

# ART SHape

Art Without Barriers

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

## December Newsletter 2023

## Welcome

Welcome to the December 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've had a busy December this year! Our highlights include **Showtime's wonderful Christmas Cabaret**. This fun and festive performance was devised by the group for their friends and family.

We also attended opening of **The Tree of Life** exhibiton. We had a wonderful time celebrating the artists work, and hearing about their experiences.

Fancy a bit of a Christmas **sing-a-long**? Why not pop down to **St Mary D'Crypt** for an afternoon of festive fun with **Inclusion Gloucestershire**.

Looking for something creative to sign up for in January? **Our Confidence Through Creativity** course might be for you!



# The Showtime Christmas Cabaret

We were very lucky to be a part of the audience for Showtime's wonderful and hilarious Christmas cabaret performance. It was devised by the group and was a festive riot of dance, song, card tricks and comedy sketches and performed to friends and family. The group also came up with their very own version of the 12 Days of Christmas. We loved it!



## The Showtime Christmas Cabaret's 12 Days of Christmas!

On the First day of Christmas  
my true love gave to me...  
A Partridge in a pear tree  
On the Second day of Christmas  
my true love gave to me...  
2 Tins of Peas  
3 Christmas Jumpers,  
4 Coat Hangers,  
5 Toilet Rolls,  
6 Flying Fish,  
'Seveeeeeeeern' Strictly Dancers,  
8 Stinky Socks,  
9 Mince Pies,  
10 Christmas Hats

**11 Hours Rehearsing**  
**12 AMAZING performers!**





## Tree of Life Exhibition

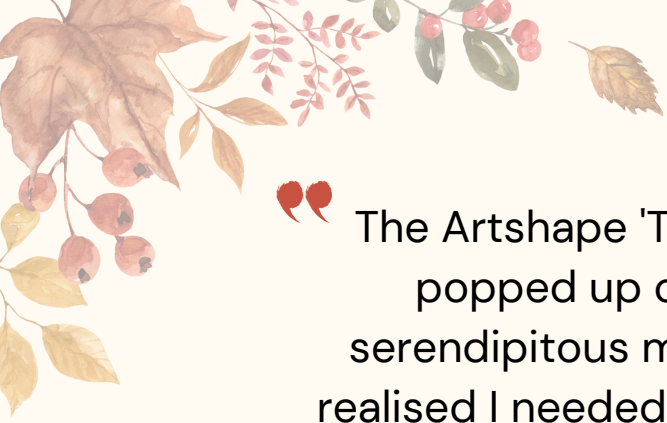
Art Shape were delighted to attend the opening event of The Tree of Life Exhibition on 5th December.

The event went really well, and artists were able to chat to visitors about their experience on the course. The exhibition celebrates how spending time amongst trees positively impacts on our mental health and wellbeing. This group of artists have used natural materials to produce interesting and unusual artwork with an organic twist.



The Tree of Life  
Exhibition runs from  
**2 December to 14  
January 2024**

At the Heritage Coffee  
Shop, The Dean Heritage  
Centre



“ The Artshape 'Tree of Life' Course with Warren popped up on Facebook at one of those serendipitous moments in my life when I finally realised I needed to do something creative for my own well-being, rather than looking after others first. Warren and the small and supportive group I found myself in opened doors of actually taking part in, and enjoying Creative Activities in the inspirational setting of the Dean Heritage Centre.

Since finishing the course I have joined other craft classes and feel so much happier to 'have a go.' I am eternally grateful to all who made this possible, and highly recommend anyone with reservations to contact Art Shape and get involved.”

- Artist testimonial from Tree of Life course with tutor Warren Day



A glimpse at some of the artwork on display



Artist: KAREN ROSE  
Title: FRAGILE PATH  
Medium: NATURAL OBJECTS  
Price: NOT FOR SALE



Artist: MARY  
Title: ...  
Medium: ...  
Price: £20

Artist: Maria  
Title: ...  
Medium: ...  
Price: £20

Artist: Hope  
Title: ...  
Medium: ...  
Price: £20

Artist: EVANGELINE THOMAS  
Title: ...  
Medium: ...  
Price: £20

Artist: ...  
Title: ...  
Medium: ...  
Price: £20

Artist: Maria  
Title: ...  
Medium: ...  
Price: £20

Join  
Inclusion Gloucestershire  
for a

***Christmas  
sing-a-long***

at

St. Mary D'Crypt,  
Southgate Street,  
Gloucester GL1 1TP

Monday 18th December  
11.30am-12.00pm



Funded by:



Gloucestershire  
COUNTY COUNCIL

INCLUSION  
GLOUCESTERSHIRE

ART SHape  
Art Without Barriers

DISCOVER  
DeCrypt  
talk - story - life

# Confidence through Creativity

**FREE Employability course**

with artist Amy Freeman

Explore your **creativity**, build your **self-confidence** and gain **employability skills**.

Unlock your creative self and support your well-being on this relaxed mark-making course. Explore a range of techniques including various printmaking techniques, natural paints and Cyanotype processes. Create your own artwork to make a handmade book to store your creative well-being journey.

## When?

Thursdays from  
January 25th  
2024

10.30am-12.30pm

## Where?

The Ed Shed, 2 Quay  
Street, Gloucester  
GL1 2PG

(behind the old Folk  
Museum in Westgate St.)

## You can take part if you:

- Are aged 25+
- Are registered with a GP in Gloucestershire
- Want to boost your skills and employment prospects
- Are not currently in education/training/employment

OR

- Have recently re-engaged with work (needing support to sustain this)



To book your place  
or find out more:

Contact us on  
**01452 863855**

or

**[kim@artshape.co.uk](mailto:kim@artshape.co.uk)**  
for a friendly chat!

The Forwards Employment  
Team will support you during  
the course to help you make  
your next steps

This is an Arts on Prescription programme, created in collaboration with the NHS One Gloucestershire Integrated Care System

# 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, on Jan 24th  
2024, 10.30 - 12.30**



T	H	E
W	I	L
S	O	N

**For more information**  
Email [charlotte@artshape.co.uk](mailto:charlotte@artshape.co.uk) or  
Call **01452 863855**

*ART SHape*

# ESHO

**Are you interested in volunteering or working towards employment, but not sure how to get started? You may benefit from ESHO.**

**Meet Melissa one of our latest ESHO participants. Mel came to us looking for support with finding an employment route that works for her.**

Melissa has completed Inclusion training with Active Impact whilst with us, Inclusion being an important ethos to Melissa and something she wishes to embed in her working life.

She has also completed a three-week course looking at the role of a Teaching assistant with GL communities and a six-week course in building her own wellbeing toolkit to build her resilience.

Melissa has struggled with low mood that is crippling at times but throughout her time on **ESHO** has built coping strategies (and an addiction to drawing!!) Made new connections with lots of different people and has signed up for a new voluntary role with Art Shape. Melissa is just about to begin her accredited arts therapy course that was paid for through **ESHO** funding.

Melissa is working towards her future with dedication and a renewed sense of purpose.



**GLOUCESTERSHIRE  
EMPLOYMENT  
AND SKILLS HUB**  
Outreach

**If you are currently out of work and are on one of the following benefits: ESA, PIP, UNIVERSAL CREDIT ( WITH A SICK NOTE) and would like personalised support to build your skills ready for Employment please drop an email to [donna@artshape.co.uk](mailto:donna@artshape.co.uk) /[nicola@artshape.co.uk](mailto:nicola@artshape.co.uk) or phone the office on 01452 863855.**







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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