

UCLan Arts



**A guide to
events and
exhibitions**


uclan

University of Central Lancashire

February – April 2020

INTRODUCTION

Welcome to the February to April 2020 edition of the newly named **UCLan Arts** guide which details a rich and diverse offering of over 70 events being hosted by staff and students from the University's Faculty of Culture and the Creative Industries. We are also delighted to include for the first time a selection of exhibition events being held by The Harris Museum, Art Gallery and Library.

Look inside and discover the strength of Preston's cultural offer. We hope you are tempted to engage in the arts, whether by way of the jam-packed Something For Everyone Taster Day or the final year productions from our talented acting and music theatre students: Twelfth Night, Scenes From The Big Picture and Build Your Own Utopia. We also have a series of exhibitions in our on-campus art galleries, PR1 Gallery and Hanover Project, which are both open to the public on weekdays. Keep a look out for Preview and Private View events where you can meet the artists exhibiting their work.

We are proud to announce that the Visual and Creative Competition is now open (see opposite). There's a choice of four categories to enter and it's open to ages 16-18 so this is your chance to be creative! The winners will be featured in our Great Northern Creative Expo 2020.

Discover more University events at uclan.ac.uk/whatson



Faculty of
**CULTURE AND
THE CREATIVE
INDUSTRIES**

VISUAL & CREATIVE COMPETITION



ARE YOU SITTING ON A WINNING ENTRY?

We want to hear from talented 16-18* year olds in full time education. There are four categories to enter!

MOVING IMAGE

Create any piece of moving image work, in any genre including animation, documentary, comedy or drama. Maximum running time 30 minutes.

PHOTOGRAPHY

Create an image on film, digital, black and white or colour photography.

SCREENWRITING

Write a monologue that is a maximum of three pages in length.

SONGWRITING

We want to find the best original song or original instrumental track in any style or genre.



SUBMIT YOUR ENTRY NOW

filmfreeway.com/VisualCreativeCompetition

CLOSING DATE FOR ENTRIES 21 AUGUST**

The Visual & Creative Competition is supported by The Great Northern Creative Expo. For more information about the competition and Expo, please visit: <https://tgnce.co.uk>. *as of 1 September. **The dates of The Great Northern Creative Expo 2020 run from 23 November - 28 November 2020, with the deadline for submissions on 21 August 2020.



WHAT'S ON

February pg 6-31

- Preston Scratch Band
- Borderline
- Jigsaw
- International Showcase
- Preston People's Choir
- Sound Out
- Scenes From The Big Picture
- Find Your Balance
- Nedelko with the Worldwise Samba Drummers
- Creative Place
- Worldwise International Book Club
- Rhythm Jam
- Something for Everyone Taster Day
- Intergrum: The electronic portrait of Russia and the CIS
- Korean Literature Night
- Oscar Documentary
- Earth Song: Love for Nature
- Preston Swing
- The Artful Line
- MORE T'NORTH
- The Unfurlings: Banners for Hope and Change
- A Colourful Life
- Twelfth Night by William Shakespeare
- Somatic Movement Workshop
- Singapura
- British Animation Women Breaking the Mould
- Skinner Releasing Workshop
- Fashion and Protest: What is there to be Mad About
- Asia Pacific Film Festival
- Ones to Watch
- Earth Song: Wind
- Storm
- Fine Art Student Show 3
- Inclusive Dance Training Masterclass

March pg 32-44

- Sound Out
- Preston People's Choir
- Find Your Balance
- Samba Reggae with the Worldwise Samba Drummers
- Summerfolk
- Preston Swing
- Fine Art Student Show 4
- Worldwise International Book Club
- Preston Scratch Band
- Provincial Headz: Hip Hop Reaching Hip Hop
- Does One Need to Engage a Detective to Learn a Language?
- An Introduction to Health for Linguists
- Earth Song: Water
- Rhythm Jam
- MA Fine Art Interim Exhibition
- Diversity and Inclusion Exhibition
- Somatic Movement Workshop
- Build Your Own Utopia
- NYA LitFest
- Flesh and Text Exhibition
- Earth Song: Spring Equinox
- Blood Rain Book Launch
- The Saturday Club Exhibition

April pg 45-51

- The Lights
- Sound Out
- Preston People's Choir
- Jai Jai with the Worldwise Samba Drummers
- Preston Swing
- First Year Show
- Somatic Movement Workshop
- Find Your Balance
- Preston Scratch Band
- Synergy - Cotton Powerhouse Legacy
- Hands Up Project Annual Conference
- Earth Song: Trees

February

Preston Scratch Band

Jon Aveyard, Anna Debbage and the UCLan Something for Everyone Project

Bring your instrument, bring your voice, or use the provided percussion instruments. Preston Scratch Band is an opportunity to play popular songs in a welcoming and accessible group where the emphasis is on having a good time rather than strictly getting all the notes right. The group provides books giving the lyrics, melodies and chords, and welcomes musicians of all levels of ability.

The music selection changes each week but might include songs such as 'Folsom Prison Blues', 'Hallelujah', 'Hi Ho Silver Lining', 'Mad World', 'Run', 'Stuck in the Middle with You', 'Walk of Life', 'Space Oddity' and 'Sunny Afternoon'. Preston Scratch Band typically meets on the first and third Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult.



 Saturdays 1, 15 February


 11am

 2 hours

 £5 donation requested

 No booking required

 8+

 Media Factory,
Room ME226 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 @UCLanJMP
@PrestonScratchBand

 @UCLanJMP

Borderline


Emma Priester

In this exhibition international artist, Emma Priester from the AKI ArtEZ Art School and UCLan Alumnus, Stewart Houliker-Collinge art worlds come together as one with discussion, learning and sharing. 'Borderline' is Emma's recent body of work. The Dutch-based artist works with raw materials such as metal and concrete. She tries not to edit the existing properties of these materials, but to use them in a natural way. The works that will be shown in this exhibition revolve around the theme of people and crowds, and a research to find oneself.



PREVIEW EVENING

All are welcome to attend the Preview Evening on Thursday 23 January, 5pm – 7pm. Refreshments will be available.

