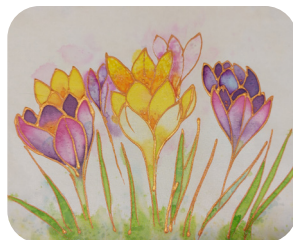


Autumn Programme 2025

ARTSPACE
CINDERFORD





Scan here to find out more about Artspace on our website.

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



Autumn Programme 2025

Starting September 2025



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





Artspace Summer Show

**CHOIR / MUSIC / DRAMA / POETRY /
PERFORMING ARTS**

Friday 4th July, 7-9pm

at Artspace, The New Mercury,
3 Woodside St, Cinderford, GL14 2NL



MEMBERS ONLY

(non-members can join in advance)
- Cash Donation Bar



Bookings / More info scan QR code or call 01594 825111

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, GL14 2NL

Thriving Communities Events

DATE / TIME	ACTIVITIES
Wednesday 16th July 10am-1pm	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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
Monday 22nd September 11am-2pm	<ul style="list-style-type: none"> • Printmaking workshop • Knit and natter • 'Have a go' arts activities and demonstrations





PRINTING WITH TETRA PAKS, with Emily BAGNALL

- FRIDAY 5TH SEPTEMBER
- 10.00AM – 4.00PM
- AT ARTSPACE, CINDERFORD, GL14 2NL
- £15 INCLUDING MATERIALS

Using the humble 'throw away' tetra pak carton we will explore the theme of 'Patterns in the Forest' to create wonderful etchings!

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



**ART
SPACE**
CINDERFORD

**The
yard
PRINT
STUDIO**

Courses For Adults

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 who enable us to run a number of FREE, subsidised and non-funded courses.

Please note, our scheduled courses may be subject to change dependant on ongoing funding applications.

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 27th and the 31st October.

BOOKING OPTIONS & COSTS

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.



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

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



These fun, creative courses 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 you are very welcome to join our courses. Please see advertised prices. *Concession tickets are available to learners with a disabling barrier or those in receipt of means-tested benefits.

Courses For Adults

MONDAY



All About Advertising, with Jo Jarratt

Starts Monday 29th September
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 promoting ourselves, our skills, our products.

It will be up to you to decide what you are promoting, but we shall look at different forms of advertising. Posters, flyers, radio, television, music and more.

We will work with a range of different media, physical and digital, old and new.

So, if you fancy taking a creative approach to a subject that covers almost anything, come and join us in this expressive and fun 6 week course!



Knitting and Yarn Crafts, with Becky Mackay

Starts Monday 29th September
6 weeks with half-term break

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

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

In this fun and friendly group, we will explore a variety of yarn crafts from knitting and crochet to weaving and embroidery.

All skill levels are very welcome to join.
Suitable for beginners.

Bring along an ongoing project and share ideas or develop skills and learn new techniques.



Courses For Adults

MONDAY

**Orchard Project,
with Bela Kiel**



**Starts Monday 29th September
8 weeks with half-term break**

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

***FREE for eligible learners
Cost: £65/ *£50 concessions**



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.



TUESDAY

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



**Starts Tuesday 30th September
8 weeks with half-term break**

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

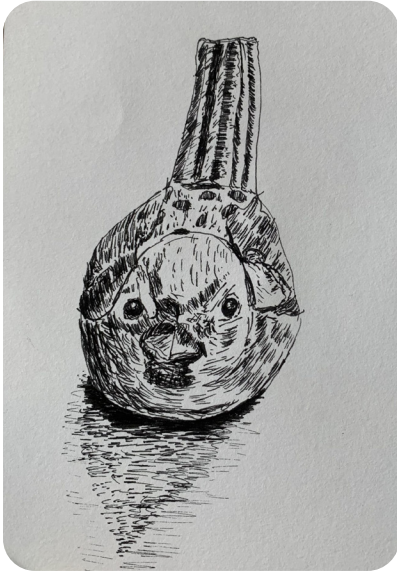
***FREE for eligible learners
Cost: £55/ *£35 concessions**

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

TUESDAY



**Drawn In- Playful Drawing,
with Nicky Payne**

**Starts Tuesday 30th September
8 weeks with half term break**

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

***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

WEDNESDAY



Circus & Performing Arts, with Jo Jarratt

**Starts Wednesday 1st October
6 weeks with half-term break**

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

***FREE for eligible learners**

Cost: £55/ *£35 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 19th and 26th November
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 Jane Spray



Starts Wednesday 1st October
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 and guidance students will be encouraged to make their own individual projects, as well as to learn from each other.



