

January 2020

## Phase 3 has begun..

**cARTrefu Phase 3, Age Cymru's arts in care homes project, will continue until August 2021.**

Phase 3 is focusing on empowering care home staff to improve the range and quality of creative provision in their care home, raising public awareness of the benefits of creativity in care homes, building capacity by sharing learning within the arts sector, and building sustainability. Thanks to the further funding from the Baring Foundation and Arts Council Wales, cARTrefu will be delivering care home workshops, activity plans, and artist workshops free of charge throughout Wales until August 2021.

If you're a care home manager, an activities coordinator, or a member of staff from a care home, and would like to apply to be a part of cARTrefu, please visit [agecymru.org.uk/cartrefu](http://agecymru.org.uk/cartrefu)

**FREE WORKSHOPS  
From September '19  
cARTrefu 2019 - 2021**



For more information and to apply visit [agecymru.org.uk/cartrefu](http://agecymru.org.uk/cartrefu)

If you're an artist or creative and would like to attend a workshop, you can register on [Eventbrite.co.uk](http://Eventbrite.co.uk) by searching for cARTrefu—An introduction for artists and creatives. These events will be updated regularly throughout 2020 - 2021.



## Follow us on Facebook

We are now on Facebook ...Cartrefu—Age Cymru. You can keep up to date with everything here including where we are hosting artist workshops, photos of our care home workshops, and of course the cARTrefu Cube tour.

## Proud to announce....

cARTrefu reached the finals of the Markel 3rd Sector Care Awards in London.

Reaching the final three is testament to the hard work and dedication of the whole cARTrefu team!



# Meet the Phase 3 artists

## **Ailsa Richardson**

Ailsa's background includes being a dancer, theatre maker, visual artist and musician and much of her work has been in community engagement, teaching and research. Health and wellbeing, environmental awareness and collaboration are repeated themes in her work. She has been a performer and undertaken residencies with Goat Island, Kneehigh Theatre, National Theatre Wales and Siobhan Davies Studios. Ailsa is based in North Pembrokeshire.



## **Alice Briggs**

Alice Briggs is an artist, arts educator and curator who has exhibited work in the UK and Europe. She is currently assistant curator of Ceredigion Museum based in Aberystwyth and has experience in the commissioning and management of public art projects in her previous roles as Project Manager for Cywaith Cymru; the public art agency for Wales, arts tutor for Aberystwyth University's School of Lifelong Learning, and gallery interpreter for Aberystwyth Arts Centre. Other positions have included arts facilitator for Haul Arts in Health. Alice is based in Ceredigion.



## **Alison Moger**

Alison Moger is an established visual artist and educator brought up in the South Wales valleys, her work will always have an environmental and recycling ethos at its heart. Alison graduated in 2005 and works with mixed media, print and stitch. Alison is actively involved and committed to the visual arts with good listening, observational and communication skills.

Alison has the capacity to empathise with and understand people with difficulties in communication skills and has the ability to work effectively through imagination and creativity, with a flexible and resourceful approach. Alison is based in Bridgend.



## **Claire Cawte**

Claire is a tutor and practicing textile designer and maker specialising in natural fibres, plant dyes and felt making with an awareness to environmental and sustainability issues we face today. Claire has worked in variety of setting from secure units, hospitals, hospices and care homes, drawing inspiration from the world around us and the natural environment with a focus to exploring traditional hand craft skills using yesterday's methods with a modern approach. Claire has exhibited her work both nationally and internationally. Claire is based in Cardiff.



# Meet the Phase 3 artists

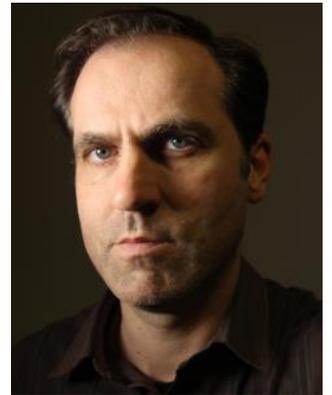
## Jon Dafydd-Kidd



Jon is a Theatre Maker and Musician with a focus on inclusive creative practice. He has taken great delight in working with arts organisations who are considered Welsh leaders in their fields, including Hijinx Theatre, Music Theatre Wales and National Youth Arts Wales (Theatre). Jon founded the arts organisation COMMUNICATION (2012), and Nid Fy Mwnciod i/Not My Monkeys (2015). Jon's focus on inclusion can be felt in his efforts as a board member for ASSITEJ UK and Chair of Theatre for Young Audiences Cymru. He is also an interim-board member for the International Inclusivity Arts Network (IIAN) and National Champion for Wales. Jon is based in Monmouthshire.

## Jon Ratigan

Jon works mainly with Moving Image and painting. He has a particularly interested in using 'other' media such as drawing, clay sculpture and collage to create films. Jon's work is focused on our stories, memories and dreams and often explores the role that 'place' plays within these. Jon has exhibited Moving Image work at many festivals including Alchemy Moving Image Festival, Scotland, The London Short Film Festival at the ICA, G39 Cardiff and Experiments in Cinema, Albuquerque. Jon is based in the Vale of Glamorgan.



