



Arts and Memories at St Barbe

Designed by the Learning and Engagement Officer at St Barbe Museum, these activity packs are created to reach out to those who are unable to visit the museum in person but still wish to enjoy our cultural programme.

In order to do this, internal and external sources are used in a way that capture the attention of people with dementia and their families/carers but are accessible to all, from younger to older people.

Inspiration is taken from the exhibitions and displays at St Barbe Museum and Art Gallery. We believe that art, heritage and culture are valuable tools that can be used to help develop a sense of wellbeing and to combat social and emotional isolation.

Get in touch with our Learning and Engagement Officer by emailing her at the address below and she will put your name on our mailing list.

Help us in our goal to bring Arts and Memories to you, share this Activity Pack with those you think might enjoy it and don't forget to feed your thoughts back to us.

For any information and to receive future Activity Packs please email:

paola.palma@stbarbe-museum.org.uk

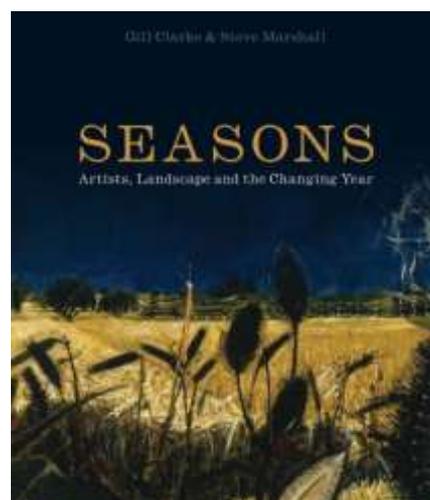


Figure 1 Catalogue cover of our current exhibition: Seasons

1. About the current exhibition Seasons: Art of the Unfolding Year

Starts: September 11 - 10:00am

Ends: January 9 - 4:00pm

This autumn sees the opening of a unique exhibition celebrating seasonal change as portrayed by British artists over the last 100 years. The seasonal cycle has long been a source of inspiration for artists, writers and musicians but in recent times our mainly urban and digitally focused society has become increasingly remote from the natural rhythms of the year.

At a time when nature is threatened by climate change, pollution, development and declining fertility this exhibition serves as a timely reminder of the joys and critical importance of nature's cycle. It will also resonate with those for whom lockdown provided an unexpected opportunity to connect once again with the onset of spring.



Drawn from private and public collections including Tate, British Council and the UK Government Art Collection the exhibition explores changes in the landscape, plants that leaf, flower and fruit at particular times, wildlife that is prominent in different seasons, customs and folklore, the farming calendar, weather and gardens. It also touches on the way changes in farming practices, urban development and climate change are affecting how we experience seasonality today.

Artists featured include John Nash, Eric Ravilious, Clare Leighton, Gertrude Hermes, Graham Sutherland, Alan Reynolds, Laura Knight, Duncan Grant, Charles Tunnicliffe, John Minton, Kurt Jackson, Keith Grant, Carry Akroyd,

2. Focus on Winter: 'The season of mists and mellow fruitfulness'

This Activity Pack is centred around the **winter** season.



Figure 2 Wild Garden, Winter by John Nash (1893-1977)
This watercolour combines two of Nash's favourite subjects: a pond and a snowy landscape seen on an overcast day.

Winter is the coldest season of the year, between autumn and spring; the name comes from an old Germanic word that means "time of water" (Encyclopaedia Britannica) and refers to the rain and snow of winter in middle and high latitudes. In the Northern Hemisphere it is commonly regarded as extending from the winter solstice (year's shortest day), December 21 or 22, to the vernal equinox (day and night equal in length), March 20 or 21.

The concept of winter in European languages is associated with the season of dormancy, particularly in relation to crops; some plants die, leaving their seeds, and others merely cease growth until spring. Many animals also become dormant, especially those that hibernate; numerous insects die.

