



# CultureBuddies

## Mail Art Exchange

### Connecting People

in Stockport



Creativity is good for mental health. It provides opportunities for self expression, communication, connecting with others, reflecting and processing our life experience. Arc had a hugely positive response to our virtual programmes during the pandemic, however, many older people were not able to participate digitally and were at an increased risk of mental ill-health due to isolation.

Culture Buddies was Arc's response to this – a pilot 'mail art' project involving 13 volunteers and more than 20 participants in creative conversations through the post. Our dedicated volunteers posted artwork to their 'buddies' and received pieces in reply over a period of 6 months – and this booklet shows how valuable the project was in combating isolation.

The volunteers were supported by Arc associate artist Caroline Coates with skills, ideas and training sessions so that they could be inspired to come up with inventive ways of responding to each others' artwork.

Culture Buddies was an Arc project delivered as part of the Stockport Culture Champions programme to increase opportunities for the over 50s to participate in and experience culture in the Borough. For more information on Culture Buddies please visit:

[www.culturebuddies.keepingustogther.org.uk](http://www.culturebuddies.keepingustogther.org.uk)

“ *This project was so timely and exactly what I needed.* ”





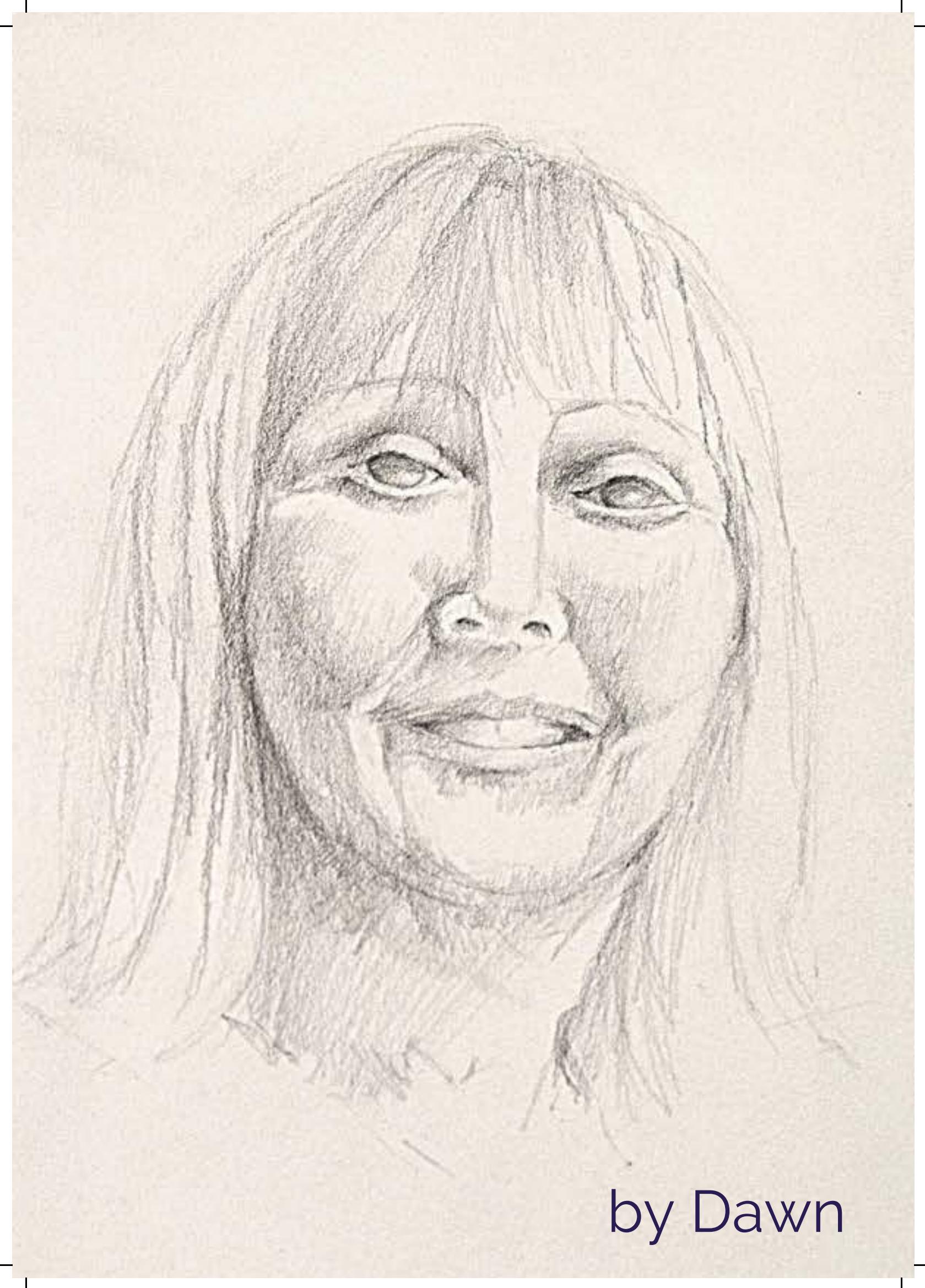
# Anita & Michele





Beryl & Kath



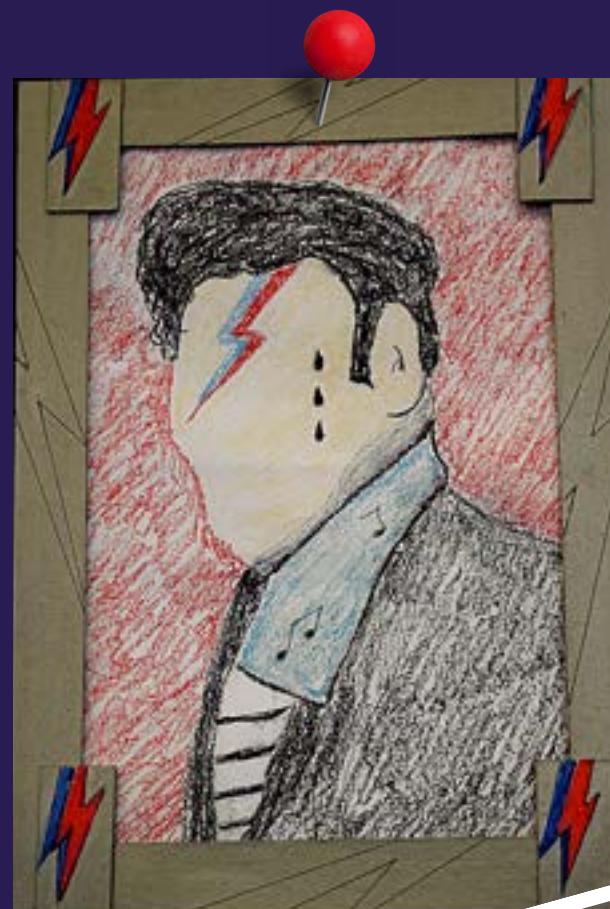


by Dawn



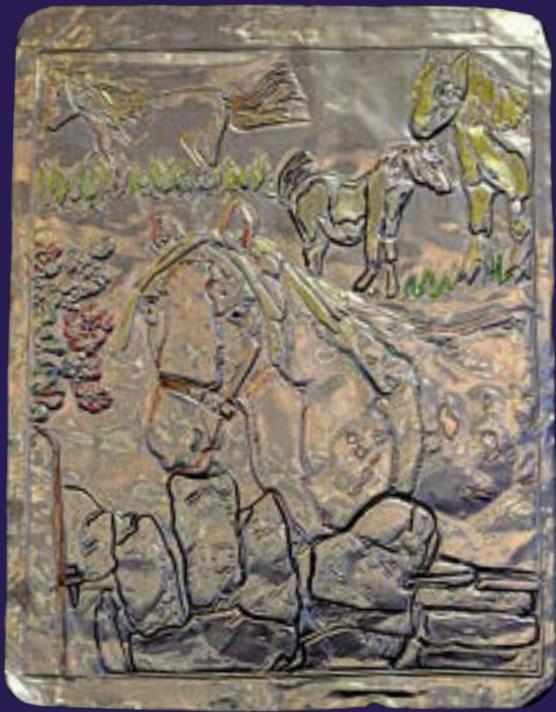
Emma & Tracey



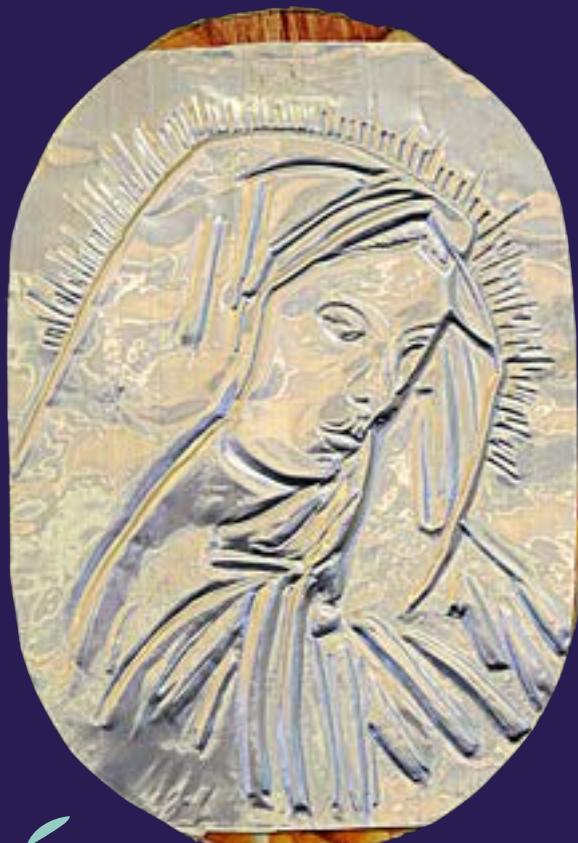
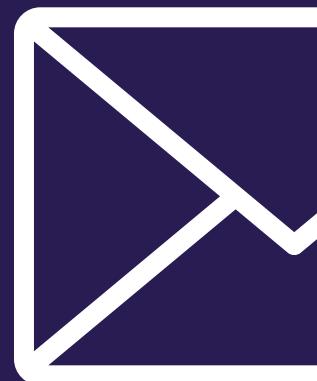


