



# Creative

# Neighbourhoods

- DIY projects for everyone including painting, drawing and design
- Home-based arts and health activities for adults and families
- Great tips for making things using items found around your home

...and many more community arts ideas inside!  
[www.stchristophers.org.uk/arts](http://www.stchristophers.org.uk/arts)

**StChristopher's**  
More than just a hospice

# Hello from the Community Action Team

**The Community Action Team at St Christopher's works with people in communities to promote wellbeing and support for each other through a range of social, practical and creative activities.**

During this time when people are staying safe at home, we want to make sure that you feel compassion and kindness from others, and still feel supported and part of our community. So we have a range of social, creative and practical activities that you can take part in from home.

Here we have curated a set of creative activities you can do at home which we share with you in the following pages. There are lots of activities here that will help you explore something new and fun.

As well as arts activities, we are also offering social support during this time. If you would like a regular phone call or chat with another community member, or even to exchange letters with someone else, please call us on **07842 608242** or email us at **communityaid@stchristophers.org.uk**.

*Marcelo*

**Community Artist**

delivering Creative Neighbourhoods

## St Christopher's Community Action Team

### Team Lead

Mary Hodgson

### Creative Neighbourhoods

R.M. Sánchez-Camus

### Creating Conversations

Carol Trower

Paula Preston

### Compassionate Neighbours

Akvile Laigoniene

### Coach4Care

Mary Hodgson

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### Community Choir

Tamsin Dives





# In partnership together



## Creative neighbourhoods help us all thrive

**The ideas and activities in this publication have been shared with us by the partner organisations in our Creative Neighbourhoods Project.**

The Creative Neighbourhood Project is the community arts initiative of the Community Action Team at St Christopher's.

## About St Christopher's

**At St Christopher's we put people at the heart of everything we do. We believe that all dying people and those close to them deserve to have the best care and support, wherever and whenever they need it.**

We do all we can to make this happen, providing physical, emotional and spiritual support to over 7,500 people across south east London every year. People like you, your mum, your dad, your nan, your sister, your friend, your neighbour.

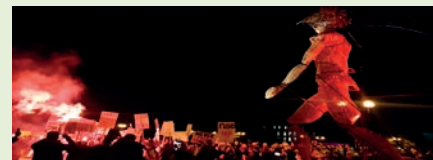
Our founder, Dame Cicely Saunders, said: 'You matter because you are you, and you matter until the last moment of your life', and these words still ring true today.

To everyone who helps in any way, big or small – thank you for your support.



### Arts Network

Arts Network's free service is primarily aimed at people who have severe mental illness, with a focus on those who are isolated and have little or no resources or support.



### Applied Live Art

An art studio that creates socially-engaged art through performance, installation, text and film. Place-keeping is central when working with both site and society.



### Ewart Clubhouse

Ewart Community Hall is on the Ewart Road Housing Estate and was opened in 1982 by Princess Alexandra. The clubhouse runs activities for the community, elderly and kids.



### Horniman Museum

Their Community Learning team works with audiences outside formal education, including family programmes, early years sessions, community groups and organisations.



### Three Cs

Three Cs is an organisation for people with learning disabilities, autism and/or mental health challenges. Their vision is all of us living life to the full and valued by our communities.



