

Winter Programme 2026

ARTSPACE
CINDERFORD





Scan the QR code above to find out more about Artspace on our website.

Want to keep up to date on the latest Artspace information and new courses?
Email **info@artspacecinderford.org** and we will add you to our mailing list.



Winter Programme 2026

Starting November 2026



Contents

Introduction	4
Creative Communities Events	5
Courses For Adults	6 - 10
Courses For Adults - Forest of Dean Community Choir	11
Courses For Adults - Saturday Workshops	12 - 14
Courses For Adults - mindSCAPE	15
Courses For Children and Young People - Young Creatives	16 - 17
Courses For Children and Young People - Arts On Prescription, Journeys	18
Courses For Children and Young People - Arts On Prescription, Xpres!	19
Engage Circus	20 - 22

Introduction



Artspace Cinderford are an arts and education charity based in the Forest of Dean. Established in 1988, the organisation specialises in offering fully inclusive, accessible creative opportunities for people of any age or ability.

Artspace are based at the New Mercury arts centre, Cinderford and offer a wide range of courses and one off workshops for adults and children, including painting and drawing, textiles, pottery, drama, singing, dance and circus skills.

In addition to the in-house programme, the organisation works extensively on an out-reach basis, at festivals, events and in schools, care homes and village venues.

Artspace are delighted to announce our new programme for the Winter 2026 term!

We are offering a fantastic mixture of 'in person' classroom-based and 'distance learning' (online) courses.



Creative Communities Events



Our **FREE** Creative Communities events will include...

- Free 'have-a-go' inclusive arts and crafts activities or bring along your own project to work on
 - Community parties/events
- A warm, friendly place to meet new friends and catch up with old ones!
 - FREE refreshments
- A chance to meet our staff, explore the studios and find out about the courses we run

When: Wednesday 28th October and Thursday 10th December

Time: 10:00am - 1:00pm

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

- No booking required.

- Our building is fully accessible and these events are open to all.

- Carers are encouraged to join us to support creativity.

- All children must be accompanied by a responsible adult.

- Please inform us of any access needs or allergies by calling **01594 825111** or emailing **info@artspacecinderford.org**. If you're interested in bringing a group or arranging group transportation, let us know - we're happy to help!

Courses For Adults

Choose from one of our inclusive creative courses for adults. All resources are provided, and our delivery teams support all levels.

So, whether you want to try something new, or develop your skills, it's easy to find the right activity.

Classes are taught in small friendly groups. If you feel you need independence or one-to-one assistance, you are welcome to bring a supporter. If this is not possible, please let us know and we will look to provide a volunteer if it's within our capacity to do so.

BOOKING OPTIONS & COSTS

Early booking is recommended. Please use the QR code next to each course to book online, or you can call us on 01594 825111 or drop into Artspace on a weekday between 9:30am and 4:30pm. * FREE places can only be booked in person, by phone or in person at Artspace.

*FREE / REDUCED COST COURSES

Please look for the  icon to see if you are eligible for a **FREE** or reduced cost place.



Limited FREE spaces for Gloucestershire adults (19+ years) that have a moderate / complex disability or learning difficulty

If you are not eligible for a reduced cost place, please see advertised costs.

**Concession tickets are available for learners with disabling barrier or in receipt of means tested benefits.*

Bookings are available from Wednesday 14th October 2026

New to Artspace? Give us a call on 01594 825111 to arrange a visit, or pop into one of our Creative Communities events (see page 5)

Courses For Adults

WEDNESDAY



Circus and Performing Arts,
with Kim Owston and Jo Jarratt

Part 1 - Starts 4th November 2026 (4 weeks)

Part 2 - Starts 20th January 2027 (4 weeks)
8 weeks

10:00am – 12:00pm

(at Artspace Cinderford)

Cost: £50/ *FREE for eligible learners

Join us for 2 fun-filled four-week courses in circus, drama and dance! Learn new skills, build confidence, express yourself and make great memories. You'll work with others in a supportive, creative environment.

Together, we'll create a fantastic performance to showcase your talents and inspire the audience.



Painting Club,
with Bela Kielt

Starts Wednesday 4th November 2026
6 weeks

1:30pm – 3:30pm

(at Artspace Cinderford)

Cost: £55/ *£40 concessions

Join local artist Bela Kielt for a relaxed, friendly painting group. Explore a range of techniques and materials as you develop your skills and experiment with colour, shape and form. Each session will take inspiration from the season, using landscapes and everyday objects as a starting point. All levels are welcome, from beginners to experienced painters.



