

ARTSPACE

C I N D E R F O R D



Spring Programme

January – April 2019

adult arts ● youth arts ● schools ● outreach ●

reg no: 2580953. charity no: 1053492.



Spring Programme

January – April 2019

Cover Artwork by Laurie Howes

Welcome to the Artspace programme of activities for Spring 2019. Take a look through our brochure to see our wide range of affordable courses and workshops for adults and children. There is something for everyone to enjoy this term – book your places now!

Contents

- **Courses For Adults** **Page 4 - 14**
(ages 19+)

- **Saturday Series** **Page 15 - 16**
(weekend workshops for adults)

- **Independent Workshops** **Page 17 - 18**
(run by other organisations)

- **Youth Arts** **Page 18 - 22**
(courses for children and young people)

- **Engage Circus** **Page 23 - 26**
(circus skills courses and workshops)

- **Contact Details** **Page 28**
(Accessibility and how to find us)

Courses For Adults

Our adult programme is for people aged 19 and over. Please note, we are a non-profit organisation. The fees that we charge contribute towards the costs of running workshops. Please see the cost section of each course description for information on price.

To discuss Artspace courses or to express your interest in a place, please contact Sue on 01594 825 111 or email sue@artspacecinderford.org

Costs for Adult Courses

Costs: £60 course fee + £2 a week towards materials (collected weekly). Except 'Start the Week Singing'.

Concessions: £25 for people on means tested benefits or for people with disabilities, plus £2 a week.

FREE: 'First Steps' Enrolments. If you are unemployed (claiming job seekers) or have less than 5 GCSE's then you may be eligible to enrol for free. Materials costs of £2 a week may apply. Please get in touch to discuss.



Monday

10:00am - 12:00pm

Volunteering in the Arts, with Angie Burgess

Would you like to be part of the volunteers group at Artspace? If so this could be the course for you. This is a free 6-week course during which you will be working as part of a team exploring volunteering and fundraising. You will have the opportunity to try a range of different creative mediums and identify ways to raise money for Artspace developing your creative skills along the way. We will cover poster design, work out ways of using our creative skills to make a range of saleable items, gain an understanding of the costing process and we will put what we have learned into practise by planning a fundraising event or initiative. This course is suitable for all skill levels and will be a fun but productive collaboration.

Venue: Artspace, Cinderford. Starts: 21st Jan 2019. For 6 weeks. Costs: This is a FREE 'First Steps' course. See 'Costs for Adult Courses' section for information on eligibility.



1:00pm - 3:00pm

NEW!! School of Rock & Roll, with Angie Burgess

Love music? During this fun course we will get creative - taking inspiration from the music, fashion and album artwork of different musical genres. We will delve into the work of some iconic musicians, look at band logos and get a feel for the sounds of some of the many instruments that make the music. During the course, there will also be the opportunity to try out some instruments and take inspiration from their shapes and sounds. Inspired by our work in previous weeks, we will use a real vinyl LP as a substrate/surface on which we can create our final piece of artwork! This course is suitable for all skill levels, the sessions will be fun and friendly - foot tapping and singing along will be encouraged!

Venue: Artspace, Cinderford. Starts: 21st Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.

2:00pm - 4:00pm

Start The Week Singing, with Kirsty Abraham

Start your week with a Monday afternoon sing! Singing with other people helps body, mind and mood, as well as being friendly and sociable. The more you sing, the better it really does get. Songs are taught by ear – you don't need to read music to sing with us, or to sing on your own (unless you want to). We sing songs and harmonies from around the world that can't be sung alone. We start with vocal and body warm-ups and activities to help us sing.

Venue: Barnspace, Millers Farm, Brains Green, Blakeney, Glos GL15 4AP. Starts: Dates to be confirmed, contact sue@artspacecinderford.org for more information. Costs: TBC.