Steve Marshall, Exhibition Curator at St Barbe Museum and Art Gallery, expresses the significance of this season presented in our exhibition, in an article published in *Artists & Illustrators* (October 2020) with the following words:

'Winter is a season of short days and darkness, when nature appears dormant or even dead, so it has traditionally been a time for seeking comfort and company around the warmth of the hearth. Visually it is often depicted as a season of snow and ice and the transformation of landscapes under snow has long been a popular subject with artists. Joseph Farquarson's snowbound sheep are the stuff of a thousand Christmas cards. For an artist like Adrian Allinson, whose work was marked by a fondness for dramatic lighting effects, snow created a sparkling child's wonderland. His contemporary John Nash was more interested in the subtle modulations of colour and tone he experienced on overcast days when snow carpeting the ground would complement grey skies and tree trunks and the pallid greens of winter grass. Nash spent the winter painting his garden and exploring the surrounding Essex countryside, he was particularly drawn to bodies of water so a frozen pond or flooded lane might bring new interest to a familiar scene. Stripped of their leaves, the individually unique forms of deciduous trees are revealed. Artists

have enjoyed tracing their intricate structures, using them to punctuate wider landscapes or in dramatic individual tree portraits. The bare tree lends itself to bleak and eerie effects as seen in the etchings of Graham Sutherland or some of Edward Burra's late watercolours. The wartime angst that darkened the Neo-Romantics' visions of the 1940s resulted in the tortured limbs and spiky branches seen in the monochrome watercolours of John Minton and John Craxton. More recently Kurt Jackson's atmospheric plein air painting has conjured works like Bird song, Lymington River, winter woodland, Feb. 2005 with its weak winter sun reflected on the surface of a river shrouded by the dense, twisted branches of overhanging vegetation. The absence of colour can make winter landscapes appear drab but the season does have its blooms as spring approaches and snowdrops, crocuses and gorse flowers appear.'

All activities in the following pages are a journey through the senses, a journey in the amazing nature that makes everything so vivid and mellow: colours, scents and smells, shapes and activities in the animal and human world.



The material used in this pack has been collated from different sources: exhibition material and catalogue prepared by Gill Clarke and Steve Marshall, internet searches and the creativity of all those who contributed in the preparation of this Activity Pack, including St Barbe Museum and Art Gallery's volunteers. The *Forget-Me-Not* picture on the first page of this pack was kindly donated by keen gardener Annie Pope. *Forget-Me-Not* is a small blue flower representing remembrance and is long associated with dementia.

Should you wish to learn more about *The Seasons* Exhibition, you can find the catalogue available to purchase in our museum shop.

We hope you can immerse yourself in the appreciation of this frosty season.

3. Activities

- The Winter List

How many activities that are pertinent to the Winter season can you list?

Think about nature, the colours, the feeling of the cold air on your skin, the animal world, or even think about what we do every year in preparation for this season: in your house, in the garden, with family and friends,

particularly during the Christmas period. In Tanner's etching above, there is a 'sense of timelessness and anticipation of the festivities to come. Children carrying lanterns and gather round as the waits, who were people who received money for their singing, commence.'

Rural scenes are particularly intense with representation of jobs that need to be done. Here are few examples, but the list can be long.

Dressing Wheat	
Feeding animals	
Hedging	

We have started the list, can you find three more? Can you also think what the activities listed involved and what

skills or care would be needed? For more information on these, please go to the end of this Activity Pack in Section 4.

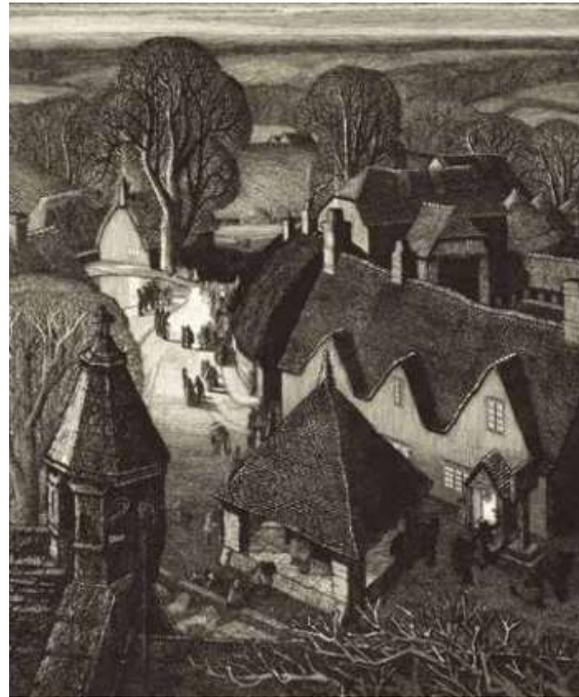


Figure 3 Christmas by Robin Tanner (1904-1988)



