supporters.

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