

# AGE OF CREATIVITY

## On-line activities for older people to enjoy whilst self-isolating

Creative and cultural activities are good for you (the research shows us this!) and now has never been a better time to enjoy creative activities from the safety and comfort of your own home.

There are so many digital arts and cultural ideas to enjoy, and many more popping up daily, but here is a round-up of some of the best. We have done our best to ensure that each link is authentic and accessible however we cannot take liability for any external websites.

Let us know your creative digital resources to add to this list: [hello@ageofcreativity.co.uk](mailto:hello@ageofcreativity.co.uk)

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## LITERATURE & PODCASTS

Enjoy an enormous resource of free books to read or listen to:

**A huge catalogue of free resources:**

<https://openlibrary.org/>

**Sam West reads 2 new poems each day:**

<https://soundcloud.com/user-115260978/01-the-darkling-thrush-by-thomas-hardy>

**80 poetry podcasts produced in the UK and Ireland:**

[lunarpodcasts.com/poetry-podcast...](https://lunarpodcasts.com/poetry-podcast...)

**A new anthology of poetry from Wales:**

[https://issuu.com/menna3/docs/cyfrol\\_2020?fbclid=IwAR0Z1u61283HovXcVuhUXRGxcXYMYmnLkDiSKtzAB\\_OA1Dom0yYVjH7\\_p5l](https://issuu.com/menna3/docs/cyfrol_2020?fbclid=IwAR0Z1u61283HovXcVuhUXRGxcXYMYmnLkDiSKtzAB_OA1Dom0yYVjH7_p5l)

**A huge and growing number of BBC Podcasts:**

<https://www.bbc.co.uk/podcasts>

**Podcasts produced by University of Oxford:**

<https://podcasts.ox.ac.uk/>

**Podcasts available from South Bank Centre:**

[https://soundcloud.com/southbankcentre\\_book\\_podcast?utm\\_source=wordfly&utm\\_medium=email&utm\\_campaign=YourCultureFix21%2F03%2F20&utm\\_content=version\\_A](https://soundcloud.com/southbankcentre_book_podcast?utm_source=wordfly&utm_medium=email&utm_campaign=YourCultureFix21%2F03%2F20&utm_content=version_A)

**Podcasts from around the world:**

<https://tunein.com/podcasts/>

## **DANCE & MOVEMENT**

**Enjoy facilitated exercise- just make sure you have your doctor's approval first.**

**A 40 min exercise film designed for those aged 50+ :**

<https://www.generationgames.org.uk/>

**Over 50 cardio Dance Class:**

<https://www.youtube.com/watch?v=ENObkDfDMwg>

**Chair Fitness:**

<https://www.youtube.com/watch?v=8CE4ijWlQ18>

**Chair or Standing exercise:**

<https://www.youtube.com/watch?v=rkDlpZ3Musw>

## VISUAL ARTS & MUSEUMS

Enjoy virtual tours of the world's finest museums and galleries.

**Some of the most popular cultural destinations:**

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

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

<https://www.fastcompany.com/90475331/apples-new-iphone-ad-is-a-five-hour-one-take-tour-of-russias-hermitage-museum>

**A short audio journeying inside paintings of people, places and landscapes:**

<http://www.lookatpaintings.co.uk/>

**Visit the National Trust Collections:**

<https://www.nationaltrust.org.uk/art-and-collections>

**Take a virtual museum tour:**

[https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm\\_medium=social&utm\\_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm\\_source=facebook.com&utm\\_campaign=travelandleisure\\_travelandleisure&utm\\_content=link&fbclid=IwAR3RKkCOsONSwePkZ1Ljmajm6bsbmmvHfxFfISa9zhzBe7fqMo2dlzXg](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_medium=social&utm_term=59F3F59E-653B-11EA-938E-3D9296E8478F&utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_content=link&fbclid=IwAR3RKkCOsONSwePkZ1Ljmajm6bsbmmvHfxFfISa9zhzBe7fqMo2dlzXg)

**See international photography:**

[www.manchester.ac.uk/family](http://www.manchester.ac.uk/family)

**Have an interactive gallery experience specifically designed for those aged 50+**

<https://armchairgallery.co.uk/>

## MUSIC AND SINGING

Enjoy a variety of interactive music ideas.

