



Cambridge
Community
arts

CREATIVE COURSES

SEPTEMBER 2022 - JULY 2023

VISUAL / PERFORMING / WRITING



IMPROVING MENTAL HEALTH WITH CREATIVITY

Welcome

to our 2022-23 programme of year-long creative courses for adults 19+.

With eight years behind us, Cambridge Community Arts (CCA) is immensely proud of the range and quality of courses we offer, providing something interesting for everyone. Run by inspiring artists, courses will build your skills, artistically and in other ways. Afterwards you will find yourself more creative and confident. As part of the CCA community you will be connected to others who share your creative interest. All of this will improve your mental health and wellbeing. We have a dedicated team to provide support to those whose creative journey may take them into further learning, volunteering, or employment. Some of our learners have progressed to teach our courses!

If a long course is too much of a commitment right now, CCA also offers short courses throughout the year, including some in Fenland. Be the first to find out by signing up to our mailing list through the website.

We hope you find something to suit your interest and look forward to meeting you. Join in and have some fun! *The CCA Team*



Contact us

07763 280029

admin@camcommarts.org.uk

www.camcommarts.org.uk

16-18 Arbury Court, Cambridge CB4 2JQ

Registered Charity Number 1187718

Company Registered in England Number 08934371

OPEN DAY

Drop in to meet us and
find out more

TUESDAY 12 JULY
1-4PM

ARBURY COMMUNITY
CENTRE

"The inclusive nature of the courses makes them appealing to all age groups and all levels of ability . If you have a dream but never thought you could do it, it's worth giving CCA a go!"

Learner

About us

Cambridge Community Arts was formed in 2014 with the aim of improving mental health and wellbeing through creativity. We became a social inclusion charity in 2020. We have offered over 1500 course places to people with mental and physical health conditions facing barriers that lead to isolation, a lack of confidence and low self-esteem. Evidence shows that our approach works. CCA offers a non-judgemental space for people to explore their creativity, guided by inspiring and talented creative practitioners and supported by an understanding and caring team.

Our guiding principles are:

- The quality and integrity of our work are paramount.
- Creativity and wellbeing are central to all we do.
- Collaboration is key to our success.

Visit our website



Photo: Toby Peters

TERM DATES

Autumn Term

05/09/22 – 19/12/22

Half term commencing 24/10/22

Spring Term

03/01/23 - 31/03/2023

Half term commencing 13/02/23

Summer Term

17/04/23 - 10/07/23

Half term commencing 29/05/23

Our Values

WELCOMING – we do everything we can to make you feel welcome to our courses, including sending you a text reminder each week

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

INCLUSIVE – we welcome and prioritise people with health conditions (mental and physical) and who are at risk of social exclusion for other reasons

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

EMPOWERING – all courses focus on developing you as an artist and we can provide support after your course to help you take your next steps

Why do a course with CCA?

CCA courses offer more than creative activity. Structured creative learning will help you progress as an artist and build confidence in your ability. You will develop transferable skills for life, that will give you a stepping-stone to future ambitions. Class sizes are small with a maximum of ten people. Courses are held weekly during daytime hours, in accessible community centres. We prioritise those with health conditions or disabilities and those who are unpaid carers.

Entry requirements Courses are open to adults aged 19+ who live in the Cambridgeshire and Peterborough region* and can travel independently to class. Most courses are suitable for beginners. For your course to be successful, we ask that you commit to a year of learning and attend regularly. You must be able to comprehend and follow instruction; articulate personal responses; learn; work independently and with others; complete and submit creative and written work to deadlines; and have access to essential equipment. We make reasonable adjustments according to support needs discussed at your first meeting.

*We can offer a few places for those with postcodes out of the region. However, this will affect the fee bands. See our website for full details or call to discuss. You must be aged 19 on 31 August 2022.

Costs

The first six weeks are free and provide an introduction to your course. We aim to keep our courses affordable to people on low incomes and offer payments by instalment. If you receive means-tested benefits or have a low income, you will be eligible for a reduced fee (we may ask you for evidence). The reduced fee provides a contribution towards administration and accreditation costs, field trips and end-of-year performances and exhibitions; all direct learning is free of charge. No fees are payable until November. If you are experiencing extreme hardship, let us know.

Band A: income under £20,000 or on means-tested benefit	£145
Band B: income between £20,000 and £28,000	£450
Band C: income above £28,000	£1350

Applying for a course

1. Choose a year-long course that you are interested in (you can only do one!)
2. Express your Interest by completing the online form and book your application appointment. (If you are not online, call us for assistance 07763 280029.)
3. Attend your application appointment (online or face to face) so we can find out more about you and make sure your chosen course is suitable. We will also complete registration paperwork and ask you for ID.
4. We will contact you to let you know if we can offer you a place.

Music Performance



Tutor:

Tiago Coimbra

Day/time/location:

Wednesday 10.30am - 1.30pm

St Philips Church Centre, 185 Mill Road, Cambridge, CB1 3AN

A course for singers and musicians who wish to develop their playing in a group.

You bring:

Your instrument and a basic level of playing and/or singing

We provide:

If needed:
keyboard,
percussion, guitars
(electric &
acoustic), drum kit,
mics

What you'll learn

Develop your skills and confidence playing an instrument or singing individually and as part of a group. Establish teamwork and technical skills to collaborate, rehearse, plan and perform covers successfully with other musicians. Gain an understanding of composition to create original music.

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. Showcase your work to an invited audience throughout the year.

"The course helped me to feel confident on stage, singing in a microphone, to understand the work behind these great songs."