Courses For Adults

WEDNESDAY



Paint Like The Pros, with Cherry Lyne

Starts Wednesday 4th November 2026
8 weeks (Note: Last session is January 6th 2027 giving
a Christmas break to develop final work)

4:00pm – 5:00pm

(via Zoom)

**Cost: £60 / *£45 concessions / *FREE for eligible
learners**

Fancy learning how to paint like Anders Zorn? What makes a Damien Hurst *art*? How to take celebrity into a Warhol? The empathy of contemporary artist Sally Muir? How does Paula Rego make a narrative? Why was Hilma af Klint forgotten and who stole her work?

Come along for the ride as we explore these artists and have a go ourselves.



Improvers Ceramics, with Derek A. Lamb

Starts Wednesday 4th November 2026
5 weeks

6:30pm – 8:30pm

(at Artspace Cinderford)

Cost: £120/ *£80 concessions

This course is for people with some pottery experience who want to develop their skills and explore new creative ideas.

To use a potter's wheel, you must be able to centre at least 1lb of clay independently.

Hand-builders should be able to roll out clay independently and correctly.



Courses For Adults

THURSDAY



3D Textiles

with Lizzie Godden

Starts Thursday 5th November 2026
5 weeks

10:15am – 12:15pm

(at Artspace Cinderford)

Cost: £70/ *£50 concessions

Using textile techniques such as wrapping, knotting, stitching and papermaking, we'll create 3D pieces like hangings, decorations, bowls and baskets.



Never2Late2Learn

Starts Thursday 5th November 2026
6 weeks

1:30pm – 3:30pm

(at Artspace Cinderford)

Cost: *FREE for eligible learners

In this fun and friendly group, we'll build confidence in everyday numeracy, reading, writing and talking skills, using fun games, activities and role play.

Learn skills to help you feel more independent. Build confidence using your skills out in the community. Go at your own pace - everyone is welcome. Make friends.

Learn new skills. Have fun!

* For Gloucestershire adults aged 19 years or over, who don't have five GCSEs at grade 4 or above and are on a low income or not in employment.



Courses For Adults

FRIDAY



Discover Drama with Jo Jarratt

Part 1 - Starts 6th November 2026 (4 weeks)

**Part 2 - Starts 22nd January 2027 (4 weeks)
8 weeks**

10:00am – 12:00pm

(at Artspace Cinderford)

Cost: £50/ *FREE for eligible learners

Have you ever wanted to have a go at acting?
Do you want to develop your confidence?

This course gives adults the opportunity to build confidence and develop their communication and performance skills through improvisation, character work, and vocal and physical exercises. You'll be encouraged to challenge yourself, have fun and collaborate with others, with the chance to create and perform an original piece of theatre.





Forest of Dean Wellbeing Choir



The Forest of Dean Wellbeing Choir is for everyone ...

No previous experience is necessary, no auditions, no reading music and all of our songs are learnt by ear.

Emphasis is on singing from the heart, having fun and using the voice for an increased sense of wellbeing.

The choir is a friendly, inclusive group which can help build confidence, form friendships, improve teamwork and learn performance skills.

We engage in community events across the Forest of Dean, including local festivals and events and we have a growing set, including a wide and varied mix of songs.

If you would like to come along and see if it is for you, please do join us at one of our rehearsals - you will have a warm welcome and free refreshments are available.

Rehearsals take place at Artspace Cinderford, The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL

Mondays 7pm-9pm – £5 per session (starting 2nd November 2026)

or **Thursdays** 11am-1pm – £5 per session (starting 5th November 2026)

or come both days for £8 per week

To book **scan the QR code**, email info@artspacecinderford.org or call **01594 825111**



Courses For Adults - Saturday Workshops

SATURDAY WORKSHOPS

Creative weekend workshops for adults

Artspace offer creative Saturday workshops for adults at our fully equipped studios in Cinderford. 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!

To book a place, please scan the QR code, call **01594 825111**, email **dan@artspacecinderford.org** or visit **www.artspacecinderford.org/saturday-series**

In order for the Saturday workshops to run we need a minimum of 6 people booked on. If there aren't enough people enrolled we will cancel the workshop 7 days before the intended start, let you know and issue a refund.