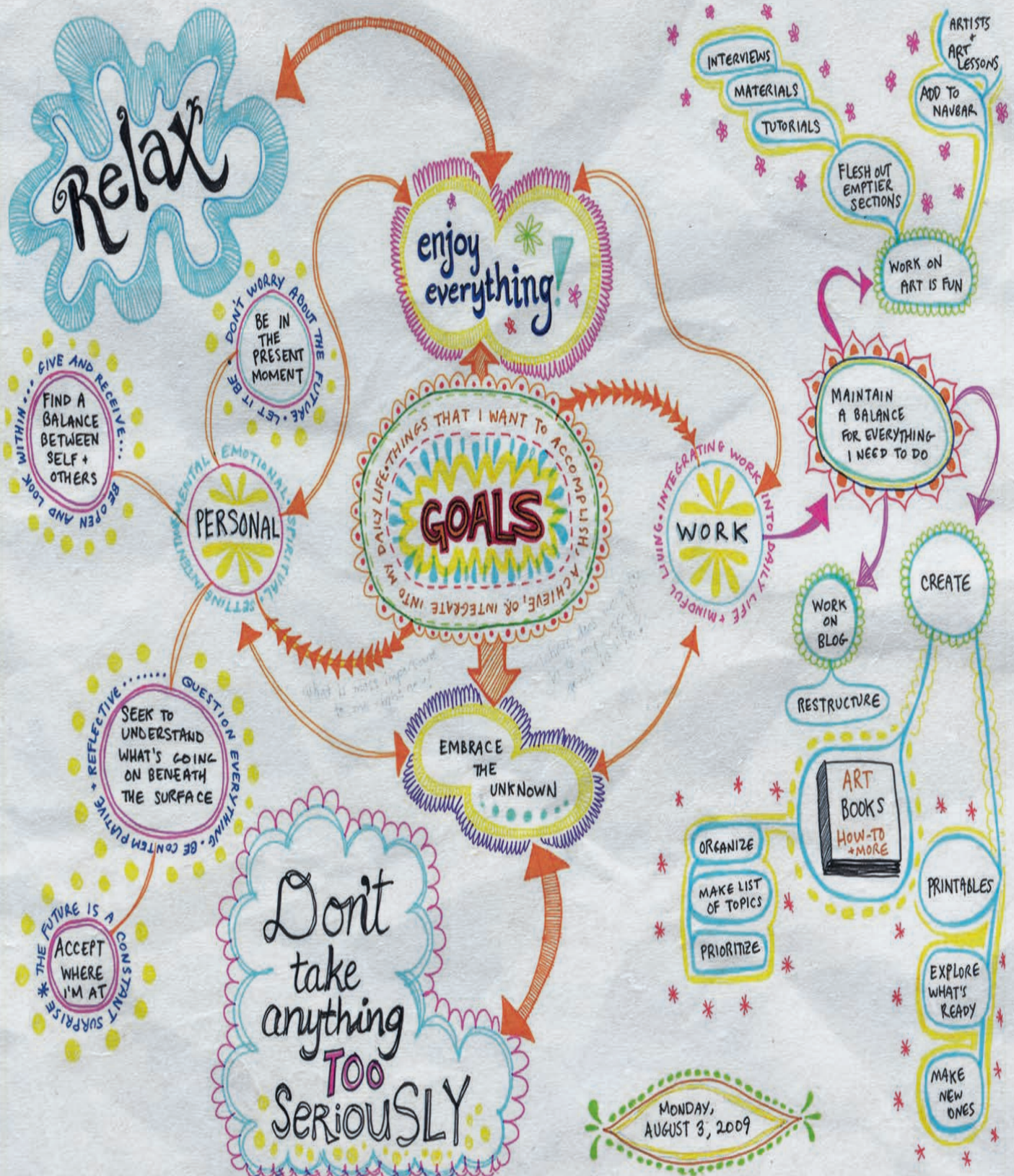
### Xavier High School

The Xavier High School's Department of Fine Arts seeks to offer a wide range of courses spanning the areas of visual arts, art history, music/performance arts, music and drama.



# Mind mapping

helps unleash creativity







## Doodling is a great start to making a mind map

**We are going to doodle while making a mind map. A mind map is a diagram used to visually organise information.**

Start by drawing an image or writing a word in the centre of a blank page. What things can connect to this? Major thoughts are connected to the central concept, and other ideas branch out from those.

The example shown on the previous page uses 'goals', but you can start yours with 'dreams' or 'hope' or anything else! There is no right or wrong way to do this, just play with finding your own way.

## Where does the word 'doodle' come from?

**The word 'doodle' first appeared in the early 17th century to mean a fool or simpleton. It may derive from the German 'dudeltopf' or dudeldop, meaning simpleton or noodle.**

It is the origin of the early 18th century verb to 'doodle', meaning 'to swindle or to make a fool of'. It then started to be used as a term for a politician who was doing nothing in office at the expense of his constituents. That led to the more generalised verb 'doodle', which meant to do nothing.

Today, the word 'doodle' means a rough drawing that is made absent-mindedly.

## Why is doodling important?

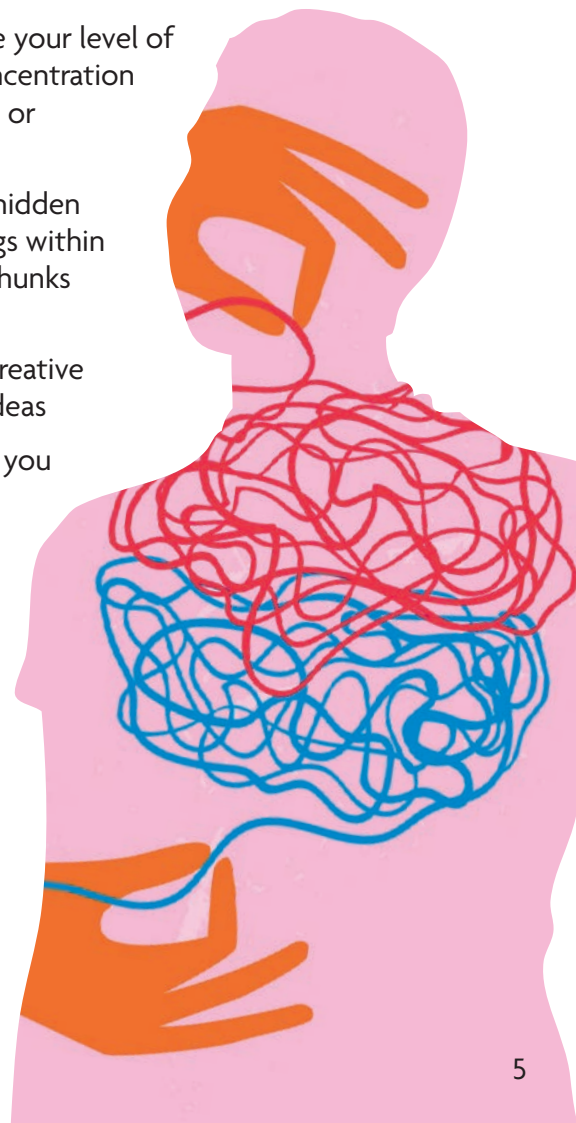
**Doodling can be used as a stress-relieving technique. This is similar to other motor activities such as fidgeting or pacing that are also used to alleviate mental stress.**

The act of doodling engages with the brain's default mode network allowing the person to slow down, focus and de-stress.

## What are the benefits of mind mapping?

**When you practice mind mapping, it:**

- helps you grasp a big picture overview
- improves your capacity to explore details
- helps improve your memory, retention, and comprehension of information
- helps you organise information into easy-to-remember chunks
- helps reduce mental clutter, cope with information overload and overwhelm
- stimulates the imagination and encourages creative insights and ideas
- helps enhance your level of focus and concentration while working or studying
- helps unlock hidden understandings within information chunks
- helps unlock unexpected creative insights and ideas
- helps provide you with more clarity about your goals, ideas and actions and
- helps triggers creative associations between seemingly unrelated bits of information.



