

The logo for Cambridge Community arts, featuring the text "Cambridge Community arts" in a white sans-serif font, with "arts" in a larger, bold font. The text is enclosed in a white circular border. The background of the entire page is a vibrant, abstract illustration of a harp with a purple body, white strings, and a red soundboard, decorated with colorful floral and geometric patterns in yellow, green, orange, and pink.

Cambridge  
Community  
**arts**

# CREATIVE COURSES

IN FENLAND & CAMBRIDGE

SEPTEMBER 2019 – JULY 2020

VISUAL | DIGITAL | PERFORMING ARTS

IMPROVING MENTAL HEALTH WITH CREATIVITY

Welcome to our 2019-20 programme of year-long courses. There are many different subjects and locations to choose from and we are pleased to be offering long courses in Fenland for the first time. Each course leads to a Level 2 qualification **Skills for Working in the Creative & Design Industries**. We hope you find something to suit your interests and look forward to hearing from you. **The CCA Team**



Photo: Virginia Jane Photography

## OPEN DAYS

Drop in to meet us and find out more

### CAMBRIDGE

Tuesday 9th July

1-4pm

Arbury Community Centre  
CB4 2LD

### WISBECH

Friday 12th July

10.30am-12.30pm

Oasis Community Centre  
PE13 3NR

### MARCH

Friday 12th July

2-4pm

March Community Centre  
PE15 8LE

## CONTACT US

[info@camcommarts.org.uk](mailto:info@camcommarts.org.uk)

[www.camcommarts.org.uk](http://www.camcommarts.org.uk)

01223 631820 / 07763 280029

16-18 Arbury Court, Cambridge CB4 2JQ

## ART ACTIVITIES HELP TO ALLEVIATE ANXIETY, DEPRESSION AND STRESS

Cambridge Community Arts helps to build community, connections and confidence through creativity. We offer arts-based courses in a safe, friendly environment. Over 600 people to date have benefited from increased confidence and improved mental health by being involved in one of our courses.

Courses take place in community centres and are led by professional artists and musicians, who have lots of experience working with people from all artistic backgrounds. Whether you're highly skilled or brand new to the art form, our courses will help you to achieve your creative goals and give you a qualification. Class size is kept to a maximum of 10 people.

### OUR VALUES:

**WELCOMING** – we do everything we can to make you feel welcome to our courses. This includes receiving a text reminder each week.

**EMPATHETIC** – we meet with you before you sign up, to understand any challenges you face and find out what we can do to support you.

**INCLUSIVE** – we welcome everyone who can understand and respond to instruction, give a personal opinion, is willing and able to learn, create work independently and with others. We prioritise those who have a health challenge and those who are on low incomes.

**RESPECTFUL** – each member of our creative community is respectful of all other members.

**EMPOWERING** – our courses are there to bring out the artist in you! When you have finished we have other services to support your next steps.

Most courses are suitable for beginners. We also run short courses throughout the year. Let us know if you would like to be added to our mailing list to receive further information.



Photo: Bryan Johnson CCA photography club

## APPLYING FOR A COURSE

1. Choose a course that you are interested in.
2. Complete and return an 'expression of interest form' with some basic information. The form is on the back page or can be completed online or downloaded from our website.
3. We will call you to arrange an informal meeting at our offices where we can find out more about you and make sure the course you have selected would suit you. We will also complete some paperwork and ask you for some ID.
4. Course offer, if appropriate. We will contact you and let you know whether you have a place and text you before the first class.

You are welcome to contact us at any time.

- Call 01223 631820
- Text 07763 280029
- Email [info@camcommarts.org.uk](mailto:info@camcommarts.org.uk)
- Contact us on Facebook



## COSTS

No fees are payable until after a 6-week trial period. Fees are payable in termly instalments or smaller, regular amounts by agreement.

Full Fee £1,350      \*Reduced Fee £145



Photo: Toby Peters

\*If you are in receipt of means-tested benefits or have a low income you will be eligible for a reduced fee. We may ask you for evidence. All course costs are free of charge; your payment is a contribution towards additional materials and activities provided.

