

+Caring For The Carers

16th-19th September, 2021

**A Free Festival of Culture and Therapeutic Fun Produced Especially
to Support the Wellbeing of NHS Staff and Their Families**



**A Collaboration Between Manchester University NHS Foundation Trust,
Manchester Museum and The Whitworth**

Caring For The Carers Big Picnic

**The Whitworth, Oxford Road M15 6ER
Saturday 18th September 10.30am-4pm**

Kick back and let us entertain you! Join us for a free day of fun especially designed for NHS staff and their families by The Whitworth and Manchester Museum. An array of activities are available all day with moments of magic provided by live street entertainers.

Pick up a free picnic and enjoy the fun!

We want to make this a very special day for NHS staff, so please remember to bring your NHS staff card.



Picnics Made With Love

Open Kitchen are committed to producing food in the most sustainable and ethical way possible. Individually packed picnics from Open Kitchen will be available from 12pm-1.30pm from the plain coloured gazebo. All are vegetarian with vegan and GF alternatives. Numbers are limited and will be provided on a first come, first served basis. Grab a deckchair and enjoy your lunch in comfort!

All Day Activities

Simply Fascinating Creepy Crawlies

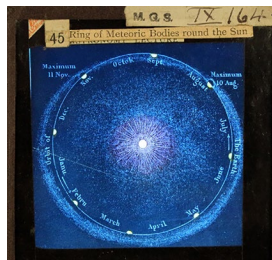
Select a Creepy Crawlies shape, decorate, create the features and wear your very own, creepy crawlies fascinator.

Creative Collage and Upcycling

Drop in and create your own 3-D artwork using recycled wood to take home. Artist Kate Eggleston-Wirtz will demonstrate different collage techniques that can be used in making art or for practical uses i.e. upcycled furniture. Participants will also have an opportunity to try their techniques on a wooden chair to be used at Manchester Museum.

Starry Night Magic Lantern Badge Making

Travel into space and back in time to create your own beautiful badges from stunning astronomical images selected from Manchester Museum's Victorian magic lantern slide collection.



Touch The Moon!

Only 12 men have ever walked on the moon but here's a very special opportunity for you to touch a piece of moon rock bought back to Earth by Apollo astronauts! Other awesome space objects will be on display illustrating our interactions with the vastness of our galaxy and the universe beyond.

Dab Hands 'Try Your Hand' Drop In Poetry Workshop

"These are the hands-That touch us first- Feel your head- Find the pulse- And make your bed."

Michael Rosen, *These Are the Hands*, written to celebrate the 60th anniversary of the NHS

Join creative writing tutor Clare Stuart to reflect on the role that our hands play in caring for others. Use Clare's simple and accessible

techniques to unlock your inner poet and create your own creative writing piece that celebrates your hands and how they reflect your roles as carers and NHS staff.

Henna Tattoo Mehndi Decoration with South Asian objects from the Manchester Museum collection.

Beautify your hands with traditional South Asian designs by professional Mehndi artist Henna By IQ. While you have your henna applied, have a look at some fascinating South Asian objects from the Manchester Museum collection and hear about the museum's new South Asia Gallery which will be opening in 2022.



Henna tattoos last between one and two weeks. Please consult the artist if you have any concerns about skin sensitivity.

Help Suture the Dab Hands Embroidered Anatomical Sculpture

'That's Going to Need Stitching', is a collaborative artwork that celebrates hands, dexterity and identity.

Over lockdown 280 people, including medical students & health care professionals, have created beautiful embroideries of the anatomy of the hand based on the drawings of hand surgeon, Donald Sammut. Become part of the project by helping suture these embroideries onto a large sculpture of a hand at work. Dab Hands is a project by Lucy Burscough, artist in residence at Manchester Museum. The sculpture will be exhibited at the museum when it reopens after an extensive refurbishment in Autumn 2022. Arts Council/ National Lottery funded.

Manchester Museum Pop-Up Wellbeing Shop

Browse a selection of items from the Manchester Museum's wonderful shop, specially selected to fulfil your relaxation, stimulation and inspiration needs!

Please note: Caring for Carers participants who would also like to visit The Whitworth's galleries, café and shop will still need to pre-book tickets and check in at the welcome desk.

