

Summer Programme 2024

ARTSPACE
CINDERFORD





Summer Programme 2024

Starting April 2024



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Introduction



Artspace Cinderford are an arts and education based 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, animation, drama, singing 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 summer 2024 term! We are offering a fantastic mixture of 'in person' classroom based and 'distance learning' (online) courses.



Courses For Adults



Adult Education

Artspace offer both online and in person courses funded by Adult Education Gloucestershire. For online courses, we will deliver a package of art materials directly to your home which will contain all the materials that you need to participate. Classes will be delivered via weekly Zoom workshops. You will also be given access to a secure learner area on our website www.artspacecinderford.org to access additional resources and support.

For in person courses, all materials required for each class will be provided.



Course Fees

Our courses for adults start from as little as £35 for an 8 week course and include all materials.

*Concessionary rates are available for those with a disability or who are on means tested benefits.

****FREE** places are available on select courses for those with fewer than 5 GCSE's (level 2) or less than a level 2 maths qualification. If you think you may qualify for a concessionary rate, please contact us to discuss your eligibility.

To book a place or for more information about a course, please email: coursebooking@artspacecinderford.org and provide your name, phone number and the title of the course you are interested in, and we will get back to you.

Courses For Adults

MONDAY



Festival – Born in The USA, with Angie Burgess

**Starts Monday 22nd April
6 weeks with half-term break**

**10:00am – 12:00pm
(at Artspace Cinderford)**

****FREE for eligible learners**
Cost: £50/ *£30 concessions**

The 'Festival' range continues with 'Born In The USA'. We will be identifying some of our favourite artists and bands from the USA, from the swinging 60s and before to the present day and choosing tracks for our playlist.

Inspiration for our artwork will be based on the music and associated images.

Singing and dancing will be encouraged
Which era will your artists be from?!

This will be a fun course for all learner levels.



Willow Weaving Frame Baskets, with Helen Parkinson

**Starts Monday 22nd April
6 weeks with half term break**

**10:00am – 1:00pm
(at Artspace Cinderford)**

Cost: £80/ *£45 concessions

During this term we will be focusing on creating a beautiful and useful frame basket using a variety of different coloured willow. There will also be 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 traditional techniques involved in constructing a frame basket. You are welcome to bring along a favourite pair of secateurs, but tools will be provided.

Courses For Adults

MONDAY



Knitting for Beginners, with Cherry Lyne

Starts Monday 22nd April
6 weeks with a half term break

12:30pm – 2:30pm (at Artspace Cinderford)

****FREE for eligible learners****

Cost: £50/ *£30 concessions

Learn the rudiments of knitting while you create your own scarf. Together we will learn and practice the basic stitches that make up so many garments we love. All materials supplied and this is an in person course aimed at the complete beginner. We will be learning knit, pearl, rib and moss stitch, as well as casting on and off and you will go home with a gorgeous scarf you have made yourself! Those who attended last term who wish to continue will have the opportunity to expand their range of stitches either by continuing their current project or starting a new one. Returning knitters are welcome to extend their knowledge/ experience.



Paint Like The Pros, with Cherry Lyne

Starts Monday 22nd April
8 weeks with half term break

3:00pm – 4:00pm (on Zoom)

Cost: £45/ *£25 concessions

A fun, creative course exploring the styles, techniques and intentions behind famous works from the Impressionists to contemporary artists.

We will look at notable artists, their work and how they achieve it. Artists such as Mondrian, Opie, and Klee used very specific techniques for their signature styles, which we will be having a go at on this course!



ONLINE

Courses For Adults

TUESDAY

Print & Paint

Starts Tuesday 16th April
6 weeks with half-term break

10:00am – 12:00pm
(at Artspace Cinderford)

****FREE for eligible learners****
Cost: £50/ *£30 concessions

This course will encourage learners to experiment with different forms of simple printmaking and other painting techniques. We will work on paper, card and fabric and you can choose from a range of designs or make your own. We will explore a range of different paints and make our own from earth pigments and natural materials. No experience necessary, just be prepared to have a go!



WEDNESDAY

Circus & Performing Arts, with Jo Jarratt

Starts Wednesday 24th April
9 weeks with half-term break

10:00am – 12:00pm
(at Artspace Cinderford)

Cost: £35

Do you like to perform? Do you love the theatre? Do you love the circus? Come and join us on this 9 week course of circus, drama and dance, where we shall work together to create a fabulous performance of our own!



Courses For Adults

WEDNESDAY



Exploring Ceramics, with Jane Spray

Starts Wednesday 24th April
8 weeks with half-term break

10:00am – 12:15pm (at Artspace Cinderford)

Cost: £80/ *£45 concessions

Enjoy making with clay in a creative and supportive atmosphere, whether it be working on the wheel, hand building, or a mixture of the two. The term will start with an optional project- making a vase decorated with coloured slips. Students will also be encouraged to work on their own personal projects thereafter.



