

Online creative resources for carers

Collected by Luminate, January 2022

We hope this collection of online creative resources will be useful for care homes, providers of care at home, and also family carers. They have been gathered from organisations around the UK, with many of the recommended resources designed to be dementia friendly.

The collection is in three sections:

Section 1 - online resources, including videos and documents (which can be viewed online or printed), that guide you through accessible creative activities to engage and inspire

Section 2 - information about live projects that older people can join in with, examples of lockdown projects and some technical support resources

Section 3 - a table of creative apps to try

The research was carried out by **Janie Nicoll** and **Joanna Peace**. Janie is a visual artist who has led arts projects in care homes and day centres, including creative activities using iPads. Joanna is also a visual artist, and has previously worked for Luminate as Co-ordinator of our Arts in Care Programme.

In creating this document, we have tried to find a wide range of resources that will give the most enjoyment. The included links are mostly from other external organisations, so please check that anything you plan to use is suitable and enjoyable for your group and that any safety instructions are followed. Finally, copyright arrangements for these resources are varied so we recommend checking these details before using.

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Section 1:

In this section you can find online resources, including videos and PDF activities, that guide you through accessible creative activities to engage and inspire.

Activity collections including writing, drawing, collage making, movement, mindfulness, sensory & more

A Toolkit for Arts & Creativity in Care Settings

A practical guide to making the arts and creativity part of everyday life in a care setting.

By Age & Opportunity, an Irish organisation that provides a range of opportunities for older people.

Find online: https://bealtaine.ie/wp-content/uploads/simple-file-list/older-people-resources-list/A_Toolkit_for_Arts_and_Creativity_in_Care_Settings.pdf

Activity Cards

Diverse activities grouped into visual arts, performing arts, words, music and sensory.

Online resource by ageCymru, the national charity for older people in Wales.

Find online: <https://cartrefu.org.uk/activity-cards/>

Art by Post

Free creative activities for people across the UK at risk of social isolation, loneliness and digital exclusion.

PDF booklets by the Southbank Centre, a major cultural venue in London. The project commissioned 17 artists to make 11 activity booklets that are now available to download online.

Find online: <https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/artbypost/online-gallery>

Arts in Care Homes

This extensive resource offers care teams many practical ideas on how to get started with creative arts activities

Online resources from the Social Care Institute for Excellence.

Find online: <https://www.scie.org.uk/person-centred-care/arts-in-care-homes>

Artist Activity Packs

Contributions from well-known artists including Antony Gormley, Gillian Wearing, Jeremy Deller and more.

By Firstsite, a visual arts organisation in Colchester, Essex.

Find online: <https://firstsite.uk/art-is-where-the-home-is/>



Create to Connect: booklet

A mindful art activity booklet to reduce isolation. It includes creative activities focused on mindfulness, painting, drawing, making, writing and storytelling, designed for people who have not done much art before.

PDF by City Arts, a charity in Nottingham who help communities and artists to create and explore art of all kinds.

Find online: https://city-arts.org.uk/free-download-a-mindful-art-activity-booklet-to-reduce-isolation/?utm_source=City+Arts+Mailing+List&utm_campaign=e290262771-EMAIL_CAMPAIGN_2021_11_02_04_29&utm_medium=email&utm_term=0_88cbda8820-e290262771-393387809&mc_cid=e290262771&mc_eid=840165502d

Create to Connect: video tutorials

10 creative video tutorials by City Arts to help boost your wellbeing

Find online: <https://city-arts.org.uk/10-creative-video-tutorials-to-help-boost-your-wellbeing/>

Creative Tasks: At a Distance Together

Creative activities for all ages to do at home. Accessed through guided videos (average 3 - 5 mins long) with accompanying written instructions.

Videos by A Moments Peace Theatre Company, based in Glasgow.

Find online: <https://www.amomentspeace.co.uk/at-a-distance-together>

Cultural First Aid Kit

30 creative and fun activities and workshops that can be completed in the comfort of your own home, in hospital or care centres and homes. By Manchester Museum

Find the kit online: <https://documents.manchester.ac.uk/display.aspx?DocID=41662>

Find further resources for carers here: <https://www.mmfromhome.com/resources-for-carers>

Isolated Moments

A variety of creative activities aiming to keep spirits lifted and creativity alive during COVID-19 social distancing and quarantining measures.

Online resource by fermynwoods contemporary arts, a charity working across Northamptonshire

Find online: <http://fermywoods.org/tag/isolated-moments/>

Looking through a window

A large resource of activities and inspiration, grouped by themes such as collage, nature, people and still life.

