

# Spring Programme 2025

# ARTSPACE

CINDERFORD





Scan here to find out more about Artspace on our website

# Spring Programme 2025

Starting January 2025



## Contents

Introduction	4
The Artspace Postcard Show	5
Courses For Adults - Adult Education	6 - 14
Courses For Adults - Forest of Dean Community Choir	15
Courses For Adults - Multiply	16 - 17
Courses For Adults - Saturday Series	18 - 21
Courses For Adults - mindSCAPE	22
Courses For Children and Young People - Young Creatives	23 - 24
Courses For Children and Young People - Arts On Prescription, Journeys	25
Courses For Children and Young People - Arts On Prescription, Xpres!	26
Engage Circus	27 - 29
Aerial Workshop / Aerial Display	30
High Tea (With A Twist)	31

## Introduction



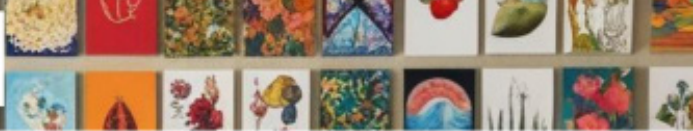
Artspace Cinderford are an arts and education charity based in the Forest of Dean. Established in 1988, the organisation specialises in offering fully inclusive, accessible creative opportunities for people of any age or ability.

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, 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 Spring 2025 term! We are offering a fantastic mixture of 'in person' classroom based and 'distance learning' (online) courses.





# THE ARTSPACE POSTCARD SHOW



Join us in supporting Cinderford Artspace’s mission to make art and creativity accessible to everyone in our community! Participate in our Postcard Fundraiser and help us raise essential funds for Artspace’s building and programmes. Pick up a postcard pack from Artspace, unleash your creativity, and send us your masterpieces by Monday 31st March to see your work featured in our Summer Postcard Show!



## Here’s How It Works

### 1. Get Your Postcard Pack

Swing by Artspace to grab your pack or email us at [info@artspacecinderford](mailto:info@artspacecinderford) to request one.

### 2. Add Your Stamp

Whether you draw, paint, or collage, make each postcard uniquely yours.

The theme for the gallery is: What does Artspace mean to you?

### 3. Post it Back to Us

Drop your completed postcards in the Artspace Post Box or send them to: Artspace Cinderford, The New Mercury, 3 Woodside Street, Cinderford, GL14 2NL

### 4. Join Us at the Gallery

This summer, your artwork will be showcased in our community postcard gallery, where every piece is up for sale.

Every purchase contributes directly to funding Artspace’s creative initiatives!



Looking to support Artspace further? There are plenty of ways to get involved! You can donate, volunteer, organise a community fundraiser, make an in-kind gift, or even leave a gift in your will. Membership and donation options are available on our website, by scanning the QR code or reach out to a member of the Artspace team for more details.

# Courses For Adults

## Adult Education



Artspace offers a range of creative activities from visual arts to choirs, drama and circus in small, friendly groups, taught by our fantastic tutor teams.

New courses on offer this term are Accessible Dance and The Orchard Project!

Our studios are fully accessible and we have a range of modified resources and approaches that help us provide inclusive activities for all. Whether you want to try something totally new or develop your skills, we're sure you will find the right course for you.

We are grateful to our funding partners Adult Education at Gloucestershire County Council, through whom we are able to provide these courses \*FREE to eligible learners. Please read eligibility information for each course below. If you are not eligible for a free place, you would be very welcome to join us, please see 'How to book or enquire' below.

New to Artspace? Give us a call to arrange a tour or to find out more.

### \*FREE COURSES

Proof of eligibility when accessing free courses or concessionary tickets, will be required on enrolment. As these courses are popular, we do ask that eligible FREE learners are available for the whole course.



These fun creative courses are designed to help inspire learners to develop their skills in small groups and provide encouragement and opportunity for ongoing learning, developed confidence and independence.

These courses are \*FREE for Gloucestershire residents over 19 years old and on low wage brackets or not currently in employment and/or with fewer than 5 GCSE's (level 2) including Maths and English.



These fun, creative courses are designed to build skills towards improved independence and wellbeing.

