

## Creative Later Life Winter 2022



Welcome to our Creative Later Life in Rotherham newsletter offering you a flavour of what is free, accessible and available to everyone who wants to get creative this winter. 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 dark nights draw in, and Covid-19 continues to disrupt our lives, it is even more important.

### **Digital Resources:**

#### **1. The Storybox Project AT HOME – Small Things Creative Projects**

<https://smallthings.org.uk/the-storybox-project-at-home/>

The Storybox Project AT HOME is an online resource that is free and open to all, providing hundreds of dementia friendly creative activity ideas which are accessible and easy to try.

#### **2. ONLINE Monday Games Night - Nationwide event hosted by South East Lancashire District Oddfellows**

<https://www.oddfellows.co.uk/events/5306396f-e9bc-4985-b47d-22998d765102/Monday-Games-Night/>

Weekly Games Night every Monday at 7pm, with a variety of games, talks, and sing along. A great opportunity to meet new people from across the UK (online) for fun and games.

### **3. We'll Be In Touch**

<https://www.royalexchange.co.uk/whats-on-and-tickets/well-be-in-touch>

A short film, commissioned by the DISRUPT Festival 2021, exploring the positive effects the 'We'll Be In Touch' project has had on participants and volunteers over during the lockdowns of 2020 and 2021. This unique project is about older people supporting other older people via a creative phone service.



### **4. Rotherham Creative Learning**

<http://www.rotherhamclc.org.uk/>

An education service within Rotherham Borough Council working alongside Rotherham Schools, children's services and communities to provide Wider Family Learning and Adult Community Learning. They deliver a range of FREE courses, including resources for adults, for both craft and digital projects.

### **5. Read On - The Audiobook Show from RNIB**

<https://audioboom.com/channel/readonair>

Talking Books is a free service from RNIB giving access to over 30,000 fiction and non-fiction audiobooks for adults and children.



## **Non-Digital Resources**

### **1. The January Challenge 2022 FREE DOWNLOAD TO PRINT – 64 Million Artists**

<https://64millionartists.com/thejanuarychallenge/>

64 Million Artists are a social enterprise that aim to reconnect people with their innate creativity. The January Challenge encourages people of all artistic abilities to partake in free, quick and easy creative activities by providing a prompt for every day of the month.

### **2. Creative Care Kit, Keeping Well With Creativity – Greater Manchester Combined Authority**

[creative-pack-older-people-download.pdf \(greatermanchester-ca.gov.uk\)](https://www.greatermanchester-ca.gov.uk/creative-pack-older-people-download.pdf)

Cultural and creative resources by a group of arts, voluntary and health organisations in Greater Manchester to help people look after themselves and connect to others.

### **3. Recipes for a warmer winter – Age UK**

[age-uk-id202697-recipes-for-a-warmer-winter.pdf \(ageuk.org.uk\)](https://www.ageuk.org.uk/age-uk-id202697-recipes-for-a-warmer-winter.pdf)

A downloadable booklet of recipes, helpful tips and simple steps to help protect people's health and keep them warm in winter.

### **4. Art by Post - The Southbank Centre**

<https://www.southbankcentre.co.uk/creative-learning/resources/artbypost-resources>

A full catalogue of creative resources are available to download via the link above, encouraging people who are isolated to build connections to the outside world with free poetry and visual arts activities.



## **Local life – Rotherham**

### **1. Nelson's Cub Club – Clifton Park Museum**

For adults aged 55+ with a family member under 5 years old, Clifton park Museum are opening up their Nelson' Cub Club programme. This is an opportunity for grandparents, relatives or family friends to bring their under 5 to the museum to creatively explore and reimagine objects together, from museum collections and stories from their archives.

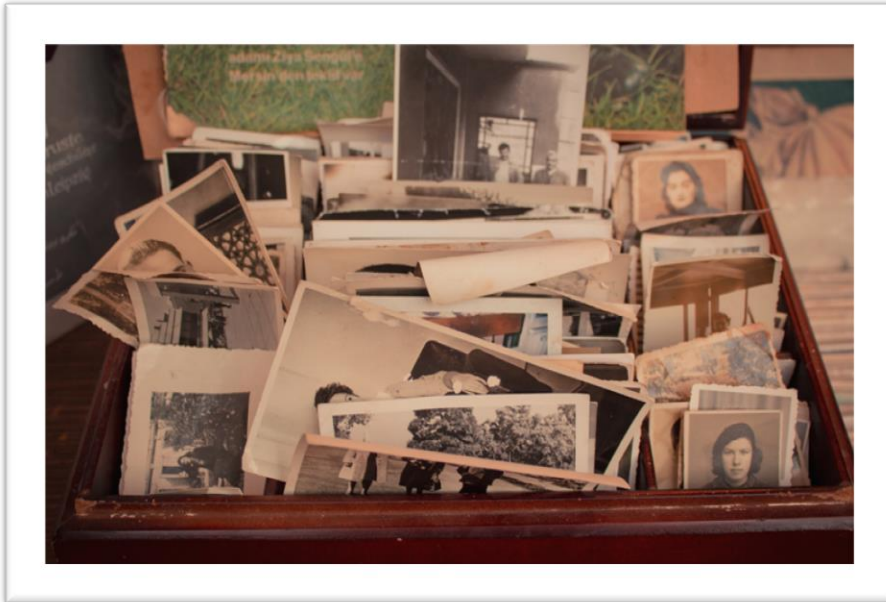
These sessions are part of a pilot project and are free.

