

Creative Christmas Digital Workshop



Initial Planning

Idea 1:

- Christmas themed block making things for family
- Bring a little christmas joy into home via decorations

Idea 2:

- One longer activity to be completed over the 4 sessions towards christmas
- Something to brighten home or give to family members and be truly significant to each individual

Creative Christmas 4 week workshop

with illustrator Cara Rooney



Join Cara for a fun-filled festive art and painting workshop in the lead up to Christmas. The workshop will be made up of weekly virtual calls every Tuesday at 11am beginning on the 24th November.

The four week class will be £20 including materials.

For more details email Cara at: crooney@alzscot.org or call 01382 210200

How did it work?

Promotion

- Promoted through existing network of PWDs and carers participating in community activities and daycare

Pricing

- Cost was £20 including art materials and payable through Tayside's Just Giving Page

Delivery of Group

- The group would be delivered through Microsoft Teams in a series of weekly sessions

Sandra

- Identified as someone who would benefit from in-person art therapy sessions
- Would be unable to participate through Teams

Joe and Doris

“In the past, Joe had done quite a bit of painting and the family were delighted that he would maybe start again and enjoy it.”

Malcolm

“After trying to come to terms with my condition, I realised it is up to me with help to embrace new avenues. I was offered the opportunity to join the art classes.

I have not painted for 50 years.”

Materials

1. Each person chose a place to paint, that was special to them.
2. A snowy photo of this place was drawn on a canvas in graphite pencil.
3. The canvas was delivered with a printed photo of the place and art materials including acrylic paints, brushes and a palette.

The packs were delivered in accordance with the Safe Systems of Work guidance - at a **safe distance, wearing PPE and the pack was quarantined for 72 hours** prior to use.

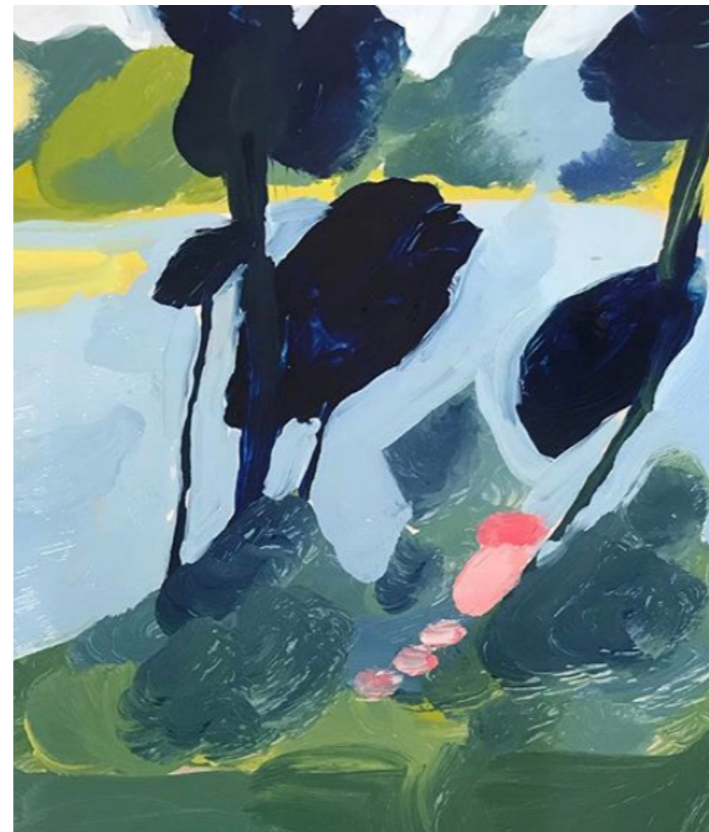


Joe and Doris

“We have always loved the Law Hill in Dundee. It is a famous landmark in the town and we go up there often and when we have visitors a trip up there is always first on the list.

So painting the Law was an obvious choice.”

