

Painting Trees - Report

It was a pleasure, as always, to work with individuals and families at Evanton Community Wood. We had been running various online programmes since March 2020, so it was good to facilitate some in-person events. This began with a Poetry In Motion session, which included booking first aiders from St Andrews, as a precaution, as some families had not been outside for a few months or more.

We contacted families and organisations involved in dementia care to engage more people in the Friday group. Evanton Community Wood also contacted local families. Together we were able to work with six families plus a younger man with additional support needs. We followed public health measures, bringing extra tables to divide the group where needed. We managed the assessed risks in balance with families making informed choices.

We prepared and facilitated four outdoor painting sessions based on abstract artists, building skills towards painting images of Evanton trees. People commented on how much fun the sessions were and how relieved they felt to be able to meet up again.

'Painting outdoors in this setting is heaven on earth' A.B.

'You couldn't ask for more. The good company, the art and the food. This is magical.'
J.C.

'I've not painted since I was at school. I wish my art teacher could see what I've just painted.' B.

'This is so therapeutic. It's relaxing being here and painting outside.' J.B.

'We've missed seeing people. This has been really good for us.' B and M

'We've really enjoyed the sessions and look forward to more. It's interesting to learn about the artists.' I and M

The warm welcome from previous group members, along with the food, the environment and step-by-step arts activities, enabled new families to feel comfortable. We also made arrangements with our volunteer driver to pick up a family travelling long distance. However, the family were unable to make it for these sessions after all. We sent them a card of people's tree-paintings. Some group members also spoke with the family on speaker phone from the woods. Everyone involved is keen to belong to the Friday group; to meet for social connection and become more self-managing.

We curated an online exhibition of the tree paintings, which will be online until 31st October 2021. This is the link: <https://artspace.kunstmatrix.com/en/node/7405837>
The exhibition is being publicised on social media.

The following pages contain some of the art session photographs and works of art. We would like to take this opportunity to thank Adrian, Blandine and all involved in Evanton Community Wood for booking us over the past few years, and to Life Changes Trust for the funding.

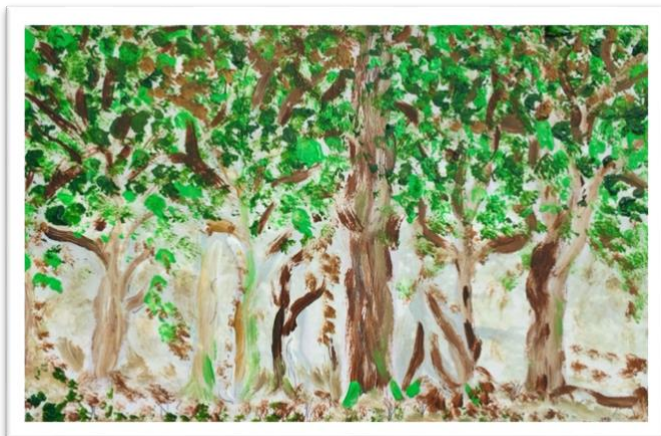
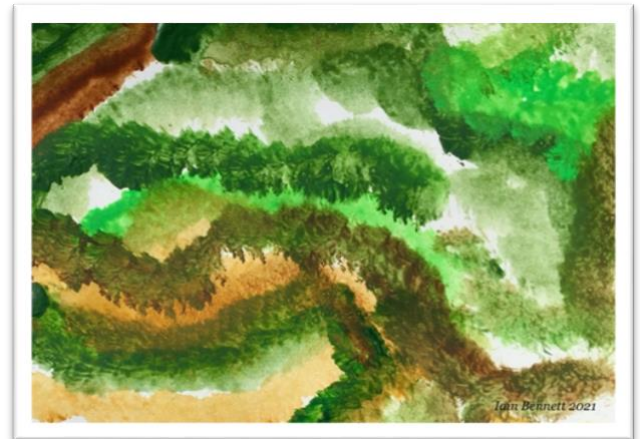
Painting Trees at Evanton Wood – The Friday Group
With Creativity In Care CIC



Outdoor painting at Evanton Woods



You can find these images and more in the exhibition. Images by Margot, Iain, Lil, Alan, Davy, Joanna



You can find these images and more in the exhibition. Images by Bob, Margaret, Annik, Alice, Blandine, Adrian and Karrie



Thank you
Karrie Marshall and Chris King
Creativity In Care CIC