

ARTSPEAK

at home

CREATE / PARTICIPATE / LEARN / BE INSPIRED

"To live a creative life
we must lose our fear
of being wrong."

Joseph Chilton Pearce



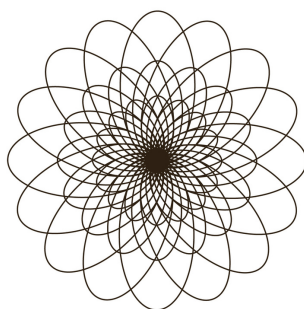
NOVEMBER 2021

ArtSpeak At Home is an activity guide and newsletter aimed to help inspire, give reasons to be creative and learn something new.

Dip in at your leisure, read the articles, and try some of the activity ideas we've shared that have come from some of the brilliant Artists we've worked with over the past year, and continue to work with.

Find out what we've been doing over the last few months and what is coming up in the months ahead as we end 2021 and enter 2022.

For previous editions of the Artbook please visit the ArtSpeak At Home section of our website. www.artspeak.org.uk/at-home



ARTSPEAK

Art, Activities & Friendship

FOR NOTTINGHAM'S 60+

The background of the entire page is an abstract composition of thick, textured paint strokes. The top half features a vibrant red on the left and a deep blue on the right, with some overlapping. The bottom half is dominated by a large red area on the left and a dark blue area on the right, separated by a diagonal line. A bright orange circle is positioned in the lower right quadrant of the bottom half. A white horizontal band with a thin black border runs across the middle of the image, containing the text.

ARTSPEAK CREATE

Visual arts ideas

Frida Kahlo

Frida Kahlo was a Mexican painter known for her many portraits, self-portraits, and works inspired by the nature and artifacts of Mexico.

Born in 1907 in a village on the outskirts of Mexico City, Kahlo didn't always have plans of becoming an Artist.



Frida Kahlo, BBC Culture

Despite developing an interest in the arts due to spending time helping her father in his photography studio, Kahlo had a deeper interest and fascination in biology and sciences and aspired to become a doctor.

During her childhood, Frida Kahlo suffered with poor health due to catching polio and at the age of 18 had a life altering accident which left her living in chronic pain for the rest of her life. During her long recovery and working from her bed, she began to paint. Kahlo mostly painted self-portraits by looking in a mirror across the room. "I paint myself because I am so often alone and because I am the subject I know best."

During her life, Frida created 143 paintings including 55 self-portraits. She became one of the most influential and well-known painters of the 20th Century and an undeniable icon of Mexican culture. Her self-portraits were raw and emotional, they often showed both her physical and psychological wounds from her life and accident with themes of pain, disability, injury and fragility.

Frida moved back to her childhood home, La Casa Azul (The Blue House) in 1939 and lived here with her husband, the Mexican painter Diego Rivera until she died in 1954.

La Casa Azul is now a historic house and art museum dedicated to Kahlo's life and work. Filled with the work of both Artists, as well as photographs, books, documents, Mexican folk art and pre-Hispanic art they collected.

The house is open to the public and located in the Colonia del Carmen neighborhood of Coyoacán in Mexico City.

The garden was a haven of native plant life which was a constant inspiration for Frida's artwork. Her studio at the house featured a wall of windows that looked down on her garden and throughout her career there is a common thread of plants, flowers and fruit in her paintings.

Click [here](#) to watch a video tour made by Christie's Art Gallery and virtually step inside the house and garden to see some of the amazing art work.

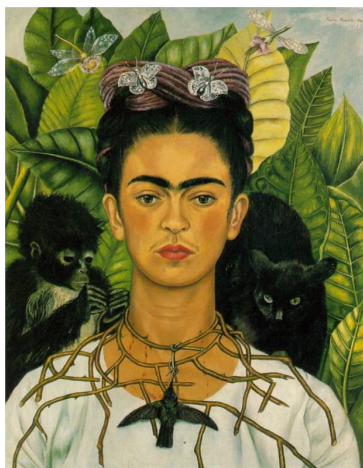


Frida Kahlo Museum



She demonstrates a close observation of the natural world through her work. Within it, there would often be a double meaning where she symbolizes emotional and cultural terms. At times, she would even create half-plant, half human hybrid characters, depicting herself and those around her. This gave a surrealistic quality to them, however she never considered herself part of the movement.

"They thought I was a surrealist, but I wasn't. I never painted dreams. I painted my own reality."



Self portrait with Thorn necklace and Hummingbird, 1940, Frida Kahlo



Roots, 1943, Frida Kahlo

Her love of flowers featured heavily in her fashion too. She had a unique and colourful dress sense inspired by her Mexican heritage and became a fashion icon. She described herself as being her own muse, but she is now a muse for many others.

"I am my own muse. I am the subject I know best. The subject I want to better."

Participatory Artist Annette Waterfield has been working as Artist in residence at Radford Care Group and has used the work of Frida Kahlo to inspire one of her recent workshops with the members. Together they studied flowers and made their own to make a vibrant and joyful display.

If you're interested in finding out more about Frida Kahlo, The Savoy Cinema are showing an Exhibition on Screen: Frida Kahlo Encore on 8 & 9 March. This highly engaging film takes you on a journey through the life of one of the most prevalent female icons. Featuring key exhibitions and interviews with world-renowned Kahlo curators, EXHIBITION ON SCREEN explores the extraordinary symbolism and themes in these personal canvases to seek a deeper understanding of the real Frida Kahlo. For more details click [here](#) to visit the Savoy Cinema website.

Have a go

Flower designs

Have a go at making your own flowers and add some colour and cheer to the winter months with some of the exotic vibrant flowers worn by Frida Kahlo.

Be experimental and creative, you could use a range of art mediums to create your flowers depending on what you like doing.



You could do some pencil drawings of flowers or study different elements of them and use shading techniques to add texture and depth of colour.

You might want to use one of the outlines provided on page 30 and paint the flowers or you could create a printing block and use paint or ink to transfer the flower to paper or fabric.

Three of Frida's favourite flowers she incorporated into her hair and clothes included:

Dahlia's -

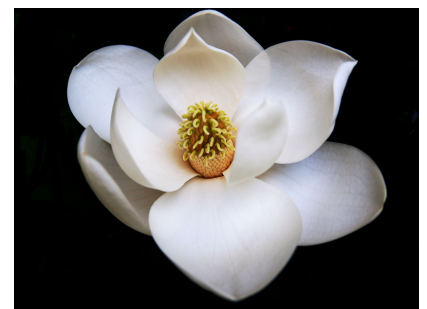
Dahlia is a genus of bushy, tuberous, herbaceous perennial plants native to Mexico and Central America.

A member of the Compositae family of dicotyledonous plants, its garden relatives thus include the sunflower, daisy, chrysanthemum, and zinnia.

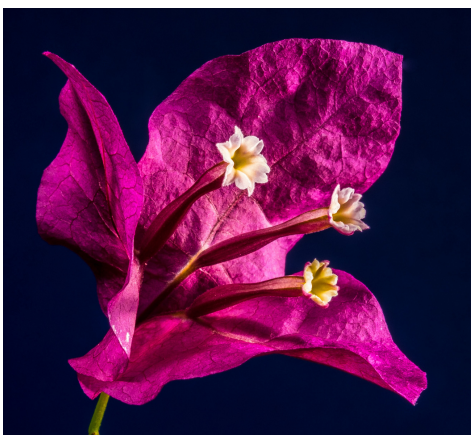


Magnolia's

Magnolia is a large genus of about 210 flowering plant species in the subfamily Magnolioideae of the family Magnoliaceae.



