

10 creative activities by 10 Gateshead artists



Creative Gateshead

Community Project + Daisy Macari x Tyneside Mind + Pui Lee x Young Women's Outreach Project + Iris Priest x Bensham Grove Community Centre + Barbara Keating x Big Local Gateshead + Katie Bell x The Comfrey Project + Liv Hunt x Creative Youth Opportunities + Bridget Hamilton x Gateshead Carers + Julie Leonovs x ReCoco + Saya & Shiori Naruse x Shipley Art Gallery + Tess Denman-Cleaver x St Chad's

The central graphic consists of a 10x10 grid of 100 small, stylized icons. Each icon is a simple shape or symbol in a bright color (red, yellow, green, blue, grey). The icons represent a wide variety of concepts: nature (leaves, flowers, trees), community (hands, people, groups), art (musical notes, paint palette, camera), everyday objects (cup, spoon, house, car), and abstract shapes (hearts, stars, geometric forms). The overall effect is a vibrant mosaic of visual metaphors.

Welcome to **10x10** **Creative Gateshead** activity booklet!



This booklet was developed by **Dingy Butterflies CIC** in collaboration with the **Best of Bensham Collaborative**. The activities were created by 10 Gateshead artists, who live and/or work in Gateshead, in collaboration with 10 Gateshead community and creative organisations. You can find out about the artists and each organisation, and how to contact them, at the back of the booklet.

Each activity has been created for the people of Gateshead, inspired by places and buildings in the area, and through conversations with residents and local organisations.

We have created two booklets, one for adults and one for young people. This booklet is for **adults**, but the activities are suitable for all ages. All materials for the activities are easy to find in local shops and do not cost much, or you will find them around the home.

Some of the activities can be done indoors and some outdoors; some are quick and will only take a few minutes, whilst some may take a bit of time. They can be done over and over and revisited whenever you want to. You can choose to do one or two of them, or all of them and in any order you want. You can do them on your own or with friends and family. The choice is yours!

We would love to see what you create!

You can share your creations either by sending them to us by email or on social media channels by tagging us:

#Gateshead10x10

✉ info@dingybutterflies.org

Facebook DingyButt Twitter DingyButt Instagram DingyButts

You can see how the project develops, get inspiration and view future opportunities by going to:

www.dingybutterflies.org

If you are not online or use social media, you can send examples of your artwork to us:

Best of Bensham Collaborative
c/o St Chad's Community Project
21 Liddell Terrace, Bensham, NE8 1YN

We hope you enjoy the booklets and making art and we would love to see what you have created.

Ben Jones, Dingy Butterflies CIC

What's inside...



6

Let's Get Mindful

Pui Lee + Tyneside Mind



8

Creating Landshapes

Katie Bell + Big Local Gateshead



10

Drawing Important Spaces

Daisy Macari + St Chad's Community Centre



12

Nature Writing

Bridget Hamilton + Creative Youth Opportunities



14

Puppetry

Liv Hunt + The Comfrey Project



16

Little Page of Calm

Iris Priest + Young Women's Outreach Project



18

Giving Hands of Gateshead

Julie Leonovs + Gateshead Carers



20

Mindful Saltwell

Saya and Shiori Naruse + ReCoCo



22

Bees in the Hood!

Barbara Keating + Bensham Grove Community Centre



24

Your Museum

Tess Denman-Cleaver + Shipley Art Gallery

Let's Get Mindful:

FACT: A smile triggers a powerful chemical reaction in the brain that makes you feel happier even when you weren't in the first place!

- > Sit or stand silently and pay attention to your thoughts, sounds, breathing or sensations of other parts of the body and bring your attention back to these whenever the mind starts to wander.
- > Mindfulness is a very calming experience because you are focussing on the present moment -the "now"- so it means you're not rehashing the past or imagining the future. It's very good for improving mental health and reducing feelings of stress, anxiety and depression.

Breathing Exercise:

- > Take a deep breathe in. Now let it out. You may notice a difference in how you feel already.
- > Some simple breathing exercises can make a big difference if you make them part of your regular routine.
- > Make yourself as comfortable as you can. Close your eyes. Place one hand on your belly.
- > Breathe in gently for a count of 5 and feel your belly rise.
- > Then without pausing, breathe out for a count of 5 and feel your belly lower.
- > Repeat 12 times.

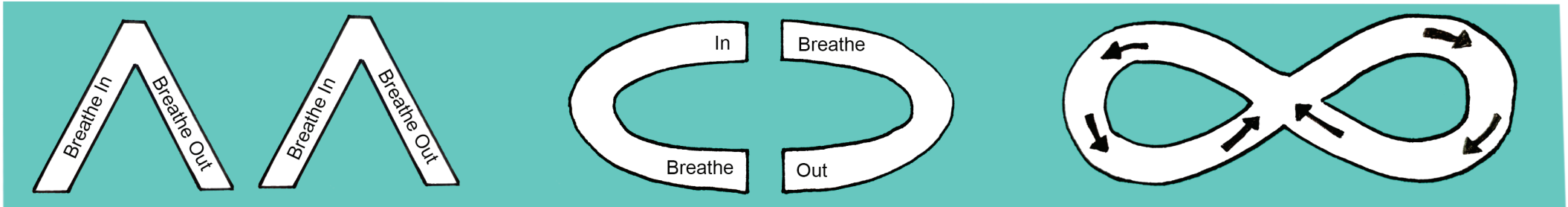
Now slowly follow the lines of the shapes below with your finger as you breathe in and out.

Why not follow the lines of the objects that you see around you next as you breathe in and out?

Mindfulness 5-4-3-2-1:

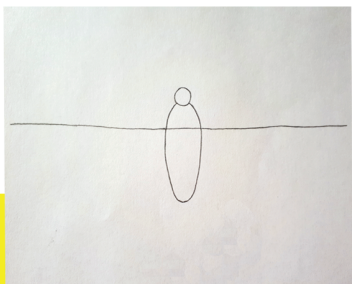
> Stop and notice:

- 5 things you can see
- 4 things you can physically feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

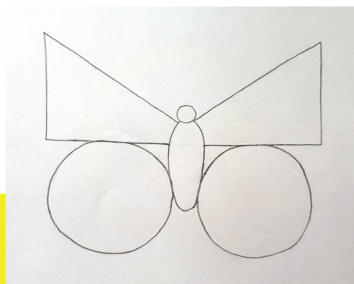


Draw Your Own Unique Butterfly:

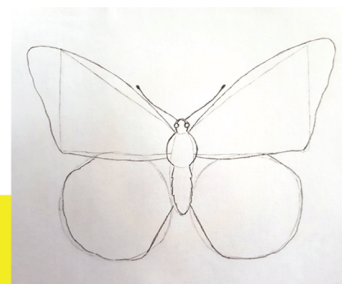
Materials: paper, pencil, colouring pencils/felt tips



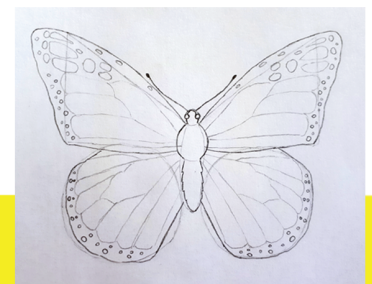
1. Lightly sketch the shape of the head and body over a line.



