

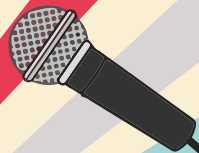


Creative Competition

2021

Be Our Monthly Creative Champion!

Our brand new **Creative Competition** celebrates creativity in all its forms! We would like you to send us your paintings, drawings, models, crotchet, embroidery, photography, creative writing, performances, or whatever other creative endeavours you enjoy. This leaflet has some hints, tips and inspiration to get you started!



creative
SUPPORT

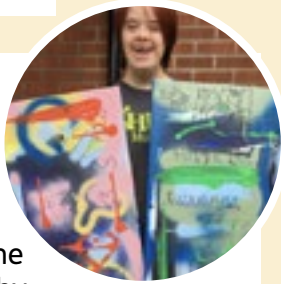
The real joy of being creative, is that there is no 'right' or 'wrong' way of doing things. You can adapt traditional methods to suit your own style and way of working - the rule is, there are no rules!

Things You Could Try...

ART

painting, sketching, sculpture, print making...

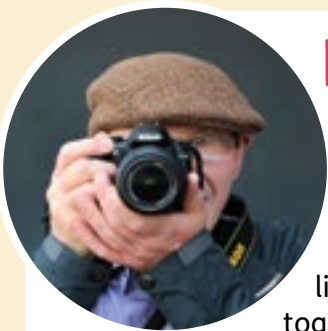
When someone says 'creativity' many people think about art and all its various forms. From two dimensional art such as sketching, to 3D sculptures - the opportunities are endless! If realism isn't your thing, why not give abstract art a try? Have a play and most of all, **enjoy yourself!**



PHOTOGRAPHY

portrait, documentary, collage, print, digital...

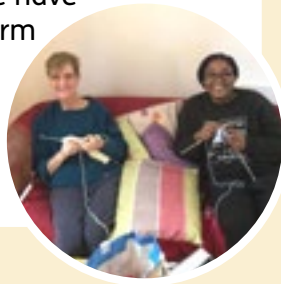
Photography is a great way to visually **capture moments in life**. Instead of just taking a 'quick snap', why not take your time on a photoshoot instead? You could set a scene, experiment with lighting and backdrops, or even cut up prints to stick together to create a photomontage!



CRAFT

knitting, embroidery, crochet, macramé, pottery, upcycling...

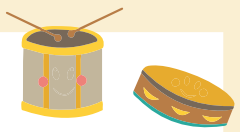
Crafting has become especially popular recently, as we have all been spending more time at home. You can transform items from around the house with a bit of **creativity!** For example, you could **make your own** air dry clay using baking soda, cornflour and water, and your own yarn by cutting up an old tshirt!



MUSIC

singing, playing an instrument, rapping, performing...

Many people use music as form of self-expression and it is a great example of creativity. Why not try writing your own lyrics, cover your favourite song or have a go at creating musical sounds yourself! You don't necessarily need an instrument to do this - whistle, clap, stomp and slap a tune!



WRITING

poetry, short stories, limericks, blogs...

Creative writing is another great way to express your thoughts, feelings and emotions. As well as being a good means of communicating serious subjects, it can also be lighthearted and funny! If you're unsure where to start, why not try writing about your favourite food, your most recent dream, a scary animal or write from another person's perspective!



INSPIRATION



If you're wondering where to start on your latest creative project, why not use the tips below to help inspire you!

Observational

Look around you, what **sparks your interest?** Observe how things look and feel, then think how you can **represent** that in your creations. This could be anything from a bowl of fruit, to the view out of your window!

Imagination

If you are creating from your imagination, then your limits really are endless! You can be as **experimental** as you like, just **go with the flow!** Why not design your own mystical animal or describe your dream?

Express Yourself

Art, music and words are always most engaging when they are **personal**. Think **expressive** marks and **abstract** sounds. What would you like to teach others about yourself, through your creations?

Send us a copy, video or photo of your creations to
be.involved@creativesupport.co.uk



Be Our Creative Champion!



Share your creative story and help inspire others!

Our Creative Competition will run throughout 2021 and you can enter as **many times as you want**, with as many different projects as you want!

Each month, we will be selecting a **Creative Champion**, who will win a £10 Love2shop voucher and a Be Involved certificate and badge. They will also be able to share their creative journeys on our social media and website, to help **inspire others**.



How To Enter

1. Get creative

Whichever form of creativity you choose, get started on your project! You may want to work on something you have tried before, or you could try something new.



2. Make a copy of your creation

If you've created a piece of art or crafted something, take a good quality photograph of it. If you are playing music or performing, get someone to video you in the act! Or just send us your photo or piece of writing!



3. Send it!

Send your creation, along with your name and service to

be.involved@creativesupport.co.uk