Painting Techniques

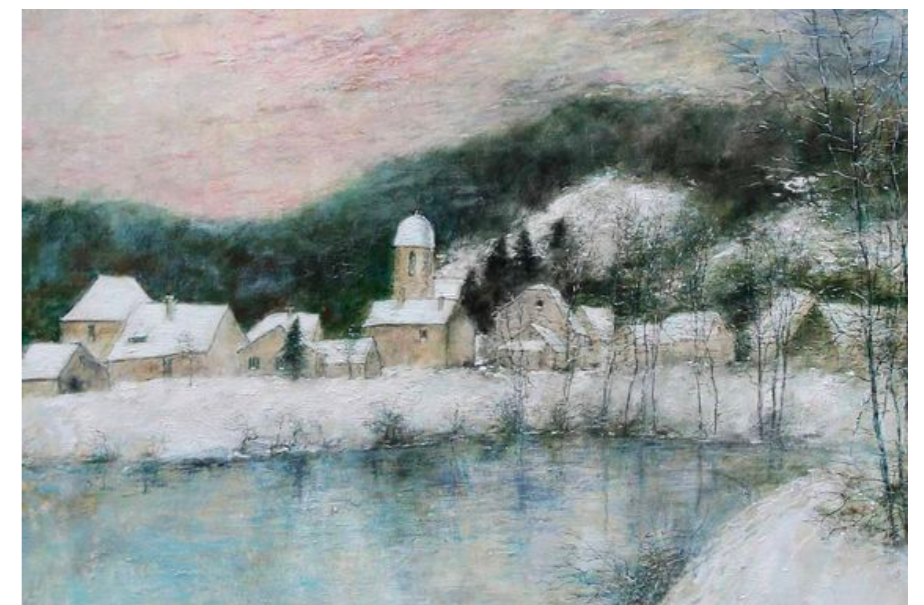


Let's watch
Bob Ross finishing his
'Warm Winter Painting'

