



Cambridge
Community
arts



CREATIVE COURSES

SEPTEMBER 2018 – JULY 2019

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



IMPROVING MENTAL HEALTH WITH CREATIVITY

WELCOME

to our 2018-19 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. Our learners reported as a direct result of their course that they:

- improved art-form skills
- improved confidence
- improved mental health
- made friends
- increased social connections
- 100% would recommend CCA

“Arts activities help to alleviate anxiety, depression and stress. After engaging with the arts 82% of people enjoy greater wellbeing”

Creative Health, The Arts for Health & Wellbeing report, July 2017



“It’s a privilege to see the transformation of our learners over the year. We are a small and friendly team so do get in touch and get creative!”

Jane Rich
CEO/Founder (centre)

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:
<https://vimeo.com/177392968>



What, where, when

- Our courses are all taught by friendly, experienced tutors who are talented artists in their own right
- 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 period – try before you commit
- Courses run until July 2019, see term dates below
- Places may be available for a January start

Who

- We ask for your commitment to come along and join in. You need to be able to understand and respond to instruction, give a personal opinion, be willing and able to learn, create work independently and with others, and have fun.
- Most courses are suitable for beginners
- You can only attend one long course
- Learners must be aged 19+

Costs and qualifications

- If you can provide proof of benefits, you may be eligible for a reduced fee of £145 per year (payable in instalments). This covers our administrative costs and materials. Full fee is £1,350 a year
- Courses lead to a nationally recognised qualification: Working in Creative & Design Industries Level 2 Certificate, accredited by AIM Awards, in partnership with Cambridge Regional College
- There are no examinations, but there may be some written work; we can provide literacy support if required

TERM DATES

FREE INTRODUCTORY PERIOD:

10 Sept – 19 Oct 18

TERM 1: 29 Oct – 19 Dec 18

TERM 2: 3 Jan – 8 April 19
(half-term break 18-22 Feb 19)

TERM 3: 23 April – 8 July 19
(half-term break 27 – 31 May 19)



Tutor:

Helen Perry

Day/time/location:

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

TERM 1

Getting to grips with
your camera
TERMS 2 & 3
Photographic practice

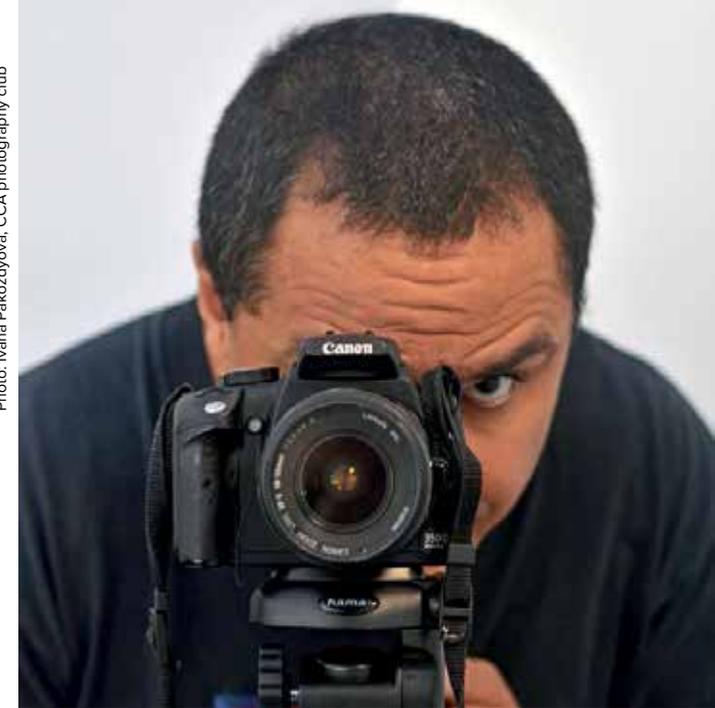
You bring:

Basic digital camera

We provide:

Editing software,
basic digital camera, if
necessary

Photo: Ivana Pakozdyova, CCA photography club



PHOTOGRAPHY

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.

**“I thought I could take pictures before,
now I believe I can!”**

Bryan



Photo: Toby Peters

MUSIC PRODUCTION

What you'll learn

Get to know your Digital Audio Workstation (DAW) and learn how to manipulate sound and music. Using accessible software, you will learn how to sample, remix and sequence music to create original compositions. You will gain an understanding of recording equipment and methods for use in audio production.

How you'll learn it

Computer based learning in the classroom as well as visiting a working music studio. You will work individually and collaborate with others to create original music.

"It's something to look forward to every week and I've found friends"

Xtal

Tutor:

David Mitchell-Jones

Day/time/location:

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

TERM 1

DAW techniques

TERM 2

Composing and remixing original tracks

TERM 3

Sound and audio production

You bring:

Your laptop (if you want)

We provide:

Laptop and software, recording equipment



Photo: Syrah Arnold

Tutor:

John Shields

Day/time/location:

Mondays 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 and creative devising 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.

"Doing drama and performance has given me a real buzz and helped with confidence too"

Wendy



Photo: Dan Donovan

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.

“Very inspiring – the tutors are so encouraging it’s been life changing for me”
Christine

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

Tutor:

David Mitchell-Jones

Day/time/location:

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

TERM 1

Musical concepts and composition

TERM 2

Rehearsal and performance skills

TERM 3

Developing group playing for performance

You bring:

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

We provide:

Keyboard, percussion, guitars

Photo: Toby Peters



MUSIC FOR PERFORMANCE

What you'll learn

Develop your skills and confidence playing an instrument or singing individually and as part of a group. Develop an understanding of composition to create original music. Collaborate, rehearse and perform with other musicians.

How you'll learn it

Listen, experiment and compose, rehearse, play and review, as a group in the classroom, supported by individual practice at home. At the end of the year, showcase your work to an invited audience.

“I have learned a lot and loved the opportunity to be creative”

Nicola

APPLY FOR LONG COURSES

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**
- text us on **07763 280029**
- email us **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.

3. Course offer

If we are happy that the course is right for you we will offer you a place.

CCA ALSO OFFERS

SHORT COURSES (6-10 weeks)

FREE and open to all 19+. Past courses include Creative Writing, Dance, Digital Arts, Guitar, Intuitive Painting, Photography Editing.

STEP FORWARD

A coaching service for people who have completed a long CCA course and are ready to move towards volunteering, further training and education or employment. There are limited places. Applicants must be unemployed or economically inactive, live in Cambridge or South Cambs and have the right to work in the UK. For further information contact Christine Hammond at: **christine@camcommarts.org.uk** Telephone: 01223 631820 / 07840 181901

Photo: Toby Peters



CLUBS

On the completion of your course, if you want to continue your creative journey we will support you to set up your own self-sufficient club. Some existing clubs are open to join, others have closed membership.



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 2018:

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.

Your data will be used to apply for a course place at CCA and may be shared with educational partners for this purpose. It will not be used for marketing purposes. Our full Privacy Policy is available at www.camcommarts.org.uk

DO YOU RECEIVE ANY OF THE FOLLOWING BENEFITS?

Tick all that apply

- Council Tax
- Housing Benefit
- ESA
- Pension Credit
- Income Support
- JSA
- 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

Please note that applicants with health challenges will be prioritised.



Photo: Dan Donovan



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camcommarts.org.uk

16-18 Arbury Court, Cambridge CB4 2JQ



www.facebook.com/cambridgecommunityarts



@camcreate