

Improving Mental Health with Creativity

Fenland
Community
arts

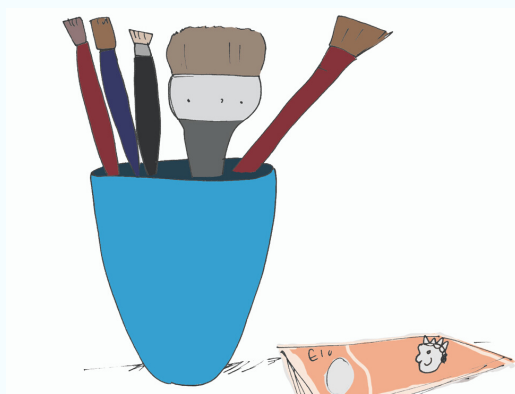
Project of Cambridge Community Arts

FREE CREATIVE SHORT COURSES

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

DRAMA
ENVIRONMENTAL ART
IMPROVERS GUITAR
SELLING YOUR WORK

SUMMER
2020



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 – ‘According to the Script’

Tutor: John Shields

Play make-believe, develop acting and performance skills and explore scripts in a practical way. A fun and interactive course that will build confidence on and off the stage.

Suitable for beginners.

Tuesdays 1.30 - 4.30pm

28 April - 23 June 2020

Queen Mary Centre, Wisbech, PE13 2PE

ENVIRONMENTAL ART

Tutor: Jane Thewlis

Take a step into the world of Environmental Art and discover a world of unconventional art materials on your doorstep. Experiment with ways to join these natural materials together to create small-scale sculptures.

Wednesdays 10am - 1pm

6 May - 1 July 2020

Oasis Centre, Wisbech, PE13 3NR

IMPROVERS GUITAR

Tutor: Andy Saphir

In a group, build on and strengthen your basic guitar playing skills. Learn open chords, chord progressions, fingerpicking and strumming techniques, so that you can play popular songs.

Not suitable for complete beginners. Acoustic guitars provided if necessary.

Wednesdays 1 - 4pm

13 May - 8 July 2020

March Community Centre, PE15 8LE

SELLING YOUR WORK

Tutor: Carole Reich

Are you an artist, photographer or crafter? Have you thought about selling your artwork but not sure where to start? This course could help you work out all the details, whether you just want to sell a few pieces or take the first steps in turning your art into a business.

Fridays 1 - 4pm

15 May - 10 July 2020

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