Free refreshments. Lunch not provided.



Pet Portrait Embroidery, with Becky Mackay

Saturday 31st October
10:30am - 4:30pm
(at Artspace Cinderford)

Cost: £60/ *£45 concessions
including materials

Join fellow animal lovers and craft enthusiasts for a cosy, creative escape.

Under the guidance of experienced embroiderer Becky Mackay, aka @artsforanimals, you'll learn how to transform a photo of your furry companion into a stunning stitched portrait - the perfect gift for yourself or a loved one.

No prior experience needed - just bring your love for pets and a willingness to try something new.

Tea, treats and good company included.



Courses For Adults - Saturday Workshops



Beginners Clothing Alterations, with Lucy Barraclough

Saturday 31st October
10:30am - 4:30pm
(at Artspace Cinderford)

Cost: £60/ *£45 concessions
including materials

This practical workshop will allow you to learn techniques and methods to alter your clothes so they fit you better.

Bring along your clothes you wish to adapt the style of. It could be to shorten hems or sleeves, taper waists or hip size to create a better shape that suits you.

You will work on your own clothes and at your own pace to develop your skills and confidence.

Some sewing experience is required and if you have your own working sewing machine, please bring it along. All sewing equipment and threads will be supplied on the day.



Upcycle Jeans into a Bag, with Lucy Barraclough

Saturday 14th November
10:30am - 4:30pm
(at Artspace Cinderford)

Cost: £60/ *£45 concessions
including materials

Bring along a pair of jeans and learn to upcycle them into a one of a kind bag.

Various styles can be achieved : A tote bag, drawstring bag, crossbody or handbag.

Some sewing experience is required and if you have your own working sewing machine, please bring it along.

All sewing equipment and threads will be supplied on the day.



Courses For Adults - Saturday Workshops



Making Books, with Lizzie Godden

Saturday 14th November
10:30am - 4:30pm
(at Artspace Cinderford)

Cost: £60/ *£45 concessions
including materials

Enjoy making attractive, personal booklets
- we'll make pamphlet stitch
books, folded books, stab bound
books and flag books.

We'll be using inexpensive tools
you're likely to have at home.



Mixed Media Canvas, with Yvonne Featherstone

Saturday 12th December
10:30am - 4:30pm
(at Artspace Cinderford)

Cost: £60/ *£45 concessions
including materials

Join us for an exciting Mixed Media Saturday
Workshop! Dive into a creative journey as
you explore a variety of art materials and
techniques to design and craft your own
unique canvas.

Perfect for all skill levels, this workshop offers a
fun and inspiring environment to experiment
with textures, colors, and media. Unleash
your creativity and leave with a
personalized masterpiece you
made yourself!



mindSCAPE: Connecting people with dementia and their carers to nature through art



mindSCAPE is a regular fortnightly group, designed to enable older people living with cognitive differences (such as dementia, Parkinsons or stroke) and their carers to enjoy connecting to nature through art. Sessions are led by professional artists, and workshops have an emphasis on outdoors and the natural world. Recent activities include painting, dance, poetry, willow weaving and music.



Forest of Dean District Council



Workshops take place on Tuesdays in the West Dean Centre in Bream from 11:00am -1:30pm.

It is FREE to attend, and refreshments are provided - including a light lunch, tea/coffee and cakes.

Booking is essential as spaces are limited. If you, or someone you know would like to access the programme, please contact mindscape@artspacecinderford.org or call 01594 825111



Courses For Children and Young People

YOUNG CREATIVES

TUESDAY



Young Creatives: DISCOVER (Ages 6 – 11),
with Jo Jarratt and Becky Mackay

Starts Tuesday 3rd November
6 weeks

4:30pm - 5:30pm (at Artspace Cinderford)

Cost: £28 / *£20 concessions

Come join us and discover the world of art, craft and design! 'Discover!' will introduce you to a range of arty projects and you'll get to try your hand at using lots of different materials and techniques throughout the term. We'll design, make and be inspired by the work of other artists, crafts people and designers! Share the creations you're most proud of with your friends and family.