[Click here to book your FREE entry ticket](#)

Big Picnic Time-tabled Activities

Cyanotype Printmaking with Colette Whittington

A CREATE.CONNECT.UNWIND+ Workshop from Lime Arts

Drop in anytime, 1.30pm-3pm

Often cited as the earliest form of photography, cyanotype printmaking needs little equipment and no darkroom to develop imagery, just imagination, a little patience and the power of the sun. Drop in to this workshop and have a go at creating your own beautiful and atmospheric prints using natural materials.

CREATE.CONNECT.UNWIND+ is delivered by Lime Arts, one of the UK's leading arts and health organisations based at MFT.

Through this ongoing programme Lime invite MFT staff to join award winning artists and musicians to explore how creativity can quickly take us away from work pressure and 'refresh' the brain to improve concentration and help us connect, communicate and care better for ourselves and each other. If you enjoyed today's activity and would like to get involved and find out more about Lime Arts and the CREATE.CONNECT.UNWIND+ please contact limeart@mft.nhs.uk

'Wind Down' Free Bookable Online Activities

Participants will require access to a device and internet connection that will support Zoom.

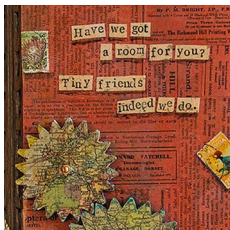
**Thursday
16 September
6.30pm–8pm**

Family Friendly: Insect Puppets and Poetry with Kate Eggleston-Wirtz

6.30pm–7.30pm

Families with children aged 7+

Make your own insect puppet using ordinary household materials whilst exploring poetry and storytelling. Kate will also be reading from *The Insect Hotel*, her recently published pamphlet inspired by Manchester Museum's insect collection.



A few everyday craft materials will be required. For more info and to book your place, please visit insectpuppetsandpoetry.eventbrite.co.uk

To Have And To Heal with Dr Campbell Price and Vicky Grant

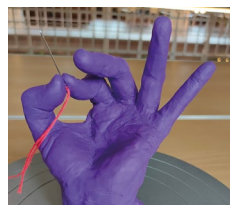


7pm–8pm

This session explores the Museum's world-class Egyptology collection and our fascination with ancient Egypt, to inspire conversations around responses to loss, bereavement and resilience and explore personal reflections of experiences of the pandemic. Led by the Museum's Curator of Egypt and Sudan, this event will prove to be both thought-provoking and enlightening.

Limited numbers. Book a place at tinyurl.com/ToHaveAndToHeal

'Dab Hands' Creative Writing with Clare Stuart



7pm–8pm

Join creative writing tutor Clare Stuart to reflect on the role that our hands play in caring for others. Use Clare's simple and accessible techniques to unlock your inner poet and create your own creative writing piece that celebrates your hands and how they reflect your roles as carers and NHS staff. No previous experience is necessary, just a willingness to have a go at getting your thoughts and ideas down within a relaxed and supportive environment.

Participants will need a pen and paper. Limited numbers. Book a place at dabhandscreativewritingonline.eventbrite.co.uk

**Friday
17 September
7pm–9pm**

Let's Dance with Hazel Roy

7pm–8pm

Manchester Museum partners with Dance Practitioner and Culture Champion Hazel Roy to offer this fun, uplifting and age friendly dance session.



Inspired by stories from the Museum's collections, we ensure that the pace changes to suit individual's needs and include a number of seated dances.

Limited numbers. Book a place at letsdanceonline.eventbrite.co.uk

Mindful Drawing with Hattie Kongaunruan

7pm–8pm

Hattie Kongaunruan will guide you through a relaxing drawing activity based upon mindfulness meditation techniques which encourage participants to be fully present and engaged in the moment.

Participants will need coloured pencils or pens and paper.

Limited numbers. Book a place at mindfuldrawing.eventbrite.co.uk

Autumn is Arriving – Mixed Media Collage with Aysha Yilmaz

7pm–9pm

As the beautiful colours of autumn start to appear, join Aysha Yilmaz to create a piece of art made using recycled fabrics (old clothing, bedding, curtains etc), bits of lace, buttons, recycled papers etc. that you have around the home. Learn print techniques using natural objects found outside like leaves, twigs, pinecones etc, followed by some collage work. A satisfying and relaxing workshop that may introduce you to a wonderful new hobby!

