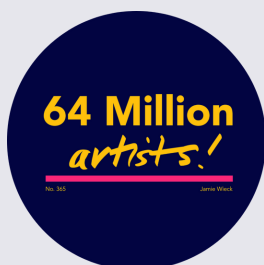


CREATIVE CHALLENGE PACK

Four fun and accessible creative prompts
designed by Carers UK members to celebrate
Carers Week, 5th - 11th June 2023



CARERS UK & 64 MILLION ARTISTS CREATIVE CHALLENGE PACK

ABOUT THE PACK AND HOW TO USE IT

64 Million Artists work with different people and communities to co-create programmes and tools to catalyse creativity across the UK. They linked up with Carers UK to bring you this pack! Inside you'll find a selection of fun and accessible creative challenges, designed by unpaid carers, alongside tips and thoughts on what creativity mean to them.

A creative challenge is a prompt to inspire creative action - an invitation to Do, Think and Share - to try something new, connect with yourself and those around you in different ways, and have fun!

There is no wrong or right way to take part in the challenges or use this pack. You could read them and see where your imagination takes you, spend 5 minutes, or 5 hours bringing a creation to life!

You could print the pack and use the templates provided to respond to the challenges, or print and cut out the flash cards to have ready to use and revisit whenever you like.

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ABOUT CARERS UK

Carers UK is the leading national charity for carers. They support, advocate for, champion and connect carers across the UK, so that no one has to care alone. Their key services and vital support provide a lifeline to unpaid carers at a time when they most need it.

Registered charity number 246329 (England & Wales) and SC039307 (Scotland)



ABOUT CARERS WEEK

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. Carers Week 2023 runs from Mon 5th – Sun 11th June.



ABOUT 64 MILLION ARTISTS

We are all creative. 64 Million Artists explore the impact of how our individual and collective creativity can make positive change in our lives and the world around us.

Working with communities, schools, universities, cities, workplaces, cultural institutions and health and government bodies - they run programmes to catalyse creativity across the UK.



WE ASKED UNPAID CARERS, "IF YOU HAD A BLANK BILLBOARD AND COULD SHARE ANY MESSAGE WITH THE WORLD, WHAT WOULD IT BE?"

Still I Rise

"Carers go through storms on a day to day basis, but we get up and still carry on."

Focus on enjoying something everyday, appreciate the little things in life.

Toot if you support Carers!

I care,
I am an unpaid carer,
Do you care?

Live Life

"We're all here on Earth to live our lives, no matter what is going on we need to enjoy the flowers, friendships, the planet - as much as you can."

WHAT WOULD YOU SHARE?

DO

What does the word 'care' mean to you?
What does caring for someone feel like?
What is your experience of being cared for?

In any medium you'd like, find a visual way to represent any feelings or challenges that come up for you in answer to those questions. You could create a drawing or collage, using the space below. Or you could finish the sentence 'I care.....' and see where your words take you.

THINK

How could you show care for somebody, something or yourself this week?

SHARE

Share your creative response on the Carers Week [website](https://www.carersweek.org) by saying 'I CARE...', share with someone you care about and invite them to join in. Visit www.carersweek.org

TO CARE FEELS LIKE.....



DO

Create a piece of writing or a poem about a day in the life of you. For inspiration, think about three actions or routines you do in a typical day. Your piece of writing could revolve around colours you see, noises you hear, sensations you feel, or the objects in your immediate environment.

It could be fact or fiction, a memory or dream, funny or sad, anything goes. Fill up the lines below, as little or as much as you like.

THINK

Do you notice anything new, about a day in the life of you, that you didn't before?

SHARE

Read your piece of writing out loud to someone, keep it to yourself. Share your response with us online with the hashtags #CarersWeek #64MillionArtists



FLOWERS GROW

CREATIVE CHALLENGE 3

DO

Go for a wander, or look outside a window and take notice of things you find that are growing...do you see flowers blooming or clouds forming new shapes? Take a moment to reflect on how you are growing as a carer, or in anything you do.

