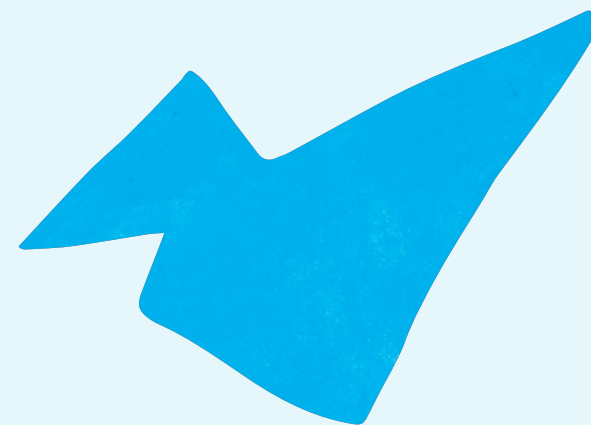
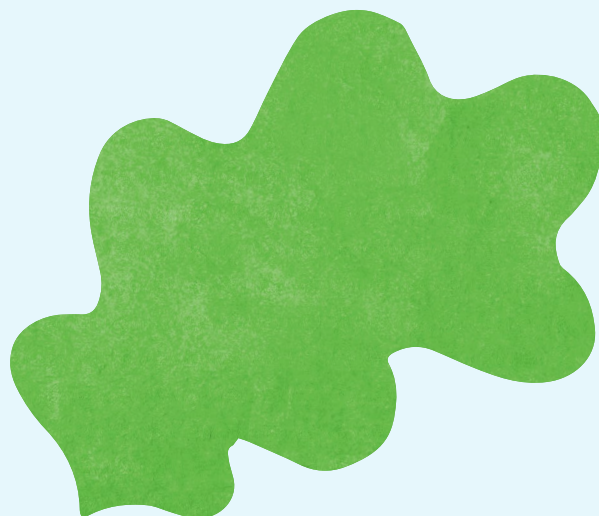
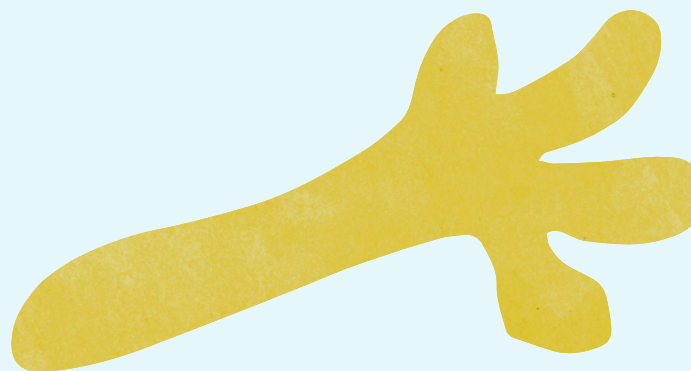
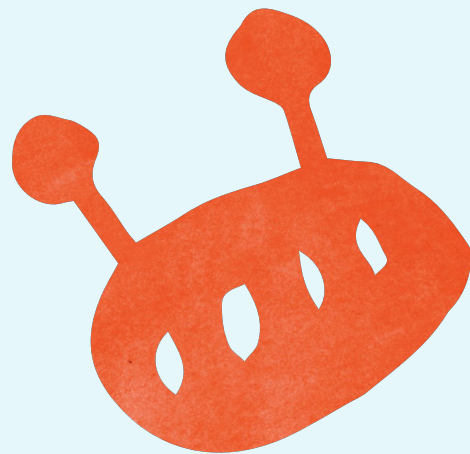
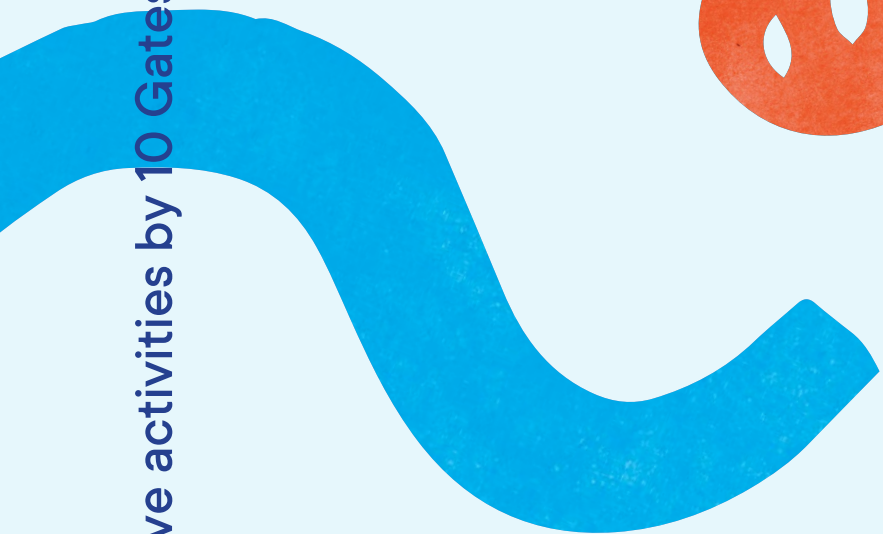


10 creative activities by 10 Gateshead artists



**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



# 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 **young people**, 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](mailto: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](http://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

### Free Your Inner Guerilla

Iris Priest + Young Women's Outreach Project



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### Make Yourself at Home!

Daisy Macari + St Chad's Community Centre



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### Mindful Saltwell

Saya and Shiori Naruse + ReCoCo



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### The Wellbeing Way

Pui Lee + Tyneside Mind



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### Your Museum

Tess Denman-Cleaver + Shipley Art Gallery



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### Giving Hands of Gateshead

Julie Leonovs + Gateshead Carers



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### Bees in your Hood!

