

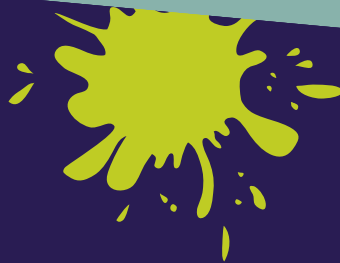


Culture **Buddies**

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.

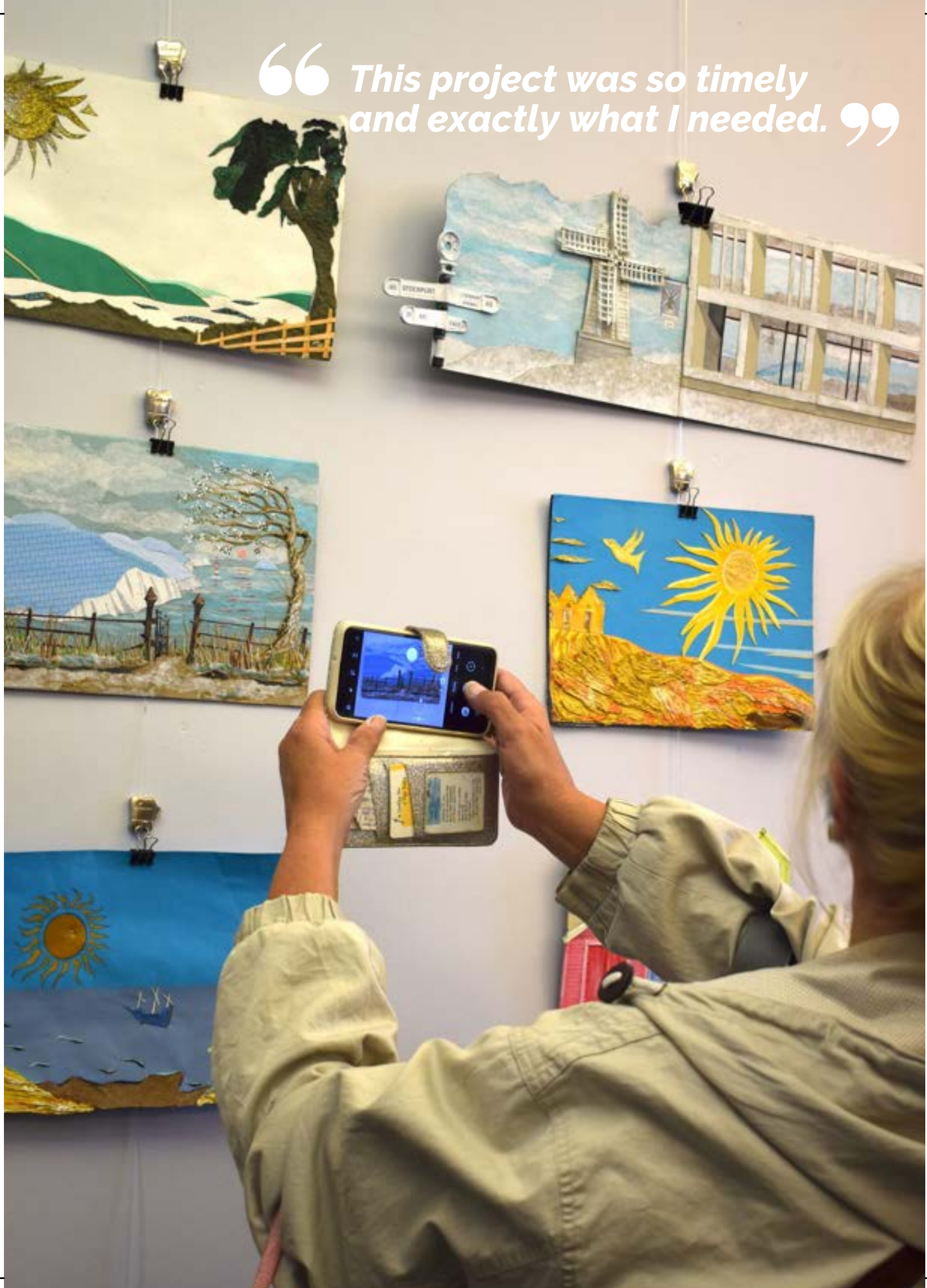
The volunteers were supported by Arc associate artist Caroline Coates with skills, ideas and training sessions so that they could be inspired to come up with inventive ways of responding to each others' artwork.