2. Lightly sketch two pairs of simple shapes for the wings.



3. Add more detail to the outline shapes.



4. Rub out your guidelines and add pattern to the wings.

Make Your Own Hand-Made Book:

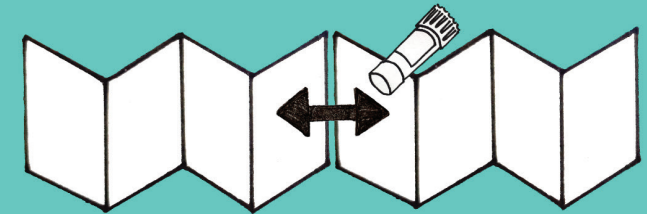
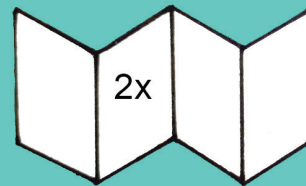
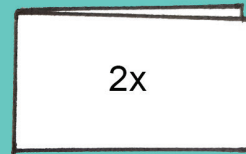
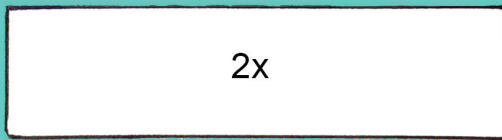
Materials: 2 x paper strips, 2 x A5 greyboard pieces, scissors, glue

For the pages:

1. Fold strip in half.

2. Fold edges outwards to centre line to make a M or W shape.

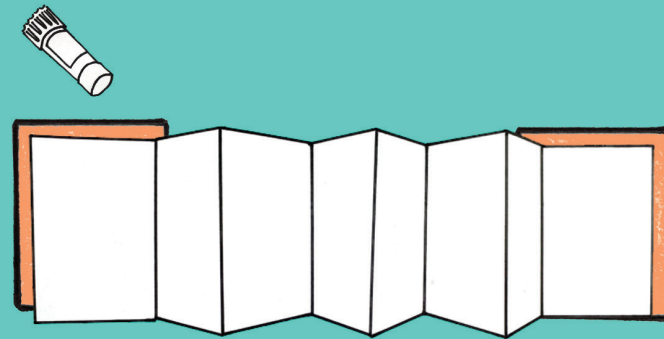
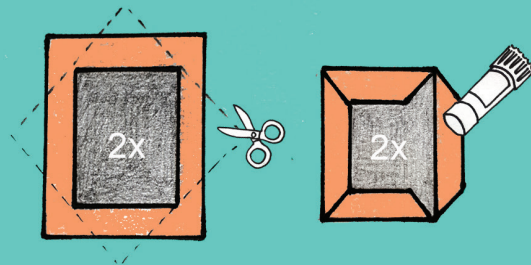
3. Attach both strips together using glue.



4. For the cover and back of the book, glue greyboard onto the reverse side of the paper of your choice. Cut off the corners of the paper, then glue the flaps down onto the greyboard.

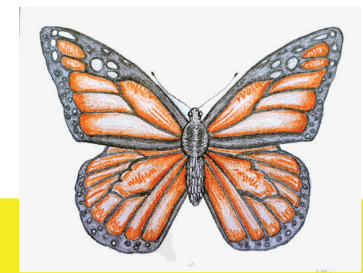
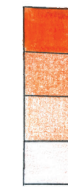
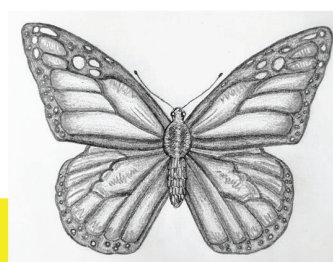
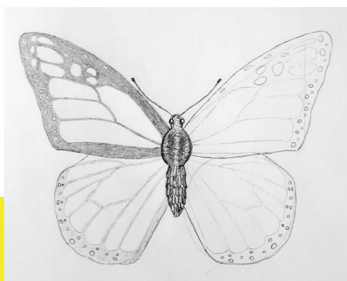
5. Glue the end pages of the long strip to the book cover and back pieces.

6. Fill your pages with interesting things and you can paperclip extra items on the pages too. Then display your mini gallery on a shelf or table!



Ideas for Content: CREATIVE IDEAS / DRAWINGS / SCRIBBLES / FICTION / POEMS / FUNNY STORIES / FOND MEMORIES / PHOTOS / COLLAGES / MAGAZINE CUT-OUTS / INSPIRATIONAL QUOTES / RANDOM INTERESTING STUFF

FACT: > Exercise will give you more energy, even when you're tired!



5. Add tone. Press harder to create darker shades.

6. Hooray! You have now created a butterfly drawing!

7. Add more tone with your pencil OR...

8. ...Play about with different colours and tones!

Creating Landshapes....

- We will be using everyday household objects to create our very own landscapes, skylines and cityscapes from home!

We can always make art with what surrounds us!



Could a toilet roll become a car tyre? a party hat a church spire?
This activity is all about thinking **BEYOND** an object itself and more about its shape and the space it occupies...

WARM UP ACTIVITY



1. Create a temporary sculpture or drawing incorporating any household objects!



2. Snap a photo!

POSITIVE SPACE

- the subject itself (i.e. the object/ typically the main focus of an image)

NEGATIVE SPACE

- the space surrounding the object (the background)



We will be using these negative space outlines to create new landscapes from home!

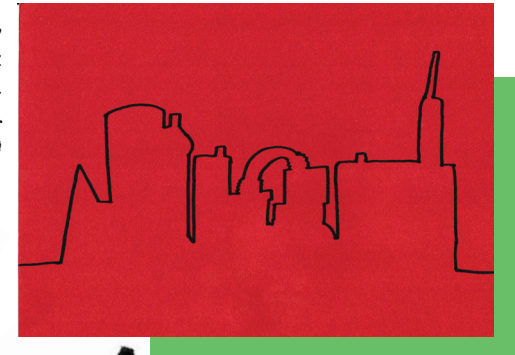
1. Arrange your objects into a skyline or landscape view



2. Remember! you are not thinking about the objects themselves but the overall outline they create as a whole..

3. Once you are happy with your composition, draw a rough outline of this negative space.

(it doesn't have to be perfect! We just need an overall form to layer and collage)



4. Cut out your landscape!



Can you recreate a beautiful local view?
..or make your own version of a famous skyline?

Think about where you would like to go on holiday? What's your favourite place to visit?

Re-imagine it from home!

Be creative with your objects and shapes!
(I created a more natural looking landscape with house plants, fruit and veg as my objects!)