Create a poster that demonstrates how you are growing - if you are the flower, what is watering you and what is keeping you grounded. Use the template below for some visual inspiration if you like.

THINK

How do you support others to grow?

SHARE

Share your poster with someone you care about and invite them to create their own. Share your response with us online and hashtag #CarersWeek #64MillionArtists



DO

Use music to invite joy into your life or someone else's today.

You could write a song for someone or make a rhythm using the objects you have around you. You could put on your favourite song and take a moment to reflect on the memories it brings back, sing or dance along to it like no-one is watching. Or put pen to paper in the space below and see what the sounds inspire you to draw!

THINK

What is your first music memory?

SHARE

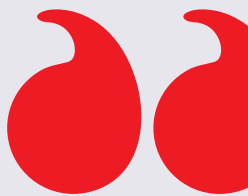
Share your rhythm or song with anyone you like and invite them to join in. Share your response with us online and hashtag #CarersWeek #64MillionArtists



HOW DOES CREATIVITY SUPPORT YOUR WELLBEING AS CARERS?



For me the caring is what makes me creative, it's the thoughts, feelings and emotions that I write about.



I use (creativity) as a distraction. I can talk about memories and the past to lift mood for the person I care for.



I have started a vegetable patch in the garden, again after going on a carers local course, and learning things with Carers UK sessions on gardening.



We all agreed during the recent session that planting seeds was a wonderful way of bringing colour and joy to the world around us, seeing living and growing things of beauty is good for the soul.

PRINT THESE FLASH CARDS AND RE-VISIT THEM WHENEVER YOU LIKE.

"You could create a treasure hunt, or place the cards in different places for them to find - to help encourage those you care for to make their own decisions"

I CARE

What does the word 'care' mean to you? What does caring for someone feel like? What is your experience of being cared for?

In any medium you'd like, find a visual way to represent any feelings or challenges that come up for you when answering those questions. You could create a drawing or collage. Or you could finish the sentence "I care....." and see where your words take you.

TODAY

Create a piece of writing or a poem about a day in the life of you. For inspiration, think about three actions or routines you do in a typical day. Your piece of writing could revolve around colours you see, noises you hear, sensations you feel, or the objects in your immediate environment.

It could be fact or fiction, a memory or dream, funny or sad, anything goes. Fill up the lines below, as little or as much as you like.

FLOWERS GROW

Go for a wander, or look outside a window and take notice of things you find that are growing...do you see flowers blooming or clouds forming new shapes? Take a moment to reflect on how you are growing as a carer, or in anything you do.

Create a poster that demonstrates how you are growing - if you are the flower, what is watering you and what is keeping you grounded.

THE POWER OF MUSIC

Use music to invite joy into your life or someone else's today.

You could write a song for someone or make a rhythm using the objects you have around you. You could put on your favourite song and take a moment to reflect on the memories it brings back, sing or dance along to it like no-one is watching. Or put pen to paper and see what the sounds inspire you to draw!

CREATIVITY IS...

...ME!

...HAPPINESS.

...UPLIFTING.

...ESSENTIAL.

A huge thank you to the members of Carers UK who designed the challenges in this pack, for sharing thier creativity and sparking ours!

THANK YOU FOR TAKING PART!

We hope this creative challenge pack has provided inspiration, and that whatever journey it has taken you on, you feel encouraged to continue exploring your creativity in new ways. Visit carersweek.org to find more ways to get involved and continue your support for unpaid carers!

WANT TO BECOME A MEMBER OF CARERS UK?

Membership is FREE and provides access to the online forum Carers Connect, news and information plus Caring the members magazine.

Join by visiting: carersuk.org/get-involved/join-us/

WANT TO TAKE PART IN MORE CREATIVE CHALLENGES?

Join 64 Million Artists programme 'The Weekly Challenge' and receive weekly inspiration and creative prompts from inspiring communities across the UK. A new, fun and accessible challenge is shared every Monday throughout the year, direct to your email inbox.

Take part in the challenges with those you care for, your community or individually to build creative connections and have fun!

Sign up here for FREE: tinyurl.com/theweeklychallenge