Barbara Keating + Bensham Grove Community Centre



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### Nature Writing

Bridget Hamilton + Creative Youth Opportunities



22

### Puppetry

Liv Hunt + The Comfrey Project



24

### A Light Activity...

Katie Bell + Big Local Gateshead

# FREE YOUR <sup>SECRET</sup> INNER GUERRILLA

HEY YOU! YES YOU! DID YOU KNOW THAT YOU ARE A SECRET GUERRILLA ARTIST? A SECRET WHAT NOW? THAT'S A GREAT QUESTION  
GUERRILLA ARTISTS HAVE NOTHING TO DO WITH LARGE HAIRY MAMMALS THAT LIVE IN THE JUNGLE AND EAT BANANAS

**GUERRILLA ARTISTS ARE PEOPLE WHO HELP US SEE THE WORLD IN A DIFFERENT WAY**

BUT WHAT MAKES YOU A GUERRILLA ARTIST, YOU MAY ASK? HAVE YOU EVER TOLD A STORY? HAVE YOU EVER ASKED A QUESTION?  
HAVE YOU EVER WANTED TO SHARE YOUR FAVOURITE SONG? OR EVER SIMPLY WONDERED WHY.....?

IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS THEN YOU ARE A CERTIFIED GUERRILLA ARTIST  
**CONGRATULATIONS!**

NEXT QUESTION - "WHAT IS GUERRILLA ART?"

**GUERRILLA ART IS ANY ACTION OR OBJECT WHICH HELPS US CONNECT WITH OUR ENVIRONMENT IN A NEW OR CREATIVE WAY.**

THE BEST THING ABOUT GUERRILLA ART IS THAT IT IS FREE AND FOR EVERYONE. YOU DON'T NEED TO BE ABLE TO DRAW OR PAINT, YOU DON'T NEED ANY FANCY TOOLS, YOU DON'T NEED TO GO TO A GALLERY TO SEE IT, OR ART SCHOOL TO STUDY IT.

**YOU CAN JUST BE IT. RIGHT HERE, RIGHT NOW.**

HERE ARE A FEW IDEAS TO GET YOU STARTED...

WHAT IS IT?  
*Question of the day*

THINK OF SOME QUESTIONS YOU DON'T KNOW THE ANSWERS TO...  
WRITE YOUR FAVOURITES ON TAGS AND TIE THEM TO PLACES THEY WILL BE FOUND FOR SOMEONE ELSE TO WONDER ABOUT...

HOW DO BEES KNOW WHERE TO GO?

WHO WOULD YOU LIKE TO CELEBRATE IN GATESHEAD? MAYBE A FRIEND? OR A TEACHER? YOUR NAN? SOMEONE FAMOUS? MAKE THEM A MONUMENT OF THEIR OWN...

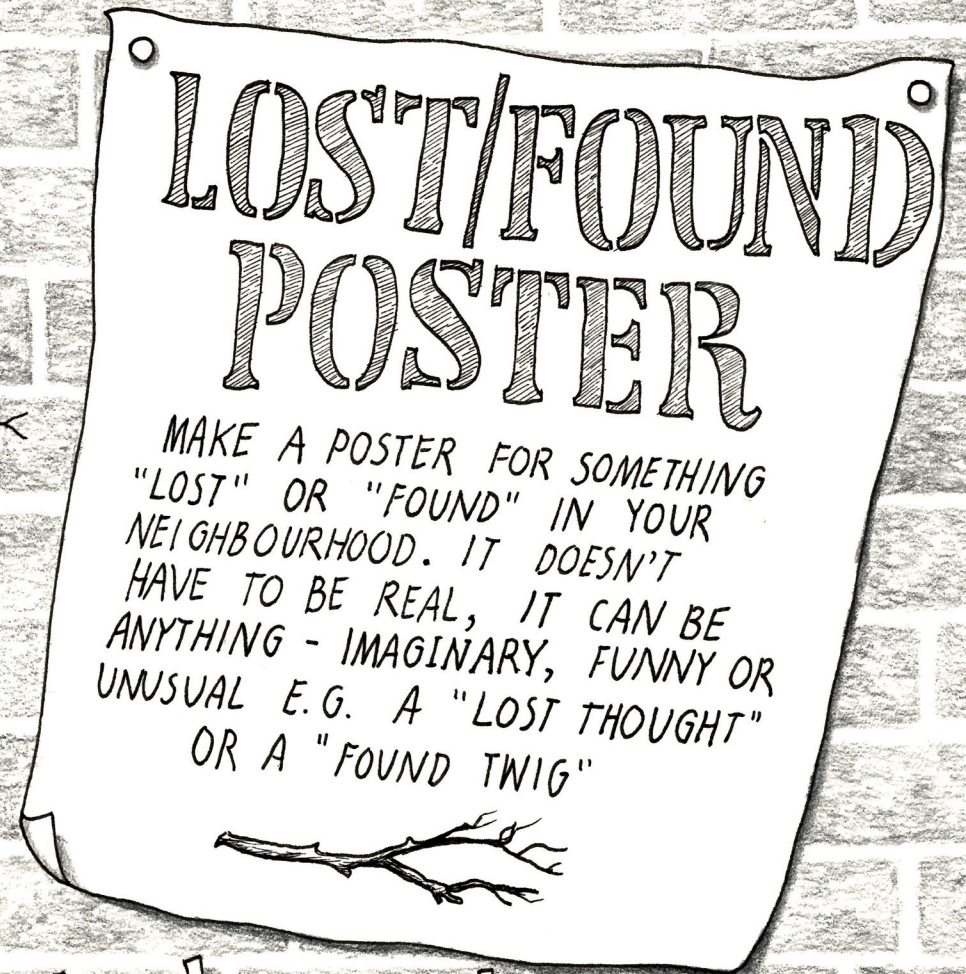
MAKE YOUR OWN MONUMENT







LOOK FOR A CRACK  
IN THE PAVEMENT OR WALL, USE  
COLOURED CHALKS TO DRAW SOMETHING  
BEAUTIFUL (OR MONSTROUS) GROWING FROM IT.





# MAKE YOURSELF AT HOME!

IN THIS ACTIVITY YOU WILL MAKE YOUR OWN CREATURE AND THEN CREATING ITS OWN FOLDAWAY POP-UP HOME - WHICH WILL NEED TO BE FILLED WITH THINGS THAT THE CREATURE WANTS AND NEEDS.

THIS WILL NEED TO BE FILLED WITH THINGS THAT THE CREATURE WANTS AND NEEDS. THE PACK USES MAKING AND PLAY TO HELP YOU FIND OUT MORE ABOUT YOURSELF AND OTHER FAMILY MEMBERS - SO YOU CAN EITHER DO THIS TOGETHER OR SEPARATELY!