Figure 4 Examples of activities the farmers are busy with during winter season

What are your favourite childhood memories for the winter period? Perhaps you were a pupil at the National Primary School (the



Figure 5 One classroom in the Lymington National School. This classroom is now the McCarthy Room in St Barbe Museum. St Barbe Museum Collection

building which now hosts St Barbe Museum), and perhaps you oversaw the collection of the frozen milk in the pail, from outside the school? Or maybe you used to attend to the fire

in the fireplace in your classroom? What was the smell in the classroom? Perhaps you had a new coat or an old hat, do you still remember them?



Figure 6 Lymington National School. 1885 ca. Pupils and teachers wearing coats and hats. It must be Winter! St Barbe Museum Collection.

If you are happy to share your memories with us, we would love to hear from you.

Your memories are precious to us too and we will treasure them.

- [Cut, Colour and...Kiss!](#)

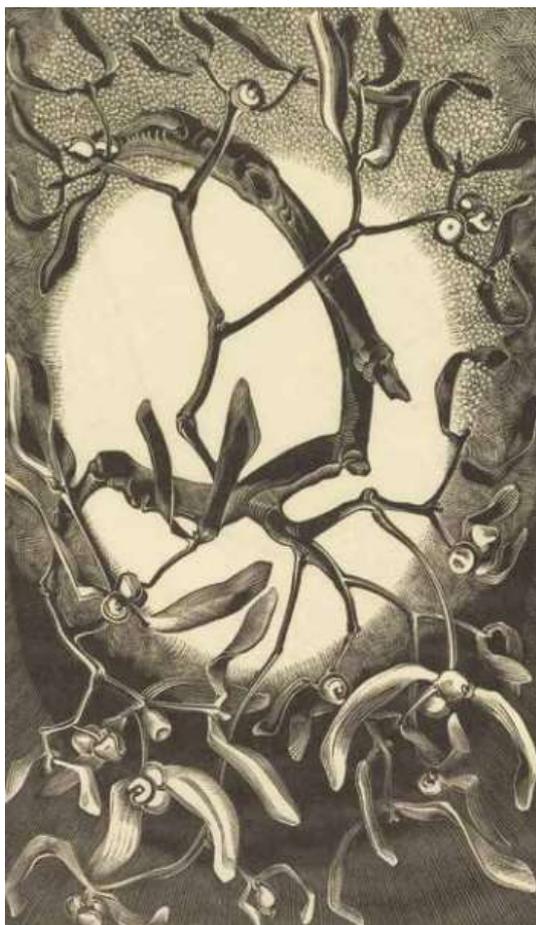


Figure 7 Mistletoe by Gertrude Hermes, 1930. You can admire this wood engraving in our *The Seasons Exhibition*. 'Mistletoe' is one of twenty wood engravings Hermes created for *A Florilege*. As a group they are a remarkably powerful set of botanical portraits, combining accurate detail with a dynamic use of abstract pattern, darkness and light.



Holly, ivy and mistletoe are the plants most associated with winter. Do you know that they were used in many pagan religions, medicines and festivals? They were so strongly attached to pre-Christian culture that the symbol of the evergreen was assimilated by the Church to represent the renewal of life at Christ's birth. Harvesting the evergreens was also an important source of income for the New Forest gypsies, who 'know well to cut the best berried branches early before the birds spoil them' (New Forest Commoner). The Christmas tradition of kissing under the mistletoe comes

from the Victorian era, when a boy could win a kiss from a girl for each mistletoe berry he picked from his bunch. This game probably originated from a Norse legend in which the goddess Frigga declared mistletoe a symbol of love.

Mistletoe is an evergreen plant but is best seen during the winter months when it hangs from the bare branches of host trees.

