



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

World Art Day: Painting a brighter future at Royal Star & Garter

Royal Star & Garter is celebrating World Art Day (15 April) by highlighting the transformative role creativity plays in the lives of residents in its care.

The charity, which provides loving, compassionate care for veterans and their families, holds a number of arts activities each week in its Homes in Solihull, Surbiton, High Wycombe and Worthing.



Val enjoys a laugh with Solihull Wellbeing Coordinator Charlotte during a group art activity at the Solihull Home

Those taking part range from beginners to people who have spent their whole lives creating art. Research shows these activities bring a range of benefits to residents – reducing stress and anxiety, improving fine motor skills and coordination, increasing cognitive function and combatting loneliness and depression – and is an integral part of the holistic care provided by Royal Star & Garter.

Activities in the Homes are put on by dedicated Wellbeing Teams, and include painting, pottery, crafts, music and flower arranging. Group sessions such as these help residents to form new friendships within the Homes.

Lucy Freud hosts regular painting classes at the Surbiton Home. She said: "I am amazed at just how talented the residents are. Their art is beautiful. Painting focuses the mind and is very meditative, and I see that with the residents during the sessions."

Royal Star & Garter also supports residents who have been making art long before coming to our Homes. In High Wycombe, staff put on an exhibition for resident Michael, featuring over 60 pieces of art. His daughter Sarah said: "Painting and sketching has been such an enjoyable and therapeutic part of my dad's life. I love the fact that at his age he is still encouraged to be creative and stay connected to his earlier life." Anne in



Army veteran Michael had his artwork go on display at Royal Star & Garter in High Wycombe



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Surbiton studied art at evening college and has been painting all her life. She has an easel set up in her room and said: "I love painting, and I'm very happy to be able to continue my hobby at Royal Star & Garter."



Anna at Care for Veterans – A Royal Star & Garter Home, enjoying an arts activity with Wellbeing Coordinator Bev

At Care for Veterans – A Royal Star & Garter Home, in Worthing, Wellbeing Day Care Supervisor Lisa Lampard said: "Art is more than a simple leisure activity, it's essential care. It's therapeutic and can help individuals come to terms with and deal with a wide range of issues, including PTSD. Residents tell me something as simple as colouring boosts their mental health and helps them get through the day. It helps them feel valued, heard, and inspired."

The celebration of World Art Day ties in with Royal Star & Garter's Veterans' Voice project, which aims to give a platform to its residents and the people who use its services, ensuring they are not overlooked because of their disability or dementia.

Shirley Hall, the charity's Director of Care & Wellbeing, said: "Art comes in many different mediums. In our Homes we have artists of varying abilities, but art gives them all a voice to express memories and emotions. It's wonderful to witness it spark joy, boost mental health and wellbeing, build confidence and bring people together."



Anne with one of her paintings at Royal Star & Garter

Royal Star & Garter is welcoming new residents in its Homes. For more information on this, services including Day Care and Lunch Club, or to work at the charity, go to www.starandgarter.org

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About Royal Star & Garter

Founded in 1916, Royal Star & Garter provides care, support and friendship for veterans and their families so that they can live well. The charity delivers nursing and dementia care through Homes in Solihull, Surbiton, High Wycombe, and now in Worthing, having recently merged with the military charity Care for Veterans. It also offers a range of services reaching into the community, including Lunch Clubs, Day Care and a national Telephone Friendship Service.

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