



## Studio Practice Session

Monday and Tuesday 2-5pm  
Wednesday 7-9pm and  
Thursday 10am-1pm  
from 11th Sept – 14th 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 in the social context.

## 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.

£9/hour or £25 for a 3-hour session



# Imagine Therapeutic Arts

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

The Studio is run by:

Hisako Simon  
Laura Ridolfi  
Robin R James  
Jessie Spurr

*We are grateful for the help of our volunteers*

### Our programme includes:

#### •Studio Practice Sessions (SPS)

Monday and Tuesday, 2-5pm  
Wednesday, 7-9pm  
Thursday, 10am-1pm

#### •Clay Club

Tuesday, 2-5pm

#### •Mixed Media Club

Thursday, 10am-1pm

#### •Art Evenings/Mornings

Monday 7-8.30pm  
Tuesday 10.00-11.30am

#### •Ageing with Soul Groups

*(in studio and online)*  
Wednesday morning, 10am-12.30pm

#### •Theme-based Group

Wednesday afternoon, 2.30-5pm

#### •Workshops

#### •Silvers & Carers

*Monthly group for people with memory problems and their carers (please enquire for dates and details)*

### Imagine also offers Cultural Events including Storytelling, Poetry, Music, and Art Exhibitions

See inside for further details about dates



Imagine Therapeutic Arts  
Unit 2, Block 2, Fromehall Mill  
Lodgemore Lane, Stroud GL5 3EH  
M: 07762 704738 • 07955 556478  
info@imagine-therapeutic-arts.co.uk  
W: imagine-therapeutic-arts.co.uk

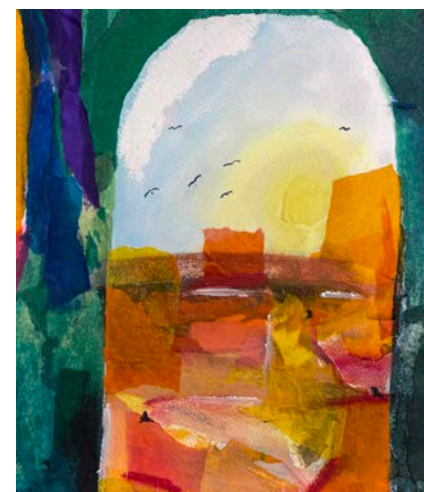
# Autumn 2023

imagine... therapeutic arts



“You can't use up  
creativity.  
The more you use,  
the more you have.”

Maya Angelou



## Welcome to Imagine Community Studios

For over 14 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**

## Art Evenings

Monday 7-8.30pm  
from 11th Sept – 11th Dec

## Art Mornings

Tuesday 10-11.30am  
from 12th Sept – 12th Dec

Are you curious but uncertain?

Both sessions offer 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.

£15/session, £10/the first session as a taster (contact Hisako: 07955 556478)



## Ageing with Soul

Wed 20th Sept – 6th Dec  
in-studio & on-line:  
10am-12.30pm, both groups

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.

If joining the online group from home, you will need a computer, tablet or smart phone, with a camera+mic, and a good internet connection.

£30 (£25) each session x 10 sessions  
£270 (£230) if paid at the start of term

## Sand Tray

### CPD Workshop

with John Playfoot

14th – 15th Oct

Sat and Sun 9.30am-5pm

In this workshop we will focus on understanding this remarkable therapeutic tool. I will present case studies and we will deepen our experience of the sand tray by working together in pairs and through discussion. I will share some of my experiences and research into eight specific elements of the Mandala, which can provide insights into a client's sand tray work. On hand of our own sand tray creations, we will use the eight mandala elements as a tool for deepening our perception and understanding.

*The workshop is aimed primarily at art therapists and play therapists. Previous experience of sand tray work is not essential.*

**John Playfoot** is an art therapist, he also teaches and runs workshops. He has been researching mandalas and practicing therapeutically with them for a number of years.

£160 (£140)

*To book your place please send a £30 non-refundable deposit to Imagine (via cheque or bank transfer) by 5th Oct*



## Experimental Drawing

### Weekend Workshop

with Nick Moore

18th – 19th Nov

Sat and Sun 10am-4pm

Challenge those mark-making habits in a relaxed and supportive environment. Over two days we will play with a range of drawing techniques and materials, embracing some unconventional methods. The emphasis will be on enlivening/reviving the creative process with structured exercises and time for individual development of work. An illustrated talk will be part of our enquiry. All levels welcome.

**Nick Moore** is an abstract painter, writer, curator and improvising musician based in Bristol.

£150 (£130)

*To book your place please send a £30 non-refundable deposit to Imagine (via cheque or bank transfer) by 9th Nov*



## Theme-Based Group

Wed 2.30-5pm  
from 27th Sept – 13th Dec

## An Earth Story

*Journey through the Earth: creatively explore the myths, magic and meaning of Agate.*

A supportive, weekly group which combines free and playful expression with a nurturing and nourishing quality.

Working with a variety of methods, creativity can encompass feelings, responses reactions and even emotions through the use of forms, colours, and textures. Different things can unfold through media and techniques that express our deepest or most joyous feelings and responses. Art can encapsulate and represent this in the most surprising, often small, and special ways.

Facilitated artistic exercises are combined with shared reflections on the creative process, in a supportive, non-judgemental space.

£290 (£260) / 10 sessions  
(contact Robin: 07974 674985)



## Advent Gathering

3rd Dec

Sunday 3-5pm

Working with clay by candle light at the darkest time of year: feel the clay and let your hands form the shape. We will make tea-light holders which will be bisque-fired if you wish, ready for Christmas. There will be festive refreshments to celebrate our creations together.

£15 (incl. clay) + £5 for firing

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

