

Newsletter

Helping People with Learning Disabilities Thrive

November 2017 - Newsletter 21

Let's explore the River Cam!

Thanks to the Heritage Lottery Fund our students have been able to spend time researching contemporary and historical aspects of the heritage of the River Cam.

The project has provided many opportunities for the students at Rowan from training in the technique of oral history recordings, interviewing people associated with the river and creating artwork. Our students have had the chance to explore the river by getting out and about as well as researching the local history with visits to the Museum of Cambridge, Museum of Technology, Fitzwilliam Museum, Cambridge Central Library and much more. The project has enabled students to develop their understanding of the value of research. One student artist said: *"The River Project was good fun. I liked the trips to the river, the museums and the work we did."*

Some of the student artist's, along with Capturing Cambridge, produced a film all about the Memories of The River Cam which is now available at the Cambridgeshire Archive and can be viewed via our website.



What kind of society do you want to live in?

"There is no denying right now that life is particularly tough for the most vulnerable in our society.

This summer I visited the small community of Lochaline, Scotland, where they run a community harbor, shop and petrol station. The money they earn is reinvested in projects to benefit the community.

This led me to think about the kind of society I want to live in – one that extends a helping hand, where no-one gets left behind and everyone can participate.

Key to the small but functional Lochaline society was the kindness, friendliness and enthusiasm to help, very evident from the staff and volunteers.

The Rowan community also makes conscious choices of kindness, tolerance, generosity, connection, respect and one I particularly like 'doing life together'.

Perhaps groups such as those at Lochaline and Rowan, who choose this ethos, can lead by example to help our society to become kinder, more caring and better able to support those who are most vulnerable."

DES TROLLIP - DIRECTOR OF OPERATIONS

Winter Warmer

Wednesday 6th December
5pm - 8pm

Come in out of the cold and join us at Rowan for our winter open evening. Join a Christmas themed workshop. Handmade gifts and cards will be on sale. Refreshments and live music included!

Rowan at Christmas!

Friday 8th December
4pm - 6pm

Get into the Christmas spirit with Rowan's music students on **Friday 8th December** at **St Luke's Church, 4pm to 6pm**. Tickets £5 / £3 and will be available on the door. Refreshments available. St Luke's Church, Victoria Road, CB4 3DZ.

CHRISTMAS CLOSING TIMES:

Rowan will be closed over the Christmas period from **Friday 15th December** and will reopen on **Tuesday 2nd January 2018**.

Rowan's AGM

Wednesday 17th January
from 2pm

Join us to hear the latest news from Rowan plus future plans, at our AGM from 2pm to 3pm. Everyone is welcome and refreshments will be available afterwards.



Charity of the year for Rowan!

Rowan is very excited to announce that we have been chosen as the Charity of the Year by Cambridge University Press. We have been working closely with the CUP providing opportunities for their staff to volunteer at Rowan, to creating fundraising events, and spreading the word about what we do and the events we have coming up. We are very honoured to be chosen as their charity of the year and we are looking forward to growing our relationship over the next two years.



CAMBRIDGE
UNIVERSITY PRESS



Student Artists at Rowan

The day-to-day life and heart of Rowan comes from our students. Over and above scheduled studio activities, it is the joke told at lunchtime, a story from the weekend, exercise stretches on Wednesday (which always end with the Hokey Cokey), or communal singing to a bit of Elvis Presley! These moments when student share their lives make Rowan the special and friendly place it is. We asked our student artists a few questions so they can tell you why they like to come here...

WHY DO YOU COME TO ROWAN?

"Because I get to meet new friends and spend time with them."

"It is something different and fun!"

WHAT HAS BEEN YOUR FAVOURITE ACTIVITY WITH ROWAN THIS YEAR?

"Trips with my friends."

"I have really enjoyed helping with the commissions. The Milton Country Park sign is my favourite."

"Music and drama – they are the best part of Rowan! I loved doing the performance."

"All of it!"

CAN YOU DESCRIBE ROWAN IN ONE WORD?

Happy Family, Hardworking, Interesting, Friendship, Fantastic, Fun!



Open Studios weekend success!

A fantastic weekend was had by all at Rowan's Open Studios event in July. With over 200 people through the door our students and staff were kept busy. We had studio activities for all ages, plus our exhibition for our River Cam Heritage Lottery Project. A huge thank you to everyone who came along and made it such a success.

"A brilliant weekend and great to see what is right on our doorstep. I had no idea about the high standard of work produced at Rowan. Well done everyone"

"I visited the Open Studios today and was blown away by the creativity and skill on show. So much lovely work!"



