



## **Online creative resources for carers**

Luminate has collated this list of online creative resources for carers. We hope it will be useful for care homes, providers of care at home, and also family carers. Many of the recommended resources are designed to be dementia friendly.

The research was carried out by Janie Nicoll and Joanna Peace. Janie is a visual artist who has led arts projects in care homes and day centres, including creative activities using iPads. Joanna is also a visual artist, and works for Luminate as Co-ordinator of our Arts in Care Programme.

The list is in two sections. The first section is a list of downloadable apps, and the second section is a list of website links. Both lists have been organised by artform and type of activity.

We hope you find them useful. Do let us know if you have any feedback!

**The Luminate team**

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## Downloadable apps

Visual arts			
App name	Notes	Cost	Link
Kaleidoscope drawing pad	With this app you can create a kaleidoscope-type drawing. It also creates a mini-film of the process to play back.	Free	<a href="https://apps.apple.com/gb/app/kaleidoscope-drawing-pad/id525904070">https://apps.apple.com/gb/app/kaleidoscope-drawing-pad/id525904070</a>
Spin art	Have fun making spin pictures. This app is fun and stimulating for all levels of ability.	Free	<a href="https://apps.apple.com/us/app/spinart-free/id390272744">https://apps.apple.com/us/app/spinart-free/id390272744</a>
Autodesk sketchbook	This is a good all-round app for drawing and being creative using an iPad. It offers a range of different tools that are good for drawing, sketching and painting.	Free	<a href="https://apps.apple.com/gb/app/autodesk-sketchbook/id883738213">https://apps.apple.com/gb/app/autodesk-sketchbook/id883738213</a>
Art Set 4	This app allows you to create pictures using a range of realistic art materials including pencils, crayons, and watercolours.	Free	<a href="https://apps.apple.com/gb/app/art-set-4/id1418530800">https://apps.apple.com/gb/app/art-set-4/id1418530800</a>
Art Set 4 Pro edition	The paid-for version of Art Set 4 includes higher quality virtual art materials, including things like the ability to use paintbrushes of different sizes, and to adjust the amount of paint on your brush.	£6.99	<a href="https://apps.apple.com/gb/app/art-set-pro-edition/id728530673">https://apps.apple.com/gb/app/art-set-pro-edition/id728530673</a>

Painting Atelier	This app enables you to create images using oil paints in a realistic way using a wide range of the techniques associated with real oil paintings, without the mess.	Free	<a href="https://apps.apple.com/us/app/painting-atelier/id1363039718">https://apps.apple.com/us/app/painting-atelier/id1363039718</a>
Let's create Pottery HD	With this app you can create a range of attractive virtual pots in a few easy steps, including moulding, firing and painting. You can "sell" your pot at an imaginary auction, which earns you points to buy more decorating tools. The free version is probably enough for most people, with the full version giving you access to additional designs and features for your pots.	Lite version is free. Full version is £4.99.	<a href="https://apps.apple.com/gb/app/lets-create-pottery-hd-lite/id397756644">https://apps.apple.com/gb/app/lets-create-pottery-hd-lite/id397756644</a>  <a href="https://apps.apple.com/gb/app/lets-create-pottery-hd/id380090605">https://apps.apple.com/gb/app/lets-create-pottery-hd/id380090605</a>
<b>Writing apps</b>			
App name	Notes	Cost	Link
Poetics	Create, write and share visual poetry, combining photographic images and text	£1.99	<a href="https://apps.apple.com/us/app/poetics-create-write-and-share-visual-poetry/id543995959">https://apps.apple.com/us/app/poetics-create-write-and-share-visual-poetry/id543995959</a>
Book Creator One	Use your own photos and text to create your own ebooks, diaries, cookbooks, etc. It's promoted for schools, but is also suitable for adults to use. This free package allows you to try it out by making one book. After that you will have to buy the paid-for app (see below).	Free	<a href="https://apps.apple.com/gb/app/book-creator-one/id661166101">https://apps.apple.com/gb/app/book-creator-one/id661166101</a>
Book Creator for iPad	As above allowing collation of images, video, sound to create your own ebook publications.	£4.99	<a href="https://apps.apple.com/gb/app/book-creator-for-ipad/id442378070">https://apps.apple.com/gb/app/book-creator-for-ipad/id442378070</a>

