

# Summer Programme 2026

# ARTSPACE

CINDERFORD



● Reg no. - 2580953 ● Charity number - 1053492



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

Want to keep up to date on the latest Artspace information and new courses?  
Email [info@artspacecinderford.org](mailto:info@artspacecinderford.org) and we will add you to our mailing list.

Courses at Artspace will take a half-term break between 25th and 29th May



# Summer Programme 2026

Starting April 2026



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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 Summer 2026 term! We are offering a fantastic mixture of 'in person' classroom based and 'distance learning' (online) courses.





**PUT CINDERFORD ON THE MAP!**

The Arts Trail aims to get people active and explore local, accessible services in Cinderford, whilst celebrating our creative community. We will be making a local trail to guide participants around locations where artworks are displayed.

The trail map and examples of artworks will be available online and in physical print at Artspace and partner locations.

**KEY DATES**

- **14th March (10:00am - 2:00pm) & 15th April (10:00am - 1:00pm)** - Free drop in community workshops at Artspace
- **Friday 22nd May** - Artspace Arts Trail Exhibition
- **Saturday 23rd May (half-term week)** - Trail launch, workshops and performances at the The Wesley - Forest of Dean Community and Arts Centre. Pick up a map and explore our creative town!

If you're interested in creating a work for the trail or just want to find out more, please email [info@artspacecinderford.org](mailto:info@artspacecinderford.org) and let us know. Deadline for work Friday 10th April.



Let's see Cinderford represented by the people and organisations that make our town what it is.

# Courses For Adults

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



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

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

## BOOKING OPTIONS & COSTS

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

### \*FREE COURSES

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

**Limited FREE** spaces for Gloucestershire adults (19+ years) that...



- do not have full level 2 qualifications (5 GCSE's at level 4+) **and...**
- are in low wage brackets/not in employment **and..**
- keen to gain confidence and learn new skills

**Limited FREE** and reduced cost spaces for Gloucestershire adults (19+ years) that...



- Have a disabling barrier/disability that can make engaging in learning difficult

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

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

Adult courses will take a half-term break between 25th and 29th May and we will not run adult courses on May bank holiday.

New to Artspace? Give us a call on 01594 825111 to arrange a visit, or pop into one of our Open Days.

# Courses For Adults

## MONDAY



### Community Threads, with Becky Mackay

**Starts Monday 27th April**  
**9 weeks with a bank holiday and**  
**half-term break**

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

**Cost: \*£15 for eligible learners**  
**£40 or £5 per week for full course**  
**(drop-in where there is capacity)**

Come and join our social crafting group, reconnect with your creative side and meet new people. Bring along your existing projects or try something new, guided by our creative hosts and inspired by our fully stocked arts and craft studio. Together we will share ideas, crafting tips and cups of tea!



### Knitting and Yarn Crafts, with Becky Mackay

**Starts Monday 27th April**  
**7 weeks with a bank-holiday and**  
**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 embroidery and weaving to knit and crochet.

Beginners tuition will be provided.

All levels are welcome to join us and are free to bring along an existing project if you wish.



# Courses For Adults

## MONDAY

**Orchard Project,  
with Yvonne Featherstone**



**Starts Monday 27th April  
8 weeks with a bank-holiday  
and 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 favourite places or topics of interest, fashion designs, sculptures, and art work for community events and festivals.



## TUESDAY



**Environment & Green Spaces,  
with Nicky Payne**

**Starts Tuesday 28th April  
9 weeks with half-term break**

**10:30am – 12:00pm  
(at Artspace Cinderford)**

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

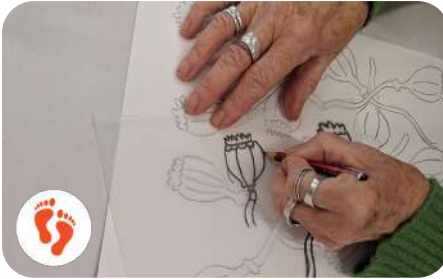
Come and create with us in this small friendly group.

Inspired by the seasons and our local environment, we will explore a range of techniques and sustainable art processes from painting and drawing to print making and mixed media.



# Courses For Adults

## TUESDAY



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

**Starts Tuesday 28th April  
9 weeks with half-term break**

**1:15pm – 2:45pm  
(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.



## WEDNESDAY

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

**Starts Wednesday 29th April,  
8 weeks with half-term break**

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

**Cost: £55/ £35 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



### Environmental Ceramics, with Fleen Doran

**Starts Wednesday 29th April**  
**7 weeks with half-term break**

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

**\*FREE for eligible learners**  
**Cost: £85/ \*£50 concessions**

We will create ceramic work inspired by our natural surroundings and designed to enhance the green spaces around your home and garden. This may include functional and decorative pieces such as bird feeders, bird baths, planters, and other nature-inspired objects to take home.

Throughout the project, participants will explore a wide range of ceramic techniques, including wheel throwing, hand building, and slab construction. Along the way, we will also discuss sustainable practices within ceramics - considering material choices, responsible making processes, and the environmental impact of our work.

