



arts and minds

charity Charity No: 1122845

Arts on Prescription: What next?

We really hope you enjoyed taking part in Arts on Prescription. We hope we'll be able to offer future sessions and we are looking for funding to do that at the moment. In the meantime, we wanted to let you know about ways you can continue taking part in the arts.

Please note Arts & Minds does not endorse the activities listed below (with the exception of Michaelhouse Chorale which is associated with Arts & Minds). However, we have done our best to check that all information is accurate and up to date.

We will be putting this information on our website, www.artsandminds.org.uk and adding to it - so if you know of anything we should have included (or would like to comment on anything you try) then email us at info@artsandminds.org.uk.



We look forward to hearing from you.

Best wishes,

The Arts on Prescription team, March 2010

CENTRAL CAMBRIDGE

GENERAL ARTS INFORMATION

There is a useful list of links to art galleries, museums and places to see and do arts and crafts on the Cambridge Online website:

<http://www.colc.co.uk/shared/art.html#Cambridgegalleries>

FREE ACTIVITIES

CamMind, in Chesterton Road offers pottery and art workshops. These activities require participants to be referred, so please contact them to ask about suitability.

Tel: 01223 311320

Email: admin@cam-mind.org.uk

Website: <http://www.cam-mind.org.uk>

The Fitzwilliam Museum

Trumpington Street, Cambridge CB2 1RB

Open Tuesday-Saturday 10.00am-5.00pm

Sundays and Bank Holiday Mondays: 12 noon-5.00pm

The Fitzwilliam Museum has a huge variety of objects in its collection, ranging from illuminated manuscripts to contemporary paintings and sculptures.

Tel: 01223 332900

Email: fitzmuseum-enquiries@lists.cam.ac.uk

Website: <http://www.fitzmuseum.cam.ac.uk>

Kettle's Yard

Castle Street, Cambridge CB3 0AQ

Open Tuesday-Sunday and Bank Holiday Mondays

House 2.00-4.00pm, Gallery 11.30am-5.00pm

Kettle's Yard Gallery is a major centre for 20th century and contemporary art (see also details of drawing classes on page 4).

Tel: 01223 748100

Email: mail@kettlesyard.cam.ac.uk

Website: www.kettlesyard.co.uk

Lifecraft

Self-help organisation run by users and ex-users of mental health services. Run various creative/music groups (see the website for times and days).

Tel: Andrew (artist) 01223 566957

Email: Andrew@lifecraft.org.uk

Website: <http://lifecraft.org.uk/index.htm>

Little St Mary's Play-reading Group

This is a play-reading group which welcomes mental health service users. Please contact Fr Greany for further information.

Tel: Church phone 01223 366202

Email: andrew.greany@lsm.org.uk

Michaelhouse Chorale

A small choir for anybody with a mental health problem (whatever their age) their informal and professional carers and friends. Fridays, 2.30 to 3.30 pm at Michaelhouse, Trinity Street, Cambridge.

Tel: For further information ring Richard Taylor - 01799 541522, Christina Rowland-Jones - 01223 881267 or Peter Hilken - 01223 709760.

The Museum of Archaeology & Anthropology

Downing Street, Cambridge, CB2 3DZ

Open Tuesday - Saturday 10:30am - 4:30pm

Cambridge University's Museum of Archaeology and Anthropology offers a feast of images and ideas. Come and see world-class collections of Oceanic, Asian, African and native American art - canoes, sculptures, masks, and textiles - and major archaeological discoveries, ranging from the earliest stone tools to British finds from Roman and medieval periods.

Tel: 01223 333510

Website: <http://maa.cam.ac.uk>

ACTIITIES THAT MAKE A CHARGE (£)

Saturday drawing at Kettle's Yard

Summer Term: 24 Apr, 8 & 22 May, 5 & 19 Jun, 3 & 17 Jul

Fortnightly drawing workshop for adults and people aged 16+

11.30am - 2pm

£8 (£5 conc.) per session or £49 for the term

There are also family art activities on Saturdays and weekdays @ £5 per adult, £3 per child - these include Easter and May half-term workshops. Saturday Creative Writing will return this autumn.