Colour mixing



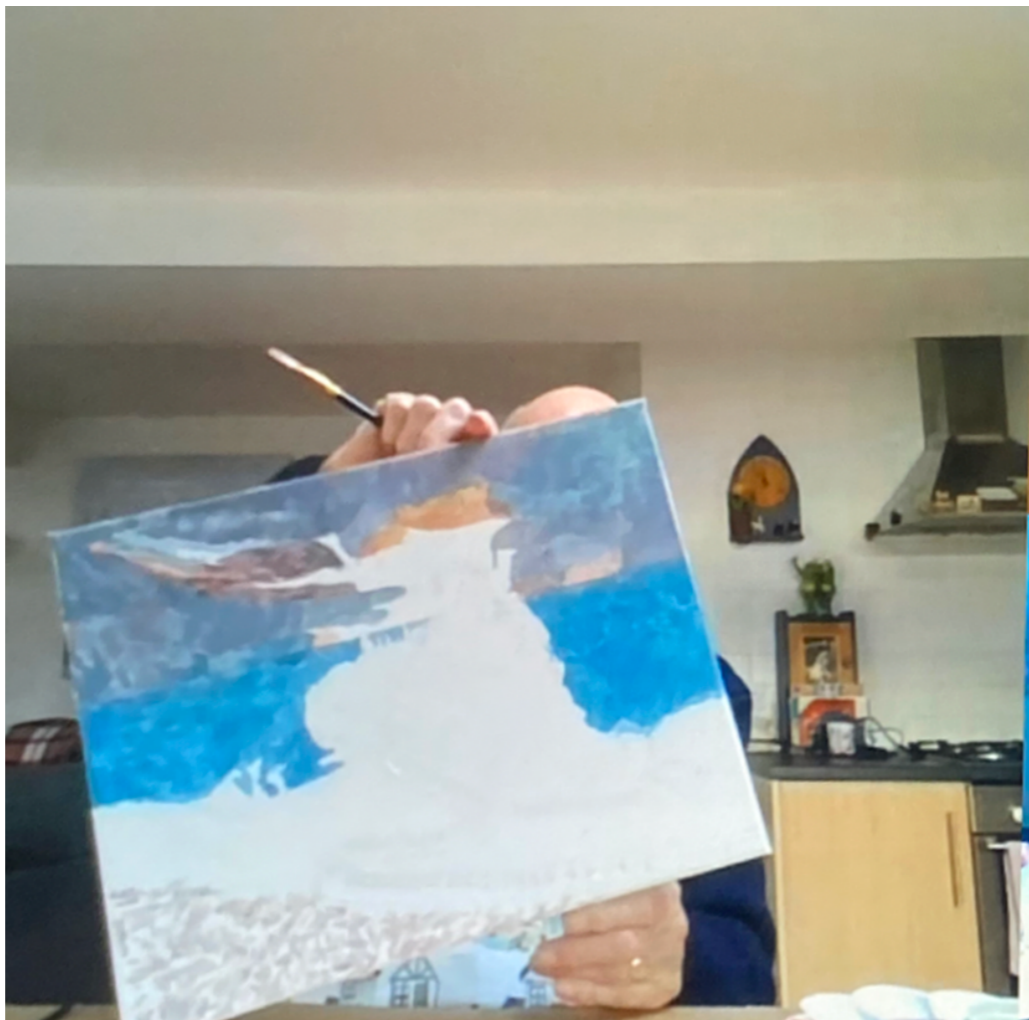
Sharing some snowy inspiration



Sharing creative things happening during lockdown to feel more connected to the city