Young Creatives: EXPLORE (Ages 11 – 14)
with Jo Jarratt and Becky Mackay

Starts Tuesday 3rd November
6 weeks

6:00pm - 7:30pm (at Artspace Cinderford)

Cost: £36 / *£24 concessions

Do you have a passion for art? Are you a young creative looking to learn some new skills or explore new ways of working? Well, 'Explore' could be for you! This group will help you to build your art portfolio and will encourage you to develop work in a range of media, using a variety of art, design and craft techniques. You will also research the work of other artists, crafts people and designers, to help inform your own work! Share the creations you're most proud of with your friends and family.



To book a place for your child/children, scan QR code, email dan@artspacecinderford.org, call **01594 825111** or visit www.artspacecinderford.org/young-creatives

Courses For Children and Young People

THURSDAY



Young Creatives: ADVANCE (Ages 12+)
with Jo Jarratt and Becky Mackay

Starts Thursday 5th November
6 weeks

5:30pm - 7:30pm
(at Artspace Cinderford)

Cost: £40 / *£28 concessions

Are you an experienced young artist looking to challenge yourself? If so, 'Advance' could be the group for you!

In this group, our experienced tutors will support your ideas, inspire new projects and using our fully equipped creative studios, help you develop skills in your chosen art form/medium.

We can also provide support and guidance throughout your studies, GCSE's, A Levels and more, or help you work towards programmes such as the Duke of Edinburgh or Arts Awards. Bring your coursework or projects to the class and work alongside other artists, with all the creative supplies you might need on hand.

To book a place for your child/children, scan QR code, email **dan@artspacecinderford.org**, call **01594 825111** or visit **www.artspacecinderford.org/young-creatives**



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 Arts Awards. 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 offer private mentoring with an Arts Awards Advisor.

To find out more contact **01594 825111** or email **info@artspacecinderford.org**
For more information visit **artspacecinderford.org/arts-awards**

Courses for Children and Young People - Journeys



Journeys is an early intervention creative health programme developed in partnership with NHS Gloucestershire ICB and Young Minds Matter through the Trailblazer Programme.

The programme supports children and young people aged 7–14 who may be experiencing low mood or challenges with their wellbeing and self-esteem. Through creative activities, Journeys provides opportunities to build confidence, develop resilience, and improve emotional wellbeing in a safe and supportive environment.

Journeys is delivered in schools across Gloucestershire, within community settings, and through bespoke one-to-one programmes.

To find out more about Journeys, enquire about a school programme, or learn about our community hubs, please visit the Artspace website or contact Grace at creativehealth@artspacecinderford.org

Forest of Dean Community Group

Venue: Cinderford Artspace, 3 Woodside Street, Cinderford GL14 2NL

Time: Mondays 5:30pm - 7:00pm

Dates: Mon 5th Oct to Mon 23rd Nov (no session 26th Oct for half term)

How to Book

Places are free and offered on a first-come, first-served basis. To secure a place, we require a referral from a member of school staff, Young Minds Matter (YMM), or a social prescriber.

If you would like to find out more or request a referral form, please contact **Grace** at creativehealth@artspacecinderford.org



'I was a much happier person, and I was able to express my feelings quite a lot.' – Young Person

'The evaluations were amazing, very insightful and useful for staff at school.' – Referrer

'My daughter has become more confident attending new groups since attending Artspace Journeys.'
– Parent



Courses for Children and Young People - Xpres!



Xpres! is a creative health programme co-produced with Gloucestershire NHS ICB, young people, and clinicians, and delivered in partnership with Art Shape and The Music Works.

The programme supports young people aged 8–18 living with a long-term health condition, helping them build confidence, develop new skills, enjoy creative experiences, and form lasting friendships in a supportive environment.

In the Forest of Dean, Xpres! offers a range of activities including aerial circus, circus skills, pottery (including wheel throwing), and arts and crafts.

‘Great service that some of our patients benefit from. Keep the good work up!’ – Clinician, Gloucestershire Hospitals

‘Coming to Xpres! has made me realise I’m not the only one and everyone is dealing with their own stuff. It’s a place where you don’t have to think about your condition while doing everything else.’ – Participant

‘My child was worried and experiences anxiety however I can see this improving throughout the session. Everyone is friendly and this helps.’ – Parent

Xpres! Forest of Dean Sessions

Venue: Cinderford Artspace, 3 Woodside Street, Cinderford, GL14 2NL

Time: Saturdays 11:00am - 2:00pm

Dates:

- 24th October
- 28th November

How to Book

Places are free on a first come first served basis and confirmed upon receipt of an appropriate referral being made by a clinician, social prescriber or school nurse.

