


It is so important to stay connected to those around us during this challenging time. We want to spread light, love and creativity to those most vulnerable.

**We need your help!** It is time to get creative and to use The Arts to show how much we care!

### WHAT YOU CAN DO -

1. Find your local care home - address & name or an elderly member of your community who is in isolation.
2. Create something special for someone in isolation.
3. Deliver it to them by post, leave it on the doorstep and post pictures online!



**Postcards**- Design art work or pictures and create a postcard. You can send a happy note to your local care home or elderly neighbour and make them smile with beautiful, original art work!


**Puzzles** - Create crosswords, word searches, sudoku puzzles to send to those in your community - Puzzles can help restore calm and peace into our lives!

**Playlists** - Create playlists of songs you want to share that may make someone feel brighter - You could send a card with a list of songs or email your local care home a spotify/ youtube or apple music link.

Please feel free to add to our IMM - Care to Create playlist!

[https://open.spotify.com/user/emilyabbott1234/playlist/6tMWxg4gUswYFGCyeNtoXd?si=\\_1-Sp72DSCiOWviOLU38NA](https://open.spotify.com/user/emilyabbott1234/playlist/6tMWxg4gUswYFGCyeNtoXd?si=_1-Sp72DSCiOWviOLU38NA)

**Performances and Videos** - You could send videos of school performances and living room shows to make someone smile!



**Pictures of your favourite things** - You could send a card filled with pictures of some of your favourite things, introduce yourself and share the things you love with those around you!



**Window designs** - You can create beautiful art work that can be stuck in the windows and create a beautiful picture light show. You could put them in your window to make your neighbours smile or send to them to fill their rooms with sunshine and love!



**Seeds** - Send seeds and share the joy of new life and growth with others!

Check out M&S Little Growers

**Flowers** - Create a beautiful bunch of flowers and deliver them to your neighbour or friend - It's the little things that can really brighten up our days!



**Write a poem or a story** - Words are powerful and can express our thoughts and feelings when it's hard to! Take time to write a poem or story to someone in your community!



**Paint a picture** - Create some original art work, send colour and love to someone in your community!

**We want to hear about all your wonderful caring creations! Please send your creations to [info@imm-music.com](mailto:info@imm-music.com) and post pictures and stories using tag #CaretoCreate and @IMMCaretoCreate**

**CARE TO CREATE**

My name is....

I am from....

My story for you is....



**Stay Safe and Let's Care to Create**

**CARE TO CREATE**

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