Tuesday

10:00am - 12:00pm

Exploring Printmaking, with Melanie Ruston

This is an opportunity to explore the many ways of making a print. We can try printing from a matrix made from collected textured surfaces by hand and by using an etching press. We can make a relief block by cutting into various surfaces and printing as a single colour and to make multi coloured images. Monoprinting can be a quick way of transferring ink onto paper making a simple drawing or continue to add more than one colour to make a multi layered print. We will experiment with overprinting and layering, using different papers and scale and perhaps culminating in a collaborative piece of paper sculpture! Nothing is wrong and everyone can have a go even if you think you can't draw!

Venue: Artspace, Cinderford. Starts: 22nd Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



10:00am - 12:15pm

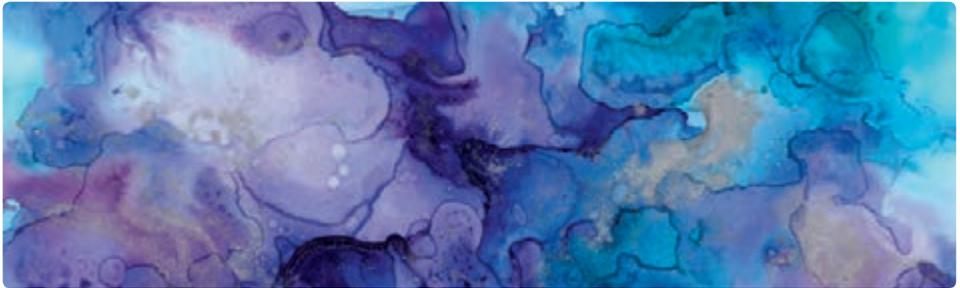
NEW!! Mindfulness, Nature and the Arts, with Jane Spray

In these sessions, we will explore ways of being fully and mindfully present in the moment, and bring this into our practice of several arts – chi kung, ceramics, haiku writing and ink painting. An over-arching theme will be looking at our inter-connectedness, including our profound inter-connection with nature.

The structure will be: 2 weeks chi kung and mindfulness, 2 weeks on a ceramic project, 2 weeks haiku writing out in nature, 2 weeks ink painting on rice paper and/or on pottery, with the option of contributing to a joint class book of haiku, photographs and ink painting.

Venue: Artspace, Cinderford. Starts: 22nd Jan 2019. For 8 weeks with a half term break.

Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



1:00pm - 3:00pm

An Introduction to Screen Printing, with Rob Toomer

Screen printing was made a popular choice of medium in contemporary art by 1960's pop artists such as Peter Blake, Andy Warhol and Robert Rauschenberg. Also referred to as 'Serigraphy', screen printing originated as a way of transferring designs onto fabric but can be used for printing images onto all kinds of materials, including paper, plastics and even ceramics. This course will introduce you to the basic process of screen printing and guide you step by step to creating your own hand printed images; from designing images for printing and preparing your screen and stencils to making your first prints on paper or fabric. By the end of the course you will have a large portfolio of work to take away with you. Suitable for those new to screen printing as well as those with previous experience of the process.

Venue: Artspace, Cinderford. Starts: 22nd Jan 2019. For 9 weeks with a half term break.

Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



Wednesday

10:00am - 12:15pm

3 Dimensional Ceramic Form, with Jane Spray.

A class best suited to those with some previous experience of using clay, this will be a chance to explore form and experiment and 'play' with different making and decorating techniques in a stimulating and supportive atmosphere. Please bring a sketchbook or notebook to jot down your discoveries.

Venue: Artspace, Cinderford. Starts: 23rd Jan 019. For 8 weeks with a half term break.

Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



10:00am - 12:00pm

Drawing & Painting Inspired by Nature at The Pludds, with Warren Day

Inspired by nature and the beautiful landscape around us, we will explore a wide range of media, materials and associated techniques including painting, drawing, collage, printmaking and more traditional approaches together with contemporary and experimental methods will be covered and links to other inspirational artists will be made. Towards the latter end of the course you will be able to produce a personal, final outcome using one or a combination of the initial workshops previously undertaken. Suitable for all skill levels, this is a fun, friendly, and supportive course aimed at those who wish to practice with new techniques and have a love of nature and the natural world.