 Monday 3 February -
Wednesday 19 February
(weekdays only)

 9am-5pm

 Free


 No booking required

 10+

 Hanover Building,
Hanover Project Gallery,
UCLan, Bhailok Street,
Preston PR1 7AD

 @HanoverProjectPreston

 @uclanarts
@hanoverproject

 @UCLanADF
@Hanover_Project

 hanoverproject.wordpress.com

Jigsaw

Phil Morton and the UCLan Something for Everyone Project

Jigsaw is an open and public workshop and performance session exploring the nature and practice of free improvisation in music through a mixture of the playing of the music, discussion, and simple workshop routines. All levels of ability and experience are welcome. The current session format is a series of small group improvisations with some conversation and discussion between the pieces and a social break at the midway point.

The session runs monthly, usually on Tuesday evenings and is facilitated by Phil Morton of the Improvisers Network. Phil has worked in the field of free improvisation since 1992. His workshops are influenced by those of Eddie Prevost and John Stevens, and he is an active promoter of concerts of freely improvised music in Liverpool and the north. For more information, details on future dates and to book your place, contact Phil Morton.



International Showcase

UCLan and NAFA Partnership

Since 2011, the University of Central Lancashire (UCLan) has held an international partnership with Nanyang Academy of Fine Art (NAFA), Singapore.



Initially, the partnership was between UCLan's Interior Design and NAFA's Spatial Design courses. In 2018, a further three courses were partnered with UCLan: 3D Design, Design and Media and Fine Art. This International Showcase is to highlight NAFA students' degree work. To demonstrate their diverse approach to their studies, three students from each course are included in this showcase. The intention is to make this an annual event to highlight this valued partnership and the importance of design.

 Monday 3 February


 6.45pm


 2 hours 30 minutes


 £3


 Booking required

 16+

 Media Factory,
Room ME111 (first floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 philmorton@
improvisersnetwork.co.uk
07999 518582


 Tuesday 4 February
– Thursday 13 February
(weekdays only)

 9am-5pm

 Free

 No booking required

 18+

 Victoria Building,
PR1 Gallery (ground floor),
UCLan, Adelphi Street,
Preston PR17HD

 @uclanarts

 @UCLanADF

Preston People's Choir

Moira Hill and the UCLan Something for Everyone Project

The Preston People's Choir meets every Tuesday evening to sing arrangements of popular songs and folk songs from around the world. This is a Natural Voice choir meaning that all voices are welcome, there are no auditions, and no previous experience of music-making is required. Rather than using printed music, the songs are taught within the sessions by repeating back lines sung by the choir leader. Those who want to can also take part in the occasional performances given by the choir in Preston and beyond.



The choir is led by Moira Hill who has been teaching and leading choirs and singing workshops for more than 15 years. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.

Every Tuesday in February

7pm

2 hours

£3-£6

No booking required

8+

Media Factory,
Room ME226 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY

JAveyard@udan.ac.uk

@UCLanJMP
@soundoutvoice

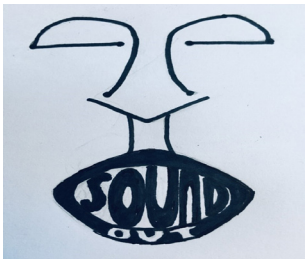
@UCLanJMP

Sound Out

Angela Vowles and the UCLan Something for Everyone Project

Have you ever felt restricted when it comes to speaking out or, felt lost for words? Is it a confidence issue? Do you like the sound of your own voice? Sound Out deals with the expressive voice, the voice that lies dormant due to lack of confidence and self-worth. Vocal coach Angela Vowles has been studying the voice for 20+ years in performance and the teaching arena. Sound Out is not about singing the correct notes or making accurate melodies, it's about having the belief that your voice represents you and you have something worth sounding.

This hour-long session takes place in ME011, an empty space for voices to fill. Angela takes you through some deep listening processes and breathing exercises to ease you into the workshop. She informs as she goes explaining how the voice works and how to make good use of it.



Participants have the time to think and relax as well as improvise and have fun. The sounds created are unique and inspire vocalists as well as actors and poets. Children must be accompanied throughout by a responsible adult. For more information contact Angela via the email provided.

Tuesday 4 February

5.30pm

1 hour

£3 donation requested,
students free

No booking required

14+

Media Factory,
Room ME011 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

AJVowles@uclan.ac.uk

@UCLanJMP
@soundoutvoice

@UCLanJMP

Scenes From The Big Picture

A Play by Owen McCafferty,
performed by Year 3 BA (Hons) Acting

Intimate and epic, funny and heart-breaking, Scenes from the Big Picture is a panoramic portrait of contemporary Belfast with a multi-stranded narrative featuring over 20 characters. The play's action, although depicted on a large dramatic canvas, explores the impact of small and apparently insignificant moments in its characters' lives.

Over the course of a single day, individual lives intersect, and private and public worlds collide. Owen McCafferty's multi-award-winning play is the second of this year's BA (Hons) Acting graduate productions. Strong performances from a talented ensemble, a haunting soundtrack and visually stunning imagery make this a must-see production.



Preston Scratch Band typically meets on the first and third Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.


Find Your Balance

Anna Debbage and the UCLan Something for Everyone Project


Take some time for yourself in the middle of your day to relax, rest and find your balance at this guided lunchtime meditation. After a short exercise to fully arrive you can settle down into a comfortable position and rest deeply as you are guided through 20 minutes of relaxation. After this restorative, restful meditation, there is a gentle waking up of the body and mind, leaving you feeling calm and relaxed as you return to your day. No experience necessary and everyone is welcome. Mats, chairs and cushions are provided.



 Wednesday 5
– Saturday 8 February

 2pm and 7pm
(no matinee performance on Wed 5 Feb)


 2 hours 45 minutes

 £10, concessions £5

 Booking required


 15+

 St Peter's Arts Centre, UCLan,
St Peters Street, Preston
PR1 2XT

 [www.ticketsource.co.uk/
candtevents](http://www.ticketsource.co.uk/candtevents)

 @UCLanJMP

 @UCLanJMP

 Every Tuesday in February
(except 18 Feb)


 1.15pm


 30 minutes

 Free

 No booking required

 18+

 Oasis Centre, Multi-Faith Prayer
Room, UCLan, Kirkham Street,
Preston PR1 2XY

 purplemoonshine45@yahoo.com

 @UCLanJMP
@meditationpreston

 @UCLanJMP

Nedelko with the Worldwide Samba Drummers

Jon Aveyard and the UCLan Something for Everyone Project

The Worldwide Samba Drummers are a community group who play high-energy music inspired by the samba music of Brazil. They meet every Wednesday in the Media Factory and regularly perform around Lancashire. The band is led by UCLan music lecturer and Something for Everyone project leader Jon Aveyard. Sessions are open to anyone regardless of experience or ability. February's series will teach a piece based very loosely on the song 'Danny Nedelko' by the band Idles in preparation for a performance at the Standing Together Against Racism event and the UCLan Diversity Carnival, both due to take place in March.



