

NORTH TYNESIDE CREATIVITY & WELLBEING WEEK

18th- 24th May 2020 :Positive Futures

A Message from Ann Cleeves

This is a strange time for us all. I'm alone at home, not meeting readers at festivals and signings, only meeting up with friends and family by phone or Zoom. But still writing. And reading more than I have for years. Reading is far more creative than many people think. The writer provides a structure, but it's the reader's imagination that fills in the gaps and it's the reader who wanders the landscape and comes to understand the characters.

There have been times in my life when I've needed to escape and books have always been there for me. In the hard times, I need a strong storyline, something with pace and vigour, heroes and villains. More reflective novels have to wait until I'm settled, relaxed, on holiday. We shouldn't be snobbish about reading, our own or other people's. If you're having a good time with a book, don't let anybody put you off it. But don't be put off either by the grand reviews in the classy papers. Those books are for you too if you choose to read them. So do use this time of solitude to be adventurous with your reading. Let it take you to faraway places, back in time and forward to the future. Let it challenge your prejudices. Or just allow yourself to escape into the story. Our libraries might still be closed, but you can still download books through BorrowBox. We might be locked down, but we can still have open minds.

**What are you
making / listening to / looking at
for your wellbeing?**

use the hashtags

#CreateWell2020 #creativityandwellbeing



North Tyneside Council



North Tyneside Libraries



@Northtynelibs



North Tyneside Libraries



Photo: Micha Theiner

Many people have turned to culture and creativity in this crisis as a preventative measure. More on the national week itself is here <http://creativityandwellbeing.org.uk/>

We are taking this opportunity to use the week to highlight the positive contribution we can make to supporting communities through the current crisis. Hopefully you will be able to take advantage of some of the activities outlined in this leaflet.

Even at this difficult time, you will have some fun doing so! Stay safe.

-Steve Bishop Senior Manager Cultural Services

North Tyneside Libraries

Children's Creative Challenge

North Tyneside Libraries have set a children's creative challenge for Creativity and Wellbeing Week. Design a house for a group of book characters to live together. Thinking of the things those characters might need. e.g. Paddington will need somewhere for his marmalade. What about a machine that spreads it straight onto the bread for him? Follow the link below for other activities and a book list where all of the titles are available to loan from BorrowBox

<https://drive.google.com/file/d/1l30rMUEGV6ejwJ7nCpoEBNDj1-eGMZY/view?usp=sharing>

Lockdown Anthology

North Tyneside Libraries are collecting poetry and prose to create a people's history of lockdown in the borough. We will choose a selection that captures a broad range of experience to be published in an ebook anthology that will be available to borrow from our ebook provider Borrowbox.

To submit your piece email
Library@northtyneside.gov.uk

See Facebook for submission guidelines.

https://fe.bolindadigital.com/wldcs_bol_fo/b2i/mainPage.html?b2bSite=6353

7 Day Creative Challenge

Making a T-Shirt bag, meditating and Phuldhani are just a few of our activities which will be part of our 7 days creative challenge. A challenge to inspire, encourage and get those creative juices flowing. Visit North Tyneside Libraries Facebook for further information

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



North Tyneside Art Studio

We look forward to a more positive future, where everyone uses their creativity to support their mental health, and so during Creativity and Wellbeing Week we are inviting everyone to join us for three special art sessions, live on our Facebook page at: facebook.com/northtynesideartstudio

Monday 18th May, 2-3pm Drawing an Adventure in association with Seven Stories

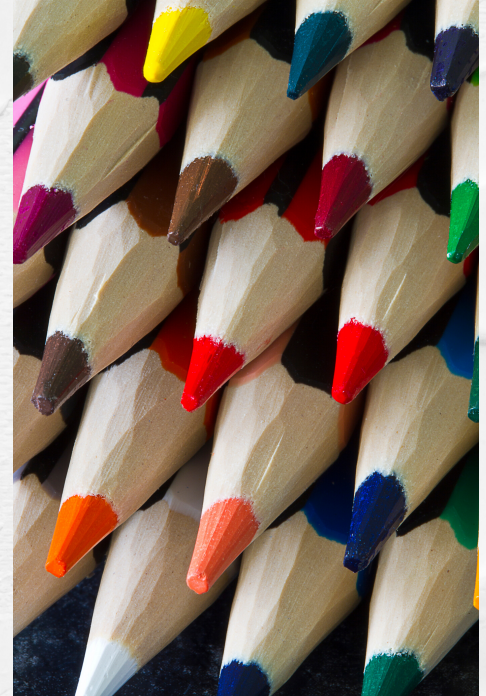
Learn to draw characters, appreciate being ourselves, and create a story together, in this all-ages session based on the fantastic artwork held by Seven Stories, the National Centre for Children's books.

Wednesday 20th May, 11am - 12pm Drawing from the Past in association with Tyne & Wear Archives & Museums

Museums can not only teach us about the past, but also inspire us to create something new. In this session, we will explore and draw from specially curated artworks from Tyne & Wear Archives & Museums.

Friday 22nd May, 2-3pm Live Sculpting Challenge and Artist Q&A

To share the importance of trying something new, artist Michael Cunliffe has challenged himself to create a sculpture live on camera, while answering questions and talking about creativity, mental health, and the importance of making mistakes.