Afternoon Pottery, with Derek A. Lamb



Starts Wednesday 1st October
6 weeks with half-term break

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

Cost: £85/ *£35 for those with a disabling barrier

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 1st October
6 weeks with half-term break

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

Cost: £85/ *£35 for those with a disabling barrier

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 1st October
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 Like The Pros,
with Cherry Lyne**



**Starts Wednesday 1st October
8 weeks with half-term break**

4:00pm – 5:00pm (on Zoom)

***FREE for eligible learners
Cost: £55/ *£40 concessions**

A fun, creative and supportive 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 Hopper, Dali, and others, and have a go at working in their styles.

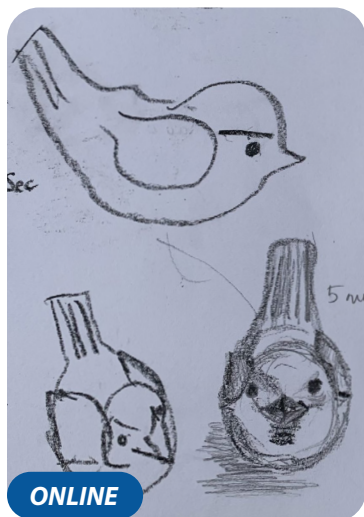
A mix of art history, painting and some surprises!



ONLINE

Courses For Adults

WEDNESDAY



ONLINE



**Drawn In- Playful Drawing (Online),
with Nicky Payne**

**Starts Wednesday 1st October
8 weeks with half term break**

7:00pm - 8:00pm (on Zoom)

***FREE for eligible learners
Cost: £55/ *£40 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 and share ideas.



THURSDAY

**Developing Ideas for Textiles,
with Lizzie Godden**



**Starts Thursday 2nd October
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.



Courses For Adults

FRIDAY



Discover Drama, with Jo Jarratt

**Starts Friday 3rd October
6 weeks with half-term break**

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

***FREE for eligible learners
Cost: £55/ *£35 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 21st and 28th November
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 3rd October
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.



You've Been Framed!, with Warren Day

Starts Friday 3rd October
6 weeks with half-term break

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

***FREE for eligible learners**
Cost: £65/ *£45 concessions

Would you like to become a famous piece of art? For this course you will have the opportunity to explore a large variety of portrait styles and techniques by famous artists. You will then choose a favourite and transform yourself into that portrait where you will literally wear the framed painting and become the character. It's very similar to the seaside 'head in a hole' amusements. Using an imaginative range of mixed media and acrylic paints you will decorate and embellish this semi 2D/3D dimensional masterpiece and produce a really unusual and eye catching outcome. Essentially this course is about creatively selecting different and unusual materials and combining them with paint (inc. face paints) to achieve your desired look. In the final session, a photoshoot will be organised so that we can capture your fantastic peculiar portraits and have them printed on a large scale for you to keep.



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 27th and 31st October.

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

Mondays from 7-9pm – £5 per session or £35 for 7 week term (starting 8th September with half-term break)

or Thursdays from 11-1pm – £5 per session or £35 for 7 week term (starting 11th September with half-term break)

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

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



Courses For Adults

SATURDAY WORKSHOPS

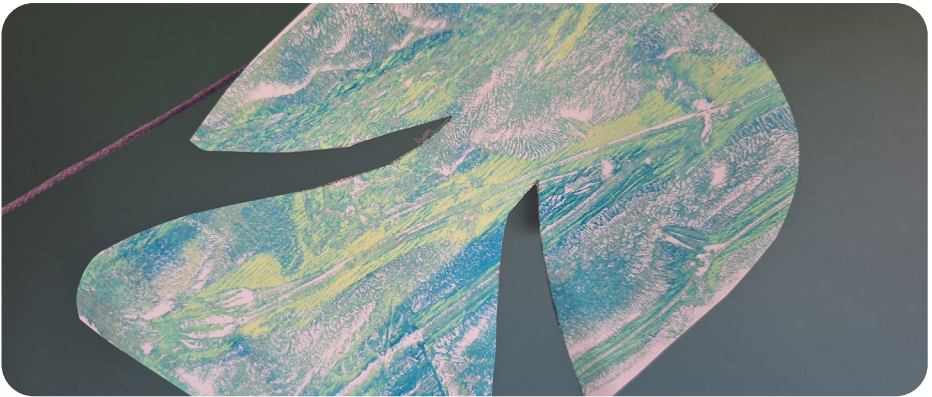
Creative weekend workshops for adults

Artspace offer creative Saturday workshops for adults at our fully equipped studios in Cinderford. Each workshop is designed to provide a bespoke, one-off, arts experience that you can enjoy, at your leisure, on a weekend.

Whether you would like to paint something to hang on your wall at home, or make a beautiful crafty gift for a friend or family member, these half-day or full day workshops aim to help you to create something unique!

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

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



Gelli Printing, with Nicky Payne

Saturday 13th September
10:30am - 4:30pm
(at Artspace Cinderford)

Cost: £65/ *£45 concessions including materials

Join Nicky Payne for a fun creative day of Gelli printing, explore a range of different techniques with this really accessible print process. We'll try some botanical printing, stencils and charcoal prints which we can then use to create some fabulous bird bunting to decorate your home. Take home everything you make, there'll be lots!