## WHAT YOU WILL NEED:

- COLOURED PENS
- CARD
- GLUE
- SCISSORS
- ANY FOUND MATERIALS YOU WANT TO DECORATE WITH!



## TASK 1: MAKE YOUR CREATURE!

SIMPLY USE PENS TO DRAW YOUR CREATURE ON THE PAPER AND THEN CAREFULLY CUT AROUND IT. MAKE SURE YOU THINK HARD ABOUT WHAT TYPE OF CREATURE YOU WOULD LOVE TO SPEND TIME WITH. ASK YOURSELF SOME QUESTIONS;

DOES YOUR CREATURE HAVE ...

WINGS?



LOTS OF HAIR?



ANY ARMS?



SCALES?



FEATHERS?



A TAIL?

TENTACLES?



BIG EARS?

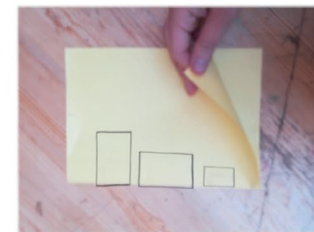
## TASK 2: MAKE THE POP-UP HOME!



TO MAKE THE HOME WE NEED 2 PIECES OF CARD ...



1) FOLD BOTH BITS IN HALF



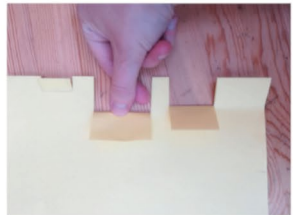
2) ON ONE OF YOUR PIECES OF CARD DRAW A COUPLE OF BOXES. MAKE SURE THESE BOXES ARE ALONG THE FOLD



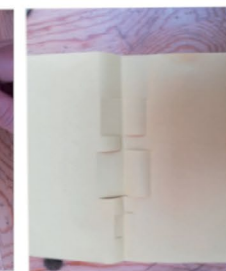
3) CUT ONLY THE SIDES OF YOUR BOXES, LEAVE THE TOP LINE ATTACHED



4) FOLD THE FLAPS UP



5) OPEN THE CARD



6) FOLD THE BOXES SO THEY POP OUT THE INSIDE FOLD



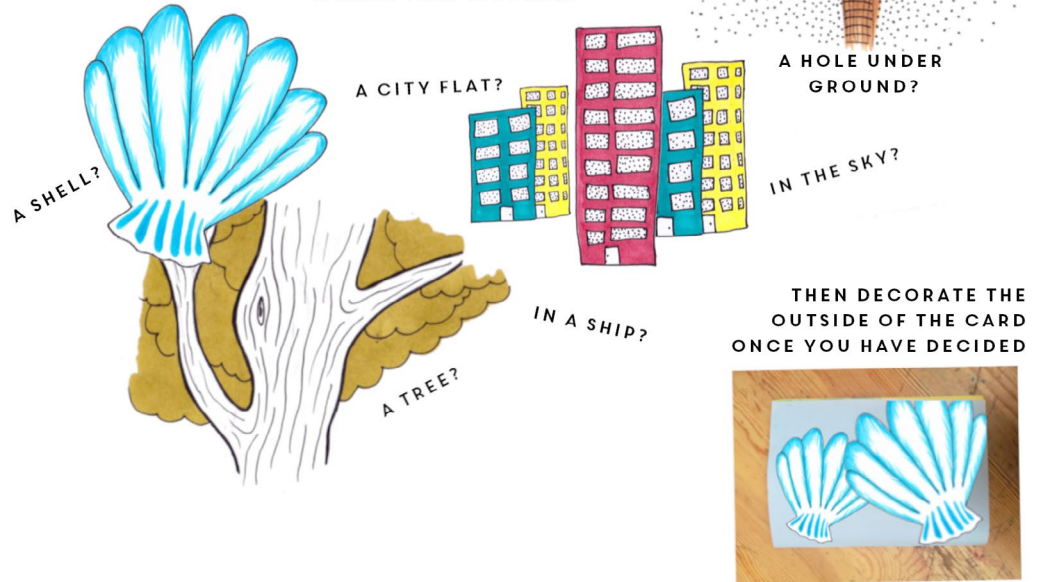
7) STICK THIS CARD INSIDE THE OTHER PIECE OF CARD



### TASK 3: WHERE DOES YOUR CREATURE LIVE?

THE OUTSIDE OF YOUR FOLDED CARD IS THE OUTSIDE OF YOUR CREATURES HOUSE.  
YOU NEED TO NOW DECIDE, WHAT WILL YOUR CREATURES HOUSE LOOK LIKE?

WOULD THEY LIVE IN...



### TASK 5: MEET THE NEIGHBOURS



NOW THAT YOUR CREATURE IS COMFORTABLE IN ITS HOME, HOW ABOUT YOU GO MEET SOME NEIGHBOURS?

IF OTHER PEOPLE IN YOUR FAMILY HAVE MADE THEIR OWN CREATURES GO AND SAY HELLO!  
AND SEE WHAT THEIR HOMES ARE LIKE.

### TASK 4 - TIME TO MOVE IN!



NOW YOU HAVE YOUR CREATURE, AND YOUR CREATURES MOVING IN BOXES INSIDE THE CARD!

