

## Care with Confidence Clackmannanshire

### Writing and Art Activity

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**Tue 24 May 2022**    **2 - 3 pm**    **Session 1 Writing Activity**    **Hawkhill Community Centre**

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At today's session the group will hear and discuss an extract from "An Extra Pair of Hands" written by Scottish author, Kate Mosse. Kate cared for both of her parents and her mother-in-law in older age and this extract from her memoir recalls a time when she was a child in 1975. She describes her Christmas of 1975 with her family and gives thanks to the adults in her life who were always there for her when she was growing up.

Using materials supplied by The Reading Agency, you will be encouraged to write about an experience when you were younger, or a happy event that recalls a time when you were not a carer.

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**Wed 8 June 2022**    **10.30 – 12.00**    **Session 2 Art Activity**    **Reachout with Arts in Mind**

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The second session will take place at Reachout in Alloa where carers will be supported by professional artists to produce an image that represents the memory they have written about. This could be an album cover, a pattern from clothes you were wearing, wallpaper styles or some words that you would like to make into an artwork, or a mix of both.

We will be using a variety of media to produce an image of your memorable moment.

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To book a place or for further information, please contact:

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Principle funders

