



Living Well North Tyneside

Supporting Health and Wellbeing

Creativity is a powerful force for self-expression, learning, wellbeing, and connection — and **Create Week 2025 (1st to 7th July)** is all about recognising its value in our everyday lives. Whether you're an artist, a crafter, a designer, or someone who simply loves to make things, this week is your chance to dive into something imaginative and meaningful.

What is Create Week?

Create Week is a UK-wide celebration that promotes creativity across all age groups and skill levels. It encourages people to explore and express themselves through making — whether that's drawing, painting, sculpting, sewing, coding, or crafting with whatever you have at home. The week supports the belief that everyone is creative and that creativity plays a vital role in mental health, education, and personal development.

Although Create Week is a relatively new initiative on the awareness calendar, it's part of a growing movement to bring creativity into communities, schools, and homes. It aligns closely with the goals of art therapy, STEAM education, and creative wellbeing strategies used across the UK.

Why Creativity Matters

Engaging in creative activities is linked to improved wellbeing, reduced stress, and greater emotional resilience. For children and young people, it supports cognitive development and confidence. For adults, it offers a chance to disconnect from screens, reduce anxiety, and express themselves in positive, productive ways.

According to the Creative Health report by the All-Party Parliamentary Group on Arts, Health and Wellbeing, participation in the arts can contribute to both physical and mental health — from reducing loneliness to aiding recovery from illness.

How to Celebrate

There are countless ways to get involved in Create Week, and none require expensive materials or expert skills. Here are just a few ideas:

- **Join a community arts or crafts session** – Check local libraries, wellbeing hubs, and community centres.
- **Create something new every day** – Whether it's a doodle, poem, collage or recipe.
- **Start a family creative challenge** – Encourage kids and adults alike to share their talents.
- **Visit an art gallery or exhibition** – Stimulate your imagination and support local artists.
- **Take part in online workshops** – Many creative organisations offer free or low-cost virtual sessions.

If you live in North Tyneside, explore workshops, groups and “things to do” via the Living Well North Tyneside platform. There are plenty of local opportunities for creative learning and activities — from painting classes to knitting clubs and youth arts programmes.

Get Involved

This year's Create Week is an invitation to try something new and reignite your creative spark. You don't need to be a professional artist — it's about the process, not the outcome. Share your creations on social media using the hashtag **#CreateWeek2025** and connect with others exploring their creative sides.

Whether you're crafting alone or taking part in a community event, your creativity can make a difference — not only to

your own wellbeing but to others around you.

Final Thoughts

Create Week is an invitation to unleash imagination, playfully explore new skills, and build connections rooted in creativity. You don't need professional training—just curiosity, a spark, and the willingness to try.

Celebrate Create Week 2025 by joining in the daily adventure. Draw. Write. Build. Dance. Paint. Above all, make something and share it—because creativity belongs to us all.

Related Links

- [Living Well North Tyneside](#)
- [Craft Council UK](#)
- [Creative Lives – Supporting everyday creativity](#)
- [All-Party Parliamentary Group on Arts, Health and Wellbeing](#)

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