Limited numbers. Find out more about what you'll need and book a place at autumnisarriving.eventbrite.co.uk

**Sunday
19 September
2pm–2.30pm**

Virtual Vivarium

2pm–2.30pm

Ever wondered how many species of frogs there are in the world? What do they eat? How many frogs does Manchester Museum have living in our Vivarium?

Join Manchester Museums Live Animals team for a virtual visit to Manchester Museum's Vivarium (live animals gallery). You can send your questions in advance or on the day.

For Families – children age 7+ with accompanying parents/carers.

Limited numbers. Book a place at tinyurl.com/FrogsAndFriendsEvent

'Absorbing and Enthralling' Free Bookable Live Activities

**Saturday
18 September
3pm–5pm**

Invisible Cities Tour: 'Wonderwalk Through Manchester' with Nic

3pm–5pm
Starts from The Whitworth

Setting off from The Whitworth, this tour of Manchester maps the city's illustrious history of music and art, focusing on the venues and musicians which have helped to shape Manchester's music scene.

With every turn, and every stop, Nic will brighten and enlighten you with tales and stories that combine the city's and his own rich musical experience. You'll be taken on a journey through the Rave Revolution, sparked by The Hacienda, to the presence of reggae at Thirsty Scholar, and not forgetting the classical opera scene at the Royal Northern College of Music and Bridgewater Hall. Nic lives his life by these words: music is medicine, music lifts your spirit, softens your heart and brings people together.

Invisible Cities employ warm and friendly tour guides, all of whom have been affected by homelessness. They simply live and breathe the city, and offer their own personal insight into its past, present and future.

Limited numbers. Book your place on this tour at wonderwalk.eventbrite.co.uk.

**Sunday
19 September
10.30am–4pm**

Family Friendly: Muso Family

10:30am–11:30am
**The Whitworth, Art Garden or bad
weather alternative (Park Side
Entrance)**

From Vivaldi's Four Seasons to Joni Mitchell's Big Yellow Taxi, musicians have always been influenced by the natural world.

Join musician Rachel Swanick for an interactive music, movement and craft session, inspired by highlights from the Manchester Museum's collection.

Introducing your young ones to songs and rhymes from 'the little green frog' to 'there's a spider on the floor' and many more...

Limited numbers. Book a place at tinyurl.com/MusoFamily

'Hand Written' Creative Writing Workshop

11am–1pm
**Clore Learning Studio,
The Whitworth**

*"These are the hands
That touch us first
Feel your head
Find the pulse
And make your bed."*



'These Are the Hands', written by Michael Rosen, to celebrate the 60th anniversary of the NHS.

Join creative writing tutor Clare Stuart to reflect on the role that our hands play in caring for others and in forming a significant part of our identity. Use Clare's simple and accessible techniques to unlock your inner poet and create your own creative writing pieces that celebrate your hands and how they reflect your roles as carers and NHS staff.

No previous experience is necessary, just a willingness to have a go at getting your thoughts and ideas down within a relaxed and supportive environment. Clare Stuart is Creative Writing Tutor at Maggie's Manchester and has supported centre visitors throughout lockdown with weekly zoom sessions.

Limited numbers. Book a place at handwrittenlive.eventbrite.co.uk

'Creating Calm'– Outdoor Art

1pm–3pm
**The Whitworth, Art Garden
(Park Side Entrance)**

Take some time just for you!

Exploring your creativity in a supportive, outdoor environment with artist Lesley Martin.

You don't need any experience to join our small group looking to spend a couple of tranquil hours making simple environmental art using natural materials.

Come away feeling refreshed, relax and pleased with your creations.

Limited numbers. Book a place at creatingcalm.eventbrite.co.uk

Make Your Own Collaged Musical Instrument

2pm–4pm
**Clore Learning Studio,
The Whitworth**

In this session you will make a beautifully unique, playable musical instrument.

You will also learn collage techniques suitable for bringing to your own upcycling projects, as you decorate your instrument with tissue and an array of other eye-catching materials such as vintage music sheets.

An absorbing and satisfying workshop perfect for de-stressing, led by fabulous collage artist Kate Eggleston-Wirtz.