# Some ideas from Tate Museum



## Create an op art plant pot

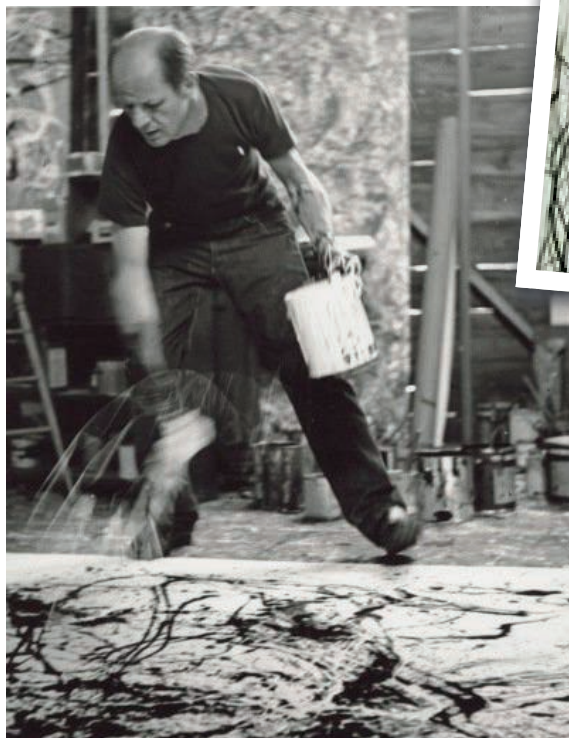
**Bridget Riley (left) is a British painter. The style of her painting is called 'op art' –short for 'optical art'. Bridget puts colours, shapes and patterns together in clever ways to create optical illusions.**

To make your op art plant pot, you need a small terracotta plant pot, a brush and some white and black paint:

- Paint the outside of the pot white and let dry
- Plan your pattern in pencil across the whole pot
- Paint your pattern with black.

Try one with colour next!





**Jackson Pollock (above) was an American artist. He was part of a group of artists called the 'abstract expressionists'. They used their art to show their emotions, like happiness or anger. To make his paintings, Pollock dripped paint onto large canvases on the floor. This method of painting was called 'action painting'. He would move very quickly across the painting, dribbling the paint in a long, wobbly line.**



## Abstract chocolate art painting

**Create some delicious art that looks and tastes great!**

You need milk, dark and white chocolate, three plastic food bags, baking paper, a small tray and a bowl of warm water.

- Break each bar of chocolate into the three separate bags, close them securely and place in the bowl of warm water to melt
- Cut an A4-sized piece of baking paper and place on the tray
- Cut a small hole in one corner of the white chocolate bag and wiggle some around on the baking paper
- Follow with the dark and then the milk chocolate, always leaving some space
- Finish off with the rest of the white chocolate, covering the background completely and smoothing it gently
- Refrigerate for an hour... and then eat the art!





# Design your own unique jigsaw puzzle

Early jigsaws, known as 'dissections', were produced by mounting maps on sheets of hardwood and cutting along national boundaries, creating a puzzle useful for the teaching of geography.

The engraver and cartographer John Spilsbury, of London, is believed to have produced the first one around 1760. One of his examples – called 'Europe divided into its kingdoms, etc' – is shown below.

Putting a puzzle together is a fun activity and a great workout for your brain. Homemade puzzles also make heartfelt gifts that you can customise and personalise for the unique people in your life.

You can draw or paint on the blank jigsaw page on the right to create your own custom puzzle. For more strength glue the page to board for extra durability. You can also glue the back of the jigsaw page to any image and then cut carefully along the lines.