Venue: The Pludds & District Village Hall, Ashdene Road, The Pludds, Ruardean, Glos GL17 9UQ. Starts: 23rd Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



12:45pm - 2:45pm

NEW!! Organic Art at The Pludds, with Warren Day

Get closer to nature with this introduction to the world of organic art using the natural resources in the beautiful Forest of Dean whilst in the comfort of the studio here at the Pludds in the middle of the Forest! You will experiment with different drawing and painting media that celebrate the natural environment around us. Feel the satisfaction as you make a personal bark covered sketchbook. Using simple resources from nature, begin to create media such as inks from berries and paints from earth pigments. Collect wood for charcoal and petals for paper making to help produce artwork to go inside your unique handmade drawing book.

Venue: The Pludds & District Village Hall, Ashdene Road, The Pludds, Ruardean, Glos GL17 9UQ. Starts: 23rd Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



Thursday

10:00am - 12:00pm

Mixed Media Drawing & Painting, with Warren Day

From small controlled mark making with a pencil to bold marks with a decorator's brush. We will explore different and sometimes unusual expressive and energetic drawing exercises, combining traditional observational skills with alternative experimental techniques. Mark making, line, colour and composition will be covered enabling you to apply these skills to your own observational or non-representational piece of work towards the end of the course. We will also look at the work of other historical and contemporary artists for reference and inspiration. The course is suitable for beginners and those with some experience. All you need to bring is curiosity and enthusiasm!

Venue: Artspace, Cinderford. Starts: 24th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.

10:30am - 12:30pm

New Clothes from Old! with Lizzie Godden

Do you have old holey jumpers, stained t-shirts, worn out jeans, clothes that don't fit any more, but just don't want to throw them away or pass them on? Some clothes are old favourites we just can't let go of! Do you fancy making something new with them? Make a scarf, a bag, a skirt, a shirt, "upcycle" those unused favourites. There'll be items of clothing you can "upcycle" if you haven't got any of your own. We will be working towards a fashion show at the end of June. This will be great fun!

Venue: Artspace, Cinderford. Starts: 24th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



10.30am - 12.30pm

Drawing and Painting, with Mariette Voke

Come along to the Angus Buchanan Pavilion, Coleford, for a weekly session of drawing and painting with a professional artist. Explore a wide range of mediums, pencils, charcoal, watercolour, acrylics and oils in a friendly and encouraging environment. To include still life subjects and in good weather simple local landscapes. Basic materials provided. Beginners welcome as well as those more experienced and wishing to paint within a group.

Venue: The Pavilion Cafe. Angus Buchanan Recreation Ground, Victoria Road, Coleford, Glos. GL16 3DR. Starts: 24th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.

12:45pm - 2:45pm

Stop Motion Animation for Beginners, with Warren Day

Experiment with Animation and breathe life into your own characters and environments! Using stop motion software, we will explore different animation techniques such as pixilation, drawn cell, collage etc and incorporate exciting sounds, music and special effects. Towards the end of the course, you will be able to develop and create your own storyboarded animation and upload it to YouTube etc. No previous experience is needed- but patience is required if you want to be a successful animator!

Venue: Artspace, Cinderford. Starts: 24th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



1:15pm - 3:30pm

Developing Ideas for Textiles, with Lizzie Godden

We'll make our own visual ideas books. Our individual books can contain natural forms of interest (for example flowers, leaves, feathers), poems or other written pieces, pieces of fabric and thread, found items (for example tickets, wrappers, cuttings), quick drawings, photos, ideas, thoughts and feelings. We'll have fun experimenting with varied media. Our workbooks will be stimulation for developing our ideas. We'll identify ways of developing our thoughts and findings into a textile piece/pieces. Our textile pieces will relate to our experiments, it needn't be a direct translation of our workbook. We'll have a lot of fun!

