

Creative arts and advice to inspire carers (图)

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[摘要] 07 March 2007. The Creative Arts & Advice Week, set up with help and advice from Swindon Carers Centre, is designed for people who look after family, friends or neighbours, or have done so in the past.

[关键词] Creative arts;digital photography



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The Creative Arts & Advice Week, set up with help and advice from Swindon Carers Centre, is designed for people who look after family, friends or neighbours, or have done so in the past.

The week will give carers the opportunity to explore their creativity in a range of art workshops; to work with other carers in a positive and supportive environment; and to receive information, advice and guidance to help make informed and inspired life choices.

The programme will run daily from 9.30am to 2.45pm with three different sessions, with lunch and refreshments.

Information, advice and guidance sessions will cover CV writing, presentation, how to set up your own business or work from home, and returning to education. This session will be led by University tutors and advisers and other guidance experts, with the opportunity to ask questions.

Creative sessions will provide stimulating and supportive workshops featuring sculpture, shiatsu, drawing and painting, digital photography, drumming and relaxation techniques.

Finally, a brief reflective session will give people the opportunity to talk about what they have created and experienced.

"This is our first Creative Arts & Advice Week specifically for carers," said Anne Olesen, organiser of the week. "It's designed for carers who are looking for guidance and confidence to gain a clearer outlook, or those who are looking for help to work out what to do next after caring, whether full or part time."

"Feedback from a pilot course that we ran last year showed that the creative arts were a really important element of the week. Trying new things gave people the confidence to question themselves, where they were going and how they were going to get there.

"Carers will also have the opportunity to meet people who have made changes to their lives, careers or education and find out about how and why they did it."