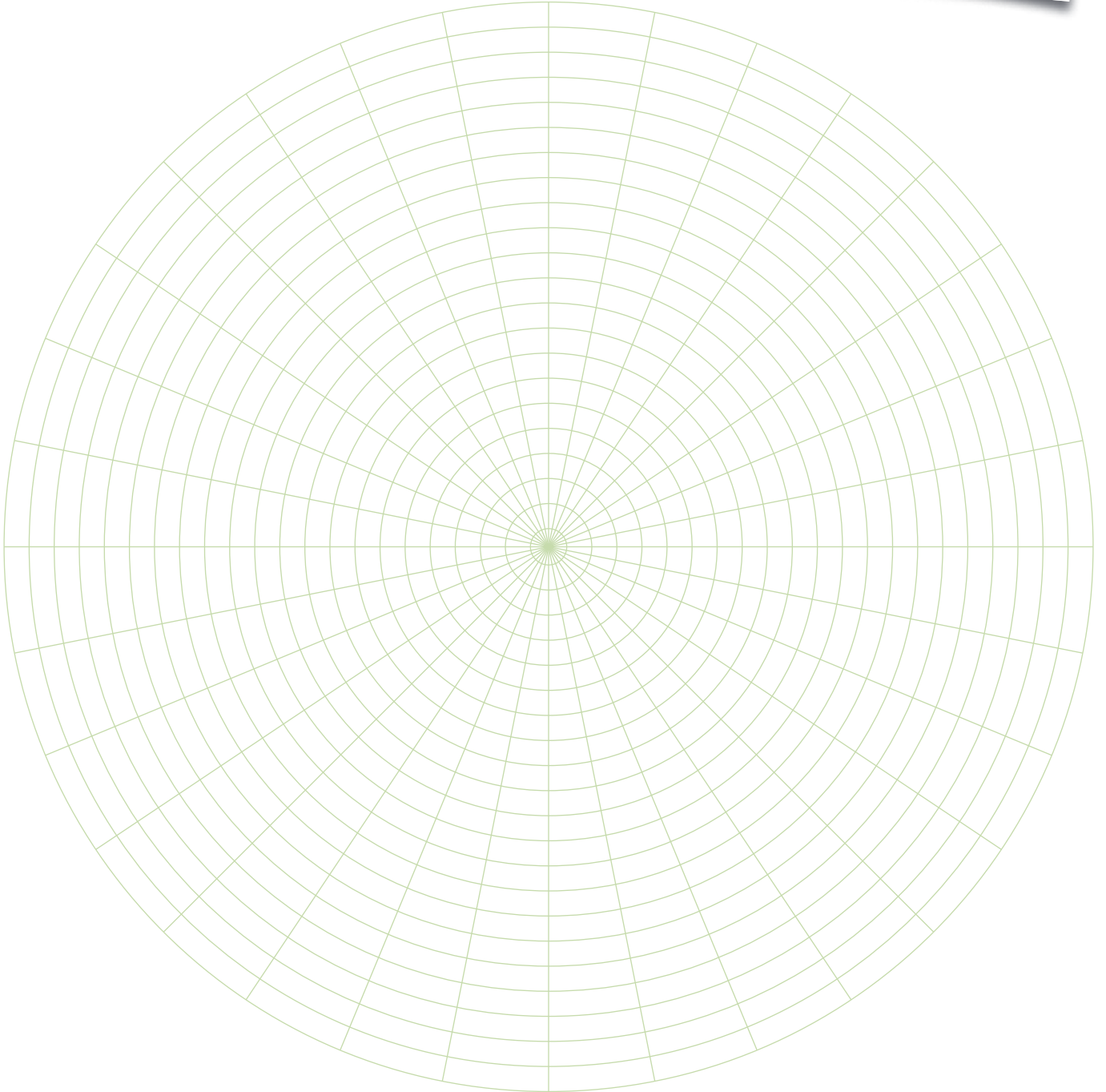
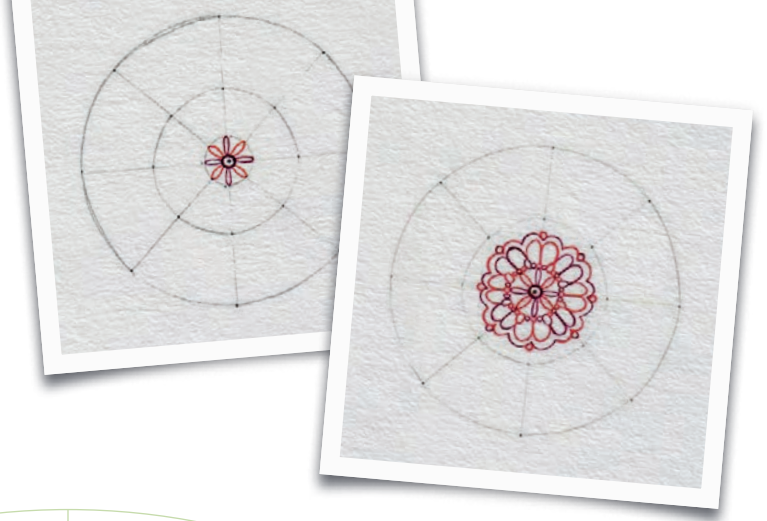








# Make your own mandala



**The Sanskrit word ‘mandala’ means ‘circle’. Even though it may feature squares or triangles, a mandala always has a circular nature.** Mandalas offer balancing visual elements, symbolising unity and harmony. They absorb the mind – chattering thoughts cease and a more philosophic or spiritual essence envelopes the observer, which leads to higher consciousness or awareness. A mandala lets the creative hemisphere of our mind run a little more free while our analytical mind ‘takes a little nap’.



# Poetry styles to inspire you

## Cinquain

**Cinquain is a five-line stanza. The American poet Adelaide Crapsey (1878-1914), applied the term in particular to a five-line verse form of specific metre that she developed.**

- First line: one word (a noun, the subject of the poem)
- Second line: two words (adjectives that describe the subject in the first line)
- Third line: three words (-ing action verbs – participles – that relate to the subject in the first line)
- Fourth line: four words (a phrase or sentence that relates feelings about the subject in the first line)
- Fifth line: one word (a synonym for the subject in the first line or a word that sums it up).

### Poetry

Beautiful, evocative  
Thinking, choosing, writing  
Makes me feel whole  
Alive

## Quatrain

**Quatrain poetry appears in poems from ancient civilizations including Ancient Greece and Ancient Rome.**

It continues into the 21st century, where it is seen in works published in several languages.

Quatrain poetry is a poem of four lines that alternate in rhyme. So, the first and third lines have a word rhyming with each other at the end, as do the second and fourth lines.

The quatrain poem can also be written with two different rhythms, either one-two-one-two or as one-one-two-two.

There are no limits to the subjects you can use, only your imagination!

Four lines together  
Where rhymes alternate  
Are simple and clever  
Making poetry great

## Haiku

**Haiku is a form of Japanese poetry made of short, unrhymed lines that evoke natural imagery.**

Haiku can come in a variety of different formats of short verses, though the most common is a three-line poem with a five-seven-five syllable pattern, with 17 syllables in total.

- The first line is five syllables
- The second line is seven syllables
- The third line is five syllables.

Describing the season was the original purpose of haiku, and to this day poets often focus on the natural world and how it changes throughout the year.

This is a haiku  
Its number of syllables  
Total seventeen



An abstract painting featuring a complex network of black, yellow, and red lines and shapes. The composition is dense and energetic, with various forms like circles, ovals, and elongated shapes scattered across the canvas. The background is a light, neutral tone, making the vibrant colors and black lines stand out. The overall effect is one of dynamic movement and improvisation.

# Painting to the flow of music

**Even though its nice to be home we can also start feeling a bit ‘antsy’. A great exercise to help you relax and explore being creative is drawing and painting to music.**

This exercise means that you don’t need to worry about what or how you draw or paint – you just create what the music makes you feel. You can use any materials you have, including watercolour and inks.