Venue: Artspace, Cinderford. Starts: 24th Jan 2019. For 8 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



6:45pm - 9:00pm

Creative Pottery (Evening Class) with Jane Spray

If you cannot make it to Artspace during the day, then this is the evening class for you! Relax and enjoy using clay in a creative atmosphere. A range of making and decorating techniques will be explored throughout the course and you will be encouraged to work on and develop your own projects.

Venue: Artspace, Cinderford. Starts: 24th Jan 2019. For 8 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.

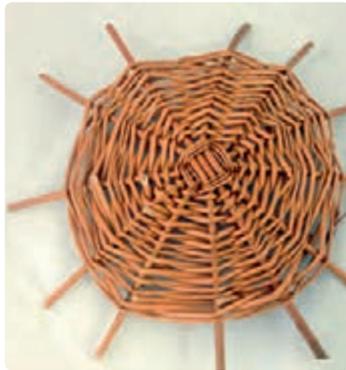
Friday

10:00am - 12:00pm

NEW!! Willow Weaving, with Helen Parkinson

Due to popular demand, we are launching this brand new Willow weaving course which is based at Artspace. Willow weaving is a rewarding craft for anyone who wants to reconnect with the natural world. Using this natural, sustainable material you will have the opportunity to learn a variety of contemporary and traditional basketry techniques. Or choose from a wide variety of projects which include many decorative and useful items that you can create for your home and garden. No experience is necessary as the course is suitable for beginners. You are welcome to bring along a favourite pair of secateurs but tools will be provided.

Venue: Artspace, Cinderford. Starts: 25th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



10:00am - 12:00pm

Discover Drama, with Jo Jarratt

Have you ever wanted to have a go at acting? Do you want to develop your confidence? This course offers adults the chance to explore and develop their communication and performing skills using improvisation, characterisation, vocal and physical exercises in order to challenge and excite! There will also be the opportunity to devise your own piece of theatre for performance. All levels of experience welcome.

Venue: Artspace, Cinderford. Starts: 25th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.



10:30am - 12:30pm

Weaving With Willow, with Lin Powell

As the course name suggests we will mostly be using willow as our natural resource however, we will also explore hedgerow resources. If your interest lies in basketry we will learn different weaves and shapes to create artistic contemporary or traditional baskets. There will also be opportunities for you to make garden structures for your climbing plants (if the resources are available) or sculptures to enhance the natural beauty of the garden. No experience necessary the course is aimed at both beginners and intermediates. Once you have learned some basic weaves your imagination will flow. If you have a favourite sharp pair of secateurs feel free to bring them along however tools will be provided.

Venue: The Main Place, Old Station Way, Coleford, GL16 8RH. Starts: 25th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.

1:15pm - 3:15pm

World Art, with Jo Jarratt

This 9-week course will see us looking at art from around the world. Each week we shall focus on a different country and explore the styles and techniques used. We shall work using a range of media, using both 2D and 3D approaches. It's a big world, so let's discover it!

Venue: Artspace, Cinderford. Starts: 25th Jan 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.

The Saturday Series - Weekend Workshops For Adults

The Artspace 'Saturday Series' is a programme of weekend workshops for adults running here at Artspace. Each workshop is designed to provide a bespoke, one-off, arts experience that you can enjoy, at your leisure, on a weekend. Whether you would like to paint something to hang on your wall at home, or make a beautiful crafty gift for a friend or family member, these half-day or full day workshops aim to help you to create something unique! A deposit of £20 is required to secure your place on each workshop. To express your interest in a place, please contact Sue on 01594 825 111 or email sue@artspacecinderford.org



Needle Felting, with Mo Parker

Saturday 23rd February 2019, 10:30am - 4:30pm

Learn how to make a 3d needle felted animal. I will take you through the process of building up the sculpture, adding limbs and colour to create your very own sculpture! Made of lambswool, needle felted sculptures are very popular and fun to make. You can also put your own stamp on your sculpture, let your imagination run wild! Make something for you to look at and admire, or maybe as a gift for a loved one.