These courses are \*FREE for learners with a disabling barrier, eg physical disability, learning difference and/or ongoing health needs.

### COURSE COSTS

If you are not eligible for free funding, fees are advertised for each course.

\*Concessionary rates are available for those with a disability or who are in receipt of means tested benefits.

### How to book or enquire:

Our courses are very popular so early booking is recommended. Please follow the QR code to book onto a course directly. Alternatively, call us on 01594 825111, drop into Artspace between 9:30-4:30 Monday - Friday, or email [coursebooking@artspacecinderford.org](mailto:coursebooking@artspacecinderford.org)

# Courses For Adults

## MONDAY



### **Festival - Sound & Colour, with Angie Burgess**

**Starts Monday 20th January  
6 weeks with half-term break**

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

**\*FREE for eligible learners  
Cost: £55/ \*£35 concessions**

This is a fun group for all learner levels.

This term we will continue our celebration of art and culture through music and colour. We will be working using a range of creative processes including drawing, painting and digital media. We will be choosing tracks for our session playlists and creating our own compositions using different music genres as our inspiration.

Come and join us - new learners are always welcome. As usual, singing and dancing is encouraged in this friendly group.



### **Knitting and Yarn Crafts for Beginners, with Chrissie Driessen**

**Starts Monday 20th January  
6 weeks with half-term break**

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

**\*FREE for eligible learners  
Cost: £55/ \*£35 concessions**

For those of you who have knitting or crochet projects you wish to continue, with support, you're very welcome. For others, we will be continuing to develop our creative yarn based skills.

We will be looking forward to springtime - wrapping yarn branches and tassel birds and also developing our weaving skills.



# Courses For Adults

## MONDAY

**Orchard Project,  
with Bela Kielt**



**Starts Monday 20th January  
10 weeks with half-term break**

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

**\*FREE for eligible learners**



Are you a budding artist with hidden talents? Would you like some help to make your creative ideas a reality? On this course, you will work in small groups with our tutors, to turn your ideas and talents into real-life creative community projects.

You will be supported every step of the way, from finding an idea, to designing the project and making your creative outcomes. What you make is up to you! Ideas from previous courses which might inspire you have included: creating new and upcycled artwork and working on real-life graphic or interior design projects.



**Paint Like The Pros,  
with Cherry Lyne**



**Starts Monday 20th January  
8 weeks with half-term break**

**3:00pm – 4:00pm (on Zoom)**

**\*FREE for eligible learners  
Cost: £55/ \*£35 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 Gerhard Richter, Max Ernst, Georgia O'Keeffe and others, used very specific techniques for their signature styles, which we will be having a go at on this course.

Expect the unexpected as we tour several centuries of the art and personalities that have shaped our culture.



**ONLINE**



# Courses For Adults

## TUESDAY

### Print, Paint & Explore (Tutor TBC)



**Starts Tuesday 21st January**  
**8 weeks with half-term break**

**11:00am – 12:30pm**  
**(at Artspace Cinderford)**

**\*FREE for eligible learners**  
**Cost: £50/ \*£35 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 22nd January**  
**8 weeks with half-term break**

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

**Cost: £50**  
**£35 (6 weeks FREE) for \*eligible learners**

Do you like to perform? Do you love the theatre? Do you love the circus?

Come and join us on this 8 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 Derek A. Lamb

**Starts Wednesday 22nd January**  
**8 weeks with half-term break**

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

**\*FREE for eligible learners**  
**Cost: £95/ \*£55 concessions**

Enjoy working with clay in a creative & supportive atmosphere. Whether it be hand building, on the wheel or a mixture of both, we will be looking at the different ways to make ceramics. With tutor demonstrations, students will be encouraged and supported to make their own projects when they feel ready to.



### Discover Painting, with Bela Kieft

**Starts Wednesday 22nd January**  
**8 weeks with half-term break**

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

**\*FREE for eligible learners**  
**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.



# Courses For Adults

## WEDNESDAY



### Painting, with Bela Kielt

**Starts Wednesday 26th March / 3 weeks**

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

**\*FREE for eligible learners**

**Cost: £30/ \*£21 concessions for 3 weeks**

We are extending our popular Discover Painting course. 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. Please note that this course is unfunded. Booking is essential.



