



Cambridge
Community
arts

improving
mental health
with creativity

CREATIVE COURSES

SEPTEMBER 2017 – JULY 2018

ART // MUSIC // PHOTOGRAPHY // DRAMA // MUSIC PRODUCTION

INSPIRING CREATIVE COURSES THAT GIVE YOU A LIFT



“Since 2014 CCA has inspired over 300 people to improve their lives with creativity. We are a small, friendly team – do get in touch and come and find out how the arts can make a positive impact on your life”

CONTACT US

info@camcommarts.org.uk

camcommarts.org.uk

01223 631820 /

07763 280029

16-18 Arbury Court,
Cambridge CB4 2JQ

VIDEO

Hear about the experiences of recent learners on our courses:

<http://bitly/2qnoyEu>

Jane Rich

Director (second left)

WELCOME

to our 2017-18 programme of year-long courses. We are open to everyone but especially welcome people with experience of mental ill health or other challenges.

Get creative...

If you would like to refresh, or ignite, your creativity, we offer a safe and supportive environment for you to explore.

... and improve your wellbeing

Come and find out how the arts can make a positive impact on you. All learners leave our courses not only as better musicians, artists, photographers or actors, they have also made friends and have gained confidence. Many go on to set up their own clubs, start volunteering or take up further learning. All of this contributes to improved wellbeing.

Did you know?

- Research shows that people taking part in the arts are 38% more likely to report good health
- Participation in structured arts activities can increase cognitive abilities by 17%

OPEN DAY

Come and meet us
and find out more

Thursday 27 July 2017
Arbury Community Centre

What, where, when

- Classes are held once a week for three hours during the day in community centres across Cambridge
- For each subject there is a FREE six week Introductory Course 11 Sept - 20 Oct 2017 – try before you commit
- Courses leading to qualifications run for 30 weeks from 30 Oct - 9 July 2018
- Places may be available for a January or April start
- Most courses are suitable for beginners
- You need to be interested, committed to attend each week (health allowing) and willing to join in and complete all required assignments
- You can only attend one long course

Costs and qualifications

- If you can provide proof of benefits, you may qualify for a reduced-cost place. The reduced fee is £145 a year (payable in instalments), and the full cost £1,350 a year
- Our courses are all taught by friendly, experienced tutors who are talented artists in their own right
- Courses lead to a nationally recognised Level 2 qualification 'Skills for the Creative Industries', run in partnership with Cambridge Regional College
- There are no examinations. Learning is evidenced by what you demonstrate in class. There will be some writing and we can provide literacy support if necessary





Tutor:

Helen Perry

Day/time/location:

Thursdays 11.30 - 3.00pm
Arbury Community
Centre, Campkin Road,
CB4 2LD

PHOTOGRAPHY

TERM 1

Getting to grips with
your camera

TERMS 2 & 3

Photographic practice

You bring:

Basic digital camera

We provide:

Editing software,
basic digital camera, if
necessary

What you'll learn

Learn how to use the settings on your camera and how to take great photos in different locations and styles. Also find out about the history of photography and famous photographers.

How you'll learn it

Working as a group and individually, in the classroom and on locations around Cambridge. Each week we explore the style and influences of a different photographer. There will be the opportunity to develop your own personal project as the course progresses and show your work in a group exhibition.

**“The course was life changing...
and also lots of fun”**

Jenny



Photo: Ivana Paikozdyova, CCA photography club

Tutor:

David Mitchell-Jones

Day/time/location:

Tuesdays 1.30 - 4.30pm
Arbury Community
Centre, Campkin Road,
CB4 2LD

MUSIC PRODUCTION

What you'll learn

Using accessible software you will sample, remix and sequence music. Find out about different styles of music and broaden your musical understanding. Practise studio skills such as multi-track recording and production.

How you'll learn it

Working as a group and individually in the classroom and in studio settings. We will use the musical skills of the group and make live recordings that you will use to mix your own track. At the end of the course, experience your music played in a club setting.

TERM 1

Exploring music. Use sequencing and audio editing to develop a remix

TERM 2

Studio practice and multi-track recording

TERM 3

Personal projects

You bring:

Your laptop (if you want)

We provide:

Laptop and software, recording equipment

“I found unexpected joy”

Lauren



Tutor:

Amanda Kelleher

Day/time/location:

Thursdays 1.30 - 4.30pm
St Philips Church Centre,
Mill Road, CB1 3AN

TERM 1

Improvisation and
acting skills

TERM 2

How we use the
body in performance.
Creative devising skills,
interpersonal skills

TERM 3

Refining skills and
developing the group
end of term performance

You bring:

Comfortable clothes

We provide:

Everything else needed

DRAMA

What you'll learn

Learn improvisation and performance skills. Explore physical theatre, improve your acting skills and learn about collaboration and improvisation.