## Laura Reynolds



Laura has been a practicing artist since 1999, holding a BA Hons in Ceramics and an MA in Fine Art from Swansea College of Art. After graduating in 1999 she created Swansea's first pop up gallery and founded Applied Arts Un. Ltd, a community arts organisation dedicated to encouraging pride and participation in visual arts in Swansea and beyond. Laura has worked with numerous schools, residential homes, community groups and organisations including: Arts Council of Wales, City & County of Swansea Council, Communities First, DACE Swansea, WCVA and Urban Foundry. Laura is based in Swansea.

## Lizzy Stonhold

After studying Fine Art in Reading University and the West Wales College of the Arts, Lizzy returned to Pembrokeshire where she founded the award winning arts organisation, Coast Lines.

From knitting to animation, inspiration for all her projects have come from her sketchbooks which are filled with drawings made from direct observation. Her greatest passion is sharing these projects with her community and supporting creative learning in schools.

Lizzy is based in Pembrokeshire.



# Meet the Phase 3 artists

## **Michal Iwanowski**

Michal Iwanowski is a Polish-born, Cardiff-based artist and a current Ffotogallery tutor. Michal studied Documentary Photography at the University of Wales, Newport, graduating in 2008. His work explores the relationship between landscape and memory; marking the silent passing of otherwise insignificant individuals and histories.

In 2009, he won the Emerging Photographers award by Magenta Foundation, as well as being given an Honourable Mention at Px3 Prix De Photographie, Paris. Michal received Arts Council of Wales and Wales Arts International grants for his projects Clear of People and Fairy Fort Project and in 2012 had a residency in Kaunas, supported by the Lithuanian Ministry of Culture.



## **Penny Alexander**



Penny Alexander is a Welsh visual artist who is inspired by people and their lives. Penny uses words and type to find creative ways to share the memories of the people she works with. She particularly loves typewriters. Penny is fascinated by people and she has developed her skills through working in care homes meeting residents, staff and visitors to enjoy conversation and creativity.

Penny attended the University of Salford where she was awarded a BA (Hons) Visual Arts. Her work has exhibited both nationally and internationally as part of Juried exhibitions. She has worked in permanent collections at Beaney House of Art & Knowledge at The University of Kent and in Galaudet Gallery, Wisconsin, USA. Her artist book "Mind Maps" has been the focus of several essays by notable

academics. Penny is based in Flintshire.

## **Susan Kingman**

Susan Kingman is a theatre-maker and creative facilitator, with a strong background in inclusive practice and communication skills training. Her creative work often stems from real-life stories and perspectives not often heard, centering on first-person testimonials and interviews. Susan began creating her own work in 2012, with an early version of her first play, I'll Be There, Now, which went on to an Arts Council Wales-funded tour of South Wales. Since then she has developed several other projects in collaboration with other Wales-based artists and companies, and has been awarded further Arts Council Wales grants. Susan set up, and co-ordinates, the first hub in Wales of the UK-wide Mothers Who Make artist and creative network (recently featured on Radio 4's Woman's Hour). Susan is based in Cardiff.



# Meet the Phase 3 artists

## Tara Dean



Tara studied Illustration at Wrexham College and Harrow College of Art & Design. Returning to Denbigh she worked with Craig Bragdy Design Ltd a unique Ceramic Pool and Mural making company based in the town. Whilst working here Tara developed her portfolio and began working on community art projects. The possibilities that clay creates continues to influence her practice today. Tara enjoys exploring different materials through drawing and printmaking in her workshops. Sharing her experimental way of working and discovering new environments. The nature of her practice allows for an experience that encourages all in the community to explore being part of the Helfa Gelf Open studios an event that takes place every year in North Wales, Tara became a mentee with the Lost in Art

project in Denbighshire during 2011. Tara continues to work with Denbighshire Art a Service delivering the workshops in Rhyl and Prestatyn and has created projects with the Vale of Clwyd Stroke Association, Vale of Clwyd MIND, Criw Celf, schools and local community groups in Denbighshire, Conwy and Flintshire and Wrexham. Tara is based in Denbighshire.

## Ticky Lowe

Ticky is a Multimedia Artist and workshop facilitator based in North Wales. She is intrigued by boxes and fascinated by objects, the stories and responses that they can trigger. She is involved in collaborations, residencies, commissions and manages creative projects. Ticky works regularly with schools, residential homes and hospitals with people of all ages and abilities. She has worked extensively on creative projects with people living with dementia over the last few years, these include creating reminiscence resources for care and nursing staff to use to help them to relate to patients in hospital and a long term residency working alongside a dementia support worker in The Maelor Hospital in Wrexham. Ticky is based in Denbighshire.



# Phase 3 so far...

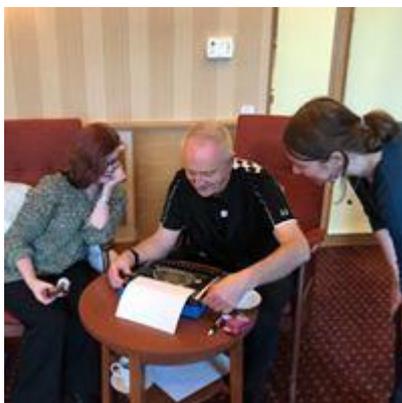
We've begun delivering sustainable activity plans for care homes, where our artist work with you to develop a plan of creative sessions for your care home. We've also begun delivering care home workshops across Wales as part of our Phase 3 promise.