It is named after French botanist Pierre Magnol. Magnolia is an ancient genus. Appearing before bees evolved, the flowers are theorized to have evolved to encourage pollination by beetles.



Bougainvillea

Bougainvillea is a genus of thorny ornamental vines, bushes, and trees belonging to the four o'clock family, Nyctaginaceae.

It is native to eastern South America, found from Brazil, west to Peru, and south to southern Argentina.

UPCYCLING IDEAS

Got any scrap fabric lying around?

Our Art Club resident Artist Anna Roebuck led a brilliant activity with members during one of the Art Club sessions. Using a very simple template and stitching technique the group created some lovely little owls. This pattern was first shared with Anna by Colleen Murdoch, a member of the Craft Club she runs at her studio in Burton on Trent.

The group made these cute looking owls during one of the workshops. Any piece of scrap fabric will do, and you just need some small buttons for the eyes.



Owls symbolise wisdom, intuition, independent thinking and observant listening



Have a go

Why not have a go at making your own? You could make them and give them as a gift, or keep for yourself to make you smile. Add your own style and personality through the colours and patterns you choose.

What you'll need:

- Some scrap pieces of fabric. (Not too thick)
- Needle and thread
- Scissors
- Pen that can draw on fabric
- Card for base
- Wadding for inside or extra scraps of fabric



What to do:

Step 1: Choose your fabric, two contrasting colours/ patterns work well for the front and back. I would suggest using cotton fabric or alike (nothing too thick)

Step 2: Cut out your fabric using the basic owl pattern. You'll have three pieces; front, back and fabric circle
(For both front and back pieces, fold your fabric in half and place the pattern on the fold before cutting out along the outer none folded edge)

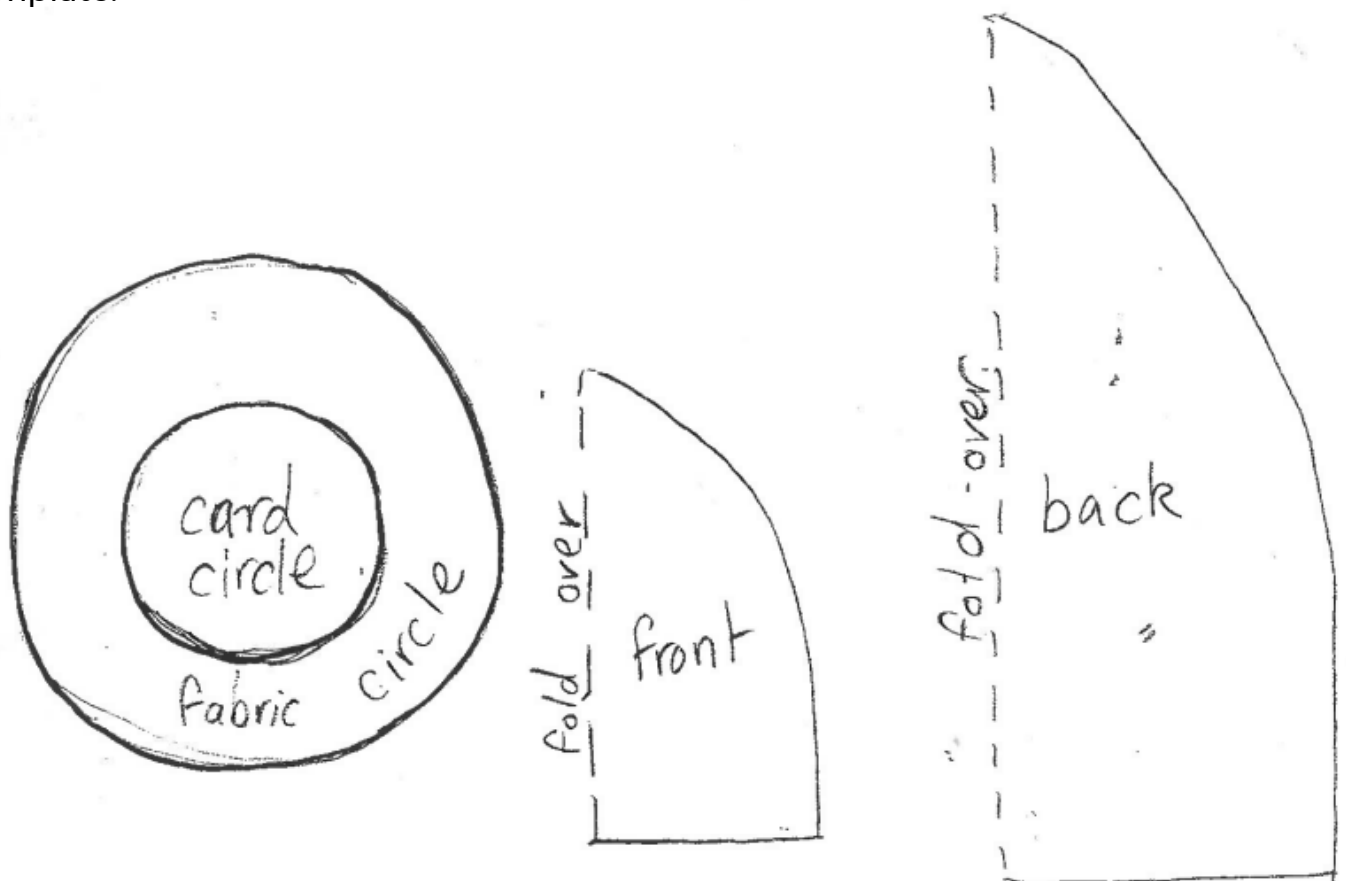
Step 3: Cut out your card circle

Step 4: With your design facing inwards, line up the bottom of the front and back sections, pinning along the edge so the back pieces meet together at the top of the front panel, sew together.

- Step 5:** From here continue to sew upwards along the seam, (where the two sides of the back sections meet) to the top point. You will have created a conical type shape open at the bottom.
- Step 6:** Turn your fabric the right way round with seams inside.
- Step 7:** To create the beak; fold over the point end towards the front panel and sew in place (I did this from inside the shape so that you can't see the stitches)
- Step 8:** Creating the base: Do a very loose running stitch around the outer edge of the fabric circle, place your card circle in the middle and then pull the ends of your thread together to gather up the stitches and the fabric around the card template.
- Step 9:** Do a loose running stitch around the base of your main owl shape (you'll gather this up in a bit)
- Step 10:** Stuff your owl with wadding (or recycle some fabric scraps to fill it).
- Step 11:** Gather up the base of your owl, this should be a similar size to the circle. (Add/remove stuffing if needed)
- Step 12:** Attach your base circle to the bottom of the owl; I used an over stitch to do this going from circle to owl, circle to owl etc all the way around.
- Step 13:** Add beads or buttons for eyes and your owl is complete!

You could experiment with sizes, attach feet, wings, whatever you fancy. Create a large version and fill with a sand bag to create a doorstop, vary the pattern a little and make festive penguins ... it's a great form to work from.

Template:



PRINT MAKING

Printmaking is an artistic process based on the principle of transferring images from a matrix onto another surface, most often paper or fabric. Traditional printmaking techniques include woodcut, etching, engraving, lithography and linocut, while modern artists have expanded available techniques to include screenprinting.