So, if you cannot get fresh mistletoe, why not get your scissors and cut out the picture below. Add colour to your cutting (perhaps using some lettuce leaves and watered-down spices like ginger or cumin

and beetroot for the ribbon) and stick your mistletoe to every doorway and windows in your home.

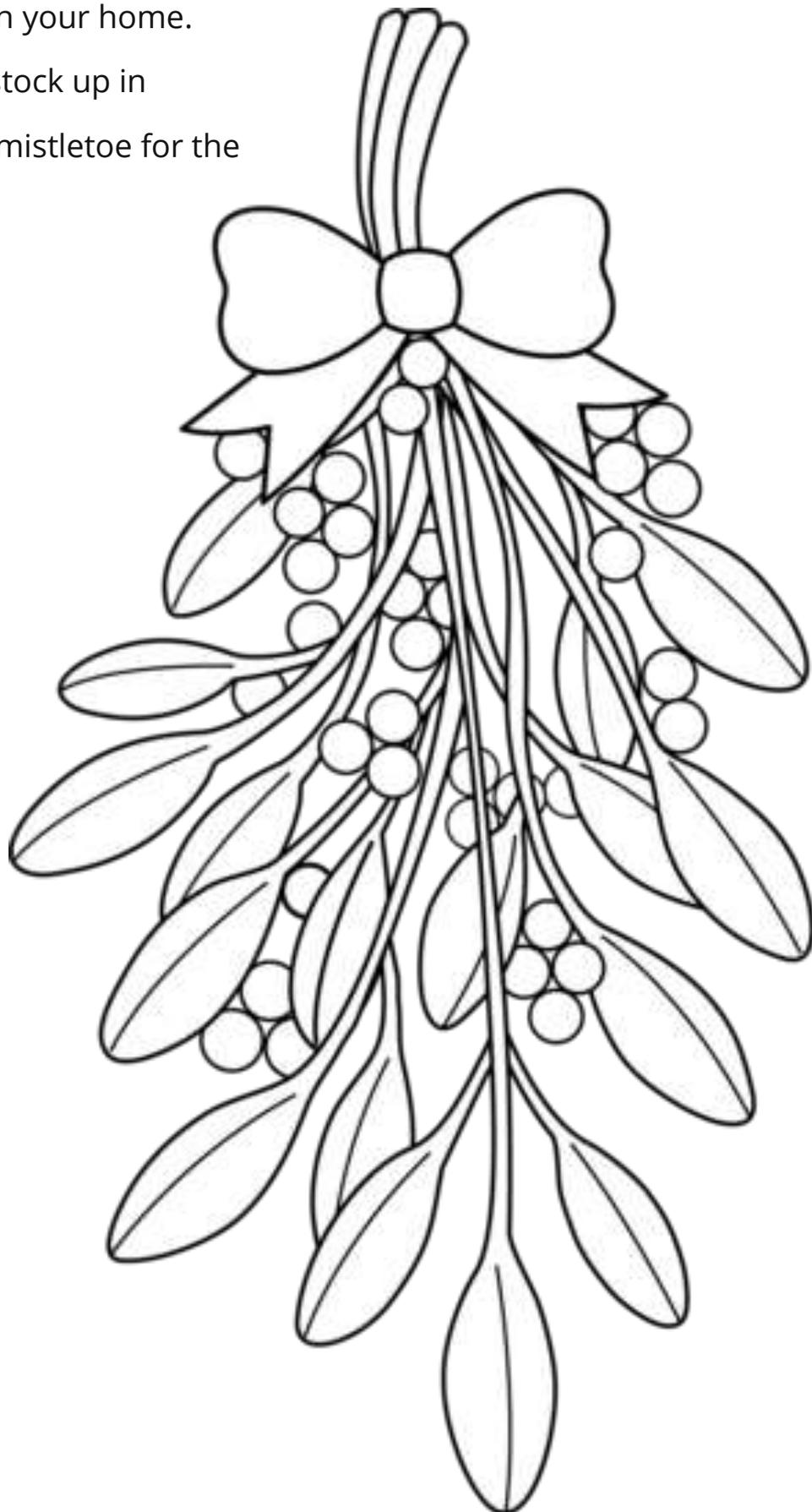
Surely enough you will stock up in kisses and display your mistletoe for the world outside your window to see.