6. Once you have at least 3 coloured landscapes cut out, play around with layering them on a white piece of A3 paper. When you're happy with your landscape, glue it down!



5. Repeat!
on a new piece of coloured paper
(rearrange the same objects or choose a whole new set!)



DRAWING IMPORTANT SPACES

MATERIALS:

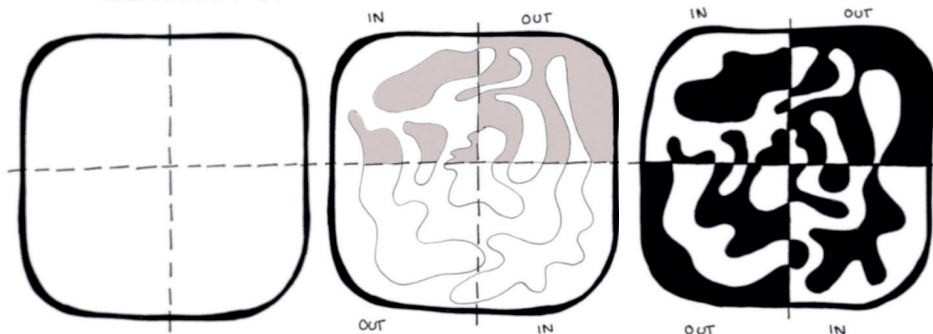
- A BLACK PEN
- PAPER

PLEASE FEEL FREE TO DO THIS ACTIVITY IN COLOUR IF YOU LIKE, OR EVEN GO BACK IN LATER AND COLOUR-IN YOUR PATTERNS!

ABOUT THE ACTIVITY;

THIS ACTIVITY IS TO HELP YOU SLOW DOWN, RELAX AND TAKE IN YOUR SURROUNDINGS. IT HAS TIPS AND MINI ACTIVITIES THAT WILL HELP YOU CREATE YOUR OWN PATTERNS, BUILD YOUR CONFIDENCE IN DRAWING AND GET YOU TO DRAW PLACES THAT ARE IMPORTANT TO YOU. THIS PAGE HAS 3 MINI ACTIVITIES TO START WITH; YOU CAN DO THESE ACTIVITIES OVER AND OVER AND TAKE AS LONG AS YOU WANT TO DO THEM.

ACTIVITY 1:



DRAW A SQUARE, SPLIT IT IN HALF AND THEN IN HALF AGAIN

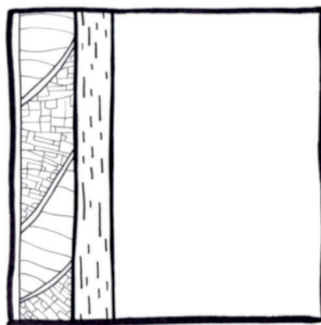
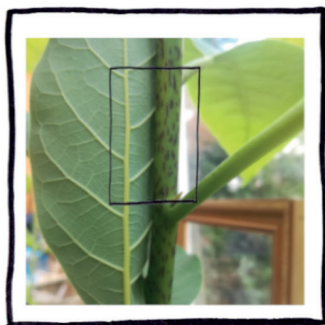
DRAW SOME FUNKY SHAPES - DON'T THINK TOO MUCH ABOUT THEM

IN YOUR FIRST BOX FILL THE INSIDE OF THE SHAPES.
IN THE BOX NEXT TO IT FILL THE OUTSIDE OF THE SHAPES.
IN THE BOX BELOW THE FIRST FILL THE OUTSIDE, AND NEXT TO THAT FILL THE INSIDE.

REMEMBER EACH BOX SHOULD BE NEXT TO A BOX WITH A DIFFERENT SPACE FILLED IN.

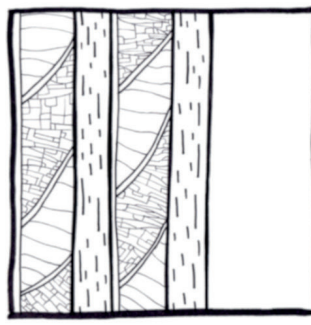
ACTIVITY 3:

FIND SOMETHING THAT HAS MARKS THAT YOU LIKE THE LOOK OF - I'VE USED THIS LEAF AND STEM:



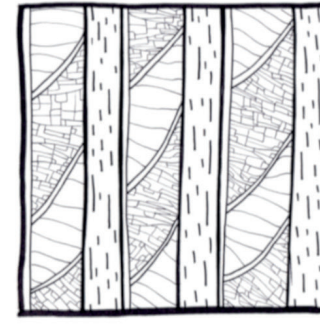
IN 1/3 OF YOUR PAGE DRAW SOME OF THE MARKS YOU SEE -

IT DOES NOT HAVE TO LOOK EXACTLY LIKE WHAT YOU ARE DRAWING JUST CONCENTRATE ON THE SHAPES.

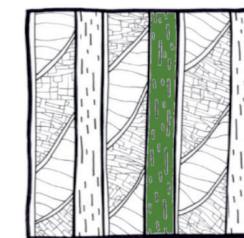


NOW REPEAT YOUR PATTERN TO FILL THE SPACE.

NOTE THAT YOU MIGHT WANT TO CREATE THICKER LINES TO SEPARATE THE DIFFERENT REPEATS.



ONCE YOU'VE DONE THIS YOU COULD ADD SOME COLOUR!



ACTIVITY 2:

DRAW LOTS OF BOXES!

IN EACH BOX FILL IT WITH ANY LINES OR MARKS YOU CAN THINK OF.

PLAY WITH THE THICKNESS OF YOUR LINES AND HOW CLOSELY YOU PUT THEM TOGETHER - LOOK AT HOW THEY WORK NEXT TO EACH OTHER.



IF YOU ARE UNSURE WHAT TO DO START WITH A SIMPLE MARK, THEN ADD TO IT - THERE IS NO RIGHT OR WRONG WAY!



ACTIVITY 4: DRAWING A SPACE

FIND SOMEWHERE OR SOMETHING TO DRAW THAT IS IMPORTANT TO YOU.

THIS COULD BE SOMETHING YOU SEE AROUND YOUR LOCAL AREA, OR MAYBE EVEN SOMETHING IN YOUR HOME?

I DECIDED TO DRAW SALTWELL TOWERS IN SALTWELL PARK.

START BY ROUGHLY DRAWING OUT THE SHAPE

DON'T WORRY TOO MUCH ABOUT GETTING IT PERFECT, JUST A SIMPLE OUTLINE IS ALL YOU NEED.



AFTER THIS START FILLING IN THE SPACES WITH THE PATTERNS.

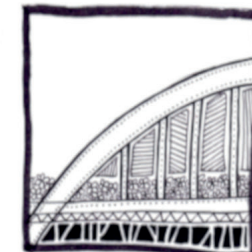
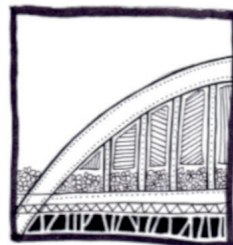
USE YOUR MINI ACTIVITIES TO HELP YOU.