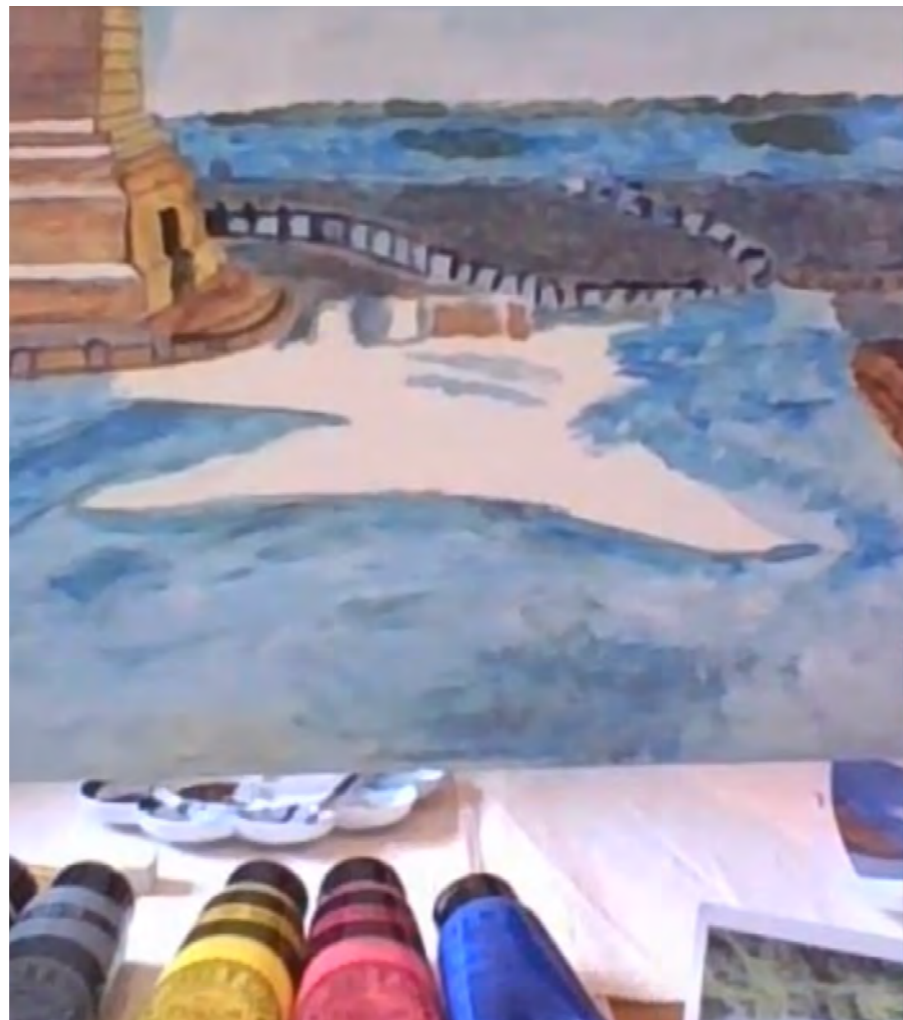


Let's paint!



Alice

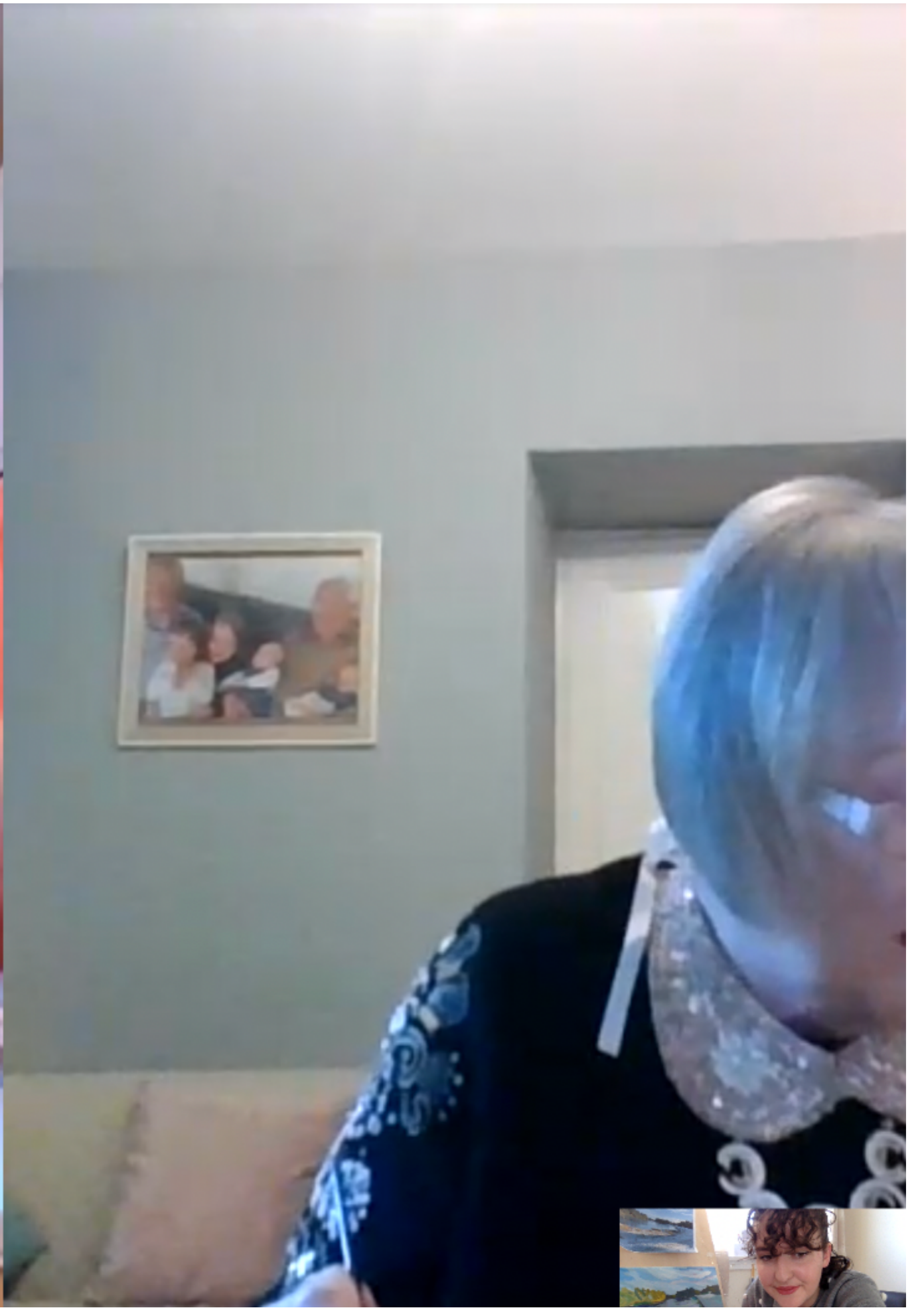
“It made me want to paint again after not painting in months.”