Online resource by Art in Hospital, delivering an ongoing visual arts programme for patients across NHS Greater Glasgow & Clyde.

Find online: <https://www.aih-throughawindow.com>



Luminate@Home

A range of different activities and art forms including music, art, crafts, poetry and dance. Artists guide you through the activities, which can all be done at home or in a care home.

Videos by Luminate, Scotland's creative ageing organisation.

Find online: <https://luminatescotland.org/resource/luminatehome/>

The Lowry Creative Hub

Activities gathered by The Lowry, a cultural venue in Salford. Divided into broad age ranges and include dance, drama, creative writing, wellbeing and visual arts.

A place for staff and volunteers who are supporting communities to access a range of creative resources for learning, wellbeing and entertainment.

Find online: <https://thelowrycreativehub.com>

The Storybox Project – at Home

A free, dementia friendly project. It is an online resource which provides hundreds of dementia friendly creative activity ideas which are accessible and easy to try.

From Small Things Creative Projects, an artist-led organisation using creativity and imagination to fuel learning, development and change.

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

Treasury of Arts Activities for Older People: Volumes 1 & 2

Two generous volumes of long and short activities, designed for everyone who would like to bring more art and creativity into the work they do with older people.

PDFs collated by The Baring Foundation, an independent foundation which protects and advances human rights and promotes inclusion.

Find Volume 1 online: <https://baringfoundation.org.uk/resource/treasury-of-arts-activities-for-older-people/>

Find Volume 2 online: <https://baringfoundation.org.uk/resource/treasury-of-arts-activities-for-older-people-volume-2/>

Wellbeing at Home

A series of arts videos made by local artists, that allow you to enjoy arts activities from the comfort of your home.

Videos by Shetland Arts.

Find online: <https://www.shetlandarts.org/our-work/sa-online/art-at-home>



Dance and Movement

Dance Magic Dance

A toolkit for creative dance in residential care settings.

PDF by The Courtyard, Herefordshire's cultural creative hub.

Find online: <https://creativeageing.co.uk/wp-content/uploads/2017/04/CA-Dance-LR.pdf>

Don't Be Afraid to Dance!

This pack is designed to help you start moving creatively within a range of settings with older people.

PDF by City Arts

Find online: <https://city-arts.org.uk/wp-content/uploads/2013/02/Dont-be-afraid-to-dance.pdf>

Feel Like Dancing

Professional dance artists present filmed activities for people to do in their homes, exploring different themes. The recordings of seated dance classes feature a short version for a quick energising dance done 1-1, and a longer version for groups to do together.

Videos by Dance Base, Scotland's National Centre for Dance in Edinburgh.

Find online: <https://www.dancebase.co.uk/feel-like-dancing/older-people-1705>

Health at Hand – for NHS and Social Care Staff

This series of videos has been created to support NHS and Social Care staff. Each 10-minute movement and breath session is designed to address physical and mental health and is accompanied by specially created music.

Videos by Scottish Ballet

Find online: <https://www.scottishballet.co.uk/health-at-hand>

Monthly Moves

Monthly Moves offer short movement ideas for older people, people with reduced movement and people with dementia.

Videos by Elaine Kordys – Spin Turn Creative Movement

Find online: https://www.youtube.com/channel/UCL5ez2b7BLn8fzcXEMsz_-A



Music and Singing

Live Music in Care: Toolkit for Care Homes

A toolkit to inspire and to bring music into the lives of care home residents.

Online resources created by a partnership of arts organisations, funded by the Baring Foundation

Find online: <https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/#content-wrapper>

Watch video tutorials: <https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/singing-tutorials-and-tips-for-care-staff/>

Live Music Now Concert Library for Care Homes

Pre-recorded videos suitable for care homes and the general public.

Videos by Live Music Now, who work alongside those with reduced access to live music, in community settings across the UK.

Find online: <https://www.youtube.com/playlist?list=PLff9wYQdEudgTx9QteHNile6e8zmuB1tZ>

M4D Radio

A group of five themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories.

Online radio station by Music 4 Dementia

Find online: <https://m4dradio.com>

Playlist for Life - videos and PDFs

Free resources to help you at each stage of your playlist journey, whether you're making a personalised playlist for yourself or helping someone to make theirs.

Playlist for Life is a music and dementia charity. Their vision is for everyone with dementia to have a unique, personalised playlist.