### Evening Pottery, with Derek A. Lamb

**Starts Wednesday 22nd January  
6 weeks with half-term break**

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

**Cost: £120/ \*£80 concessions for 6 weeks**

New learners will be shown several different ways of hand building and finishing pots. Returning learners will be helped to make their own projects. There are four pottery wheels with some opportunity to have a go at throwing. (Throwing pots may be limited due to demand & available tuition time).

This is a 6 week course and cost includes all tuition, materials, use of tools, glazes and all firing costs.



# Courses For Adults

## THURSDAY

### Developing Ideas for Textiles, with Lizzie Godden



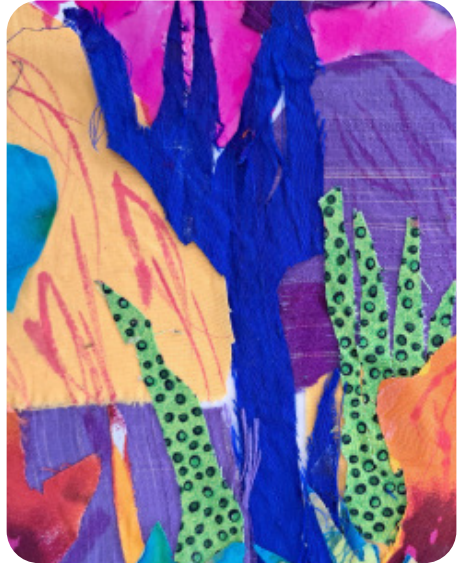
**Starts Thursday 23rd January  
8 weeks with half-term break**

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

**\*FREE for eligible learners  
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.



### Drawn In, with Nicky Payne

**Starts Thursday 23rd January  
8 weeks with half term break**

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

**\*FREE for eligible learners  
Cost: £55/ \*£35 concessions**

An inclusive course for creatives of all abilities to develop individual styles and skills at their own pace. In this class we will explore drawing and a wide range of materials and techniques making connections with artists that use similar materials. Join in with group discussion and set tasks alongside supported independent work with experienced artists/tutors.

Be ready to have fun, share ideas and join a little creative community.



# Courses For Adults

FRIDAY



## Discover Drama, with Jo Jarratt

Starts Friday 24th January  
8 weeks with half-term break

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

Cost: £50 / £35 (6 weeks FREE) for \*eligible learners

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.



## Accessible Dance, with Kim Owston

Starts Friday 24th January  
6 weeks with half-term break

1:15pm – 3:15pm (at Artspace Cinderford)

\*FREE for eligible learners  
Cost: £50/ \*£35 concessions

Dance for everyone - no experience required. Come and have a go at movement to rhythms and music. Learn to express yourself through the movement of dance and see your confidence grow throughout the course. We will explore emotions and moods then put them into a dance form to create a final group piece.



# Courses For Adults

FRIDAY



## Fun With Photo Transfer, with Warren Day

**Starts Friday 24th January  
8 weeks with half-term break**

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

**\*FREE for eligible learners  
Cost: £80 / \*£45 concessions**

Learn how to produce your own photo image transfers, where a photocopied image can be applied to a new surface such as wood, metal or another brightly coloured painted background.

Explore this exciting technique where you will have the opportunity to combine several mixed media effects such as spray paint, repeat patterns, collage and loose expressive painting. You can choose to use your own photographic images if you wish and stylize these to create a contemporary and eye catching piece of work.



## 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 term we are keen to get more public performances under our belts and engage in community events across the Forest.

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

**Mondays from 7-9pm – £5 per session or £35 for 7 week term (starting 20th January)**

**or Thursdays from 11-1pm – £5 per session or £35 for 7 week term (starting 23rd January)**

**or come both days for £8 per week or £56 for 7 week term**

To book scan the QR code, contact [info@artspacecinderford.org](mailto:info@artspacecinderford.org) or call 01594 825111



## Courses For Adults

**SKILLS**

**FOR LIFE**

**Multiply**



### 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 or email [coursebooking@artspacecinderford.org](mailto:coursebooking@artspacecinderford.org)