Joe and Doris

“It is great to have these workshops to look forward to and they have given our week a focus.

As well as the actual painting, we have gotten to know the others in the group too and we have a great catch up every time.”



Feedback

Malcolm:

“I have managed a painting of a scene which people recognised, but found that it was difficult at times to understand the process of mixing colours, but with Cara’s calming guidance getting a bit of confidence back the workshops do help.

I am on my second art workshop.”



Joe and Doris:

“As soon as it was finished we sent a photo to our family and the reaction was amazing.

They were all so pleased and proud of what their Dad had done.”

“Our youngest daughter, Joanne, was most emotional. She lives in Wales and is missing everyone so much, so Joe promised to send her the painting and she already has a wall ready for it. So she will have a painting of the Law which she loves and one that her Dad painted for her.”



Positive Outcomes:

- Learning a new skill during a stagnant time in lockdown
- Therapeutic benefits of painting
- Building relationships with new people
- Sense of accomplishment for individuals living with dementia and their carers

Scottish Landmarks Painting Workshop

with illustrator Cara Rooney



“The family
are so pleased
and impressed so
thank you for all
your help and
encouragement”

“It has made me
want to paint
again after
not painting
for months”



Join Cara for a Scottish Landmarks themed painting workshop inspired by Burns' celebrations. The workshop will run for 5 weeks and be made up of 5 weekly virtual calls every Tuesday at 11am beginning on the 19th January.

Each participant will be able to pick a Scottish Landmark they would like to paint, and a canvas with a drawing of that place will be delivered along with materials. The five week class will be £25 including materials.

