

Summer Programme 2025

ARTSPACE
CINDERFORD





Scan here to find out more about Artspace on our website



Summer Programme 2025

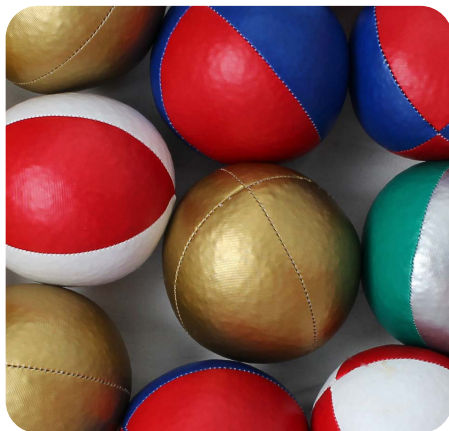
Starting April 2025



Contents

| | |
|--|---------|
| Introduction | 4 |
| The Artspace Postcard Show | 5 |
| Thriving Communities Events | 6 - 7 |
| Courses For Adults - Adult Education | 8 - 17 |
| Courses For Adults - Forest of Dean Community Choir | 18 |
| Courses For Adults - Saturday Series | 19 - 22 |
| Courses For Adults - mindSCAPE | 23 |
| Courses For Children and Young People - Young Creatives | 24 - 25 |
| Courses For Children and Young People - Arts On Prescription, Journeys | 26 |
| Courses For Children and Young People - Arts On Prescription, Xpres! | 27 |
| Engage Circus | 28 - 30 |

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 Summer 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 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

Your artwork will be up for sale and showcased in our gallery at Artspace from 30th April, when there will be an auction event from 5:30 - 7:30pm.

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.

Thriving Communities Events



Thriving Communities is part of a local plan to bring communities together.



Our FREE Creative Community events will include...

- Free 'have-a-go' inclusive arts and crafts activities
 - Community parties/events
- A warm, friendly place to meet new friends and catch up with old ones!
 - FREE refreshments
- A chance to find out about the courses we run - with lots of fully funded places available

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.

No booking required.

Please let us know if you have any specific access needs or allergies
by calling 01594 825111 or email info@artspacecinderford.org

At Artspace, The New Mercury, 3 Woodside Street, Cinderford, GL15 6LR

Thriving Communities Events

DATE / TIME

ACTIVITIES

Thursday 10th April
11am-2pm

- Mending workshop & textile crafts
- Learn to mend to make your clothes last longer
- Build your sewing skills
- 'Have a go' arts activities and demonstrations

Wednesday 30th April
11am-2pm

- Visit our Postcard Exhibition
- 'Have a go' arts activities and demonstrations
- Pottery workshop and demonstrations

Wednesday 16th July
10am-1pm

- Come to our Summer Party! A chance to celebrate what you have achieved this year!
- 'Have a go' arts activities and demonstrations

Thursday 4th September
11am-2pm

- Mending workshop and textile crafts
- Learn to mend to make your clothes last longer
- Build your sewing skills
- 'Have a go' arts activities and demonstrations



Courses For Adults

Adult Education



Adult Education
in Gloucestershire



Artspace offers a wide range of inclusive creative activities for adults, from visual arts to choirs, drama and circus.

Our courses are taught in small friendly groups and our fantastic tutor teams support all skill levels. So, whether you want to try something new, or develop your skills, we're sure you will find the right activity for you.

We are grateful to our partners Adult Education in Gloucestershire, Barnwood Trust & GFC who enable us to run a number of FREE, subsidised and non-funded courses.

Our studios are fully accessible and all the resources you will need to complete your course are provided.

New to Artspace? Give us a call on 01594 825111 to find out more, book a tour, or join us for one of our Thriving Communities events (see pages 6 and 7).

Adult courses at Artspace will take a half-term break between 26th and 30th May.

BOOKINGS & ENQUIRIES

Our courses are very popular, so early booking is recommended. Please use the QR code next to each course to book directly. Alternatively, you can call us on 01594 825111 or drop into Artspace on a weekday between 9:30am and 4:30pm.

COSTS



These fun, creative courses are designed to help inspire learners to develop their skills, encourage ongoing learning opportunities as well as improving confidence and independence.

These courses offer FREE places for Gloucestershire residents over 19 years old, 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 personal goals, improved skills, independence and wellbeing.

These courses offer FREE or subsidised places for Gloucestershire residents over 19 years old with a disabling barrier, eg physical and/or learning disability and/or ongoing health needs.

If you are not eligible for a free or subsidised space, or if the course does not advertise these options, you are very welcome to join our courses. We offer full fee and concession tickets. *Concession tickets are available to learners with a disabling barrier or those in receipt of means-tested benefits.

