

View through my window...



A chance for your home to win an amazing art hamper

2021

cARTrefu
Creating Artists in Residents

Age Cymru
Creating an age friendly Wales

Competition time

View through my window

Prize Draw

Enter our prize draw competition by sending in your artwork on the theme of 'The view through my window'.

Prizes:

- First prize - a hamper of art materials worth **£100**
- Second prize - art pack worth **£50**
- Third prize - art pack worth **£25**.

Every home who takes part will receive a certificate.

We'll be including as many of the submissions as possible into our cARTrefu virtual exhibition, and every home who enters the competition will be invited to attend our online launch celebration.

Our virtual exhibition will allow visitors to


virtually walk through the gallery and view the artwork on display.

The care home name (and the name of the creator if they so wish) will be included.

Residents can make and submit anything they like, there's no wrong or right way to do this, it's all down to individual interpretation. Be free to create whatever you want. Staff members are also invited to get involved.

These submissions can be anything... a model, collage, poem, story, painting, drawing, song, sound bit, film, performance... anything, so feel free to send anything through.

Your creations should then be posted or emailed through to enter the competition.



You could win
this for your
care home

1st Prize
£100

2nd Prize
£50

3rd Prize
£25

worth of art materials

Please contact us to arrange courier collection for larger items. If you'd prefer to keep the items, we can discuss photos / films of the submissions instead.

Please make sure you send your contact details through with your submissions. The more submissions your home makes, the more entries you'll have into our prize draw, so the better chance of winning.

If you're struggling for an idea, here's a few for you to have a go at, or to help spark some creative ideas of your own.

To arrange postage or collection, or for more

information, please contact
cartrefu@agecymru.org.uk

For more information on cARTrefu, or to apply to work with one of our artists, go to cartrefu.org.uk/

Postage address: **cARTrefu, AGE CYMRU
FREEPOST RLTL-KJTR-BYTT, Ground Floor,
Mariners House, Trident Court, East Moors
Road, CARDIFF CF24 5TD**

All entries need to be received by:
Friday 3 December 2021

**Please contact us to arrange courier
collection for larger items.**

Something to get you started...



You will need

- The pull-out template of a window, or you can create your own. You could photocopy this as many times as you like for as many residents who'd like to use this idea
- Coloured pens or pencils / oil pastels / paints or items to create a collage e.g., pieces torn from magazines / crepe paper / coloured paper
- A pair of scissors
- Some glue stick or PVA glue.

Try to cover as much of the white paper as possible.



Let's get going...



Use a printable, pull out template of a window (**in the middle of this booklet**) as a starting point for a painting, drawing or collage of a lovely view.

Use a printable template of a window as a starting point for a painting, drawing or collage of a lovely view.

The view could be inspired by the actual view from your window, your favourite place, any view which sparks memories, an imaginary view; or it could be a fantastical or funny view in which animals and objects aren't their usual size.

You could include buildings, plants, and animals that you like and even use a cut out picture of yourself and put that in the scene too.

This could be a mix of drawing, painting, and collage, try to cover as much of the

white paper as possible.

Some residents may have difficulties using scissors, they could either just tear around what they want to use, or you could pre-cut a pile of different images which they could rummage through and choose.

It's quite a good idea to arrange your main images on your page before you stick them down so that you know they're going to look good together, don't be afraid to overlap them to give a sense of depth to your view.

When you've finished your lovely view, make sure you display it where you and others can see it and enjoy it.

Postcard art...

Let's get going...

Use the pull-out postcard for residents to draw, paint, collage their favourite view, memorable holiday they went on, a visited place they were fond of.

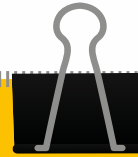
‘Scotland has always had a special place in my heart. Visited the loch we went to as children, wet my feet and picnicked close to the bank.’

Then, use the back section for the resident to write about who they were with, where they were, and any other interesting facts or memories that they'd like to mention. Or equally they could write this as a letter home to someone they'd send letters or post cards to.

‘The city is so alive at night, stumbled upon a little jazz bar and had to have a whiskey’

This could be based on a favourite holiday, somewhere that they've lived, any view from a memory, or even an imaginary view.

Send the pull-out postcard to us, the address and postage is already complete for you. You will find this on the inside of the cover



You will need

- The pull-out postcard
- A pen and pencil
- Anything you'd like to use to colour the drawing: Coloured pens, pencils, paints, inks, items to create a collage e.g., pieces torn from magazines/ crepe paper / coloured paper.