Find online: <https://www.playlistforlife.org.uk/resources/>

ReConnect

A music-making project for people living with dementia and their carers.

Videos by Scottish Chamber Orchestra. ReConnect brings people together through music to improve wellbeing and quality of life, whatever a person's age or stage. You will find guidance about using the resource, a playlist of videos, downloadable lyrics, and singing during COVID-19.

Find online: <https://www.sco.org.uk/join-in/resources/all-resources/reconnect-resources>

Travel These Ways

Song words, notated music, a piano accompaniment, films and recorded music for the song Travel These Ways. Watch the short films to guide you through the song, and sing along with the recorded music.

Resource from the Dementia Inclusive Singing Network by Luminate

Find online: <https://singing.luminatescotland.org/songs-to-sing-at-home/travel-these-ways/>



Recorded performances and films to enjoy

Best Seat in the House

Performances by The Not Forgotten, an organisation that supports the armed forces community, though the videos are accessible and enjoyable by all.

Brings together some of The Not Forgotten's tour artists, combined with a few well-known faces in the entertainment industry, all performing golden oldies or relaying messages of hope and inspiration direct from the comfort of their own homes into yours.

Find online: <https://www.youtube.com/user/TheNotForgottenAssoc/videos>

National Library of Scotland Moving Image Archive

More than 2,800 clips and full-length films online, searchable by topic.

From home movies to documentaries, from industry to entertainment - explore around 100 years of Scotland's history captured by amateur and professional film-makers.

Find online: <https://movingimage.nls.uk>

When the Sun Meets the Sky

Audio play by The Traverse, Scotland's new writing theatre in Edinburgh. Shaped by personal stories from the dementia community of Edinburgh and the Lothians.

Set in iconic Edinburgh locations - from summertime in the Meadows after the war, to a Beatles gig in the ABC on Lothian Road, this audio play tracks Maggie through the decades as she discovers herself and her city. With a score by composers Vanlves, this new audio play is co-created by Robbie Gordon and Jack Nurse with experts from the Capital Theatres' dementia-friendly community.

Find online: <https://play.acast.com/s/the-traverse-podcast/when-the-sun-meets-the-sky>



Section 2:

In this section we will highlight some live events that older people are welcome to join. We have also listed some examples of inspiring lockdown projects that you can now view and enjoy online. And finally you will find some links to technical support resources that are designed to help older people access online and digital activities.

Live events

Brew and a Blether

A drop-in Zoom chat for people living with dementia, their families and carers. Takes place on the 1st and 4th Wednesdays of each month from 2.00-3.00pm.

A way to connect, hear how others are doing and how to find support through this time. Organised by Capital Theatres in Edinburgh

Find online: <https://www.capitaltheatres.com/raise-the-curtain/brew-and-blether>

Contactless Afternoon Tea Parties

Make yourself an afternoon tea and enjoy a YouTube performance by members of the Capital Theatres House Band.

For people living with dementia, their families and carers. Takes place on the 3rd week of the month. Organised by Capital Theatres in Edinburgh

Find online: <https://www.capitaltheatres.com/raise-the-curtain/contactless-afternoon-tea>

Projects to come out of lockdown

Inspiring examples of creative work developed with communities during lockdown, which can now be enjoyed online.

Art by Post: Of Home and Hope

Online gallery, videos and resources of more than 600 poems, drawings, paintings and mixed media works

Created by the Southbank Centre in London, Art by Post provided free creative activities during the first covid lockdown. 17 artists were commissioned to make activity booklets that were sent to more than 4,500 participants across the UK. Many of those who took part posted back the works of art that they created, and the exhibition of their work can now be seen online. The exhibition has three themes: nature, sound and movement, and hope.

Find online: <https://www.southbankcentre.co.uk/creative-learning/arts-wellbeing/artbypost/online-gallery>



Haud Close Together

Short film by Scottish Ballet

In response to the separation felt by many of us during the pandemic, a global call-out invited people living with Parkinson's, Multiple Sclerosis or dementia to submit a video response to a dance or poetry task. Video submissions arrived from all around the world. Closer to home, residents of Erskine Home, Bishopton, worked alongside choreographer Jack Webb and storyteller Philippa Clark. A clip from every film received has been edited together with footage of the care home residents. Haud Close Together is a short dance film featuring story, poetry and art.

