



Prioritising Wellbeing

Top Tips for Monthly Arts & Crafts Activities Family Carers and Friends

There are many ideas for monthly arts and crafts activities. Here are just a few. You could identify a particular day of the month and time for an art and craft sessions.

Picture library

To make your relatives home feel creative and inspiring you could set up a 'picture library'. The pictures in the library could then be 'taken out' and looked at. The pictures could be moved around your relative's home. The library could contain pictures that have been purchased but should also include your relatives' own creations if they wish. Another source of pictures is large, themed calendars; these are often sold off cheaply in spring/summer.

Themed arts and crafts

Have a look out for special days, holidays, or events such as Chinese New Year, Wimbledon Week, Easter etc, Each of these events generally provides lots of opportunities to create themed arts and crafts activities. Here are some examples:

Example Month	Possible Event	Arts and craft ideas
March	Spring	<ul style="list-style-type: none"> To help orientate the seasons a larger spring collage could be made Sew or knit spring chicks or lambs to sell or give as gifts Make a bird table to go in the garden if your relative has one Draw or paint spring flowers such as daffodils
April	Easter (depending on when it falls)	<ul style="list-style-type: none"> Make an 'Easter tree' which is a large twig decorated with hanging chicks, eggs etc Decorate hardboiled or blown eggs Make and/or decorate Easter baskets to give as gifts Create an Easter egg hunt for visiting children
July	Holidays	<ul style="list-style-type: none"> Take relatives on virtual holidays if they can't go on a real one. This could be to one specific place or a world tour visiting many different countries Craft ideas can include making passports to stamp and sign, drawing postcards to send to family and friends Looking at art from different countries in books or on DVDs. Trying art and craft techniques from other countries
August	Summer Fete	<ul style="list-style-type: none"> Visit local Summer Fetes or Galas, make craft items to sell or to donate for raffle prizes. Your relative can use their own skills such as knitting, drawing, painting or woodwork to create items Your relative may prefer to do simpler tasks such as sticking decorations on greetings cards or making simple bookmarks using thumb prints, sponge or potato printing, or material and ribbons
December	Christmas	<ul style="list-style-type: none"> There are lots of standard Christmas crafts such as making cards, tree decorations and paper chains.

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