Free refreshments. Lunch not provided.



Courses For Adults



Throw a Pot Experience, with Derek A. Lamb

Workshop 1 - Saturday 18th October
Workshop 2 - Saturday 22nd November
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



Inspired by Celtic art– bas relief workshop, with Dorota Rapacz

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

Cost: £75/ *£55 concessions
including materials

Many of us know the characteristic motives of Celtic decorations. One of them is the triskelion symbol. The three spirals are believed to represent the three worlds - the present, the spirit and the celestial. This and some other examples will be available for viewing and we will make our own tondo - a circular disc, in which we will interpret the patterns.

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.

Bring your own food for the one-hour break.



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 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 16th September
6 weeks

Course 2 - Starts Tuesday 4th November
6 weeks

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

Cost:

Course 1 - £28 / *£20 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.



1



2

Young Creatives: Explore (Ages 11 - 14)

Course 1 - Starts Tuesday 16th September
6 weeks

Course 2 - Starts Tuesday 4th November
6 weeks

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

Cost:

Course 1 - £36 / *£24 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 18th
September / 6 weeks**

**Course 2 - Starts Thursday 6th November
/ 6 weeks**

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

**Cost:
Course 1 - £40 / *£28 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 27th and 31st October.



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 29th September - 17th November (no session 27th October 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



Gloucestershire



"These sessions have been brilliant at helping our children develop confidence, express their likes and preferences in a nurturing environment without the pressures of the classroom"

"He shared how fun the sessions are, he feels like he can be himself. I can see a real difference in his mood when I see him, he loves sharing with me about Mondays with you!"



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: 27th September, 1st November, 29th November

How to Book

Places are free on a first-come-first-served basis and confirmed upon receipt of an appropriate referral being made by a clinician, social prescriber or school nurse. For all enquiries and to request a referral form please contact Creative Health Project Manager, Grace End 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 27th and 31st October.

TUESDAY



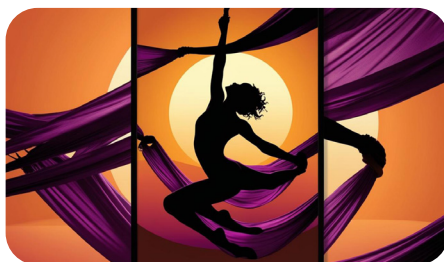
Aerial Fitness (Ages 18+)

**Starts Tuesday 2nd September
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 2nd September
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 3rd September
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. Diabolo, flower stick, rola bola, stilts, the list goes on.

Contact circus@artspacecinderford.org for more details.



Engage Seniors (Ages 11 - 17)

**Starts Wednesday 3rd September
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.

Contact circus@artspacecinderford.org for more details.



Engage Circus

WEDNESDAY



Youth Aerial (Ages 8+)

**Starts Wednesday 3rd September
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+)

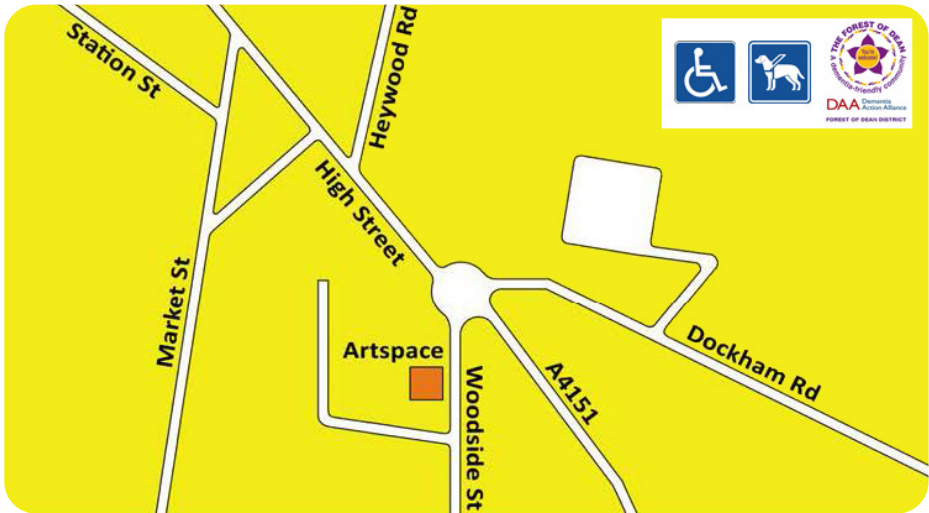
**Starts Friday 5th September
with a half-term break
4:15pm - 5:45pm (at Artspace Cinderford)**

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**



Thanks also to The Free Hospitals Trust

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



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www.artspacecinderford.org