If you are experiencing extreme hardship, let us know.

## CAMBRIDGE

### Tutor:

Matthew Magnus

### Day/time/location:

Thursday 1.30-4.30pm  
Buchan Street  
Neighbourhood Centre  
CB4 2XF

## FENLAND

### Tutor:

Matthew Magnus

### Day/time/location:

Friday 1-4pm  
St Peter's Church Hall, Church  
Terrace, Wisbech PE13 1HP



Image: Lynda Lawson

# DIGITAL ART & DESIGN

### TERM 1:

Explore apps, techniques and media, develop your digital skills

### TERM 2:

Produce digital artworks

### TERM 3:

Plan and publish a design project. Prepare work for exhibition.

### You bring:

Your imagination

### We provide:

iPads, apps & internet

### What you'll learn

Digital art at your fingertips. Using iPads to explore your creativity and develop new digital skills. Using a range of creative apps, you will develop work using digital painting, photography, illustration, graphic design & collage. Showcase your work online and at exhibition.

### How you'll learn it

Explore, play and create on your iPad in the classroom and on site visits to local cultural spaces. Produce individual works through design projects. Use the internet to research, inform and publish your work.

**“I have developed new techniques and confidence to try things and fallen in love with art again.”**

Learner



Photo: Bryan Johnson / CC BY-NC-ND / Photography Club

## MUSIC FOR PERFORMANCE

### What you'll learn

Develop your skills and confidence playing an instrument or singing individually and as part of a group. Develop an understanding of composition to create original music. Collaborate, rehearse and perform with other musicians.

### How you'll learn it

Listen, experiment and compose, rehearse, play and review, as a group in the classroom, supported by individual practice at home. At the end of the year, showcase your work to an invited audience.

“Now I feel able to say I am a musician and that has had a direct impact on how I feel.”  
Xtal

### CAMBRIDGE

#### Tutor:

Tiago Coimbra

#### Day/time/location:

Tuesday 1.30-4.30pm  
St Philips Church Centre,  
Mill Road CB1 3AN

### FENLAND

#### Tutor:

Andy Saphir

#### Day/time/location:

Wednesdays 1-4pm  
March Community Centre  
Station Road, March PE15 8LE

#### TERM 1:

Musical concepts and compositions

#### TERM 2:

Rehearsal and performance skills

#### TERM 3:

Developing group playing for performance

#### You bring:

Your instrument (if you have one) and a basic level of playing or singing.

#### We provide:

Keyboard, percussion, guitars



Photo: Toby Peters

## MUSIC PRODUCTION

### What you'll learn

Get to know your Digital Audio Workstation (DAW) and learn how to manipulate sound and music. Using accessible software, you will learn how to sample, remix and sequence music to create original compositions. You will gain an understanding of recording equipment and methods for use in audio production.

### How you'll learn it

Computer-based learning in the classroom as well as visiting a working music studio. You will work individually and collaborate with others to create original music.

#### Tutor:

Eddie Pocock

#### Day/time/location:

Wednesday 1.30-4.30pm  
Buchan Street  
Neighbourhood Centre,  
CB4 2XF

#### TERM 1:

DAW techniques

#### TERM 2:

Composing and remixing original tracks

#### TERM 3:

Sound and audio production

#### You bring:

Basic computer skills and your own laptop, if you prefer

#### We provide:

Laptops, software & equipment

“After the course, I feel that I am more able to make ideas into music.”  
William



Photo: Dan Donovan

## DRAMA

### What you'll learn

Learn improvisation and performance skills. Explore physical theatre, improve your acting skills and learn about collaboration and improvisation.

### How you'll learn it

Develop your skills using pair work, group work and games. Devise new performance pieces to perform at Christmas and the end of year (in a theatre to an invited audience). The course is dynamic, high energy and engaging.