Courses For Adults

MONDAY



Festival - Decades, with Jo Jarratt

**Starts Monday 12th May
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 shall look at how music has
changed through the decades.

The sounds, the fashion, the dancing styles.
We will work 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 12th May
6 weeks with half-term break**

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

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

We will be continuing to develop our
creative use of yarn for both practical and
creative purposes.

As well as continuing to develop our
weaving and knitting skills, we shall also
be learning to crochet, starting with simple
squares that can be stitched together to
make a summer picnic blanket or bag.

If you have an ongoing project, you can
continue with this with support
when needed.



Courses For Adults

MONDAY

Orchard Project, with Bela Kielt



Starts Monday 12th May
8 weeks with half-term break

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

***FREE for eligible learners**



Are you a budding artist with hidden talents? On this course, our tutor teams will help you turn your ideas into real-life creative projects.

You will be supported every step of the way, from finding an idea, to designing the project and creating your work.

What you make is up to you! Ideas from previous courses have included, singing and writing projects, paintings and sculptures inspired by favorite places or topics of interest, fashion designs, sculptures, and art work for community events and festivals.



Paint Like The Pros, with Cherry Lyne



Starts Monday 12th May
8 weeks with half-term break

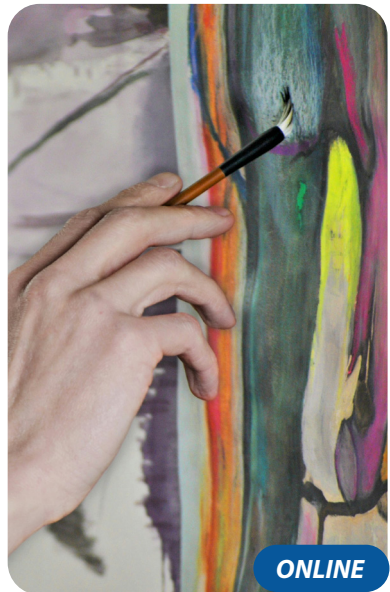
3:00pm – 4:00pm (on Zoom)

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

A fun, creative course for all abilities, where we will explore the techniques and ideas behind famous art works.

This term we will look at artists such as Bacon, Hopper and others, and have a go at working in their styles.

A mix of art history, painting and some surprises!



ONLINE



Courses For Adults

TUESDAY

**Print, Paint & Explore,
with Nicky Payne**



**Starts Tuesday 6th May
8 weeks with half-term break**

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

***FREE for eligible learners
Cost: £55/ *£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!



Courses For Adults

WEDNESDAY



**Circus & Performing Arts,
with Jo Jarratt**

**Starts Wednesday 7th May
6 weeks with half-term break**

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

***FREE for eligible learners**

Cost: £45/ *£20 concessions

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

Come and join us on this 6 week course of circus, drama and dance, where we shall work together to create a fabulous performance of our own!



Circus Club, with Jo Jarratt

**Wednesday 25th June and 2nd July
2 weeks**

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

Cost: £35

Additional sessions to explore ideas and develop your skills with our fantastic tutors - or join us to get a taster of our full length courses.



Courses For Adults

WEDNESDAY



Exploring Ceramics, with Derek A. Lamb



Starts Wednesday 7th May
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 and 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.



Afternoon Pottery, with Derek A. Lamb



Starts Wednesday 7th May
6 weeks with half-term break

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

Cost: £85/ *£35 concessions for those with a disability

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).



Evening Pottery, with Derek A. Lamb



Starts Wednesday 7th May
6 weeks with half-term break

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

Cost: £85/ *£35 concessions for those with a disability

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 and available tuition time).

Courses For Adults

WEDNESDAY



**Discover Painting,
with Bela Kielt**

**Starts Wednesday 7th May
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.



**Paint Club,
with Bela Kielt**

**Wednesday 9th and 16th July
2 weeks**

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

Cost: £20/ *£14 concessions

Additional sessions to explore ideas and develop your skills with our fantastic tutors - or join us to get a taster of our full length courses.



Courses For Adults

THURSDAY

Developing Ideas for Textiles, with Lizzie Godden



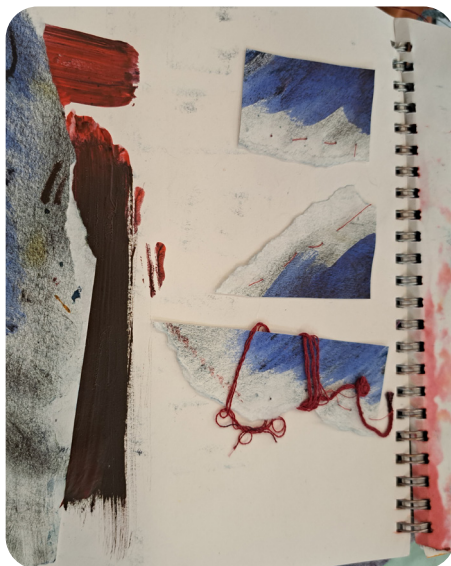
Starts Thursday 8th May
8 weeks with half-term break

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.