These workshops consist of a brief introduction to cARTrefu, followed by an interactive workshop full of tried and tested creative ideas. These workshops have been very successful with 100% positive feedback so far.



The attendees have been pleasantly surprised to discover these workshops are interactive, and have all reported that they will take the ideas shared back to the home in which they work to improve the range of creative sessions for their residents.

Our cARTrefu artists are professionals across four different fields: Performing Arts, Visual Arts, Words and Music. So all of our workshops offer different ideas, but with a primary focus on engagement, communication and inclusivity.



We're still accepting applications to be part of cARTrefu, so if you would like to apply please visit: [agecymru.org.uk/cartrefu](http://agecymru.org.uk/cartrefu)

Or contact [sarah.lord@agecymru.org.uk](mailto:sarah.lord@agecymru.org.uk) for more information.

Our workshops for artists and creatives begin in February.



# From Phase 2 to Phase 3

We celebrated the amazing cARTrefu Phase 2 artists at the end of September 2019. We believed they deserved a treat for all their hard work and dedication, and for ensuring we delivered all we'd promised since the phase began in 2017.



Phase 3 began with a full team training day for all the Phase 3 artists. We focussed on Dementia, veterans, and a sharing of ideas. All fourteen of the Phase 3 artists are very experienced as they have all worked on at least one phase of the project between 2015 - 2019, and the training day was a great way for the artists to meet. All of us ended the day feeling bonded and prepared to go out and deliver cARTrefu Phase 3.



# The cARTrefu Cube

Another aim of the project has been to use exhibitions to raise public awareness of creative life in care homes, though the art work that has been created with and inspired by the people living in, working in and visiting care homes.

## Lizzy Stonhold—'Killing Time'



## Penny Alexander—'Reflections can be troubling'



The Cube calendar currently has spaces available during 2020 and 2021. It's suitable for indoor or outdoor use; and can contain static art work or performance based work. We're offering the Cube for 6 - 12 weeks at a time to venues.

Our artists have developed a wealth of work over the last three years, ready for exhibition.

If you're interested in hosting the cARTrefu Cube please contact [sarah.lord@agecymru.org.uk](mailto:sarah.lord@agecymru.org.uk)

## Beth Greenhalgh—'Incubation'



The cARTrefu Cube allows us to exhibit throughout Wales, by bringing the work of local artists to the public.

We're continuing the cARTrefu Cube tour through to August 2021 with the work of all the artists who have worked with cARTrefu since Phase 1.

## Emma Prentice—'Spirit'



# cARTrefu activity packs



Created by the artistic team from cARTrefu 1, our wonderful, and FREE cARTrefu activity packs are available so if you're interested in having a go at some cARTrefu activities in your care home, please email [sarah.lord@agecymru.org.uk](mailto:sarah.lord@agecymru.org.uk) or call 029 2043 1540 and we will post out a bilingual pack to you, free of charge.

The pack is made up from a large selection of activities in the following art forms: Visual Arts, Words, Performing Arts, and Music. There are five activities in each art form, and each activity has been



simplified into a step-by-step guide so that care home staff, perhaps with no experience of delivering activities, will be able to have a go at enabling residents to create their own art work.

The 20 simple but effective activities are designed to be delivered without any expert knowledge or specialist equipment, and at no great expense to the care home.



# And finally ...

## The Age Friendly Culture Network



The **Age Friendly Culture Network** is a national initiative created through a collaboration between National Museum Wales, Ageing Well in Wales, Arts Council Wales and Gwanwyn (Age Cymru). The network brings together individuals and organisations from the arts, culture and heritage sectors from all over Wales to share skills, knowledge and good practice. It develops innovative and practical ways to better engage with older people and improve their quality of life and wellbeing. To find out more, please visit:



<http://www.agefriendlyculturenetwork.co.uk/about>



## Gwanwyn 2020

Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age. The festival began in 2007 and is supported by Arts Council of Wales and Welsh Government.

Gwanwyn, which means spring in Welsh, celebrates older age as a time of opportunity for renewal, growth and creativity. Our aim is to offer opportunities for greater participation by older people in the arts, whether visual arts, drama, storytelling, music, literature, photography, dance or film.

Gwanwyn Festival 2019 was a fantastic celebration of creativity in older age; from community regeneration through weaving to international and intergenerational film screenings. We gave grants to old friends and new, and have supported events across the whole of Wales. Please keep an eye on our website, [gwanwyn.org.uk](http://gwanwyn.org.uk) to find out how you can get involved in Gwanwyn in 2020.

If you're organising an event for older people and want it to be part of Gwanwyn's itinerary, please get in touch with Age Cymru's Arts and Programme Manager Kelly Barr: [kelly.barr@agecymru.org.uk](mailto:kelly.barr@agecymru.org.uk)

<http://gwanwyn.org.uk/>