

Lizzie McDougall

The Highland StoryQuilts

<https://tracscotland.org/storytellers/lizzie-mcdougall/> <https://www.scottishbooktrust.com/authors/lizzie-mcdougall>

*All patched together, by stories, songs & tunes*

<https://www.facebook.com/storyquilts>

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### **CHRISTMAS CRAFT SESSIONS WITH THE LIVING WITH DEMENTIA GROUP EVANTON WOODS NOVEMBER AND DECEMBER 2021**

Drawing inspiration from the woods the 3 sessions have focused on celebrating the time of year, making Christmas Crafts and sharing stories and memories .

The group have enjoyed taking part and we have had a lot of fun, we have also been supported very well with great lunches made by Blandine. We are very Covid aware and always have hand sanitiser and have aimed to be outside at all times, but have used the cabin when weather was very bad, but always kept the door open so that there is good ventilation. We are grateful to Adrian for always lighting the fire early so that that the cabin is warm and it is always possible to warm up

**WEEK ONE** we made **Christmas Wreaths** from materials gathered in the woods and wooden decorations of woodland animals . We used biodegradable materials and aimed to keep our wreaths environmentally friendly. There is also great friendship in the group .



We made one of the Christmas Wreaths for Margaret who came with her husband Bob to sessions during the summer but is now in hospital , so that she would have a reminder of Evanton Woods.

**WEEK TWO** we made **Christmas Santa Stockings** from pre cut felt , this was on the morning of Storm Arwen , however everyone was determined to come despite the weather , so we chose to be inside with the door open for ventilation . As part of this activity we planned some secret stocking filler presents , in the hope that the wives in particular would be able to open a surprise gift at Christmas !

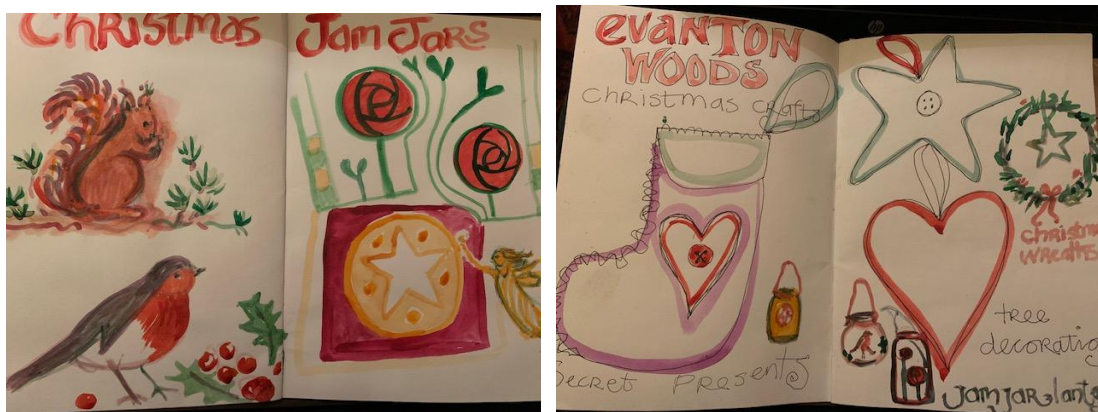


**WEEK THREE** we made **Jam Jar Lanterns** , we painted our jam jars using special water soluble glass paints .with images of the woods Including our friendly Robin who visits each week , we also often sing the Burns song we learnt during our sessions both live and online with Sam and Siannie , *Ranting Roving Robin*.



Preparing all the craft materials for each session is important to ensure that the crafts are fun to do . and I have been absolutely delighted at how well the activities have gone and how well everyone has done learning new skills . I sometimes say 'I am working you very hard' but they always reply that they enjoy having something meaningful to do . I also aim to always support all communication and having a good time as the benefits of being in the woods with a group of friends is so special . One of the important purposes of the sessions is that everyone is having a good time ,and feels uplifted and motivated and that the carers are enjoying this time too as they do so much for their partners.

### From preparing the ideas for the workshops to completing the Christmas Crafts



Merry Christmas

Evanton Woods 2021