Discover Painting, with Bela Kielt

Starts Wednesday 24th April
8 weeks with half-term break

1:30pm – 3:45pm (at Artspace Cinderford)

Cost: £80/ *£45 concessions

This course is perfect for beginners, as well as people with some experience. During the course you will exercise and explore some of the basic principles of painting; types of composition, light and mixing paint. We will try a variety of exercises, such as making super-fast sketches with a brush. Working on a large scale, you will have fun using paint, charcoal and pencil. We will explore different styles and spend lots of time focusing on observation and painting from life.



Evening Pottery, with Derek Lamb

Starts Wednesday 24th April
8 weeks with half-term break

6:30pm – 8:45pm (at Artspace Cinderford)

Cost: £90/ *£55 concessions

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.

Courses For Adults

THURSDAY

Developing Ideas for Textiles, with Lizzie Godden

**Starts Thursday 25th April
8 weeks with half-term break**

**10:15am – 12:30pm
(at Artspace Cinderford)**

Cost: £80/ *£45 concessions

We'll keep an ideas book; we might call it a scrap book. In it we'll doodle, print, add pictures, found objects, text and stitch, developing our ideas. We'll have fun experimenting and exploring. Our workbooks could be used within the course to create personal textile pieces.

We'll be having a Textiles exhibition at Artspace in Autumn 2024, showing the huge range of beautiful pieces, large and small, that we can produce using textiles techniques.



Black and White - Observing and Sketching: Nature in Summer, with Cherry Lyne

**Starts Thursday 25th April
8 weeks with half term break**

1:00pm - 2:00pm (on Zoom)

Cost: £45/ *£25 concessions

As the seasons change, we will embrace the beauty of the seasons, as we welcome long days and good light.



ONLINE

Courses For Adults

FRIDAY



Discover Drama, with Jo Jarratt

Starts Friday 26th April
9 weeks with half-term break

10:00am – 12:00pm (at Artspace Cinderford)

Cost: £35

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.



Prehistoric Pots and Paintings, with Warren Day

Starts Friday 26th April
8 weeks with half-term break

2:00pm – 4:15pm
(at Artspace Cinderford)

Cost: £80/ *£45 concessions

Have fun exploring techniques used by our prehistoric ancestors to produce paintings and pottery. Get your hands dirty and prepare your own earth colours such as red and yellow ochres, greys and black and white and eventually apply them to your own authentic painting using homemade horsehair paintbrushes. Using raw, locally sourced clay, build a pot and decorate it with beautiful impressed designs using twigs, bones, pebbles and more. No experience needed, just wear old clothes and come and get dirty!



Courses For Adults



Forest of Dean Community Choir

The Forest of Dean Community Choir is for everyone, no matter your experience level or whether you think you can sing - because everyone can learn to sing!

Originally established as a well-being choir, we have grown significantly in the last year. The choir is a great opportunity to build confidence, friendships and even teamwork and performance skills - this summer we are keen to get more public performances under our belts and engage in community events across the Forest.

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

**Mondays from 7-9pm - £5 per session
or Thursdays from 11am-1pm - *FREE**

To book contact info@artspacecinderford.org
or call 01594 825111



* part of the Adult Education in Gloucestershire programme

Courses For Adults



Multiply

Multiply is a national fund aiming to help adults aged 19+ improve their numeracy skills. It is specifically for those who have *less than a level 2 Maths (That's a GCSE or O level grade C or above or a CSE level 1) or who have a need to refresh their skills.

You'll be surprised at just how much numeracy you are using when making art without even realising it! Our range of arts-based Multiply courses will help you feel more confident about your number skills whilst producing your own fantastic artwork.

Multiply is **FREE** for eligible learners*, who will also receive a pack of arts materials to take away with them.

To book or for further information please email sue@artspacecinderford.org

WEDNESDAY

Inspiring Interiors, with Cherry Lyne

Starts Wednesday 24th April

The course runs for 3 weeks / 6 hours

**10:00am – 12:00pm
(at Artspace Cinderford)**

FREE subject to eligibility*

Come and have fun creating your own colourful geometric art and design, inspired by designer Frank Lloyd Wright.

In this course we will be exploring shape and structure and creating some mock stained glass designs.



Multiply

Courses For Adults

THURSDAY



Fun with Fractals, with Warren Day

Starts Thursday 25th April

The course runs for 4 weeks / 10 hours

**1:00pm – 3:30pm
(at Artspace Cinderford)**

FREE subject to eligibility*

Have fun experimenting with different techniques such as cyanotypes, gold leaf and leaf prints to create some beautiful floral and plant based outcomes. Whilst exploring these workshops, we will look at the amazing world of fractals and the series of patterns repeating over and over again, at many different scales within the plant kingdom from which we gain reference and inspiration.