*He's made of bones, he's made of blood
He's made of flesh, he's made of love
He's made of you, he's made of me Unity*

Children must be accompanied throughout by a responsible adult. For more information contact Jon on JAveyard@uclan.ac.uk

Every Wednesday in February (except 19 February)

6pm

2 hours

£3

No booking required

8+

Media Factory, Room ME226 (second floor), UCLan, Kirkham Street, Preston PR1 2XY

JAveyard@uclan.ac.uk

Creative Place

Engage UCLan

Creative Place is a new weekly event where anyone, regardless of previous experience or artistic merit, can come along and unleash their creativity. You can drop into the sessions any time and stay for as long as you like. They're free to attend too. Bring along just yourself or a current project or idea. If you don't have your own materials then you'll find plenty of acrylic paints, pencils, paper and fun activities on hand to help you while away the time. Join us for a few hours of escapism in a calm social session and a welcome refuge from the everyday bustle of life.



Every Thursday in February

11am

5 hours

Free

No booking required

18+

Harris Museum, Art Gallery and Library, Our Place (ground floor), Market Square, Preston PR1 2PP

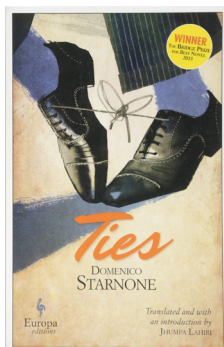
@EngageUCLan

Worldwise International Book Club

Ties by Domenico Starnone (Italian)

Join us once a month for our International Book Club, where we review and celebrate a variety of wonderful international books. This month we are reading *Ties* by Domenico Starnone translated by Jhumpa Lahiri, available to borrow in English and Italian from the Worldwise Learning Centre.

They married young. They were in love and desired independence. But as middle-age and family obligations set in, their marital vows lost meaning. When he left, she felt gripped by rage. He moved to Rome



and met a younger woman. She stayed with the kids in Naples, a city from which she felt a growing estrangement. But the inescapable ties that bind us can be tenacious, stronger even than both the wounds inflicted by abandonment and the desire for freedom. Can betrayal ever be swept under the carpet? Domenico Starnone's thirteenth work of fiction is a powerful short novel about relationships, family, love, and the ineluctable consequences of one's actions.


Rhythm Jam

Tim Saunders and the UCLan Something for Everyone Project

The Rhythm Jam sessions provide an opportunity to join a lively and friendly group of people having a musical jam together. All levels of ability and experience are welcome. There will be a large variety of percussion instruments provided and you are welcome to bring along additional percussion or pitched instruments. The use of voice and movement is also encouraged. There are no scores or set structures, just a few prompts from the session leader, Tim Saunders. As a result, the music shifts from high-energy to gentle ambience in response to the participants.



The Rhythm Jam sessions typically take place on the second Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.

 Friday 7 February


 12 noon

 1 hour

 Free

 No booking required

 18+

 Adelphi Building,
Worldwise Open Area AB108
(first floor), Adelphi Street,
Preston PR1 7AY

 @UCLanLGS
@WorldwiseCentre

 @WorldwiseCentre

 @UCLanLGS
@WorldwiseCentre

 Saturday 8 February

 1.30pm

 2 hours

 Donations requested

 No booking required

 8+

 Media Factory,
Room ME010 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 JAveyard@uclan.ac.uk

 @UCLanJMP

 @UCLanJMP

UCLan Something for Everyone Taster Day

Sunday 9 February

**Here's your chance to have a go at drumming,
singing, dancing, Tai Chi, meditation and more!**

Workshop leaders from the UCLan Something for Everyone project will guide you in trying out the activities – all for FREE. Plus we have special guest sessions led by:

- Tai Chi For You
- Brigantii Border Morris Dancers
- Improvisation band - Cold Bath Street

We hope you choose to spend the full day with us – but you are welcome to drop in and out at any point. Loose clothing is advised for the dancing sessions.

Running order

10am: Rhythm Jam

11am: Sound Out, Worldwide Samba Drummers

12 noon: Earth Song, Cold Bath Street, Border Morris Dancing

1.15pm: Find Your Balance, Tai Chi

2pm: Preston People's Choir, Jigsaw

3pm: Harmonious Beats, Preston Swing

4pm: Preston Scratch Band



FREE parking

This event is supported by the UCLan Contemporary Arts Development Group

Rhythm Jam

Tim Saunders and the UCLan Something for Everyone Project

The Rhythm Jam sessions provide an opportunity to join a lively and friendly group of people having a musical jam together. All levels of ability and experience are welcome. There will be a large variety of percussion instruments provided and you are welcome to bring along additional percussion or pitched instruments. The use of voice and movement is also encouraged. There are no scores or set structures, just a few prompts from the session leader, Tim Saunders. As a result, the music shifts from high-energy to gentle ambience in response to the participants.



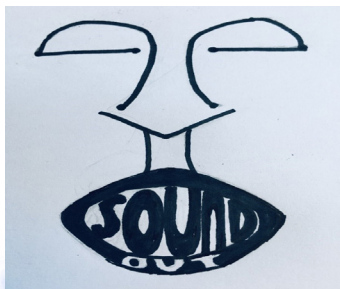
The Rhythm Jam sessions usually take place on the second Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.

Sound Out


Angela Vowles and the UCLan Something for Everyone Project

Have you ever felt restricted when it comes to speaking out or, felt lost for words? Is it a confidence issue? Do you like the sound of your own voice? Sound Out deals with the expressive voice, the voice that lies dormant due to lack of confidence and self-worth. Vocal coach Angela Vowles has been studying the voice for 20+ years in performance and the teaching arena. Sound Out is not about singing the correct notes or making accurate melodies, it's about having the belief that your voice represents you and you have something worth sounding.

This session takes place in ME011, an empty space for voices to fill. Angela takes you through some deep listening processes and breathing exercises to ease you into the workshop. She informs as she goes explaining how the voice works and how to make good use of it.



Participants have the time to think and relax as well as improvise and have fun. The sounds created are unique and inspire vocalists as well as actors and poets. Children must be accompanied throughout by a responsible adult. For more information contact Angela Vowles.

