

April 2018

In this issue:

- Community courses
- Clifton Storeys
- Activity Match
- Listings

Have a look at our new website

www.creativepaths.org.uk

Community Courses - We have some great community learning course starting in April in partnership with INSPIRE learning. Enrol now 0115 846 1437 for **Watercolours**, **Printmaking** and our new creative course with a twist **On the Map**.

In partnership with Nottingham City Family Learning, we are able to offer our free Clifton based course for parents and their children **'Make to Give'** resuming after the holidays, if you missed the beginning of this course, we will be running it again in May, dates and times to be confirmed. Register your interest now 0115 846 1437

See listings for dates and venues.

We will be starting our living history arts project **Clifton Storeys** in May, and we are looking for people who have lived in Clifton since the last century to join us and share their stories and memories. We will be hosting the event at Creative Paths on May 10th and 18th, as well as holding events at the Library on May 3rd and May 17th. Lunch is included and transport available for people with mobility difficulties.

Lark Hill Village, Kingfisher Court Care Home, Clifton View Care Home and the Wainman Trust Day service will also be taking part in this project.

Welcome to our April newsletter, we have so many exciting Nottingham and Nottinghamshire courses, workshops and projects over the Spring time period to tell you about!

Some of our activities will take place in our new business home of Clifton, our other activities are city and county wide, in care homes, extra care villages, sheltered housing complexes as well as community venues.

Tell us your story..

Clifton Storeys



Activity Match

In Clifton

An exciting new service in Clifton to combat isolation and loneliness. Participants and volunteers needed. Call 0115 846 1437 for details.

Creative Paths in partnership with Awards for All are offering an exciting new service in the Clifton Area. We are offering those in need of social engagement over the ages of 60 a chance to be teamed with willing volunteers who share the same passions and interest as them. Making sure both parties have a meaningful and enriching experience in their chosen activity.

If you know someone who is isolated for any reason and could benefit from social activities get in touch. Likewise, do you have an interest that you think needs to be shared? Do you want to help and support those in your local community? Please contact us!

We can take referrals from individuals, professionals, friends and families. Call 0115 846 1437 or email info@creativepaths.org.uk

We have had a good start to our activity match project In Clifton and have already found some great volunteers to match up with people looking for activity support. We still are looking for **volunteers** and participants for this pilot project which will be running until December 2018. Contact Sarah Holden on 0115 846 1437 if you are interested in volunteering or need support with a hobby. Support can be for individuals or groups.

If you live out of the Clifton area but are still interested in this project please contact us as we are planning to roll this project out to other areas of Nottingham.

April/May 2018 Community event/course timetable

Mon April 16th 10.00 –12.30 Project	<u>Carers HUB - Carers Self Help Event.</u> Lark Hill Village, Clifton. NG11 8BF Bookings on 0115 824 8824	FREE Creative self care event for carers, join us for silk painting, bath bombs making and scrapbooking. Part One
Mon April 16th - April 30th 3.30 – 5.00 Family Learning	<u>Make to Give - Family Learning</u> 24A Varney Road, Clifton, NG11 8EX Bookings 0115 846 1437	FREE family learning for parents and children, learn how to decorate and embellish glass, fabric and other giftware. We are making items for care bags for people living in care.
Tues April 17th - May 15th 10.00 –12.00 Community Learning	<u>Watercolours for Wellbeing.</u> Ollerton Library Forest Rd, New Ollerton, Newark NG22 9PL Bookings 0115 846 1437	Join us for a five week beginners watercolour course at Ollerton Library. Course costs includes all materials £30, fees exempt to people on benefits.
Wed April 18th - May 16th 10.00 –12.00 Community Learning	<u>Introduction to Printmaking</u> West Bridgford Library Bridgford Rd, West Bridgford, Nottingham NG2 6AT Bookings 0115 846 1437	Join us for a five week beginners print making course at West Bridgford Library. Course costs includes all materials £30, fees exempt to people on benefits.
Wed April 18th 10.30 –12.00 Training	<u>Activity Buzz</u> 24A Varney Road, Clifton, NG11 8EX Bookings 0115 846 1437	Our quarterly activity training and forum for care staff and activity coordinators, we will be making bath bombs and planning activity ideas for Spring . £20 or one place free to care homes that book our workshops.
Thurs April 19th - May 17th 2.00 – 4.00 Community Learning	<u>On The Map, Creative Local History Course.</u> West Bridgford Library Bridgford Rd, West Bridgford, Nottingham NG2 6AT Bookings 0115 846 1437	Join us for a five week creative course at West Bridgford Library. Try your hand at batik, clay work and printmaking. Course costs includes all materials £30, fees exempt to people on benefits.
Thurs April 19th 1.30 - 3.30 Projects	<u>Carers HUB - Carers Self Help Event.</u> Lark Hill Village, Clifton. NG11 8BF Bookings on 0115 824 8824	FREE Creative self care event for carers, join us for reminiscence, sensory work, mindfulness and relaxation ideas. Part two
Wednesday May 2nd - May 9th 10.00 - 3.30	<u>First Steps Activity Coordinator</u> Creative Paths 24 A Varney Road, NG11 8EX Bookings on 0115 824 8824	A two week work skill employability course exploring the role of activity coordinators in care settings. £30 or free to people on means tested benefits.
Thursday May 3rd 10.30 - 2.30 Projects	<u>Clifton Storeys</u> Clifton Library South Church Drive Bookings on 0115 824 8824	FREE Clifton Storeys. A new arts project for residents of Clifton. Join Lytisha Tunbridge for reminiscing, story telling and poetry. Lunch is included, transport available for people with disabilities.
Thursday May 10th 10.30 - 2.30 Projects	<u>Clifton Storeys</u> Creative Paths 24 A Varney Road, NG11 8EX Bookings on 0115 824 8824	FREE Clifton Storeys. A new arts project for residents of Clifton. Join Lytisha Tunbridge for reminiscing, story telling and poetry. Lunch is included, transport available for people with disabilities.
Thursday May 17th 10.30 - 2.30 Projects	<u>Clifton Storeys</u> Clifton Library South Church Drive Bookings on 0115 824 8824	FREE Clifton Storeys. A new arts project for residents of Clifton. Join Lytisha Tunbridge for reminiscing, story telling and poetry. Lunch is included, transport available for people with disabilities.
Friday May 18th 10.30 - 2.30 Group one Projects	<u>Clifton Storeys</u> Creative Paths 24 A Varney Road, NG11 8EX Bookings on 0115 824 8824	FREE Clifton Storeys. A new arts project for residents of Clifton. Join Lytisha Tunbridge for reminiscing, story telling and poetry. Lunch is included, transport available for people with disabilities.
Wednesday May 16th 10.00 - 3.30 Training	<u>Reminiscence, A Creative Approach</u> Creative Paths 24 A Varney Road, NG11 8EX Bookings on 0115 824 8824	A professional CPD course for care staff and activity coordinators that explores the use of reminiscence work in care settings. Participants will learn about techniques and resources to enable them to delivery effective reminiscence in their settings. Course cost £70, book before April 16th and receive 10% discount.

For further information contact Creative Paths (EM) CIC

0115 846 1437

Info@creativepaths.org.uk