

The Rejuvenation

connect carers create community

issue fifteen



Is this the real life
Is this just fantasy
Open your eyes
Look up to the sky and see

BOHEMIAN RHAPSODY
QUEEN

B o h e m i a n s t y l e

In this issue:

Lucy Baxendale, local ceramicist and mixed media artist tells us about her work, beautiful new studio and monsters!

John Taylor - An interesting article about 'Crimestoppers'

A poem 'Warrior' by local artist and poet, Laura Ding-Edwards

WHAT IS BOHO? - Maggie's take on this romantic word with ideas for bookmarks and tassels

Plus a feature from Pamela Green,
Leader Bodenham Carers' Group about her patchwork



JANUARY 2021



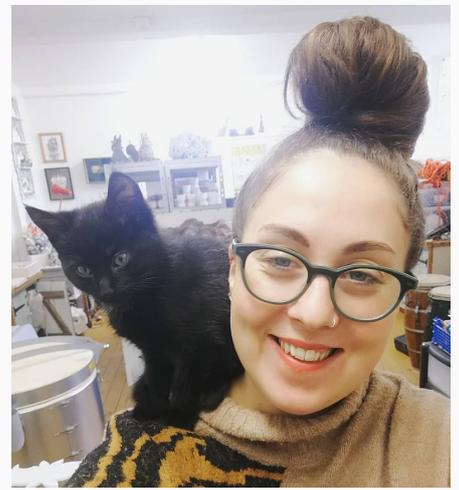
Email: rejuvenate@creativecarergroup.co.uk



LUCY BAXENDALE

Lucy is a Ceramicist and mixed media artist based in rural Herefordshire. Check out her website [HERE](#)

Lucy has always shown an interest in Rejuvenate! and it's work in the community, so here she tells us about her work and pieces of art.



Lucy Baxendale uses a form of surrealist automatism to draw from her unconscious. It is something she has been doing since she was 18 in an attempt to regain the freedom that we have as children, where we just pick up a crayon and draw without the pressure of knowing what we are drawing. Since then, the lines have taken on lives of their own.



In her drawings emerge creatures, habitats, stories – some of which become a running narrative in her pieces. Her drawings are the starting point for her porcelain pieces, which can fit into two different categories. Her sculptures are a progression of her drawings, exploring how something changes when it is taken into 3D and the possibility of what lines can become when an extra dimension is added. She can easily spend months working on these pieces, and never knows if they will emerge from the kiln unscathed until the final firing has taken place.



Her homeware range is a quest to put the fun in function and she enjoys the challenge of building something fit for purpose, that also has a life of its own. Lucy makes juicers with faces, incense stick holders that will hold your incense in their mouths, and her best seller – Monster planters. She makes her planters to be stackable, so you can build your own creature and have fun with it too. Lucy is always thinking of new things she can make, and new ways she can push herself.



This year Lucy was lucky to move out to one of the only live/work spaces in Herefordshire, trading in her city centre life for the countryside, an allotment & chickens. Nature is often a key component in her work, so being on the edge of Croft Castle estate can only be an inspiration. She is looking forward to seeing how this new environment changes her work, and seeing what emerges over this coming year.

CrimeStoppers

FEATURE: JOHN TAYLOR

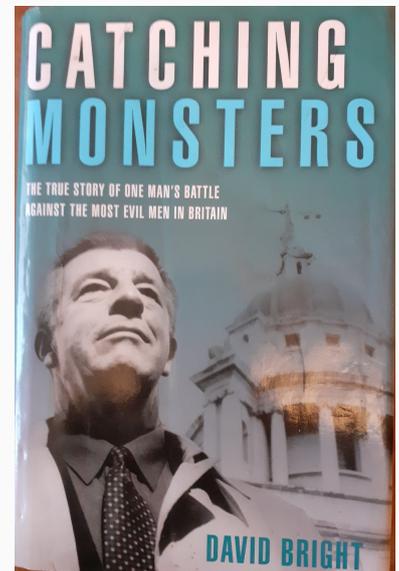
"I live with the hope that you have heard of CrimeStoppers, the independent charity which exists to combat crime. You may not know it's story and how it came about."



Receiving a donation from a local Insurance Broker - 1990

It started in Albuquerque, USA in September 1976 when Police Officers offered a reward for help with a murder case, having come to a dead end. A reward was offered and local radio announced the details. Within 72 hours the crime was solved. Surprisingly, the calls kept coming, but about other crimes and the arrest rates soared. Big business got on board with Boeing, Ford and Walmart offering millions as reward money, all paid anonymously to the caller.

David Bright, later OBE, and Essex Police Regional Commander was a customer of mine when I was a Bank Manager in 1989. The Community Action Trust had been set up in London following the murder of PC Blakelock during the Tottenham riots. That sparked an idea in David and as a result he visited Mississippi to learn about Crimestoppers. As a result, early in 1990 Essex Police Crimestoppers was formed to copy the US style of paying, anonymously, for information that led to an arrest.