There is not a right or wrong way to do it, but the best way, is to do it with fun!

If you wish to learn more about mistletoe follow this link:

<https://bbc.in/2JsnsXH>

Enjoy!



- Music for your ears: California Dreamin' by The Mamas and The Papas

Admittedly, the song choice for this season is not related to our geographical area but it is about winter and we are sure you are familiar with the tune. So, if you can, pay attention to the words that describe this season, try and linger on those thoughts and let your mind wander...

All the leaves are brown (All the leaves are brown)

And the sky is grey (And the sky is grey)

I've been for a walk (I've been for a walk)

On a winter's day (On a winter's day)

I'd be safe and warm (I'd be safe and warm)

If I was in L.A. (If I was in L.A.)

California dreamin' (California dreamin')

On such a winter's day

Stopped into a church

I passed along the way

Well, I got down on my knees (Got down on my knees)

And I pretend to pray (I pretend to pray)

You know the preacher liked the cold (Preacher liked the cold)

He knows I'm gonna stay (Knows I'm gonna stay)

California dreamin' (California dreamin')

On such a winter's day

All the leaves are brown (All the leaves are brown)

And the sky is grey (And the sky is grey)

I've been for a walk (I've been for a walk)

On a winter's day (On a winter's day)

If I didn't tell her (If I didn't tell her)

I could leave today (I could leave today)

California dreamin' (California dreamin')

On such a winter's day (California dreamin')

On such a winter's day (California dreamin')

On such a winter's day



If you want to sing along to this 1965 tune, click on this link:

<https://www.youtube.com/watch?v=N-aK6JnyFmk>

- [Brain Tickler](#)

We have chosen a few words to represent the Winter season and have hidden them in the Word Search Quiz. Can you find them? Please note, words can be found looking downwards, upwards, or diagonally. If you need a little help, have a peek at the end of this Activity Pack in Section 4.

Please note

Winter



N	M	E	L	C	I	C	I	L	N	D	I	R	I
O	T	N	R	E	S	E	W	N	U	O	M	M	T
R	L	O	E	M	E	O	N	T	E	M	I	U	F
T	E	I	M	W	T	W	N	N	F	Y	C	L	D
O	O	E	T	S	Y	I	G	E	E	N	H	L	S
B	T	E	I	O	N	E	T	O	A	C	R	E	E
O	E	S	H	P	D	O	A	E	O	C	I	D	F
G	L	L	O	O	I	U	W	R	G	W	S	W	I
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W	E	E	O	E	C	E	Y	M	W	N	L	N	O
Y	A	R	O	O	I	E	R	S	H	N	E	M	D

- ICICLE
- MISTLETOE
- SNOWMAN
- HOLLY
- FIREWOOD
- NEW YEAR
- CHRISTMAS
- MULLED WINE
- PINECONE
- TOBOGGAN



that all images have been downloaded off the internet.

- Music for your soul: a poem

Winter is a starkly beautiful season. With frosty mornings, bright, crisp days – well...most of the time - and powdery snow it's easy to see how it has inspired poets throughout history. This week the poem we have chosen is:

When Icicles Hang by the Wall by William Shakespeare (1564 – 1616)

When icicles hang by the wall,
And Dick the shepherd blows his nail,
And Tom bears logs into the hall,
And milk comes frozen home in pail,
When blood is nipp'd and ways be foul,
Then nightly sings the staring owl,
Tu-whit;
Tu-who, a merry note,
While greasy Joan doth keel the pot.

When all aloud the wind doth blow,
And coughing drowns the parson's saw,
And birds sit brooding in the snow,
And Marian's nose looks red and raw,
When roasted crabs hiss in the bowl,
Then nightly sings the staring owl,
Tu-whit;
Tu-who, a merry note,
While greasy Joan doth keel the pot.

From Love's Labour's Lost, Act V, Scene II



William Shakespeare, regarded as the foremost dramatist of his time, wrote more than thirty plays and more than one hundred sonnets, all written in the form of three quatrains and a couplet that is now recognized as Shakespearean.