Costs: £39. All materials will be provided. Please bring a packed lunch.





Weaving a Willow Zarzo Basket, with Helen Parkinson

Saturday 2nd March 2019, 10:30am - 4:30pm

Learn how to create a beautiful Zarzo basket or platter. With this willow weaving technique, the base, sides and handle are woven all in one to produce a basket that has a contemporary style. No experience is required, this is a great project for a beginner and an unusual basket to learn for those who already have some basketry skills.

Costs: £39. All tools and materials will be provided but please bring your own secateurs if you have them. Please bring a packed lunch.



Bare Bones - A Day of Anatomical Life Drawing, with Sarah Pitt

Saturday 23rd March 2019, 10:30am - 4:30pm

Have you ever wondered how we're really put together? This workshop uses a life model working alongside a full size (plastic!) anatomical skeleton to help you see how our bones and muscles work together to create the beautiful and fascinating bodies we live in. Working with your favourite materials, and with as much or as little guidance as you like, create a series of sketches, or even a painting by the end of this fun and relaxed day.

Costs: £49. All materials will be provided. Please bring a packed lunch.

Independent Workshops



Monday

10:00am - 12:00pm

ARTLIFT with Niki White

Informal and fun, an experienced artist gently introduces some new ideas and creative techniques to help you explore your own creativity and learn new skills at your own pace. The artist in residence here at Artspace specialises in Printmaking, where you will explore the expressive nature of colour, shape, texture and pattern. No previous experience is necessary. The sessions are focused on arts and creativity and are different to counselling or therapy. Here is simply a place to be yourself, discover a new interest and be creative. The sessions take place in the art studio every Monday morning for two hours and run for 8 weeks. This programme is via GP referral only, please contact your GP if you are interested in taking part.

For further information please ring Artlift direct on 03000 200102 or email: referrals@artlift.org. Please note referral forms available on Artlift website are to be sent direct to Artlift at: Referrals at Art Lift, PO box 1217, Cheltenham, GL50 9WQ.

Wednesday

7:30pm - 9:00pm

Dance with C.A.N.D.I. & Gloucestershire Dance Project

Young people aged 11-18 from the Cinderford based CANDI project. For more info contact: Sue Fellows on 01594 825410

Sunday

Found in the Forest Youth Theatre

'Found in the Forest' is the exciting youth theatre group for young people living in the Forest of Dean. We work on a variety of projects including radio plays, scripted and devised productions, film projects, script writing, site specific performances and much more! For more info contact Jamie on 01989 566 644 or email: jamie@airing.co.uk

Youth Art Workshops



Monday

4:00pm - 5:30pm

Children's Pottery Course with Annette Fuller. (8 years up)

Learn how to prepare clay, hand build, throw pots on the wheel, pull handles or make figures and then glaze and take home your lovely creations after they are fired. Limited spaces.

Starts: 21st Jan 2019. For 10 weeks with a half term break. Costs: £4 per session.



6:00pm - 8:00pm

Animation Space (11 years up)

Come and explore the exciting world of stop frame animation and work towards creating your own animated short films! Creating story lines, sets and characters, you will learn some of the skills and techniques animators use to create stop frame animations. You will also learn to use a range of software for creating and editing moving images.

Starts: 21st Jan 2019. For 10 weeks with a half term break. Costs: £5 per session.

Tuesday

4:00pm - 5:00pm

Art for Families (Families with children up to 7 years)

A visual arts group for families with young children. Come along with the kids and have an hour together working on a creative project (without having to worry about the carpets!) You will work on a range of projects throughout the term using lots of different materials and mediums with activities for very small children too.

Starts: 22nd Jan 2019. For 10 weeks with a half term break. Costs: £5 per family (up to 2 adults and 2 children, £2 per extra child).