 Sunday 9 February


 10am

 45 minutes

 Free

 No booking required

 8+

 Media Factory,
Room ME010 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 JAveyard@uclan.ac.uk

 @UCLanJMP
Rhythm Jam

 @UCLanJMP

 Sunday 9 February


 11am

 45 minutes

 Free

 No booking required

 8+

 Media Factory,
Room ME011 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 AJVowles@uclan.ac.uk

 @UCLanJMP
@soundoutvoice

 @UCLanJMP

Worldwise Samba Drummers

Jon Aveyard and the UCLan Something for Everyone Project


The Worldwise Samba Drummers is a community group who play high-energy music inspired by the samba music of Brazil. The group meet every Wednesday in the Media Factory and regularly perform around Lancashire at events such as the Liverpool Brazilica, the Preston Caribbean Carnival, Making a Mark, Standing Together Against Racism and more. The band is led by UCLan music lecturer and Something for Everyone project leader Jon Aveyard.

This taster session, open to participants regardless of experience or ability, will guide the group towards building some samba patterns

using the various instruments of the band from the tiny tamborim to the huge surdo drums.

Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.




 Sunday 9 February


 11am


 45 minutes

 Free

 No booking required

 8+

 Media Factory,
Room ME002 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 @UCLanJMP
@worldwisesamba

 @UCLanJMP

Earth Song

Anna Debbage and the UCLan Something for Everyone Project

Everyone is welcome at this ceremony which is not orientated within any one religious, spiritual or philosophical path but focuses on connecting and honouring our beautiful Mother Earth. The ceremonies typically meet around a central altar and welcome the elements of Earth, Wind, Fire, Water and Spirit, before moving together through a series of reflections, activities, offering and simple ritual. Wisdom from all traditions is welcome here as we celebrate and reconnect with nature together.



Anna Debbage is a community arts practitioner who has been holding sacred spaces for over three years. Children must be accompanied throughout by a responsible adult. For more information contact Anna Debbage via the email provided.

 Sunday 9 February


 12 noon

 45 minutes

 Free

 No booking required

 14+

 Media Factory,
Room ME011 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 purplemoonshine45
@yahoo.com

 @UCLanJMP

 @UCLanJMP

Cold Bath Street


Simon Partridge, members of Cold Bath Street and the UCLan Something for Everyone Project


Improvisation isn't just for the most experienced jazz musicians, it's a way of making great music that is open to all. This workshop is designed to open this door for players of any instrument, style, age or experience level. No music reading is required, just a basic working knowledge of an instrument.

Workshop content may include roles within the music, listening and responding, and phrasing and rhythmic interaction. The workshop leader, Simon Partridge, is a highly experienced musician, a northern-based academic and educator. Simon has been developing approaches to encouraging collaborative music making as can be seen in practice



in his acclaimed band, Cold Bath Street but can also be experienced in practical workshops such as this one which invites members of the public to work with Simon and his band to make original music together. You will need to bring your instrument to take part in this session though vocalists are also welcome. For more information contact Simon Partridge.

 Sunday 9 February


 12 noon

 45 minutes

 Free

 No booking required

 16+

 Media Factory, Room ME007 (ground floor), UCLan, Kirkham Street, Preston PR1 2XY

 SBPartridge@udan.ac.uk

 @UCLanJMP
@coldbathstreet

 @UCLanJMP

Border Morris Dancing

Brigantii Border Morris and the UCLan Something for Everyone Project

Border Morris originated from dances performed on the Welsh and English borders and is characterised by the wearing of brightly coloured jackets made of tattered fabric and decorated top hats, along with painted faces and participants dance by clashing long sticks and stepping.

Brigantii Border Morris, formed in 2018, is a new side and the group has a lot of fun developing completely new dances. Some members are experienced, others have never danced before. The group performs at a variety of events, including festivals and carnivals and invite anyone



to come along and have a go. Complete beginners welcome. It is great fun and excellent exercise. Children must be accompanied throughout by a responsible adult. For more information contact Linda Sever.

 Sunday 9 February


 12 noon

 45 minutes


 Free

 No booking required

 8+

 Media Factory, Room ME002 (ground floor), UCLan, Kirkham Street, Preston PR1 2XY

 LSever@udan.ac.uk

 @UCLanJMP
Brigantii Border Morris

 @UCLanJMP

Find Your Balance

Anna Debbage and the UCLan Something for Everyone Project

Take some time for yourself in the middle of your day to relax, rest and find your balance at this guided lunchtime meditation. After a short exercise to fully arrive you can settle down into a comfortable position and rest deeply as you are guided through 20 minutes of relaxation. After this restorative, restful meditation, there is a gentle waking up of the body and mind, leaving you feeling calm and relaxed as you return to your day. No experience necessary and everyone is welcome. Mats, chairs and cushions are provided. Children must be accompanied throughout by a responsible adult. For more information contact Anna Debbage via the email provided.




Tai Chi

Jing Chen and the UCLan Something for Everyone Project

Tai Chi is an effective exercise suitable for all ages and all levels of fitness. Regular practice improves strength, balance and flexibility as well as mental clarity. It is recommended on the NHS website for fall prevention. It is also known as meditation-in-motion because of its focus on slow controlled movements synchronized with deep breathing. A wonderful way to de-stress in the middle of a busy day.

The UCLan Tai Chi sessions open to the public are usually run by Feixia Yu, director of the Confucius Institute, but today's taster session will be led by Jing Chen. Children must be accompanied throughout by a responsible adult. Please wear loose fitting clothes and light shoes with a thin sole. For more information contact Jon Aveyard.




 Sunday 9 February


 1.15pm

 30 minutes


 Free

 No booking required


 14+

 Media Factory,
Room ME010 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 purplemoonshine45
@yahoo.com

 @UCLanJMP
@meditationpreston

 @UCLanJMP

 Sunday 9 February


 1.15pm

 30 minutes

 Free

 No booking required

 8+

 Media Factory,
Room ME002 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 Javeyard@udan.ac.uk

 @UCLanJMP

 @UCLanJMP


Preston People's Choir

Moira Hill and the UCLan Something for Everyone Project

Singing together is fun and good for your health and well-being. Moira Hill is a member of the Natural Voice Network which believes everyone can sing and has the right to sing. No one is asked to sing on their own and everyone learns together by ear, so you don't have to read music. You will be welcome if you have never sung before or if you are already in a choir. Come along and find your own voice.