Video tutorial available at cartrefu.org.uk/get-involved/view-through-my-window/



You can find the
blank postcard
on the inside
front cover of
this booklet

We would love
to receive your
postcard

Dear Kathryn,
We are having a lovely time
Wandering through woodlands

Today we saw so many
dragon flies.

Glowing blue, against
lush green leaves,

Tell you more when I
get back love from
Lynda, Paul and
the kids



Mrs K Rodgers

80 Swallow Lane

Mount View

Cardiff CF6 7PZ

Use words
to describe
what you see



Find different
ways to
create words

Draw with words



You will need

- Magazines
- Printer (optional)
- Pens to experiment with handwritten options (biros, felts, fountain pens etc)
- Scissors
- Glue
- Paper.

Let's get going...

Write lots of words and sentences that describe your 'View from my window'.

Copy the view onto a piece of paper or take a photograph of your view and print.

Now use another piece of paper of the same size to create a collage mostly made up of words.

Place the words and build up layers to

create the shapes of your view, e.g, the shape of mountains, clouds, buildings.

Think about colour too when selecting. Decide if you're going to have a coloured background.

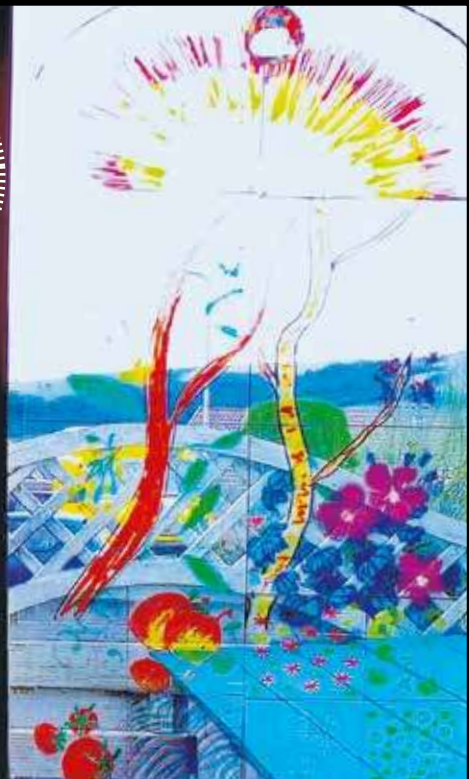
Ideas for creating words

- Cut words from magazines.
- Experiment with using a typewriter or print from computer
- Do some handwritten words with fountain pen.





Use your
brightest
pens



Stained glass window



You will need

- Clear Acetate sheets
- Brightly coloured permanent marker pens / black permanent marker pen
- Scissors
- White tack
- Images for tracing over or you can draw free hand, also experimental mark making can be used.

Let's get going...

As a group, you could work on a large piece of acetate to trace chosen images, or residents can draw free hand or make marks.


The other option is to use smaller pre-cut shapes that will then fit together on the window creating a beautiful stained-glass window effect.

Everyone in the home will be able to get involved. You could take the smaller shapes to residents' rooms, enabling residents

who are unable to leave their beds to get involved, and the shapes could be decorated on trays in the lounge if certain residents would prefer not to join a large group table.

The residents could then decide which piece should go where on the main window display.

You could also add to the display by using washable window pens that can be used on the inside of the window to create poems, drawings such as flowers or insects, or you could add words of positivity.



Add a hole to your tile if you want to hang them later

Words

I love the sun on my face

Seeing family & friends

Hugging

Collect tiny found objects

Play with *clay*



You will need

- Air drying Clay (Das white is the best for tiles) Use a third of pack per tile
- Rolling pin
- Clay tools or a sharp knife
- Small objects, e.g beads, buttons, found objects
- Small images from magazines or tissue paper
- Water.



Let's get going...

1. Cut a cardboard square from a box around 14cm in size to use as a template
2. If you're using the Das clay, cut the block into thirds
3. Shape the clay into cubes and then use the rolling pin to roll out to make a thin piece of clay. Your tile should be at least 5mm thick
4. Now use your square template to cut around to give you the base. Use any leftover clay to roll out and make a frame for your tile
5. Look out of your window and use objects/ cut out images etc to create the scene.

When adding objects make sure you push them into the clay. If you're using paper add water to the back of the paper to stick to the clay. You can also choose to add words that are important to you.

Audio recordings



You will need

- A device that allows voice recording. It could be a mobile phone or a voice recorder.

Let's get going...

This activity aims to produce short audio recordings of the voices of residents describing the view through the window.

This activity is suitable for all residents, and particularly tailored for residents living with limited dexterity and visual impairment. It focuses on the residents' voice and storytelling. The aim is to stimulate the residents' imagination and positively reinforce their sense of belonging.