LOOK AT THE MARKINGS ON YOU SUBJECT FOR INSPIRATION.

ONCE YOU HAVE FILLED IN YOUR DRAWING YOU WILL NOW KNOW THE THING THAT YOU HAVE BEEN DRAWING PRETTY WELL, AND YOU CAN NOW CREATE SOME SMALLER BOXES TO ZOOM IN ON SPECIFIC AREAS THAT YOU LIKE



I DID TWO -
ONE OF THE SPIKE
AND ONE OF THE BUSH



WHEN THESE ARE ALL PUT TOGETHER YOU WILL HAVE A UNIQUE ILLUSTRATION THAT WILL HOPEFULLY BRING YOU SOME JOY AND CALM!

I HOPE THIS IS AN ACTIVITY YOU CAN COME BACK TO AND PLAY WITH FOR LOTS OF DIFFERENT PLACES OR THINGS

EVERYTHING LOOKS GREAT WITH PATTERNS THROWN AT IT!

YOU COULD ALSO USE THESE SMALLER BOXES TO DRAW OTHER IMPORTANT PLACES...

E.G. I ALSO DREW THE HALF MODEL OF THE TYNE BRIDGE THAT IS IN THE SAME PARK

Nature Writing

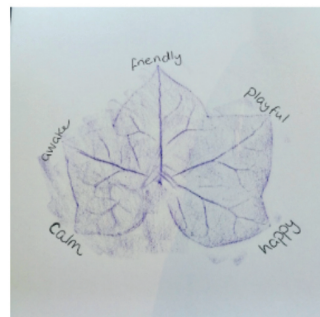
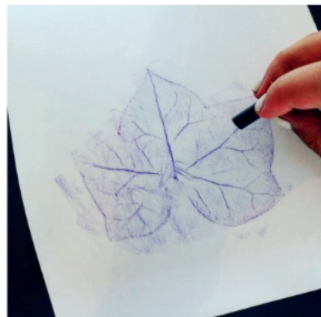
In this activity, you will be creating a piece of writing inspired by the natural environment - which could be just outside your window, in your back garden or out in a local park.

Starter Activity: Leaf Rubbing

You will need:

- A selection of leaves that you think are interesting shapes and sizes
- Two sheets of A4 paper
- A crayon or packet of crayons (any colour you like)

Pick the leaf that you'd like to use and place it in between your two sheets of paper, with the front of the leaf facing the table and the back of the leaf facing upwards at you. Then rub your coloured crayon over the top piece of paper, which will begin to reveal the shape and texture of your leaf. Once you have created your rubbing, finish it off by adding some words that you associate with being out in nature, such as **'tranquil', 'alive', 'mindful' and 'colourful'**.



Petal Power

If you enjoyed leaf rubbing, you could also try dipping the head of a flower into some paint, and using it as a paintbrush or to make a flower petal print. The flower could be as tiny as a daisy or as big as a sunflower.

Don't forget to add some more of your favourite nature words or phrases.

- **How many different shades of green can you name?**
- **What does the grass feel like beneath your feet?**
- **What can you hear around you?**

Using all of your senses

When we think about nature, it's easy to focus entirely on what we can see, but that is only one part of a much bigger picture. The things that you can **smell, feel, hear and even taste** when you are out in nature are really important, too, and what those observations remind you of.

Below your leaf and flower drawings, or on a separate piece of paper, write out and complete the following sentences:

The forest smells like
The bark of a tree feels like
Summer tastes like
The birds sound like
The ducks on the lake look like
Roses smell like
The children sound like
The breeze feels like
Sea water tastes like
The summer smells like
The sun on my skin feels like

Tip: Use your imagination when completing these sentences!
'The bark of a tree feels rough' is fine, but what about 'The bark of a tree feels like the tongue of a grizzly bear'? Do the birds sound like helicopters? Do roses smell like ice cream?

Your task:

Bringing the outside inside

By now you should have a good selection of words, phrases and sentences that you can use to create a longer piece of nature writing. You are totally free to choose what this piece of writing might look like - for example, a poem, a short story, a letter or a monologue. You could even just start writing, and see what happens - it doesn't have to have a set form.

Spend at least 20 minutes writing, as continuously as you can, not worrying about it being perfect. If you are able to, you could do this activity outside, so that you have inspiration all around you while you write. If you cannot get outside for any reason, it's perfectly fine to simply open your window and let the sounds of the natural world flow in, along with the cars, construction sites and people walking past. It all makes up your local area and can be included in your writing.



PUPPETRY



Hello!

This activity will show you how to make a tin foil puppet.

The puppet shown in the pictures is an example of what you can create.

Feel free to change the body shape, costume & gender so that your puppet is special to you.

When you have finished your puppet operate it using the cocktail sticks.

If you can, film a short scene of your puppet moving and send it to us!

What you will need:

- Tin foil
- Baking paper
- Masking tape
- Glue – Prit Stick
- 5 cocktail sticks
- 1 elastic band
- Scissors
- Spare fabric for costume
- Wool for hair/costume
- Black pen – to mark the eyes





Tin Foil



Head
Legs
Arms
Hips



Arms



Legs



Legs

Hips



Elastic Band

Cocktail Stick



Head



Sculpt face



Layer more tin foil if needed



Masking Tape



Insert head into body



Glue baking paper



Decorate



Cut small hole



Place over body



Secure with head

Wrap around the waist with wool



Insert cocktail sticks

Arms

Head

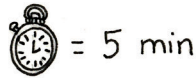
Lower back



Do you need a little escape?

For this activity all you need is a pen or pencil and five minutes. You can do this exercise yourself or with a child.

Exercise



- ✦ Begin by finding a comfortable, seated position, close your eyes...
- ✦ Take three slow, deep breaths...
- ✦ Imagine your safe place.

Your safe place doesn't have to be a real place. It can be somewhere completely made up. The important thing is to imagine it in detail.

Take your time, let your imagination go...

Questions

- 👁 What does your safe place look like?
- ✋ What does your safe place feel like?
- 👂 What does your safe place sound like?
- 👃 What does your safe place smell like?
- 👄 What does your safe place taste like?
(is there any tasty food or drink?)

When you have imagined your safe place in detail use the space below to draw it, or, if you prefer, describe it in words.