Find online: <https://www.youtube.com/watch?v=1wJYsNGihzo>

Technical Support

Arts 4 Dementia Zoom Guide

PDF by Arts 4 Dementia

Find online: <https://arts4dementia.org.uk/wp-content/uploads/2020/12/Arts-4-Dementia-Zoom-Guide-New.pdf>

Digital Champions

Guidance, training and resources on how to be a digital champion in your care home and help care home staff and residents get online.

By Technology Enabled Care, a programme by the Scottish Government.

Find online: <https://tec.scot/programme-areas/social-care-care-homes/digital-approaches-care-homes/resources-care-homes>



Section 3:

In this section you'll find a list of apps that can help you get creative in lots of different art forms.

Visual Arts			
App name	Notes	Cost	Link
Kaleidoscope drawing pad	With this app you can create a kaleidoscope-type drawing. It also creates a mini-film of the process to play back.	Free	https://apps.apple.com/gb/app/kaleidoscope-drawing-pad/id525904070
Spin art	Have fun making spin pictures. This app is fun and stimulating for all levels of ability.	Free	https://apps.apple.com/us/app/spinart-free/id390272744
Autodesk sketchbook	This is a good all-round app for drawing and being creative using an iPad. It offers a range of different tools that are good for drawing, sketching and painting.	Free	https://apps.apple.com/gb/app/autodesk-sketchbook/id883738213
Art Set 4	This app allows you to create pictures using a range of realistic art materials including pencils, crayons, and watercolours.	Free	https://apps.apple.com/gb/app/art-set-4/id1418530800
Art Set 4 Pro edition	The paid-for version of Art Set 4 includes higher quality virtual art materials, including things like the ability to use paintbrushes of different sizes, and to adjust the amount of paint on your brush.	£6.99	https://apps.apple.com/gb/app/art-set-pro-edition/id728530673
Painting Atelier	This app enables you to create images using oil paints in a realistic way using a wide range of the techniques associated with real oil paintings, without the mess.	Free	https://apps.apple.com/us/app/painting-atelier/id1363039718
Let's create Pottery HD	With this app you can create a range of attractive virtual pots in a few easy steps, including moulding, firing and painting. You can "sell" your pot at an imaginary auction, which earns you points to buy more decorating tools. The free version is probably enough for most people, with the full version giving you access to additional designs and features for your pots.	Lite version is free. Full version is £4.99.	https://apps.apple.com/gb/app/lets-create-pottery-hd-lite/id397756644 https://apps.apple.com/gb/app/lets-create-pottery-hd/id380090605
Writing			
Poetics	Create, write and share visual poetry, combining photographic images and text	£1.99	https://apps.apple.com/us/app/poetics-create-write-and-share-visual-poetry/id543995959



Book Creator One	Use your own photos and text to create your own ebooks, diaries, cookbooks, etc. It's promoted for schools, but is also suitable for adults to use. This free package allows you to try it out by making one book. After that you will have to buy the paid-for app (see below).	Free	https://apps.apple.com/gb/app/book-creator-one/id661166101
Book Creator for iPad	As above allowing collation of images, video, sound to create your own ebook publications	£4.99	https://apps.apple.com/gb/app/book-creator-for-ipad/id442378070
Animation			
Stop motion studio	This app allows you to create simple animations, in an easy to use format. It allows you to create a video, and stop frame animation.	Free	https://apps.apple.com/gb/app/stop-motion-studio/id441651297
Miscellaneous			
Armchair Gallery app	Created by the Art Gallery in Nottingham, this dementia friendly app allows you to see paintings and objects from a number of English galleries and country houses, and includes some creative activities connected with the paintings that you will see.	Free	https://apps.apple.com/gb/app/armchair-gallery/id1324486946 Also on google play for android devices.
House of Memories	Created by Liverpool Museums, this dementia friendly app allows people to create a personal museum with their own photos and memorabilia.	Free	https://apps.apple.com/gb/app/my-house-of-memories/id847763460?ign-mpt=uo%3D4 Also on google play for android devices.
Hairstyle Makeover	Try out different looks with this app, to help you decide on a new hairstyle or have some fun with changing appearances! It is simple and easy to use.	Free	https://apps.apple.com/us/app/hairstyle-makeover/id463501961
Koi Pond 3D Lite	This app allows you to interact with the Koi Carp in a virtual fish pond, in a very tranquil and sensory way.	Free	https://apps.apple.com/us/app/koi-pond-3d-lite/id534867956?mt=12



We would love to see examples of any creative work you make as a result of using these resources. Please feel free to contact us with completed projects or other information that you would like to share.

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