Figure 7 Wild Garden, Winter by John Nash (1893-1977)

You can also listen to this poem being sung by following this link:
<https://www.youtube.com/watch?v=68A6TuXIUQg>

- Winter Feelings

During the winter, it feels like everything slows down and becomes quiet. The air becomes dense and the familiar smell of burning cedar induces trips of nostalgia and the bygone days.



Sometimes, more time at home can also cause feelings of loneliness, or anxious thoughts interrupt our sleep quality, affecting our ability to conduct normal day-to-day activities as a result.

While everybody's experience is different, it's important to look at the practical things that might help us have a positive outlook. Starting small, set yourself a few important or enjoyable activities to do each day to help regain a normal routine. Drawing, colouring, painting, and sculpture are all wonderful ways to be creative.

Art has the magic power of bringing us where our mind wants to wonder, and we can make that world as colourful and calm as we wish. If you would rather stay indoors then we can bring a little warmth into your home.

Colour, cut and fold these little boxes (the template is on the next page) and hide a short personal message, filled with love and kindness, for someone you care for. They will be the perfect present to bring a little warmth in this cold month.

Sometimes, writing our feelings on paper can help us to pinpoint what is worrying us or making us happy.

Can you describe how winter makes you feel? Think of words beginning with the following letters:

S _____

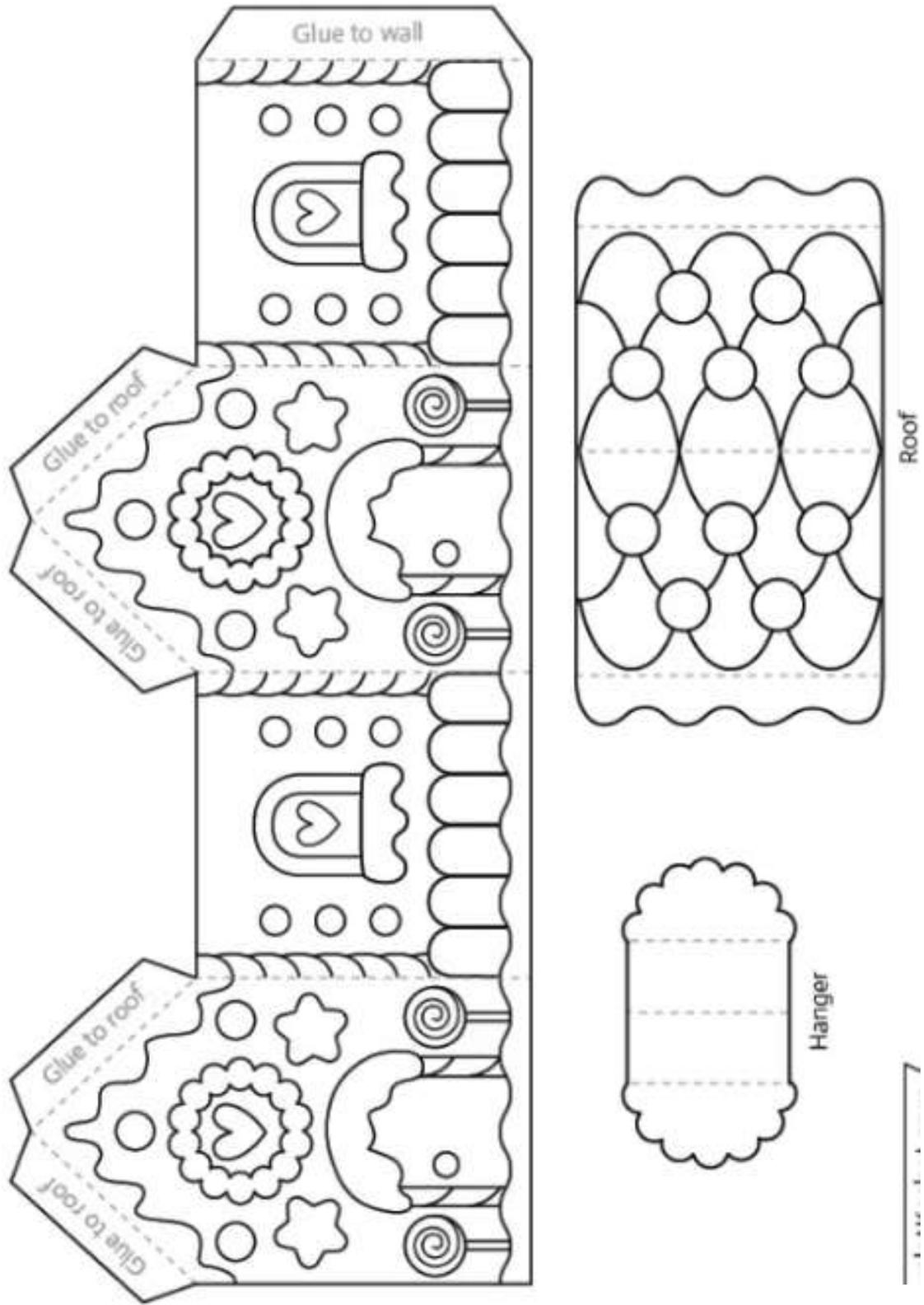
N _____

O _____

W _____



Figure 5 Snowdrops by Howard Phipps (1954)





- *F* is for *Forest Bathing...from home!*

If you watched *Countryfile* on BBC1 on Sunday 15th November 2020, you possibly have been mesmerised by the effect of Nature Bathing. We referred to this amazing activity in our *Autumn* Issue - Activity Pack number 1 - (please contact us if you wish to receive a copy).

'The first thing you need to know is that forest bathing does not involve swimming costumes, or even water. 'Bathing' in this sense just means a fully immersive experience of woodlands.

Yet, it can be quite cold out in the forest in winter and you don't really feel like going out. Don't worry, this issue of the Activity Pack is all about doing what you can from the comfort of your own home.

We have dug out some activities that Forestry England have designed about Forest Bathing from your armchair, and we hope you will enjoy doing them. Turn to the next page, find a comfy spot and relax!