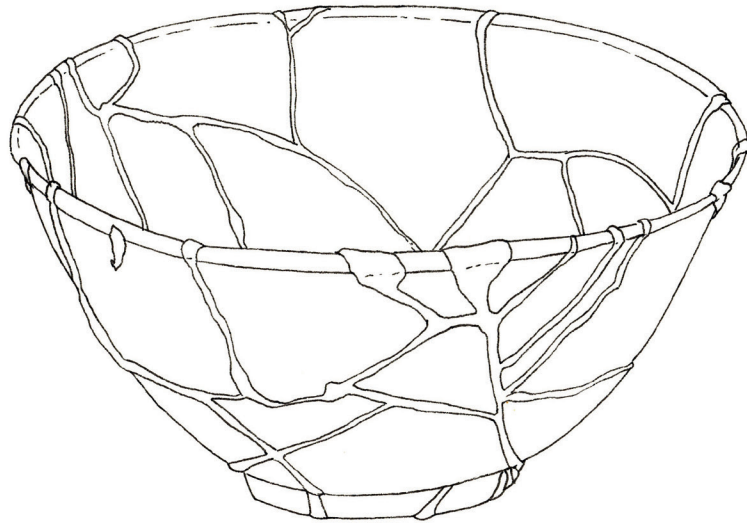
My Safe Place



By

Remember you can return to your safe place anytime you need a little escape

Kintsugi 金継ぎ



In Japanese *kintsugi* means "golden joinery" and is the art of repairing broken pottery using gold or silver. Instead of disguising the breaks and cracks, Kintsugi highlights them. It shows that things which are broken are also beautiful. Kintsugi treats breakage and repair as part of the history of an object, as something which makes a thing unique and "*perfect in its imperfections*"

"If you could see my heart...you would see there are golden cracks all over it. Some run deep, some are still being sealed, and many more are still to come"

~Candice Kumai

Exercise

Can you think of something broken that you would like to repair? It could be something real or metaphorical. What might your broken thing look like if, instead of hiding the breaks, you coated them in gold or silver? If you like, use the space below to draw your broken and repaired thing.



Giving Hands of Gateshead

Materials - Scissors, rubber, pencil, coloured card, tracing paper, felt pens, coloured pencils, tissue paper, foam shapes, craft gems, photos, magazines, fabric, patterned paper etc.

1. On the card provided, draw around you own hand or trace around the template hand on the other page. Cut this hand out.
2. Now, think of a time, place or event in Gateshead that holds fond memories for you. (Example, Saltwell park)
3. Close your eyes. Using all your senses, what do you:
See = The Lake?
Smell = Roses?
Hear = Birds?
Taste = Ice Cream?
Feel = Hot sun?
Think = I am happy?
What one word describes this memory = Joy



4. Using these wonderful memories begin to decorate your hand:

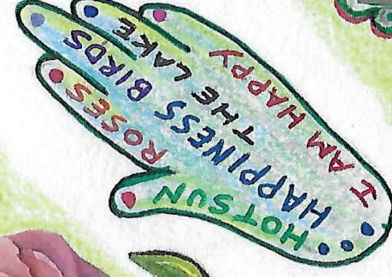
FRONT OF HAND: draw, write, get pictures that remind you of these memories. Such as Saltwell Park, the roses, lake, birds, ice cream etc. Add photos, gems, colours, fabric, cut out words from magazines. Let your imagination run free and enjoy!

5. BACK OF HAND: write all the words you felt about your memory. Such as happiness, roses, the lake, joy etc. Or write a small poem. It's up to you!

6. Once you've decorated your hand share with friends, family or create more for yourself! Give yourself a hand! Great work!

FRONT OF HAND

BACK OF HAND



Mindfulness is a process of noticing what our bodies and minds are experiencing, while we are experiencing it. Slow down, take notice and breathe! While walking through the park, notice your breath. How fast are you breathing? Can you slow it right down? Stop for a few minutes and focus on your breathing, how the cool inhale feels compared to the hot exhale. How does the air feel on your skin? Is it cold? Notice the light and look around to see where it falls. Feel your feet, the weight of your body against the ground. Carry this awareness with you as you walk through the park and see what new things you might notice; what colours can you see in the veins of a leaf? Maybe you notice the cracks in the pavement and patterns of the tree bark? Or the feeling of sunlight on your skin?

(R) Rose Garden

Let us think about perspective. Many people will take a very similar photo of a rose, is there a way you can capture a unique one? I want you to walk around the rose garden and pick a flower or a rose bush. Now observe the flower or space, crouch down, maybe even lying on the floor, try to see the flower from every perspective. How does it look from below? Do you want to get close and focus on one petal or the stalk? Now get your phone/ camera/ sketchbook out and try to capture this flower in a way no one else has ever photographed it. Play around with angles and light, which way is the sun shining? Is there something you can discover?

(W) Waterfall

An ancient pond / A frog leaps in / the sound of water

This is an example of a haiku translated from Japanese. Traditionally haikus are written in a 5/7/5 syllable pattern, usually inspired by nature and seasonal change. Here standing amongst the trees with the sound of water falling, take a few moments, focus on your breath, on all the sounds around you. Listen to the sounds of the water and the wind in the trees. Find somewhere to stand (or sit) and take pen to paper, start to write about anything you notice, anything that comes to your mind. You are not writing poetry here; just let your thoughts come out on to the page. Keep writing for 5 minutes about the world around you and where ever that leads you. After 5 minutes read back what you have written, circling the words you like. Can you find any little gems of thought? Did you write about sound or colour? A feeling?

Now, play around with the words you have circled, do any of them connect? Can you mirror two words which at first seem disconnected, like the oceanic sound of the treetops and the feeling of drifting? There is no right or wrong, so have a play and see what beautiful words you can string together to create a tiny poem that is yours.

(C) Cherry blossom walkway

Walk down the path of 13 cherry trees towards the Japanese garden. In Spring the trees are adorned with bountiful pink blossoms, in the summer little red cherries peek out like jewels. This is the kanji 木 (Japanese character) for a tree. Draw the kanji to fill the page. Now look around and use the tree around you to add any details you like. Maybe you want to give your tree leaves or just the feeling of foliage by drawing abstract lines and marks. Can you capture the dark grooves of the bark or the squirrel sitting in its branches?



(J) Japanese Garden

Arriving at the Komatsu City Friendship Garden, you will find an information board, read it and see what pulls your attention. Is it the stones, lanterns or the shape of water? Take your shoes off and walk through the garden, feeling the cold grass and the smooth stones under your skin. Spend some time walking and sitting, pay attention to how you feel as you do this.

(L) The Language stone

Expressions of love from many different languages are carved all over this sea-salvaged white marble sculpture. Take your time to look at each carving. Can you recognise any of these languages? If not, don't worry, I'll teach you some now.

Kimi O Ai Shiteru – means I love you in Japanese.

Saya Cinta Anda – means I love you in Malay or Indonesian.

Choose a phrase from the marble stone and repeat it to yourself ten times. Give yourself this time and space to appreciate and love yourself.

BUZZ “WALK”

Please help to find the “best bee restaurants” in Bensham and Saltwell. Bees play an important role in the environment. To protect them, we need to know as much as we can about them. Many bees are under-recorded in the North East and for some, we know surprisingly little about where they are. It might be that nationally common species are few and far between in the North East, but is this really the case? Your records can help us find out!

