



LOTTERY FUNDED

Moving On

www.magiccarpet-arts.org.uk/MovingOn.htm



Magic Carpet

Moving On is a Magic Carpet project. It will work with adults in the Exeter area, including those isolated through mental health issues, learning disabilities or being carers, and provide creative and development opportunities to develop participants' self-confidence, cognitive ability, focus and interpersonal skills, so they can become more involved in their local community and take part in mainstream college and development opportunities.

These are the Moving On groups that we have set up after spending time talking to people about what they would like to do.

Please look at the information below and decide which group, or groups, you would like to join. When you have decided please give us a call on **01392 422938 or 07771 272157** or send an email to **cre@magiccarpet-arts.co.uk** letting me know what you would like to come to, you can then ask any questions you would like answering. The cost for each session will be £1, payable on the day.

If you have not filled in one of Magic Carpet's General Information forms which asks questions about things we need to know about for your own safety, we will ask you to do this on the day. We look forward to seeing you at these groups.

<u>Relaxing Art Group</u>	<u>Monday Art for Carers</u>	<u>Indaba</u> <i>Indaba is the Zulu word for storyteller.</i>	<u>freehand</u> <i>Developing Art Skills</i>	<u>Scriptor</u> <i>Scriptor is the Latin word for writer</i>
Mondays 10am —12noon in the Art Studio at Exeter Phoenix. Starting on 10th May. This will be a visual arts group with activities designed to encourage participation and enjoyment. This will be a supportive and undemanding group.	Mondays 1pm – 3pm in the Art Studio at Exeter Phoenix. Starting on 19th April. This group will do a wide range of visual arts activities that will include painting, drawing, collage and other activities suited to all interests.	Wednesdays 1.30pm – 3.30pm in the Drama Studio at Exeter Phoenix. Starting on 21st April. This group will be creating stories through talking together around themes, writing and expressing these ideas in words and movement..	Wednesdays 2pm – 4pm in the Art Studio at Exeter Phoenix. Starting on 12th May. This group will offer a wide range of visual arts activities designed to expand experience and skills. You will be encouraged to develop your artistic ideas and abilities. This will offer a gentle supported taught arts environment.	Fridays 1pm—3pm in the Training Room at The Phew Centre, Bartholomew Street Starting on 7th May. A creative writing group that will encourage people to create their own work through taking part in writing exercises, talking about their writing and, where appropriate, reading out their work.
<u>This activity is for people with learning difficulties</u>	<u>This activity is for people who care for a family member</u>	<u>This activity is open to all</u>	<u>This activity is for people with learning difficulties</u>	<u>This activity is open to those interested in creative writing</u>