Artist Denise Lacovone termed this ‘improvisational painting’, based on her work painting to improvisational jazz in the music scene of New York City.

## Instructions for ‘improvisational painting’

- Set yourself up with paper, pencil and any means of colouring such as coloured pencils, markers, crayons, paints etc
- Choose a piece of music that is about 5-10 minutes long. It should have a good beat or interesting melody. It’s best not to listen to lyrics and depict them. Instrumentals work better, but if your piece has words, ignore them!
- Listen, and draw the ‘feel’ of the music, alternately listening to the rhythm, or the melody or the interplay of the instruments over each other. Is it happy, sad, haunting or forceful? Make lines that depict that. Cross them over each other, like the instruments do. Listen twice to the piece, drawing and reacting as you go. Do not draw images! Instead use lines, shapes, texture only
- Next, erase lines you do not need, creating a good 2D design composition. Outline the main movement lines of the pencil drawing in one color outline (this may be all of your lines). Make lines thick or thin for emphasis and compositional interest
- Add spot colour in a balanced way – don’t colour everything
- React to the music visually. Yours might look more like this one if you use markers rather than paint. It should ‘feel’ like your music sounds!



# A selection of fun activities

Whether you have a few minutes or a few days, here are some great ideas to get you creating, writing, making and sharing!



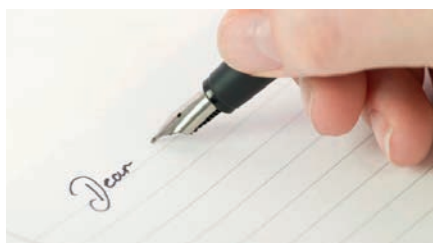
## Clear out 100

Pick 100 items from around the house – anything from a paperclip to furniture. Start with your clothes, try them on and get rid of things that don't fit.



## Family tree

Research your family tree – see how far back you can go. You can use the 'mind map' technique to draw it out. Close friends are like family too!



## Writing letters

Write a letter to a friend or relative and post it. They will be surprised and happy to receive it. It can be about your latest dish or the changing seasons.

## Day spa

Do a manicure, pedicure, a foot soak or a face mask. Take your time with each section of your body, paying special attention to aches and pains.



## Share the love

Write little notes of love, compliments or doodles and hide them around the house for your friends, family or carers to find.



## Start a diary

Write down or draw your thoughts and feelings. How would you record this time in history? Your perspective is unique and important.



## Collage

Go through your old photos and create a collage of them. You can create a collage of a particular moment in time or your favourite decade.



## Bake off

Go through recipe books and have a bake off challenge. This is fun with someone who has never baked before – they could find they have a new skill!



## Time capsule

Make a time capsule of this time to be opened in 100 years. What would you put in it? Newspaper clippings, photos, objects from your clearout? You decide!



# Make music

## around the house

### Play a kitchen orchestra

**All you need are some kitchen utensils and one or more surfaces. What different rhythms can you create using these objects as instruments? Can you make up a song to go with them?**

Try to create an orchestra of sounds with your kitchen utensils. An example of a satisfying and soothing sound can be made from dipping your finger in some water and running it around the rim of a glass. What does it sound like?

Experiment with the sounds you can make from other objects in your house.



### Write lyrics for a song

**Get your creative juices flowing by trying these three tips. Even practising just 10 minutes each day can help you strengthen your 'word muscles'!**

- Choose an object or image that you can see and have in front of you and write whatever comes into your head about that object for 10 minutes. Set a timer – having this time constraint can be really useful
- Sit down with a pen and paper and, trying not to make conscious or rational choices as to what you write, simply let out whatever flows. It can literally be anything – it doesn't have to make sense, it doesn't have to be 'good' and you don't have to show anyone else, so try not to judge it. You may be surprised at how well you do
- Whether you play an instrument and can play the chords or just know the melody and lyrics to a song, think about why it is you love that song and take some of these elements from it to create your own unique cover version of it. Maybe it will end up sounding nothing like the original!

# Origami club

## folding for fun

Origami is the Japanese art of paper folding, from 'ori' (meaning 'folding') and 'kami' (meaning 'paper'). Most pieces start with a square sheet of paper – some leftover giftwrap would be ideal.

### One thousand cranes

**One thousand cranes is an ancient Japanese legend that promises that anyone who folds a thousand origami cranes will be granted a wish by the gods.**