<b>Animation</b>			
<b>App name</b>	<b>Notes</b>	<b>Cost</b>	<b>Link</b>
Stop motion studio	This app allows you to create simple animations, in an easy to use format. It allows you to create a video, and stop frame animation.	Free	<a href="https://apps.apple.com/gb/app/stop-motion-studio/id441651297">https://apps.apple.com/gb/app/stop-motion-studio/id441651297</a>
<b>Miscellaneous</b>			
<b>App name</b>	<b>Notes</b>	<b>Cost</b>	<b>Link</b>
Armchair Gallery app	Created by the Art Gallery in Nottingham, this dementia friendly app allows you to see paintings and objects from a number of English galleries and country houses, and includes some creative activities connected with the paintings that you will see.	Free	<a href="https://apps.apple.com/gb/app/armchair-gallery/id1324486946">https://apps.apple.com/gb/app/armchair-gallery/id1324486946</a>  Also on google play for android devices.
House of Memories	Created by Liverpool Museums, this dementia friendly app allows people to create a personal museum with their own photos and memorabilia.	Free	<a href="https://apps.apple.com/gb/app/my-house-of-memories/id847763460?ign-mpt=uo%3D4">https://apps.apple.com/gb/app/my-house-of-memories/id847763460?ign-mpt=uo%3D4</a>  Also on google play for android devices.
Hairstyle Makeover	Try out different looks with this app, to help you decide on a new hairstyle on have some fun with changing appearances! It is simple and easy to use.	Free	<a href="https://apps.apple.com/us/app/hairstyle-makeover/id463501961">https://apps.apple.com/us/app/hairstyle-makeover/id463501961</a>
Koi Pond 3D Lite	This app allows you to interact with the Koi Carp in a virtual fish pond, in a very tranquil and sensory way.	Free	<a href="https://apps.apple.com/us/app/koi-pond-3d-lite/id534867956?mt=12">https://apps.apple.com/us/app/koi-pond-3d-lite/id534867956?mt=12</a>

## Online opportunities for socialising, performances and creative activities

Socialising				
Organisation name	Activity name	Description	Cost	Link
Capital Theatres, Edinburgh	<b>A Brew and a Blether</b>	<p>A drop-in Zoom chat for people living with dementia, their families and carers. A way to connect, hear how others are doing and how to find support through this time.</p> <p>Takes place on the 1st and 4th Wednesdays of each month from 2.00-3.00pm.</p>	Free, booking required	<a href="https://www.capitaltheatres.com/raise-the-curtain/brew-and-blether">https://www.capitaltheatres.com/raise-the-curtain/brew-and-blether</a>
Performances				
Organisation name	Activity name	Description	Cost	Link
Capital Theatres, Edinburgh	<b>Contactless Afternoon Tea Parties</b>	<p>For people living with dementia, their families and carers. Make yourself an afternoon tea and enjoy a YouTube performance by members of the <i>Capital Theatres House Band</i>. From 15<sup>th</sup> June 2020.</p> <p>Takes place in the 3rd week of the month.</p>	Free, booking required	<a href="https://www.capitaltheatres.com/raise-the-curtain/contactless-afternoon-tea">https://www.capitaltheatres.com/raise-the-curtain/contactless-afternoon-tea</a>

Live Music Now Scotland	<b>Together at Home Online Concerts</b>	Many of these short, pre-recorded concerts are created to be suitable for care homes and are dementia friendly.	Free to watch on YouTube	<a href="https://www.youtube.com/channel/UCegFmstasVO3Sel-p5hk7aw/videos">https://www.youtube.com/channel/UCegFmstasVO3Sel-p5hk7aw/videos</a>
The Not Forgotten	<b>Best Seat in the House</b>	Brings together some of The Not Forgotten's tour artists, combined with a few well-known faces in the entertainment industry, all performing golden oldies or relaying messages of hope and inspiration direct from the comfort of their own homes into yours. The organisation supports the armed forces community, but the videos are accessible and enjoyable by all.	Free to watch on YouTube	<a href="https://www.youtube.com/user/TheNotForgottenAssoc/videos">https://www.youtube.com/user/TheNotForgottenAssoc/videos</a>
<b>Creative activities</b>				
<b>Organisation name</b>	<b>Activity name</b>	<b>Description</b>	<b>Cost</b>	<b>Link</b>
Manchester Museum	<b>Cultural First Aid Kit</b>	30 creative and fun activities and workshops that can be completed in the comfort of your own home, in hospital or care centres and homes.	Free to download	<a href="https://www.mminquarantine.com/resources-for-carers">https://www.mminquarantine.com/resources-for-carers</a>

Small Things Creative Projects	<b>The Storybox Project – At Home</b>	<p>A fun and inclusive activities programme which enables those supporting people living with dementia to engage in creative, imaginative activities within group settings such as care homes, day centres and dementia cafes.</p> <p>Subscribers have access to training, resources and support to explore a range of activities which are creative, accessible and fun.</p>	Free, sign-up required	<a href="https://smallthings.org.uk/the-storybox-project-at-home-for-groups/">https://smallthings.org.uk/the-storybox-project-at-home-for-groups/</a>
The Baring Foundation	<b>Treasury of activities for older people</b>	50 activities, long and short, for use in any setting with older people.	Free to download	<a href="https://baringfoundation.org.uk/resource/treasury-of-arts-activities-for-older-people/">https://baringfoundation.org.uk/resource/treasury-of-arts-activities-for-older-people/</a>
Firstsite, Colchester	<b>Artist Activity Packs</b>	With contributions from well-known artists including Antony Gormley, Gillian Wearing, Jeremy Deller and more.	Free to download	<a href="https://firstsite.uk/art-is-where-the-home-is/">https://firstsite.uk/art-is-where-the-home-is/</a>