



Improving Mental Health with Creativity

FREE CREATIVE SHORT COURSES

Spring 2020

"I have developed new techniques and confidence to try things and fallen in love with art again" - Learner

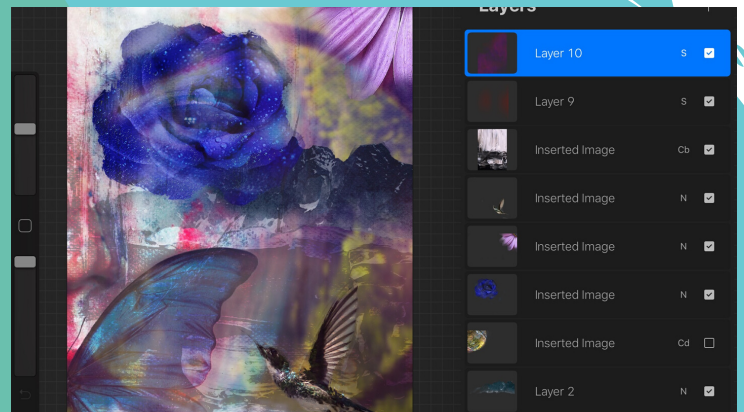


Drama



Beginners Guitar

Digital Art



Printmaking



FREE of charge to adults 19+ on means-tested benefits or low income

EXPRESS YOUR INTEREST NOW!

www.camcommarts.org.uk/join-a-course

email: admin@camcommarts.org.uk

phone or text : 07763 280029

At Fenland Community Arts you will find a safe space to:

- Express yourself creatively
- Learn and be inspired
- Grow in confidence

We welcome people with experience of mental ill-health, priority is given to those with health conditions.

8 WEEK SHORT COURSES

Drama

Tutor: John Shields

Re-awaken your imagination and play make-believe in this introductory drama course. Play drama games, improvise and explore scripts to have fun, develop performance skills and increase your confidence.

Tuesdays 1.30 - 4.30pm

21st January - 17th March 2020

Queen Mary Centre, Wisbech, PE13 2PE

Beginners Guitar

Tutor: Andy Saphir

In a group, learn essential skills, such as strumming and fingerpicking. You will learn new chords, develop your musical understanding and play some popular songs.

Suitable for absolute beginners.

Acoustic guitars provided if necessary.

Wednesdays 1 - 4pm

22nd January - 18th March 2020

March Community Centre, PE15 8LE

Printmaking

Tutor: Carole Reich

Come along and make your mark: experiment with a variety of printmaking techniques printing on paper and fabric. Develop your understanding of design, repeat patterns and materials. No experience necessary for this relaxed and inclusive course.

Wednesdays 1 - 4pm

5th February - 1st April 2020

Oasis Centre, Wisbech, PE13 3NR

Digital Art

Tutor: Matthew Magnus

Digital Art at your finger-tips. Using iPads (provided), explore your creativity and local area and develop new digital skills.

Fridays 10am - 1pm

7th February - 3rd April 2020

Octavia Hill's Birthplace House, Wisbech, PE13 1JB