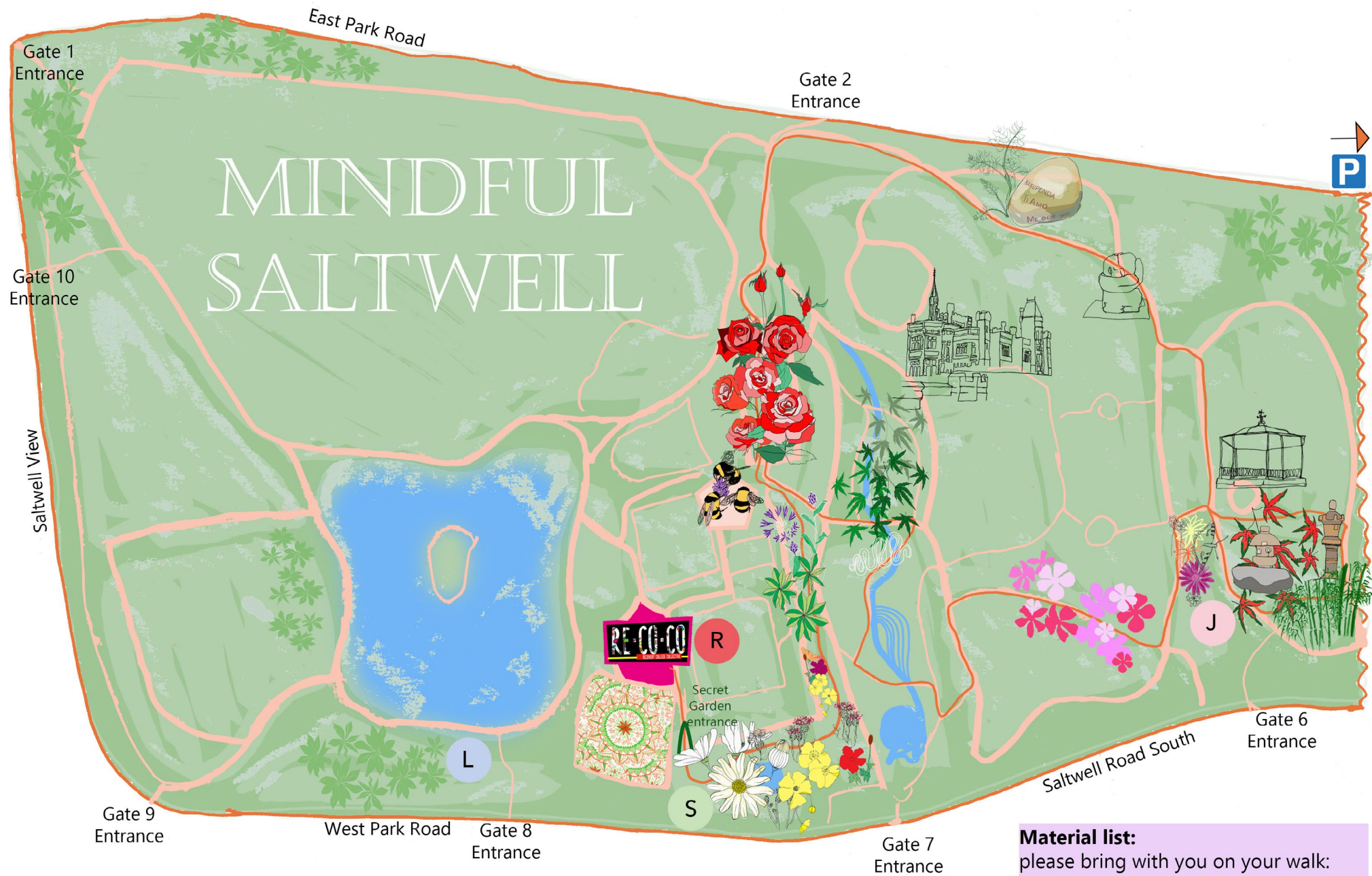
BUT YOUR CREATURE NEEDS TO UNPACK  
SO CAN YOU HELP MAKE YOUR CREATURES HOME A HOME, THATS FULL OF ALL THE THINGS THEY WANT AND NEED?  
FIRST HAVE A THINK ABOUT WHAT THEY WILL NEED IN THEIR HOME.

WILL THEY NEED...



ONCE YOU KNOW WHAT YOUR CREATURE NEEDS YOU CAN USE YOUR COLOURING PENS TO DECORATE THEIR HOUSE, BUT YOU COULD ALSO USE THINGS YOU HAVE AROUND YOUR HOUSE TOO.  
CUT UP MAGAZINES, PIPE CLEANERS, FLOWERS FROM THE GARDEN... ANYTHING!





#### Material list:

- please bring with you on your walk:
- Square piece of paper (21cm x 21cm)
  - Notebook or paper
  - Pencils
  - Crayons



### (L) Lake

How many birds can you see on the lake?  
Can you name them all?

### (R) Recoco

There are some lovely trees around Recoco. Walk around and find a tree that you like best. Put your square piece of paper on the tree bark. Now get a crayon and rub it all over the paper. You will see a pattern start to emerge! Rub your crayon until the whole paper is covered in a beautiful tree bark pattern. We will use this to make an origami bird later at home.

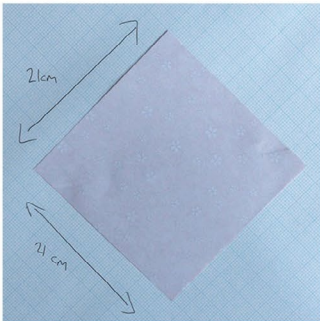


### (S) Secret garden

Walk through the secret garden and see how many types of wild flowers you can see. How many colours are there? Can you find any insects? Write or draw what you have found in your notebook.

### (J) Japanese Garden

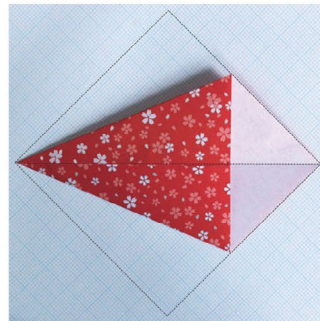
This is the Japanese word for a tree. 木  
Draw it big on your page. Now decorate your tree with any patterns or shapes you like.



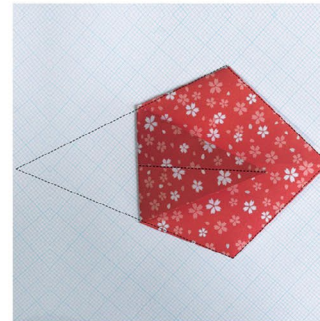
With your tree rubbing on a square piece of paper. Place paper with pattern face down.



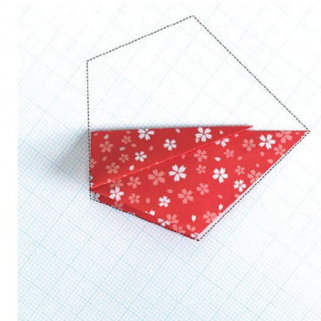
Create a diagonal crease by folding into a triangle then opening again



Following the creased line in the middle, fold paper to create a kite shape.



Turn the paper over, fold the tail end leaving approx 2cm at the top.



Fold paper in half



Lift tail end approx 30 degrees upwards



To create the birds head, create an inside reverse fold.



