



# What is cARTrefu?

**cARTrefu is an exciting arts project run by Age Cymru.**

**Since 2015 we've been matching Welsh care homes with some of Wales' most creative artists to give older people access to quality arts activities.**

**Our cARTrefu artists have enabled hundreds of older people in Wales to create their own art through sessions in Visual Arts, Performing Arts, Words and Music.**

**These sessions have now been simplified and colour-coded for this pack. These cards are designed to help you run your own cARTrefu sessions, whether you're a carer or a resident.**



# How do I use this pack?

This pack has a number of activities for you to try. The activities are split into four different art forms, each a different colour. The arts forms are:

Visual  
Arts

Performing  
Arts

Words

Music

The activities are designed so you don't need expert knowledge or specialist equipment. Take a look and have a go!

**We've labelled the activities so you'll know if they're most suitable for:**

an individual  or a group 

All of the activities are easy to do, but some may require a little preparation. We've labelled each activity ①, ② or ③; 1 being very easy and 3 needing a little more time to get ready.

gras walking it was long

reams

# Creating the right space

Creating the right space is important when participating in arts activities.

There are simple things you can do to create the right environment for older residents to feel relaxed and creative:

- Make sure the TV is switched off
- Play some relaxing music to create a mood
- Seat the group in a circle or around a table if needed
- To begin a session, go around the circle and ask everyone to introduce themselves. It's important the group gets to know each other
- Encourage family members and visitors to join in and participate
- Let residents know they can come and go as they please. No pressure



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# Leading a creative session

Enabling residents to be creative has many wonderful benefits and can give you the confidence to try more.

When planning a session, think about:

- How you will introduce the activity: you could show examples of what you'd like the residents to create
- Don't just teach: create your own art alongside the residents. This will make you seem less like a teacher and more like a fellow artist
- Encourage residents to follow their own ideas when inspiration strikes
- Go around the group, assisting where needed and praising the art that's being created
- We've found that activities that last about 30-45 minutes work best. With a cup of tea at the end, that's a good hour of creativity!





# Trying your own activity

If you'd like to do an activity that's not in this pack, you can always try your own. Remember:

- Make a 3-step plan so what you're going to do is clear in your mind
- Collect everything you'll need (tools, material, music) in advance
- Let residents know you'll be running an activity in advance so they can look forward to taking part
- When writing poems, ask open-ended questions to encourage personal and meaningful answers
- If a story feels true to a resident, then it is true. It is always their truth which counts
- A resident's creative response is always right! Encouragement promotes confidence which inspires creativity



# Staff top tips

We asked care home staff around Wales to give us their Top Tips for running creative sessions with their residents.

The most common ones were:

- Let residents watch a demonstration first, then encourage them to join in
- Let residents go at their own pace
- Mornings are often the best time for creative activities as residents have more energy
- Remember to have fun!
- Start small and let your sessions grow
- Try to have two staff members in sessions. It makes things a lot easier
- Ensure a positive vibe that inspires the residents to be free to create!



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# Online resources

The Internet is a great place to look for inspiration. Here are just a few websites we've found useful:

- [www.hub.careinspectorate.com/improvement/arts-in-care](http://www.hub.careinspectorate.com/improvement/arts-in-care)
- [www.aliveactivities.org/resources](http://www.aliveactivities.org/resources)
- [www.timeslips.org](http://www.timeslips.org)
- [www.ageofcreativity.co.uk](http://www.ageofcreativity.co.uk)
- [www.myhomelife.org.uk](http://www.myhomelife.org.uk)

## Keep in touch!

We'd love to hear about your cARTrefu activity sessions. If you'd like to share your stories or would like assistance with anything covered in these cards, please contact:

[cartrefu@agecymru.org.uk](mailto:cartrefu@agecymru.org.uk)

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