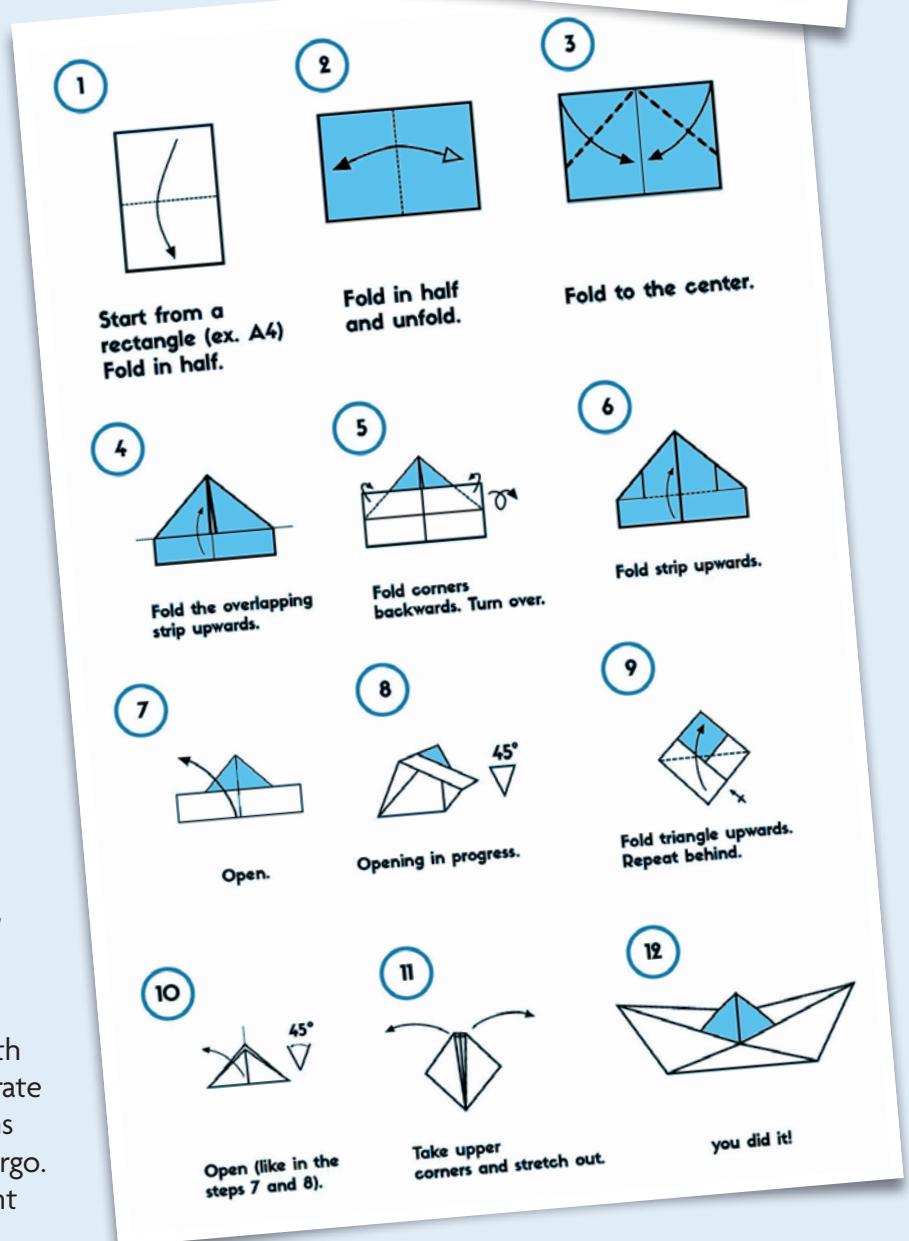
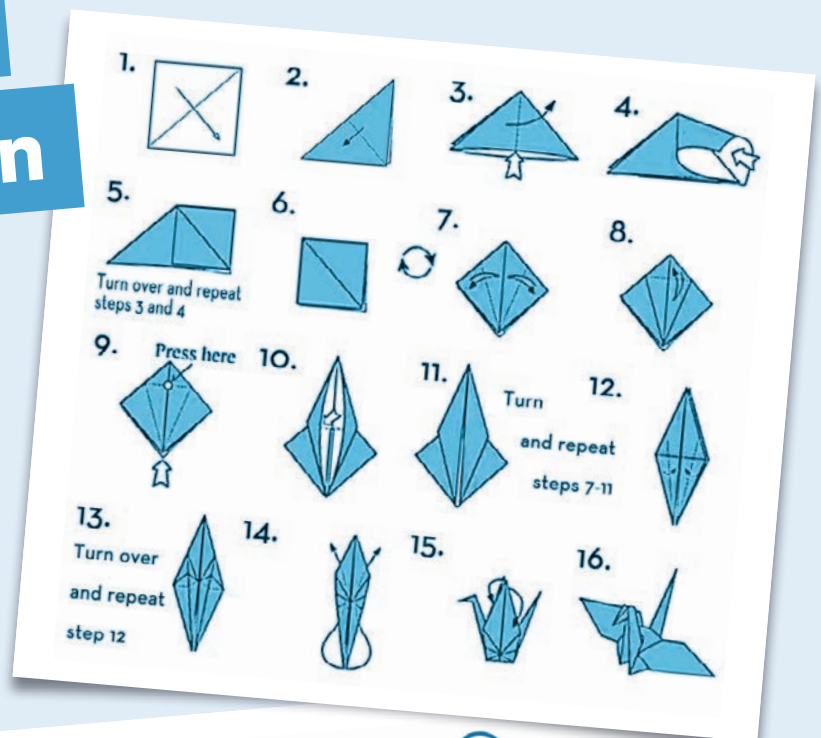
Some stories believe you are granted happiness and eternal good luck, instead of just one wish, such as long life or recovery from illness or injury. This makes them popular gifts for special friends and family.

The crane in Japan is one of the mystical or holy creatures (others include the dragon and the tortoise) and is said to live for a thousand years: That is why a thousand cranes are made, one for each year. In some stories it is believed that the thousand cranes must be completed within one year and they must all be made by the person who is to make the wish at the end.