Wood Block -

A method of relief printing from a block of wood cut along the grain. The block is carved so that an image stands out in relief. The relief image is then inked, and paper is placed against its surface before being run through a press. (Tate Modern)

The technique of woodblock printing originated in China as an ancient method of printing on textiles and later onto paper. An alternative technique is used where the inked block is placed against a sheet of paper and pressure is applied by hand rather than a printing press.



The Great Wave off the Coast of Kanagawa, Katsushika Hokusai, 1831, Victoria and Albert Museum

This technique is still used widely throughout East Asia and famously seen in Japanese Ukiyo-e prints.

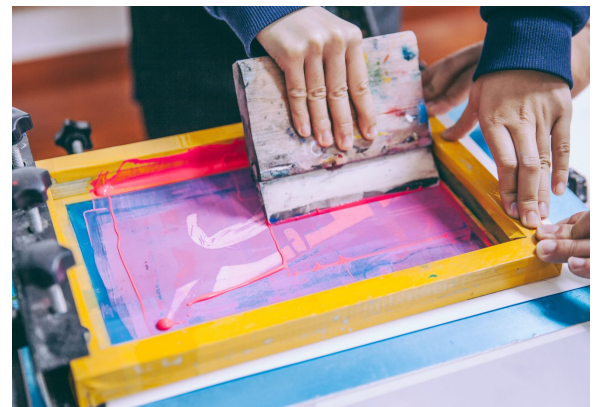
Woodblock printing was used in Europe from the twelfth century, at first for printing textiles, though images were printed on paper by the late fourteenth century.

Screen Printing -

A variety of stencil printing, using a screen made from fabric (silk or synthetic) stretched tightly over a frame. (Tate Modern)

Stenciling is one of the earliest forms of the duplication of images. The style of screen printing we're familiar with today originates back to the era of Song Dynasty Art in China, around 960 – 1279 CE. The artform has taken centuries to develop and it was an innovation in 1910 that revolutionized the commercial screen-printing industry.

During the 20th century the printing method of screen printing was kept a trade secret. Appearing for the first time as an artistic form in America, screen printed images were shown at exhibitions in the 1930s and received high praise.



However, it wasn't until the 1960s and the emergence of Pop Art that screen printing really excelled. The use of bold colours and iconic figures incorporated into the work produced by Andy Warhol brought this art medium into the mainstream and is the style he became most notably recognised for.

Other renowned artists such as Roy Lichtenstein, Robert Rauschenberg, Jim Dine, Richard Hamilton, and Mary Corita Kent, produced striking images that combined words, letters, newspaper images, and photographs.



Sunrise, 1965, Roy Lichtenstein, Wikiart.org



They used new artistic marks within their work such as dots and pixels now possible due to the screen-printing technique and not previously seen other than in newspapers or the advertising world.

Lino Cut -

A linocut is a relief print produced in a manner similar to a woodcut but that uses linoleum as the surface into which the design is cut and printed from. (Tate Modern)

Linoleum (Lino) had been invented as a flooring material and was sometimes used as wallpaper but became a popular art medium used by Artists in the 1890's.

Linocuts were popular among the German Expressionist and Russian Constructivist movements in the beginning of the 20th century.

In 1925 when The Grosvenor School of Modern Art opened in London, linocut classes were taught by Claude Flight. He showed students how to produce multi-colour linocut prints by using different blocks for each colour. These prints were influenced by Cubism and Futurism and the first exhibition of British linocuts was curated by Flight in 1929.

In the late 1950s, Pablo Picasso advanced linocuts in the fine art world by developing the reductive printmaking technique. Picasso thought linocuts lent themselves to producing graphic posters and his first prints in the early 1950s were made up of bold and simple images.

He experimented with creating multiple colour prints using a single block which involved a technique of printing the lightest layer first, with each successive layer being carved away from the lino and printed over the last.

Pablo Picasso -



Pablo Picasso, Buste de Femme au Chapeau, (1881-1973) Christies

Fancy giving it a go?

Before starting your own lino cutting think about what type of image you'd like to create. Look at artists work for inspiration and this will help you understand the printing process further. Will you focus on patterns, one single image or try something quite abstract?

When you've decided on a design, have a practice at drawing it out on paper and think about which bits will need to be cut out before transferring it to the piece of lino.



Drawing the design on first, using a pen or pencil, will help you follow where to cut with more precision.

An important thing to remember is that you cut away the areas that you don't want to print.

Stay focused as it might seem obvious that what you cut away on the lino will not be printed and what's left behind is where the ink will be, but it's surprisingly easy to forget this when you're busy cutting away. Aim to have balance in your work, so give some thought to the weight and density of the cuts you make. By having a range of bold marks and intricate cutting, your design will be easier to read.

When cutting into the lino, aim to push the blade forward rather than down. You should be cutting a groove, not a tunnel all the way through the lino, this is where you could be at more risk of cutting yourself as well so be careful!

Picking your lino - Grey or brown *Artist* or *Traditional* lino is a blend of cork and wood flour mixed with linseed oil and pressed onto a hessian backing. It has a brittleness that will help your cutting. Soft cut materials require you cut in and out of every stroke to prevent the material tearing. Traditional lino will snap obligingly whenever needed, finishing the cut for you to give both a neater effect and saving you time.

Join us

Our Art Tutor Anna Roebuck has been teaching the technique of linocut printing during our fortnightly Art Club. Members began by studying leaves and doing rubbings to look more closely at the textures and detail that they could then incorporate into their linocut designs.

Where will you look for inspiration?



If you'd like to come and check out our Art Club, it takes place fortnightly on **Tuesday afternoons, 15:00 - 17:00** at 25 Prospect Street. It's £5 to participate and all materials are included.

Upcoming dates are: **7 & 21 December, 11 & 25 January.**

More details about each art class and booking can be found by clicking [here](#)

ARTSPEAK VISITS ARE BACK...

GALLERY VISIT AND CREATIVE WORKSHOP

Thursday 16 December

On the historic ducal estate of Welbeck sits the Harley Gallery. The gallery is part of The Harley Foundation, a charitable trust to create spaces where the imagination can flourish.

The foundation was set up by the Duchess of Portland in 1978.



The Harley Gallery is one of two exhibition spaces on site and offers an extensive programme of exhibitions and events. Exhibitions change on a quarterly basis and include work from leading contemporary artists and makers. The gallery's aim is to provide a relaxed introduction to arts and heritage by offering events and activities that are fun and informative.

The second exhibition space is the Portland Collection, a gallery displaying a collection of internationally significant fine and decorative art of the Dukes of Portland and their families. In all the work they do they celebrate the handmade and encourage the enjoyment of the visual arts.

The Harley Foundation also offers subsidised studio space for Artists, Designers, Makers and Conservation specialists. These studios can be visited by appointment or are open as part of Open Studio at the Welbeck Winter Weekend, an annual festive Art Market showcasing the work of artisan makers.

Outsider Art//Kindred Spirits

The current exhibition *Outsider Art//Kindred Spirits* showcases pieces from two collections, The Jerwood Collection and Outside In.

The Jerwood Collection is a nationally recognised leader in the art world comprising of Modern and Contemporary British Art, including works from well known 20th Century artists including Paula Rego. Their purpose is to give public access to a privately owned collection to enhance the understanding and enjoyment of this period of British Art.



The Outside In collection is made up of exciting new artworks from emerging Outsider artists with disabilities. Founded in 2006, Outside In is now an established national charity that aims to provide a platform for artists who face significant barriers to the art world due to health, disability, social circumstance or isolation.

