

# AGE OF CREATIVITY

## On-line activities for older people to enjoy whilst self-isolating

Creative and cultural activities are good for you (the research shows us this!) and now has never been a better time to enjoy creative activities from the safety and comfort of your own home.

There are so many digital arts and cultural ideas to enjoy, and many more popping up daily, but here is a round-up of some of the best. We have done our best to ensure that each link is authentic and accessible however we cannot take liability for any external websites.

Add your creative digital resources to add to our website <http://festival.ageofcreativity.co.uk/>

## ACTIVITIES DESIGNED FOR PEOPLE LIVING WITH DEMENTIA

Enjoy memory resources designed for people living with Dementia and their carers but suitable by ANYONE!

**A virtual museum designed to support rich conversations:**

<https://houseofmemories.co.uk/things-to-do/my-house-of-memories-app>

**‘At Home’ is a fun and inclusive subscription programme of activities:**

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

**Create a music playlist for you and the family:**

<https://musicfordementia2020.com/2019/12/04/create-a-playlist-listen-to-recorded-music/>

**Armchair Gallery brings world-class art & culture into your home. The app is free. It is available for iPad and Android Tablets.**

<https://city-arts.org.uk/armchair-gallery-surviving-isolation-with-our-free-app/>

**Wellbeing through singing and music**

<https://soundresource.org.uk/>

**Songhaven's classical concerts for people with dementia**

<https://mailchi.mp/2051551d5e82/songhaven-at-home-concert-now-available>

**An oldies playlist from Emily Abbott**

[https://open.spotify.com/playlist/6tMWxg4gUswYFGCyeNtoXd?si= 1-Sp72DSCiOWviOLU38NA#login](https://open.spotify.com/playlist/6tMWxg4gUswYFGCyeNtoXd?si=1-Sp72DSCiOWviOLU38NA#login)

## **CARE HOME ACTIVITIES WHICH CAN BE DONE IN A CARE HOME**

**Enjoy a wide range of simple, fun activities in any home:**

**Online music toolkit:**

<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes>

**National Activity Provide Association (NAPA) ideas to try:**

<http://napa-activities.co.uk/membership/free-resources>

**Resource from Arts in Care Homes:**

<https://artsincarehomes.org.uk/wp-content/uploads/2019/10/onlyconnectresourcepack.pdf>

**A Choir in every Care home Toolkit:**

<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes>

**Information about creative initiatives and useful resources to support particularly older people in isolation and in care homes**

<https://baringfoundation.org.uk/blog-post/covid-19-arts-and-creative-resources-for-older-people-and-anyone-else-in-isolation/>

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