

# Art and wellbeing for the home.

**Brought to you by Arts at Imperial Health Charity**



SUPPORTING  
THE ARTS IN  
HEALTHCARE

**A small guide of things you can do at home to keep your mind busy, active & creative!**

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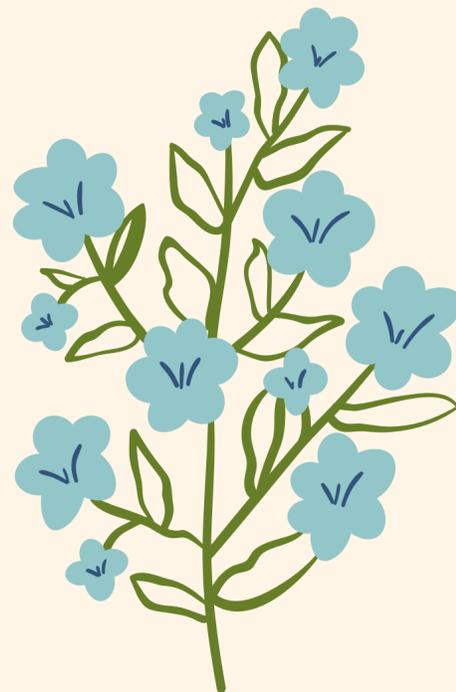
# Introduction

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**This is a little guide to help you and your loved ones stay active, entertained and creative in the home. Whether you're having to work from home, or need something to aid your well-being during days off - we hope this will help you fill those moments with imaginative activities.**

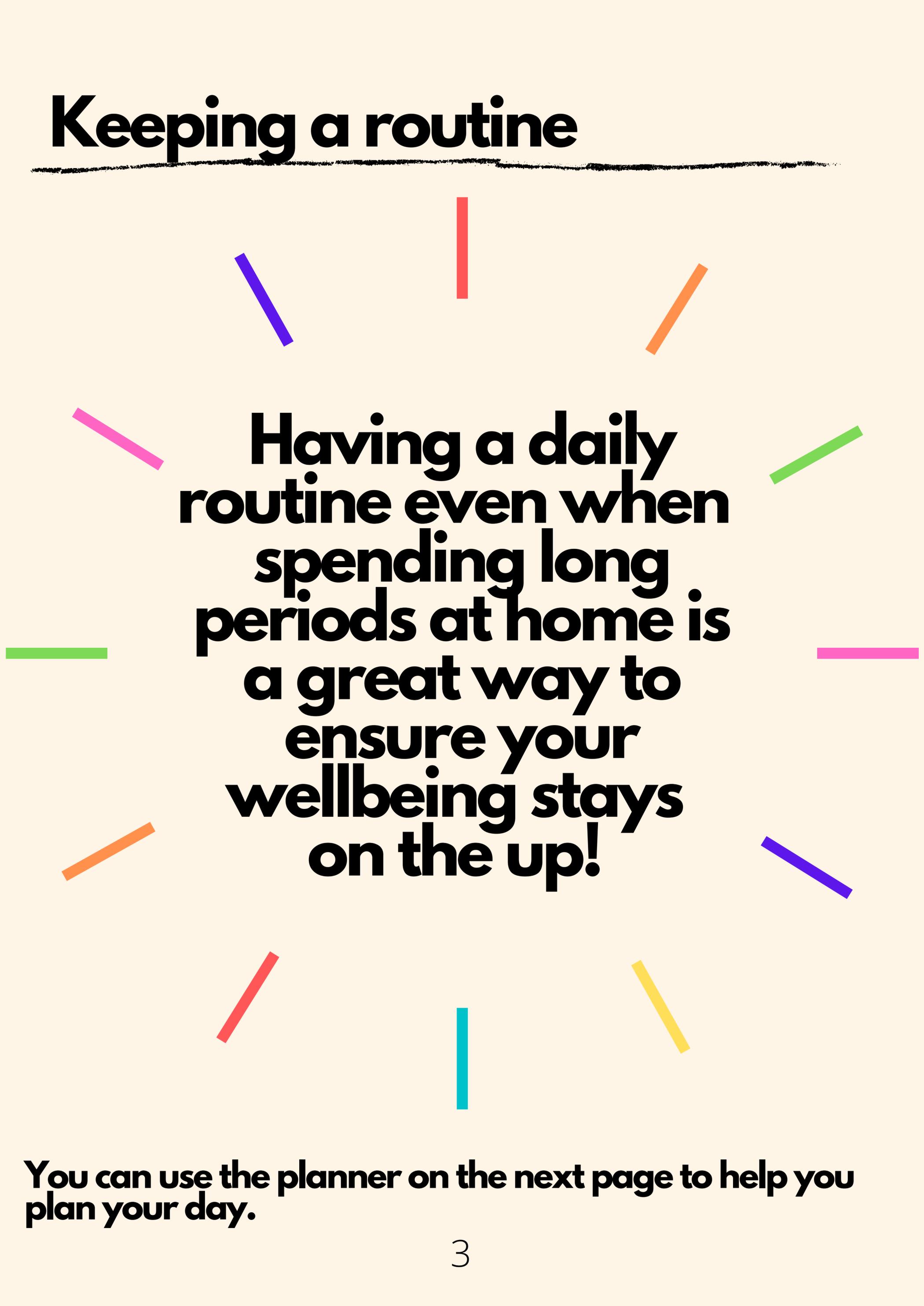
**We believe that through this period of change it's super important to promote kindness, creativity and human connection! We hope this guide can help provide you with these three things - or at least a starting point!**