Multiply

Courses For Adults

SATURDAY SERIES

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!

To book a place, please contact Dan on **01594 825111**
or email dan@artspacecinderford.org



Introduction to Creative Writing, with Fiona Harding

**Saturday 20th April
10:30am - 1:30pm
(at Artspace Cinderford)**

**Cost: £30 (*£22.50 concessions)
including materials.**

On this morning workshop, Fiona will introduce you to fun, creative writing techniques and exercises that you can use to start your own creative writing journey. Whether you have a project in mind, want to write for mindfulness or just explore the world around you using words, this session will start you on that path.

Bring a packed lunch.

SATURDAY SERIES

Courses For Adults



WYE VALLEY
RIVER FESTIVAL
GWYL AFON
DYFFRYN GWY

'Food Stories' - The Earth Beneath our Feet with Lizzie Godden

(Part of the Wye Valley River Festival Creative Community Day)

Saturday 27th April
Workshop 1: 10:00am - 12:00pm
Workshop 2: 1:00pm - 3:00pm
(at Artspace Cinderford)

Cost: FREE

Join us in the Artspace studio for our Creative Community workshop exploring 'Food Stories' with the Wye Valley River Festival, where we will be exploring a fun range of print media, drawing and textile crafts inspired by your favourite meals and recipes. These sessions are free for all. NB children must be accompanied by a responsible adult.

Bring a packed lunch.

SATURDAY SERIES

Courses For Adults



A Day of Guided Life Drawing with a Model, with Cherry Lyne

**Saturday 27th April
10:30am - 4:30pm
(at Artspace Cinderford)**

**Cost: £75 (*£60 concessions)
including materials.**

A day of guided Life Drawing with an experienced model in a relaxed setting. We will start with quick warm up exercises and progress to longer poses.

Suitable for all levels from first time life drawer to those confident in the art and wanting a full day with a model.

Limited spaces available. Tea, coffee and homemade cake included.

Please bring a packed lunch.

SATURDAY SERIES

Courses For Adults



Abstracting a Portrait, with Dorota Rapacz

**Saturday 15th June
10:30am - 4:30pm
(at Artspace Cinderford)**

**£60 (*£45 concessions)
including materials.**

We are going to work on a human portrait, but in a simplistic manner, reducing it to a set of essential characteristics, and making it to look as an abstract, geometrical form. We will look at some examples of its kind found in the past and reflect on them, discussing different approaches.

The workshop is intended for all levels of experience.

We will sculpt it in clay, which will be hollowed later and fired. All materials included.

Please bring a packed lunch.

SATURDAY SERIES



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 eco-printing, collage, poetry, willow weaving and even clowning!



Workshops take place on Tuesdays, alternating between our Cinderford group (10am -1pm) and our Bream group (11am -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)

Course 1 - Starts Tuesday 16th April / 6 weeks

Course 2 - Starts Tuesday 4th June / 6 weeks

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

Cost: £24 (*£16 concessions) for 6 week course

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

Young Creatives: Explore (Ages 11 - 14)

Course 1 - Starts Tuesday 16th April / 6 weeks

Course 2 - Starts Tuesday 4th June / 6 weeks

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

Cost: £32 (*£22 concessions) for 6 week course

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.



YOUNG CREATIVES

To book a place for your child/children, please contact dan@artspacecinderford.org
Places are allocated on a first come first served basis.

Courses For Children and Young People

THURSDAY



Young Creatives: Advance (Ages 12+)

Starts Thursday 18th April / 6 weeks

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

Cost: £38 (*£26 concessions) for 6 week course

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.

Our relaxed and social environment will help inspire your creativity, whilst you make friends and have fun.

To book a place for your child/children, please contact

dan@artspacecinderford.org

Places are allocated on a first come first served basis.

NEW - Arts Award in a week

****SUMMER HOLIDAY COURSE****

19th - 23rd August

10:00am - 3:00pm (at Artspace Cinderford)

Cost: £160

Artspace is pleased to be offering a summer holiday workshop, that will give you the opportunity to achieve a Bronze Arts Award in a week, at our fully equipped art studios in Cinderford.

Support and guidance will be given towards this nationally recognised arts award qualification.

The advised age range is 11 -16 years.

Visit our website for more information about Arts Awards

www.artspacecinderford.org/arts-awards

To book a place for your child/children, please contact

dan@artspacecinderford.org

Places are allocated on a first come first served basis.