For more details email Cara at: crooney@alzscot.org or call 01382 210200

'Signs of Spring' Painting Workshop

with illustrator Cara Rooney



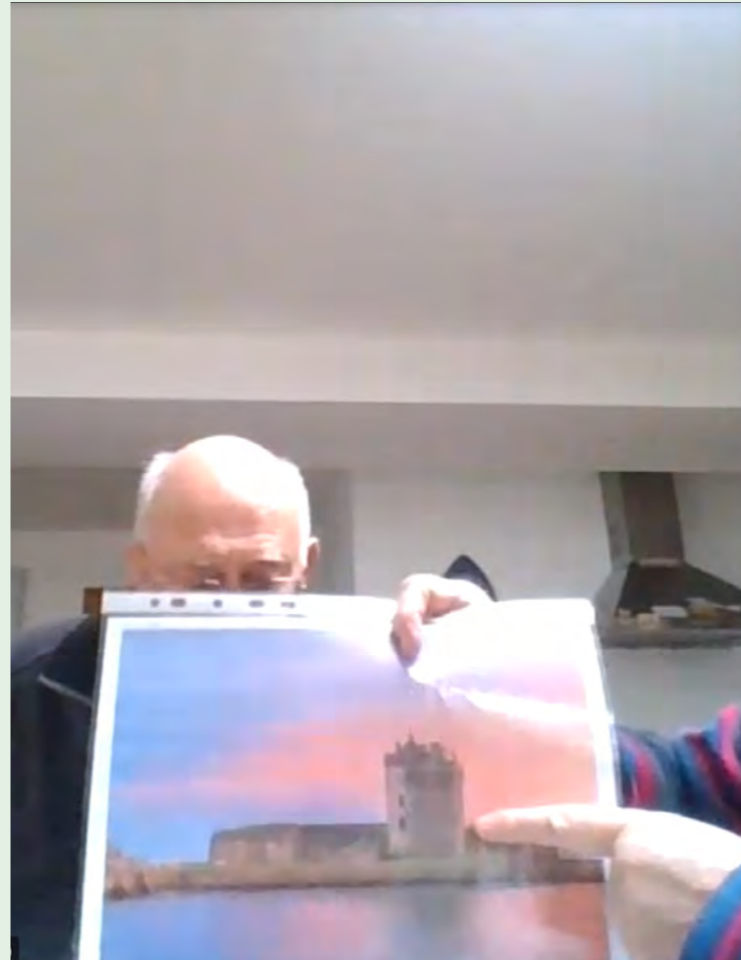
