**NOTES from ‘Creative Conversation’:**

A webinar and group conversation exploring creative resources and responses to isolation that took place online on Friday 3rd April 2020 replacing the Creative Ageing Convention, which was to launch the Weston Arts and Health Weekender.

Please see video of webinar on [www.cultureweston.org.uk](http://www.cultureweston.org.uk)

Twitter: #CreativeConversation @cultureweston

**Webinar speakers:**

Anna Farthing, Arts Programme Director, University Hospitals Bristol and Weston NHS FT

@FarthingHarvest

John McMahon, Senior Manager, Policy & Research, Arts and Health, Arts Council England.

@JohnMcArts

Alex Coulter, Director, Arts and Health Southwest

@alex\_coulter

Kate Dimbleby, Singer and artist working in health and care settings

@katedimbleby

Fiona Matthews, Creative Director, Theatre Orchard and Culture Weston.

@CultureWeston

**General:**

* Arts Council England: <https://www.artscouncil.org.uk>
  + Email for specific advice [Coronavirus-Queries@artscouncil.org.uk](mailto:Coronavirus-Queries@artscouncil.org.uk)
* Culture, Health and Wellbeing Alliance Coronavirus resources for practitioners <https://www.culturehealthandwellbeing.org.uk/resources/coronavirus-resources-practitioners-and-organisations>
* MARCH network collation of resources to support mental health
* <https://www.marchnetwork.org>
* Arts and Health South West is supporting regional practice with regular meetings <https://www.ahsw.org.uk>
* Arts in Care Homes https://artsincarehomes.org.uk and NAPA support for activity providers in care homes <http://napa-activities.co.uk>. Currently running #onlyconnectpenpals project
* Baring Foundation ‘Creative Ageing’ materials and resources for all isolated people.
* <https://baringfoundation.org.uk/blog-post/covid-19-arts-and-creative-resources-for-older-people-and-anyone-else-in-isolation/>

**Staying Active:** See Victoria Hole’s video resources for Culture Weston

'Big Kitchen Disco' - everyone plays same track at 7pm: <https://twitter.com/BigKitchenDisco>

From Kate Webb : Circomedia Youth circus have been generating some great online content for kids isolated at home <https://www.circomedia.com/categ…/youth-circus-home-edition/>

From Lerato Stanley-Dunn : @victoria can we do the flashmob....a front garden version...learn the dance online? I'm thinking about this for Bristol. Doing a flashmob linked to Shambala festival

From Karen Blake : Online flashmob. Brilliant, yes please @victoria !

**Alternative ways of connecting:**

Arts and Health South West supported this webinar and are setting up regional zoom meetings. <https://www.ahsw.org.uk>

From Karen Blake : link to the film of the creative socially engaged projects Terrestrial worked on in WsM last year. <https://www.terrestrial.org.uk/>

**Distributing resources to those not online:**

From Lerato Stanley-Dunn : I am in conversation with the Communities team in Bristol City Council and Public Health to investigate how we might be able to distribute resources via the community hubs in Bristol that are distributing food and meds and also providing emotional support. Feels important to get offline resources to those not digitally connected.

From Amy Creech : Schools are also distributing food and resources to families, I wonder if there is a way to link up and share stuff through them?

From John McMahon : Local teams for the British Red Cross are doing some distribution work

From Monique Jivram : RE offline resources: A nice offline downable creativity at home resource from a team of visual artists – including Antony Gormley, Grayson Perry, Jeremy Deller and Gillian Wearing : https://firstsite.uk/download-artist-activity-pack/?utm\_source=Firstsite+Newsletter+Sign+up&utm\_campaign=018b48ef2f-EMAIL\_CAMPAIGN\_2020\_03\_31\_05\_43&utm\_medium=email&utm\_term=0\_1802559d7f-018b48ef2f-367897197

**Dementia Friends:** That Creative Thingy Whatsit - Stephen Watters recruiting people to become Dementia Friends in North Somerset. See https://www.facebook.com/North.Somerset.DF.3000.Challenge

Also some insight into who we are and what our CIC does https://www.yumpu.com/en/document/view/63051901/that-creative-thingy-wotsit

**Improvisation:**

Meg asks how to support improvised storytelling with older people in the digital realm.

From Malcolm Hamilton : Meg, I wonder if you can follow the idea from Kate about tweeting a live zoom/ or YouTube stream and just throwing something out there- rather like online busking!

From Anna Farthing : Zoom can be like busking online. Do something, Invite people. See who comes…

From Stornaway Zoom : Improvisation in all areas of life is a much needed area to explore. I was talking to St Georges about a festival around this which was supposed to be happening at the end of May. Let’s make it happen next year.

From Amy Creech : Anna - I wonder if a creative practice/approach means we are a bit better prepared to deal with this type of context? (we hope so...)

From Kate Dimbleby : It is amazing how many people are getting on these social platforms including people over 70 - grandchildren helping people - so we must never underestimate the ability to reach people

**Use of language:** From John McMahon : I think 'opportunities' can raise hackles for some in this delicate time. So I'm talking about things that the new context gives us the imperative to pursue; and things that cause necessary changes/adaptations/evolutions to old forms of practice.

**Quality and Value:** From Jane Willis : Twitter @janecwillis. In answer to Alex's question about how we can access people with lived experience to share wisdom about coping with this, co-producing theatre, writing etc might be an idea. This has been done successfully in relation to mental health. Also Good article on Arts Professional today from Ben Walmsley Centre for Cultural Value about how we articulate the value of our work. <https://www.artsprofessional.co.uk/magazine/article/working-together-articulate-cultural-value>

**Also see the At Home With Culture tab on www.cultureweston.org**

*Many of us feel isolated and lonely at points in our lives, perhaps never more so than in these challenging times. Luckily we live in a digital age where all sorts of creative projects can be enjoyed and easily accessed from anywhere. Here is a series of short videos from some of the brilliant artists who are part of The Weston Arts + Health Weekender programme. They are mainly self-filmed on mobile phones in lounges, kitchens, bedrooms and bathrooms. We hope they will spread a little happiness and encourage you to find pleasure in being creative at home*

**Themes include: laughter, movement, imagine, song, writing, conversation, play, relaxation, digital. Regularly updated with new content – keep on checking in – and make your own contributions.**

**Look out for further webinars and conversations exploring creative responses to the challenges of grief and trauma as the situation develops.**