



Art with a Heart

Inspiring Communities through Arts and Heritage

Mother Knows Best, Vintage Tea with a Difference

Art with a Heart, Arts and Heritage Centre in Altrincham was successful in securing funds in 2014 from the Thrive Voluntary Sector Grant to organise and host a series of events for the young and old in Altrincham. The events called 'Mother Knows Best' are a series of Vintage Teas with an oral history component. The first event will take place in Art with a Heart, 82-84 George Street on May 24, 2015. It is by invitation only as places are limited.

Karen Wroe, Project Director of Art with a Heart said: 'Engaging in the Arts and Heritage is not only a cultural experience but it is known to have beneficial effects on the health of the participants. Art with a Heart has become a place to visit by families and the elderly and we feel that these events will encourage more people to enjoy the free Arts and Heritage Centre in Altrincham as well as reducing social isolation in the elderly and skills development in the young'.

Art with a Heart is looking for the local community and businesses help to make these events a success. There are a number of ways you can assist; these are:

1. Donation of odd cups, saucers, tea plates for the Vintage Tea. These can be dropped off at the Centre during the opening hours on Wednesday through to Sunday, 10am to 5pm.
2. Volunteers to help make and serve tea on the day; for as many events you are able to commit to, even if it is only one day.
3. Students to participate in the Oral History aspect of the project.

Claire Jones, volunteer and project lead of the Heritage Area in Art with a Heart said: 'Vintage Teas are not a new idea, but Art with a Heart likes to add something extra. As well as the tea there will be an oral history component for the students, so if you know of any history or sociology student or young people who would like to develop their skills then please get in touch with us'.

But more importantly Art with a Heart needs your help to identify the people who will benefit most from the event.

Do you have a neighbour; know someone in your area that does not get out much? These are the people Art with a Heart would like to invite, places are limited to 30 per event, but there are 12 events, so they can cater for a total of 360 individuals over the series of events.

'Art with a Heart are working with a number of organisations on this project to identify some people, but they recognise there may be some individuals who are under the radar, they may not be known to the social services or care in the community providers. It is these individuals who will benefit most, and we need your help to invite them' said Karen.

Art with a Heart want to make the invitation personal so if you know of someone then please contact Karen at Karen@artwithaheart.org.uk, alternatively, if you need more information please call into Art with a Heart and one of the volunteers will be more than happy to help.

In addition to the Thrive funding, which has gone towards some of the costs of the project, Art with a Heart still need to raise funds to make these events even more special. You can help by donating at uk.virginmoneygiving.com (<http://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1010515>), participating in our sweepstake for a Peter Dawson original painting donated by the artist or if you shop at Waitrose in Altrincham, select them as your Community Matters green token recipient.

If you are an organisation, then why not sponsor one of the Vintage Teas. Art with a Heart will promote your support on their website, social media and the invitations.

Please email Art with a Heart at: contact@artwithaheart.org.uk if you are able to help or visit their website for more details: www.artwithaheart.org.uk