### WEDNESDAY

**Shape & Colour,  
with Nicky Payne**

**Starts Wednesday 22nd January**

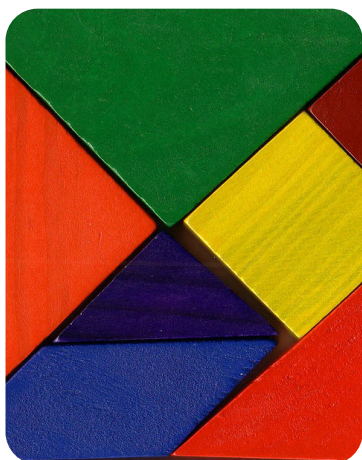
**The course runs for 4 weeks / 8 hours**

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

**\*FREE subject to eligibility**

Come and explore pattern, shape and colour in this fun course where you will play with squares and the shapes that make them!

We will explore tangrams through print, paint and pencil, producing a range of interesting card designs.



**Multiply**





# Courses For Adults

**THURSDAY**



## **Wonky Worlds, with Warren Day**

**Starts Thursday 23rd January**

**The course runs for 4 weeks / 10 hours**

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

**\*FREE subject to eligibility**

Learn how to make an extraordinary optical illusion where perspective is turned on its head. During this course you will make a 3D structure from card and cover it with images of street scenes or interiors. These images will actually look like they are moving when you walk past it and give a very new and unusual version of perspective.

The key to this trick is to swap perspective so that things that are far away in the picture are actually placed upon the nearest part of the 3D structure that you will build. It sounds strange and it is but it is easily achieved and great fun to try!

Numeracy skills developed in this project will consist of basic measuring, basic perspective, construction of 3D geometric shapes and symmetry. No experience necessary as everything will be explained from the beginning.

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



### Lino Print with Earth Pigment, with Nichola Goff

**Saturday 25th January**  
**10:30am - 4:30pm**  
**(at Artspace Cinderford)**

**Cost: £75/ \*£55 concessions including materials**

Join printmaking tutor Nichola Goff for this one-day workshop in linocut print with earth pigments.

Create two colour original linocut prints from one lino block, using inks made from pigments that come from the earth.

Participants will be encouraged to look at patterns found in nature, taught how to carve and print lino and play with layering different earth colour printing inks. They will go home with a small series of original prints made with natural inks. Free refreshments. Lunch not provided.



## Courses For Adults



### Inspired by Mesopotamian Art - Bas Relief Workshop, with Darota Rapacz

**Saturday 25th January**  
**10:30am - 4:30pm**  
(at Artspace Cinderford)

**Cost: £75/ \*£55 concessions including materials**

Mesopotamia, the land "between two rivers" - present day Iraq, was home to the ancient Sumerians, Babylonians, and Assyrians. We are going to look at a few images of some relief works from that period, think about possible interpretations of their meaning, make copies or use the same style, but with content more relevant to the present day. We will sculpt it in clay, which will be fired once it's dried out.

The workshop is intended for all levels of experience.

Free refreshments.  
Lunch not provided.



### The Joy of Singing! with Lisa Jenkinson

**Saturday 22nd February**  
**10:30am - 4:30pm**  
(at Artspace Cinderford)

**Cost: £60/ \*£45 concessions**

On this one day workshop you'll find your voice and learn how to sing from the heart! You will learn a professional vocal warm up and how to harmonise and sing in rounds. We will look at singing posture and how to support the breath for strong vocals. We will learn and practice two songs to perform at the end of the workshop.

No previous experience is necessary and all abilities are welcome.

Free refreshments.  
Lunch not provided.



## Courses For Adults



### **Throw a Pot Experience, with Derek A. Lamb**

**Workshop 1 - Saturday 22nd February**

**Workshop 2 - Saturday 8th March**

**10:00am - 1:00pm**

**(at Artspace Cinderford)**

**£45/ \*£40 concessions including materials (per workshop)**

Though not the easiest thing to do, the aim is to have a hands on experience, have fun and end up with one small pot. This will then be glazed & fired on your behalf for collection from Artspace and is included in the price.

This is for adults and beginners with no potting experience, who will have a wheel each.

There are four places available, and will be allocated on a 'first come first served' basis.