ONLINE



Drawn In, with Nicky Payne

Starts Thursday 8th May
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 9th May
6 weeks with half-term break**

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

***FREE for eligible learners
Cost: £45/ *£20 concessions**



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.



Drama Club, with Jo Jarratt

**Friday 27th June and 4th July
2 weeks**

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

Cost: £35

Additional sessions to explore ideas and develop your skills with our fantastic tutors - or join us to get a taster of our full length courses.



Courses For Adults

FRIDAY



Accessible Dance, with Kim Owston

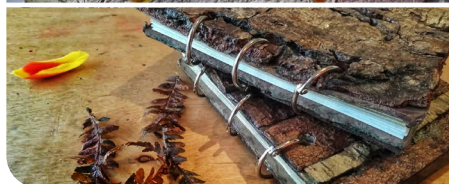
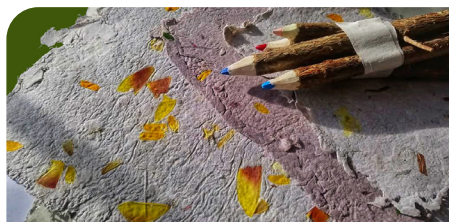


Starts Friday 9th May
6 weeks with half-term break

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

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

Dance for everyone – no experience required. Looking at emotions and mood we will explore the different ways we can move and dance to music and look at how the music influences the way we feel. A great way to gain confidence in dance whilst having fun. Working as a group we will create a final dance to show what we have explored.



Organic Art Sketchbook, with Warren Day

Starts Friday 9th May
8 weeks with half-term break

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

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

Learn how to make a personalised journal/sketchbook either covered in leaves or tree bark and fill it with beautiful handmade paper infused with flower petals, grasses and recycled ingredients. You can then proceed to create drawings and paintings that have been made using other natural materials such as berry inks, charcoal and paints to produce a range of 'Forest of Dean' related organic art.



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.

Choir sessions at Artspace will take a half-term break between 26th and 30th May.

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

Mondays from 7-9pm – £5 per session or £55 for 11 week term (starting 28th April with half-term break)

or Thursdays from 11-1pm – £5 per session or £55 for 11 week term (starting 1st May with half-term break)

or come both days for £8 per week or £88 for 11 week term

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



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**

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



Lino Printing, with Emily Bagnell

Saturday 17th May
10:30am - 4:30pm
(at Artspace Cinderford)

Cost: £65/ *£45 concessions including materials

Join us on a relaxed linocutting workshop. Participants will enjoy a hands-on art experience, learning the techniques of carving designs into linoleum blocks to create relief prints. The process involves sketching a design, transferring it onto the linoleum, and then using carving tools to remove the negative space. Afterwards you'll apply ink onto your blocks with rollers to produce unique prints using our relief press. It's a fun and creative way to explore printmaking, with a focus on developing skills in design, texture, and composition, while also learning about the tools and methods used in traditional printmaking.



Free refreshments. Lunch not provided.

Courses For Adults



Throw a Pot Experience, with Derek A. Lamb

Workshop 1 - Saturday 17th May

Workshop 2 - Saturday 7th June

10:30am - 1:30pm

(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 and 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.

Bring a towel to wipe hands.



1



2

Courses For Adults



Sculpture Inspired by Chinese Art, with Dorota Rapacz

**Saturday 7th June
10:30am - 4:30pm
(at Artspace Cinderford)**

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

We have all heard of the Terracotta Army and have likely seen images of Buddha in various poses. As usual, we will examine some images of heads and figures from ancient China and attempt to recreate them in 3D.

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.

Free refreshments. Lunch not provided. 1 hour break.



Child/Woman/Hag, with Carrie Sermon

**Saturday 28th June
10:30am - 4:30pm
(at Artspace Cinderford)**

**Cost: £55/ *£35 concessions
including materials**

This day workshop will explore self-identified women's life narratives supported by local and world folklore, history and archaeology.

Participants will make a soft sculpture, upcycled doll to represent their life narrative whilst sharing their experiences of being a women.

Please bring your own textiles which have a connection or resonance to use in the making.

Some basic sewing skills are needed to make the doll but the associated narratives are more important and will be celebrated in a perfectly/ imperfect doll.

Free refreshments. Lunch not provided.