With each resident who chooses this activity, you'll prepare your voice recording device first. The simplest way is to use your mobile phone as all phones have built-in application that allows voice recording.

Once your recording is all set and the resident is comfortable with talking and being recorded, you'll simply lead a conversation about the view from the window. Depending on the resident you're working with, you've two options for what kind of questions to ask:

- **For residents who struggle with memory:** Can you describe in detail the view through your window (in the care home) and tell me what you like about it? If you were to walk out into that view, what would be the first thing you'd do? What time of day do you like the view the most and why?



- **For residents who've good long-term memory and who enjoy recalling things from their past:** Can you describe the most memorable view from a window, either from your childhood home or your own family home? What was special about that view? If you were to walk out into that view now, what would be the first thing you'd do?

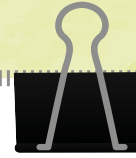
How long will the activity take

- Anything between 5 - 30 minutes

Once your recording's ready, you'll simply send it to us (via email, or WhatsApp directly from your phone). You don't need to worry about the conversation being broken or chaotic. Once we get the recording from you, we'll be able to edit it into a round and finished audio track. We'll then send it to you so you can share with the residents and make sure you're happy with the edit.



Let the light through



You will need

- A4 clear Acetate sheets
- Pens that draw on plastic
- Scissors
- Tape



Let's get going...

Using an Acetate sheet stick to window with tape. Use special pens to trace what you directly see in front of you. Concentrate on the outlines and then use colour if you like to fill in.

You could also use bits if you'd like to experiment with collage, e.g tissue paper or other things that let light through.

Crankie



You will need

- Long roll of paper
- Two wooden dowels or old wooden spoons to create the turning handles that the scroll fits onto
- Cardboard box, a shoe box will do well, or something bigger depending on the size of crankie you'd like to make
- Masking tape
- Pencils and inks, or any paint, pastel, or colouring pens to create the main artwork.

Designed as a landscape of a whole day from sunrise to sunset out the window. It could be a series of different scapes incorporating images from the whole home or made as a one-off long image.

Crankies are a storytelling art form with a rich and wonderful history. A crankie theatre is a box built with two spools inside. The spools have handles that can be 'cranked' to bring movement to an illustrated scroll that's wound onto the spools.

The assembly of the main box may need support from carers, but the main crankie roll is easily inputted by everyone.

Let's get going...

1. Prepare the box. A normal crankie just needs a cut out square shape in the front of the box, but we're creating a window instead, so you need to measure out squares of a window with pencil and ruler.



Don't go too close to the edge of the box, as your dowels need to fit behind the 'window' to fill the whole space. The box can be decorated and painted as part of the artwork, with the window at the front



Create a window in the box



2. Create dowel holes in the top and bottom of the box in the corners, check that they line up by putting the dowels or spoons in, but we aren't ready to keep them in place yet

as we need to create the scroll first.

The dowels need to move freely so it's important to make the holes slightly smaller first and then turn them and wriggle them around the holes to make them turn freely in the cardboard

3. Work on the crankie scroll. Roll out the paper and allow the residents to create a timeline of the day from dawn to sunset. Or residents could work on a series of different images of the view from windows and then put them together.

Pencil and inks were used for the example, but pens, pastels, or plain black paint work well too



Paint your scenes on long pieces of paper

4. When the scroll is finished and you're happy, use masking tape to tape the end of the scroll to the dowel and then wind tightly around the dowel/spoon on both ends. (If it's not tight then you'll find it hard to turn the scroll)

5. Place the scroll and dowels back in the box and you're ready to go with your view from a window.



Draw your character



Draw your mode of transport



When you're ready, photograph the scene and send it in

As an added extra – try moving the avatars, their transport and large insects and flowers around, photographing each movement, to create a stop motion animation or story line on a tablet.

Adventurous Avatar...

Machines for adventure and larger than life wildlife



You will need

- Cartridge paper
- Black ink pens
- Watercolours
- Crepe paper
- Brown paper
- Scissors
- Masking tape
- Magazines

Let's get going...

Look at the view from your window and start by drawing, or making, a small cartoon of yourself, ready for adventure. Draw it on to the cartridge paper and colour as you wish, or you can use collage by cutting or tearing pieces of paper of a chosen colour to add some texture.

Once complete cut out around your cartoon 'avatar' and attach to the window with masking tape or sticky tape.