Create crease lines for beak



Follow the crease lines as a guide and create an inside reverse fold, repeat process for tail



Finished origami bird with infolded beak and tail.

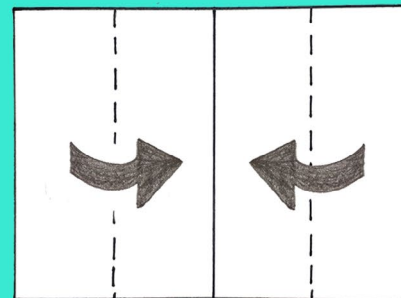
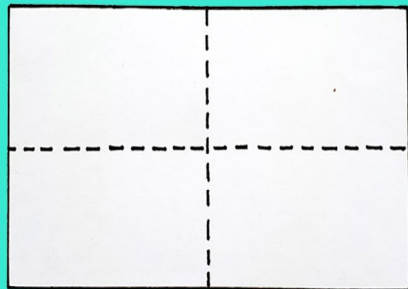




# HOW TO MAKE YOUR OWN ZINE

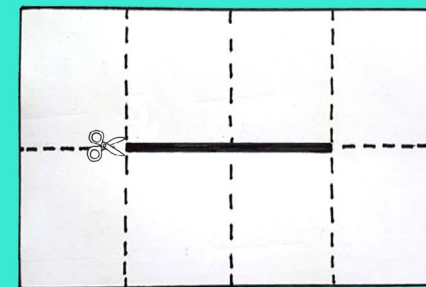


1. Fold in half from top to bottom.  
Open up the sheet again.  
Then fold in half from side to side.



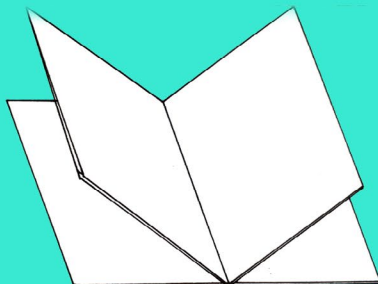
2. Fold the outside pages inwards  
to meet the centre line.

3. Open up the sheet again.  
Then cut along the crease as  
shown below.



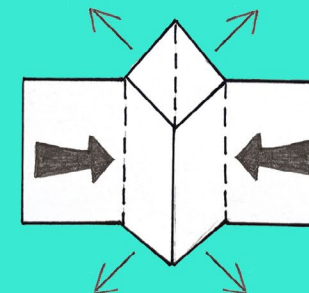
7. Use your Zine for your journey  
of the Wellbeing Way! :)

6. Now decide which page is the  
cover and the back. Then close  
the Zine up!



5. Hooray! It's now starting to look  
like the pages of a Zine!

4. Fold in half length-ways along  
that same crease again. Then  
push inwards from both sides  
to open up the cut part in the  
centre.



Materials: A3 paper, scissors, pencil, pen, colouring pencils/felt tips, glue, coloured/decorative paper, unwanted magazines/newspapers



# ...The Wellbeing Way...

My recycling goal this week is:

- > Do I recycle already?
- > What can I reuse?
- > Can I mend something?
- ...Or learn how to?

**THURSDAY**

**Witty Wednesday**

> What's your favourite joke?

**LOL!**

> Think of a funny memory which made you LAUGH OUT LOUD! :-D

> Describe in as much detail as possible what happened. What did you see, hear, feel, smell, taste?

> Spread some laughter and share the memory. :-)

**Thankful Tuesday**

> Think of and write down 3 things that you are grateful for.

> Spread a little joy: Tell someone how much you appreciate them! :-)

**Mindful Monday**

> For 1 min, slowly follow the line of the shape with your finger as you slowly breathe in and out.

> Write down or draw about some interesting facts that you didn't know before.

**FASCINATING**

WOAH!!

> They can be as weird, strange or random as you like! :-O

> Hold for 15 secs each:

**Stretchy Saturday**

> Play a game!

> Paint a picture!

> Sing your favourite song!

> Dance like no-one's watching!

> Do something new!

**SUNDAY FUNDAY**

> Reflect on your week:

- ...What's been your favourite moments?
- ...Did anything surprise you?
- ...What have you learnt?

**MY OWN WAY**

INSERT PIC HERE!

...or draw one! :-)

I must remember I am:

AMAZING/BRILLIANT&ENOUGH.

Most of all, I am:

< CAPABLE OF ANYTHING >

I pledge to follow the Wellbeing Way for this week at least.

Sign:.....

Witnessed by:.....

Other Ideas for Using a Zine: CREATIVE IDEAS / DRAWINGS / CARTOONS / SCRIBBLES / FICTION / POEMS / FUNNY STORIES / FOND MEMORIES / SONG LYRICS / LOVE LETTERS / PHOTOS / COLLAGES / MAGAZINE CUT-OUTS / INSPIRATIONAL QUOTES / RANDOM INTERESTING STUFF

# Your Museum

All of these objects are from Gateshead & Saltwell.

They are part of a collection of things called the Saltwell Park Museum collection and they live in the Shipley Art Gallery in Bensham.

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 some of the items at the Shipley Art Gallery.

Fill in the gaps and answer the questions about them, as well as things you can find in and around your home.

Write your answers and words on a piece of paper that you can cut up.

Once you've answered all the questions and filled in the gaps you'll have loads of words you can make poems and stories with.

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

After you're finished you can come back to it again another day to see if you can think of different answers and make more poems.

## Materials

Paper, pen, scissors (not essential)



## The Golden Goat

The Golden Goat used to sit on the front of the Goat Inn on Bottle Bank.

Fill in the gaps to write a poem about the Golden Goat from Bottle Bank (it doesn't need to rhyme, but it can if you want it to):

*The Golden Goat is magic*

*He sings a song about* \_\_\_\_\_

*The song he sings is* \_\_\_\_\_

*It sounds like* \_\_\_\_\_

*When the Golden Goat sings we* \_\_\_\_\_

If you were a magic animal what would you be?

What colour would you be?

What songs would you sing?

Write a short poem about another magical animal like the Golden Goat. Maybe there is a magical animal you would like to see where you live...

2

## What can you see?

These spectacles belonged to someone who lived in Gateshead about 150 years ago.

Who do you think these spectacles belong to?

What was their name?