The Preston People's Choir meets at the UCLan Media Factory every Tuesday at 7pm. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.

 Sunday 9 February


 2pm

 45 minutes

 Free

 No booking required

 8+

 Media Factory,
Room ME011 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 JAveyard@uclan.ac.uk

 @UCLanJMP
@PrestonPeoplesChoir

 @UCLanJMP

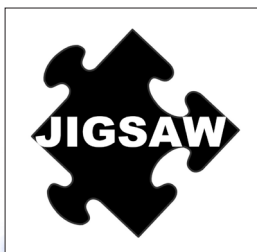
Jigsaw

Phil Morton and the UCLan Something for Everyone Project

This is an open and public workshop and performance session exploring the nature and practice of free improvisation in music through a mixture of; the playing of the music, discussion, and simple workshop routines. All levels of ability and experience are welcome. You will need to bring your instrument(s) to take part in this session though vocalists are also welcome.

Topics covers may include: attentive listening, unlearning mechanical ways of making music, taking risks, exploring the creative dynamic in the room and people present. The session format is:

- A series of small group improvisations, 5 -10 minutes each.
- Conversation and discussion between the pieces.
- Exercise and workshop pieces to reflect the interest of participants.



Children must be accompanied throughout by a responsible adult. For more information contact Phil Morton.

 Sunday 9 February


 2pm


 45 minutes

 Free

 No booking required

 14+

 Media Factory,
Room ME007 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 philmorton@
improvisersnetwork.co.uk
07999 518582

improvisersnetworks.online/
uk/north-west-start-page

Harmonious Beats

Sean O'Hara and the UCLan Something for Everyone Project

The Harmonious Beats workshops are for beginner level drummers. Participants work their way through various rhythms, breaks, solos and techniques inspired by African drumming. This is a great opportunity to immerse yourself in music and learn a new skill whilst having lots of fun. The sessions are led by local musician and percussion teacher Sean O'Hara, also a member of the band Mobius Loop and the art collective Nomads.




Djembe are provided but feel free to bring your own if you have them. Availability of drums means there is a limit of approximately 15 participants for this session. Children must be accompanied throughout by a responsible adult. For more information contact Sean O'Hara.

Preston Swing

Nicola Kitchen and the UCLan Something for Everyone Project

Preston Swing meet weekly to learn Lindy Hop, which is a swing dance from the 1930s and 40s. It originated in Harlem and made its way to the UK during the war. It is a fun, partly improvised partner dance, with none of the formality of Ballroom dancing. During this taster session we will introduce you to the three basic steps of the dance (one of which is simply walking) and get you dancing; all within 45 minutes. If it is something that you enjoy, then come along on Thursday evenings to learn more. Wear flat shoes and bring along a drink. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.



 Sunday 9 February


 3pm

 45 minutes

 Free

 No booking required

 8+

 Media Factory,
Room ME010 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 sean92ohara@gmail.com

 @UCLanJMP
Harmonious Beats
Drumming Group

 @UCLanJMP

 Sunday 9 February


 3pm

 45 minutes

 Free

 No booking required

 8+

 Media Factory,
Room ME002 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 JAveyard@udan.ac.uk

 @UCLanJMP
@PrestonSwing











 @UCLanJMP

Preston Scratch Band

Jon Aveyard, Anna Debbage and the
UCLan Something for Everyone Project

Preston Scratch Band is an opportunity to play popular songs in a welcoming and accessible group where the emphasis is on having a good time rather than strictly getting all the notes right. The group welcomes musicians of all levels of ability. The music selection changes each week but might include songs such as 'Folsom Prison Blues', 'Hallelujah', 'Hi Ho Silver Lining', 'Mad World', 'Run', 'Stuck in the Middle with You', 'Walk of Life', 'Space Oddity' and 'Sunny Afternoon'. For the taster session you are encouraged to bring along your instruments, or make use of the provided percussion, or sing along as we play through a few pop songs from the repertoire. Music books and lyrics sheets will be provided.

Preston Scratch Band typically meets on the first and third Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.

-  Sunday 9 February
-  4pm
-  45 minutes
-  Free
-  No booking required
-  8+
-  Media Factory,
Room ME007 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY
-  JAveyard@uclan.ac.uk
-  @UCLanJMP
Preston Scratch Band
-  @UCLanJMP



Intergrum: The electronic portrait of Russia and the CIS

Alexander Smoljanski


For all those involved in Digital Humanities, this is a presentation of a powerful tool - not to be missed. Presented by the IT company director Alexander Smoljanski, a man with many hats. He's a film maker, literary translator, and director of the IT company and Information Agency involved in global monitoring: Integrum World Wide. The presentation will cover the following topics.

Integrum Profi: The largest archive of mass-media sources from Russia and the former Soviet Union with a range of analytical tools.

My Integrum: Unlimited access to the archive of Russian and post-Soviet press, customized news feeds and ready-made analytical reports.

Integrum Social Networks: Monitoring posts from more than 500 million open profiles in the most popular social networks.

Integrum Companies: Analytical research based on official information from databases on financial statements, corporate structure, court decisions, connections between people and businesses of about 12 million companies and private entrepreneurs registered in Russia.

 Tuesday 11 February


 5pm

 1 hour

 Free

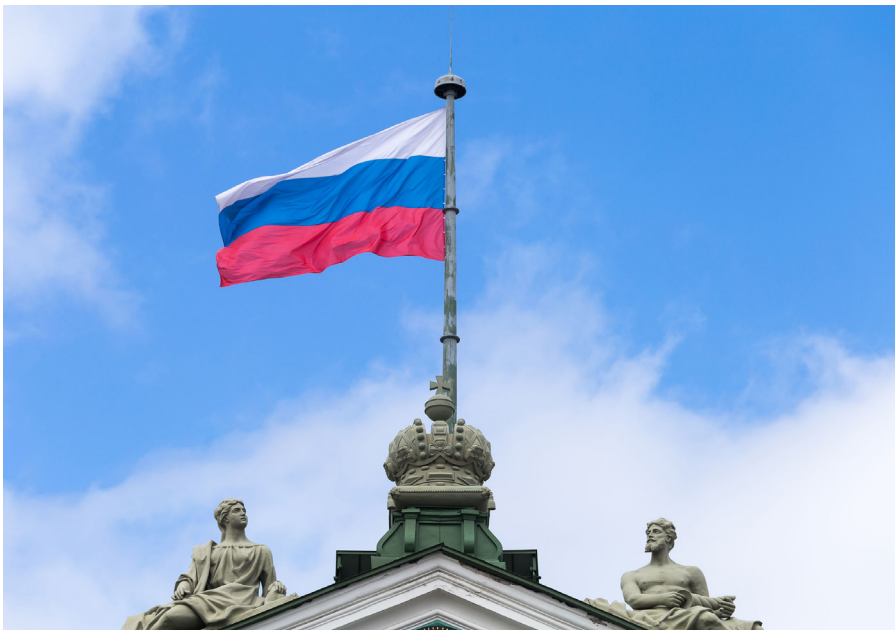
 No booking required

 12+

 Brook Building,
Room BB245a (second floor),
UCLan, Victoria Street,
Preston PR1 7QR