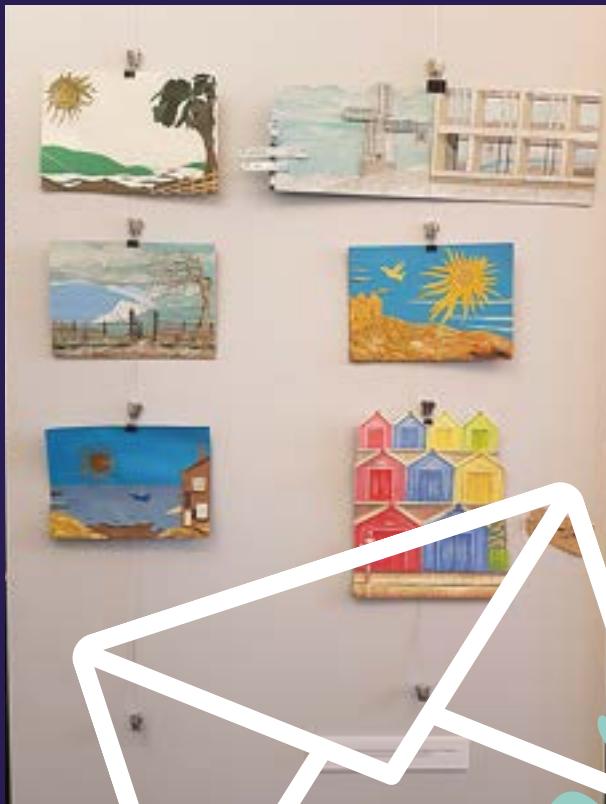
# Graham & Dave





# Jane & Mikhali





# John & Dave