Courses For Children and Young People

Creative Health Programmes



Journeys is an early intervention Arts on Prescription programme created in collaboration with NHS Gloucestershire ICB and Young Minds Matter as part of the Trailblazer School Project and is now able to be accessed by all Gloucestershire schools. The programme aims to help reduce stress and anxiety and boost low mood, wellbeing and self-esteem of children and young people aged 8-14 by enabling participation in creative activities.

For further information about the project, including arranging a school programme we request that a member of school staff contact us by emailing creativehealth@artspacecinderford.org

We also offer Journeys at community hubs in different regions of the county. For further details of locations and dates please check the Artspace website or contact creativehealth@artspacecinderford.org

Journeys Forest of Dean Community Group

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

Time: Mondays 5:30pm - 7pm

Dates: 22nd & 29th April, 13th & 20th May, 3rd, 10th & 17th June

Places are free but limited and confirmed only on receipt of an appropriate referral form being received from the child's teacher, YMM or a Social Prescriber

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

"It was really nice and it made me really happy when I came back to my house – I was a much happier person and I was able to express my feelings quite a lot." - participant from previous term



Courses For Children and Young People



Xpres! is an arts on prescription programme developed in collaboration with Gloucestershire NHS Integrated Care Board and delivered in partnership with Art Shape and The Music Works. The project aims to support young people aged 8-18 to be confident in self-managing a long term health condition through participation in a creative activity.



Intended Outcomes:

- Increase confidence, emotional resilience, and management of anxiety.
- Increase social connection with other young people with long term health conditions and promote peer support.
- Encourage self-management of their health condition through creative activities and whilst taking part in creative and physically active workshops.

Xpres! Forest of Dean Sessions

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

Time: Saturdays 11am - 2pm

Dates: 13th April, 11th May & 8th June

Places are free but limited and confirmed upon receipt of an appropriate referral being made by the child's clinician. For all enquiries and to request a referral form please contact Creative Health Project Manager, Grace End by emailing creativehealth@artspacecinderford.org



Engage Circus

Engage Circus



Engage Circus started with a small group of young people meeting one evening a week in a community centre in 2000 and has continued to grow. Come and join one of our classes and be a part of the next generation of Engage students.

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.

TUESDAY



Aerial Fitness (Ages 18+)

**Starts Tuesday 9th April,
with a half-term break
10:00am - 11:00am
(at Artspace Cinderford)**

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

Want to try a different kind of fitness class? One that is in the air? Come along to Aerial Fitness where you will work through a range of exercises using trapezes, ropes, aerial hoop and silks. Working on core strength, you may not see a visible difference but you will feel stronger from these sessions.

Contact
circus@artspacecinderford.org
for more details.



Adult Aerial (Ages 18+)

**Starts Tuesday 9th April
with a half-term break
11:15am - 12:45pm
(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.

Engage Circus

WEDNESDAY



Engage Juniors (Ages 6 – 10)

**Starts Wednesday 10th April. with a half-term break
4:00pm - 5:15pm
(at Artspace Cinderford)**

**Cost: Block of 6 £30. Individual class £5.
*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 Seniors (Ages 11 - 17)

**Starts Wednesday 10th April.
with a half-term break
5:30pm - 6:45pm
(at Artspace Cinderford)**

**Cost: Block of 6 £30. Individual class £5.
*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.



Engage Circus

WEDNESDAY



Youth Aerial (Ages 8+)

**Starts Wednesday 10th April.
with a half-term break
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 – Trapeze, Aerial hoop, rope climbing to name a few.

Contact circus@artspacecinderford.org for more details

FRIDAY



Youth Aerial (Ages 8+)

**Starts Friday 12th April, with a half-term break
4:15pm - 5:45pm
(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 – Trapeze, Aerial hoop, rope climbing to name a few.

Contact circus@artspacecinderford.org for more details



2nd
HOMEGROWN
PERFORMANCE
SHOWCASE
at The Wesley

FRIDAY 19th JULY / 7:00PM

The Wesley, 7 Belle Vue Rd, Cinderford, GL14 2AA

Artspace presents an evening of local performances from community dance, drama and circus groups.

Save the date

Tickets: Seats are limited so please book your tickets in advance. Purchase from Artspace, The New Mercury, 3 Woodside St, Cinderford, GL14 2NL, call 01594 825111 or email dan@artspacecinderford.org

All tickets are £7. Children who are under school age and can sit on a lap get in free.

Please let us know if you have any access needs.

For more information email
info@artspacecinderford.org or call 01594 825111



How to find us



Artspace has wheelchair access throughout with a platform lift to all floors except art room 2. There is wheelchair access through the front door to the lift, separate access from the side of the building into art room 1 and separate access into art room 2 at the rear.

Please note: We have some allocated 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 car park on Heywood Road.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



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



01594 825111



info@artspacecinderford.org



www.artspacecinderford.org