Virtual Art Exhibition



Title: Spirit of Paris
Artist: Dot Steel

The work of local artists who had booked library exhibition space to show their work will now feature in a virtual art exhibition. The following artists work will be shown on our Library Facebook and YouTube Channel.

Dorothy Steel, Eileen Saunders, Shaun Flett, Jim Skipsey, Michael Dennison, Edward Turns & Johnny Johnson.
Poetry by Keith Armstrong

'Corona Cartoons' is a series of daily lockdown drawings by artist illustrator Steve Lancaster. His illustrations are drawn from his personal experience of lockdown and can be viewed at the following link as part of our Virtual Art Exhibition.
<https://youtu.be/4a3o6f-iyME>

"It has been a great help to me to find that I can use spot cartoons to explore pretty much every idea lockdown has thrown up, be it silly, sad, angry or hopeful."



Title: Underneath
Artist: Steve Lancaster

ArtHouses Inverted

ArtHouses is a project in which artists are invited into peoples homes to share their work with audiences. This year ArtHouses is inverted, asking artists to share works with audiences who host them in their homes through the internet.

The project will launch on May 18th and works will become available day-by-day through the week, Monday to Friday, on social media @arthouseswb (Facebook and instagram) and go to <http://arthouses.net/inverted/>



Whitley Bay Lockdown Carnival Saturday 23rd May 12noon-3pm

Think 'band aid' meets Thursday NHS and key workers applause, **Lockdown Carnival** is an invitation to get together apart, live online and in your own home to celebrate.

There will be an on line programme of live sessions, challenges, music and public contributions alongside lockdown art market live on Instagram.

The Guerrilla Lockdown Disco will be touring the streets of Whitley Bay, have a picnic, dress up and tune in.

Before the day residents are encouraged to decorate their homes, put messages and bunting in their windows, make a fun costume, be one of the Whitley Bay 'Home birds' and much more.

Follow the link for further information https://drive.google.com/file/d/1y4l4hVD5dyD-6kyVcq02b0iKhK_agGJy/view

Everything will be posted on their Facebook page [@whitleybaycarnival](https://www.facebook.com/whitleybaycarnival)



The Volunteers by Dominic Smith



Immerse yourself in this beautifully descriptive interview with Captain, Director & Quartermaster of the TVLB Dave Bell.

Commissioned by Dominic Smith for D6.

This piece will be available at the following link: <https://stories.getmural.io/isisarts/thevolunteers/>

Artist & Sculptor John O'Rourke



Sculptor: John O'Rourke
Oak Miner

John O'Rourke works primarily as a sculptor, but also creates paintings and mixed medium pieces.

John is a life member of the Royal Society of Sculptors.

Find out about his practice and his recent works on the video links below:

First video:

<https://youtu.be/2qc7WDahet4>

Second video:

<https://youtu.be/aDcYLrp65Q8>

<https://www.johnorourkeart.com>

<https://sculptors.org.uk/artists/john-orourke>

<https://www.robertwyattconstructionkit.com>



'Sentius Tectonicus' at
Segedunum Roman Fort
and Museum

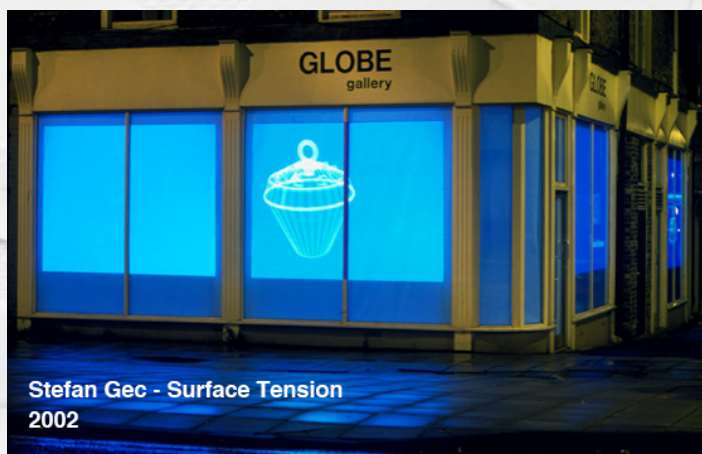
The Globe Gallery

Globe Gallery is celebrating its 25th anniversary and a rapid run through its history can be found at its

Facebook page here

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

Originally based in North Shields, the gallery is currently in Newcastle. Globe Gallery would like to thank every friend, volunteer, artist, family, supporter, organisation, funder, and person who have been a part of our wild journey for the last 25 years. Here's to the future.



Whitley Bay Film Festival

From the humble origins of organising a screening of Jaws on the local beach, the Festival has gone from strength-to-strength and now delivers a celebrated annual programme of films and cultural events in unique settings with a strong imaginative and creative ethos. The Patron of the festival is film and screenwriter Ian La Frenais. The festival relies on a number of volunteers and in 10 years has put on over 300 events in over 30 different locations across North Tyneside. This video offers a taster of some of the events that have taken place over the years. Whitley Bay Film Festival is supported by North Tyneside Council. Thank you to all involved

<https://youtu.be/a7Pwj4lLVNs>