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.keepingusttogether.org.uk



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



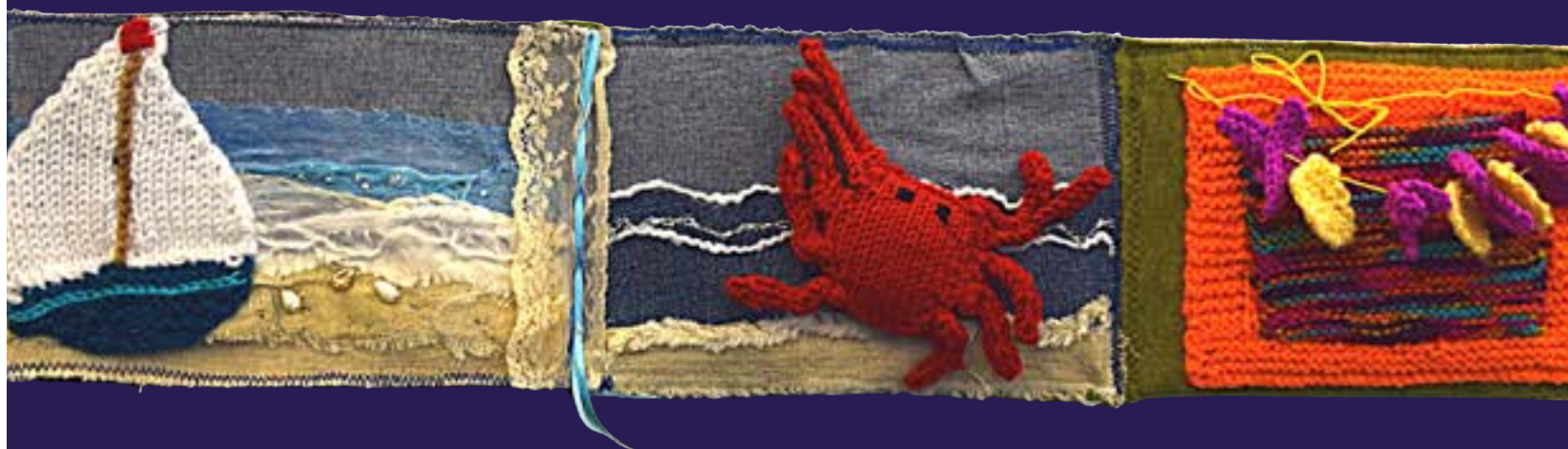


Anita & Michele





Beryl & Kath





by Dawn



Emma & Tracey





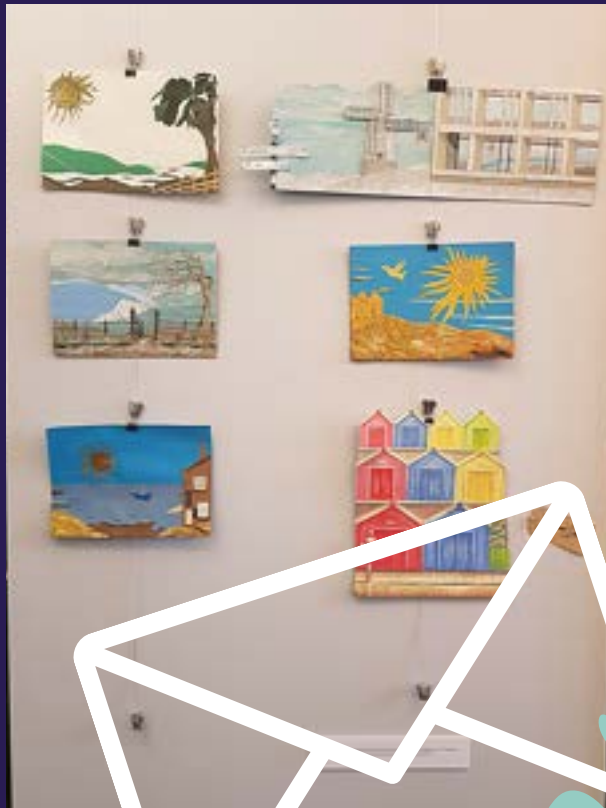
Graham & Dave





Jane & Mikhali

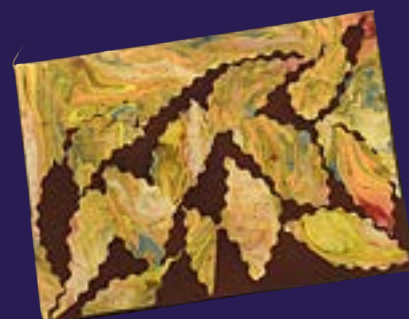
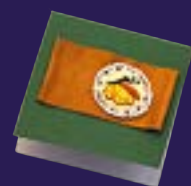