**Join a choir from the comfort of your own home:**

<https://www.thesofasingers.net/>

<https://www.facebook.com/groups/560884704783731/?ref=share>

**Singing for Better Breathing supports groups or individuals:**

[https://www.youtube.com/playlist?list=PL-liTbuZ7zr1F4jZYockQ5pALmBH\\_1FEg](https://www.youtube.com/playlist?list=PL-liTbuZ7zr1F4jZYockQ5pALmBH_1FEg)

**You could try a 'love music workshop':**

<https://www.facebook.com/deltaviolin/videos/1558382607674588/>

**Watch Berliner Philharmoniker concerts:**

<https://www.digitalconcerthall.com/en/home>

**Live stream Paris Opera:**

<https://www.operadeparis.fr/>

**Find more live streaming concerts:**

<https://www.wkar.org/post/list-live-streaming-concerts#stream/0>

## PERFORMING ARTS

**Enjoy a selection of free stage shows and operas:**

**Free live streaming:**

[https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online\\_51198.html?fbclid=IwAR0GPhqDHjaJZDOn02M4AWaTdNkimpihgINP0DnfudF48AH7TDTliGWeoqo](https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html?fbclid=IwAR0GPhqDHjaJZDOn02M4AWaTdNkimpihgINP0DnfudF48AH7TDTliGWeoqo)

## COMBINED ARTS

**Enjoy a mix of different art-forms that inspire and challenge:**

**Treasury of Arts Activities for older people:**

<http://www.ageofcreativity.co.uk/items/view/2098/>

**Age UK Arts Facilitator's Guide created by 64 Million Artists:**

<http://www.ageofcreativity.co.uk/items/view/2212/>

**Creative daily challenges:**

<http://dothinkshare.com/creative-inspiration/create-to-connect/>

**A compendium of creative ideas:**

[https://mcusercontent.com/c3f7ae434d1d9fce40f3b3d36/files/ae419d72-62f1-4a1c-bbec-7ab578fa0715/Care to Create Toolkit .pdf](https://mcusercontent.com/c3f7ae434d1d9fce40f3b3d36/files/ae419d72-62f1-4a1c-bbec-7ab578fa0715/Care%20to%20Create%20Toolkit%20.pdf)

**The Social Distancing Festival celebrating art from all over the world:**

<https://www.socialdistancingfestival.com/>

**Virtual tours from across the world:**

[https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku\\_w/preview?fbclid=IwAR2IN47dK-NtjWUJUPchpdxJSS\\_kvqLn2kTa\\_Oa3g1WWvEIZGiEEZ1J4KoQ&pru=AAABcQQzAQc\\*j\\_OXW40DQiYeT7z8bagfiA](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2IN47dK-NtjWUJUPchpdxJSS_kvqLn2kTa_Oa3g1WWvEIZGiEEZ1J4KoQ&pru=AAABcQQzAQc*j_OXW40DQiYeT7z8bagfiA)

**Lots of free crafting ideas:**

<https://www.allfreecrafts.com/>

## ACTIVITIES DESIGNED FOR PEOPLE LIVING WITH DEMENTIA

Enjoy memory resources designed for people living with Dementia and their carers but suitable by ANYONE!

**A virtual museum designed to support rich conversations:**

<https://houseofmemories.co.uk/things-to-do/my-house-of-memories-app/>

**‘At Home’ is a fun and inclusive subscription programme of activities:**

<https://smallthings.org.uk/the-storybox-project-at-home/>

**Create a music playlist for you and the family:**

<https://musicfordementia2020.com/2019/12/04/create-a-playlist-listen-to-recorded-music/>

## CARE HOME ACTIVITIES WHICH CAN BE DONE IN A CARE HOME

Enjoy a wide range of simple, fun activities in any home:

**Online music toolkit:**

<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/>

**National Activity Provide Association (NAPA) ideas to try:**

<http://napa-activities.co.uk/membership/free-resources>

**Resource from Arts in Care Homes:**

<https://artsincarehomes.org.uk/wp-content/uploads/2019/10/onlyconnectresourcepack.pdf>

**A Choir in every Care home Toolkit:**

<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/>

## LEARNING

Enjoy the opportunity to learn something new.

**Stretch your brain with short university courses:**

<https://www.futurelearn.com/courses>

**BBC online courses:**

<http://www.bbc.co.uk/learning/onlinecourses/>

**Free courses and audio books:**

<http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR38nEkNybzxasEZjqNjCprnkGlyYhuTRFW64C2iSCo7JzkW76lvRkkRiY>

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