'Kindred Spirits' sees the two collections collide, provoking thoughts on what it means to be an artist, and how creativity can be used to explore life experiences.

This exhibition is the result of Outside In's first Curating Course, which has been designed to support a wider diversity of curators. It champions new voices and, in doing so, aims to break the traditional mould of organising and delivering exhibitions.

"Our artists have explored and researched both the Jerwood and Outside In collections, finding their own dialogues and stories. This has enabled a human and lived experience to shape the exhibition, rather than a curatorial or art historical narrative. This may seem a small step, but I feel it is very significant one as it is about letting go of control and trusting to others."

Marc Steene, Director, Outside In

Join us

ArtSpeak Visits

We will be visiting the Harley Gallery for a guided walkthrough of the Kindred Spirits exhibition, followed by a Pottery Painting workshop on **Thursday 16 December**.

10:00 - 10:45, Gallery Tour

The tour will be delivered by Dr Fiona Clapperton, Education and Engagement manager at The Harley. Fiona holds a PhD in 20th Century Social History, and is particularly excited about the contrast between the two collections.

11:00 - 13:00, Pottery Painting Workshops

After the tour of the exhibition, a practical workshop will follow in the Pottery Studio. You will have the opportunity to create your own design for a 6 inch plate. Potter manager, ceramicist Lynne Staniland, will deliver a two hour workshop which will see you paint your design. The plates will then be fired in the kiln for you to take home.

Fancy joining us?

Transport will be provided, we'll be getting a mini bus from Forest Recreation Ground Park and Ride to the Harley Gallery and returning to The Forest.

Timings:

Pick up - 9:00am

Drop off - 14:45/15:00 depending on traffic.

Cost - £20, £16 earlybird deal if booked by Sunday 5 December

For more details and to sign up click [here](#)



A winter landscape with snow-covered trees and a snowy ground. The top half of the image shows a dense forest of bare trees covered in a thick layer of white snow, set against a pale, overcast sky. A solid black horizontal line separates this from the middle section. The middle section is a light gray rectangular area containing the text. The bottom half of the image shows a snowy field in the foreground, with a line of trees in the background. The trees in the background are also covered in snow, and the ground is a mix of white snow and some brown patches.

SEASONAL TIPS AND IDEAS

Christmas traditions



Tips for a more sustainable Christmas

What's your favourite Christmas tradition? Do you have any that are specific to you and started with your family?

Many of the Christmas traditions that are favoured today are rooted in Germanic heritage and were popularised by Queen Victoria in the 19th Century due to her husband Prince Albert who was from Germany. The tradition of giving presents, Christmas puddings and decorating the tree were all shared and embraced by the Royal Family and continue to play a prominent role in many Christmas celebrations today. The idea of decorating evergreen trees and bringing them indoors, could have been considered quite an unusual activity but was one that was actually first introduced in 1800 when Queen Charlotte who was also raised in Germany, married George III.

However, it was after an illustration was published in the press showing Victoria and Albert standing beside a decorated tree with their children in the 1840s, that the idea took hold of the nation's imagination.

Do you like having a real Christmas tree in your home? Do you often wonder what to do with it once it's needles start to drop and it loses it's lustre?



In the UK, around 8 million real Christmas trees are purchased every year and eventually find their way to landfill. For every two metre tree that does not have roots and is disposed of into a landfill, it is estimated that it produces a carbon footprint of around 16kg of CO₂.

Rather than sending your used Christmas tree to landfill after the festive season you could try one, or a few of the following ideas.

Replanting -

If you have space in your garden, you could plant it in the ground or into a big heavy pot. Some species of fir tree are resilient and can re root given the right conditions.



Tips for replanting –

For a successful transplant, it is most helpful if you've kept the tree inside for no more than 10 days, away from heat sources such as fireplaces or radiators and you've provided enough moisture to the earth ball.

- Acclimate the tree. Before replanting the tree, give it a few days to re-enter dormancy by keeping it in a cool sheltered area outside, like a garage or a shed.
- Dig the planting hole. It should be at least twice (five times is best) wider than the root ball.
- Choose a mild day to plant the tree when the ground is not frozen.
- Place the tree into the hole, backfill with the excavated soil and tap gently every layer.
- Cover the hole with several inches of mulch.
- Water deeply. Don't fertilise yet – wait until spring.
- Protect the tree with a screen. You can use old pallets and fabric.

Create a bird feeder -

Once in the ground or a pot, you could decorate it and use it to attract birds. January and February are hard months for birds to try to find food as the weather is much harsher, so a little helping hand will be a real treat for them and a delight for you to watch.

You could tie some wire or string onto a pinecone and make a loop so it can hang from the tree, then cover it in something with a high fat content like peanut butter and then dip it into bird seed. Another suggestion is to make a garland by stringing together some popcorn or cheerio's on a robust thread.

If your replanted tree isn't ready, you could add these feeding ideas to other trees in the garden, balcony or windowsill.



Turn it into Potpourri -

Pine needles have a beautiful scent that make them a fantastic potpourri. To fill your home with a lovely wintery scent, firstly, collect a few of the pine branches and chop off a good-sized piece of the tree stump.



Put your tree stump in a shallow heat-proof bowl and add water up to the halfway point. To make it smell even better, scatter in some cinnamon sticks, cloves and raw cranberries. Then position in a warm place (such as on top of a radiator cover) and as the water starts to warm up, the gorgeous woody scent will fill your home.

Making mulch for the garden -

Christmas trees make fantastic mulch which can be used around the base of your garden trees or shrubs.

There are a number of benefits of mulching – it can help treat compaction and prevent soil erosion that often happens after heavy rain.

There are different types of mulch you can make depending on the resources you have available.

Woodchip mulch -

To make this type of mulch you'll need to put your tree through a shredder. Once you have the chips it's worth stacking them at the back of a border for a few months to rot down before using them to mulch around trees and shrubs. The trunk will usually be too thick to put in the shredder – this can be dried to use in an open fire/woodburner/fire pit. If you don't own a shredder, you can rent one, ask a neighbour, or contact local gardening clubs.

Mulch from the needles or branches -

This can be achieved without using a shredder. Use a pair of heavy duty secateurs to cut the branches as near to the trunk as possible then use the branches like wands to an area of the garden you want to help prevent soil erosion. It'll add a lovely scent to your garden too.

Another option is to leave the tree on concrete/ a patio and wait for the needles fall off. Once they've fallen off, collect the needles and use as a mulch for acid-loving plants such as blueberries.

Use the branches -

If you strip the branches off the trunk, these can be used to protect your plant and flower beds during the colder months. One way to do this is to create a frame from the branches and cover it with frost protection fabric. Branches can be bent into an arch which you then cover in the fabric to protect delicate plants, or twisted together to form a wigwam shape over larger plants. Make sure you secure the fabric so that it doesn't blow away if it gets windy.

Alternatively, try intertwining the branches and using them as insulation at the base of winter-tender landscape shrubs or rose bushes.

Recycle it -

If you're not able to, or don't fancy trying any of the above ideas, the simplest way to dispose of your Christmas tree is to recycle it.

Many garden centres and plant shops are happy to take old trees and will turn them into wood chippings for use in someone else's garden. There are also conservation schemes throughout the UK that welcome old trees.

Both Nottingham City Council and Nottinghamshire County Council will be running Christmas Tree recycling schemes this year.



Festive Wreaths

With the tradition of the Christmas tree and the increasing popularity of bringing this evergreen into the home, came the tradition of wreaths.

