



www.artshape.co.uk

November Newsletter 2023

Welcome

Welcome to the November 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.

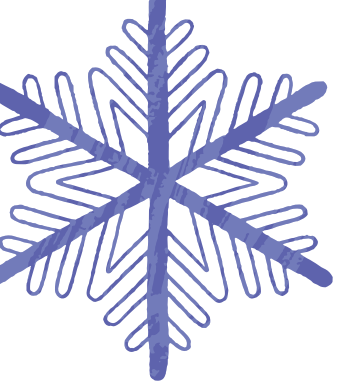
In this issue

This November Art Shape are offering **unpaid carers free Festive Art & Craft workshops** in a range of venues across Gloucester and online. All dates and venues are listed in this newsletter, and you can also view them on our website.

Are you interested in volunteering or working towards employment, but not sure how to get started? **Read all about Melissa's inspiring ESHO journey.**

Looking for something to do? Why not take a look at the **Little Art Group's** new exhibition in Gloucester's Cathedral Quarter.





This November we are thrilled to offer unpaid carers some free Festive Art & Craft workshops in a range of venues **across Gloucester and online.**

Please join us – we'd love to meet you for a bit of creative festive fun! Here's what you can sign up for:

Join artist Warren Day ONLINE in the evening to create **decorative artworks with a festive theme as card designs or gift ideas.**

All materials provided.

Monday 20th November and Monday 27th November

7.00pm until 8.30pm



We also running **FREE** community Art and Craft Festive workshops at a variety of venues across **Gloucester!**
Venues listed below.

To find out more or book your place, please contact **Nathan Coll** on **01452 863855 / nathan@artshape.co.uk**



Visitors Centre,
Robinswood Hill Park,
Reservoir Rd, Gloucester GL4 6SX
Monday 20th November
10am-11.30am

Gloucester Resource Centre,
Alfred St, Gloucester GL1 4DF
Wednesday 29th November.
10am-11.30am.

GL11 Community Hub,
Cam, Dursley GL11 5JS
Monday 27th November.
10.30am-12pm.

Marina Court, Trafalgar Rd,
Tewkesbury GL20 5AY
Thursday 30th November.
10.30am-12pm.

The Keepers, Symn Lane,
Wotton-under-Edge GL12 7BD
Tuesday 28th November.
10am-11.30am.

The Main Place, Old Station Way,
Coleford GL16 8RH
Friday 1st December.
10.30am-12pm.

**We always appreciate our learners' work on our courses.
Here is a wonderful example of creative writing from
Carolyn Gemson, a participant on Writing for Fun online
course.**



**I am sure that there have been times in your life when you
have felt so overwhelmed with obstacles that your
creativity has hit rock bottom.**

**The mountains are insurmountable and life is lived under
an all-invasive greyness and frustration.**

**Well. Once you have Art Shape in your life I can guarantee
that the sun will shine as never before and you will be
standing on those creative mountaintops surveying the
wonderful things that are now possible.**

**Always wanted to dance and perform, but thought you
couldn't? Always wanted to experiment with paint, but
thought it would just be a mess? Always loved words, but
never had the confidence to turn them into poems and
stories? Or have just found that the things that stop you
are overwhelming and exhausting?**

**Art Shape will give you the wings that you have always
craved. They will support and encourage as you unleash
your potential and remove all the barriers that have stood
in your way.**

**You are special. You are unique.
You need Artshape**



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.

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 /nicola@artshape.co.uk or phone the office on 01452 863855.



**GLOUCESTERSHIRE
EMPLOYMENT
AND SKILLS HUB**
Outreach





The Little Art Group

Gemma from Art Shape was thrilled to visit the exhibition by the Little Art Group in Gloucester. They are a **collective of local Gloucestershire artists and makers exhibiting their latest work at the Cathedral Quarter in November**. She saw some wonderful and inspiring work from quilting to toy making, to painted canvases and decorative hangings.

Little Art Group exhibition is currently on in Gloucester until the 19th November.

Keep an eye out for more work by the Little Art Group in the future.



This festive season there are plenty of exhibitions to explore in Gloucester's beautiful Cathedral Quarter. You can also see the work of Art Shape's Trustee David Finch on display from November 26th to December 16th. See details below.



David Finch

An Exhibition of paintings,
prints and cards

November 26th to December 16th
11.00am to 5pm Daily

Cathedral Quarter (opposite McDonalds), Westgate Street
Gloucester



Cathedral Quarter
WESTGATE GLOUCESTER



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](#)

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