David's book from 2003

UK corporations (Ford, Marconi & Schweppes) all said no to funding. As main fundraiser and treasurer I set about touring schools, communities, radio stations and companies both to raise awareness and attract funds to give to informers. Income came from a variety of sources including fetes, Police days, and paid talks. The local bus company donated an old bus which certainly turned an eye and heightened local knowledge. Stickers appeared on buses, British Gas vans and Police cars.

Within weeks calls began for crimes carried out and crimes being planned. Three years later national Crimestoppers was born and my cue to bail out as paid staff arrived.

Since inception millions of pounds in drugs have been seized, robberies thwarted, and, on average, a murder each month has been solved. Many criminals have been halted or caught and punished.

Crime hasn't stopped and how the charity goes about it's work now is far different from when I was involved. Finally, you may be surprised that only 0.4% of those reporting a criminal offence actually ask for a reward, so, who needs Schweppes and their like...

Please take note of the number and website [HERE](#)

CrimeStoppers.

0800 555 111

100% anonymous. Always.

I met John a few years ago when he was Community Chairman of the City of Hereford Rotary Club. I was seeking funding for a project and again, sometime later, when we set up Rejuvenate! On both occasions Rotary helped!

Maggie

WARRIOR

When the world is on your shoulders
And your heart feels full of lead
And your stomach churns like butter
And the voice inside your head
Is reminding you of everything
You've ever said or done
All your failures and regrets
All the times your fear has won
Take a minute to remember
You've survived this all before
You've battled and you've conquered
When you thought you had no more
You are stronger than you realise
You are brave and wise and kind
And you know you're so much bigger
Than the doubts that fill your mind
So breathe it in then let it out
Allow the ebb and flow
You can win this war, you always do
You're a warrior you know.

© Laura Ding-Edwards

Laura Ding-Edwards is an artist and writer from Herefordshire. She started her business, Rainbird Roots, in 2016 and quickly went from painting as a hobby to full-time artist, commissioning pet portraits, unique wildlife artwork & typography pieces. The Rainbird Roots brand name comes from her mother's beautiful maiden name of "Rainbird". You can see Laura's artwork by visiting her website www.rainbirdroots.com

Her first poem, The Mountain, was written in a car back in January 2019 and details her experiences of living with anxiety. It rapidly gained momentum on social media, having had millions of views and shares across the world. From this, more poems were written and eventually The Mountain book was born.

Laura lives with her husband, Ronnie and beautiful daughter, Dotty and continues to write and paint, alongside spending time with her two horses, Bess and Chester, whom she credits with being the source of her most peaceful moments in life.

Laura's poetry book 'The Mountain' is a favourite of mine and one of the poems in there, Warrior, particularly expresses emotions most of us have experienced over the last ten months.

I hope it helps you now and our thanks to Laura for contributing to this issue

For more information visit Rainbird Roots [HERE](#)



WHAT ACTUALLY IS BOHO ?

In Paris in the 19th century, impoverished artists were inspired by the roving Romani people (from Bohemia in Central Europe) who were considered outsiders because of their unorthodox way of living. French revolutionists adapted the title and the sense of individualism, creating a romanticised version of Bohemians.

Bohemians are free individuals who nourish their artistic lives, rejecting the bourgeois and living a contrasting lifestyle.

Bold patterns and colours
Hippy style
Eastern influences
Jewels, rubies
Beads and Batik
Feathers and fringes
Vintage/flowers
Dreamcatchers
Unconventional lifestyle
Romany gypsies
Montmatre, Paris
Free spirit
Kaftans
Velvets and silks
Festivals



Bohemian waxwing

True to their name, Bohemian Waxwings wander like bands of vagabonds across the northern United States and Canada in search of fruit during the nonbreeding season. High-pitched trills emanate from the skies as large groups descend on fruiting trees and shrubs at unpredictable places and times



Dreamcatchers made at Rejuvenate!
Courtyard session 2019



This cosy corner belongs to one of the team!

We have really enjoyed putting together these two activities for the January Craft Bags, based on the Boho theme. On the right you will see what's included in 'Lisa's Boho charms kit' and a couple of the bookmarks I have put together to give you some ideas.

All we wanted to do was bring some colour and opulence into your home to brighten your day!



BOOKMARKS - Boho style part of this months' 'Creative Bag'



Carrying on with the Parisian theme, these bookmarks I made were inspired by the small book of Toulouse-Lautrec posters which I found in a charity shop many years ago and knew one day I would find a use for it!

Henri de Toulouse-Lautrec was the designer of posters who inhabited the bohemian district of Montmartre in northern Paris and was found most nights drinking — and sketching — at its racy musical haunts, such as the Moulin Rouge and the Chat Noir.

For me, COLOUR is always the starting point for any design and I hope you have fun choosing what to include on your bookmark - the focal point is up to you, look in magazines, search through old photographs maybe? Just lose yourself in the moment and enjoy creating something special.