This was due to part of the preparation process being to prune the tree. The excess parts cut from the tree were woven into wreaths and hung on doors or walls.

Together, the circular shape
and the evergreen material
make the wreath a
representation of eternal life



Have a go

What you will need:

- Gloves
- Thin wire bent into a large circle
- Thin twine or gardening wire
- Evergreen foliage - ivy, conifers and spruce all work well
- Decorative berries, flowers, pinecones and extra foliage such as moss. Dried oranges and cinnamon sticks are also a lovely way to add a festive aroma

The process:

- Begin by using your wire to create a large circle, this forms the structure to your wreath.
- Start twisting the evergreen foliage around the wire. Aim to wrap the stem of the leaves and keep the end of the leaves facing out. Then tie this into place using the twine or gardening wire.
- Keep repeating this process until the wire is covered.
- Bulk out the wreath using extra foliage such as ivy, holly and moss.
- If you want to add colour, do so now using flowers to brighten the wreath, continue to secure everything in place using the gardening wire or twine.



- The final stage is to add in the decorative items such as the berries, pinecones, dried oranges and cinnamon sticks if you choose to use them.
- Your festive wreath is now complete. Add it to your door and enjoy!

Modern Traditions

Another popular tradition at Christmas is the Panto.

What's your favourite pantomime story?

Did you know pantomime's originate from Italy and date back to the 16th Century?

The pantomime's we know and love today were developed from the Italian street theatre of the Commedia dell'arte. Small companies toured in Italy and France and performed in market places and fairgrounds to tell stories of the old man Pantaloon, the clown Pierrot, and Columbine - the girl in love with the naughty servant Arlecchino.

The plays were full of comedic moments, singing, and dancing, and featured a stock of familiar characters; a formula that continues to be used today. Can you name the five stock characters you can expect to see in a pantomime?



The V&A, The Story of Pantomime

By the early 18th century, Commedia characters began to appear on the London stage in early pantomimes. They were based on classical stories, but were set to music rather than featuring any speech. This was due to a theatre license that was in place restricting the use of spoken word in performances.

The Theatre's Act lifted the restriction in 1843 which revolutionised the way Theatre and pantomimes were enjoyed. All Theatre's could now produce plays with spoken dialogue. Witty puns, word play and audience participation were incorporated into performances.

Pantomimes combined nonsense tales with social satire, commenting on current events and innovations.



By the late 19th century the most extravagant productions at the largest London theatres could last up to five hours and featured clever stage tricks, stunning costumes and huge casts. It became customary for pantomimes to open on Boxing Day, forever linking this entertainment with Christmas and family.

Pantomime became popular on a smaller scale too with families and friends performing pantomimes in Toy Theatre versions, with cardboard characters and abbreviated scripts.
(The V&A)

Can you remember the first panto you ever saw?

What was the last panto story you went to see?

Join us

In Nottingham we have two brilliant theatres that have an annual pantomime. Nottingham Playhouse has been one of the leading producing theatres since its foundation in 1948 and they are providing us with the opportunity to have a special screening of their pantomime in January.

This year's performance is Beauty and The Beast.

See how this classic fairytale has been adapted for the stage and works as a pantomime. With the same well known storyline there'll be added humour thanks to some hilarious characters and plenty of singalong moments.

Expect the sets to be stunning and the costumes to be glittering in this renowned production by Kenneth Alan Taylor.



Grab a seat, and settle in for a fun and cheerful afternoon, we'll provide the mince pies and drinks, and Nottingham Playhouse will provide the entertainment.



Where: 25 Prospect Street, Radford,
Nottingham, NG7 5QE

and

Beechdale Community Centre, 1
Ambergate Road, NG8 3GD

When: Dates to be confirmed - keep an
eye out on our website for details



ARTSPEAK PARTICIPATE

*Challenges, exercises
and opportunities*

We challenge you to...



Have a go at responding to any of the following questions and statements using the art medium of your choice.

The best part of your day is...

What has made you smile today?

What's your biggest inspiration?

What gives you hope?

Your mood lifts when...

How will you choose to answer?

Through Visual Art - painting, drawing, craft etc?

Through Photography or Film?

Through Creative Writing or Poetry?

Maybe you'll use a range of art mediums. If you want to develop this idea, you could choose to respond to one question or statement over a series of days, or weeks and build up a visual diary.

Or, you could respond to a few of the statements and questions by exploring which medium helps you interpret this best and which one you enjoy working in the most.

Other things to try - writing

Friend Bingo

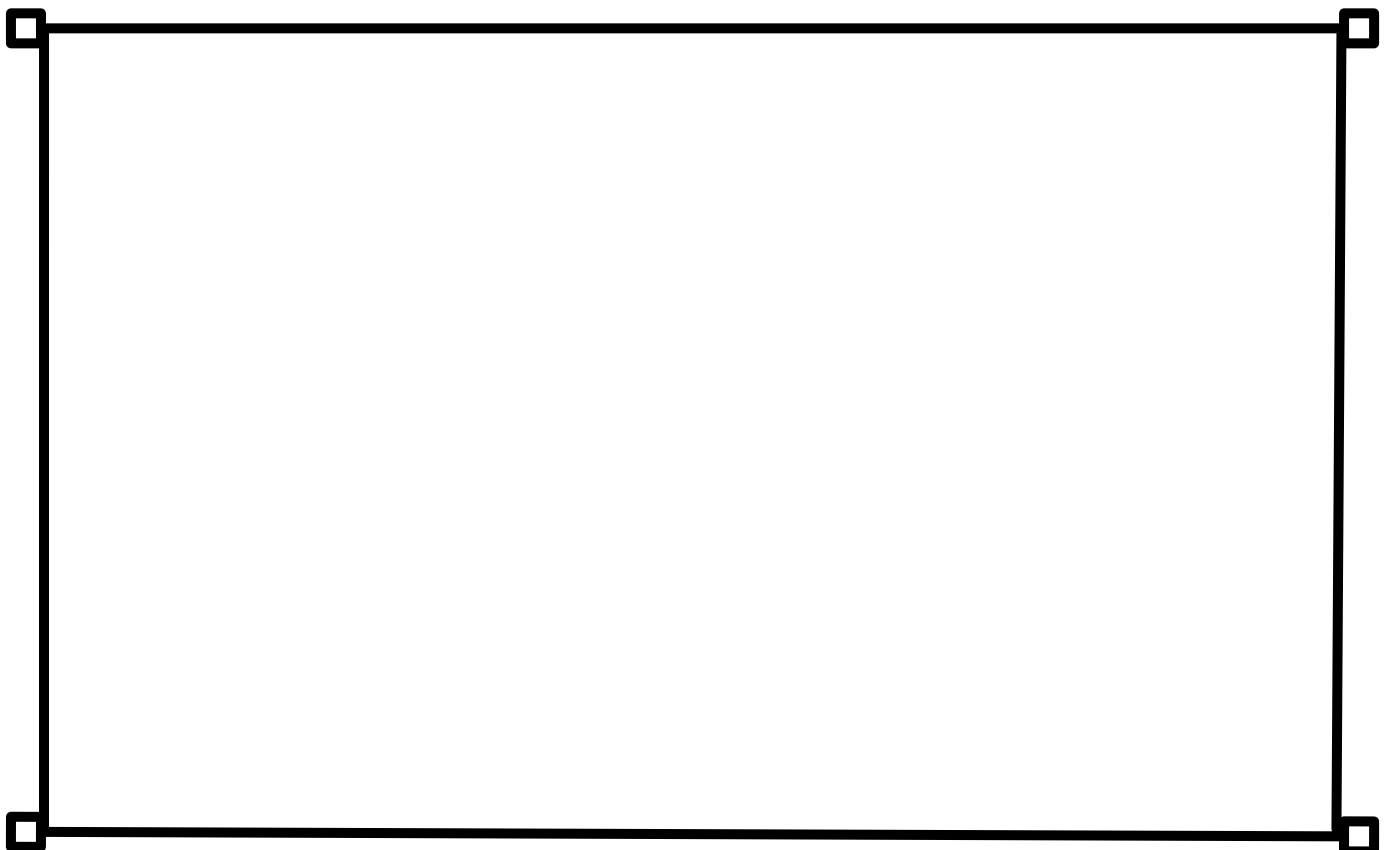
For a bit of fun next time you have a conversation in person, by phone or text with different friends, neighbours and relatives, find out a few things about them and play friend bingo! See how many of these you can tick off, can you get a line, or even a full house?

