

ARTSPACE

CINDERFORD



Summer Programme

April – June 2019

adult arts ● youth arts ● schools ● outreach ●

reg no: 2580953. charity no: 1053492.



Summer Programme

April – June 2019

Cover Artwork by Rebecca Mackay

Welcome to the Artspace programme of activities for Summer 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!

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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 Ext 7 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 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: 29th April 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: 29th April 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.

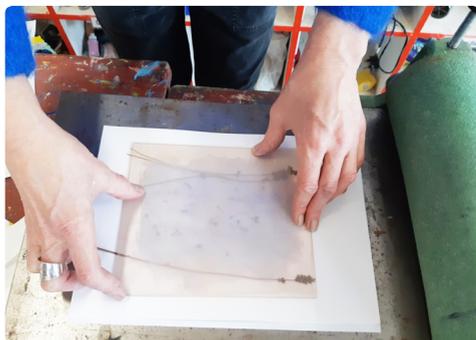
Tuesday

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: 30th April 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!! Zen, 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: The Grange, Littledean Road, Newnham-on-Severn, Gloucestershire, GL14 1HJ. Starts: 30th April 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: 30th April 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: 1st May 2019. For 8 weeks with a half term break.

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



10:30am - 12:30pm

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: 1st May 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: 1st May 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

Pottery Afternoons, with Jane Spray

This course is suitable for beginners and near beginners as well as the more experienced. There will be a chance to develop your hand building skills and also to practice using the wheel if you would like to. We will start with small projects to get you going, and from there on you will plan and execute your own chosen project. Please bring a notebook or sketchbook, and an old shirt.

Venue: Artspace, Cinderford. Starts: 1st May 2019. For 8 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

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: 2nd May 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 will be items of clothing provided for you to 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: 2nd May 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: 2nd May 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

Earth Painting, with Warren Day

Using locally sourced earth samples, take part in a large organic mural using this beautiful natural colour palette. We will learn about the history of paints and pigments and how different cultures have used them. You will have the opportunity to prepare your own earth colours such as red and yellow ochres, greys and black and white and eventually apply them to individual pieces and a larger group piece using this amazing 'living painting medium'. So wear old clothes and come and get dirty!

Venue: Artspace, Cinderford. Starts: 2nd May 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:** 2nd May 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:** 2nd May 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 for Beginners, with Helen Parkinson

Due to popular demand, we are launching this brand new Willow weaving course which is based at Artspace. In this introduction to willow weaving you will learn to make traditional round bottom baskets, as well as have an opportunity to complete a variety of small projects for your home and garden. At the end of the course, you will have a good basic knowledge of Willow types and how to prepare them, weaving tools and how to use them and the stages involved in constructing stake and strand baskets with handles. You will have used a selection of weaves and you will have completed at least 3 different items. You are welcome to bring along a favourite pair of secateurs but tools will be provided.

Venue: Artspace, Cinderford. Starts: 3rd May 2019. For 9 weeks with a half term break. Costs: See 'Costs for Adult Courses' section for information on prices and concessions.

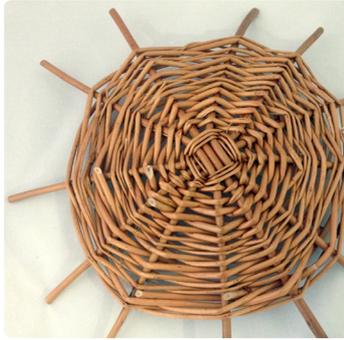


10:00am - 12:00pm

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: 3rd May 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

This course is a relaxed friendly class which is aimed at beginners or intermediates. We will learn about willow varieties, preparation and hedgerow resources. You will have the chance to explore traditional basketry skills and or more contemporary styles and a variety of weaves depending on your interests. There will also be opportunities for you to make garden structures for your climbing plants or sculptures to enhance the natural beauty of the garden. Tools will be provided however if you have a favourite pair of sharp secateurs please bring them with you.

Venue: The Main Place, Old Station Way, Coleford, GL16 8RH. Starts: 3rd May 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

The World Underwater, with Jo Jarratt

We live in an amazing world. It is full of life, colour, texture, shape, form and exciting new discoveries. On this nine week course we shall specifically look at the world we don't often see - the world underwater. We shall explore coral reefs, sea creatures, microscopic organisms, grains of sand and more! We shall work using a range of recyclable materials to create artworks and models inspired by this magical hidden world!

Venue: Artspace, Cinderford. Starts: 3rd May 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 Dan on 01594 825111 Ext 1 or email dan@artspacecinderford.org



Embroidering Creatures from the Riverbank, with Becky Mackay

Saturday 6th April 2019, 10:30am – 4:30pm

Learn the art of embroidery whilst stitching a couple of Forest locals. During the class you will learn how to: create and transfer designs to fabric; use different outline and floral stitches; use a simple thread painting technique for fur and feathers, and how to finish off your hoop ready to hang. Embroidery is just as adaptable as painting or drawing, and once you've learnt the key techniques you'll be able to create your own embroidery work in your own unique style.

