

May 2019

We are so pleased to announce..... cARTrefu will continue until 2021!

cARTrefu, Age Cymru's arts in care homes project, will continue until August 2021.

Thanks to further funding from the Baring Foundation and Arts Council Wales, cARTrefu will continue for another two years. The third phase of cARTrefu will begin in September 2019, but will differ from the two previous phases. Phase 3 will be focused on empowering care home staff to improve the range and quality of creative provision in their care home, raising public awareness of the benefits of creativity in care homes, building capacity by sharing learning



within the arts sector, and building sustainability. The artists who are successful in the recruitment stage will introduce care home staff & artists to cARTrefu methodology, and work closely with the care home staff to create

cARTrefu activity plans, deliver practical workshops around their particular practice, and demonstrate how they can be delivered by the staff in a care home setting. cARTrefu is still free to care homes.

By the end of phase 2, our cARTrefu artists will have delivered 1840 workshops, reaching over 25% of care homes across Wales.

If you're a care home manager, an activities coordinator, or a member of staff from a care home, or if you are an artist and would like to be kept up to date on cARTrefu phase three please get in touch with:

sarah.lord@agecymru.org.uk

Activity packs 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 sarah.lord@agecymru.org.uk or call 029 2043 1540 and we will post out a bilingual pack to you, free of charge.

The pack is made up from a large selection of activities in the following art forms: Visual Arts, Words, Performing Arts, and Music. There are five activities in each art form, and each activity has been simplified into a step-by-step guide so that care home staff, perhaps with no experience of delivering activities, will be able to have a go at enabling residents to create their own art work.

Changes to the team

Sarah Lord joined the team in January as Project Coordinator; Sarah has worked for Age Cymru since April 2018 within central services, but jumped at the chance to apply for a secondment to work on the cARTrefu project when the opportunity arose.

Prior to joining Age Cymru, Sarah worked as a studio photographer for seven years.



Kelly Barr has moved up to become Age Cymru's Arts & Creativity Programmes Manager running the Gwanwyn festival.

Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age. The festival began in 2007 and is supported by Arts Council of Wales and Welsh Government.

The cARTrefu Family

On the 23 April, the cARTrefu team came together in Bethshan Care Home, Powys, for their forum.

The next phase of cARTrefu was discussed, stories and best practice shared, and the artists and mentors had valuable time within their groups.

Heather Wenan - Lead for Dementia Care in Powys and a trustee of Bethshan care home, agreed to speak at the forum, highlighting the importance of the sessions that the cARTrefu artists deliver, and the great impact it has on those living with Dementia.

With thanks to Jon Dafydd-Kidd for the team photo!



HRH The Prince of Wales visited a cARTrefu workshop in Neath

His Royal Highness The Prince of Wales, patron of Age Cymru, visited Plas Bryn Rhosyn care home in Neath on Friday 22 February to see first hand how cARTrefu supports older residents, especially those living with Dementia, to get involved in creative sessions.



Our artist, Alison Moger delivered the workshop with help from her cARTrefu mentor Michal Iwanowski.

His Royal Highness was presented with a photo book containing images of artwork created by the cARTrefu artists and care home residents.

Plas Bryn Rhosyn's Manager, Stuart Davies said: "We were delighted to learn we were going to be getting a visit from royalty. It was a pleasure to see both residents and staff having fun and showing off their artwork".

The cARTrefu Film

Following the Prince's visit, Age Cymru officially released the cARTrefu film which stars residents and staff from Plas Bryn Rhosyn. It was filmed by Welsh Bafta-winning director Clare Sturges and produced by Age Cymru to promote the impact of creativity in care homes through the cARTrefu project.

You can view the cARTrefu film through the website www.ageuk.org.uk/cymru/our-work/arts-and-creativity/cartrefu/



On the road with the cARTrefu Cube

Another aim of the project has been to use exhibitions to raise public awareness of creative life in care homes, though the art work that has been created with and inspired by the people living in, working in and visiting care homes.

The cARTrefu Cube allows us to exhibit throughout Wales, by bringing the work of local artists to the public. We are continuing the cARTrefu Cube Tour to exhibit the cARTrefu artists (phase 1 and 2) artwork.



The work shown here is that of cARTrefu artist Alison Moger at the Taliesin, Swansea University.

“Whilst working with the residents I have encouraged them to tell their stories within the mark making process using vintage patterns and old paper. As each story unfolds my response to the fragility yet strength, of individual residents becomes a ritualistic rhythm of folding and stitching, in my endeavour to capture the memories and spirit of lives lived. This journey with the residents has constantly evolved with the material becoming more symbolic of the flesh and the garment becoming an expression of this. “Weathered paper for skin, stoma bags for purses.” Our fragile flesh shrouded from the elements and the eyes of others, from the cradle to the grave, endeavouring to protect our vulnerability. “



The following pictures show the work of our Artist Laura Reynolds.

You'll only really know when you're in it

It ends at the beginning and begins at the end, this bright expanse; ready to be filled with something new.

Snippets of conversation and quotes, remembered faces and places, memories and moments of a life well lived, full of joy, emotion, experience.

Sitting with our residents as we go on our weekly art adventures, listening to their stories and often -repeated refrains. The words don't always mean what they say, sometimes more an indicator or request for something else entirely. Internal and external landscapes blend and collide creating a multi layered and sometimes fragmented experience of day-to-day life.

This installation piece features collaborative and individual works by the residents themselves as well as some of my own linen sketches of the residents in situ, weaving their words into their portraits, adding oil colour later, in my studio, using photographs as prompts, but colouring them from memory to better portray their personalities.



The Cube is currently booked up until the middle of September, but it is available from then on. It is suitable for indoor or outdoor use; and can contain static art work, or



performance based work. We are offering the Cube for 3 – 4 weeks at a time to our partner venues. Our artists have developed a wealth of work over the last three years, ready for exhibition.

If you are interested in hosting the cARTrefu Cube please contact sarah.lord@agecymru.org.uk

And finally ...



The Age Friendly Culture Network

The Age Friendly Culture Network is a national initiative created through a collaboration between National Museum Wales, Ageing Well in Wales, Arts Council Wales and Gwanwyn (Age Cymru). The network brings together individuals and organisations from the arts, culture and heritage sectors from all over Wales to share skills, knowledge and good practice. It develops innovative and practical ways to better engage with older people and improve their quality of life and well-being. To find out more, please visit:



<http://www.agefriendlyculturenetwork.co.uk/it/about>



Gwanwyn 2019

Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age. The festival began in 2007 and is supported by Arts Council of Wales and Welsh Government.

Gwanwyn, which means spring in Welsh, celebrates older age as a time of opportunity for renewal, growth and creativity. Our aim is to offer opportunities for greater participation by older people in the arts, whether visual arts, drama, storytelling, music, literature, photography, dance or film.

Kelly Barr Gwanwyn Festival 2019 has been a fantastic celebration of creativity in older age; from community regeneration through weaving to international and intergenerational film screenings. We gave grants to old friends and new, and have supported events across the whole of Wales. Please keep an eye on our website, gwanwyn.org.uk to find out how you can get involved in Gwanwyn in 2020.

If you're organising an event for older people and want it to be part of Gwanwyn's itinerary, please get in touch with Age Cymru's Arts & Programme Manager Kelly Barr: kelly.barr@agecymru.org.uk

<http://gwanwyn.org.uk/>