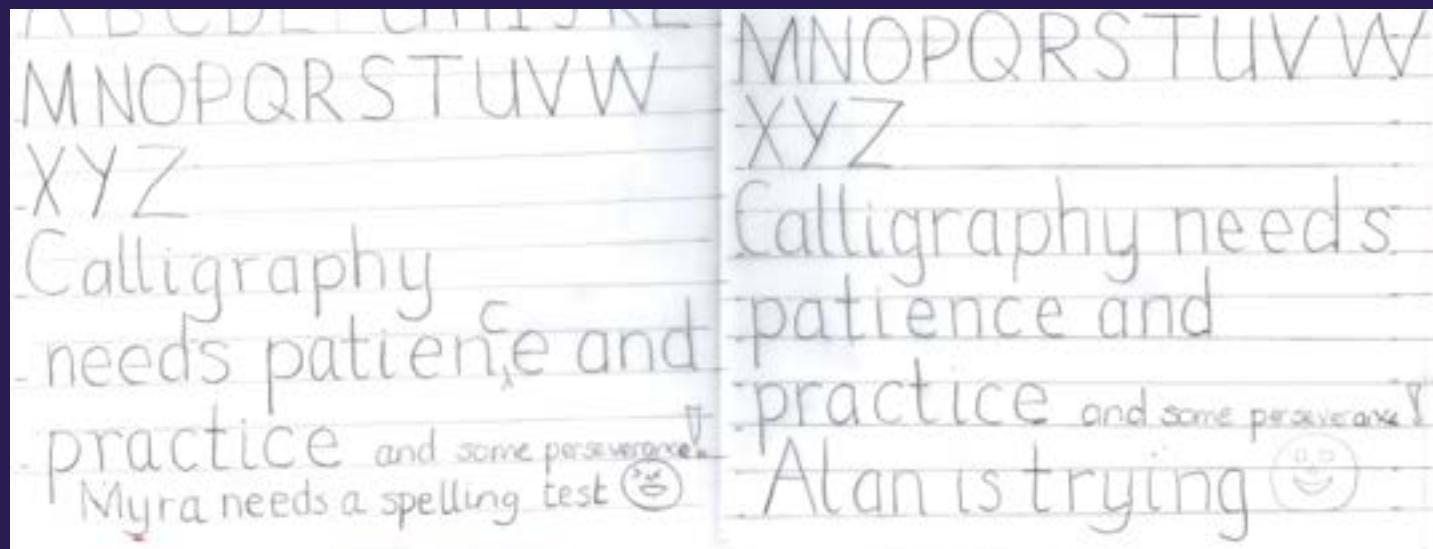
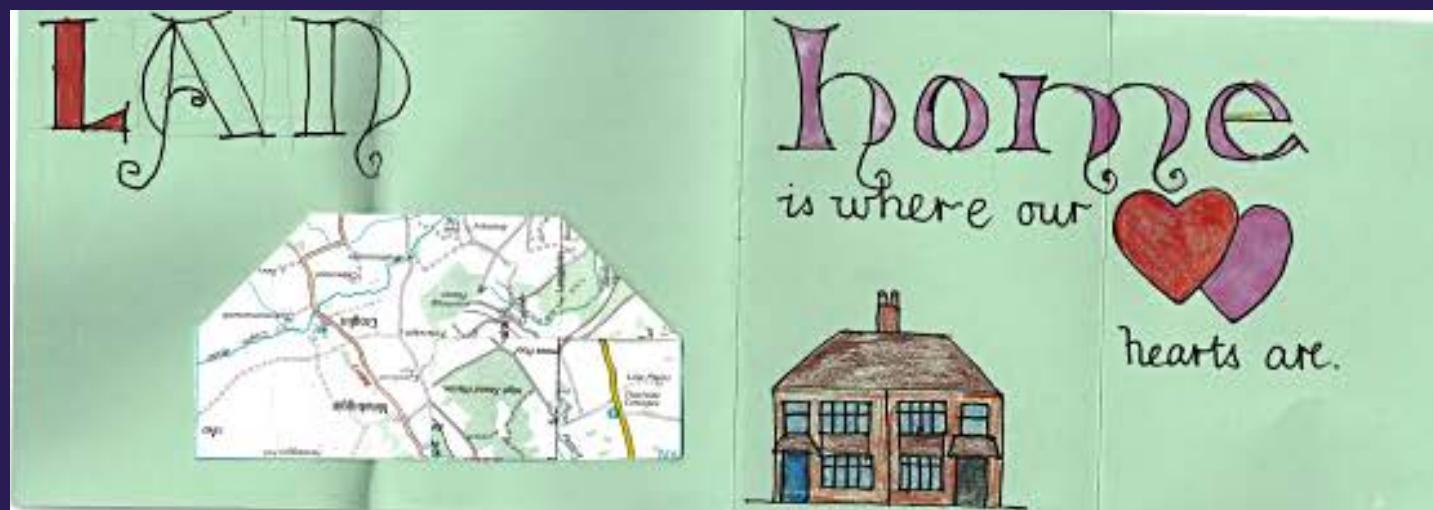
# Karen & Kath