Has two pets at home	Has a birthday in March	Plays or used to play a team sport	Can speak another language
Plays a musical instrument	Has been to Italy	Has met someone famous	Can make their own clothes
Has a younger sibling	Has been divorced	Has eaten some cake today!	Has a tattoo
Has been on the TV or radio	Has worked in healthcare	Has ridden a horse	Is allergic to something

The Magic Box

Here is a magic box, it can contain anything in the world. Add things to it by either writing or drawing it in the space below. Set a timer for two minutes, press start, then start entering items into the box and keep going until the timer goes off.

This is a timed exercise designed to get your brain thinking freely and quickly. Try your best not to think too deeply about it beforehand and just write or draw the first things that come to mind once you start...



Fill in the blanks

There are sections of this story missing. Can you fill in the blanks to make sense of it? Read the whole page first so you can understand where you are heading to, with the blank lines. Go as far as you like with your imagination.

Petunia was walking down the street when suddenly she came across a small cat. The

cat.....
.....

Once she had cleared that up, she continued to her destination, the small cat still following her. She arrived at the bus stop and went to sit down. However,

.....
.....
.....

It never crossed her mind that her day had taken an unusual turn, as she was an easy-going lady. So, she picked up the cat and placed it in her larger than normal handbag, hoping it would stay quiet. The bus finally arrived, and she got on. Just as she was about to pay

.....
.....
.....

Well, that might have been enough to put off someone else, but not Petunia. She sat down, admittedly feeling a little disheartened. The bus pulled off and finally she felt optimistic that she'd soon be where she was supposed to be. She daydreamed a little, as she stared out of the window of the bus. She suddenly saw the park, which meant it was time to get off. Her friend was there to meet her, and finally

.....
.....
.....

The end.

If you want to push your imagination even further and could have a go at doing this type of exercise with a friend or relative. Start off the beginning of a story then take it in turns to add a line or a paragraph and see how it unfolds.

These writing exercises have been put together by poet and writer Helen Goodbarton. Helen is working with us on some workshop delivery at Beechdale Community Centre throughout November and December.



New Year Opportunities -

DANCE

Dance is a transient mode of expression performed in a given form and style by the human body moving in space.

We're excited to announce a unique opportunity for people who live locally to come together in a group to look at how we go about imagining, watching, thinking, sharing and moving in our everyday lives.

You will become part of Cool Company, a brand-new dance improvisation ensemble delivered by choreographer and dance teacher Deane McQueen, which will be radical in method and approach. Key to the sessions will be the integration of social and creative elements.

This is a new experience, full of movement and joy for 2022. A safe, warm space where the sessions will take place at Dance 4 iC4C (International Centre 4 Choreography) awaits. No prior dance or movement experience is required.

Intrigued?

This is a pilot project that will take place over the course of four sessions.

Sign up now by clicking [here](#)

When: 17, 24, 31 January and 7 February

Where: Dance 4, iC4C, 2 Dakeyne Street, Nottingham NG3 2AR

What to wear: Loose, comfy clothes, barefoot or socks

What to bring: Your sense of fun and imagination!

Fee: £20 for all four sessions

Meet the Artist:

Deane McQueen is a professional director, choreographer, producer and retired Head of Performing Arts, Leicester College. Founder member of Dance 4, her interdisciplinary performance, immersive theatre and live art projects have been funded by Arts Council of England.

Productions have toured nationally, and live artwork has been televised, performed in galleries and selected for festivals. She is also an associate member of Backlit Gallery.



Artspeak Ambles

WORD WALKS WITH NOTTINGHAM POETRY FESTIVAL

We are going to be teaming up with Nottingham Poetry Festival to give you the opportunity to take part in a *Word Walk*.

A **Word Walk** is an outdoor creative writing workshop for anyone interested in getting into poetry or who wants to develop their writing skills.

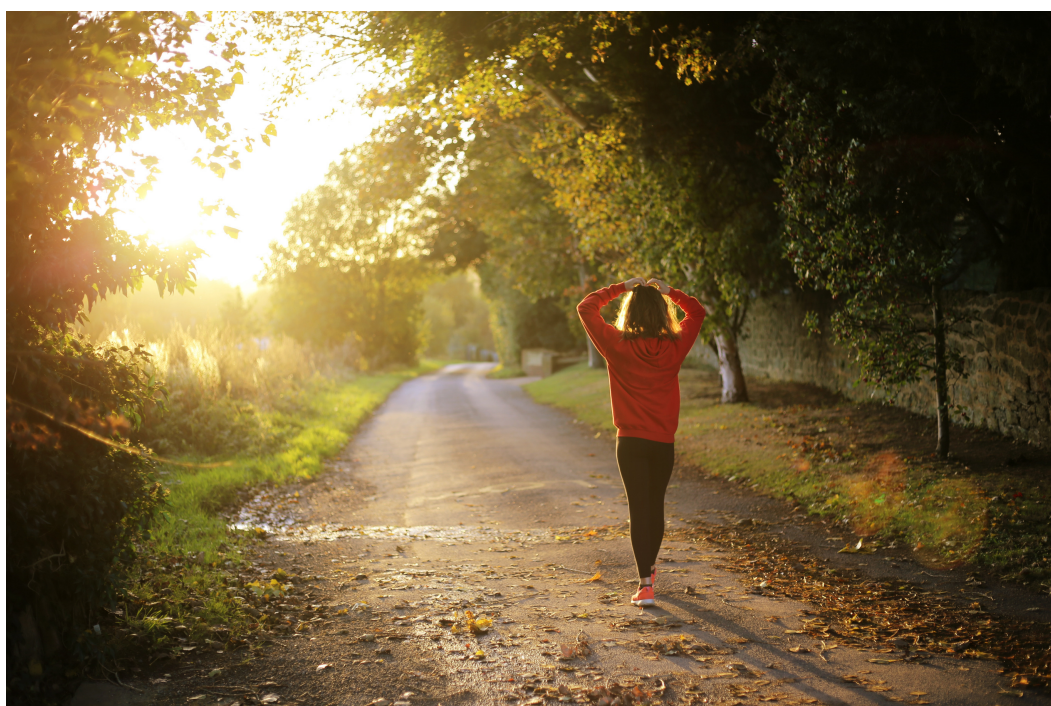
During the walk you'll be encouraged to creatively respond to the environment around you. Led by a writer you'll receive prompts and assistance to help you get the most out of the two hour session.

