

Real Arts Workshops provide bespoke creative arts workshops in Wolverhampton and the wider Black Country area that break down barriers and develop confidence and self-expression. Through our inclusive workshops we support mental well-being.

Links on this page are live when viewed as PDF

Ploughing on with creative positivity through Covid-19

2020 is clearly a year that will go down in history. The world has been rocked by a global pandemic and the toll on personal lives is huge and the effects will be felt for years to come. We have been very busy doing what we can to continue to reach our audiences as we strongly believe that there is no better time for people to engage in arts activities - not least because of the numerous positive mental well being benefits.

Here are a few of the things that have kept us busy during this time - please do get in touch if you'd like any more information about any of this activity.

Embracing New Technology



We are very fortunate to live in an age where technology can bring people together. During Covid-19 we have used video conferencing apps to be able to deliver virtual art sessions to a large number of customers.

We don't think you can beat face to face contact, however this technology has enabled us to deliver demonstrations and facilitate sessions with a number of different groups - some of whom rely on art activities to keep their minds and bodies active.

The results speak for themselves and you can see examples on our [website](#) and social media.

Get in touch if you think this way of working would work for your group

Art Activity Packs

We were delighted to be asked by one of our regular customers to provide 100 art activity packs to residents of an estate. These were funded by Lottery Community Fund so there is no cost to the families who receive them.

The bags include a biodegradable carrier, basic art materials and we have created several bespoke creative activities challenges for which we think most households will already have resources for.

We have since delivered 500 such packs to 2 different organisations. Feedback has been great and there are photos of what people have created using the resources on our social media.

Get in touch to discuss whether your groups would benefit from these packs



Alex with Chris Thomas from Church Hill Big Local, Redditch and 200 Art Activity Packs



Alex and Gary putting the packs together, observing strict hygiene requirements



RAW on WCR Radio

RAW'S founder, Alex Vann has been doing weekly interviews with Chris Allen on Wolverhampton's WCR radio on Monday mornings, around 10-11am - talking about the importance of staying active creatively during Covid-19 and setting a weekly creative challenge.

Click the logo or link when viewing the PDF to visit their website which has 'listen live' and 'listen again' facilities.

<http://www.wcrfm.com/>



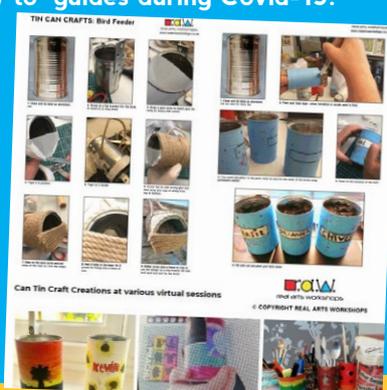
Free resources on our Website

We have created a brand new page on our site dedicated to free resources, downloads and 'how to' guides during Covid-19.

Visit our website and click on: [Free Resources During Covid-19](#)

We are adding to this resource on a near daily basis. At the moment we have the following activities and downloads for you to check out:

- The original story and song of 'Joseph The Useful Cardboard Box'
- Activities and colouring-in around the story + more
- Basic BSL resources, to enable communication with Deaf people
- Our animated adaptation of 'The Jungle Book' by Rudyard Kipling
- Make your own 'Tree Of Hope'
- Cardboard tubes and paper plates activities
- Creative garden projects
- Portraits with a difference
- Rock painting
- Tin can crafts
- Other cardboard crafts
- Abstract painting
- Nature art
- Aboriginal art
- Grid drawing
- Newspaper mosaics



Gary 'playing' the piano



Work in progress

Other News

Alex and Gary did a 'home' project as part of #PaintTheDay2020 in Wolverhampton. They converted a regular wooden garden table into a fabulous colourful grand piano! It looks great and it's impossible to play a wrong note!

We often do these 'up-cycling' projects with young people - teaching them about preparation and how to paint wood, they always have great fun doing this!

GET IN TOUCH!

We'd love to work with you on creative projects for people of all ages and abilities

Call/text 07762 213885

or email: realartsworkshops@gmail.com

Web: www.realartsworkshops.co.uk

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