**"I'm more confident about acting and being expressive."**

Hannah

### CAMBRIDGE

#### Tutor:

John Shields

#### Day/time/location:

Monday 1.30-4.30pm  
St Philips Church Centre,  
Mill Road CB1 3AN

### FENLAND

#### Tutor:

John Shields

#### Day/time/location:

Tuesday 1.30-4.30pm  
Queen Mary Centre, Queens  
Road, Wisbech PE13 2PE

#### TERM 1:

Improvisation and acting skills

#### TERM 2:

How we use the body in performance and creative devising skills

#### TERM 3:

Refining skills and developing the group end-of-term performance

#### You bring:

Comfortable clothes

#### We provide:

Everything else needed

#### Tutor:

Ella Whittlestone

#### Day/time/location:

Thursday 1.30-4.30pm  
Arbury Community Centre,  
Campkin Road CB4 2LD

#### TERM 1:

Exploring different approaches to drawing

#### TERM 2:

Experimenting with mixed media

#### TERM 3:

Refining use of materials to develop and exhibit your work

#### You bring:

Clothes that you don't mind getting messy

#### We provide:

Sketchbooks, portfolio and all art materials.



Photo: Dan Donovan

## DRAWING & MIXED MEDIA

### What you'll learn

Different techniques and ways of exploring materials such as pen, pencil, charcoal, ink, paint and other mixed media. Discover more about the world of art, taking inspiration from artists and ideas from art theory to enhance your own practice.

### How you'll learn it

Within a relaxed workshop environment, you will get to experience both group and individual activities. You will be encouraged to develop your own artistic style, taking inspiration from the world around you as well as your inner imagination. Visits to art galleries will help to offer fresh perspectives and spark new ideas.

**"I have had the confidence to try new things like charcoal and painting and to experiment and to think outside of the box"**

Christine



## PHOTOGRAPHY

### What you'll learn

Learn how to use the settings on your camera and how to take great photos in different locations and styles. Also find out about the history of photography and famous photographers.

### How you'll learn it

Working as a group and individually, in the classroom and on locations around Cambridge. Each week we explore the style and influences of a different photographer. There will be the opportunity to develop your own personal project as the course progresses and show your work in a group exhibition.

**“I'm now going out and about to take photos - being outdoors in the fresh air rather than isolated at home helps me see the world in a completely different way.”**

Nicola

Photo: Ivana Pakozdyova CCA photography club

### Tutor:

Helen Perry

### Day/time/location:

Thursday 11.30am-3pm  
Arbury Community Centre,  
Campkin Road CB4 2LD

### TERM 1:

Getting to grips with your camera

### TERM 2 & 3:

Photographic practice and individual project

### You bring:

Basic digital camera

### We provide:

Editing software, basic digital camera, if necessary.

## EXPRESSION OF INTEREST FORM

I am interested in the following course

2nd preference

First name

Surname

Address

Postcode

Email

Telephone

Date of Birth

How did you find out about Cambridge Community Arts?

Please note that applicants with health conditions will be prioritised.

I CERTIFY THAT THE INFORMATION GIVEN IS CORRECT

Signed:

Date:

Please complete and return to: **Course Enquiry, CCA,  
16-18 Arbury Court, Cambridge CB4 2JQ**

After we have received your form we will contact you.

Do you receive any of the following benefits?

- ESA
- JSA
- Universal Credit
- Pension Credit
- Council Tax
- Housing Benefit
- Income Support

### NATIONALITY:

Have you been resident in EEA for 3 years?

- Yes
- No

If no, date of entry:

### HEALTH:

Do you have a health condition / disability?

- Yes
- No

Do any of the following apply to you?

- Mental Health condition
- Physical condition or disability
- Learning difficulty/ disability/ difference
- ASD/Aspergers
- Other

Tick here if you would like to opt in to our mailing list to find out information about future courses.



Photo: Dan Donovan



## IMPROVING MENTAL HEALTH WITH CREATIVITY

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16-18 Arbury Court, Cambridge CB4 2JQ

 [www.facebook.com/cambridgecommunityarts](https://www.facebook.com/cambridgecommunityarts)

 @camcreate

Design: [blessingraimi.co.uk](http://blessingraimi.co.uk)