

Human Right to Cultural Life



A Slice* about Traditions & Treasures Scottish Cultural Box

* Over 20 different strands of work took place between March and October 2022 as part of Rights Made Real Phase 2. Each of these strands was situated under one of 4 Human Rights. This Slice offers a slice of insight into one of those strands.

HUMAN RIGHT TO CULTURAL LIFE

A Slice about Traditions Treasures Scottish

Cultural Box

The Traditions and Treasures boxes were carefully curated by Paula Brown and shared with 10 care homes, and a community/volunteer centre with connections to a care home.

People living in care homes across Scotland have informed and contributed to these boxes with their knowledge, skills, responses and embodied or spoken memory. The boxes aim to offer a flavour of our right to a cultural life and a base for further exploration, following individual conversations and interests. The items in the box related to particular themes that tap into tradition, culture, crafts and creativity.

Creating the boxes grew from ripples of important and meaningful work undertaken in care homes across Scotland, working with An Lanntair, Life Changes Trust, academic researchers, artists and makers, libraries, charities, schools and community groups. Contents of the boxes were themed around Shetland & Orkney.

Activities inside the box and on our online resources list include:

- Woven flowers weaving activity and thermochromic ink printmaking from Dr Lucy Robertson's PhD research.
- Cyanotype printmaking.
- Tasting and making cultural flavours - Beremeal, crowdie, duff.
- Seeds to sow on windowsills.
- Knitting materials, tweed, lacemaking, patterns for traditional garments, yarns. A new commissioned Fair Isle pattern adapted for thicker yarn and needles by Kathryn Cape, on Shetland.
- Music, film, traditional songs.
- Old map of Shetland
- Story starter images by Uist Artist Margaret Joan Maclsaac.

The activities offer layers of engagement, for example **Cyanotypes** - the paper can be offered pre-coated or it can be prepared together as a group. An object is then placed on the paper to make an imprint. The design can be chosen and arranged on an over-bed table and then taken outside to expose to light, returning inside to wash the design in a small bowl at the bedside.

Seeds can be started on a windowsill and planted on outside. Yarns and patterns can be discussed, handled, smelled, and made as a group or individually. Recollections can be recorded. Insights can be shared with museums and historical societies.

Engaging the senses with yarns, to smell and feel. A process for creating woven flowers- that can be enjoyed for the whole process, or the texture of the finished product. Exploring the distinctive

look of an old map, without having to find your way anywhere. Listening to CD with traditional songs. The instant delight of seeing a pattern created using thermochromic ink change colour when you breath on it.

Creating Connections with the Right to Right to Cultural Life and the Principles from the National Care Standards

Some key elements of this opportunity connected with the right to cultural life and the Principles from the National Care Standards were:

- Selection of items that could be enjoyed in a variety of ways depending on people's ability
- Tapping into people's sense of identity and belonging
- Multi-sensory in nature
- Opportunity for people living in care homes to celebrate their skills and knowledge e.g. familiarity with baking with Beremeal

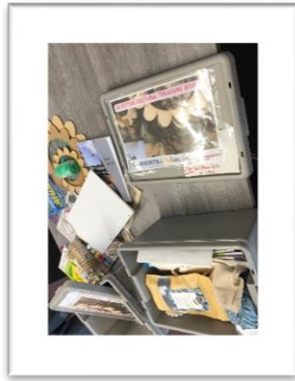
Demonstrations

Demonstrations

Here is a video , where you can see a demonstration of a research - led printmaking activity, focussing on life, breath and humans as whole people with a history, a today and a future.

<https://youtu.be/XAhUjSw96eQ>

<https://www.lucyrobotsondesigns.co.uk/woven-flowers>



1 Thing You Might Want to Do

Check out the full list of resources at www.rightsmadereal.org.uk Resources Section- Cultural Life Resources

Something you Might want to Ask or Think more About

The theme of these boxes was Shetland & Orkney- what other themes could be drawn on when creating a cultural box?