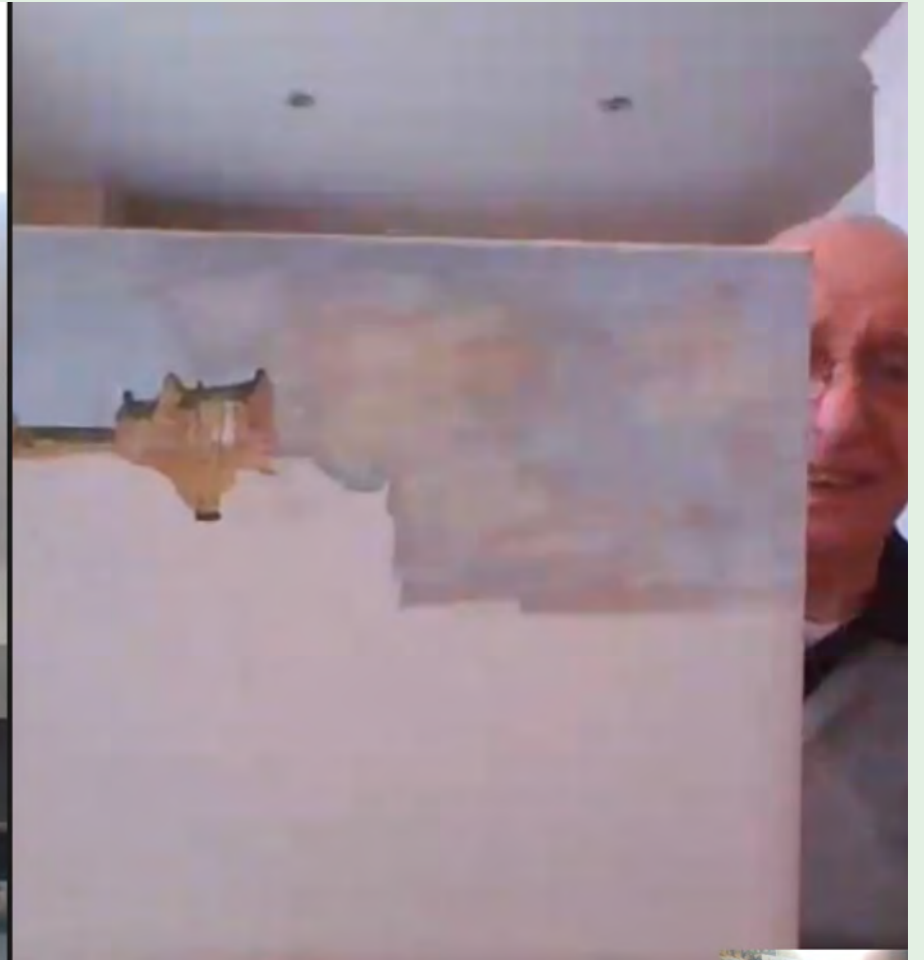
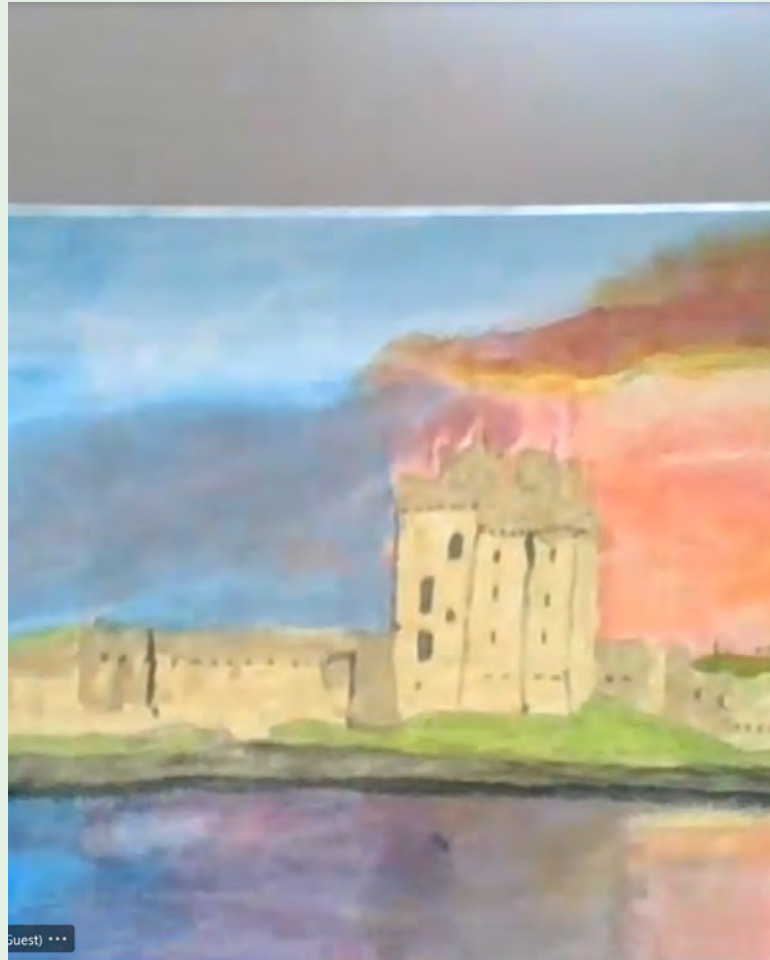
“It is great to have
these workshops to
look forward to and
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week a focus.”