John & Dave



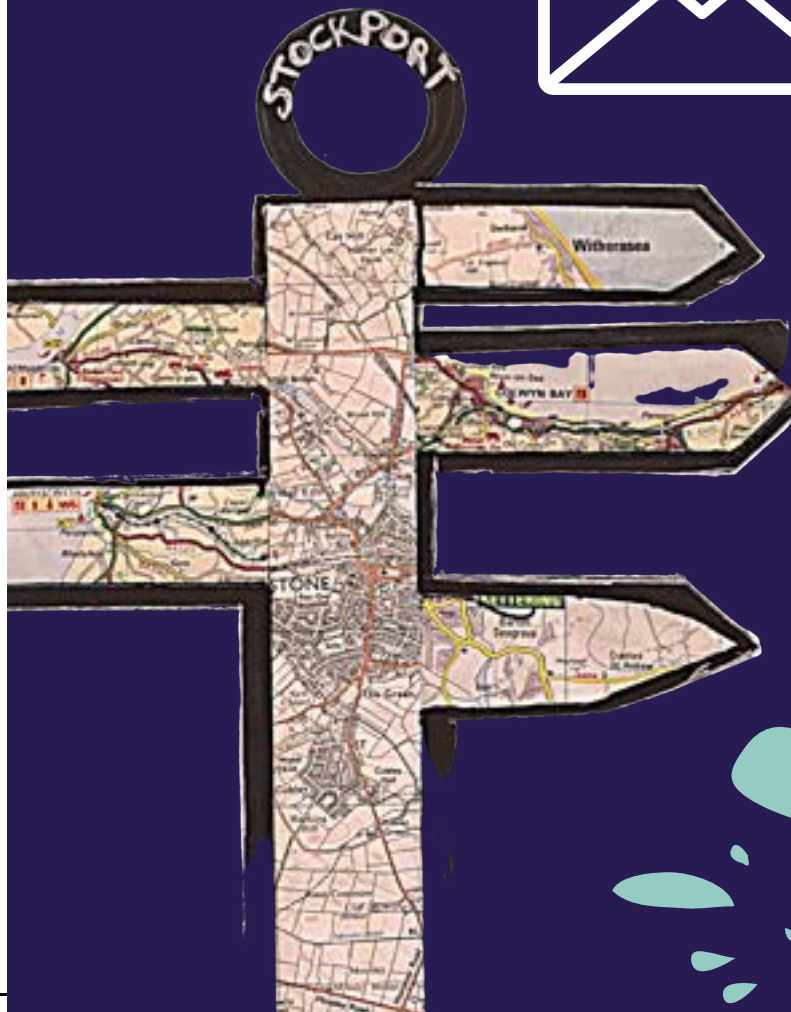
Karen & Kath



