

*"What art offers is space - a certain breathing room for the spirit"*

John Updike

FOR TEWKESBURY

ART LIFT

FREE PARTICIPATORY ART WORKSHOPS  
FOR NHS PATIENTS IN GLOUCESTERSHIRE



26th July - 27th September 2010

### **PLAY, PLAYS AND DRAMA**

**With Ruth Wells at Priors Park Neighbourhood Project**

Ruth Wells from Artiephartie will lead workshops tailored to the interests and comfort zones of the participants. Nobody will be made to perform unless they want to. We'll play some games, develop characters, do some mime and mask work and write some scenes. No experience or talent needed, just a willingness to be in a room with Ruth for an hour and a half.

**Lift Off Date\*: Monday 12th July • 9.30am-12.30pm at PPNP**



30th August - 1st November 2010

### **SINGING FOR PLEASURE**

**With Adrian Williams-Brett at Jesmond House**

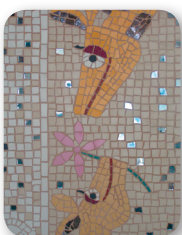
Whether you think you can sing or not this course will help you to open up your voice and experience the great joy that singing can bring. We will work with simple warm up exercises and songs, breath, improvisation, rhythm and anything else that takes our fancy at the time. We may even use musical instruments sometimes (don't worry if you don't play one).

I work through encouragement and playfulness with a focus on helping people find the confidence to use their voice freely.

Adrian has worked for the last 20 years with music and theatre in performance and adult education. He has experienced again and again the power of the voice to enliven, uplift and inspire people.

Come and find out for yourself!

**Lift Off Date\*: Thursday 15th July • 6.30pm-8pm at Jesmond House**



4th October - 6th December 2010

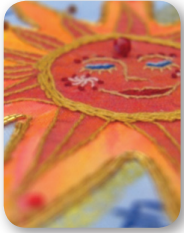
### **MOSAIC ART**

**With Karen Wones at Marina Court**

Local Mosaic Artist, Karen Wones, teaches mosaic workshops in her own studio, art centres and in schools. During the Art Lift scheme mosaics will be made using glass and ceramic tiles on a wood base. If you would like to learn a new craft, come and have a go at creating a piece of mosaic art.

You don't need to be an artist – all abilities are welcome.

**Lift Off Date\*: Wednesday 14th July • 1.30pm-3pm at Marina Court**



10th January - 14th March 2011

## STITCHED TEXTILE COLLAGE

With Joanna Teague at the Roses Theatre

A chance to experiment with textiles and collage. This will include cutting, sticking, painting and stitching with cloth, thread and beads to make an individual hand stitched piece based on the theme of the sun.

Each week we will look at a technique which will then be used to produce the final piece. From week 6 we will revisit the skills to reinforce and allow for later starters. This will give people a chance to make a piece on the theme of Sun and the chance to be led through designing and making their own piece.

**Lift Off Date\*:** Tuesday 13th July • 10am-11.30pm at the Roses Theatre



14th February - 16th May 2011

## PAINTING AND DRAWING

With Nick Moore at Avon House

Nick Moore is a visual artist with a wealth of experience of enabling people to paint and draw. He has worked as an art tutor and workshop leader in a variety of settings including further and higher education as well as in the community. He has worked as an art therapist for the last nine years in a therapeutic art community in Bristol; Over the last three years he has been artist in residence at Brockworth surgery as part of the ArtLift project in Gloucestershire.

The workshop will be a space to enable the participants to explore and try out painting and drawing either from their imagination or based on a variety of art from postcards and books. No previous knowledge or skill is necessary; there will be plenty of support and encouragement and no judgements of the work. All that is required is a willingness to have a go.

**Lift Off Date\*:** Friday 16th July • 11am-1pm, location to be confirmed



21st March - 23rd May 2011

## FIND YOUR VOICE - AND SING!

With Hilary Davies At Community Hospital

Have you always wanted to sing? Do you sing in the bath?

Have you sung in the past and want to get back into it?

Come and discover your voice in a friendly, informal, supportive environment. You will learn wonderful songs and rounds from England and across the world in a variety of different styles, a wonderful way to relax and be energised at the same time. No previous experience necessary and no need to read music. Hilary has been leading community choirs and singing workshops in schools and the community since 1999. Her warmth and enthusiasm will have you singing in no time.

**Lift Off Date\*:** Thursday 15th July • 10am-11.30am at Community Hospital

**To request a referral onto this project please contact your GP.  
For more information contact Maggie Tildesley (Take Part Director at the  
Roses Theatre) on 01684 853069 or [tpdirector@rosetheatre.org](mailto:tpdirector@rosetheatre.org)**

*\*Lift Off Festival: A week of FREE activities between the 12th and 16th July designed specifically for you to get a taste of Art Lift. To reserve your place please contact Maggie Tildesley.*

## Creative activities to make you feel good.

[www.gloucestershire.gov.uk/artlift](http://www.gloucestershire.gov.uk/artlift)

Art Lift is sponsored by Gloucestershire Primary Care Trust from 2008-2011

*“There is a growing body of evidence that participation in creative activities can improve patient well-being. Gloucestershire PCT is pleased to have commissioned this ambitious project which aims to improve the lives of patients across the county over the next 3 years”*

Shona Arora, Director of Public Health