# Kath & Anne



# Alan & Myra



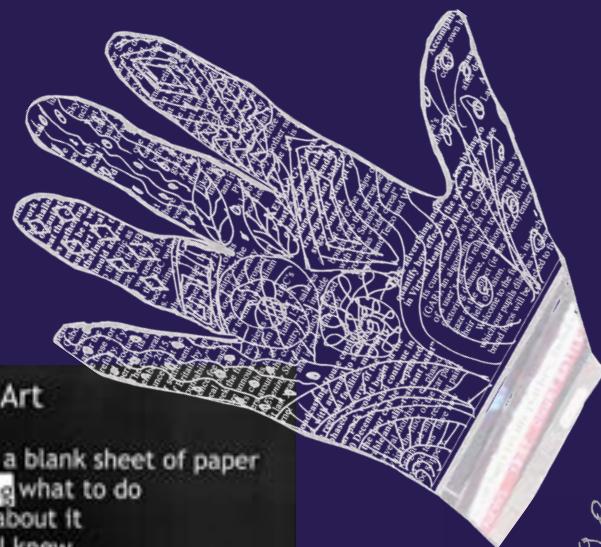
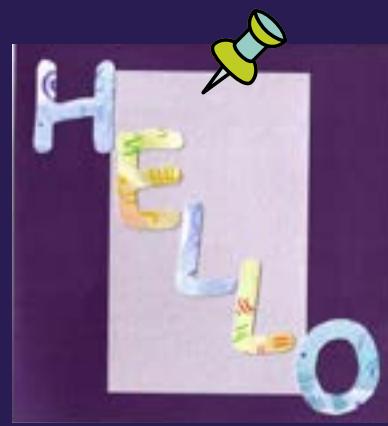


# Rosetta & Sue



# Thanks to others involved in the artmaking...

- Kirsty and Jack
- David and Anita
- Michelle and Ellen
- Verona and Anita
- Anne and Anita
- Jean and Jane
- Sue and Anne
- Avis and Victoria
- Gwen and Dawn



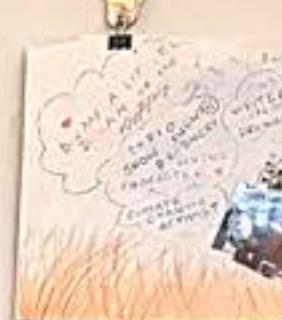
“

*I'd never drawn  
before, I want to  
show off and  
shout it from the  
rooftops.*

”

Rosita and Sue

“Sherry Lachman learned how to use mixed media to express her feelings. Doing artwork gives her a focus and a purpose during the pandemic. Art is something she's always enjoyed and loves.”



Stay on the air!



**“**  
*It's great to  
finally meet  
my buddy!*  
**”**



“  
*This exhibition  
has inspired  
me to create  
even more.*  
”



***This project got  
me through  
those long,  
dark months..***



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

**GMCA** GREATER  
MANCHESTER  
COMBINED  
AUTHORITY

This project was made possible thanks to our funders, Sector 3, the fabulous participants, the dedicated Culture Buddies volunteers and inspiring lead artist Caroline Coates.

***A huge thank you to you all!***