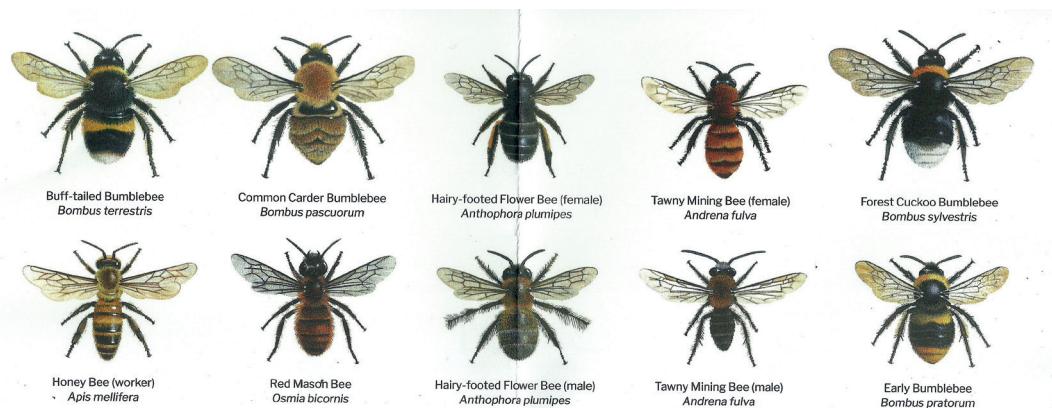


Image credit: Friends of the Earth

Pollinators are animals that move pollen from the male part (anthers) of flowers to the female part (stigma) of the same plant species. Movement of pollen results in fertilisation of the flower's eggs. An adequately fertilised flower will produce seeds and the fruit surrounding seeds, ensuring that a new generation of plants can grow.

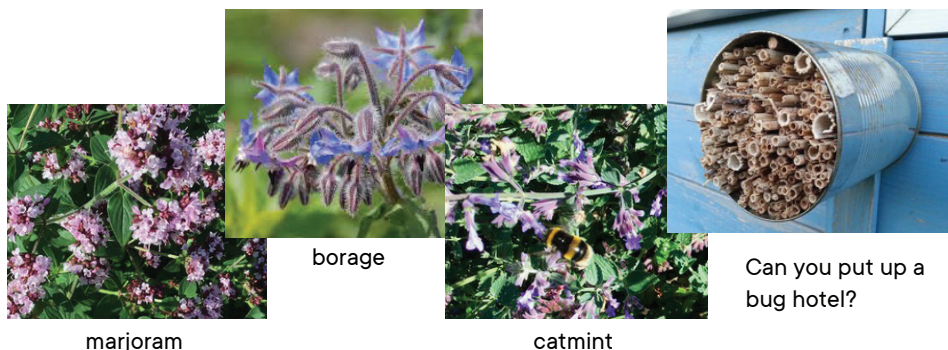
Honeybees often come to mind first when people think of pollinators. However, many different animals, including other insects (other bee species, butterflies, beetles, flies), some birds and some bats are pollinators.

HERE ARE A FEW ACTIVITIES YOU CAN DO...

Larva

If you can go out in your yard or garden, count how many bumblebees and honeybees you can find. Write down the plants they are feeding on.

If you can, plant... marjoram, borage, catmint and other bee plants. They love them!



Queen bee

If you can go outside and can get online: This is a “Citizen Science” project.

In Bensham & Saltwell, from the railway line near Saltwell Road, up the hill to Durham Rd, there are places where houses have been demolished; and where there are scrubland or verges in between houses. These areas have become home to pollinators, such as bees, and the plants that they feed on. Once developers begin house building, all those pollinators that are already in decline will be lost.

For this project we are looking for honeybees, bumblebees, and mining bees. This is an ongoing project which you can help with. There are lots of ways to get involved!

Make a survey site



You can find instructions on how to make a survey site and record what you see in your community: polli-nation.co.uk



Your findings can be uploaded at the North East Bee Hunt: nhsn.ncl.ac.uk/activities/the-north-east-bee-hunt/



Or you can find out more information and add your findings at beewalk.org.uk

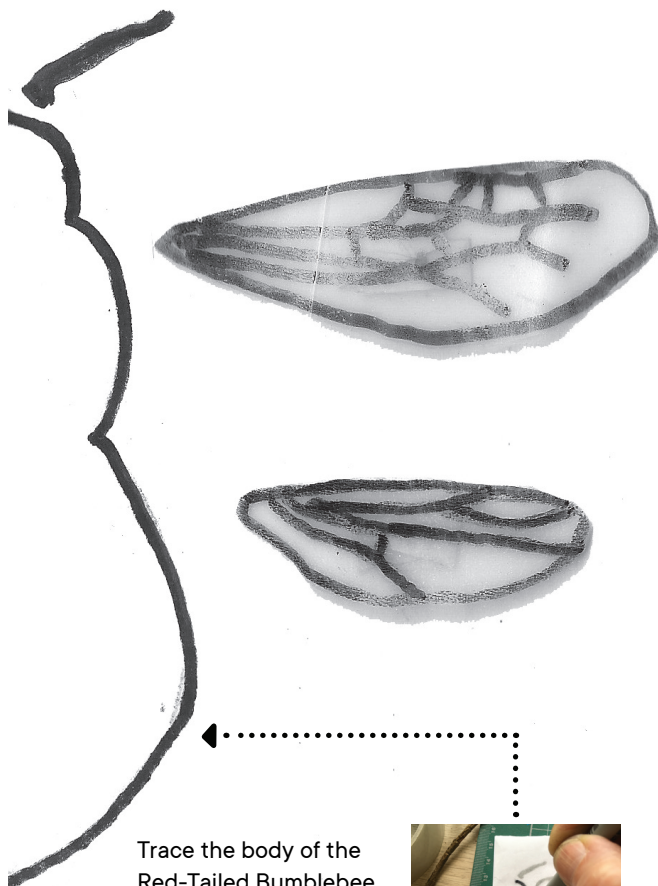


If you can, use a plant ID app on your phone, or bring one flower home (do not pick more than one!) to identify.



Join a honeybee group

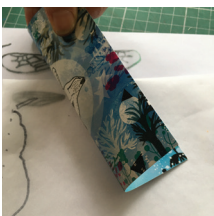
You can join a local honeybee group to find out more and get involved: tynesidebeekeepers.wordpress.com



1 Trace the body of the Red-Tailed Bumblebee with your felt pen. On the back of your tracing, draw the lines with a soft pencil.



2 Fold the postcard, or piece of card you are using, in half.



4 Cut around the shape with scissors and open out the card flat. You now have a full bumblebee shape!



3



Place your tracing on the folded card with the straight line of the tracing on the fold of the card, with your felt pen drawing facing up. Draw round the bee shape pressing hard to transfer the pencil line to the card.