Refreshments provided. Lunch not provided,



**1**



**2**

## Courses For Adults



### Self-Guided Life Drawing from a Model, with Grace Engel

**Saturday 8th March**  
**10:30am - 2:30pm**  
**(at Artspace Cinderford)**

**Cost: £40/ \*£30 concessions including materials**

A half-day of self-guided life drawing with an experienced model in a relaxed setting.  
Suitable for all, from complete beginners who wish to try it out, to practiced artists.

Bring a small table easel if you wish.

Refreshments provided. Lunch not provided



# 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



Supported by Members of the DEMENTIA ACTION ALLIANCE

Workshops take place on Tuesdays in the West Dean Centre in Bream from 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](mailto: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 14th January/  
5 weeks

Course 2 - Starts Tuesday 25th February/  
6 weeks

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

Cost: Course 1 - £23 / \*£16 concessions  
Course 2 - £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.



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### Young Creatives: Explore (Ages 11 - 14)

Course 1 - Starts Tuesday 14th January/  
5 weeks

Course 2 - Starts Tuesday 25th February/  
6 weeks

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

Cost: Course 1 - £30 / \*£20 concessions  
Course 2 - £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.



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

# Courses For Children and Young People

## THURSDAY



### Young Creatives: Advance (Ages 12+)

**Course 1 - Starts Thursday 16th January/  
5 weeks**

**Course 2 - Starts Thursday 27th  
February/ 6 weeks**

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

**Cost: Course 1 - £33 / \*£23 concessions  
Course 2 - £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.

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, scan QR code, email [dan@artspacecinderford.org](mailto:dan@artspacecinderford.org), call **01594 825111** or visit [www.artspacecinderford.org/young-creatives](http://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 [dan@artspacecinderford.org](mailto:dan@artspacecinderford.org)  
For more information visit [artspacecinderford.org/arts-awards](http://artspacecinderford.org/arts-awards)



# Courses for Children and Young People - Journeys



**Journeys** is an early intervention Arts on Prescription programme created in collaboration with NHS Gloucestershire and Young Minds Matter as part of the Trailblazer School Project and is now offered to all Gloucestershire schools and increasingly in community settings.

The programme aims to boost low mood, wellbeing and self-esteem of children and young people aged 7-14 by enabling participation in creative activities.

For further information about the project, to enquire about a schools programme, or to learn more about our community hubs please check the Artspace website or contact Grace at [creativehealth@artspacecinderford.org](mailto:creativehealth@artspacecinderford.org)

## Journeys Forest of Dean Community Group

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

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

**Dates:** Monday 27th January to Monday 17th March (no session 17th February for half term)

## How to Book

Places are free on a first come first served basis and confirmed upon receipt of an appropriate referral being received from a member of school staff, YMM, or a social prescriber.

For all enquiries or to request a referral form contact Grace at [creativehealth@artspacecinderford.org](mailto:creativehealth@artspacecinderford.org)



Gloucestershire



## Feedback from young people...

"I was a much happier person, and I was able to express my feelings quite a lot."

"It was a really nice experience and the people there were kind."

## Feedback from schools...

"The quality of the sessions and range of activities were brilliant."

"The children are more resilient to low level challenges they face in learning which would have previously caused anxiety."



# Courses for Children and Young People - Xpres!

## XPRES! IN THE FOREST OF DEAN

Xpres! is an Arts on Prescription programme developed in collaboration with Gloucestershire NHS ICB, delivered in partnership with Art Shape and The Music Works.

The project supports young people aged 8-18 with a long-term health condition to be confident managing their condition, emotionally resilient, and encourages peer support. Forest of Dean sessions include aerial circus, circus skills, pottery including wheel work 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 11am - 2pm

**Dates:** 18th January, 8th February, 1st March and 29th March

### 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 at [creativehealth@artspacecinderford.org](mailto:creativehealth@artspacecinderford.org)



Gloucestershire



# Engage Circus

## Engage Circus

**engage**

circus for everyone

**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](mailto: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



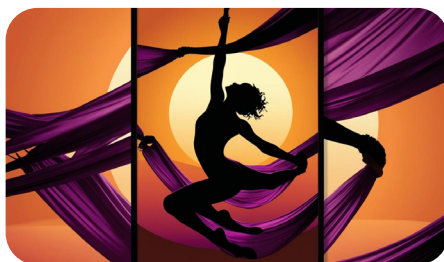
#### **Aerial Fitness (Ages 18+)**

**Starts Tuesday 7th January  
with a half-term break  
10:00am - 11:00am  
(at Artspace Cinderford)**

**Cost: Block of 6 £36. Individual class £6  
\*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](mailto:circus@artspacecinderford.org)**  
for more details.