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

Reduction Lino Printing, with Melanie Ruston

Saturday 4th May 2019, 10:30am - 4:30pm

Learn about the art of relief printing. We will use lino cutting and the reduction process to make a small edition of coloured prints that could be used in card making, invitations or used in book form as well as a framed image to hang on the wall. There will be examples of all sorts of relief printing available for inspiration but bring your own sketchbooks, photos etc. to provide a starting point and then see what happens.

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

Introduction to Clowning Workshop, with Bianca Bertalot

Saturday 18th May 2019, 10:30am – 4:30pm. Age: 16+

Booking Deadline 4th May

A full day of pure fun and lots of laughter! Learn clowning, improvisation, physical theatre and movement techniques that will allow yourself to let go and be who you are! Through different games and exercises creativity will be developed, not only individually but also collectively in a group. It will be a safe environment where each participant will discover their clown within. 'For what humans call mistakes and failures, the clown calls it play.' Bianca Bertalot.

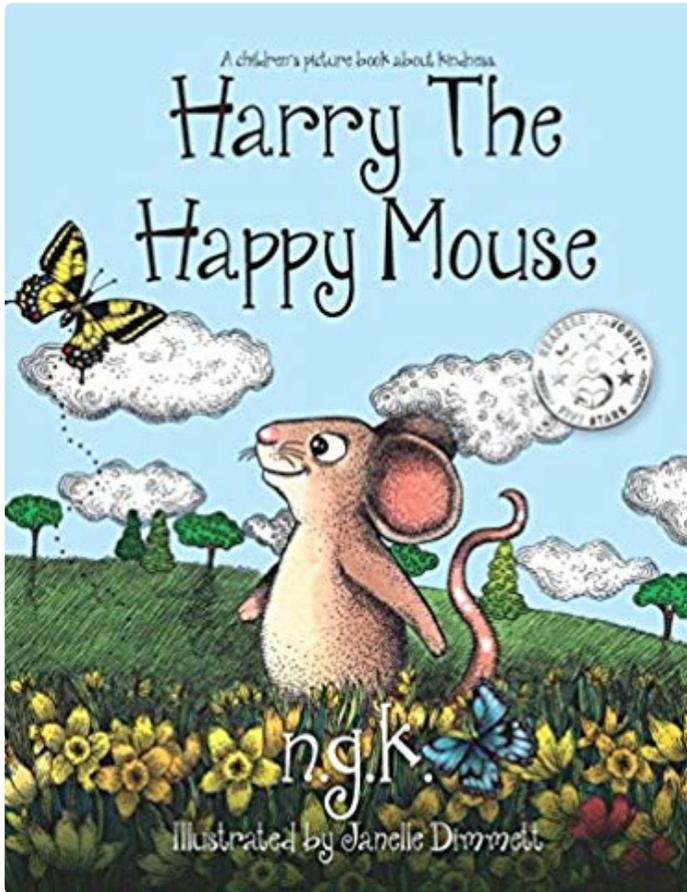
Costs: £29. Please bring a packed lunch. An email with more information and what to bring will be sent to each participant near the time.

Writing, Self-Publishing and Promotion, with Nathan Kift

Saturday 1st June 2019, 10:30am – 4:30pm

Many people have ideas for a book or may have started writing, even finished a book, but don't know what to do next. The world of publishing is changing, and there are many ways to get your book into bookstores and being sold online. This can all be very confusing. We will go through some techniques that are useful to new authors, and work through exercises which help you as an author to decide what your next steps might be. There will also be the opportunity to join an online group for ongoing support as you work towards becoming a published author!

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



Nathan is the international bestselling children's picture book author of the 'Harry The Happy Mouse' series. Three of his first four books have now achieved bestseller status on Amazon, with Harry The Happy Mouse being inducted into the Children's Classic's Chart. Nathan was named among the top 10 children's authors of 2018 at the Author Academy Awards (USA).

Introduction to Fooling Workshop for Adults, with Bianca Bertalot

Saturday 22nd June 2019, 10:30am – 4:30pm. Age: 16+

Booking Deadline 8th June

At the beginning there was an empty space!

Learn the fooling technique, where we work and explore the different voices and archetypes within ourselves, learning to use them in our favour, creating a balance within our emotions. A safe space for solo improvisation, living in the moment, embracing all of who you are! You will go on a journey discovering the unknown. Incredible stories will unravel. It will be funny, engaging, sometimes beautiful, sometimes ugly. Who knows what will happen?

Costs: £29. Materials will be provided. Please bring a packed lunch. An email with more information and what to bring will be sent to each participant near the time.