The aim of the walks delivered by Nottingham Poetry Festival is to prepare for the next Festival in May 2022. They want to place local communities at the centre of the work they do through this project all about Positivity and Positioning.

If you are happy to share your work at the end of the walk, two pieces of your work will be collected and published in a publication for the launch of the 2022 Festival in May.

When: Monday 28 February 2022, time and location to be announced.

If you'd like to express an interest and receive updates about this walk please get in touch with us at artspeak@radfordcaregroup.org.uk



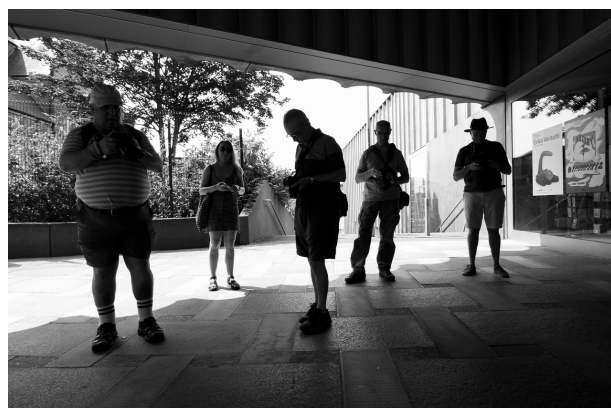
Other opportunities

JOIN OUR PHOTOGRAPHY NETWORK

Our walks are delivered by Photographer Mervyn Mitchell and are a fun, sociable opportunity for you to get into photography or hone your skills.

Each month the walk takes place at a different location and focuses on a different genre. Ideas and interests from participants are always taken into consideration when planning the walks.

Tasks and challenges are incorporated and Mervyn offers advice, encouragement and feedback throughout.



Upcoming dates:

Wednesday 8 December, 11:00 - 13:00

As the weather turns cooler, it's a good excuse to get indoors and explore the grandeur and beauty of some of the City Centre's churches. St Peter's and St Mary's will be the focus of this month's photography walk, as well as a visit to the latest exhibition at Nottingham Contemporary. Click [here](#) to book

Visit our Creative Workshops page on our website to keep up to date with future walks, 2022 dates will soon be announced. Click [here](#) to view.



COME AND JAM AT OUR MONTHLY MUSIC NIGHT



WHEN: The last Tuesday of each month, 19:00 - 21:30

WHERE: 25 Prospect Street, Radford, Nottingham, NG7 5QE



Our free, monthly Just Jamming music night is led by local jazz musician and improviser Joe Egan.

This is a fun, welcoming and relaxed event giving everyone who comes along the opportunity to improvise and perform together. No matter what level of experience and practice you're at, this is great chance to have a go and make some noise! Throughout the evening improvisation games will be played along with more traditional playing of jazz standards and blues forms.

Specifically a platform for older musicians, however this event is open to all ages and we welcome audiences to come and listen too.

JOIN OUR THEATRE GROUP - KINDRED SPIRITS

Our Theatre Group is open for new members!

They've been meeting online and under the canopy of the trees in Wollaton Park but will be meeting back indoors in our light, bright and airy Centre at 25 Prospect Street from February, and are looking for more people to join their theatre journey.

Sessions are fun, experimental and explorative, essentially they're an opportunity to PLAY, and new ideas, voices and characters are wanted.

When: Thursday afternoons 15:00 - 17:00

Where: 25 Prospect Street, Radford, Nottingham, NG7 5QE

Future dates:

Thursday 3 February - Introductory session

Thursday 10, 17, 24 February, 3, 10 & 17 March (Sign up for all six sessions)

If you'd like to find out more and are interested in joining please get in touch with us at artspeak@radfordcaregroup.org.uk or visit our **Creative workshops** page on our website.

Led by Artistic Director Tanya Myers with Artistic support from Stephen Lowe, Kindred Spirits launched in 2019.

In March 2020 the indoor sessions were forced to stop due to the global pandemic, however, the enthusiasm and desire to stay connected whilst continuing to experiment and improvise, remained.

The group found emails to be the best form of communication and each week were presented with a new missive to respond to. These improvisational tasks involved working in the mediums of poetry, creative writing, film and photography. This work was then taken online via zoom where conversations could continue, and the work that was beginning to take shape could be questioned and further developed.

As lockdown eased, the group regrouped outdoors and throughout the summer months they have been using the canopy of the trees at Wollaton Park as their Theatre space to move, and play in.

To read more about the group and see what they're working towards click [here](#) to view the Kindred Spirits page of our website.

Their written work has been compiled and can be viewed in a digital book by clicking [here](#)



JOIN OUR ADVISORY GROUP

Do you have time to give to our arts programme; do you have creative ideas; are you passionate about the role of culture in life; are you aged 60+ and live in, or near to Nottingham?

If you are still reading, we would like to hear from you.

We are looking for some people to share ideas, raise issues around cultural entitlement, help us shape our work and the role ArtSpeak plays in the cultural offer of the city and beyond.

We use the arts to address issues facing people as they age, which can include social isolation, cultural stigma, confidence, and economic barriers. These issues and others can prevent some people from enjoying a more culturally fulfilled life, which we believe contributes to health and wellbeing. As part of our planning and decision making, we are looking for people aged 60+ to join our steering group. The role of this group is to inform and make decisions about what we programme and who we programme for.

Steering group members responsibilities:

- Our steering group will meet regularly (every 8 - 12 weeks) to review our programme and help us set up what we do next.
- You will be a representative of our target/client group.
- Help us evaluate our work by attending sessions and talking to members who join in.
- Help instigate new ideas for sessions / workshops / visits and commissions.
- Advise on areas geographically where ArtSpeak could work to engage with our target group.