### Boat wishes

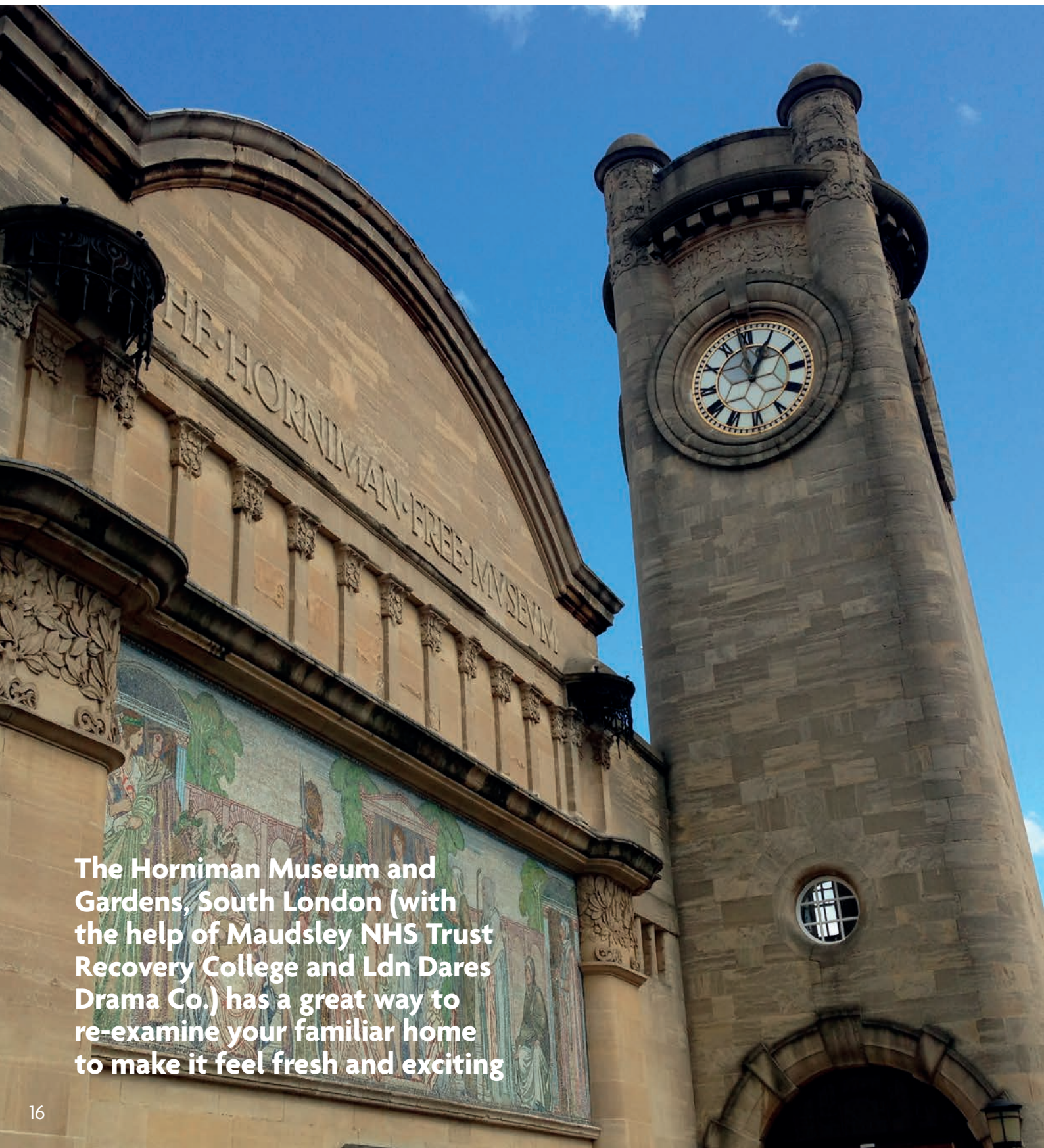
**You can write special messages for loved ones on the paper before folding your boat.**

Why not put them in the sink or bath for a boat race? They can also decorate the window sill and can collect items inside like flower petals, or paper cargo. Paper boats make great treasure hunt items as well.





# The Mindful Museum of Me



**The Horniman Museum and Gardens, South London (with the help of Maudsley NHS Trust Recovery College and Ldn Dares Drama Co.) has a great way to re-examine your familiar home to make it feel fresh and exciting**





**During these uncharted times there can be pressure to ‘do things’. Not everyone has the privilege of turning a pandemic into something fun or productive. There may well be days when following this activity is the last thing you want to do and that’s totally fine.**

For when the mood takes you, we’re here for you and this activity is to help turn your home into a new space for you, a sanctuary and even a surprising space.

Your home is also a museum, a collection of objects that show how you live. There will be everyday objects that show the practical ways you live your life, objects that show your likes and interests, objects that show memories and hold great meaning.

If a curator from the distant future time-travelled back and walked into your home and studied the objects, they could paint a pretty good picture of who you are and how you live your life.

We all have connections to objects. The Horniman Museum is filled with objects (some shown over these pages) that tell us how people all over the world live their lives, and you, I, your neighbours and people all over the country are no different!

So, it’s a good time to relax, find a quiet moment and explore. These are the five stages of your guided tour of ‘The Mindful Museum of Me’



## 1 Setting the scene

**This is all about clearing your mind and focussing on your own mindfulness.**

- Turn off the news and the TV or radio. Put your phone aside – this is your time
- Get dressed mindfully, pick an outfit that makes you feel good, think about everything you’re doing while getting dressed – the materials, the textures
- Have a nice spot of breakfast, eat mindfully – really think about the presentation of the food, think about the flavours and textures as you eat slowly. Focus completely on the food in front of you
- Play the expert – you know everything about the history of the fork... go!
- Have a cup of tea or a drink of water, find a comfortable place to sit and take a few deep breaths while looking around the space around you.
- Grab a piece of paper and pen, give yourself a timer of one minute. Now free scribble, doodle, draw, anything that comes to mind. Free your mind. Hold up your piece of paper – you have the first object for your museum. Name it ‘Quarantine Scribbles by...’
- Get settled in and then we’re ready to go!

## 2 Look with fresh eyes

**It’s time to see your very familiar space with fresh eyes.**

Become a tour guide:

- Stand up, close your eyes and take three deep breaths. Do a body scan, from your head right down to your toes. Feel your feet on the floor and be present in the space you’re about to explore. When you open your eyes you will be the tour guide of ‘The Mindful Museum of Me’.





