



# FREE CREATIVE SHORT COURSES

## Autumn 2019

Improving Mental Health with Creativity

8 week courses

Printmaking



Performance Poetry

"Very inspiring - the tutors are so encouraging  
it's been life changing for me"

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

**EXPRESS YOUR INTEREST NOW!**

[www.camcommarts.org.uk/join-a-course](http://www.camcommarts.org.uk/join-a-course)

email: [admin@camcommarts.org.uk](mailto:admin@camcommarts.org.uk)

phone or text : 07763280029



Come to Cambridge Community Arts, a safe space where you can:

- 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

### 'Page to Stage' - Performance Poetry

**Tutor: Fay Roberts**

Learn writing and performance techniques and improve your confidence in performing. Suitable for novice or improving poets.

**Mondays 1.30-4.30pm**

**28th October – 16th December 2019**

**Ross Street Community Centre, CB1 3UZ**

### Printmaking

**Tutor: Pam Cole**

Experiment with mono printing and relief printing techniques and design principles to produce your own original artworks.

**Tuesdays 1.30-4.30pm**

**15th October - 17th December 2019**

**Arbury Community Centre, CB4 2LD**