

[www.artshape.co.uk](http://www.artshape.co.uk)

## April Newsletter 2024

# Welcome

Welcome to the April issue of our Art Shape newsletter.

Every month we will share our exciting updates, stories, and keep you up to date with everything Art Shape.

You can also find out about our new courses, and meet some of our current participants.



## In this issue

We are very excited about our new partnership project with Arts Diverse-City. We are working with Val Simms to produce a giant puppet for her event **'Changes in Waves Windrush 2024,'** on June 22nd at **Gloucester Docks**. It will commemorate Gloucester's links with the Windrush generation. See dates and times below!

**Snapped in studio** - a special visitor is spotted lending a paw...

**Thriving Communities** - We have 3 exciting new creative taster sessions launching in May in Bishops Cleeve.



**We are having a studio Book Sale!** Have a rummage on May 10th from 1-5pm and bag yourself a bargain!

Are you Involved in arts, health or wellbeing interventions across Gloucestershire? Help Create Glos gather knowledge and insight by filling in the survey below.

# Let's Dabble!

Free creative taster for parents and pre-schoolers

An opportunity for parents to experience the benefits of creative activity while their children are also having fun. Artist's Kate Cox and Helen Scarborough will offer two art activities in the same space. A gentle and relaxing session, no experience necessary.



**Wednesday, May 15th, 9.30am-11.30am**  
**Bishops Cleeve Community Building, Church Rd,**  
**adjacent to the library.**

## Moving Forwards

**Creative Activities for mental health support during a period of life change e.g. divorce, bereavement**

Joining in with others in a creative group can help alleviate stress and concern at difficult times. Kate Cox will run a gentle introduction into how you can use creativity to support yourself during life changes. No previous experience to take part is necessary.



**Wednesday, May 15th, 1.30pm-3.30pm**  
**St Michael's Centre, School Rd, Bishops Cleeve,**  
**Cheltenham, GL52 8BA**

## What's Next?

**Creative Art opportunities for young people aged 16-25 who are not in education or training.**

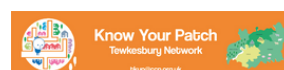
Join artist Harriet West in a fun session where you can try out a range of art techniques. This could be your opportunity to let your inner artist out, or a chance to re-ignite existing skills!



**Friday, May 17th, 1.30pm-3.30pm**  
**St Michael's Centre, School Rd,**  
**Bishops Cleeve, Cheltenham GL52 8BA**

**To book yourself a place  
or find out more please call  
01452863855 /  
charlotte@artshape.co.uk**

Free Creative Health Arts taster sessions for Bishops Cleeve provided by Art Shape in collaboration with the Social Prescribing Team at Cheltenham Peripheral Primary Care Network.



# Giant Puppet Master Class

**Come and join us to make a second giant puppet for the City of Gloucester**

You may have seen Sabrina the beautiful Spirit of the River Severn in the Hi Street Fest Gloucester last summer, join us to make another giant for Gloucester

**In partnership with**

**Arts Diverse-City**

**Mon 20th May 10- 3**

**Tues 21st 3-6.30**

**6th June 2- 7, 7th June 10-6**

**June 8th 10.30 – 6.30**

**@ The Art Shape Studio, Brockworth  
GL34QU**

**harriet@artshape.co.uk  
for more details or to book on**

**Or text / phone 07979864347 for  
more details**

**Free places, all materials provided**





ART SHape

# Book Sale

Grab yourself a bargain! We are currently clearing space in the Art Shape studio, and need to rehome some of our books and art supplies.

Come and have a rummage!  
Refreshments will be available.

**Friday May 10th,  
1 - 5pm**

At the Art Shape studio.

**CASH ONLY**

## Where to find us:

Art Shape,  
Court Rd, Brockworth,  
Gloucester  
GL3 4QU



# Studio Spotlight



**You never know what you might find in a toolbox...  
especially in the Art Shape studio!**

**The lovely Willow was spotted lending a helping paw during one  
of our courses, and kindly agreed to pose for our camera.  
Thank you Willow, you are so photogenic!**



# Involved in creative health in Glos?

Have your say to help shape future careers for those providing arts, health and wellbeing activities



Are you involved with arts, health, or wellbeing interventions across Gloucestershire?

Would you like to see a workforce development programme for arts and health?

Can you help make it happen by sharing your knowledge and experience?

[Click here to take the survey.](#)

Create Glos are gathering insights from those with knowledge and experience of the sector, so that we can:

- Design and deliver better training and career pathways into the Creative Health sector
- Establish a case to support creative health practice and those that deliver it
- Ensure those currently under-represented in the sector are able to benefit from opportunities equitably

Please complete this survey if:

- You deliver or are interested in delivering creative activities - in a paid or voluntary role.
- Your organisation supports activities for people to explore their creativity and support wellbeing

Create Gloucestershire has joined up with several organisations in the county to form a Future Talent steering group to explore how we can collectively develop a diverse, skilled talent pool and career pathways for creative practitioners.



# Create & Connect



## Creative activities for people with memory loss and their carers

Have you always enjoyed painting, drawing, other arts and crafts?  
Or would you like to have a go?

Art Shape will be offering free places in a fortnightly group, meeting at:  
**The Wilson Cafe, Clarence St, Cheltenham**

From: **10.30am- 12.30pm**

During 2024, on: **Jan 24th;**

**Feb - 7th, (14th break for half term), 21st;**

**March - 6th, 20th;**

**April - 10th, 24th**

**For more information**

**Email [charlotte@artshape.co.uk](mailto:charlotte@artshape.co.uk) or**

**Call [01452 863855](tel:01452863855)**



**ART SHape**



Art Without Barriers

# Support Us

## Donation info



Art Shape is a unique and inspiring Gloucestershire charity. **We've been proud to work throughout Gloucestershire for over 30 years.** We strongly believe in the power of the arts to change lives and improve health and wellbeing - our vision is that all people can choose to engage with the arts as equals.

As a charity, Art Shape relies on donations and charitable funds to be able to reach the people we work with. Even a small donation can make a big difference and all donations are very gratefully received.

If you would like to make a donation to Art Shape

**[Click here](#)**  
**[to make a donation](#)**

### Follow us on social media



**@ArtShape**



**@artshape\_glos**

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