How you'll learn it

Develop your skills using pair work, group work and games. Devise new performance pieces, to perform at Christmas and the end of year (in a theatre to an invited audience). The course is dynamic, high-energy and engaging.

“It was good to fill the gap in my CV with a qualification that was easy to achieve just by attending each week and joining in”

Edmund



Photo: Carole Middleton, CCA photography club

DRAWING & PAINTING

What you'll learn

Explore different techniques and media such as pencil, charcoal, ink, pastels, paints and mixed media. Find out about art history and use this to inform your own work.

How you'll learn it

Classroom, group, workshop and individual learning. Draw inspiration from your imagination, nature, the human form and the work of past and living artists. Visit art galleries and use experimentation to develop your own work.

"I am now volunteering and getting so much more out of life"

Anne

Tutor:

Jill Eastland

Day/time/location:

Thursdays 1.30 - 4.30pm
Buchan Street
Neighbourhood Centre,
CB4 2XF

TERM 1

Drawing skills, exploring media

TERM 2

Art appreciation, painting

TERM 3

Communications, art-based group work

You bring:

Clothes that you don't mind getting messy (although aprons are provided!)

We provide:

Sketchbooks, all art materials and aprons



Tutor:

Ian Francis

Day/time/location:

Mondays 1.30 - 4.30pm
Meadows Community
Centre, St Catharine's
Road, CB4 3XJ

MUSIC

TERM 1

Basic musical concepts
and skills

TERM 2

Developing group playing

TERM 3

Practice and Performance
Skills

You bring:

A basic level of playing or
singing, your instrument
(if you have one)

We provide:

Keyboard, percussion,
guitars

What you'll learn

Develop your skills playing an instrument or singing as part of a group. Find out about different styles of music and broaden your musical understanding. Learn how to compose original work and perform with other musicians.

How you'll learn it

Listening and playing as a group in the classroom, supported by individual practice at home. We will have guest musicians, attend a gig, and visit a music shop. At the end of the year we have the opportunity to perform to an invited audience (optional).

**“I was buzzing after just one class
and rehearsal”**

Mary

CCA SHORT COURSES

We also run short courses throughout the year. These run for six to ten weeks for 2-3 hours once a week in the day. You can find up-to-date information about dates, venues and costs on our website. Short courses include:

- Guitar
- Creative writing
- Just for laughs! Comedy performance
- Mindful movement
- Intuitive painting
- Digital collage

Photo: Toby Peters



APPLY FOR LONG COURSES

FREE 6-WEEK INTRODUCTORY COURSE

11 Sept – 20 Oct 17

TERM DATES

TERM 1

30 Oct – 20 Dec 17

TERM 2

4 Jan – 28 March 18

(half-term 12 - 16 Feb 18)

TERM 3

13 April – 9 July 18

(half-term 28 May - 1 June 18)

1. Express your interest

We invite you to first express your interest in a course, using the form opposite. You can also download it at www.camcommarts.org.uk

Or you may:

- call us on **01223 631820** or text **07763 280029**
- email us on info@camcommarts.org.uk
- contact us on **Facebook**

2. Informal meeting

We will be in touch to arrange an informal meeting at our offices when we can find out a bit more about you, make sure you have chosen the right course and discuss any particular challenges you may have.

We will complete the application paperwork. You will need to bring ID and, if you are claiming a reduced fee, recent evidence that you are in receipt of a benefit.

I AM INTERESTED

I am interested in the following courses:

CONTACT DETAILS

First name:

Surname:

Address:

Postcode:

Email:

Telephone:

Date of birth:

Age at
31 Aug 2017:

How did you find out about Cambridge Community Arts?

I certify that the information given is correct.

Signed:

Please complete and return to: **Course Enquiry, CCA, 16-18 Arbury Court, Cambridge, CB4 2JQ.**

After we have received your form we will contact you and arrange a time to meet.

DO YOU RECEIVE ANY OF THE FOLLOWING BENEFITS?

Tick all that apply

- Council Tax
- Housing Benefit
- Employment Support Allowance
- Income Support
- Job Seekers Allowance
- Universal Credit

NATIONALITY:

Have you been resident in EEA for 3 years?

- Yes
- No

If no, date of entry:

HEALTH

Do you have a health condition / disability?

- Yes
- No

Do any of the following apply to you?

Tick all that apply

- Mental health condition
- Physical condition or disability
- Learning difficulty or disability
- ASD/Aspergers
- Other



Photo: Carole Middleton, CCA photography club

“Everyone was so friendly and I had such fun! I’ve made new friends at CCA and really improved my confidence”

Elaine

“At the start, the group I was teaching found it hard saying their names aloud when in a circle. Three months on, it is difficult to get them off the stage: they want to keep taking their bows for as long as possible!”

Amanda



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