

A-Z art school



This Autumn **Out of the Blue** and **VOCAL** (Voice of Carers Across Lothian) are working in partnership to offer unpaid carers a number of creative and inspiring workshops that carers can enjoy to take time away from their caring role, try something new and connect with others.

These free creative workshops include aerial dance, pottery, dressmaking, jewellery, eco printing and drama. The workshops are open for beginners as well as those who have some prior experience. The workshops will take place at Out of the Blue Drill Hall at 32-36 Dalmeny St and at Abbeymount Studios at the top of Easter Road.

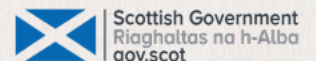
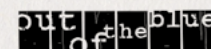
If you are interested in one of the workshops you can find out more and request a place to participate by visiting VOCAL's Wee Breaks website weebreaks.com and completing the online registration form for the workshop of your choice.

Alternatively, you can contact VOCAL by emailing: centre@vocal.org.uk or calling our Carer Support Team in Edinburgh (0131 622 6666) or Midlothian (0131 663 6869)

VOCAL (Voice of Carers Across Lothian) is a charity run for carers, by carers since 1994, supporting unpaid carers across Edinburgh and Midlothian to raise awareness of unpaid caring and identify the key challenges affecting those with caring responsibilities to help achieve the best possible outcomes.

Out of the Blue is an arts and educational charity based in The Drill Hall in Leith and has been providing opportunities for creative participation for over 25 years.

The A-Z Art School is funded via The Scottish Government's Community Health and Wellbeing Funding.



DRAMA

with **Active Inquiry**



Session 1 25/10/22
Session 2 1/11/22
Session 3 8/11/22
Session 4 15/11/22
Session 5 22/11/22
Session 6 29/11/22

Bring a bit more drama into your life by taking part in this 6-week character-creating and improvisation course from Active Inquiry.

Over the six weeks we will be playing games, creating characters and learning about improvisation and how we can create our own scenes. Each session leads on from the next but they are also designed as stand-alone sessions so there is no need to join all six if this doesn't work for you.

After the session please join us for a cup of tea or coffee in the cafe and a wee chat about what we have achieved together!

No previous drama experience is necessary, just a willingness to join in and have fun!

Tuesday afternoons
1pm-3pm
in the Rehearsal Room
at Out of the Blue Drill Hall

DRESSMAKING

with **Remode Collective**



Session 1 29/10/22
Session 2 5/11/22
Session 3 12/11/22
Session 4 19/11/22
Session 5 26/11/22
Session 6 3/12/22

Have you ever wanted to make your own clothes?

This short course is designed to quickly walk you through the basics, build your confidence and give you the knowledge and skills to make, alter and fix clothes.

Whatever level of sewing you have, our teaching method follows your interest to help you to reach your clothing-making goals!

All equipment and some materials will be provided but you are welcome to bring along your own sewing machine if you wish.

Saturday mornings
10.30am-12.30pm

in the Cutting Room
at Out of the Blue Drill Hall

AERIAL SKILLS

with **All or Nothing**

All
or
NOTHING



Ever fancied running away with the circus?

This introduction to aerial skills will give you a chance to try your hand at hanging upside down, learning moves on the trapeze, climbing the silks, and spinning on an aerial hoop.

No experience, strength or flexibility required! We start right at the beginning and can tailor to participants needs. If you have experience of aerial before, we can challenge and teach skills to your level. You'll learn how to get on and off the equipment, different ways of hanging, moves and tricks, building into a short sequence by the end of the 6 weeks.

Each class will begin with a warm up on the floor before moving into the air. We'll cool down and stretch at the end of the class before moving to the cafe for a cuppa, cake and chat.

Session 1 28/10/22
Session 2 4/11/22
Session 3 11/11/22
Session 4 18/11/22
Session 5 25/11/22
Session 6 2/12/22

This 6 week block will be run as a progression, however there will be space for people to come on a drop in basis to just try it once through the 6 weeks, or if you can only make a couple of the sessions.

Friday mornings
10-11.30am

in the Rehearsal Room
at Out of the Blue Drill Hall



JEWELLERY

with Precious Metals Workshop



If you're looking for a new hobby, a distraction from a busy life helping others or something to help you unwind why not try our Jewellery Making for beginners.

The first couple of weeks will be spent learning various jewellery techniques, using the relevant tools and equipment. The later part of the course will be dedicated to you making your own silver earrings, a textured silver ring and a silver pendant. Some of the techniques you will learn is saw piercing, drilling and filing metal, soldering and annealing, texturing and oxidising your metal.

Once you have learned the basic techniques and skills you will be in a better position to decide what you want to make. We will then order the relevant materials for you to produce your 3 pieces of jewellery by the end of the programme.

Session 1	24/10/22
Session 2	31/10/22
Session 3	7/11/22
Session 4	14/11/22
Session 5	21/11/22
Session 6	28/11/22

Monday evenings
5.30-7.30pm

in the Precious Metals Workshop
at Out of the Blue Drill Hall

POTTERY

with **Edinburgh Ceramics Workshop**



Develop your pottery skills over six weeks, with this short practical ceramics course.

Starting on the first day with an introduction to hand building, the course is intended for those with limited or no previous experience in ceramics.

Over the course of six weeks, participants will have the opportunity to experiment making small products with plant foraged surface inlays, learn different surface decoration and glazing techniques to creating their own hand built ceramic containers and vessels.

Session 1 29/10/22
Session 2 5/11/22
Session 3 12/11/22
Session 4 19/11/22
Session 5 26/11/22
Session 6 3/12/22

Saturday afternoons
1-4pm

in the Ceramics Workshop
at Abbeymount Studios

ECO PRINTING

with **Out of the Blueprint**



Together we will explore the Eco Print process, using foraged plant material to create impressions on paper and silk,

We will begin with some short foraging walks around London Road gardens, looking for examples of local dye plants and carefully pressing our leaves and flowers ready for dyeing. We will then work with our collected botanicals to dye and print on paper and silk.

Then we will soak our paper and silk in an iron rich solution made from rusty nails, layering them with overlapping petals and leaves. We will then press them tightly together and steam the bundles in a tea urn. During the steaming process the iron in the water and the tannins in the plant material will react to leave beautifully intricate impressions on the paper and silk, each creating a series of cards and a silk scarf.

Session 1 29/10/22
Session 2 5/11/22
Session 3 12/11/22
Session 4 19/11/22
Session 5 26/11/22
Session 6 3/12/22

Saturday afternoons
2-4pm

in the Print Studio
at Abbeymount Studios