Writing Children's Picture Books, with Nathan Kift

Saturday 6th July 2019, 10:30am – 4:30pm

Do you have an idea for a children's book? Would you like to start writing for children? In this relaxed workshop we will investigate the key elements of a children's picture book, the current market and options for publishing. We will also look at our own reasons for writing a picture book, and how to use those motivations to take it in the right direction. How to write a book that will appeal to a young audience, and also appeal to the person that makes the decision to buy it (often an adult). There will be time to discuss and develop your ideas, choosing a name, and book cover design. We will also cover ways in which you can find the right illustrator for your book, should you need one. During the workshop we will go through the whole journey of writing a picture book, from the very start of an idea, to seeing your book in print.

Cost: £39. All materials provided. Please bring a packed lunch.



Eco Dyeing and Printing, with Lizzie Godden

Saturday 6th July 2019, 10:30am – 4:30pm

Enjoy the exciting process of using plants to dye and print onto fabric and paper. You will take away dyed and ecoprinted pieces of silk, cotton and cartridge paper. You will also have the opportunity to experiment with some shibori techniques and to dye stitched fabric with natural plant dyes.

Costs: £49. All materials provided but please bring a strong container to take warm work home, a jam jar with a well-fitting lid, a pair of rubber gloves and any leaves you would particularly like to print with. Plenty of suitable leaves will be provided. Please bring a packed lunch.

Needle Felting, with Mo Parker

Saturday 13th July 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.

Cost: £39. All materials provided. Please bring a packed lunch.



Pallet Signs, with Louise Penny

Saturday 13th July 2019, 10:30am – 4:30pm

Come and create your very own pallet sign. Experiment with lettering and designs of your choice. Using reclaimed wood which will be prepared ready for your unique design. You will hand paint your message to be taken away with you.

Costs: £39. All materials 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

Youth Art Workshops



Circus for Everyone

Artspace is delighted to be running a second **Circus for Everyone** project in May half term.

Tuesday 28th May – Friday 31st May 10am -3pm

Circus for Everyone is a part of Active Impact's Of Course We Can programme and is for young people with and without disabilities to work together through circus, dance and costume making. You will spend the week learning and sharing skills and working towards short performance pieces.

The cost of participation for the four days is £40 (£10 a day)

Ages 15-25 years / 15-18 years (for those without disabilities)

Please contact sally@artspacecinderford.org 01594 825 111 Ext 7 if you know of anyone who may like to be involved, for more information, to book, and to discuss any additional care needs.

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: 29th April 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: 29th April 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: 30th April 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: 30th April 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: 30th April 2019. For 10 weeks with a half term break. Cost: £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, with Bee Kirkwood (14 years +)

This is a strengthening and stretching class, working on building flexibility, core strength and stamina. **Dress code:** Suitable for exercising - no zips or jewellery.

Starts: 29th April 2019. For 10 weeks with a half term break. Costs: £20 for the term or £2 per session by arrangement. Contact: circus@artspacecinderford.org

6:00pm - 8:00pm

Engage Seniors, with Bee Kirkwood and Phoebe Giles (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. **Dress code:** Suitable for exercising - no zips or jewellery.

Starts: 29th April 2019. For 10 weeks with a half term break. Costs: £45 for the term or £4.50 per week by arrangement.



Tuesday

9:30am - 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: 30th April 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.

10:45am - 11:45am

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: 30th April 2019. For 10 weeks with a half term break. Costs: £4.50 per session.

Wednesday

10:00am - 11:15am

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: 1st May 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. with Nix Barnaville and Bee Kirkwood (14 years +)

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

Starts: 1st May 2019. For 10 weeks with a half term break. **Costs:** £5 per session. Contact Sally on 01594 825111.

Thursday

4:00pm - 5:00pm

Little Big Tops, with Bee Kirkwood and Emily Kirkwood

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

Starts: 2nd May 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 Bee Kirkwood and Emily Kirkwood
(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. **Dress code:** Suitable for exercising - no zips or jewellery.

Starts: 2nd May 2019. For 10 weeks with a half term break. Costs: £30.50 for the term or £3.50 per week by arrangement.



6:45pm - 8:00pm

NEW!! Adult/Family Aerial Class, with Engage Aerial Tutors (Circus and Performance for 8 – 11 year olds)

An aerial class for anyone over 16 to attend or children over 10 with a parent. Learn trapeze, aerial hammock, silks and hoop with professional aerial artists. Classes combine exercises to improve fitness whilst learning new skills on the aerial equipment. **Dress code:** Suitable for exercising - no zips or jewellery. **No unaccompanied children.**

**Starts: 2nd May 2019. For 10 weeks with a half term break. Costs: £6 per class. (16 +)
£4 (10 – 15year olds)**

For details of Engage please contact Sally on: 01594 825111 Ext 7.

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

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