

Creative Later Life

Issue 1- October 2020

Welcome to our first **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 the nights draw in for Autumn and Covid-19 continues to disrupt our lives, it is even more important.



*Age UK Oxfordshire's Late Spring in Banbury
enjoying a creative workshop (2019 pre-covid)*

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

Digital Resources:

1. **House of Memories FREE DOWNLOADABLE APP** <https://houseofmemories.co.uk>

The House of Memories hosts a plethora of help for those working with people with memory issues, from training through to ideas. You can download an app which allows you to explore objects from the past and share memories. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

2. **Playlist for Life FREE WEBSITE** <https://www.playlistforlife.org.uk>

Here you will find advice on creating a playlist of music that is tailored towards each person. The 'playlist for life' is all the songs or pieces of music that make up the soundtrack of someone's life; the tunes that give that 'flashback-feeling' taking people back, to another time, person or place. This is particularly valuable for people with dementia.

3. **Armchair Gallery FREE DOWNLOADABLE APP** <https://armchairgallery.co.uk>

As not everyone can visit a gallery, Armchair Gallery offers an app which gives instructions for doing tried-and-tested creative activities for and with people with dementia. You can discover, play and create with favourite artworks and artefacts.

Non-Digital Resource:

1. South Bank Centre Post Project- FREE DOWNLOADS TO PRINT

<https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/art-by-post>

The Art by Post booklets are designed by artists and inspired by the South Bank's art collection and artistic programme. The activities are designed for adults living with one or more long-term health conditions, who through Covid-19 restrictions are at further risk of isolation. It's particularly aimed at giving people living with dementia, and their supporters, access to creative resources.

Creative LOCAL Life

Age UK Milton Keynes

For more creative opportunities to try visit www.festival.ageofcreativity.co.uk

AGE OF CREATIVITY

This 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