

Improving Mental Health with Creativity

Cambridge
Community
arts

FREE CREATIVE SHORT COURSES

*"It's brought out my creative side
that I've always missed" - Lynne*

SUMMER
2020

MOVING FOR CONFIDENCE



CHARCOAL



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 Cambridge 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

CHARCOAL

Tutor: Dani Penhaligan

Be inspired, gain confidence and build basic knowledge and techniques using charcoal and pastel. Dani will guide you through the elements, such as observation and interpretation, to produce a portfolio to be proud of.

Wednesdays 11.30am - 3pm

6 May - 1 July 2020 (no class 27 May)

Galfrid School, Cambridge , CB5 8ND

MOVING FOR CONFIDENCE

Tutor: Nicki Soyza

An introduction to movement techniques to increase confidence, enhance physical range and enable creativity. Suitable for performers wishing to improve their movement practice and for those simply wishing to improve confidence day to day.

Mondays 1.30 - 4.30pm

11 May - 6 July 2020 (no class 25 May)

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