#### **Adult Aerial (Ages 18+)**

**Starts Tuesday 7th January  
with a half-term break  
11:15am - 12:45pm  
(at Artspace Cinderford)**

**Cost: Block of 6 £36. Individual class £6  
\*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](mailto:circus@artspacecinderford.org)**  
for more details.

# Engage Circus

**WEDNESDAY**

## Engage Juniors (Ages 6 – 10)



**Starts Wednesday 8th January, 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](mailto:circus@artspacecinderford.org) for more details.



## Engage Seniors (Ages 11 - 17)

**Starts Wednesday 8th January,  
with a half-term break  
5:30pm - 6:45pm  
(at Artspace Cinderford)**

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

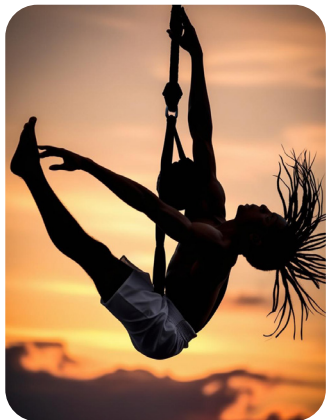
Take your circus journey further with more tricks than you can shake a stick at. Learn combinations to turn them into routines and bring out your inner performer. Become the unicycle artist you were meant to be.

Contact [circus@artspacecinderford.org](mailto:circus@artspacecinderford.org) for more details.



# Engage Circus

## WEDNESDAY



### Youth Aerial (Ages 8+)

**Starts Wednesday 8th January, with a half-term break  
7:00pm - 8:15pm  
(at Artspace Cinderford)**

**Cost: Block of 6 £36. Individual class £6  
\*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](mailto:circus@artspacecinderford.org) for more details

## FRIDAY



### Youth Aerial (Ages 8+)

**Starts Friday 10th January, with a half-term break  
4:15pm - 5:45pm  
(at Artspace Cinderford)**

**Cost: Block of 6 £36. Individual class £6  
\*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](mailto:circus@artspacecinderford.org) for more details



**Saturday 8th March**  
**Workshop 1. 11am - 12:15pm**  
**Workshop 2. 12:45pm - 2pm**  
**At The Wesley, 7 Belle Vue Rd, Cinderford, GL14 2AA**

**Cost: £5 per person.**

20 places on each workshop. Please book in advance. To book or for more information email [enagage@artspacecinderford.org](mailto:enagage@artspacecinderford.org) or call **01594 825111**

All ages over 8 years welcome. Suitable for adults, children and families.

Whether you are a beginner or have done aerial skills before, come and learn tricks on an aerial hammock, static trapeze, aerial hoop.



## **AERIAL DISPLAY**

**Saturday 8th March**

**4pm - 5pm**

**At The Wesley Theatre Hall,  
7 Belle Vue Rd,  
Cinderford,  
GL14 2AA**

**Entry by donation**

Come and see Artspace's aerial groups perform.

Please contact us to discuss any access requirements by emailing [sally@artspacecinderford.org](mailto:sally@artspacecinderford.org)

# HIGH TEA [WITH A TWIST]



**FRIDAY 6TH DECEMBER / 7:15 - 8:15PM**  
**THE WESLEY, BELLE VUE RD, CINDERFORD, GL14 2AA**  
**£7 (UNDER 5'S WHO CAN SIT ON A LAP GO FREE)**

Under the direction of Eleni Edipidi, Levantes Dance Theatre creates contemporary circus performances which are witty, inclusive and visually strong.

High Tea (With A Twist) features two performers in matching costumes who dance and perform acrobatics above a beautifully set tea table. Expect glittery cakes, bright colours and lots of fun.



To book **scan the QR code**, email [dan@artspacecinderford.org](mailto:dan@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