

CREATIVE AT HOME CAMBRIDGE

Issue 2, 14 May 2020

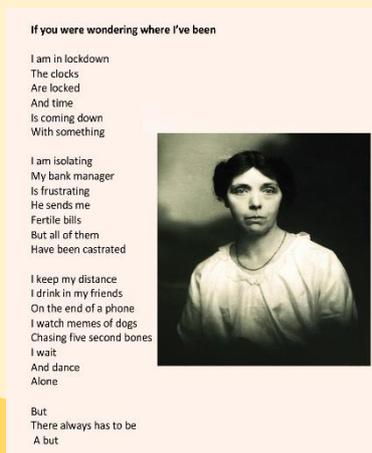
Hello, here's the second issue of **Creative at Home** a fortnightly digest of creative and cultural activity that you can see or do at home. Including contributions from creatives and organisations in Cambridge and beyond, to provide inspiration and connection whilst we are social distancing.

If you haven't seen issue 1 and would like to receive a copy please email artsandculture@cambridge.gov.uk. We are also keen to hear from you if you'd like to give us feedback, subscribe for future copies and/or submit content for a listing.

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How To Self Isolate

Mack Method, Artist

A writer/ poet/ performer/ educator for much of his life. Mack creates visual humour as an extension of his artwork and thought, these hours in isolation needed something to cheer people up. Mack has produced a visual joke every day since the lockdown began. Mack says "part of good mental health practice the arts are now needed more than any other time in our lifetimes to keep us sane. I hope the arts are remembered when this is all over."

Take your daily dose of humour via Instagram:
<https://www.instagram.com/mack4method>





Family Fitness Fun

Cambridge United

This is a fun 20-minute workout session for all family members to enjoy takes place 'live' at 11am every weekday morning on the Cambridge United Facebook page.

Get your work out at:

<https://www.facebook.com/OfficialCambridgeUnited>



Look Think Do

Fitzwilliam Museum

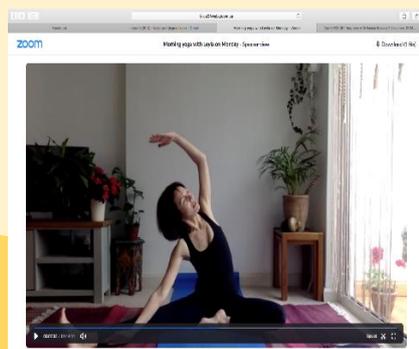
These activities have been designed as a starting point for looking, talking, and doing together. Started in April, new activities continue to be added throughout May.

The Look and Think activities should take 5 -10 minutes.

The Do activities might take longer depending on the task and how creative you are feeling!

Look Think Do at:

<https://www.fitzmuseum.cam.ac.uk/lookthinkdo/about>



Dynamic Hatha Yoga with fascia training

Leyla Yoga

Join Leyla on Zoom for Dynamic Hatha Yoga

Mondays 10am

Wednesdays 10am

Fridays 10am

Saturdays 4pm

All you need is something to lay on (mat, towel, blanket) and enough space to swing your arms... and optional - block/cushion/book to sit on

Find out more: www.facebook.com/LeylaYoga



Do try this at home

University Museums Cambridge

A collection of online resources that would be useful for students, teachers, or adults. These come from across the University of Cambridge and its partner organisations and include a broad range of topics, from biology and chemistry to music, art and archaeology.

See more on the website: <https://www.sciencefestival.cam.ac.uk/do-try-home>



Wellness Wanders

Cambridge University Botanic Garden

Short (approx. 10 min) films taking viewers on a virtual wander around the Garden. The Wellness Wander films show the beautiful colours, sights and sounds of spring. People who are unable to get out and about at the moment, or those who simply miss CUBG, will enjoy these relaxed explorations of the season.