For anyone available for regular sessions between January and March 2022, contact [heritage.learn@rotherham.gov.uk](mailto:heritage.learn@rotherham.gov.uk) to get involved.

### **2. A Trip Down Memory Lane – at The Vintage Booth Tea Rooms, 14 Grange Lane, Maltby. S66 7DA**

A morning of sharing memories of Maltby's past whilst enjoying tea/coffee and biscuits (£2 fee).

The next session is on the 14<sup>th</sup> of February 9:30-11:00. Limited spaces are available so please call [01709 818020](tel:01709818020) to book a seat.



### **3. Art of Wellbeing Quilting Sessions - Active Independence**

<https://www.facebook.com/events/438287034423010/>

These sessions will be running once a month every second Tuesdays 12pm - 2:30pm until July in the main room at Edward Dunn Memorial Hall, Maltby.

Pre-cut packs of different quilting designs, advice and support will be available – all you need to do is bring along your sewing machine. The quilts made will be donated to a baby unit in local hospitals. Alternative option: you can bring your knitting and crochet needles and knit one.

The sessions are open to carers, PA as well as people who define themselves as disabled.

There are limited places- please contact [fiona.m@activeindependence.org](mailto:fiona.m@activeindependence.org) to book your place.

### **4. COMPANY New dance company for the over 50's - ROAR**

<http://www.rotherhamroar.com/>

Company is a weekly movement session, every Wednesday 6:30-7:30pm at ROAR's Artspace on Westgate, for over 50's. It focuses on creating performance as well as providing physical, mental and social benefits that comes from dancing, interacting with others and being creative. Digital dance shorts will be taken every session and shared as an ongoing performance as well as live performances every few months.

To find out more contact [matt@rotherhamroar.org](mailto:matt@rotherhamroar.org), 07429645357.

### **5. The Swan Song Project**

<https://swansongproject.co.uk/>

A charity that gives people living with terminal illnesses or dealing with bereavement the support and opportunity to write and record their own original song.

### **6. Rotherham Carer's Forum Virtual Choir FREE ONLINE CHOIR**

<https://www.varotherham.org.uk/news/rotherham-carers-co-virtual-choir>

This is a free singing activity to have fun and meet other carers and friends. The sessions are designed to help alleviate any loneliness, sadness or low self esteem you may be experiencing during these challenging times. Sessions are each Wednesday between 6:30pm to 8pm, lead by Phoebe Taylor-Thorpe.

## 7. Rotherham EngAge Groups



### **Redwood Centre.**

Redwood Centre, Redwood Drive, Maltby, S66 8DL.  
*MON 10.30 to 12.30*

### **Trip Down Memory Lane**

The Vintage Booth Café, 14 Grange Lane Maltby, Rotherham S66 7DA.  
*SECOND MON 9.30 – 11.00*

### **Swallownest Chatterbox**

Swallownest Central Methodist Church, Lodge Lane, Swallownest S26 2BP.  
*TUES 10.30 to 12.30*

### **West Melton Social Café**

The Old School Room, West Melton URC Church, 192-194 Melton High Street, Rotherham S63 6RG.  
*FIRST & THIRD TUES 2.00 to 4.00*

### **Thorpe Hesley Friday Club**

Thorpe Hesley Library and Community Centre, Sough Hall Avenue, S61 2QP  
*WED 1.30 to 3.30*

### **Bevan Crescent**

Bevan Crescent Community Centre, Bevan Crescent,  
*THURS 10.30 to 12.30*

### **Kiveton Friday Friends**

Wales & Kiveton Village Hall, Walesmoor Avenue, Kiveton Park, S26 5FR  
*FRI 10.00 to 12.00*

### **Brinsworth Good Companions**

The Centre, Brinsworth Ln, Brinsworth, Rotherham S60 5BU



FRI 10.00 to 12.00

### **Todwick Grey Matters**

Todwick Church Hall, Lindleys Croft, Todwick S26 1HN

FRI 2.00 to 4.00

To find out more about the groups contact [iain.cloke@ageukrotherham.org](mailto:iain.cloke@ageukrotherham.org) or [glesni.lewis@ageukrotherham.org](mailto:glesni.lewis@ageukrotherham.org)

**For inspiration on ways people are staying connected and helping others whilst being apart...**

*“Although we aren't meeting, we are still active. Over the Christmas period, an appeal went out for clothing from the SHILOH Charity in Rotherham. Being as I know the CEO of this Charity I mentioned this plea to a number of group members. To cut a long story short - I'll be taking 15 sacks of clothing down to Rotherham in the morning. Not only did group members donate, but also a number of friends and neighbour's donate too. Some wonderful people live in the Bevan Crescent vicinity.”*

*-Keith Stringer, Bevan Crescent Group*

For those that were isolated from others and were struggling to get online, Age UK Rotherham ran free virtual activity groups via telephone conference calling of 6 people per call. This allowed people to socialize and take part in activities such as bingo, quizzes and reminiscence that were tailored around people's interests.

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

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# 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:**

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