The sessions will provide a supportive and inclusive environment for creativity, skill development, and shared learning, with outcomes remaining flexible to allow space for individual exploration and responses to the theme.



### Afternoon Pottery, with Derek A. Lamb

**Starts Wednesday 29th April**  
**8 weeks with half-term break**

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

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

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 29th April**  
**8 weeks with half-term break**

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

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

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).*



# Courses For Adults

## WEDNESDAY



**Discover Painting,  
with Bela Kieft**

**Starts Wednesday 29th April  
9 weeks with half-term break**

**1:30pm – 3:30pm (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 subjects. We will spend lots of time focusing on observation and painting from life.



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

**Starts Wednesday 29th April  
8 weeks with half-term break**

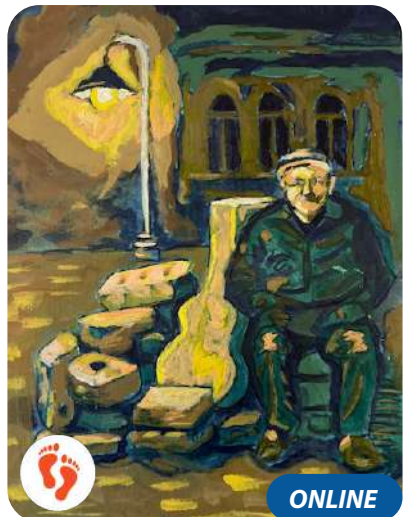
**4:00pm – 5:00pm (on Zoom)**

**\*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 famous artists and have a go at working in their styles.

A mix of art history, painting and some surprises!



**ONLINE**

## Courses For Adults

THURSDAY



### Developing Ideas for Textiles, with Lizzie Godden

**Starts Thursday 30th April**  
**9 weeks with half term break**

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

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

In this course we'll enjoy exploring ideas using a wide range of processes and techniques to develop our personal textile pieces. We'll learn, experiment and develop textile ideas together using different methods, stitches, fabrics, yarn and thread. Be ready to have fun and share ideas.



# Courses For Adults

## FRIDAY

### Discover Drama, with Jo Jarratt



**Starts Friday 1st May  
8 weeks with half-term break**

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

**Cost: £55/ £35 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.



### Weaving & Winding, with Bela Kielt

**Starts Friday 1st May  
8 weeks with half-term break**

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

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

Learn to create beautiful, functional items using fabrics, wool, paper, raffia and willow. This hands-on course introduces you to the art of weaving and wrapping using a wide range of accessible materials. Whether you're a complete beginner or someone looking to expand your creative skills, you'll explore traditional and contemporary techniques to make practical, decorative items for everyday use.

Learn introductory willow techniques to craft small functional objects such as bird feeders. Create coasters, table mats using wool and recycled textiles. Transform simple paper into cards and book covers and raffia into coiled small bowls. This course is ideal for adults of all skill levels who enjoy hands-on making, sustainable crafts, and learning new techniques.



# Courses For Adults

FRIDAY



## Springtime Fun with Mixed Media, with Warren Day

**Starts Friday 1st May  
8 weeks with half-term break**

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

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

As spring unfolds, have fun exploring mixed media art to celebrate the season of renewal through creative experimentation and sustainable practise. Inspired by emerging buds, blooming flowers, and fresh greenery, you will explore layering paint, collage, ink, textured papers, and found materials to capture the energy and delicacy of plant life. Through playful exploration of colour, texture, and composition, you will have the opportunity to create expressive artworks that reflect the vibrancy, growth, and beauty of spring.



## Courses For Adults



### Forest of Dean Community Choir



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

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

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

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

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

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

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

**Mondays** 7pm-9pm – £5 per session (starting 13th April with half-term break)  
or **Thursdays** 11am-1pm – £5 per session (starting 16th April with half-term break)  
**or come both** days for £8 per week

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

Choir sessions at Artspace will take a half-term break between 25th and 29th May and we will not run on May bank holiday.



## 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](mailto:dan@artspacecinderford.org) or visit [www.artspacecinderford.org/saturday-series](http://www.artspacecinderford.org/saturday-series)

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

Free refreshments. Lunch not provided.



### Leather Craft, with Bela Kieft

**Saturday 2nd May**  
**10:30am - 4:30pm**  
**(at Artspace Cinderford)**

**£60/ \*£45 concessions**  
**including materials**

Step into a relaxed, creative session where you can explore the basics of working with leather, try some unusual decorative techniques, experiment with wood-block printing on soft upholstery and finish by making a small handmade wallet to take home. It's welcoming, hands-on, and perfect for both complete beginners and anyone with a little experience who just wants to play, learn, and create.



## Courses For Adults



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

**Saturday 2nd May**  
**10:30am - 4:30pm**  
**(at Artspace Cinderford)**

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

A full-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.



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

**Saturday 23rd May**  
**10:30am - 1:30pm**  
**(at Artspace Cinderford)**

**Cost: £45/ \*£40 concessions**  
**including materials**

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.

Bring a towel to wipe hands.



