

www.artshape.co.uk

January Newsletter 2024

Welcome

Welcome to the January 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

Happy New Year! We hope you had a restful and enjoyable festive season. We are looking forward to another jam-packed year of creativity, and discovering new skills.

We have already had a busy January with many exciting new courses starting. You can keep up to date with our current courses by **visiting the course page on our website:**

<https://artshape.co.uk/pages/courses>

Join us in our inclusive studio on **Saturday 27th January** for **Arts Inc** with new creative activities to explore.

Our **Create and Connect** sessions for people with **memory loss and their carers** begin on January 24th at the Wilson café in Cheltenham.



Arts Inc

2024

ART SHape

Art Without Barriers

Studio day!

Saturday 27th January,
11.30-2.30pm
At the Art Shape studio,
Brockworth



Join us for a fun day of arts and crafts, no experience necessary. Make friends, explore your creativity, take part in workshops, or bring along your own projects.

Cost:£5

For ages 8-17 *we work with you in small, age appropriate groups.

This month have a go at charcoal drawing and water colour painting !



To find out more,
contact harriet at
Art Shape on
harriet@artshape.co.uk
or call the office 01452
863855



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**



For more information

Email charlotte@artshape.co.uk or

Call [01452 863855](tel:01452863855)

ART SHape

Art Without Barriers

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
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



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 chose 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](#)

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