For all enquiries and to request a referral form please contact Creative Health Project Manager, **Grace End** on creativehealth@artspacecinderford.org



Gloucestershire

Engage Circus

Engage Circus



Engage Circus provides circus and aerial skills for individuals of all ages and abilities, available at our Cinderford studios as well as through outreach programs. From juggling and unicycle skills to trapeze and aerial hoop, we aim to promote creativity, confidence, and physical fitness through the art of circus performance.

If you would like to book on to any of these sessions please email circus@artspacecinderford.org to show your interest and then a follow up email will be sent out with a link to payment details and registration forms (not applicable if you attended last term). We have limited spaces, but if you know anyone that would be interested then please get them to get in touch.

Engage Circus courses at Artspace will take a half-term break between 26th and 30th October.

WEDNESDAY



Engage Juniors (Ages 6 – 10),
with Rhys Williams

4:00pm - 5:15pm
(at Artspace Cinderford)

Cost: £5 per session
***Concessions available**

Develop your skills as a circus performer and learn tricks of the trade. Play circus games with others and see what circus skill your favourite is. Diablo, flower stix, rola bola, stilts... the list goes on.

Contact circus@artspacecinderford.org for more details.

Engage Circus

WEDNESDAY



Engage Seniors (Ages 11 - 17),
with Rhys Williams

5:30pm - 6:45pm
(at Artspace Cinderford)

Cost: £5 per session
***Concessions available**

Take your circus journey further with more tricks than you can shake a stick at. Learn combinations to turn them into routines and bring out your inner performer. Become the unicycle artist you were meant to be.

Contact circus@artspacecinderford.org for more details.



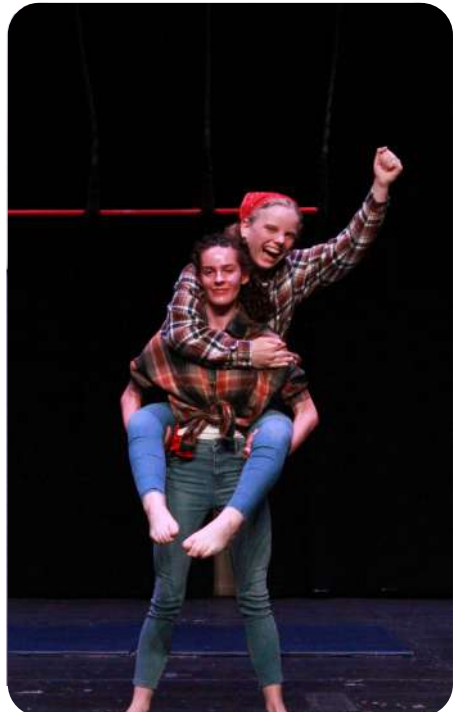
Aerial Seniors (Ages 11 - 17),
with Rhys Williams

7:00pm - 8:15pm
(at Artspace Cinderford)

Cost: £6 per session
***Concessions available**

Enjoy hanging upside down, climbing high or just getting off the ground. Come and try our Aerial classes where you will learn the basics on various Aerial equipment like trapeze, aerial hoop and rope climbing.

Contact circus@artspacecinderford.org for more details



Engage Circus

FRIDAY



Aerial Juniors (Ages 7 - 11), with Rhys Williams

**Intermediate - 4:15pm - 5:30pm
Beginners - 5:45pm - 7:00pm**

(at Artspace Cinderford)

**Cost: £6 per session
*Concessions available**

Enjoy hanging upside down, climbing high or just getting off the ground. Come and try our Aerial classes where you will learn the basics on various Aerial equipment like trapeze, aerial hoop and rope climbing.

Contact circus@artspacecinderford.org
for more details



Adult Aerial (Ages 18+), with Rhys Williams

7:15pm - 8:30pm

(at Artspace Cinderford)

**Cost: £6 per session
*Concessions available**

Come and have a go on a variety of aerial equipment from rope climbing to static trapeze. Enjoy a different type of exercise whilst your feet are off the ground and upside down.

Contact circus@artspacecinderford.org
for more details

How to find us



Thanks also to The Free Hospitals Trust and Thriving Communities

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



01594 825111



info@artspacecinderford.org



www.artspacecinderford.org