Limited numbers. Book a place at musicalinstrument.eventbrite.co.uk

'Let's Dance' A Dance Workshop for Movers of All Abilities

3pm–4pm
The Whitworth, Grand Hall

Manchester Museum partners with Dance Practitioner and Culture Champion Hazel Roy to offer this fun, uplifting and age friendly dance session. Dance at any age or fitness level is a great way to tune up the body in a creative and fun filled way. It also helps to build stamina and to increase joint flexibility.

Inspired by stories from the Museum's collections, we ensure that the pace changes to suit individuals needs and include a number of seated dances.

Limited numbers. Book a place at letsdancelive.eventbrite.co.uk

Catch Your Breath Free Drop-In Relaxing Activities

Silent Space

Fridays, 10am-12pm

Sundays, 10am-12pm

Alex Bernstein Garden,
The Whitworth

No booking required

Take time out and enjoy the restorative benefits of being peaceful in a green space.



'You Time' Self-Led Activities

Take some time out for yourself by exploring these free online activities specially designed to benefit your wellbeing as you connect with nature, learn something new or take part in a relaxing pastime.

Online Exhibitions and Displays

Access these activities and others at www.mmfromhome.com/online-exhibition-displays

Wild Chorus by Harry Ovington, composer and sound artist. Commissioned by Manchester Museum, 2020. Recorded and composed in summer 2020, Wild Chorus reflects a unique moment of global quiet. It acts as a time capsule of the first lockdown, blending field recordings of nature with sonified weather pattern datasets.



Voicing Silence by Laurence Payot and collaborators. Commissioned by Thinking Through Extinction project, University of Leeds, 2020. What does extinction mean to you? What has happened to the biodiversity in the world? How can we have empathy with the world around us and with our non-human kin?

Minerals: Sustainability and Hidden stories. Have you ever wondered how minerals form, what they are used in and who was involved in getting Manchester Museum's mineral collection out of the ground?

Beauty and the Beasts; falling in love with insects. Our reactions may be based on personal experience, instinct, influenced by news stories, films or mythical tales. A world without insects would, in the end, be a world without people. This online exhibition invites you to take a closer look at the world of insects.



Lifelong Learning, Social Action and Relaxing at Home

Ancient Egypt: A History in Six Objects. <https://www.udemy.com/course/ancient-egypt-a-history-in-six-objects/>

This online course provides a general introduction to the fascinating history of ancient Egypt. Suitable for all, including those with no prior knowledge of ancient Egypt. You will need a computer or mobile device and an internet connection suitable for the playback of videos. Delivered by renowned Egyptologists, Joyce Tyldesley, Campbell Price and Glenn Godenho.

The Things They Didn't Teach Us www.mmfromhome.com/the-things-they-didn-t-teach-us

These online resources celebrate Manchester's shared cultural heritage and explore anti-racism, colonialism and decolonisation of the University of Manchester. Included are resources exploring the Black Lives Matter movement; Refugee Week; the Partition Education Campaign and links to 'Radical Readers: Anti Racism Recommended Reads'.

"Ecological Thinking and Action www.mmfromhome.com/ecological-thinking-and-action

A better future requires us to rethink how we care for our planet and its inhabitants. These activities explore different ways of caring – for people, places and things, as well as ideas, beliefs and relationships. Join us as we work towards a more sustainable and collaborative future, with climate and social justice and understanding between cultures at its heart.

A Place Between The Trees: Stories from The Whitworth <https://aplacebetweenthetrees.com/>

Here you will find an assortment of fascinating posts by members of The Whitworth's staff, with topics including 'Little Red Riding Hood: Woods, Wolves and Wild Places'; 'Sashiko: Simple Japanese Stitching'; 'Disability and the Utopia' and 'The Arts and Crafts Movement For Our Times', amongst many wide-ranging subjects that will open your mind and take you away from it all.

Resources for Carers www.mmfromhome.com/resources-for-carers

Engaging with creative activities is proven to increase feelings of wellbeing and promote good mental health. Here you can find creative, fun activities & workshop ideas that can be completed at home.

Gathering of Strangers. civicengagementandeducation.wordpress.com

The Whitworth's blog full of creative activities, artist films and resources from the gallery's Civic Engagement and Education team.

A partnership between

MANCHESTER MUSEUM

the Whitworth

MANCHESTER
1824
The University of Manchester

NHS
Manchester University
NHS Foundation Trust

+Culture
Shots

