

# Newsletter

Helping People with Learning Disabilities Thrive

December 2018 - Newsletter 23

## Connecting Communities

Our Connecting Communities project has taken our student artists along the A14 to visit Milton Country Park and Hitchingbrooke Country Park to work with the local community. We completed two ceramic dragonflies that can now be seen at each park and are a great excuse to see what else the park has to offer! Running since spring 2018, the project has involved community ceramic workshops, student artists getting creative in the studios and much more. Read the full story on our website.



## Heather's inspiring story

Heather has been coming to Rowan for a number of years starting in woodwork and then moving onto to different studios including textiles, mixed media and ceramics. Not only has she been creating wonderful artwork, but she has also been pursuing opportunities outside our studios. In September Heather had her work on display at her first exhibition along with selling items including her handmade cards. Recently she has taken a big step and enrolled on a photography course at Cambridge Regional College which she is thoroughly enjoying.

**"I have been doing artwork since the age of nine and have enjoyed it ever since. Christmas is a very busy time for me selling Christmas cards at different places near Cambridge. I enjoy coming to Rowan to learn new skills and to try things I would not get the chance to elsewhere. My family help me a lot. In the future I would like to have my own assistant to help me with everything. I enjoy doing artwork at Rowan and in my own free time."**

To see more of what Heather is busy doing you can follow her on social media on @HeatherBeArts. Heather's specialties are birds, insects and other people's pets so if you are interested in a commission get in touch!



Heather in textiles

## Upcoming events

### Winter Warmer

Wednesday 5th December, 5pm – 8pm

Join us for a festive evening at Rowan with handmade gifts, cards on sale and Christmas workshops. Refreshments and live music included. Free entry!



### Christmas Closing Times

Rowan's last day open will be Friday 21st December. We are then closed from Monday 24th December, reopening on Monday 7th January.

### Rowan's AGM

Wednesday 16th January 2019 from 2pm

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

### Charity art exhibition 'Cambridge Seen'

Saturday 9th & Sunday 10th  
February 2019

Calling all artists! Get creative for Rowan. Find out how you can get involved on our website. Your art can make a real difference. Save the date for our charity art exhibition 'Cambridge Seen' when you will have the chance to buy unique artwork from Rowan's student artists, local artists and others.

## Rowan is alive with the sound of music!

Music is as strong as ever at Rowan and very popular running three times a week. We are very excited to welcome Bethany Kirby who started in September.

"I'm Bethany and I am so pleased to have joined Rowan as the new Music Tutor! After co-founding a successful community choir in Cambridge six years ago, I decided it was time to take my love of music to the next step and make my hobby my job. In 2016 I completed an MA in Music Therapy at Anglia Ruskin University – and here I am today!

"My experience at Rowan so far has been wonderful and I am hugely grateful for the warm welcome I've received from everyone. We've already got up to a lot in the music studio, including themed improvisations, song writing, learning new pieces on the ukulele, trying out recording software and much more. One of the groups did a fabulous job performing our new music at a recent event hosted by the ABC programme (Awareness, Balance and Choice a programme to support anyone with learning disabilities with information around relationships, sex, sexual health and keeping safe). There are many more things I'd love us to try. Every week I'm inspired by the students and get new ideas all the time! And I'm really looking forward to seeing what we can do over the coming weeks and months!"

Photo on the right shows Bethany with student artists Jon, Imogen, Janette and Mark.

## Student artists walk for Rowan!

Over three sunny days in June our annual sponsored Walk for Rowan took place along the river at Midsummer Common raising £990! All of our student artists got involved as well as volunteers and staff. This was a great opportunity to work together as a team, raise vital funds for Rowan and have fun! Walkers covered an amazing 140 miles between them and we are already looking forward to next year's event.

"I love walking for Rowan and raising money for Rowan. I collected lots of stamps and walked with my friends" Elizabeth Rowan Student Artist.



## Mixing it up in mixed-media!

When it comes to mixed-media anything goes, and our tutor Lima Rose has certainly been mixing it up with felting and Makaton lessons (a language programme using signs and symbols to help people communicate). In the lead up to Christmas the studio has joined forces with our music tutor Bethany Kirby to teach the student artists Makaton Christmas Carols. It has been a huge hit as everyone gets into the Christmas spirit. The student artists then had the opportunity to create scarfs and bowls through felting. These items will be for sale to the public. Lima describes the benefits of felting for our student artists "For felting the process includes colourful fibres, soap and water with the use of bubble wrap and a rolling mat. It gives the student artists an opportunity to get hands on and creative. Results can be seen quickly and with an end result of scarfs and bowls we are able to sell them on at our open days and Winter Warmer events."