Tel: 01223 748100

Website:

<http://www.kettlesyard.co.uk/education/adults.html>

<http://www.kettlesyard.co.uk/education/kidsfamilies.html>

ACTIVITIES THAT MAKE A CHARGE (££)

The Institute of Continuing Education at the University of Cambridge

offers a variety of courses open to the public, many of which can be counted towards a qualification.

These include creative writing and non-fiction writing such as writing about your life or family history. The courses are currently held on Monday evening and Thursday afternoon/evening and are priced at £85-£100 for 10 meetings. There are also some one and two day courses.

Tel: 01223 746262

Email: registration@cont-ed.cam.ac.uk

Website: www.cont-ed.cam.ac.uk

FULBOURN

GENERAL ARTS INFORMATION

There is information about the arts (including film, dance and drama) in Fulbourn on the website below. Look out for the annual Fulbourn Arts Festival in July.

<http://fulbournarts.wordpress.com/>

ACTIVITIES THAT MAKE A CHARGE (££)

Artist Deanna Tyson teaches drawing, painting and silk painting at local community colleges and from her studio in Fulbourn. She runs both weekly courses and Saturday workshops.

Tel: 01223 500 552

Email: deanna@deanna-tyson.com

Website: www.deanna-tyson.com

CAMBOURNE

GENERAL ARTS INFORMATION

The website below has some information about the arts in the Cambourne area:

<http://www.cambournearts.org/>

FREE ACTIVITIES

Cambourne Library

Creative Writing, Mondays at 1pm. Please contact the library for further details.

Tel: 0345 045 5225

Wysing Art Centre

Wysing Art Centre in Fox Road, Bourn offers Den-Making from Monday to Sunday 12-5pm during exhibitions when the site is open. "Discover our new Den-Making area and help yourself to all the materials needed to make your own den. Also, explore innovative artworks (including a Walking House and a recycled building with an alternative energy source) and wildlife around our 11 acre rural site using our Wysing trail guide. Suitable for all ages."

Tel: 01954 718 881

Email: info@wysingartscentre.org

Website: <http://www.wysingartscentre.org>

ACTIVITIES THAT MAKE A CHARGE (£)

Singing Men

Singing group for men in Cambourne 18+. Monday evenings 8.30 - 10.00pm at The Ark. Ring Gavin on 07545 641810 for more details and info on session schedule as it is not on every week. Approx £3 / session (pays for room hire and purchase of sheet music).

DISTANCE/ONLINE LEARNING, MAGAZINES AND WEBSITES

FREE ACTIVITIES

Open University (for creative writing) - lots of free online material e.g.

What is Poetry? <http://openlearn.open.ac.uk/course/view.php?id=2753>

Picturing the Family <http://openlearn.open.ac.uk/course/view.php?id=2688>

Start Writing Fiction <http://openlearn.open.ac.uk/course/view.php?id=2748>

Word and Image <http://openlearn.open.ac.uk/course/view.php?id=2751>

Writing What You Know

<http://openlearn.open.ac.uk/course/view.php?id=2799>

ACTIVITIES THAT MAKE A CHARGE (£)

Magazines:

Leisure Painter, the Artist, Artist & Illustrator, Writing, Writers' Forum
- can be purchased from large newsagents and may also be available in libraries.

Websites for art materials:

Great Art

Tel: 08433 571 572

Email: welcome@greatart.co.uk

Website: <http://www.greatart.co.uk>

Colourcraft

Tel: 0114 242 1431

Email: enquiries@colourcraft-ltd.com

Website: <http://www.colourcraftltd.com>

ACTIVITIES THAT MAKE A CHARGE (£££)

Open College of the Arts

The Open College of the Arts offers distance learning courses in Fine Art, Art History, Creative Writing, Music, Photography, Film & Digital Media and Textiles. They offer stand-alone modules which can be built up into a degree. Modules cost £595 but can be paid for in installments and learning takes place at your own pace with no formal exams.

Tel: 0800 731 2116

Email: enquiries@oca-uk.com

Website: <http://www.oca-uk.com>