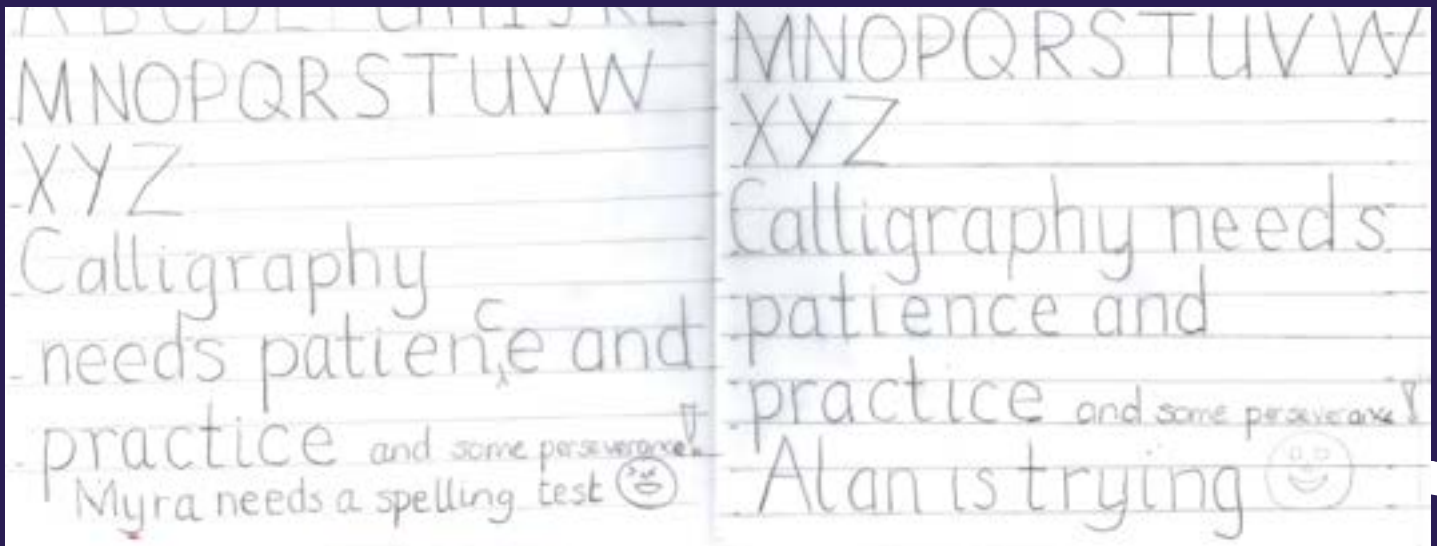
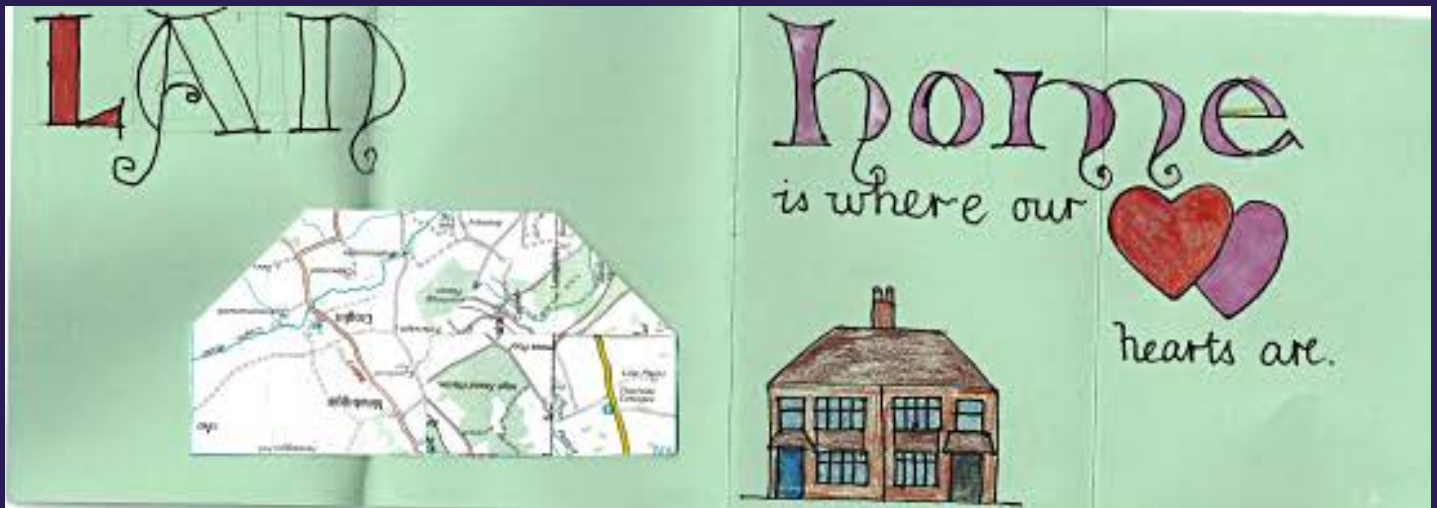
Kahn & A