Dominic creating his own felting design



Heather and Clare felting with Cambridge University Press volunteer



The beginning of felting a scarf

## Why choose Rowan?

Imogen and Grace both started at Rowan in September and have had the opportunity to try different studios. As they are now settling into the Rowan routine we caught up with them to see how they are doing.

Imogen joined us in September and is now coming two days a week. **"On Monday's I get to do my two favourite things – music and drama! I have joined mixed-media on a Tuesday and we have been making big felting bowls in lots of colours. Rowan is friendly and happy. I am really enjoying it."**

Grace also joined us in September and is really enjoying her time with us.

**"I am at Rowan on Thursday and Fridays. I do felting in mixed- media and drama. I have enjoyed making new friends at Rowan as well as the stories and acting in drama."**



## Sheep's Green Local Nature Reserve

Rowan has joined forces with The Friends of Sheep's Green and Newnham Croft Primary School in an exciting project to design a new sign for the local community pool. The final sign will be inspired by drawings from the primary school children and Rowan student artists. Student artists will be working alongside our woodwork team to create the sign out of oak. Visit our website for further information on the project!



PICTURES:  
(Left to Right)

Volunteer Alex giving Tracey a push!

Sam getting stuck in at the Primary School

Chris helping with the Sheep's Green Survey

## Time for something new

When the gift aid and donation boxes at St Mary's Church started to fall apart, we were contacted to replace the old with the new. Rowan's wood team worked collaboratively with our student artists to create 54 boxes made from oak which they then oiled and finished. The boxes are now in pride and place at the Church.



## You can hire our studios!

Are you looking for a friendly community space to run a workshop or hold a meeting? Do you struggle to find affordable studio space? At Rowan we have spaces to hire for all of your needs! From our studio spaces to our meeting room and gallery, with tea and coffee facilities available, we can cater for your every need.

**"Being able to hire a studio at Rowan has made a real difference to my creative process. As an artist, the flexibility to hire a studio space during the hours that are more suitable to me, enables me to focus and start producing a new body of work. The studios are spacious, have all the necessary facilities and are full of natural light. I am also inspired by the lovely creative environment around me."** said by visual artist Luciana Rosado

To find out more about hiring a room at Rowan visit our website or get in touch on 01223 566 027 / hetti@rowanhumberstone.co.uk



# Volunteering at Rowan

Are you looking for volunteering opportunities in your local area? Then Rowan could be the perfect place for you! We are looking for volunteers to help in community fundraising events, studio creative support and one-to-one support for our student artists. To find out more information or to visit Rowan call us on 01223 566027.

## FREE taster sessions available for potential students.

From woodwork, ceramics, textiles, print, mixed media to the performing arts, Rowan is the perfect place to meet new people and enjoy being creative. Why do our student artists come to Rowan? Here are a few comments from current students: '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'.

## 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 Centre

## How can I support Rowan?

Fundraising is an essential part of supporting the day-to-day running of Rowan. We hold our own events throughout the year including our student artist fundraiser Walk for Rowan, Quiz Nights, Open Studios and more! Can you help us? Perhaps you work for a company that has a charity of the year? Are you looking for a new challenge and a charity to support while doing so such as skydiving, completing a marathon or holding a bake sale at work? At Rowan we have the team to support you.

Get in touch with us on 01223 566027 or email hetti@rowanhumberstone.co.uk. We would love to hear from you!

## Rowan Chairman retires

Rowan is sad to report that our Chair, Margaret Phillips, has decided to retire from her role with us. Margaret has guided Rowan over many years and we shall miss her wisdom and support. However we trust that in common with other former Trustees, Margaret will still visit our events and functions. And she shall always be welcome to pop into Humberstone Road.

**"Rowan owes a debt of gratitude to Margaret for her stalwart service over many years. We shall build on her work for the future to ensure that Rowan continues to thrive. We wish her much happiness for the future,"** said Rosalind Morgan, who is taking over as Chair of Trustees.



Student artist Frank getting giving it a go with the Irwin Mitchell staff.



A team from Irwin Mitchell completing a tough Mudder for Rowan in the summer



### Rowan in pictures

