



MIXED ARTS AND CRAFTS with Claire Ford

Tuesdays and Thursdays at 11am, from w/c 12 April

Biography

Claire Ford is a mixed media artist whose practice is focused on working within and across a variety of health settings, facilitating projects in and engagement with art. In her practice, Claire specializes in working with people living with dementia and other cognitive impairments.

Twitter: ClaireFordArt

Instagram: Clairefordart

Course overview

Art can take us to places unimaginable and can help communication, connection and empowerment. In her sessions, Claire will use a variety of different art mediums from fine art to textiles, poetry and music, responding, reacting and improvising to the group she is working with making for an exciting and dynamic creative experience for all. The sessions will be a great chance to use your imagination and all five senses in a variety of art mediums in the safe space of a supportive group. There will be no pressure of creating a final outcome; instead sessions will be about the enjoyment of being in the moment and the process of creativity. It will be time to play, have fun and explore all sorts of new things.

PHOTOGRAPHY with Alan Sill

Mondays and Wednesdays at 3pm, from w/c 12 April

Biography

Alan Sill is a specialist media, film and photography tutor/lecturer combined with over 30 years working in the media industry. In teaching any media related subject, Alan creates an atmosphere in which students feel at ease whatever their ability, providing opportunities for all, regardless of ability, and ensuring that everyone has a positive experience; he has worked in a range of Further and Higher Education establishments across the north east. In 2014, Alan set up a social enterprise community magazine to give 18-24 year-old job seekers opportunities to engage with a creative “real world” experience, supporting their personal development, building their interpersonal skills and improving their employability. The magazine – in its online and print form, as well as via social media and an internet radio station – offers local perspectives on issues and promotes positive values.

Through the 1980s-2000s, Alan spent time covering news stories for local and national newspapers as a freelance photographer. During this time, his assignments included the 1984-85 miners’ strike, royal visits, Glastonbury and Premier League football. Alan has also worked with Google, carrying out business-to-business virtual tours that were then added to the Google ‘Streetview’ service.

Twitter - @alansillphoto

Instagram @alansillphotography

Course overview

Through these sessions, participants will learn how to take photographs through a focus on people and objects, the associations and relationships between them, and the significances that are personal to everyone as individuals. Simple or commonplace objects can spark all sorts of different thoughts and connections: a bus could remind one person of a daily commute and another of a one-off trip; a wristwatch might make a link with a particular person or a specific event.

Which little things or big views matter to you? What makes something important to you in a way that makes you want to capture it in a photograph? From simple shapes and colours to portraits of people and views of objects, Alan’s sessions will give you a chance to explore what is important to you and learn how to frame it in a photograph, taking into consideration angles, points of view, shadow and lighting, form and pattern, drawing on the principles of art and design.

MEDIEVAL HISTORY with Richard Asquith

Mondays and Wednesdays at 11.15am, from w/c 19 April

Biography

Richard has been teaching medieval history for several years, and loves bringing new and interactive methods into a learning environment. He has worked in communicating about our medieval past with lots of different people in different contexts, from universities to heritage sites to online, and believes that we can gain a lot from considering the past in relation to and as a reflection of our lived experience today.

Course overview

History isn't just about dates...it is about people! Want to learn about how people lived in the Middle Ages and discuss whether they really lived *that* differently from us? This course will answer your questions about medieval life in the North East and beyond.

This course introduces life in the medieval world, covering topics such as food, drink, music, theatre, books, poems and popular songs, houses and castles, graffiti and travel. Each session will involve a new activity such as examining items such as coins, graffiti and other objects, and listening to medieval music. One week, Richard will lead you on a virtual tour of a medieval building. Each session activity will be followed by a discussion about our own modern-day experiences, how the way we live has changed, and which things stay the same.

CREATIVE WRITING AND POETRY with Katharine Goda

Tuesdays and Thursdays at 11.15am, from w/c 26 April

Biography

Katharine is a poet and creative facilitator with a background in university lecturing, skills training and student support. She has been commended/highly commended in several competitions nationally, with poems published in numerous blogs, journals and anthologies as well as, recently, selected to become a film poem. She thoroughly enjoys participating in and developing writing workshops, believing passionately that creativity is for everyone. Last year she received an Arts Council England Developing Your Creative Practice Award to consolidate her writing practice and explore creative facilitation with women in prison and new mothers. She appreciates being able to bring people, words and ideas together despite the additional challenges of the moment.

Course overview

Join Katharine in a series of fun, inclusive and inspiring creative writing sessions to explore, record and share what matters to you.

What would your perfect day be like? What's your favourite saying or one that winds you up? Do you have an object that means a lot to you? What about a place you love? If your friend were a vehicle, drink, season, colour, shape – what would they be? Could you write a poem about sadness in the shape of a teardrop? Or one about an apple set out to look like an apple? What about a list: questions you'd like an answer to, what if..., happiness is...? What letter would you like to write? If you take a page of text and choose just ten words, which would they be?

Everyone has stories. Everyone is creative. How about spending some time exploring creative writing? You don't have to have done it before. You just have to be a little bit curious and ready to play with words and ideas. We'll have a look at some words other people have written – songs, poems, lines from films, also words you find out and about in graffiti or advertising, words people have said to you. Why not join us to play with words and ideas, see what happens when you put surprising words next to each other, create a record of what is precious to you? We'd love you to be part of this.

MUSIC AND MINDFULNESS with Alex Summerson

Tuesdays and Thursdays at 10.30am, from w/c 3 May

Biography

Alex Summerson is a musician and vocal coach from County Durham. She studied a Bachelor's degree in performing arts at Canterbury Christ Church University where she majored in vocal studies. During this time, she learned about the physical and mental health benefits of music and performance and how to use those skills to benefit others with the joys of music.

Course overview

During the Music & Mindfulness sessions, Alex will be exploring a range of music and supporting you to learn how to sing for different styles such as pop, folk, rock and classical. Each session will consist of gentle physical and vocal warmups to prepare not only your voice and body, but your mind for singing. Singing involves a lot of complex practices and mindfulness. Alex takes a holistic approach to teaching vocals meaning that all parts of your body and mind are involved in the singing process. Singing is a fantastic way to keep your mind and body active!