 @UCLanLGS

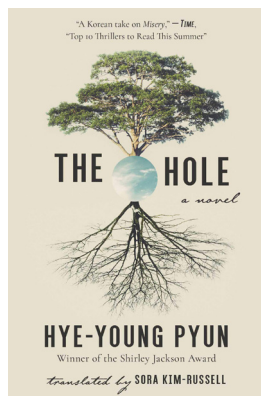
 @UCLanLGS
@WorldwiseCentre



Korean Literature Night

International Institute of Korean Studies

This is the first Korean Literature Night to be held in the UCLan Library. We will read and discuss 'The Hole' by Hye-Young Pyun, a psychological thriller revolving around protagonist Ogi, who wakes up from coma caused by a devastating car accident that took his wife's life and left him paralyzed and badly disfigured.



The Korea Culture Centre has held Korean Literature Nights previously as part of K-Wave in London, but this event will be the first for the North of England. To book and to find out about future Korean Literature Nights contact Rowann Fitzpatrick.

 Wednesday 12 February


 5pm

 2 hours

 Free

 Booking required

 15+

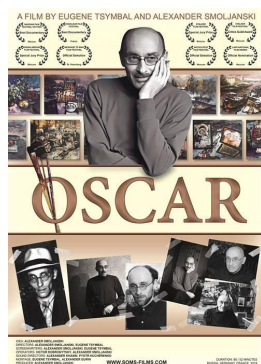
 UCLan Library, Korea Corner (second floor), UCLan, Adelphi Street, Preston PR1 2BX

 RFitzpatrick2@uclan.ac.uk
kccuk.org.uk

Oscar Documentary

Alexander Smoljanski

This crowdfunded, award-winning documentary project is the story of one of the most famous Russian artists, Oscar Rabin (1928-2018), who challenged the Soviet communist system and managed to prevail. In 1974, he organised an open-air art exhibition which the KGB smashed with bulldozers. This was the most effective act of civil disobedience in the USSR since Stalin's death in 1953. The story spans three decades of the Soviet history and documents Oscar's successful attempts to confront the regime with paints and brushes. This is a story about the power of non-violent resistance, about the borders



of compromise, about people who tried to preserve inner freedom in a country that wasn't free. It is a refugee success story: a story of love, art and human dignity.

Co-Director, Alexander Smoljanski worked alongside BAFTA-winning director, Eugene Tsybmal for this project – resulting in considerable attention from the international public and cinema professionals.

 Wednesday 12 February


 6pm

 2 hours

 Free

 No booking required

 12+

 Foster Building, Mitchell and Kenyon Cinema (ground floor), UCLan, Corporation Street, Preston PR1 2HE

 @UCLanLGS

 @UCLanLGS
@WorldwiseCentre

Earth Song: Love for Nature

Anna Debbage and the UCLan Something for Everyone Project

Everyone is welcome at this morning ceremony, which is not orientated within any one religious, spiritual or philosophical path but focuses on connecting with and honouring our beautiful Mother Earth. We will meet around a central altar, welcome the elements of Earth, Wind, Fire, Water and Spirit, then move together through a series of reflections, activities, offerings and simple ritual. The ceremony will include decorating green hearts to give away, symbolising and encouraging Love for Nature. Feel free to bring a short contribution to share related to the weather, the season, the theme or your own spiritual path.



Anna Debbage is a community arts practitioner who has been holding sacred spaces for more than three years. Children must be accompanied throughout by a responsible adult. For more information contact Anna via the email provided.

Preston Swing

Nicola Kitchen and the UCLan Something for Everyone Project

Lindy Hop is a dance which evolved in the ballrooms of Harlem in the 1930s. It is fun and exuberant, incorporating partner and solo dancing within the same dance. It is a social dance, originally danced as part of a night out for the young people of Harlem, so instead of learning a set routine you are taught how the dance works and you and your partner create something original as the music moves you. Its versatility means it appeals to both artistic and scientific types.

Nicola Kitchen has been learning Lindy Hop for the past nine years after studying other forms of dance and trained with Ryan Francois, one of the premier Lindy Hoppers in the world. Good technique and individuality are encouraged in our lessons. No partner or previous dance experience needed. Wear flat shoes and bring along a drink. For more information contact Jon Aveyard.



 Wednesday 12 February


 10am

 45 minutes

 Free

 No booking required


 14+

 Oasis Centre,
Multi-Faith Prayer Room,
UCLan, Kirkham Street,
Preston PR1 2XY

 purplemoonshine45
@yahoo.com

 @UCLanJMP

 @UCLanJMP

 Every Thursday
(except 20 February)


 7.30pm

 1 hour 45 minutes

 Free

 No booking required

 16+

 Media Factory,
Room ME226 (second floor)
or ME035 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 JAveyard@uclan.ac.uk

 @UCLanJMP
@PrestonSwing

 @UCLanJMP

The Artful Line

Drawings from the Harris collection and The Courtauld Gallery

A drawing can be a first thought rapidly sketched, a complex work made in preparation for a finished composition, or an independent artwork. It can also be a record of how we see the world, or a visualisation of the artist's imagination. The Artful Line brings together for the first time a selection of works from the Harris and The Courtauld Gallery, London, to examine drawing in all its forms. Featuring works from the 17th century to the present day, the exhibition includes drawings by Angelica Kauffman, William Blake, Dante Gabriel Rossetti, Frank Auerbach and Deanna Petherbridge. This year marks the 40th anniversary of the closure of the factory in Preston. Preston artists Gavin Renshaw, Kathryn Poole and Anita George have made new work for the exhibition inspired by the history of the site, now Red Scar Business Park, and the people who worked there.

COURTAULD REUNION


Did you or a member of your family work at Courtauld's Red Scar Factory?

