

September 2018

## cARTrefu Exhibition Announcement!

cARTrefu are delighted to have been asked to exhibit out artwork at the Courtyard in Hereford, alongside their artists who are also working in care homes. The exhibition will feature work by all 12 cARTrefu artists and will showcase the extraordinary work that has been inspired by their time with care homes across Wales. The exhibition will run from mid-November 2018 until January 2019 so there's plenty of time to come along and check it out for yourself! Watch this space...



Come and see it,  
November 2018  
to January 2019!

## Dates for the Diary: 2018

The cARTrefu team are promoting the project and running workshops at the following events: over the next few months

- ENRICH launch event, Conwy: 13 September
- Alzheimer's Europe conference, Barcelona: 28—31 October
- Alzheimer's Congress, Brighton: 6—8 November
- ENGAGE conference, Manchester: 13—14 November

We are continuing to work with Bangor University to promote the research from cARTrefu 1. You can read the full report in English and Welsh at [agecymru.org.uk/cymru/our-work/arts-and-creativity/cartrefu/](http://agecymru.org.uk/cymru/our-work/arts-and-creativity/cartrefu/)

If you would like to receive an Executive Summary or the full version by post, please get in touch: [Kelly.barr@agecymru.org.uk](mailto:Kelly.barr@agecymru.org.uk) or 029 2043 1576.



# Meet the new team!

This Spring, two more people joined the cARTrefu Team. Find out more below:



After studying Fine Art in Reading University and the West Wales College of the Arts, Lizzy Stonhold 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. She is currently creating a drawn map of Wales through the project 'Drawn Together'. Check it out at [www.drawntogether.wales](http://www.drawntogether.wales).

Lizzy is currently in residence at Lynnefield House Care Home in Haverfordwest.

Kelly Barr joined the team in May as Project Coordinator; returning to Wales after a five month trip to New Zealand. She has been running participatory arts projects for various organisations in Wales for five years, having previously worked for National Dance Company Wales and the Sherman Theatre. Kelly has an MA in Arts Management from Royal Welsh College of Music and Drama and is delighted to be involved in cARTrefu. (Kelly is the one on the right!)



## We need you!

Since 2015, we have worked with over 20% of the care homes in Wales.

But we want to work with more! We are particularly interested in care homes in Cardiff and the Vale of Glamorgan, Bridgend, Aberystwyth, Denbighshire and Flintshire so please get in touch and request an application form by emailing [Kelly.barr@agecymru.org.uk](mailto:Kelly.barr@agecymru.org.uk) or call 029 2043 1576.

**Alice Briggs** @aliceculture · Jul 29  
 Looking forward to heading into my new care home tomorrow for another #cARTrefu residency, as it's a nursing home I'll be doing far more one to ones and looking for #lostobjects #artsinhealth #dementiacare #socialartpractice



Our cARTrefu artists have been busy developing ideas for their own work and running activities in care homes across Wales.  
 We love to see what they've been up to. You can follow along and share your experiences with us using:

**#cARTrefu**  
**@AgeCymru**

**deborah withey** @cheeseandpickles · Jul 31  
 Made impromptu #birds today with residents of Hazelhirst Care Home in #penarth today. #cARTrefu @AgeCymru #arthealthwellbeing



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**Susan Kingman** @Susan\_Kingman · Aug 8  
 Pretty happy with this #homemade #magneticpoetrykit to use with my @AgeCymru #cARTrefu residents this week! thanks to @SarahReed\_MHR for the inspiration! #arts #health #dementia




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Have you got a gold-star Activities Coordinator in your care home? Why not nominate them for a feature in our newsletter?  
 Just email [Kelly.barr@agecymru.org.uk](mailto:Kelly.barr@agecymru.org.uk) with their contact details.

deborah withey Retweeted

**tara dean** @tarhdean · Jul 5  
 #Goodtimes started a #cARTrefu #residency at Rhoslan Care home in @RhosOnSea @AgeCymru @AgeingWellCymru @myhomelifeCymru celebrating #SeaSide ace #drawings



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## Ilar and the 'Ouch'

Ilar shares with us a story of how she used her practise to turn pain into pleasure at Langton Hall Residential Home, Fishguard.

I went into the livingroom and Eiddwen shouted "W, hello!", so I went to sit next to her. She's from the Rhondda Valleys and is a positive character but also tough. "You don't mess with a girl from the Rhondda" she enjoys telling me. I asked how she was feeling and she said "Mae'n ysgwydd I yn dost" (My shoulder hurts); I saw her wince a couple of times on my last visit, but she's not one to complain. Unfortunately I can't help with her pain, but I can help her write a song to bring something positive into a bad situation. I gave the first few notes and she added an **OUCH** afterwards, making some of the residents laugh. We carried on only using those words to create a few bars of music. Before long, Eiddwen and I had the residents and each other in fits of laughter. In the following six sessions, Eiddwen's shoulder did not improve; but, whenever she's yelp out "OUCH" in pain, she'd then laugh and start to sing her aria.