Forest bathing encourages frazzled urbanites to slow down, relax and engage their senses with the woodland around them: the sound of the wind in the leaves, the fragrance of fern and fungus, the play of dappled light on the forest floor'. (Source: <https://www.countryfile.com/go-outdoors/f-is-for-forest-bathing-mindfulness-in-nature/>)



Forestry England



Forest Bathing

from home

Forest bathing is a great way to spend time outside with nature and to de-stress. Taking time to encourage children to use mindfulness is beneficial for their health and wellbeing. But how do we achieve this when we are staying at home?

Take your time: sit or lie down on the ground for a few moments.

- Take 3 deep breaths, you may even wish to close your eyes.
- Continue to breathe slowly trying to make the out breath a little bit longer than the in breath.

Find your favourite place:

Find a quiet spot that makes you feel safe and relaxes you - this might be outside, on a balcony or near an open window. Switch off mobile phones, tablets and TVs and enjoy disconnecting from technology!



[forestryengland.uk](https://www.forestryengland.uk)

The sound of nature can be very soothing and relaxing.

<https://www.youtube.com/watch?v=vz91QpgUjFc>

- Something to Cook



- The two most common types of dementia, Alzheimer's disease and vascular dementia, affect memory, language, thinking skills, attention span, and perception. These symptoms challenge eating and nutrition, coupled with age-related changes in appetite, thirst, and sense of smell and taste, dementia can stir up difficulties with eating behaviours and mealtimes. Remember that each person is different, recipes can be tailored

depending on specific needs but perhaps the following tips could help in getting the environment more inspirational:

- keep mealtimes simple and minimize distractions
- since people with dementia may have trouble expressing their preferences, watch for signs that the food presented is appreciated so future menus can be customized.

For a heart and soul-warming simple but healthy and tasty meal how about this

Winter Parsnips Soup?

Ingredients

- 1 onion
 - 1 stick celery
 - 2 carrots
 - 500 g parsnips
 - 1 litre vegetable or chicken stock
 - 1 tsp garam masala (or your favourite spices)
 - 1 tsp paprika
 - 1 tbs olive oil
- Serve with 1 tsp double cream or Greek yogurt



Method

1. Peel and chop all the vegetables.
2. Fry the onion and celery in 1 tbs olive oil for five minutes until softened
3. Add the carrots and parsnips and fry for a further ten minutes.