When they put on their spectacles what can they see?  
Write a list of everything they can see.





3

## History in the bin

These animal teeth and pieces of glass were found by two children in 1972.

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

In 100 years maybe someone will find things you have thrown away and put them in a museum.

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 thing 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

## Pick & Mix Poems

Cut up all the words you wrote down for Activity 2 and 3, so 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 if you want.

Close your eyes and pull out 4 words. Use these words to fill in the gaps in Activity 1 with different answers, to make a new poem about the Golden Goat.

Now close your eyes again and pull out a handful of words. Arrange your words below to make a poem – don't worry about it making sense! Some of the best poems don't make sense – and it doesn't need to rhyme. Your poem can be as silly as you like.

**TIP** Don't glue your words down so that you can keep making more than one poem by pulling new words out of your pile. If you make a poem you really like, write it down to save it or share it.



Specimen
Date
Donated by
Remarks

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 collection 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? (today)

Who donated it? (your name)

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



## Giving Hands of Gateshead

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

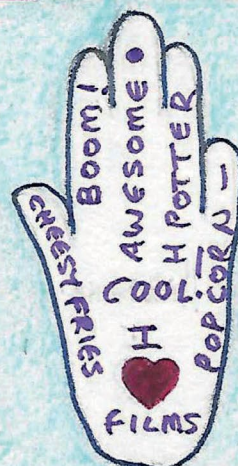
1. On the card provided, you can draw around your own hand or trace around the template hand on the other page. Cut this hand out.
2. Now, think of a time, place or event in Gateshead that you love! (Example, Cinema) Or something you share with your family?
3. Close your eyes. Using all your senses, what do you:  
See = Harry Potter?  
Smell = Cheesy Fries?  
Hear = Boom!  
Taste = Popcorn?  
Feel = Awesome?  
Think = I love this film?  
What one word describes this memory = Magic!
4. Use these magic memories to decorate a fab hand by yourself or with others:  
FRONT OF HAND: draw, write, get pictures that remind you of these memories. Such as Harry Potter, Odeon ticket, popcorn etc. Create your hand with photos, magic images, bits from magazines, gems, colours, stars, tissue paper etc. Let your imagination go and have an awesome time! Even use some examples given on these pages as a guide.  
BACK OF HAND: write all the words you felt about your memory. Such as, cheesy fries, I love this film, boom! Or many more, even a small poem? It's up to you!

Once you've decorated your hand you can share with friends, family or create more for yourself! Give yourself a fab hand! Cool!!!

### FRONT OF HAND



### BACK OF HAND









# 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!

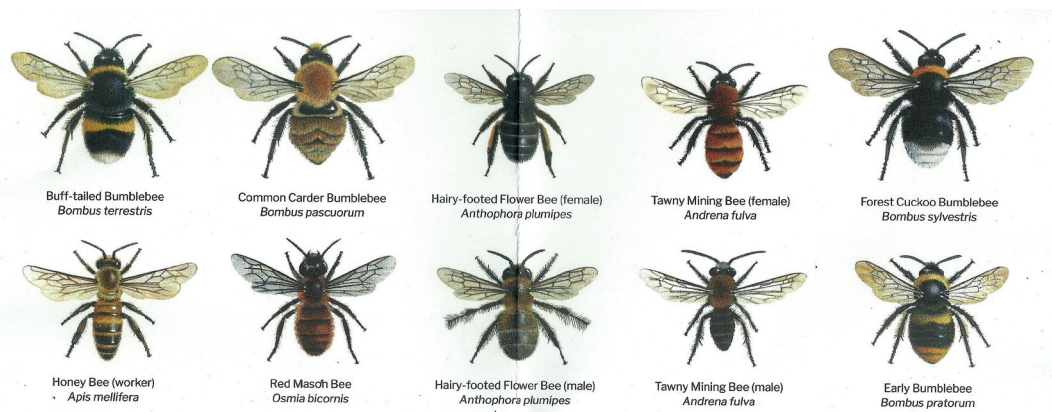


Image credit: Friends of the Earth

**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.

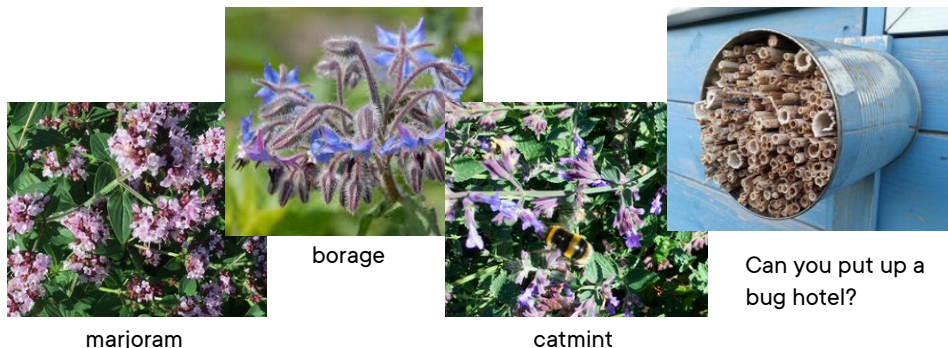
**Honeybees** often come to mind first when people think of pollinators. However, many different animals, including other insects (other bee species, butterflies, beetles, flies), some birds and some bats are pollinators.

## 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](http://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/](http://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](http://beewalk.org.uk)

