

People we engaged with in 2016:

967 unique individuals engaged with Creativity In Care projects, plus 2616 more people through our exhibitions and talks.

People said: 'I feel better; less isolated; more connected; inspired; hopeful; valued; more able; resilient.'

Some people said 'This is better than seeing my psychiatrist; I am in less pain when I am here; I feel I am giving something to my community; I can do more than I knew.'



Keynote speaker, Calgary, Canada with WP Puppets.

Carer's said 'I've noticed how much my relative loves being here; I feel more able to cope; this gave me confidence to try a different approach... and it worked.'

Course participants said: 'This course continues to improve my practice; I've been on many dementia care courses, but this one goes wider and deeper; I really appreciate your generosity for sharing good practice and knowledge.'



The ART of Caring for Self & Others with Beauty Cares 2016

Conference attendees said: 'I felt my heart sing; I want to join you; I appreciate all you are doing; I found this inspirational.'

We delivered 9 learning programmes to 123 people (60 sessions). These included 2 courses for family carers.



We ran over 50 workshops with 844 people... such as *Healthy Brains*, *Peace Maps*, *Spring activities*, and year-long series of *Poetry In Motion* and *Moving Art* projects.



Fabric Books, Sutherland 2016 with Brora Learning centre.

Participants co-created 14 exhibitions shown in: Dynamic Earth (Edinburgh), Macphail Centre (Ullapool x 2), Perrins Centre (Alness), Joss St Hall (Invergordon), Ardross Hall; Eden Court (Inverness); The Bike Shed (Merkinch x 2) & other venues.

We gave talks at 7 conferences on: *Isolation*, *Family Carer Support*, *Healthy Brains*, *Learning from the History of Learning Disability*, *Creative Dementia Care & Creative Projects* (x2) in

Inverness, Milton Keynes, Sutherland, Brighton and Canada.



Our Seas The Day co-artists talking about their work 2016 with Birchwood Highland

In 2016 we partnered with Brora Learning Centre; Arts In Merkinch; Birchwood Highland; High Life Highland; Abriachan Forest Trust (with Criminal Justice SW); Evanton Woodland Trust; Eden Court; NHS Chaplaincy; Dying To Know; and The Highland's Scottish Mental Health Arts & Film Festival partnership.

Our biggest collaboration is with The Hilgos Foundation (USA) as we co-host the weekly on-line forum #AlzChat (since 2012) on Twitter with between 35 and 100 individuals physically engaging every Monday from USA, Canada, Africa, Australia, UK and Europe.



Our funding partners for 2016 have included:

High Life Highland; Foundation Scotland; Awards for All & Beauty Cares, with invaluable support from volunteers and staff. Thank you to all 😊

What's next?

We are excited about unfolding



relationships and connections in Highlands and internationally. Each person we engage with moves and inspires us in myriad ways.



Moving Arts at The Bike Shed, Merkinch

Our plans for 2017 include clear intentions to better finance our work, and improve our strategic thinking and planning skills.

Look out for opportunities to be part of something that combines compassion and

creativity, for what someone called a 'magical' effect.

- Membership of Creativity In Care with benefits for artists, carers and co-creators.
- Friends of Creativity In Care with regular updates on our programmes and workshops
- Exciting resources and products for sale
- Volunteering opportunities
- Creative learning opportunities
- Sponsorship agreements

We leave you with a quote much valued by Creativity In Care:

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

R. Buckminster Fuller

Wishing you all a very merry Christmas or a happy festive season and all the best for 2017

With love from
The Creativity In Care Team