5:30pm - 7:00pm

Studio Sessions - Juniors (8 to 11 years)

Expand your skills as a budding artist with these fun and exciting visual arts workshops! Working on a range of projects throughout the term we will explore a range of materials, mediums and ways of working to help you further develop your skills. We will also help you develop your ideas for your artwork, working in sketch books to help you to shape your ideas, and researching the work of other artists for inspiration! We can even provide you with a portfolio to showcase your artwork when it's complete!

Starts: 22nd Jan 2019. For 10 weeks with a half term break. Costs: £4.50 per session.



5:30pm - 7:30pm

Arts Awards/Open Studio (11 years up)

Do you need a space to create your artwork? This group could be for you. This group is for older children and teenagers who have their own self-directed projects that they would like to work on. Bring along your work and we will provide you with a space, equipment and the materials you need. The group will be supported by a trained Arts Award Adviser who can offer support and guidance or help you to work towards an Arts Award Qualification*. *Arts Awards are nationally recognised, accredited arts qualifications, for further information please visit; www.artsaward.org.uk

Starts: 22nd Jan 2019. For 10 weeks with a half term break. Cost: £4.50 per session.

Thursday

4:30pm - 6:30pm

Studio Sessions - Seniors (11 years up)

Further expand and develop your skills set as a budding artist! These workshops will introduce you to a range of art forms that require some specialist equipment or unusual materials. From printmaking using an etching press, screen printing on t-shirts to producing stop-frame animations using electronic media or firing your clay work in our kiln. We will work on a range of projects throughout the term introducing you to some materials, mediums and ways of working that you may not have had the chance to try before. We will also help you develop and shape your ideas for your artwork, through working in sketch books and researching the work of other artists for inspiration! We can even provide you with a portfolio to showcase your artwork when it's complete!

Starts: 24th Jan 2019. For 10 weeks with a half term break. Costs: £4.50 per session.



Arts And Circus EVENTS

As well as our programme of after-school workshops, Artspace offers activities for children during the school holidays. We can also offer bespoke tuition for individuals looking to develop their skills, or specific workshops for groups of children on a one-off or regular basis.

BIRTHDAY PARTIES! Looking for something different?

Come to Artspace for fun and creative birthday parties (ages 7-11). Please contact us to discuss your requirements.



Arts Awards

Accredited, Arts Awards are a nationally recognised qualification and Artspace is a registered National Arts Awards Centre. Our staff are trained advisers mentoring young people aged 11+ to gain awards at Bronze, Silver and Gold level. We now also offer Discover and Explore awards, suitable for younger children. Arts Awards inspire young people to develop their arts and leadership talents; they are creative, valuable and accessible. Our advisers can support individuals who take part in our weekly activities to gain an award, or we can design an Arts Awards programme to suit groups. To find out more contact Rob Toomer on 01594 825111 or email: robartspacecinderford.org



engage

circus for everyone

Thought Engage was just a Youth Circus? Just take a look at our new programme of classes for Spring 2019. There are now classes for adults and for parents and carers with younger children as well as a new accessible youth class and all the other children and young people's classes.



Monday

5:00pm - 6:00pm

NEW!! Conditioning for Circus

For Engage youth circus members; take part in conditioning sessions to improve your strength and stamina.

Starts: 21st Jan 2019. For 10 weeks with a half term break. Costs: £2 per session

Contact: circus@artspacecinderford.org

6:00pm - 8:00pm

Engage - Seniors Age (12 years +)

Members of Engage develop their circus skills and techniques to work towards displays and performances. The sessions cover all skill areas whilst building strength, stamina and teamwork. So if you want to run away to the circus and learn juggling, trapeze, acrobalance and much more, do get in touch.

Starts: 21st Jan 2019. For 10 weeks with a half term break. Costs: £45 for the term or £4.50 per week by arrangement.



Tuesday

9:45am - 10:30am

NEW!! Aerial Yoga for Mothers, with Nix Barnaville

A unique and fun class designed for mums, babies and young children using a combination of aerial arts, yoga and circus skills. Designed to help you:

- Strengthen and tone your muscles, especially abdominals, pelvic floor and back.
- Connect with other mums in a playful environment.
- Engage and bond with your child.