Watch: <https://www.botanic.cam.ac.uk/wellness-wander/>



Blackout Poems

Resonance-Cambridge

This activity, provided by writer Hannah Jane Walker, is ideal if you think "I cannot write poetry", but it is also fun if you can! You can do it with any piece of text in your house. You will need a black felt tip, or black marker pen, or other coloured pens and a piece of paper with text on it. This can be a takeaway menu, an old printed page, a page from a free newspaper or a page from an old - no longer wanted - book. Guidelines for creating your blackout poem are available on the Resonance-Cambridge website.

You are invited to make a piece about self-isolation and what it means to be living at this specific moment in time. Maybe say something about your hopes for the future...

The Resonance-Cambridge website has more activity ideas and further information about the public art programme being delivered as part of Cambridge Investment Partnership's development programme.

www.resonance-cambridge.co.uk/news-events



Bitesize Botanics

Cambridge University Botanic Garden

Each week CUBG is posting Bitesize Botanics short videos (less than one minute) of the springtime beauty in the Garden on their social media channels. These full collection is available on their website and also on YouTube.

<https://www.botanic.cam.ac.uk/bitesize-botanics/>



Pebble Challenge

Kettle's Yard

21 days of creative challenges using materials from around the home, inspired by Kettle's Yard. You can download the whole pack from the website.

<http://www.kettlesyard.co.uk/pebblechallenge/>



Family Activities at Home

Cambridge University Botanic Garden

Downloadable, fun family activities for you to try at home are uploaded to our website every week (usually on a Thursday)! From creating designer gardens on a plate to flowers with petal power to attract pollinators, the aim of these activities is to spend some time exploring, finding out and making your own creations inspired by nature.

<https://www.botanic.cam.ac.uk/education-learning/families/athome/>



Inside Out, Online and Window Exhibition

Jane Hindmarch Art

A unique window and online exhibition of original paintings for the enjoyment of all passers-by virtual or real, during the Coronavirus lockdown. Each painting is a 20cm x 20cm original artwork and has been produced directly from nature in the countryside.

The exhibition can be viewed at:

<https://www.janehindmarchart.com/inside-out-unframed-miniatures>

#artistsupportpledge



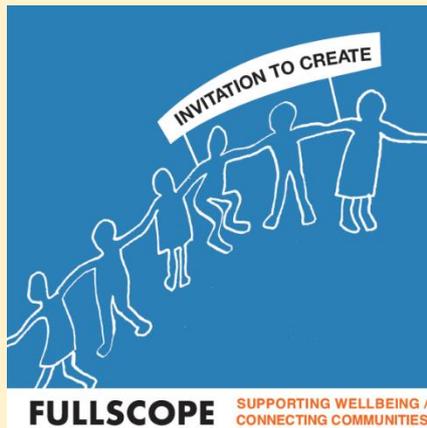
Epic Learning

Epic Tales

Make home learning easy, engaging and fun through storytelling! Each week, the professional storytellers behind the Oxford Owl's 'Traditional Tales' series perform a new 'Epic Tale'.

Also find resources on the website to help make home-schooling more of an adventure!

www.epictales.co.uk



Invitations to Create

Cambridge Curiosity and Imagination

A series of 6 invitations has been created by Cambridge artists. Each one invites you to explore the spaces you are in, and the natural world on your doorstep, in new ways using only the simplest of materials and everyday objects. No special art skills required.

Download your invitation:

<http://www.cambridgecandi.org.uk/projects/reimagine/events#creative-care-invitations>

Cambridge North Folk Song Project

Collecting stories, creating songs and preserving memories for future generations

Contribute Stories and Ideas for a song book about CB4

Cambridge North Folk Song Project

Creating a community songbook that captures the character of north Cambridge (the CB4 postal area), its history, people, and places, today. Led by award-winning composer Dr Emily Peasgood, it aims to preserve stories for future generations. We are looking for people to contribute stories and ideas to transform into songs, and/or to take part in online song-writing sessions. All are welcome, all ages: no experience required. Take part as an individual or household. This fun activity may lead to having your contribution featured in a songbook that will be available to libraries, schools and online for future generations - all featured contributors receive a songbook.

Participate at : <https://emilypeasgood.com/cb4folksongs/>

Issue 3 will be published, Thursday 28 May

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