

“ I try to apply colours like words that shape poems, like notes that shape music. ”

Joan Miro



Welcome to

Imagine Community Studios

For over 12 years we have been offering an accessible and supportive studio space in which each member can explore and develop their creativity within a social environment.

Basic art materials (watercolours, oils, acrylics, pastels, charcoal, clay and many others) are provided and **no previous artistic experience is required** to join the studio and enjoy any of our sessions.

If you are new to the studio, you will be invited to an introductory conversation before or at the start of your first session.



Advance booking (via phone/email) **is required for all of our sessions**, as numbers are limited.

We are grateful for the support received from the **Association for the Promotion of Artistic Therapy**

Imagine's bursary fund or charitable grants may be available if needed. Please enquire for further information.

Imagine Therapeutic Arts

The community-based studio offers a supportive space where creativity can be used as a powerful tool for furthering self-confidence, health and wellbeing.

Our facilitators include:

Hisako Simon – Through my Anthroposophic training in sculpture and art therapy, I realised that engaging in artistic processes is a way towards encountering our own inner selves. On my journey I found that similar forms kept appearing which revealed aspects of my being, and I believe when we meet them with a sincere heart they open new dimensions to who we really are.

Laura Ridolfi – Trained in Anthroposophic art therapy, I feel that our creativity helps us to deal with the unexpected, to find meaning in our lives and the inner resources to change and grow. I see life as a journey, where the outer and the inner paths interweave; art helps me to enjoy this journey: mindful in the process, I leave the destination open to the imagination.

Robin R James – As a practicing artist specialising in mosaic and mixed media, I am qualified in community arts and art for health and wellbeing. I have worked with schools, community groups and individuals, both in the UK and abroad, over many years. I am passionate about shared creativity and the ways in which artistic practice can strengthen self-esteem and a sense of belonging; how it can uplift, heal and give a sense of achievement to individuals experiencing difficulties at any stage in their lives.

Jessie Spurr – As a psychotherapist in training, I am particularly interested in how we experience what it means to be human. I find that working with art media can be a profound way to explore this, because it can reveal thoughts and feelings that are otherwise unconscious and difficult to access. In this way, the artistic process can powerfully complement the therapeutic journey; this can be challenging, although it is often nourishing too.

We are grateful for the help of our volunteers



Imagine Therapeutic Arts

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Autumn 2022

imagine...
therapeutic arts



Studio Practice Sessions

Monday and Tuesday 2-5pm
Wednesday 7-9pm and
Thursday 10am-1pm
from 12th Sept – 15th Dec

This is an open studio space for you to pursue your own artistic process. The group is facilitated by one or two therapeutic art practitioners, who are available to support the participants artistically, technically and – if needs be – emotionally. The emphasis, however, is on the members to develop their own work, in a supportive and social environment. This is a particularly good space in which to develop a theme or a body of work over a period of time. There is the possibility, if you wish, to share and review your work within the social context of the sessions.

Clay Sculpture Club

on Tuesdays 2-5pm

Mixed Media Club

on Thursdays 10am-1pm

These are both **within the Studio Practice Sessions** and, likewise, you can join at any time, if there is a space. You are always welcome to bring your own ideas to start your process, or ask for support in finding a theme that suits your interests and wishes.

£7.50/hour or £20 for a 3-hour session



Art Mornings

Tuesday 10-11.30am
from 13th Sept – 13th Dec

Are you curious but uncertain?

Here is an "introductory studio space" in which you can try out for yourself, to experience what it's like being in a shared and open art studio. You can join at any time, if there is a space, and beginners are most welcome.

Each month, different art media will be introduced (watercolours, pastels, black and white materials, oil paints, acrylic paints, clay sculpture, etc.), and we will have a short reflective time together at the end of the session.

£10/session (contact Hisako: 07955 556478)

Theme-Based Groups



Ageing with Soul

(formerly Art of Ageing)

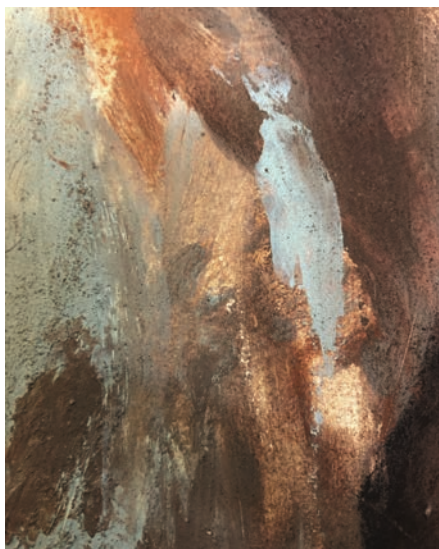
Wed 28th Sept – 7th Dec
in-studio & on-line:

10am-12.30pm, both groups

If joining from home, you will need a computer, tablet or smart phone, with a camera+mic.

In the sessions, there will be facilitated process-oriented artistic activities, biographical conversations and some creative writing. Join us and share what it is like to be growing old in the current times (and we are all growing older!). We work creatively with nature and stories, exploring memories, wishes and open questions, within a multicultural environment. Our intention is to maintain our spirit young, to value old age, seeing a long life as a gift to share by developing our imagination.

£240 (£200) for 9 sessions, if paid at the start of term – one session is free; or £30 (£25) each session



Creation Through Imagination

Wed 28th Sept – 7th Dec
2.30-5pm

A supportive, weekly group which combines free and playful expression with a nurturing and nourishing quality. Working with a rich variety of art materials, we will explore the inner and outer worlds through our imagination. This will be an ongoing, structured theme-based group; new participants are welcome at the beginning of each term.

£240 (£200) / 9 sessions
(contact Robin: 07974 674985)

Upcycling Workshop

Christmas Craft Making

Sun 20th Nov 4-6pm
Mon 21st Nov 7-9pm
Fri 25th Nov 4-6pm

You will learn how to transform your paintings into a Christmas lantern or decorations. Each session includes all the necessary instructions, templates and some materials to take home, so you can do more at home later with your friends and family.

£25 (£20) each session / max 5 places each



Saturday 10th Dec

Studio Practice Day

10am-2.30pm

Our studio space will be open for you to enjoy your artistic work (painting, drawing or clay sculpture) in a supportive and inspiring environment.

£7.50/hour or £30 for the day

Advent Gathering

3-5pm

You are all invited to celebrate this advent time, the darkest time of year. Outside it's dark and we see less but maybe we see more inside. Working with clay by candle light, we feel the clay and let our hands form the shape. There will be a chance to bisquit-fire your creations for a small charge and ready for Christmas.

£15 (incl. clay) + £5 for firing