Some exercises will be for mums and babies together - you can also leave them in a car seat or pushchair or there will be an area with mats and toys set up to amuse them while you take some time for yourself. There will be 15 minutes after class to share tea and coffee and chat! You are welcome to stay for Circus Tots if you have a toddler with you. **Dress code:** Suitable for exercising - no zips or jewellery.

Starts: 21st Jan 2019. For 10 weeks with a half term break. Costs: £5 per mother, drop in, or £8 if you do both Aerial Yoga and Circus Tots.

10:30am - 11:15am

NEW!! Circus Tots, with Nix Barnaville

A class for 2-4 year olds and their carers to explore circus arts - each week we will focus on a different skill such as juggling, skipping and hoola hoop and have a play in aerial hammocks. **Dress code:** Suitable for exercising - no zips or jewellery.

Starts: 21st Jan 2019. For 10 weeks with a half term break. Costs: £4.50 per session.

7:00pm - 8:30pm

NEW!! Adult Aerial Class, with Nix Barnaville

Learn trapeze, aerial hammock, silks and hoop with professional aerial artist Nix Barnaville. Classes combine exercises to improve fitness whilst learning new skills on the aerial equipment. **Dress code:** Suitable for exercising - no zips or jewellery.

Starts: 22nd Jan 2019. For 10 weeks with a half term break. Cost: £6 per class.

Wednesday

10:00am - 11:30am

Aerial Fit, with Nix Barnaville

A unique and fun class combining aerial arts, yoga, pilates and circus skills:

- Improves fitness
- Strengthens and tones muscles
- Learn new skills!
- Meet new people.

Dress code: Suitable for exercising - no zips or jewellery.

Starts: 23rd Jan 2019. For 10 weeks with a half term break. Costs: £6 per session or £20 for a block of 4.

6:30pm - 8:00pm

NEW!! Engage Inc

A class for young people where additional support will be provided if needed so that those with access needs can learn circus and performance skills with their peers. From time to time this group, like the other Engage youth circus groups, will work towards displays and performance. Get in touch if you want to come along or would like more information as this group has limited spaces. Contact Sally on 01594 825111.

Starts: 23rd Jan 2019. For 10 weeks with a half term break. Costs: £4 per session.

Thursday

4:00pm - 5:00pm

Little Big Tops, with Ben Kirkwood and Emily Goy

An introduction to Circus Skills for 5 – 8 year olds. Learn basic circus and performance skills including plate spinning, diabolo, juggling, balancing skills and trapeze.

Starts: 24th Jan 2019. For 10 weeks with a half term break. Costs: £30.50 for the term or £3.50 per week by arrangement.

5:15pm - 6:30pm

**Engage Juniors, with Ben Kirkwood and Emily Goy
(Circus and Performance for 8 – 11 year olds)**

Run away to the Circus with Engage. Suitable for beginners and improvers. All circus skills: juggling, plate spinning, diabolo, acrobalance and trapeze. A lively group working towards further performance.

Starts: 24th Jan 2019. For 10 weeks with a half term break. Costs: £30.50 for the term or £3.50 per week by arrangement.



For details of Engage please contact Sally on: 01594 825111 Ext 4.

How To Find Us



Artspace has wheelchair access throughout with a platform lift to all floors. There is wheelchair access through the front door to the lift, but also separate access from the side of the building into the art room. We have 2 disabled parking places but **WE DO NOT HAVE PUBLIC PARKING ON SITE**. There is parking along Woodside Street within a few hundred yards of the building, or there is a council carpark on Heywood Road.



Supported by
**ARTS COUNCIL
ENGLAND**

Artspace Cinderford, The New Mercury, 3 Woodside Street, Cinderford, Glos, GL14 2NL



01594 825111



info@artspacecinderford.org