

RESOURCES

Rights Made Real in Care Homes

The Right to a Cultural Life



Welcome to our Resources Collection!

My name is Paula Brown and I've experienced the ultimate blessing and good fortune to have worked with people who have dementia for around twenty years.

My first work was in collaboration with a care home in Poole, where I worked with a portrait artist and residents to create poetry about their lives from their fragments of sentences, to display with their portraits.

Since then, I've worked in Care Management, across the community, I've worked with people who have alcohol related dementias through a Substance Misuse service, I've supported activities in care homes, in particular working with people who have Parkinson's related dementias, and then I found myself in the right place at the right time to work on a Cohort One Dementia Friendly Communities project with Life Changes Trust across the Western Isles.

Working across the islands, I was privileged to be able to learn from highly skilled people from the islands and beyond, about hand-making and hand memory skills, which I have been able to embrace and enjoy for myself, and this spirit of sharing is how I have come to offer these opportunities to you and your communities.

I have worked with PhD students, Professors, Doctors and Interns, Artists and Makers, and we have produced some resources and opportunities for you to explore for yourselves. I hope that you can feel the past, the present and the future in these activities.

How to use the resources

I have created or selected the activities to be **multi-layered**, in order that you can engage with them over different amounts of time, in different ways and on different levels of engagement. For example, I have included a Christening gown and a lace scarf pattern in with the Shetland box.

You might decide to **share knowledge**, if you have experience of making such a garment, you might **share stories and experiences about a Christening or an heirloom knit**, you might **re-make the item** as a group, you might have a similar item that you'd like to share and talk about. You might like to use the additional lace pieces to **make prints or collages, or a collograph**. You might somehow **record the stories and conversations** digitally, on video or by taking notes. You might **construct a poem** from the words people say. You might like to make a **cyanotype print** through the lace. You might make a template and **create a miniature version** using the lace pieces provided, and frame it.

A Note of Caution to Tailor for your Group

Take care to select your items with your group with sensitivity. You might like to start with the scarf and see if anybody brings up the idea of a Christening gown or you might like to offer a box of patterns to look through and select because there could be highly distressing issues around baby loss or longing for babies that could be brought to the surface.

On the other hand, if people get chatting about babies, it can be a lovely lead in to washing baby clothes and hanging them out on the line (for the smell of the laundry liquids and softeners, for the feel of the suds, for the freshly laundered air-dried clothes aroma), or knitting little hats or blankets for local or international appeals. And if you need to avoid baby focus, you could wash scarves, socks, flannels or a pillowcase and hang those out for the same effects.

Here is a list of regions and the kinds of resources that will be in each box. There will also be a more general cultural box with a mixture from several regions of Scotland and some from further afield.

Shetland

Shetland Lace patterns, yarn.

Lace pieces and cyanotype paper to print with. Frames to display your creations.

Fair Isle knitting commissioned pattern, yarn, graph paper to make charts, frames to frame charts or samplers of knitting.

Shetland ponies.

Flag.

Map and thermochromic inks to stamp and print with.

Up Helly Aa & Vikings.

Orca.

Aurora Borealis.

Lighthouse.

Kishies.

Wedding Scarecrows.

Orkney

Beremeal flour and recipe to make bannocks.

Biscuits to taste.

Bannocks to taste and recreate.

Puffins.

Flag.

Map.

Orkney chairs - figurines to hold and talk about. Some Orkney chairs have a hood on the top but these are the ones without.

The Western Isles

Harris Tweed

Corncrake

Sock knitting

Cultural movement

Weaving flower looms

Thermochromic ink to stamp your maps.

Cyanotype paper to print with. Flowers? Grasses?

Gensays.

Yellow Flag iris.

Herring Girls.

Duff recipe.

Seeds - swede (turnips), carrots, onions. These can be started at the bedside.

Pottery.

Callanish stones.

Barra landing strip.

Peat cutting and creel with woven strap.

Cultural story-starter images from Margaret Joan MacIsaac of North Uist.

Road Dance cd - very timely as The Road Dance film is just about released now.

Whisky Galore! Film.

Book and Print Resources

Bunn, Stephanie (Editor) ; Mitchell, Victoria (Editor). / **The material culture of basketry : practice, skill and embodied knowledge** . London : Bloomsbury Visual Arts, 2020.

Community Resource

[Culture & Wellbeing Network Scotland Facebook Group](#)

Web Resources

<https://www.tobarandualchais.co.uk> Tobar an Dualchais/Kist o Riches is Scotland's online resource dedicated to the presentation and promotion of audio recordings of Scotland's cultural heritage. Its principal content is songs, music, history, poetry, traditions and stories, recorded from the 1930s onwards.