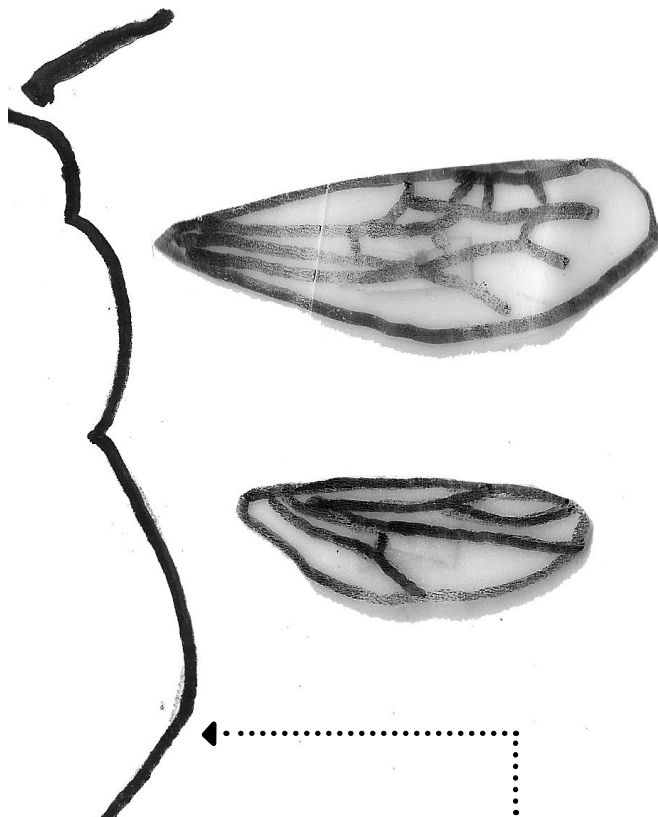


If you can, use a plant ID app on your phone, or bring one flower home (do not pick more than one!) to identify.



### Join a honeybee group

You can join a local honeybee group to find out more and get involved: [tynesidebeekeepers.wordpress.com](http://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**

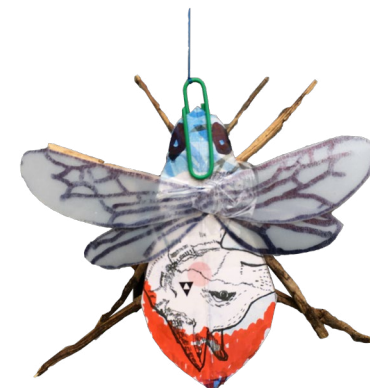
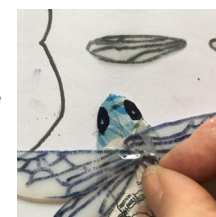
Trace or copy the wing shapes and draw onto a clean used plastic drinks bottle. Using your scissors. Cut 2 large wings and 2 small wings. Be careful as plastic can be sharp.



**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.





# Nature Writing

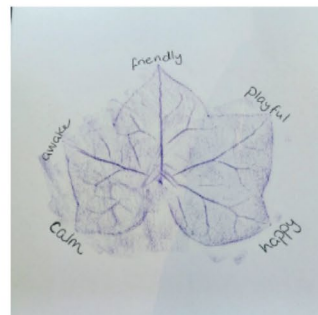
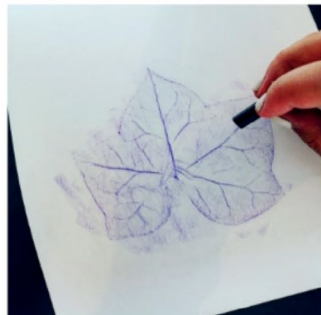
In this activity, you will be creating a piece of writing inspired by the natural environment - which could be just outside your window, in your back garden or out in a local park.

## 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



*“Once upon a time there was a Giraffe called Biff who was as tall as the sun...”*



Hello!

This activity will show you how to make your very own shadow puppet theatre & shadow puppets!

When you have your materials, follow the instructions on the next page.

You might need an adult to help you when cutting things out.

This is just an example of what you can create – use your imagination and come up with your own story!

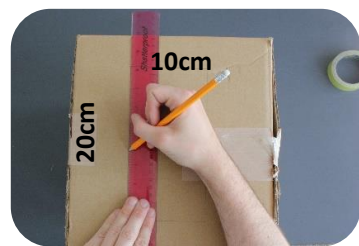
What you will need:

- Cardboard box
- Black card
- A4 paper
- Glue
- Kebab sticks
- Sticky tape
- Scissors / Craft knife (if you have one)
- Pencil
- Rubber
- Ruler
- Lamp/Torch





Draw a rectangle on the front of the box 19cm width by 27cm length



Draw 2 smaller rectangles on the sides of the box 10cm width by 20cm length



Draw a circle on the back of the box facing the front – this is where your lamp will go!



Cut out all 3 rectangles and circle using scissors or craft knife – ask an adult to help you!



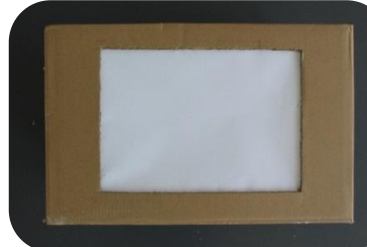
Glue round the edge of the front rectangle on the inside of the box



Glue down the A4 piece of paper – make sure there isn't any gaps!



Tape the top of the box down so that no light gets in!



You should have a box with a paper screen at the front, a hole in the back for a lamp and 2 rectangle slots on either side



Decorate your theatre – we used black card and cardboard.



Come up with your story – if you get stuck maybe try using your favourite story book



Cut your characters and setting out of the black card



Sellotape a kebab skewer onto the back of your puppets



**WELL DONE!**



You have made your puppet theatre & shadow puppets!

Before you start your show make sure the room is dark and the lamp is placed behind the hole at the back to light up the screen.

# A Light Activity...

## SOMETHING THAT BLOCKS LIGHT

Try to create interesting shapes!  
You can use your own body, your  
hands, or any household objects  
(like your favourite toys!)

## The basics...

### You will need:

- \* Selection of coloured paper
- \* White paper  
(A3 works best!)
- \* Felt tip pen and/ or Chalk
- \* Selection of objects
- \* Light source
- \* Scissors
- \* Glue stick

### Optional

- \* Another person to help trace  
your own shadow!



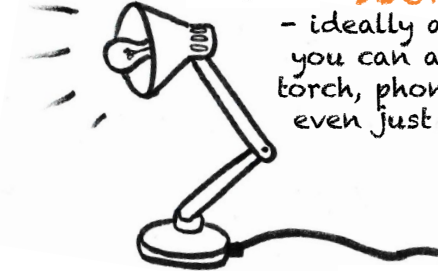
### SHADOW

- We will be tracing the  
shadows cast using chalk  
(outside) and felt tip pens  
on paper!



### LIGHT SOURCE

- ideally a lamp but  
you can also use a  
torch, phone light or  
even just the sun...




Have you got any pets?  
Try to get them to sit still long  
enough to have their shadow paw-  
trait made!







 For a sunny day...  
Create a temporary mural outside! (the rain will wash it away..)