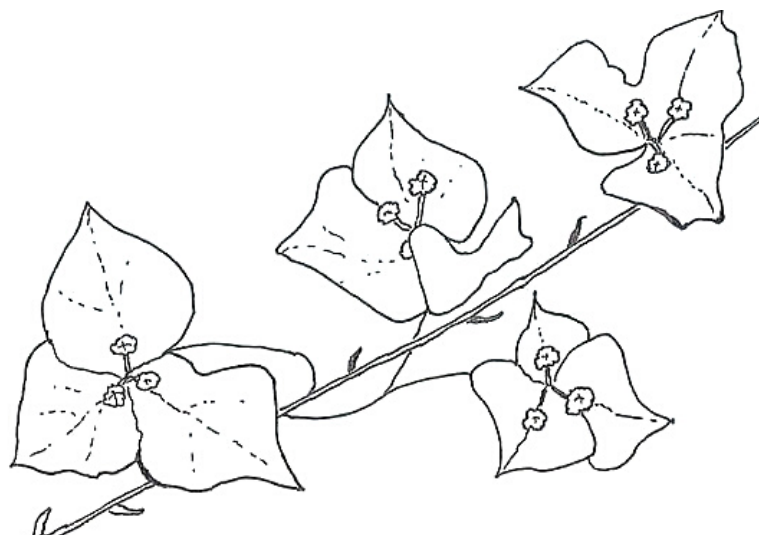
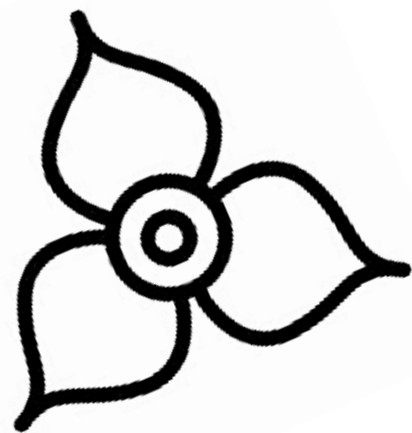
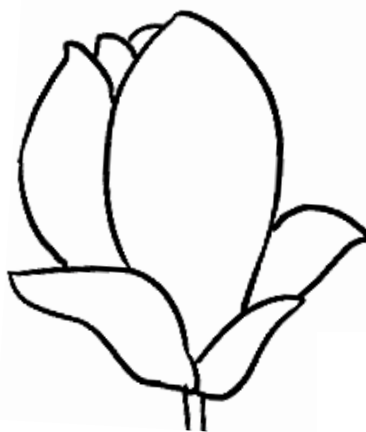
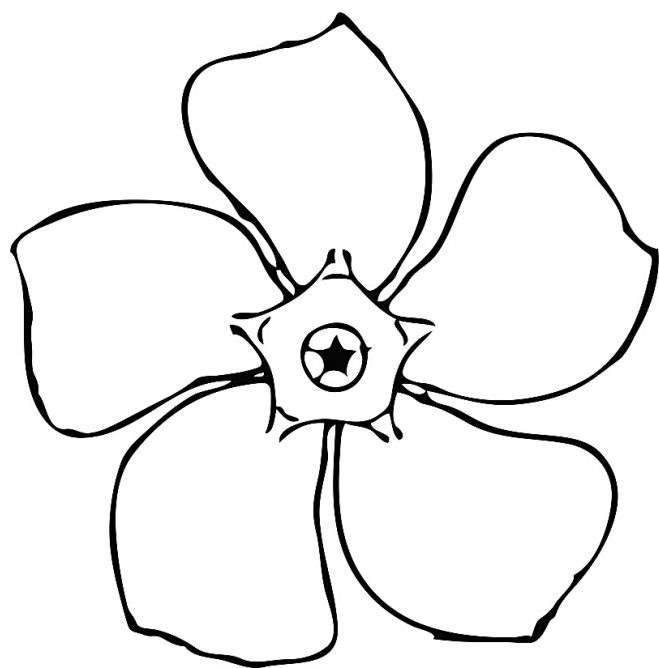
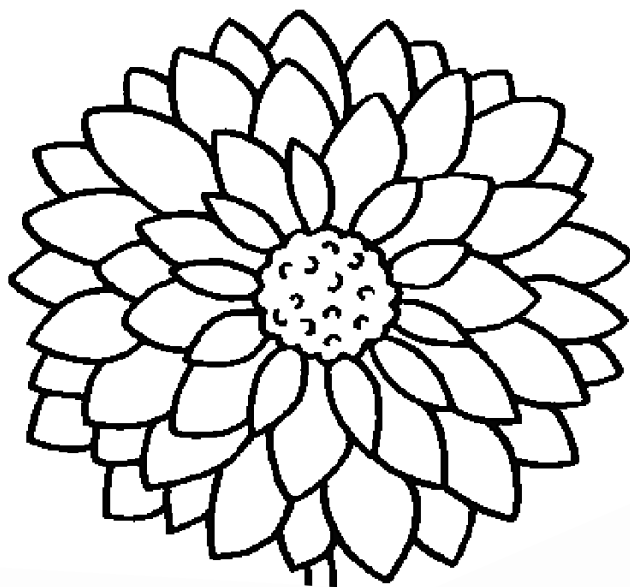
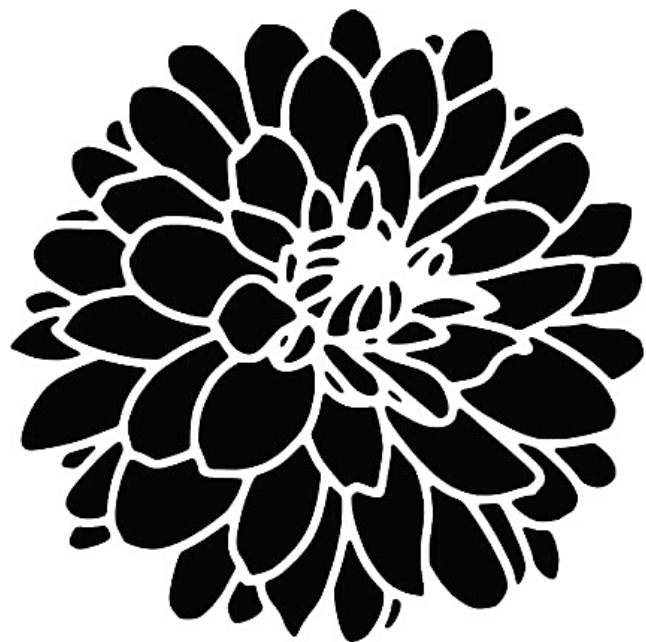
What you can expect from joining us:

- We will endeavour to work with you to help you realise ideas that are generated by the steering group.
- Organise fact finding missions to see what other areas are doing with the arts and older people.
- Work with you to raise the profile of older people in the city and generate new ways of working in different areas that you feel are important.

If you are interested in joining us and finding out more please get in touch with us by emailing artspeak@radfordcaregroup.org.uk or calling 0115 978 6133



Flower outlines and stencils for printing/painting - Inspired by Frida Kahlo
As mentioned on page 6

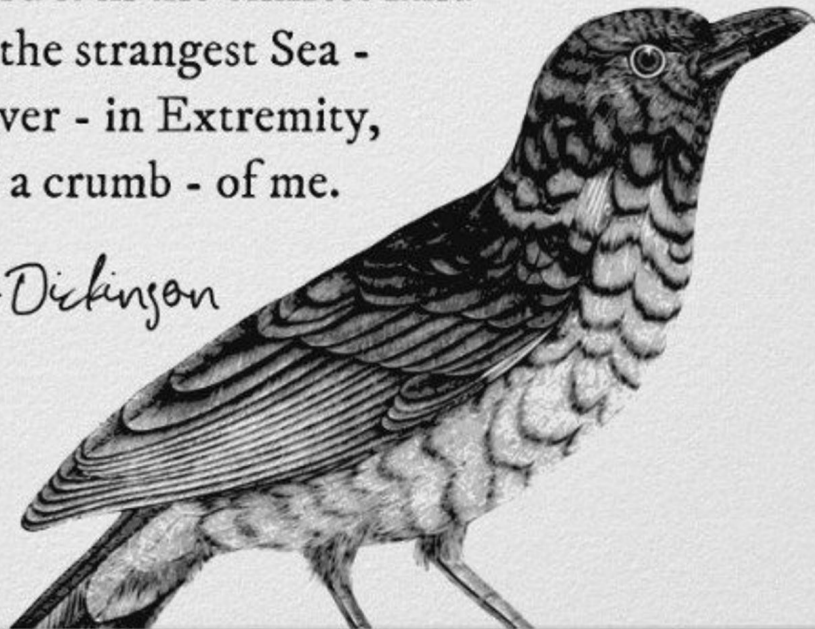


“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I’ve heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

Emily Dickinson



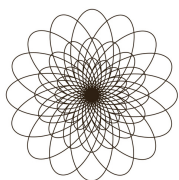


ArtSpeak@radfordcaregroup.org.uk

0115 978 6133 / 07579067442

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ARTSPEAK
Art, Activities & Friendship
FOR NOTTINGHAM'S 60+



Supported by the Big Lottery Fund