We would love to see you at this special free event for Courtauld workers and their families on Sunday 16 February, 1pm-3pm. Join us for an afternoon of tea and biscuits and share your memories.



Dante Gabriel Rossetti (1828 - 1882), Elizabeth Siddal seated at an easel, painting,
© The Samuel Courtauld Trust, The Courtauld Gallery, London


 Saturday 15 February
– Sunday 31 May

 Harris opening hours

 Free

 No booking required

 7+

 Harris Museum, Art Gallery
and Library, Market Square,
Preston PR1 2PP

 harris.museum
@preston.gov.uk

 HarrisMuseumandArtGallery

 @Harris_museum

 @HarrisPreston


MORE T'NORTH


The Harris Young Producers

MORE T'NORTH is a contemporary exhibition showcasing the talent of emerging artists based in the North, curated by the Harris Young Producers. The exhibition aims to go beyond typical stereotypes and



expectations of the North by bringing together a fresh collection of contemporary works which contrast against the historical setting of the Harris. See the full programme and ticket information on the Harris website.


 Saturday 15 February – Sunday 31 May


 Harris opening times

 Free

 No booking required

 7+

 Harris Museum, Art Gallery and Library, Market Square, Preston PR1 2PP

 theharris.org.uk
harris.museum@preston.gov.uk

 HarrisMuseumandArtGallery

 @Harris_museum

 @HarrisPreston


The Unfurlings: Banners for Hope and Change

Created by People Living with Dementia

Over the last few months people in Preston living with dementia have been working with artist Ian Beesley to create a banner campaigning for better understanding of this condition. This exhibition is the first unfurling of the Preston banner and you can see it alongside other banners created by groups from across the UK who live with dementia. Based on traditional trade union and guild designs, the banners cover subjects such as the need for better signage in public places, and the importance of active living and creativity for our wellbeing. The hope is that better understanding leads to action in making life better for everyone affected by dementia whether personally or in our families and friendships.



This exhibition has been co-curated in partnership with Preston's Focus on Dementia Action Group and the team from the Alzheimer's Society. This exhibition is part of 'A Life More Ordinary' project funded by the Economic and Social Research Council.


 Saturday 15 February – Sunday 31 May

 Harris opening hours


 Free

 No booking required

 7+

 Harris Museum, Art Gallery and Library, Market Square, Preston PR1 2PP

 harris.museum@preston.gov.uk

 HarrisMuseumandArtGallery

 @Harris_museum

 @HarrisPreston

© Ian Beesley, Tony Husband and Eleanor Tomlinson.

A Colourful Life

Phoebe Dean Sayell

This exhibition is to show Phoebe's love of colour through a collection of photographs taken over the period of five years. Phoebe has always been drawn to colour, the way they interact with each other, effect how we feel and bring an urban environment to life. The images have been used as a source of inspiration in a number of art works. The images are arranged to form a pictorial colourwheel and showcase the colourful environments we see and visit.




Twelfth Night by William Shakespeare


Year 3 BA (Hons) Acting

Love, lies and rock 'n' roll meet in Shakespeare's most perfect comedy. A storm at sea. Viola is washed up, but her twin brother is lost to the ocean. Determined to survive on her own, she steps out to explore this new land. And so begins a whirlwind of mistaken identity, hidden desires and unrequited love.



Played against a backdrop of the 1950s, where the New Look meets the electric guitar, Twelfth Night is a joyful exploration of love in its many forms. Presented for seven performances only, this production offers a treat for Shakespeare lovers and novices alike.


 Monday 17 February until Friday 21 February (weekdays only)

 9am-5pm

 Free

 No booking required


 12+

 PR1 Gallery, Victoria Building, UCLan, Adelphi Street, Preston PR1 7HD


 @uclanarts
@uclantextilesdesign

 @UCLanADF

 Wednesday 19 - Saturday 22 February

 2.30pm and 7.30pm (No matinee performance on Wed 19 Feb)

 2 hours 30 minutes

 £10, concessions £5

 Booking required

 12+

 St Peter's Arts Centre, UCLan, St Peters Street, Preston PR1 2XT

 ticketsource.co.uk/candevents

 @UCLanJMP

 @UCLanJMP

Somatic Movement Workshop

MA Dance and Somatic Wellbeing

These free monthly somatic movement classes are for students or experienced practitioners of dance and somatic movement practice, not beginners. They will be held on the second Wednesday of the month and will be led by various staff, local practitioners and graduates from UCLan's MA Dance and Somatic Wellbeing course. For more information contact Penny Collinson.



 Wednesday 19 February


 2.30pm

 2 hours


 Free

 No booking required


 18+

 Media Factory,
Room ME020 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 PCollinson@uclan.ac.uk

 @UCLanJMP
@DanceUCLan

 @DanceUCLan

 @UCLanJMP
@DanceUCLan

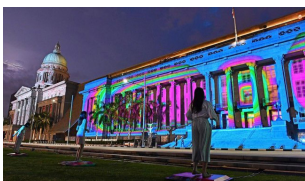
Singapura


Fine Art Students and Alumni


As part of the second year, there is an opportunity for students to apply and attend a research trip to Singapore as a part of our ongoing partnership with NAFA. The students who attend gain the insight of viewing works within the international art festival, and to take inspiration from these to reflect on their own works. This exhibition will display works created by the students who have attended this trip in the previous three years. Showing the diverse perspectives of the rich and vibrant cultural experience the students have gained. This will be the first exhibition of its kind, displaying the archived responses of the students.

PREVIEW EVENING


All are welcome to attend the Preview Evening on Thursday 20 February, 5pm – 7pm. There will be an opportunity to chat to some of the artists and refreshments will also be available.




 Thursday 20 February -
Wednesday 26 February
(weekdays only)

 9am-5pm

 Free


 No booking required

 10+

 Hanover Building,
Hanover Project Gallery,
UCLan, Bhailok Street,
Preston PR1 7AD

 HanoverProjectPreston

 @uclanarts
@hanoverproject

 @UCLanADF
@Hanover_Project


 hanoverproject.wordpress.com

British Animation Women Breaking the Mould

Sarah Ann Kennedy-Parr

UCLan Animation is a diverse and brilliant department and runs both undergraduate and postgraduate courses. We have great links with industry, and this event will bring you closer to industry and develop your understanding of how to break into it. We will be showing a film featuring many fabulous women who are highly successful in animation - including women from Aardman, BBC, Mackinnon and Saunders and Peppa Pig.