1. Strike a pose or arrange objects to cast interesting shadows

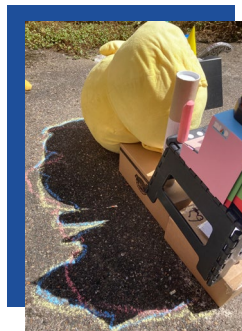



2. Use chalk to trace the shadows on the walls and floor!



For a cloudy day...  
Indoor activity!  
...Family Portraits

1. Cast a shadow of your side profile onto coloured A3 paper (you may use white for a line drawing)



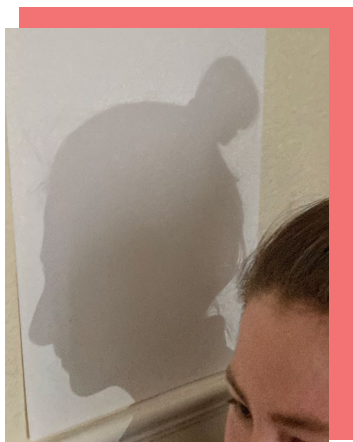
 You can also do this activity by yourself using objects instead of a side profile

2. Get someone in your household to trace the shadow using a felt tip pen/ pencil

3. Cut out the portrait! (Get an adult to help you with scissors)

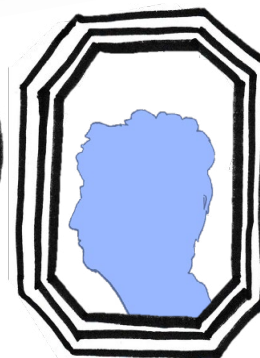
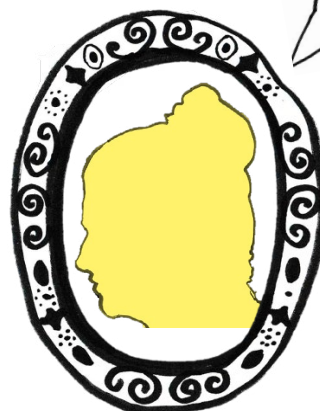
4. Stick it to a white piece of A3 paper

5. Repeat for every member of the household!



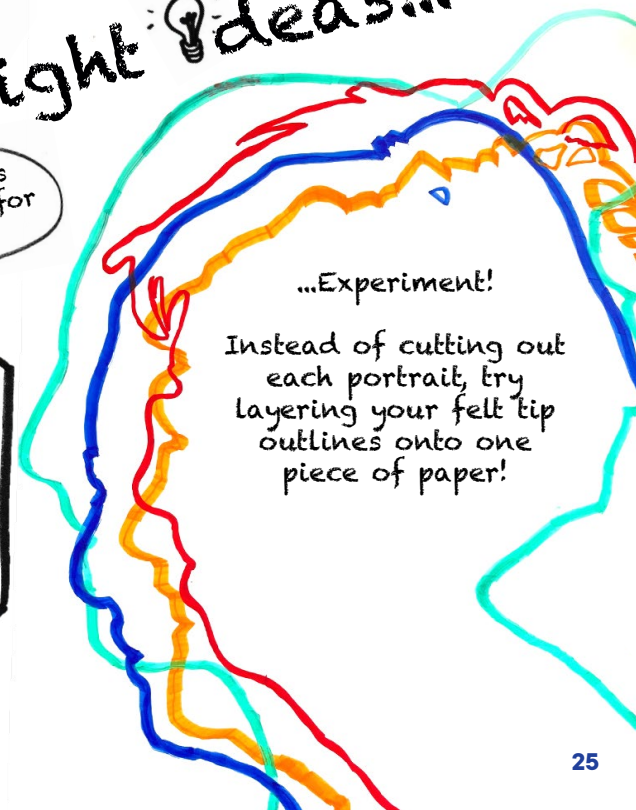
 Some bright ideas...

Use each person's favourite colour for their portrait!



...Experiment!

Instead of cutting out each portrait, try layering your felt tip outlines onto one piece of paper!



# 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](http://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](http://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](http://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](http://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](http://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](http://www.curatorspace.com/artists/fb955254368264994)  
[www.soundcloud.com/user-834191871](http://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](http://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](http://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](http://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](http://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](http://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](mailto:chrisotoole@gateshead.gov.uk)  
[www.benshamgrove.org.uk](http://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@blgateshead.org.uk](mailto:hello@blgateshead.org.uk)  
f BigLocalGatesheadUK  
[www.blgateshead.org.uk](http://www.blgateshead.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](mailto:info@thecomfreyproject.org.uk)  
f ComfreyProject  
[www.thecomfreyproject.org.uk](http://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@creativyouthopportunities.co.uk](mailto:admin@creativyouthopportunities.co.uk)  
f CreativeYouthOpportunitiesCIC  
[www.creativyouthopportunities.co.uk](http://www.creativyouthopportunities.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](mailto:enquiries@gatesheadcarers.com)  
f GatesheadCarers  
[www.gatesheadcarers.com](http://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](mailto:info@recoverycoco.com)  
f RecoveryCoCo  
[www.recoverycoco.com](http://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](mailto:info@shipleyartgallery.org.uk)  
f shipleyartgallery theshipley  
[www.shipleyartgallery.org.uk](http://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](http://www.stchadscommunityproject.org.uk)  
✉ [lreception@stchadscommunityproject.org](mailto:lreception@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.

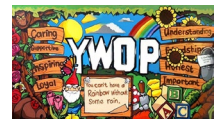
0191 477 4545

f [tynesideandnorthumberlandmind](https://www.tynesideandnorthumberlandmind.org.uk)  
t TynesideMind  
[www.tynesidemind.org.uk](http://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](mailto:admin@ywop.co.uk)  
f ywoproject gywop  
[www.ywop.co.uk](http://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.

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✉ [info@dingybutterflies.org](mailto:info@dingybutterflies.org)  
Facebook DingyButt Twitter DingyButt Instagram DingyButts  
[www.dingybutterflies.org](http://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.

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07483 238774  
✉ [bestofbensham@outlook.com](mailto:bestofbensham@outlook.com)  
Facebook bestofbensham



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Rachel Horton - The Culture Vulture - professional cultural adventurer and creative champion - led on/supported marketing and audience development Facebook Instagram @theculturevulturene  
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