Abigel

Drama programme

Photo: Toby Peters

Tutor:

Helena Judd

Day/time/location:

Thursday 10.30am - 1.30pm

Ross St Community Centre, Ross St, Cambridge, CB1 3UZ

What you'll learn

Explore imaginative storytelling, learn improvisation and develop your acting skills. Discover how to use your body in physical theatre and hone your performance technique. Learn to collaborate and devise original work to become a strong, confident and cohesive performance group. Get familiar with the performance industry, meet professionals and understand what skills are needed in creative employment roles.

How you'll learn it

Develop your skills using games, solo and group work. Devise original work to perform to invited audiences. This playful course is inclusive, empowering and fun. You'll build confidence to take with you beyond the course.

Course 1:

Improvisation and acting skills

Course 2:

Creative devising skills & the performance industry

Course 3:

Develop group performance

You bring:

Your imagination (and comfy clothes)

We provide:

Everything else needed

"I discovered a new passion and interest. I love how the course has helped bring out my sense of adventure and playfulness in me and my interactions with others."

Ruth

Music Production programme

Tutor:

Paul Fernie

Day/time/location:

Thursday 1.30 - 4.30pm

Arbury Community Centre, Campkin Road, Cambridge, CB4 2LD

Course 1:

**Sound production
and recording**

Course 2:

Music sequencing

Course 3:

**Music production
and remixing**

What you'll learn

Get to know your Digital Audio Workstation (DAW) and learn how to manipulate audio using cross-platform software. You will learn how to sample, remix and sequence music to create original compositions, including personal projects and working to a brief. You will gain an understanding of recording equipment and methods for use in audio production. Gain an introduction to the creative industries through visits to local live and production venues.

You bring:

Confident
computer skills and
your own laptop, if
you prefer

We provide:

Laptops, software
& equipment

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.

"100% I can produce music... It has given me confidence to think I can do it. It's given me a goal and something to work towards."

Charlie

Creative Writing programme

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Tutor:

Darren O'Sullivan

Day/time/location:

Monday 10.30am - 1.30pm

City Church, 12 Cheddars Lane, Cambridge, CB5 8LD

What you'll learn

Explore approaches and learn techniques for writing good stories, across genres. Master story, plot, dialogue, character, world building, tension and conflict, and learn how to put these on the page. Guest speakers will broaden your understanding and inform your personal development. Everyone has a story in them; learn how to unlock yours!

How you'll learn it

Join Darren, a published author, in a relaxed and inclusive setting for weekly creative experimentation on this series of courses. Develop critical thinking skills and workshop your developing work with your peers. Publish your work in the course anthology.

Course 1:

The writer's tool kit

Course 2:

Short stories

Course 3:

Publish your work

You bring:

You, snacks and maybe your favourite book

We provide:

High quality notebooks & other materials

"The creative writing course has been amazing, fun and informative."

Learner

Visual Arts programme

Tutor:

Dani Penhaligan

Day/time/location:

Monday 10.30am – 1.30pm

Arbury Community Centre, Campkin Road, Cambridge, CB4 2LD

Course 1:

Drawing with life drawing

Course 2:

Mixed media & sculpture

Course 3:

Painting & personal practice

What you'll learn

On this series of courses, you will explore approaches and techniques of contemporary visual-arts practice across a range of media including drawing, mixed media, life drawing, clay sculpture and painting. You will be guided through the elements needed to build on your talents, develop your personal practice and achieve real progress with your art. You will produce a portfolio of work to be proud of and have the opportunity to exhibit your work.

You bring:

Clothes that you don't mind getting messy

We provide:

All materials (use your own if you prefer)

How you'll learn it

Within a relaxed and inclusive setting, you will be supported in exploring social, cultural and artistic ideas to expand your practice, taking inspiration from artists and art theory. Working within a group and independently, you will be guided towards your own goals and creative experimentation.

"This is the most incredible opportunity to try so many different techniques, styles and materials to help you discover your creative voice!"

Joanne

Photography programme

Photo: Bryan Johnson

Tutor:

Bryan Johnson

Day/time/location:

Wednesday 1.30 - 4.30pm

Brown's Field Community Centre, Green End Rd, Cambridge, CB4 1RU

What you'll learn

This series of courses will help you realise the potential of your camera, become confident with composition, ISO, shutter speed and aperture. Say goodbye to "point and shoot" and take the pictures you've always wanted to take! Delve into the history of photography to inspire and develop your own style and approach.

How you'll learn it

Working in a supportive group and individually, you'll experiment in the classroom, at home and on location around Cambridge. Explore pioneering photographers and develop critical thinking that will inform your own work. Complete a personal project and exhibit your work.

Course 1:

Introduction to digital photography

Course 2:

Photographic techniques & practice

Course 3:

Photographic project & exhibition

You bring:

Digital camera

We provide:

Editing software

"You learn everything you need to know to be able to take good photos with help at every opportunity if you get stuck. Doing this course has been a joy for me."

Cathy

Support us

WE CAN'T DO IT WITHOUT YOU

Your support means we can continue building a community empowered by creativity

Donate now



Every penny helps to protect and provide opportunity.

Donate via Localgiving or by scanning the QR code.

Begin your volunteer journey

Give back, gain experience and enjoy making a difference!

Join us in raising funds and awareness

Fancy a new challenge or want to celebrate a new interest? Raise funds with a sponsored event via Localgiving. Raise awareness by sharing our stories.

Contact sally@camcommarts.org.uk for more information or support

Partners

This programme of year-long courses is offered in partnership with Cambridge Regional College, supported by Cambridge and Peterborough Combined Authority. Our long-standing partnership allows CCA to offer high quality learning in a safe and supportive environment in the community.

Creative Fenland is a project run by CCA, supported using public funding by the National Lottery through Arts Council England.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



"I have both mental and physical health challenges and CCA gives me a really positive experience of something to look forward to each week."

Learner



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