- Walk around your home really slowly and carefully. Take in each wall, floor, ceiling and piece of furniture
- When you get to a part of the room you rarely stand in stop and look at the room from this new angle. If you were working as a tour guide what would you pick out to tell people about? What story would that object tell?

### 3 Explore the objects

#### I see... I notice... I wonder...

- Find your comfy spot again and sit down looking around the room again. Close your eyes and point in any direction. Open your eyes and ask yourself about what you see in front of you. For example: "I see a vase, I notice it reflects the light against the wall. I wonder what times of day this happens and the different reflections it makes?" Try this a few times to get connected to objects in the room
- When you find an object that particularly interests you pick it up and hold it in your hands, or bring it over to where you are sitting if it's too big to hold. We're going to explore further! Discover more about the object just like a curator would. Some questions you could ask yourself are on the right
- Repeat this a few times and start to gather these key objects. If there's something you discovered that you really liked, write it down on a label for the object
- Place them together – is there anything these objects have in common?

This is a museum of you. What would you call it? You could make a banner for this exhibition.

Here are some questions you could ask of the objects – we're sure you could think of more:

- What colour is it?
- What is it made of?
- Is it heavy or light?
- Does it feel hard or soft, rough or smooth?
- Does it feel warm or cold?
- Does it feel fragile or strong?
- Does it make a noise?
- Has it been repaired, altered or improved?
- How old is it?
- Does it smell of anything?
- Is it made from one material or many?
- Is it a natural object or has it been made by someone?
- Is it made from natural or man-made materials?
- Who made it?
- Has it been made by lots of people or just one?
- Why did the maker choose these materials?
- How has it been made? By hand or machine?
- How has it been joined together – glue, solder, string?
- Is it made from recycled materials? If so, what was it before?
- Where in the world is it from? How did it get to you?
- What is the object's purpose?
- Has its use changed over time?
- Have you seen something like this anywhere else?
- Is it well used?
- Do you like the way it looks? The way it feels?
- Do you think the the person who made it tried to make it look beautiful?
- Do the decorations or colours mean anything?
- Do you know when the first one of these was invented/made?
- What sentimental value does it have to you?
- Does it remind you of anything or anyone?



## 4 Missing something?

**Is there something you would want to add to your collection?**

You could find inspiration from the Horniman collections at [www.horniman.ac.uk/explore-the-collections](http://www.horniman.ac.uk/explore-the-collections). Have a look through what we have and recreate your favourite pieces with a little arts and crafts magic! A mask out of papier-mâché? A musical instrument out of kitchen equipment? Sketch one of the animals from the animal walk?

Let's give your museum the glitz and glam it deserves. How about making some bunting out of old newspaper for the grand opening?

## 5 Enjoy your museum!

**Now admire your handiwork. This is you.**

- Close your eyes and sit comfortably, perhaps put on some calming music, breathing in and out to a count of two. Squeeze your muscles for five seconds and then relax (repeat)
- Look around at your museum and the space you've discovered anew.

If you got inspired by your own museum collection, there's plenty of surprising stores and fun things to learn about our objects on the museum website – set yourself the challenge of learning something new about them.

### Share your museum

- Call, text, message or WhatsApp your friends or family and share a happy memory that came up during the exercise
- Photograph your exhibits and send it in to us. You could tweet us [@HornimanMuseum](https://twitter.com/HornimanMuseum).



## Thanks for joining in

**Thanks for joining in and we hope you enjoyed creating 'The Mindful Museum of Me'!**

The inspiration to create this came from students of SLAM Recovery College who created the Wellbeing Wander with us last year (above) – you can find their work on our website at [www.horniman.ac.uk/story/mindful-journeys-at-the-horniman](http://www.horniman.ac.uk/story/mindful-journeys-at-the-horniman).

To see work that other groups and individuals have done on exploring objects, have a look at our YouTube channel at [www.youtube.com/user/horniman](http://www.youtube.com/user/horniman) or our social media, where you can find other fun activities to take part in from your home, including arts and crafts activities using supplies you can find around the house.

Share with us your homemade museums if you like – and look after yourselves.



# Kintsugi: the art of precious scars



**Kintsugi is a Japanese method for repairing broken ceramics with a special lacquer mixed with gold, silver, or platinum.**

As a philosophy it treats breakage as part of the history of the object, rather than something that to be disguised or hidden.

The philosophy can also be applied many different ways, as the three fascinating examples above demonstrate.

Artist Flavia Deutscher lovingly repaired her simple white ceramic bowl in the kintsugi style.

The artist Jan Vormann uses thousands of LEGO® bricks to patch crumbling holes in walls around the world.

Finally, the artist Sarah El-Sharakwy was inspired by the idea of no waste, and made a strikingly beautiful and elegant jumper from just odd socks!

So, if there's something broken in your home that you've been putting off mending, why not see if you can apply the same philosophy in your own special way?

It'll be more than a repair, it'll be a celebration of the history of the object, with you adding your unique chapter to its story.

Remember – its perfectly OK not to be perfect!

**At St Christopher's Hospice our vision is of a world in which all dying people and those close to them have access to care and support, whenever and wherever they need it.**

Our goal is to help people live well until they die and support those affected by the loss of a loved one. Every year we provide care and support to over 7,500 people across south east London, both at home and in the hospice.

As a registered charity we need to raise £16 million every year to continue to care for people when it matters most. Thank you for your support.

**StChristopher's**  
More than just a hospice

**Sydenham site**

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**Orpington site**

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Telephone **020 8768 4500**

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**www.stchristophers.org.uk**

   **stchrishospice**

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