*Warm wishes,  
The Arts Team*



# Keeping a routine

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**Having a daily routine even when spending long periods at home is a great way to ensure your wellbeing stays on the up!**

**You can use the planner on the next page to help you plan your day.**

# TODAY'S SCHEDULE

## MORNING

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## AFTERNOON

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## EVENING

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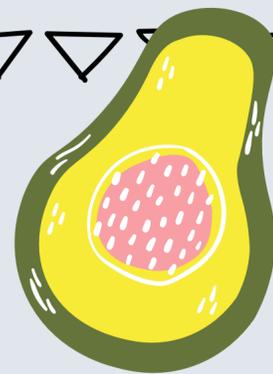
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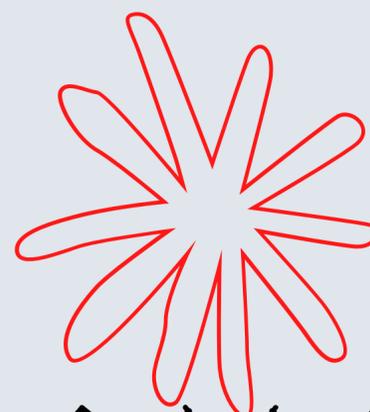
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DATE: / /

TODAY'S MEALS:



TODAY'S MOMENT OF  
CREATIVITY:



# To watch and do

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There are loads of things out there to help keep you and your family entertained and active! Whether it's yoga, art or fitness - we have some ideas to get you started.



Top tip: share tutorials with friends and family and all Skype/Facetime in for a group activity session when you have some downtime!