[HERE IS THE LINK TO YOUTUBE VIDEO BY NINA RIBENA \(MY INSPIRATION FOR BOOKMARKS\)](#)
[PLUS ANOTHER VIDEO FROM NINA SHOWING HOW TO MAKE BOHO TASSELS HERE](#)



Just before Christmas, I took part in an online workshop called "Painting with Scissors - Matisse", run by Frances Stanfield of the London Drawing Group. People taking part were from New Mexico, South Africa, Stockholm, Colorado, Minnesota and Vermont - and Hereford!

Matisse was born in 1869 and his art was full of elaborate patterns. On his move to Paris, he became part of the Fauvist movement (wild beasts), famous for bold graphic paintings and spontaneous line drawings, living a truly **bohemian lifestyle**. Matisse was able to express himself in **COLLAGE and CUT OUTS**. In the 1940's and 1950's, the last decade of his life, he was mostly confined to a wheelchair with failing health, with assistants to help him position the cutouts on his wall.

During the workshop, we watched a short video and I was surprised by the size of the scissors used by Matisse, they resembled large, dressmaking scissors. We were encouraged to listen to a playlist of jazz music in the background too, setting the Parisian music scene. Some of the cutouts I did (shown below) were cut (very quickly) to music - making shapes to the various sounds. **We were asked to close our eyes and dance with scissors and paper.** I really enjoyed this workshop and hope to encourage you to have a go when we meet up again next year.



This piece was influenced by organic shapes, pinned or taped down so they can be easily moved around.

Maggie

MORE ABOUT
COLLAGE
NEXT MONTH



Here are trapeze artists 'drawn' freehand with scissors

Pamela Green, who leads the Bromyard Carers' Group takes us to another world and shares her love of patchwork



They say crafts span the world, and it's true. I have travelled to so many different countries and they all have many different crafts and styles. With my family all grown and fled the nest, my husband decided that it would be nice if I joined him in the Middle East, so, I quit work and moved to Abu Dhabi, United Arab Emirates.



My first quilt

I had never felt so lost in my entire life. I had left Hereford, my family and all my friends behind and life was lonely. I had only housework to occupy me, that was until I met a lady in the supermarket and she suggested I join her craft group. I had never had time for crafts as I had always worked, but the following day I went along with her to her quilting group. In the beginning I was amazed how many different nationalities were in the group, but later how many different kinds of groups there were. I asked one lady who was cutting shapes, to eventually make a quilt, if she would show me how to make one and she willingly agreed.



The following day she took me shopping for fabric. It was difficult to begin with but as she explained; the colours and patterns have to blend together and not clash. I chose red, blue and white as I had a grandson who loved sailing boats and wanted a nautical theme. Fabric purchased, we went to her home and she gave me a book to read on the cutting and adding of an extra quarter inch for seam allowances. Once I understood we began the cutting, and then she gave me instructions on how to assemble the quilt. Once I had started I couldn't put the sewing down and couldn't wait until the following week to learn more. When the front of my quilt was made, the ladies from the group, then showed me how to put the backing, filling and front together, and they helped me tack all three layers together.

Now came the hand sewing and as far as I'm concerned the most enjoyable. It filled my hours and the achievement I felt as I saw the result of my stitching. I was so proud when my first quilt was finished and I showed the ladies of the group my hard work.

I think to this day I have made around twenty quilts mostly for grandchildren, but one for my own bed too. I think the pleasure you feel when you make something yourself is so rewarding.

I know some of our readers are interested in quilting so I hope you have enjoyed seeing Pamela's lovely work





Maggie's
Postbox



Here are couple of photos, I've made 15, all different, using left over felts from October bag. I must tell you what a lovely time I've had doing craft things, life had been too busy the last few years, I have loved losing a few hours making things

Thank you



Getting my craft on and making gift tags.
Thank you Rejuvenate! for the inspirational craft bag

" Please pass on my thanks to all involved for the wonderful packages sent to me over the last couple of months.

This year I will be surprising my nearest and dearest with some hand made cards and gift tags having made full use of your brilliant ideas. "

Thanks so much for the lovely craft bag. Just right for these gloomy days!



"This year has been unique for all of us, isolating and restrictive. For those of us who may have lost family members or friends it has been exceptionally challenging. My darling father passed away in April and a few weeks later I also lost a dear friend. I am dreading Christmas without my father and I admit that I have been uncharacteristically negative towards all our usual festive traditions. So ... what to do today on a cold wet Sunday?"

I opened my Rejuvenate! craft pack and started to trace and cut. My shoulders dropped, my jaw relaxed and for four hours my thoughts were channeled and focused on creating as many fabric covered festive birds as possible. In fact I couldn't stop! It wasn't until I had finished that I realised how refreshed and in control of my emotions I had been for most of the day. Thank you so very much Rejuvenate for providing the tools, ideas and inspiration to get me started. "

'I actually enjoyed today'

ISSUE SIXTEEN WILL BE OUT ON THE 4 FEBRUARY - 'SPRING FORWARD'

Maggie, Lisa, Lindsay, Trish, Karen P, Karen H, Marion, Sophie and Mandy