- <https://www.hebrideanbaskets.co.uk/> Dawn Susan, Basketmaker (Great Bernera, taught by the last basket maker in Shawbost).
<https://www.highlifehighland.com/highlandfolkmuseum/> Highland Folk Museum.
- [Scotland's National Gansey Project](#)
<https://www.shetland.org/blog/shetland-lace>
- [Harris Tweed](#)
<https://www.harristweed.org/>
- [Guga Hunting](#) from Hebridean Connections
<https://www.hebrideanconnections.com/subjects/57372>
- [Knot tying](#) animated demonstrations of knot making
<https://www.animatedknots.com/>
- [Iris leaf boat making instructions](#)
https://en.m.wikipedia.org/wiki/Leaf_boat
- [Lewis Chessmen free colouring pages from Loom Graphics](#)
<https://www.loomgraphics.shop/shop/loom-colouring-in-pack-lewis-chessmen>

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- [Lucy Robertson Designs](#) I worked with Lucy on her Creative Clans PhD project across the Western Isles and East Lothian. We explored intelligent textiles for wellbeing with communities and you can try the thermochromic paints and flower looms in your boxes. We have worked together again through Rights Made Real in Care Homes to bring you this page full of printable and video resources for your box.
<https://www.lucyrobertsondesigns.co.uk/woven-flowers>
 - [Fair Isle Museum](#)
<https://www.shetland.org/listings/george-waterston-memorial-centre-museum>
 - [Fair Isle Fisherman’s Kep pattern Facebook group](#) (£10 through the museum)
 - [Katie’s kep pattern from Shetland Wool Week 2020](#) (free)
<https://shetland-wool-week.s3-eu-west-1.amazonaws.com/SWW20-Letter-LR.pdf>
 - Splitting a herring by hand without a knife - [vimeo](#) <https://vimeo.com/174852025?ref=em-share>
 - [Sock knitting lesson](#) from Mary Kate in Leverburgh
https://soundcloud.com/user-691660098/sockknittinglesson-wavutm_source=mobi&utm_campaign=social_sharing&utm_terms=mobi_display_ads_experiment_v3.control
 - [School of Scottish Studies Archive](#)
<https://www.scottisharchives.org.uk/archives-map/school-of-scottish-studies-archive/>
 - [National Trust St Kilda page](#) <https://www.nts.org.uk/visit/places/st-kilda>
 - <https://www.lingoflamingo.co.uk> At Lingo Flamingo our mission is to promote well-being, improve cognitive health and enable life-long learning by being the leading provider of accessible language learning services.
 - <https://www.scienceceilidh.com/home-3> The Science Ceilidh is an award-winning educational organisation supporting creativity, culture, STEM, research and health and wellbeing across Scotland along with a professional ceilidh band. Our vision is to support a Scotland where everyone is confident and valued for their creativity, skills and questions, and are more equitably engaged in education, research and cultural participation on their own terms. Through this, we believe this supports active citizenship, inclusive and kinder communities and better health and wellbeing.
 - [Handfasting](https://www.gretnagreen.com/the-tradition-of-handfasting-a1015) <https://www.gretnagreen.com/the-tradition-of-handfasting-a1015>
 - [Free Lewis Chessmen colouring in resource from LOOM Graphics](#)
<https://www.loomgraphics.shop/shop/loom-colouring-in-pack-lewis-chessmen>

Purchase Links (other sources are available!)

- [Thermochromic Ink](#)

<https://www.sfxc.co.uk/collections/thermochromic-ink>

- [Cyanotype kits and chemicals](#)

https://www.redaldous.co.uk/products/jacquard-cyanotype-set?variant=36023234894&sfdr_ptcid=32296_100_506674886&sfdr_hash=d403052d23404dad4223d5052a1fd42d&gclid=EAlalQobChMI_b2ywtbK9wIV4mDmCh1euQ0QEAQYBiABEgKzWPD_BwE

- [Photographic bags](#) to protect cyanotype paper from light

<https://www.firstcall-photographic.co.uk/firstcall-black-photographic-bags-for-5-x-7-paper-pack-20/p6900>

- [Stampers - custom designs](#)

https://getstamped.co.uk/product/stamp-designer/?gclid=EAlalQobChMI_fbQ1tbK9wIVxuvCh1tbws4EAAYASAAEgJODPD_BwE

[Jamieson & Smith](#) Shetland yarns

<https://www.shetlandwoolbrokers.co.uk/>