**'5-Min Crafts Play'**  
**Quick Arts and Crafts**  
**ideas and tutorials**

<https://www.youtube.com/channel/UC57XAJ04TY8gNxOWf-Sy0Q>

**'PE with Joe'**  
**Fitness for kids at**  
**home!**

<https://www.youtube.com/user/thebodycoach1>

**'Yoga With Adriene'**  
**Free yoga and**  
**meditation**

<https://www.youtube.com/user/yogawithadriene>

**'Sheep & Stitch'**  
**Free knitting**  
**tutorials!**

<https://www.youtube.com/user/sheepandstitch>



**Check out  
'Google Arts and  
Culture'.**

**See exhibitions and  
galleries all over the  
world, as well as tours  
of cities.**

<https://artsandculture.google.com/>

**Watch 'South  
London Gallery'.**

**Watch their live  
performances and  
theatre pieces for  
free on Youtube!**

<https://www.youtube.com/user/SouthLondonGallery/playlists>

**See 'Art at a  
Time Like This'.**

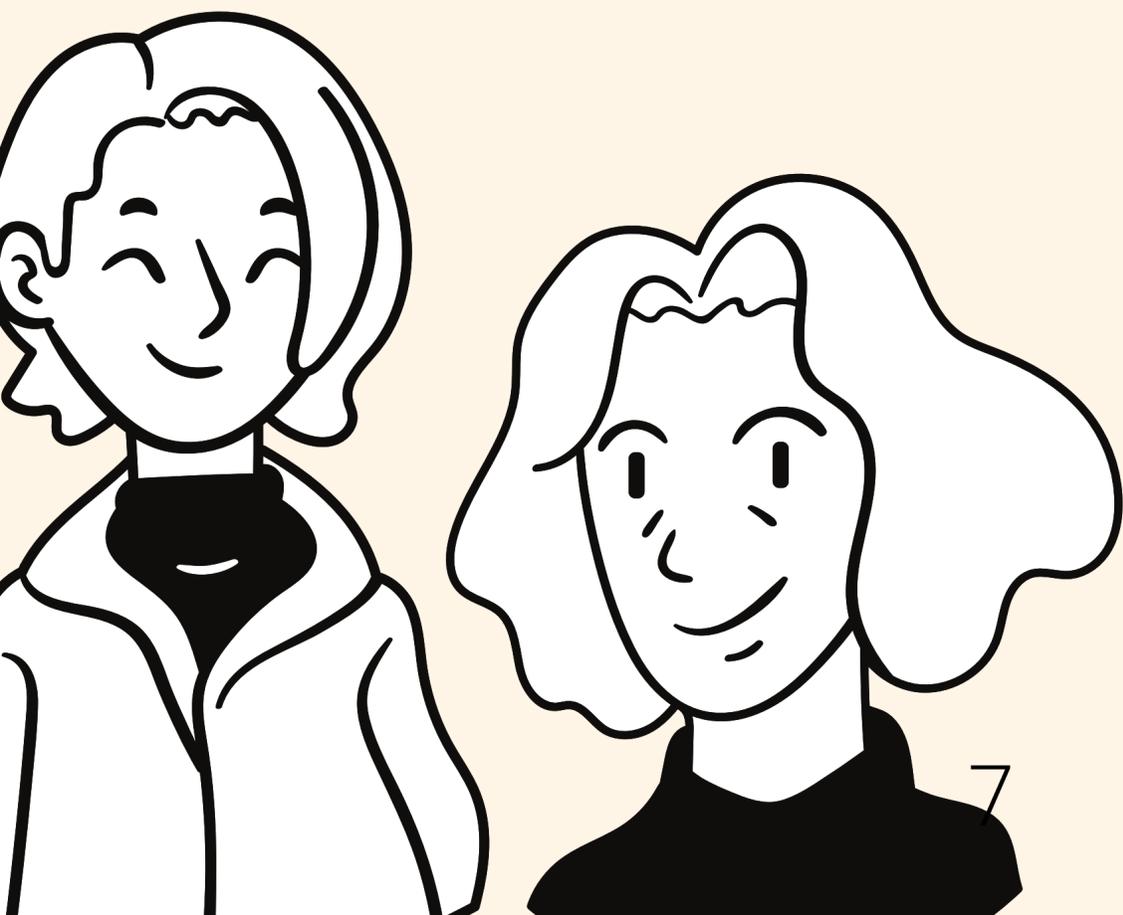
**An online gallery co-  
curated by Barbara  
Pollack and Anne  
Verhallen, inviting  
artists to submit new art  
daily.**

<https://artatatimelikethis.com/>

# Creative communities

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Keeping up communication with your community and loved ones is really important for a happy mind! Even while practicing social distancing, there are plenty of ways to get creative with close ones who aren't living with you. We have a few ideas to get you going!



## Have a Netflix party!

Download the free Netflix party application at [netflixparty.com](https://netflixparty.com) to watch the same film or episode at the same time with multiple people. You can pause in unison and there is a live chat bar. You could even set up a film club!