## Courses For Adults



### Foxglove Paint Along with Yvonne Featherstone

**Saturday 23rd May**  
**10:30am - 4:30pm**  
(at Artspace Cinderford)

**Cost: £60/ \*£45 concessions  
including materials**

Come and join us in this paint along session where we'll be creating these beautiful and whimsical Foxgloves.

Using acrylic paints and ink pens, we will take you through a step-by-step lesson to help you produce your very own A3 masterpiece which is yours to take home at the end of the day.

All materials are provided. You just need to bring yourself, a smile and lots of enthusiasm.

Looking forward to seeing  
you there!



### Silk Painting, with Cherry Lyne

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

**Cost: £65/ \*£45 concessions  
including materials**

In this 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.



## Courses For Adults



### Mixed - Media Painting, with Bela Kielt

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

**Cost: £60/ \*£45 concessions**  
**including materials**

Join us for a relaxed painting class where we'll explore the art of painting trees using mixed media, playing with texture, depth, and dimension to bring each piece to life.

This session is perfect for both new painters and those with experience who want to loosen up, experiment, and develop their own individual style.

You'll be encouraged to try different materials, layer creatively, and discover fresh ways to express yourself while enjoying a supportive, inspiring atmosphere.



### Sculpture Inspired by Indian art with Dorota Rapacz

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

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

You probably came across a figure with several arms or an elephant headed God Ganesha from Indian culture. Hindu gods are generally depicted with multiple arms to visually represent their supreme powers and superiority over humankind, but we will focus on the heads which are beautifully stylised and decorated.

We will sculpt a head copying it from the available photographs.

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.

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



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](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 21st April  
5 weeks

Course 2 - Starts Tuesday 2nd June  
6 weeks

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

#### Cost:

Course 1 - £23.50 / \*£16.50 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 21st April  
5 weeks

Course 2 - Starts Tuesday 2nd June  
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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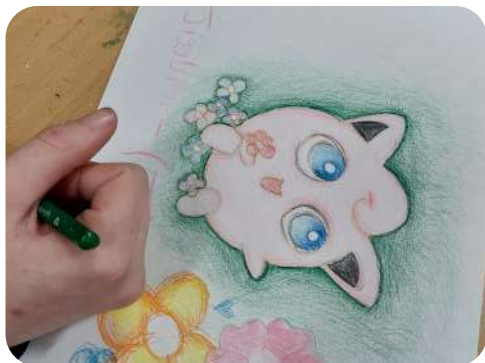
2



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)  
Young Creatives courses at Artspace will take a half-term break between 25th and 29th May

# Courses For Children and Young People

## THURSDAY



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

**Course 1 - Starts Thursday 23rd April  
5 weeks**

**Course 2 - Starts Thursday 4th June  
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)



Young Creatives courses at Artspace will take a half-term break between 25th and 29th 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](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, well-being 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 11th May to Monday 29th June (no session Monday 25th May / break 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)



**“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! 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:** 9th May, 6th June and 4th 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 at [creativehealth@artspacecinderford.org](mailto: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](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.

Engage Circus courses at Artspace will take a half-term break between 25th and 29th May.

## WEDNESDAY



### Engage Juniors (Ages 6 – 10)

**Starts Wednesday 15th 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 stick, rola bola, stilts, the list goes on.

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

# Engage Circus

## WEDNESDAY



### Engage Seniors (Ages 11 - 17)

**Starts Wednesday 15th 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.

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



### Youth Aerial (Ages 7+)

**Starts Wednesday 15th 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 like trapeze, aerial hoop and rope climbing.

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



# Engage Circus

FRIDAY



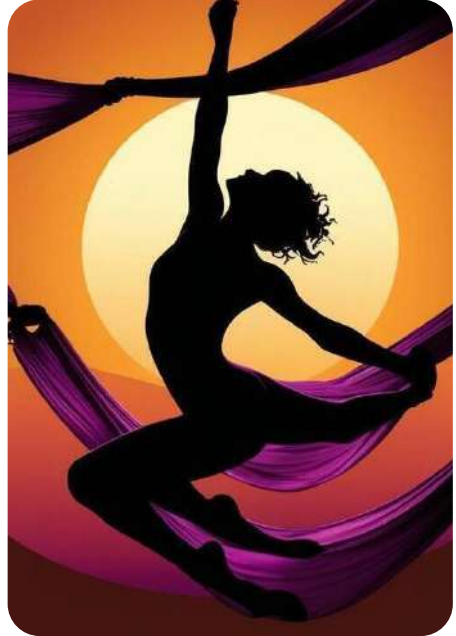
## Youth Aerial (Ages 7+)

**Starts Friday 17th April  
with a half-term break  
Aerial Jnrs (Ages 7-11) 4:15pm - 5:30pm  
Aerial Snrs (Ages 12+) 5:45pm - 7:00pm  
(at Artspace Cinderford)**

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

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

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for more details



## Adult Aerial (Ages 18+)

**Starts Friday 17th April  
with a half-term break  
7:15pm - 8:30pm  
(at Artspace Cinderford)**

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

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

Contact [circus@artspacecinderford.org](mailto: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**



Active  
Gloucestershire



*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