Community Project

Throughout August and September Rowan students had the opportunity to work on Kettle's Yard Open House community project with the artist-in-residence Harold Offeh. Students were set the challenge of creating serving platters for the community feast, it made them think about relationships, memories and stories surrounding certain foods.

The serving platters were well received at the event and our students had a lovely time creating them. A few of the stories behind the platters included:

Emma and her favourite foods: *"I like hotdogs from the fairground, I like them with ketchup. Chocolate is milk and soft and melts in your mouth. I like having ice cream on the beach when it's hot. It's very creamy. You don't eat it you just lick it."*

Steve says: *"On Sundays I like having a roast dinner. I like pork with roast potatoes, peas, carrots, crackling and apple sauce."*

Lucy is a big fan of chicken curry: *"Chicken curry is my favourite type of curry. I have it in an Indian restaurant with my friends and my dad. We have rice, naan with coriander and poppadoms. We go on Thursdays. I enjoy spending time with my friends and chatting."*



FREE Taster Sessions...

...available at Rowan for potential students. Contact us today on 01223 566 027 to find out more. From woodwork, ceramics, textiles, print, mixed media to the performing arts Rowan is the perfect place to meet new people and enjoy being creative. Student artists told us why they come to Rowan.

"Rowan allows me to continue with my artwork as it has the best facilities for me."

"Rowan is my choice, I get to come and do what I enjoy doing."



2017 Commissions

This year Rowan has been involved in some very exciting commissions across Cambridgeshire. A few examples include a new welcome sign for Milton Country Park, a Schools' Garden sign and fairy house for the Botanic Gardens, as well as a sign for the Bedford Citizens Housing Association to celebrate 60 years!



ASH AND FRANCIS, WHO BOTH WORKED ON THE SIGN, MEET PETER GARSIDE WHO COMMISSIONED THE SIGN AT MILTON COUNTRY PARK.



CAMBRIDGE BOTANIC GARDENS



BEDFORD CITIZEN HOUSING ASSOCIATION

Thank you to our volunteers!

Rowan is very lucky to have a fantastic group of volunteers who always go the extra mile with events, supporting our students and bringing a smile to everybody's day. A shout out to one volunteer in particular is needed for his hard work and commitment to our recent fundraising efforts for raffle prizes: William Oakham collected a whole array of prizes for our summer events including the Open Studios and Arbury Carnival. Thank you for all of your support and help, William, as we truly could not have done it without you.

Volunteering at Rowan

Are you looking for volunteering opportunities? Then Rowan could be the perfect place for you! We are looking for volunteers to help in community fundraising events, bucket shaking as well as in our studios as creative mentors and one-to-one support for our students. Come along and get stuck in! For more information, call us on 01223 566 027.

Hire our facilities

Are you looking for a community space to hire? Rowan's facilities are now available from meeting rooms, studios and a central hub with tea and coffee facilities available. Rowan also has evening classes available to the local community in textiles, ceramics and more! To find out more and to see hire costs visit our website or call 01223 566027.



Contact us!

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If you would like to receive information about Rowan by email including future newsletters and monthly e-updates then please contact us on hetti@rowanhumberstone.co.uk

Design and Print by Burwell Print

How can I support Rowan?

Rowan is a charity and we work hard throughout the year to generate our own income. See below a few simple ways that you can help support Rowan.



• Great news! Rowan has now joined The Giving Machine. Supporters of Rowan can generate FREE donations when you shop online including: Amazon, John Lewis, ebay, asos and MORE! Visit the website on: www.thegivingmachine.co.uk. With the lead up to Christmas soon upon us this is a great opportunity to get those FREE donations rolling in.



• Local Giving makes it really easy for you to donate to Rowan with a one off donation or on a regular basis. It is also a fantastic platform for you to manage your own fundraising event from walking, swimming to a sky dive! Rowan is always looking for supporters to come forward with fundraising ideas so if you fancy having a go do get in touch!

Dear Supporters,

The 'new' Rowan premises are almost a year old and continue to delight all of us. We now have the extra space to work in with our student artists and to host evening classes and events. If you have not yet had time to view all the developments, then please do come and join us in early December for our annual Winter Warmer; we would be delighted to show you round. New also to Rowan are Bridget Orchard and Hetti Wood, who together are developing awareness of Rowan both within the Cambridge community and further afield. They are already knee-deep in ideas and activities, all designed to support our student artists and Rowan itself, as described in this newsletter. And there is more to come.

I hope that you enjoy all our news and will remain with us through the coming months as more adventures unfold.

With warmest wishes,
Margaret Phillips
Chairman