4. Add spices and season then add the stock
5. Bring to the boil and simmer for ten minutes or until all the vegetables are soft
6. Blend the soup until smooth and swirl in 1tsp of double cream or yogurt and a drizzle of chilli oil to serve.



Bear the thought of a full and warm belly in your mind and look at this lunch party in the image below: we present you the *Lunch party on the ice at Sowley Pond* - exhibited in our current exhibition and part of the St Barbe Museum Collection.

What do you think was on the menu on that day? Something warm for sure.

This was taken during the period 1894-95 and for some reason these group of happy skaters were lunching in the snow.

Surely it was not for social distancing reasons and we cannot but wonder if this is this how we are going to spend the Christmas Holidays this year?

- [Mystery object](#)

Depending on your age, you might have been quite familiar with this mystery object.

One tip: you would definitely need to use it in winter! Any ideas?

To find out more, go to the end of this document and don't forget to let us know your story about this object, if you have any!



Figure 6 St Barbe Museum Collection

4. Peeking Page

The Winter List

In our Winter List we wrote a few names of activities that happen during this season. Here they are described for you and a picture from our current exhibition is also added in case you don't have the chance to come in and see them.

Dressing Wheat

Men feeding a sifting machine and then filling sacks. This was a hard chore but at least farmers were working under cover.

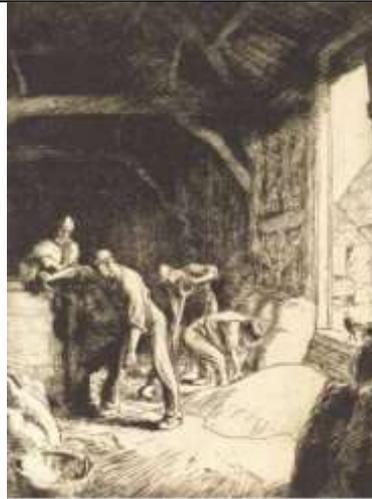


Figure 7 Sir George Clausen - Dressing Wheat. 1912

A Hard Winter shows sheep being fed cabbages in a snow-covered field. It doesn't matter what the season or weather are like, animals still need feeding. Not an easy job for farmers in adverse weather conditions.



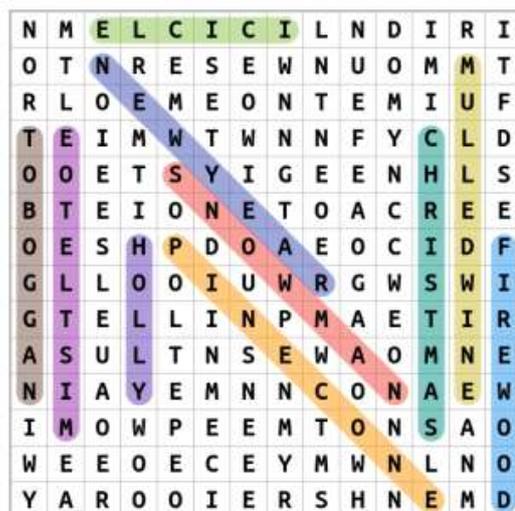
Figure 8 A Hard Winter by Tunnicliffe

Hedging was a job for winter when other tasks on the farm were impossible and here upright shoots are being partially cut with a bill hook and then woven into a stout framework from which the hedge would regrow.



Brain Tickler

How many words did you find in our Brain Tickler? Below they have all been highlighted for you.



- The Mystery Object: A Stonewater Hot Water Bottle (Foot Warmer)



The earliest recorded type of hot water bottle was the bed warmer which goes back to the 16th Century. This is not quite as old. Hot water was regularly used in glass or ceramic pots using cork seals to keep watertight. To avoid knocking and intense heat these would be wrapped in a towel or blanket and placed carefully in position. Few glass types survive today but ceramic containers continued in production for many years well into the 20th Century.

We hope you have enjoyed our second Activity Pack. Let us know what you think!

The next Activity Pack will focus on Spring and Summer. You can contribute with any stories, pictures, ideas or memories you may have.

We look forward to hearing from you!