Courses For Adults



Silk Painting, with Cherry Lyne

**Saturday 28th June
10:30am - 4:30pm
(at Artspace Cinderford)**



Cost: £65/ *£45 concessions including materials

In a relaxed day of the basics of silk painting, you will design, outline and paint a silk handkerchief. Perfect for complete beginners or those who have tried this art before, the morning session will begin with creating your design and using gutta to outline it on to your silk. After lunch it will be time to add the luscious and vibrant colours for which silk paints are known.

Refreshments provided. Lunch not provided



Short Story Writing, with Fiona Harding

**Saturday 12th July
10:30am - 2:30pm
(at Artspace Cinderford)**

Cost: £40/ *£30 concessions including materials

Are you interested in writing short stories? In this workshop we will look at generating ideas, creating rounded characters, atmospheric settings, pacing, plotting and editing and have space and time to write your short story.

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



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)

Course 1 - Starts Tuesday 29th April
4 weeks

Course 2 - Starts Tuesday 3rd June
6 weeks

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

Cost:

Course 1 - £18.40 / *£12.80 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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2

Young Creatives: Explore (Ages 11 - 14)

Course 1 - Starts Tuesday 29th April
4 weeks

Course 2 - Starts Tuesday 3rd June
6 weeks

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

Cost:

Course 1 - £24 / *£16 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.



1



2



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+)

**Course 1 - Starts Thursday 1st May
4 weeks**

**Course 2 - Starts Thursday 5th June
6 weeks**

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

Cost:
Course 1 - £26.40 / *£18.40 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**, call **01594 825111** or visit **www.artspacecinderford.org/young-creatives**



1



2

Young Creatives courses at Artspace will take a half-term break between 26th and 30th May.



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**
For more information visit **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

Journeys Forest of Dean Community Group

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

Time: Mondays 5:30pm - 7pm

Dates: Monday 12th May to Monday 30th June (no session 26th May 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

NHS
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! 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: 10th May, 14th June and 5th July

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



Gloucestershire



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.

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

TUESDAY



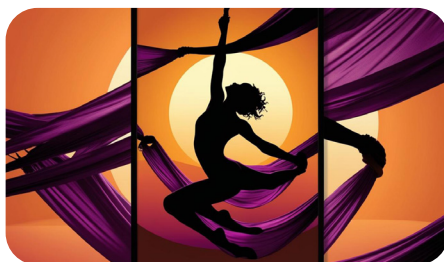
Aerial Fitness (Ages 18+)

**Starts Tuesday 29th 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 29th 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
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for more details.

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WEDNESDAY

Engage Juniors (Ages 6 – 10)



**Starts Wednesday 30th April, with a half-term break
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 Seniors (Ages 11 - 17)

**Starts Wednesday 30th April,
with a half-term break
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.

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WEDNESDAY



Youth Aerial (Ages 8+)

**Starts Wednesday 30th 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.

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FRIDAY



Youth Aerial (Ages 8+)

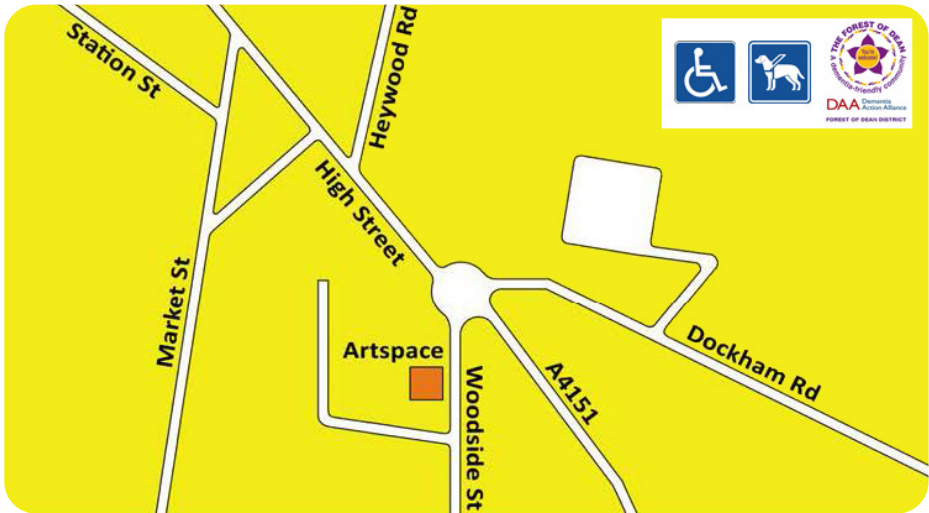
**Starts Friday 2nd May, with a half-term break
4:15pm - 5:45pm (at Artspace Cinderford)**

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

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**



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www.artspacecinderford.org