## Comes to Us All by Susan Kingman

Susan developed this poem from the stories shared with her by the residents at Cliffhaven Care Home, Penarth.

My shoulder aches, it's hard to bear,  
My elbows are quite creaky.  
The pain is here. And here. And there.  
My hair has gone quite streaky.

It hurts to bend, it hurts to stretch,  
It's clear more and more  
The delights and treats,  
I dread to think,  
Of what my body has in store.

There's Dora, with her gnarly hands,  
in their dressings, oh so neat.  
Hands that were once so strong,  
And now they seem so weak.  
In years gone by she would pass the time with  
gardening and knitting,  
A jumper here, a cardigan there, all so perfect in  
their fitting.

And Val, who used to love to dance, a mover and  
a prancer  
Ballroom was her jig of choice, all you had to do  
was ask her.  
Now she's here,  
And just sitting down takes away her breath,  
But her hair is done, her lipstick's on - two fingers  
up to the rest.

Then there's Joan, over in the corner,  
with her one solitary tooth, muttering and smiling,  
Enjoying playing with the woof.

They sit and look, and sit and stare and I sometimes  
wonder if they even know I'm there.

Then, out of the blue, they'll crack a joke, for which  
I'm unprepared.  
About bloomers and thongs and underwear- and  
naughty things in bed.

A flash of wit, a cheeky look,  
All totally astounding.  
I remind myself not to judge a book...  
their laughter is resounding.

Yes it is, no doubt, coming for me too. This thing we  
call old age.  
The growing pains and lack of energy, the wisdom  
and the sage.  
But as they say - it comes to us all, of that you can  
be certain.  
And creaky as my bones may be, I hope my humour  
is still working.

# cARTrefu Forum Day

In July, the whole cARTrefu Team got together for a day of training, ideas-sharing and catching up. As the cARTrefu artists and mentors are based all across Wales, the Forums are an opportunity to come together and share best practise. We were able to utilise digital technology to catch up with our artists and mentors who couldn't make it on the day.

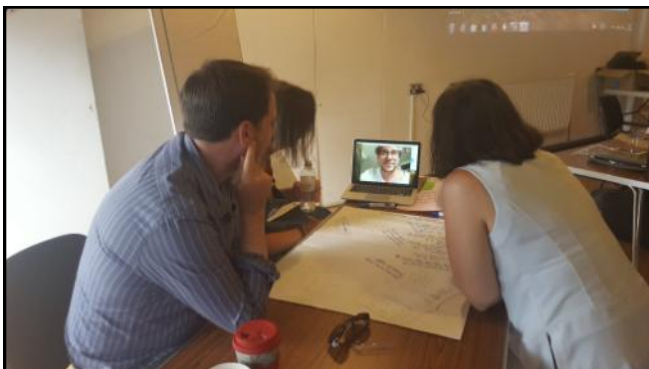


Speed-dating for sharing and challenging exhibition ideas

World Cafe for discussing particular topics



Michal Skyping in from Germany



Artists get the opportunity to mix outside of their normal Mentor groups



## cARTrefu Activity Packs for care homes still available!



Created by the artistic team from cARTrefu 1, our wonderful, and FREE cARTrefu Activity Packs are still available so if you're interested in having a go at some cARTrefu activities in your care home, please email [Kelly.barr@agecymru.org.uk](mailto:Kelly.barr@agecymru.org.uk) or call 029 2043 1576 and we will post out a bilingual pack to you, free of charge.

# And finally ...



## The Age Friendly Culture Network

The **Age Friendly Culture Network** is a new national initiative created through a collaboration between National Museum Wales, Ageing Well in Wales, Arts Council Wales and Gwanwyn (Age Cymru). The network will bring together individuals and organisations from the arts, culture and heritage sectors from all over Wales to share skills, knowledge and good practice. It will develop 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>

## Age Positive Week

Age Positive Week is Age Cymru's annual celebration of all that's positive about ageing.



Being age positive is a crucial part of creating an age friendly Wales so why not celebrate positive ageing? Be part of Age Positive Week between Sunday 30 September and Sunday 7 October 2018.

We'd love to know what you're planning for Age Positive Week, so please contact us and tell us about your Age Positive Week event so we can add it to our list of Age Positive Week events across Wales.

Email: [agepositive@agecymru.org.uk](mailto:agepositive@agecymru.org.uk)  
Phone: 029 2043 1555  
#agepositiveweek