## Draw together!

Go to [aggie.io](https://aggie.io) and draw a picture with your friends in real time! Simply invite them by sending them your link and get drawing together. Why not play a game of pictionary? Or create something beautiful together!

## Book club!

There has never been a better time to get stuck into a book, and finally form that book club you've always said you wanted to! Websites like [goodreads.com](https://www.goodreads.com) allow you to follow what your friends are reading and make sure you're on track for your next virtual/telephone club meeting!

**Care to Create by Intergenerational Music Making**  
IMM are asking children, young people and families to get creative and reach out to their older community. Make a postcard, piece of art, playlist or anything you can think of and post it to your local care home - brightening someone's day!

Check out their creative **Tool Kit** on the next page...

It is so important to stay connected to those around us during this challenging time. We want to spread light, love and creativity to those most vulnerable.

**We need your help!** It is time to get creative and to use The Arts to show how much we care!

### WHAT YOU CAN DO -

1. Find your local care home - address & name or an elderly member of your community who is in isolation.
2. Create something special for someone in isolation.
3. Deliver it to them by post, leave it on the doorstep and post pictures online!



**Postcards** - Design art work or pictures and create a postcard. You can send a happy note to your local care home or elderly neighbour and make them smile with beautiful, original art work!

**Puzzles** - Create crosswords, word searches, sudoku puzzles to send to those in your community - Puzzles can help restore calm and peace into our lives!

**Playlists** - Create playlists of songs you want to share that may make someone feel brighter - You could send a card with a list of songs or email your local care home a spotify/ youtube or apple music link.

Please feel free to add to our IMM - Care to Create playlist!

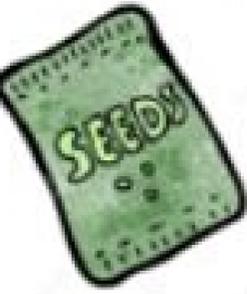
[https://open.spotify.com/user/emilyabbott1234/playlist/6tMWxg4gUswYFGCyeNtoXd?si=\\_1-Sp72DSCiOWviOLU38NA](https://open.spotify.com/user/emilyabbott1234/playlist/6tMWxg4gUswYFGCyeNtoXd?si=_1-Sp72DSCiOWviOLU38NA)

**Performances and Videos** - You could send videos of school performances and living room shows to make someone smile!

**Pictures of your favourite things** - You could send a card filled with pictures of some of your favourite things, introduce yourself and share the things you love with those around you!



**Window designs** - You can create beautiful art work that can be stuck in the windows and create a beautiful picture light show. You could put them in your window to make your neighbours smile or send to them to fill their rooms with sunshine and love!



**Seeds** - Send seeds and share the joy of new life and growth with others!

Check out M&S Little Growers

**Flowers** - Create a beautiful bunch of flowers and deliver them to your neighbour or friend - It's the little things that can really brighten up our days!



**Write a poem or a story** - Words are powerful and can express our thoughts and feelings when it's hard to! Take time to write a poem or story to someone in your community!



**Paint a picture** - Create some original art work, send colour and love to someone in your community!

We want to hear about all your wonderful caring creations! Please send your creations to [info@imm-music.com](mailto:info@imm-music.com) and post pictures and stories using tag #CaretoCreate and @IMMCaretoCreate



My name is....

I am from....

My story for you is....



**Stay Safe and Let's Care to Create**



# Staff Arts Club

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The Staff Arts club is a benefit for Imperial College Healthcare NHS Trust staff that includes a monthly newsletter full of opportunities to go to art galleries and museum exhibitions for free. We will be changing the format of these newsletters and for a limited time, we will be allowing other people, such as our volunteers and engagement programme participants, to sign up to the mailing list as well as NHS Staff.

At the beginning of each month, we will send you a newsletter with one wellbeing top tip and one creative activity challenge. We then invite you to send us your challenge creations which we will share in a second newsletter at the end of the month - the result being our very own virtual creative community!



Email [arts@imperialcharity.org.uk](mailto:arts@imperialcharity.org.uk) with the subject 'Newsletter Signup' to join our mailing list!



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