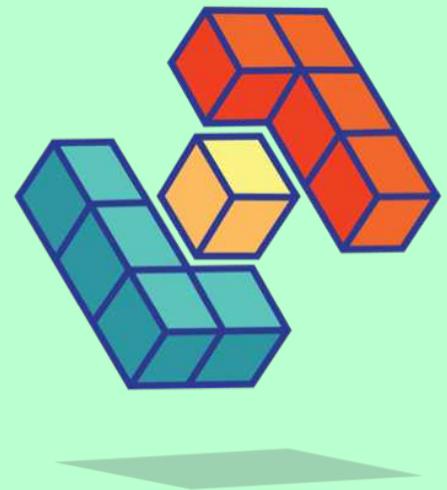


ENJOY AT HOME

A CREATIVE NEWSLETTER FOR ARTS TOGETHER PARTNERS

We've had another week of great conversation and creativity, and have some lovely contributions from Arts Together partners to share with you in this week's newsletter. There is so much lovely stuff going on in the wider Leeds arts network, it's inspiring to see.

This week we have an activity from a Leeds based artist and illustrator, Sven Shaw. We also have a call out for some film submissions to help us to create a short video with messages of positivity. The more people and organisations we can get involved with this, the better, so please join us! Keep going, stay creative, and have a great week! From everyone at Fall Into Place.



This a positive source to bring Arts Together Partners and service users together. How are you adapting? Are you doing anything differently that you'd like to share? **Let's keep going and collaborate remotely!**

Draw your own cartoon

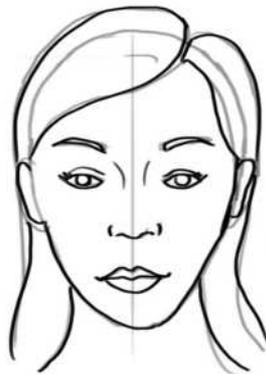
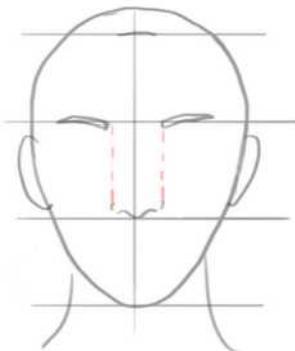
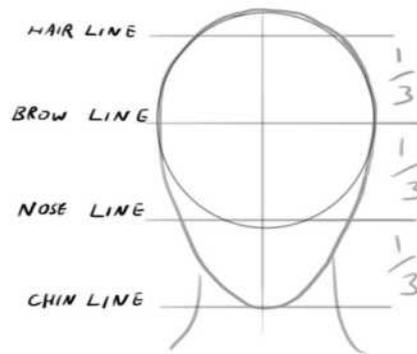
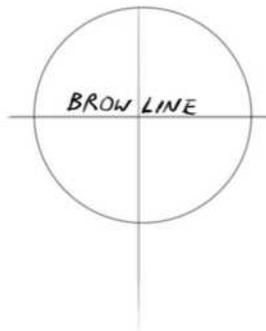
With some help from artist and illustrator Sven Shaw, you can create your own cartoon face. You could follow this guide as a starting point, then add some of your own details to create a new character. Just have fun with it!

How to draw...

A FEMALE FACE



With Sven Shaw



A reading of hope.

Fall into Place want to put together a short video of people from across Leeds reading out messages of positivity - this could be a poem, short story or song with a positive message.

how to get involved:

Film yourself, or record a voice note if you don't feel comfortable being on film, and send them to arlie@fallintoplace.co.uk.

We will put these videos together in a few weeks - the aim is to create a film of positivity to brighten someones day!

Appreciating the little things

The photography activity has continued to be popular this week, and we have got some lovely contributions from people's gardens...

#EnjoyAtHome



Lindsey D

...Arts Together Partners appreciating the little things



Peter M



Send your photos to arlie@fallintoplace.co.uk so we can share them in the next newsletter.

The daisy-chain story - continued!

Where will you take the story? **Peter M** created lovely a poem. You can put your own stamp on it too!

Lily lay back on the grass and stretched. She thought it was just going to be an ordinary day. But little did she know, in three minutes time, her whole world was about to change...

As she looked up into the cloudless blue sky, enjoying the sun's warmth on her face, and the scent of mown grass, a pinpoint of light appeared above her. Slowly it grew bigger and bigger and brighter and brighter until...

Kath

A scream suddenly came out from the woods nearby! Lily ran towards the little girl, both of them arms outstretched, then through her tears Milly, the little girl, said her brother had gone into the river to rescue their dog and got stuck. He was now clinging to a branch...

Peter S

Lily was just that...
coloured bliss
a pink and white and subtle green
a picture
her roots, well down

her eyes closed
thoughts began to burst
and blossom in her mind
her seeds were pollen grains
and she knew it kept her sane

she heard an approach
a beating of wings
her face went into shade
as the great yellow beast
landed on her nose.

'What do you suppose?' it said in a honeyed voice!

Lilly lay back on the grass
she massaged herself again with sunscreen
and sipped a can of Coke.
'Move along there' ordered another voice
'there's no sunbathing allowed in the park!'

*Keep the story going! Add a couple of lines and let's see where the story ends up.
Email your contribution to arlie@fallintoplace.co.uk*

Loneliness in Lockdown - you are not alone

Loneliness is a hard feeling to sit with; everyone is feeling this to some degree during this strange time. We want you to know that, whatever position you're in, your feelings are valid and completely normal. We are only human!

Here are some tips that you find helpful to lift some loneliness:

- Focus on one day at a time
- Stay in touch with loved ones and friends
- Plan something for the future
- Do something together - we can't be together physically, but we can make it feel as though we are! Do the same activities, such as reading the same book or watching the same film
- Reach out if you need a helping hand

NICE NEWS THIS WEEK



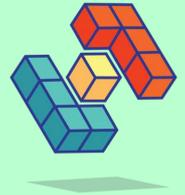
Keep Calm and Craft on!

Kath has been using her lockdown time to get crafty. She has been making Christmas decorations to sell on eBay nearer to December. Very impressive organisation and such lovely decorations!



Share your successes or something you're proud of within your organisation with us, so we can show it off here in the next nice news column.

Let's celebrate each other.



Adapt and Overcome!

The team over at the Lifelong Learning Centre at the University of Leeds have been pushing themselves out of their comfort zone, and finding new, creative ways to reach members. They have been learning new skills themselves, such as navigating the world of Facebook and Instagram LIVE to reach people in their homes. I'm sure we can all relate to the trials of adapting to online life!

If you received a printed version of this newsletter and don't have access to a smart phone or wifi, you can still get involved. Call the member of staff from your group and they can pass on any suggestions or entries you have for the next newsletter.

If you would benefit from a more accessible version of this newsletter, email us: arlie@fallintoplace.co.uk and we can get this sent out to you.