

More about the Whitworth's Age Friendly Programme of activities:

Handmade

During the pandemic, we delivered Handmade on Zoom and since September we have been back in the gallery's garden studio with the workshop also on zoom.

Get involved and 'have a go' at a range of arts and craft skills from; printing and collage to silk painting, felt making and more. The workshops focus on the Whitworth exhibitions and collection for inspiration using different techniques and the artist facilitator will introduce and guide you through the processes.

"I have found a wonderful creative home in the Handmade group which has developed my individual skills and helped me to understand and discuss the exhibitions at the Whitworth." Handmade Participant

[To book a place email Claire Cowell.](#)

Creative Menopause Workshops

The menopause workshops have been developed as a safe space to explore the menopause journey and share experiences, through creativity.

The workshops are facilitated by artists and have included, Yoga and Meditation, Creative Writing, Fans, Banners, Herbal Medicine and Clay. They are FREE and take place monthly on the third Wednesday of the month 2-4pm

We also ran a six-week research project in July/August 2022 where we further explored the impact of creativity, 'Can creativity help Menopause?' and 'Does menopause change creativity?' We produced a zine from the workshops.

Download the Menopause Messages PDF

"Wonderful session, I felt very supported throughout the class. It was lovely being amongst women like me who are going through the menopause. Thank you I can't wait for the next one."

Menopause Yoga Participant

"Thank you for the session it was interesting and illuminating and did me good to hear myself out loud sharing how, I was feeling." Creative Writing Participant.

[To book a place email Claire Cowell.](#)

George House Trust

The George House Trust (GHT) and Age Friendly Whitworth (AFW) are running a programme of creative activities including, talks, tours and hands on making, for anyone aged 50+ who is living with HIV.

People who are fifty and over are the fastest growing group of people living with HIV in the UK. Nearly half of people accessing HIV care are 45 and over (47.8%), 15.5% are 55 and over and 4% are over 65. For more Information on ageing with HIV visit <https://ght.org.uk/ageing-hiv>

The programme of monthly creative workshops starts in October 2022 through till July 2023 and participants can attend one or all of the sessions. All sessions run 11am – 1pm at the Whitworth.

"The Age+ group from George House Trust were welcomed to the Whitworth so warmly. We have been provided fun and educational art workshops that have gone down a treat! Our service users have been able to try new things in a safe and welcoming environment." GHT Staff

[Click here to make a booking via Anna at George House Trust](#)

Whitworth ARTivists

The ARTivists was developed and launched in November 2019 and is a constituent group of older people who have a remit to ensure older people's voice is heard in the gallery and they represent the gallery in outreach projects.

"Being part of the ARTivists group has been an opportunity to become more involved in the gallery and community art schemes. Claire has led the group and allowed ideas to be freely discussed and plans put in place. It isn't a 'talking shop' but a forum for planning and action, which is important. This sort of group is essential for institutions that want to widen access and participation." ARTivists member