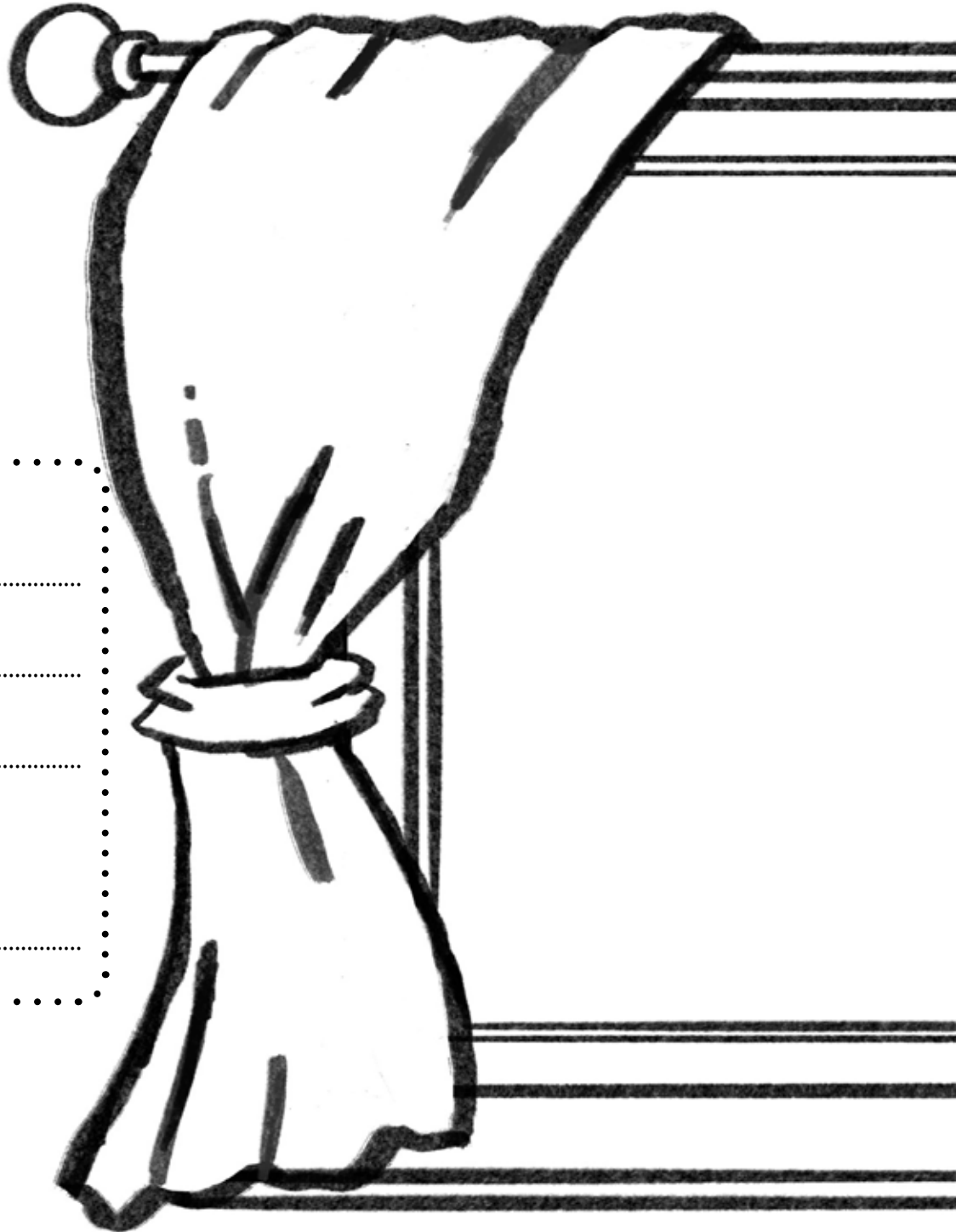
Next, choose an adventurous mode of transport for you to travel in and create it in the same way as the avatar. This could be a flying machine, the car of your dreams, or even a whimsical creature of your choosing. Position this so that your avatar is travelling in, or on, it.

Populate your window with larger-than-life wildlife and wild flowers – think ladybirds, bees, butterflies, and daisies - crepe paper works well for this and lights up beautifully with a light source the other side of the window (could be the sun in the daytime or a light at night). Red crepe paper for ladybirds works very well, as does blue crepe paper for butterflies.

If some are struggling with this, try collage. Using magazines to find animals and machines to cut out and use in your scene or try some simple mark making on different coloured paper that could be used to create additional landscape. You could also use strips of paper stuck on to a background to create grass or sea effects in different greens or blues.

Video tutorial available at cartrefu.org.uk/get-involved/view-through-my-window/

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Care home:

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Location:

.....

Date:

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Name of resident:

(Optional)

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