5

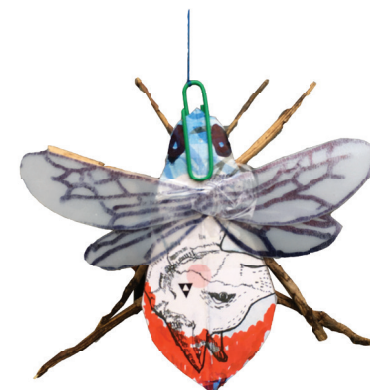
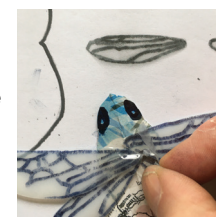
Trace or copy the wing shapes and draw onto a clean used plastic drinks bottle. Using your scissors. Cut 2 large wings and 2 small wings. Be careful as plastic can be sharp.



6

Copy the legs. Bees have 6! You can just use twigs if you like. Attach the wings and legs with sticky tape or glue to match the marks.

You now have your first bee! Use a paper clip or put a small hole in the bee to hang it up. You can make many more of the same bee, or you can make other bee species using the bee drawings on the other page. This will keep you buzzzzzzzy!



MAKE A HANGING BEE MOBILE.

If you cannot go out but like being creative, you can make a Red-Tailed Bumblebee mobile. You can make lots of them, in any way you like and place them round your home and in your window.

Use the template on the left to make a Red-Tailed Bumblebee. Make the bee from anything you like. Below are some ideas to get you started.

You will need: Tracing paper, pencil, medium felt pen, a postcard or something similar, plastic drinks bottle or similar. Soft pencil. Sticky tape or glue. Scissors, string, paints, felt tips or crayons if you want to colour in.

Your Museum

All of these objects are from Gateshead.

They are part of a collection of things called the Saltwell Park Museum collection at the Shipley Art Gallery in Bensham & Saltwell.

The Saltwell Park Museum was in Saltwell Towers in Saltwell Park from 1933 to 1969 and included items donated by local people. Objects included glassware, ceramics, taxidermy, bird eggs, insects, minerals, fossils and geology, as well as objects donated from Gateshead residents. You can see a lot of these items in the exhibition about the museum at the Shipley Art Gallery.

Fill in the gaps and answer the questions about them below to make some short poems.

Write your answers and words on a piece of paper so that you can cut them up for Activity 4.

You can do this activity in English or in your own language if English is not your first language.

Materials

Paper, pen, scissors (not essential)



1

The Golden Goat

The Golden Goat used to sit on the front of the Goat Inn on Bottle Bank. The Goat Inn was knocked down around 1927 to make way for the Tyne Bridge. The goat was donated to the Saltwell Park Museum and can now be found in the Shipley Art Gallery.

A Haiku is a short poem with three lines.
The first line has 5 syllables.
The second line has 7 syllables.
The third line has 5 syllables.

Fill in the gaps to write a haiku about the Golden Goat.

The Golden Goat sings

A song of _____ for Gateshead

His song sounds like _____

Using the same 5 – 7 – 5 structure as the poem about the goat, write a haiku about another animal from Gateshead. This could be a pet, a wild animal or an imaginary animal like the Golden Goat.

Maybe you can think of a mythical or magical animal you would like to see in Gateshead.

In the next activities you'll write down words in response to the objects from the Saltwell Park Museum collection as well as things in your own home. You'll use these words to make 'cut up poems' in Activity 4.

A cut up poem is made by taking a collection of words or phrases and mixing them up to make unusual combinations.

Cut up poems are a great way to make poems quickly without worrying about whether they make sense – some of the best poems don't make any sense. And they don't need to rhyme!



2

What could they see?

These spectacles belonged to Harry Briggs of Chow Dene, Low Fell, a sea faring man who lived in Gateshead about 150 years ago.

Write a list of things you think Harry Briggs could see in Gateshead when he put on his spectacles.

Some of the things he saw might be the same as what you can see out of your window or in your home today. There may be other things you can think of that we can no longer see.

Some poems are just lists, so you might decide this list of things Harry Briggs could see is a poem by itself.



3

History in the bin

These animal teeth and pieces of glass were found by two children on Prince Consort Road in Gateshead in 1972.

They were probably thrown away by people who lived in Gateshead over 100 years ago.

What have you thrown in the bin this week that someone might find in 100 years?

Write down 5 things you have thrown away this week:

Choose one or two things you have thrown in the bin to answer these questions:

What colour was it?

What shape was it?

What was it made of?

What did it feel like in your hand when you held it?

4

Cut Up Poems

Cut up all the words you wrote down for Activity 2 and 3, so that you have a big pile of different words.

You can put all these words in a hat or a bag or a bowl to make the next bit a bit easier.

Mix them up, then close your eyes and pull out a handful of words.

Arrange your words to make a poem.

Look for combinations of words that surprise you, make you laugh or which you think sound nice when you say them together. Your cut up poem can be as silly as you like.

You can keep rearranging the words to find new poems, or pick a new handful of words and look for new poetic combinations.

If you make a poem – or just a line - you really like, write it down to save it or share it.



5

Your Museum

If you were going to put something in the museum what would it be?

Find a thing from in or around your own home that you think could go in the Saltwell Park Museum for people to look at and learn about in years to come.

When objects are put in museums they normally have a label telling people what it is.

Create a label to go with your thing in the museum.

What is it?

What date was it found?

Who donated it?

Write a story about your object that tells people why this thing is important to you and why you have chosen it.

Specimen
Date
Donated by
Remarks

Artist profiles

Barbara Keating is a video/installation artist, software trainer and beekeeper, originally a textile designer. Her current work is about bees and other pollinators, their food, and human food. Bees and feeding sites in Bensham and Saltwell need to be recorded, and she is hoping you will help!

www.vimeo.com/pmnogue

Bridget Hamilton is a narrative non-fiction writer and radio producer who has lived in the North East for the past ten years. She currently works as a Creative Producer for New Writing North's young writers' programme and has produced written and audio content for brands such as Sage Gateshead, The Independent, and BBC Radio Three.

www.bridgethamilton.co.uk

Daisy Macari is a multidisciplinary artist, who works with clay, illustration, and print. Her illustration work is often story and character based; she uses a lot of patterns, lines, and humour to communicate this. Using art therapeutically for wellbeing is also an important part of her art.

www.daisymacari.com  daisymacari

Iris Priest is an artist and writer living in Clara Vale in North West Gateshead. Her work is inspired by nature, magick and folk culture. Iris uses drawing, painting, and printmaking to explore holistic and sustainable ways of living in, and engaging with, the human and non-human worlds around us.

www.irispriest.carbonmade.com
 siri_stripe  iris_priest

Julie Leonovs is an artist and designer who loves all forms of creativity, especially using colour. She has a passion for well-being and the arts, and feels creativity helps increase positive mental health as well as being fun. She works with art and uses its therapeutic benefits for both adults and children.