“As soon as it was
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Join Cara for a painting workshop inspired by the beginning of spring. It might be a painting of a spring scene of one of your favourite places or a picture of your favourite flowers blossoming. The workshop will run for 5 weeks and be made up of 5 weekly virtual calls every Tuesday at 2pm beginning on the 30th March.

Each participant will be able to pick a place in spring or flowers they would like to paint, and a canvas with a drawing of their picture will be delivered along with materials. The five week class will be £25 including materials.





Margaret

“I found it very hard when we were confined to the house and I wasn’t able to see anyone. This group has opened up a new door to me that I didn’t know was there and I’m so grateful for the company.”

'On our Holidays' Painting Workshop

with illustrator Cara Rooney



"This group has opened up a new door to me that I didn't know was there and I'm so grateful"

"It's nice to have something to focus on and to be able to just get on with it."



Dementia Dog
Project

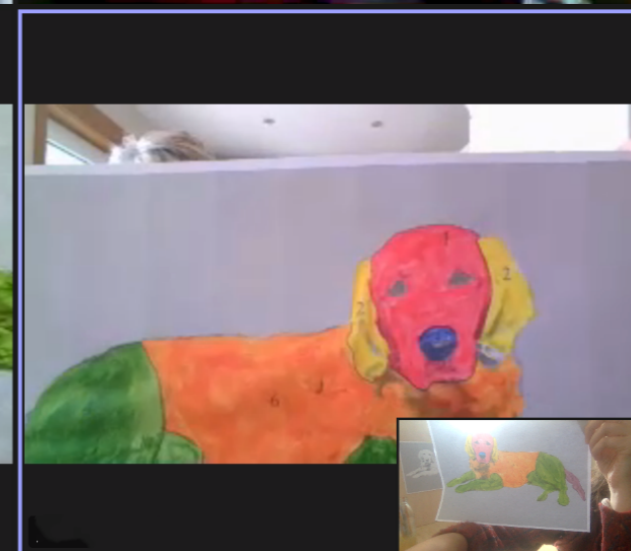
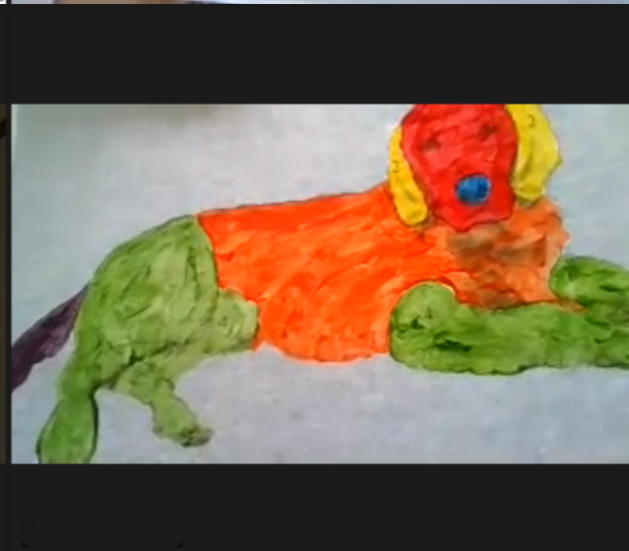
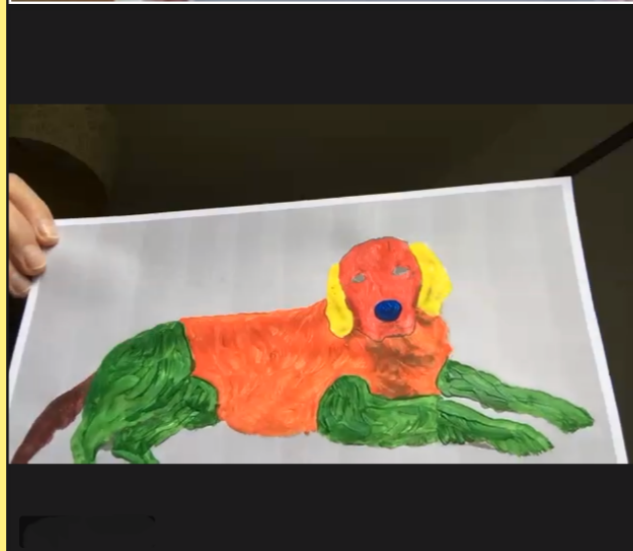
Join Cara for a painting workshop inspired by summertime and going on holiday. It might be a painting of a photo of one of your favourite holidays or somewhere you'd love to go. The workshop will run for 6 weeks and be made up of weekly virtual calls every Tuesday at 11am beginning on the 25th May. During the first session, we'll be joined by the dementia dog for a paint by numbers activity.

Each participant will be able to pick a photo or place they would like to paint, and a canvas with a drawing of their picture will be delivered along with materials. The six week class will be £25 including materials.

For more details email Cara at: crooney@alzscot.org or call 01382 210200



Dementia Dog Project



“They have brought Joe back to a skill he had forgotten he still had and brought Dad back to our family too.”

thank you!