A vibrant, hand-knitted bag with a multi-colored pattern of purple, pink, yellow, and green. The bag features a large, light green, irregularly shaped patch on the left side, resembling a tree or a rock. Below this patch, there is a small, white, fluffy object, possibly a sheep or a cloud, and a small green patch. The bag is suspended by a thick, light-colored rope handle that forms a triangle above it. The background is a solid dark blue.



Alan & Myra



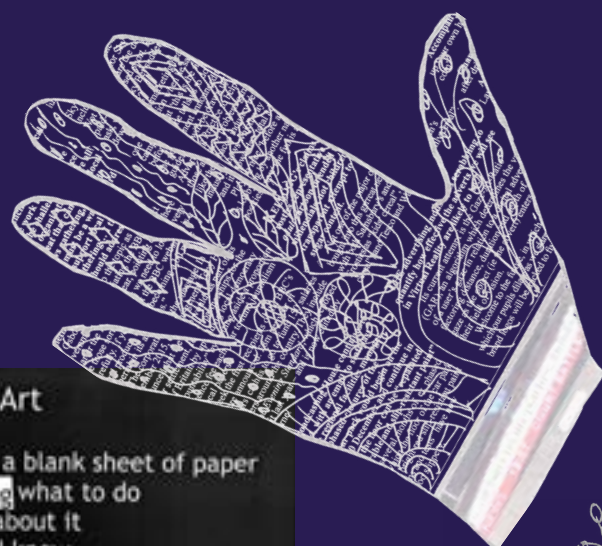


Rosetta & Sue



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



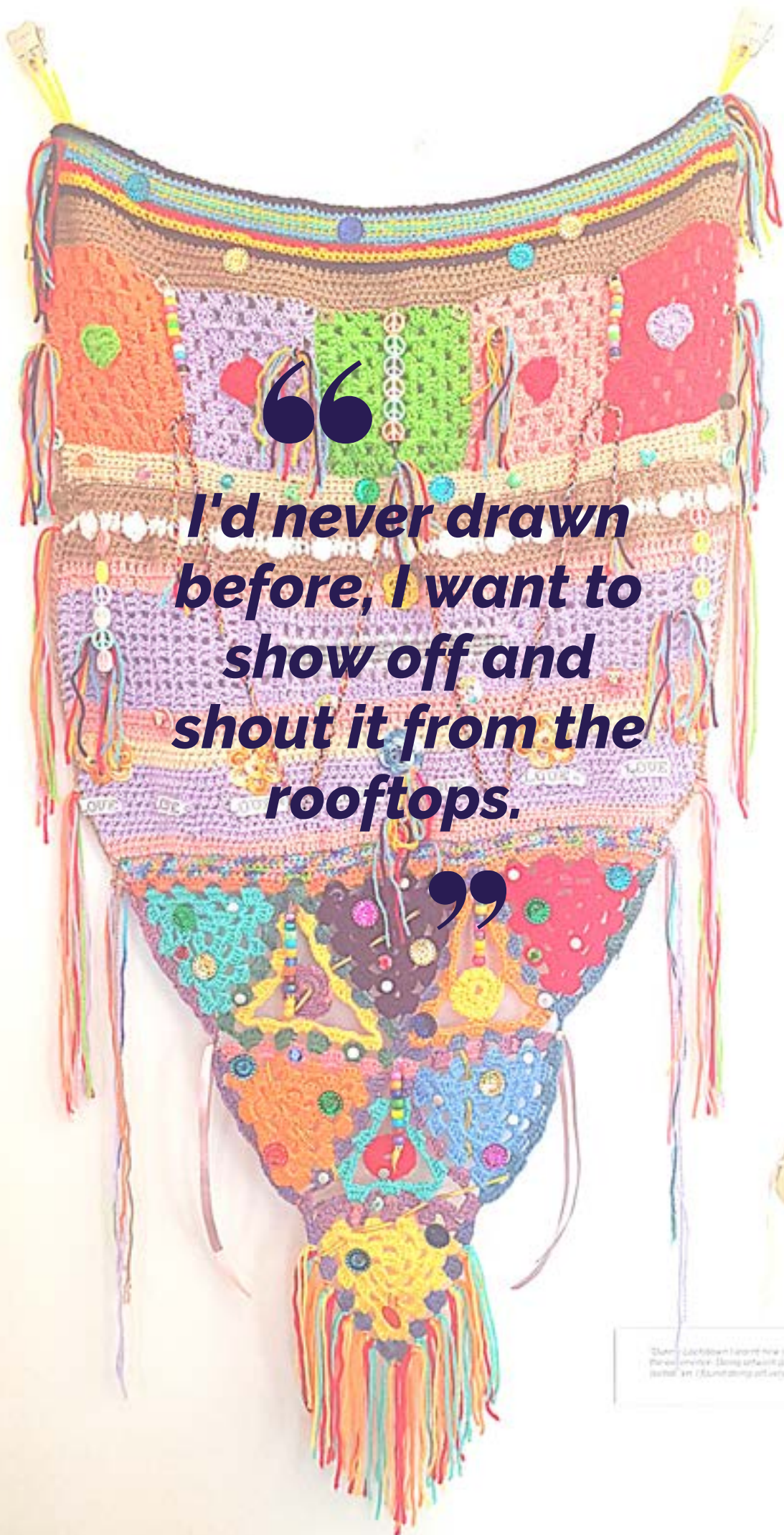
Intrinsic Art

Faced with a blank sheet of paper
Not knowing what to do
How to go about it
I only wish I knew

Could I get some ideas from nature?
She's too complex for me
I need to keep it simple
And set my emotions free

Looking for inspiration
Desperate to make a start
Creating something of interest
Which might be called ART!

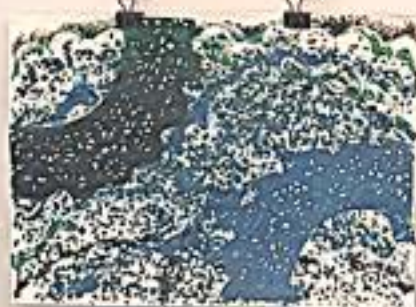




“
***I'd never drawn
before, I want to
show off and
shout it from the
rooftops.***
”

Rosetta and Sue

"During Lockdown I learnt new skills and techniques and I'm happy to shout
them online. Being unwell gave me the focus and purpose during the
lockdown. I'm doing really well and happy."





“
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..***



Sector³
STOCKPORT IN SYNERGY

 **STOCKPORT
AGE FRIENDLY**



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!