julieleonovs.wixsite.com/julieleonovs-arts

Katie Bell is influenced by her work as an audio-visual technician. Her artistic practice centres on experimental sound-making and sculptural sound installation as well as video making, performance, drawing and sculpture. Crucially, creative workshops and collaboration supports her making as she explores how audiences may actively experience and interact with works in unexpected, exciting ways.

www.curatorspace.com/artists/fb955254368264994
www.soundcloud.com/user-834191871


Liv Hunt is a theatre-maker and facilitator. She works in care homes, schools, community centres & theatres with children and adults. She is an associate artist with Equal Arts & Seven Stories, and she has delivered workshops with Unfolding Theatre, Open Clasp & Live Theatre. She loves working with people, telling new stories & trying her hand at anything crafty!

www.oliviahunt115.wixsite.com/website-4

Pui Lee is a Bensham based artist and arts educator who is a firm believer in healthy mind, body and soul! Much of her practice involves designing and delivering creative workshops in both 2D and 3D art-forms for participants of all ages. She also exhibits and sells her work.

www.puilee.co.uk

Saya Naruse is a photographer and aspiring writer with a strong background in theatre. Saya enjoys creating interdisciplinary art and is interested in exploring human connections and the stories we want to tell. She has self-taught skills in puppetry, puppet making and prop design.

www.sayanaruse.weebly.com
 sayarosenaruse

Shiori Naruse is a pattern expert and artist-designer specialising in wallpaper, cushions, and interior furnishings. Founder of Naruse Design, an energetic, experimental and bold design label, she also runs print workshops introducing a variety of hand-printing techniques to a diverse group of people with mixed abilities across Newcastle and Gateshead.

www.narusedesign.com  @narusedesign

Tess Denman-Cleaver is from and based in Gateshead. She makes live performances, exhibitions, publications and workshops for people of all ages. Tess is currently developing an exhibition with Kate Liston for B39 called Town Hall Meeting of the Air (2021) and a body of work directly relating to histories of Bensham for Workplace Foundation (2021). Tess also works as a producer at Tyneside Cinema.

www.tessdenmancleaver.com

Organisation profiles

Bensham Grove provides learning courses, activity and support groups for residents, community, and family events, throughout the year. The project is in a beautiful Grade II listed Arts and Crafts building, with a wonderful garden and pottery studio. More than 1500 people visit every year, it is inclusive, with a warm welcome for everyone.

0191 433 6450

✉ chrisotoole@gateshead.gov.uk
www.benshamgrove.org.uk



Big Local Gateshead is a resident-led community organisation formed in 2012 to help people make a difference to the area they live in. We operate in Teams and the racecourse estate in Bensham, and our governing body is made up of people who live, work, or volunteer in that area. We run a community space on Derwentwater Road, an allotment on Bensham Bank, and activities across Teams and Bensham.

0191 477 3734

✉ hello@biglocalgateshead.org.uk
f BigLocalGatesheadUK
www.biglocalgateshead.org.uk



The Comfrey Project provides refugees and people seeking asylum across Tyneside with a safe, welcoming environment, which promotes personal well-being through a sense of place and belonging, and through opportunities for meaningful free-time occupation and skill development. This is achieved by various shared creative crafts including allotment gardening, cooking and crafts.

0191 447 7801 | 07795 320706

✉ info@thecomfreyproject.org.uk
f ComfreyProject
www.thecomfreyproject.org.uk



Creative Youth Opportunities CIC is a not for profit arts organisations with a focus on children, young people, and families. We use art to engage with people and deliver community-based projects with creative outputs. We co-create community art work, encourage people to connect to each other and the place they live using art as our tool and we tackle community and issue based projects using art as a means to unpick, explore, explain and give a voice. In Bensham we run Alive Wires youth group, running Tuesdays and Thursdays, aimed at tackling youth issues, being a safe space, providing access to food, providing a space to talk.



✉ admin@creativemyouthopportunities.co.uk
f CreativeYouthOpportunitiesCIC
www.creativemyouthopportunities.co.uk

Gateshead Carers has worked alongside unpaid Gateshead adult carers, who provide unpaid care for a friend or family member, for over 24 years, providing confidential wellbeing services. The focus is on empowering carers to be stronger and more confident, to control their life, claim their rights, realise their potential, achieve their goals, and stay healthy mentally, physically, and financially.

0191 490 0121

✉ enquiries@gatesheadcarers.com
f GatesheadCarers
www.gatesheadcarers.com



ReCoCo is independent peer-led mental health charity. We have created a community that offers groups, courses, activities, engagement work, training, and research in and around mental health. Everything we do is guided, steered, and delivered by people with direct lived experience of distress and complex needs.

0191 261 0948

✉ info@recoverycoco.com
f RecoveryCoCo
www.recoverycoco.com



The Shipley Art Gallery opened in 1917 with a collection of 504 paintings left by local solicitor Joseph Shipley. Since then the collection has grown to include hundreds of paintings, artwork on paper, decorative art and contemporary craft. The Shipley holds regular events including family activities, arts and craft workshops, artist talks, concerts, and vintage and craft fairs. All are welcome.

0191 477 1495

✉ info@shipleyartgallery.org.uk
f shipleyartgallery theshipley
www.shipleyartgallery.org.uk



St. Chad's Community Project is a small independent Charity with a big heart, primarily working with disadvantaged families in the low-income areas of Bensham, Saltwell and Teams in Gateshead, Tyne & Wear. We do this by offering free courses, family orientated activities and affordable childcare. We also offer a Family Support Outreach Service, helping families in difficult circumstances.

0191 490 1032

www.stchadscommunityproject.org.uk
✉ ltreception@stchadscommunityproject.org



Tyneside Mind is a local organisation whose vision is to be the most trusted mental health and wellbeing Charity. We work together to help make people and our communities stronger and healthier through support, training and education for their mental health and wellbeing.

0191 477 4545

f tynesideandnorthumberlandmind
TynesideMind
www.tynesidemind.org.uk



The Young Women's Outreach Project provides a holistic specialist service to young women and young mothers aged 11-19yrs. We offer support, advice, and guidance during challenging times in young women's lives. We offer one to one support, groupwork, counselling and access to specialist advice and support.

0191 477 7759 ✉ admin@ywop.co.uk
f ywoproject gywop
www.ywop.co.uk





Dingy Butterflies CIC is a creative organisation that works across Gateshead and beyond, developing community art projects and events with artists, local community and cultural organisations and residents. We support artists in developing creative projects; increase creative participation; develop and improve creative and digital skills; and support local services in health, wellbeing and community engagement.

✉ info@dingybutterflies.org
f DingyButt t DingyButt i DingyButts
www.dingybutterflies.org



The Best of Bensham Collaborative is a partnership between around 20 organisations that work in the Bensham area. The Collaborative provides a wide range of services and activities for the community and has been continuing to support residents through the Covid-19 pandemic.

07483 238774
✉ bestofbensham@outlook.com
f bestofbensham



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**ARTS COUNCIL
ENGLAND**

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