 Friday 21 February


 6pm

 1 hour

 Free

 No booking required

 10+

 Foster Building,
Mitchell and Kenyon Cinema
(ground floor), UCLan,
Corporation Street,
Preston PR1 2HE

 britishanimationwomen.com

 @UCLanJMP


 @UCLanJMP

Border Morris Dancing

Brigantii Border Morris

Border Morris originated from dances performed on the Welsh and English border and is characterised by the wearing of brightly coloured jackets made of tattered fabric and decorated top hats, along with painted faces and participants dance by clashing long sticks and stepping. Brigantii Border Morris, formed in 2018, is a new side and the group has a lot of fun developing completely new dances. Some members are experienced, others have never danced before. The groups perform at a variety of events, including festivals and carnivals and invite anyone to come along and have a go. Complete beginners welcome, as well as anyone interested in joining the band as a musician or percussionist. It is great fun and excellent exercise. For enquiries contact Linda Sever via the email provided.



 Friday 21 February


 7pm

 2 hours

 Free

 No booking required

 12+

 Media Factory,
Room ME210 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 LSever@udan.ac.uk

 Brigantii Border Morris


Asia Pacific Film Festival

UCLan Asia Pacific Institutes

Join us for the 2020 edition of our Asia Pacific Film Festival. With seven documentaries and two feature films accompanied by talks, introductions and Q&A sessions, we aim to inspire reflection and debates on environment-related issues concerning East Asia and the Pacific: China, Korea, Japan, Taiwan and Kiribati. A wide variety of themes will be presented during this week-long festival: infrastructure projects impacting local communities and migrant workers; sea-level rise triggered by climate change, threatening to swallow up a small island nation; two families making a difficult living in a household workshop recycling plastic waste from around the world; government-led redevelopment projects forcing people away from a poor hillside village; animals living in the artificial habitat of a zoo; people facing evacuation in the exclusion zone around Fukushima nuclear power station in the aftermath of a tsunami in 2011; or grassroots ecological



activism supporting local rice farming down-trodden by unfair agrarian policies. For full details of the festival programme, see the Asia Pacific Institutes Facebook page.

 Monday 24 February - Saturday 29 February


 Various

 Various

 Free

 No booking required

 10+

 Foster Building, Mitchell and Kenyon Cinema (ground floor), UCLan, Corporation Street, Preston PR1 2HE

 @UCLanLGS
@AsiaPacificInstitutesEvents

 @UCLanLGS

Ones to Watch


First and Second Year BA (Hons) Fashion Design students

This is the fashion department's second 'Ones to Watch' exhibition which showcases outstanding achievements from our first and second year students on the BA (Hons) Fashion Design course. Fashion staff have been considering ways of recognising those students whose work



stands out from the crowd, this exhibition will be a showcase of those students who have achieved high standards, pushed themselves out of their comfort zone and accomplished strong outcomes from set projects. The work you will see is divided into first and second year and evidences the journey through the levels of study.

 Tuesday 25 February - Thursday 5 March (Weekdays only)

 9am-5pm

 Free

 No booking required

 9+

 Victoria Building, PR1 Gallery (mezzanine), UCLan, Adelphi Street, Preston PR1 7HD

 @uclanarts
@uclanfashiondesign

 @UCLanADF

Earth Song: Wind

Anna Debbage and the UCLan Something for Everyone Project

Everyone is welcome at this morning ceremony where we meet to connect with the earth and realigning our lives with her rhythms and wisdom. We will tune into ourselves, the weather and the season, and celebrate the Wind in particular. Feel free to bring a short contribution to share related to the weather, the season, the Wind or your own spiritual path. Wisdom from all traditions is welcome here as we celebrate and reconnect with nature together.



Anna Debbage is a community arts practitioner who has been holding sacred spaces for over three years. Children must be accompanied throughout by a responsible adult. For more information contact Anna via the email provided.

 Wednesday 26 February

 10am

 45 minutes

 Free

 No booking required

 14+

 Oasis Centre,
Multi-Faith Prayer Room,
UCLan, Kirkham Street,
Preston PR1 2XY

 purplemoonshine45@yahoo.com

 @UCLanJMP


 @UCLanJMP

Storm

Search Party


Party prepare for a Storm that is already here. Storm explores climate grief, the uncanny feeling of being alive in a climate catastrophe, and despair at years of knowing and not doing. As the IPCC warn of just 12 years to avert climate disaster, the internationally renowned professional touring company Search Party perform 12 duets at the end of the world. Advance booking advised, via the Derelict website.



 Wednesday 26 February


 7.30pm

 1 hour

 £12, concessions £9,
students £5

 Booking required

 16+

 Media Factory,
Theatre 1 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 derelictlive.org

 @derelictlive

 @derelictlive

 @derelictlive

Fine Art Student Show 3

Year 2 BA (Hons) Fine Art Students

This exhibition will showcase the work of a small group of students from the second-year of the fine art course. Curated by the students themselves, the show will display work which will be a part of their development project within their fine art studios. This will be the third of four shows by the students in this academic year.



PRIVATE VIEW


All are welcome to attend the Private View on Thursday 5 February, 5pm-7pm. Many of the artists will be present for visitors to chat to and refreshments will be available.

Inclusive Dance Training Masterclass

Lisa Simpson Inclusive Dance

UCLanDance is excited to host Lisa Simpson Inclusive Dance, one of our current resident companies, for a Masterclass workshop in the use of the Simpson Board. Lisa is a Liverpool-based choreographer, workshop leader and Director of Lisa Simpson Inclusive Dance, with quadriplegia Cerebral Palsy and no verbal communication. She has developed a unique methodology for realising her own choreographic work and delivers workshops nationally, widening access for people with disabilities to gain skills in choreography and realise their creative potential. We are fortunate to offer you this opportunity to learn skills and innovative approaches useful for all choreographers. Places are limited, book via TicketSource or for more information email Kerstin Wellhofer.




 Thursday 27 February
– Wednesday 4 March
(weekdays only)

 9am-5pm

 Free


 No booking required

 10+

 Hanover Building,
Hanover Project Gallery, UCLan,
Bhalok Street, Preston PR1 7AD

 HanoverProjectPreston

 @uclanarts
@hanoverproject

 @UCLanADF
@Hanover_Project

 hanoverproject.wordpress.com

 Thursday 27 February


 9.30am

 2 hours 30 minutes


 £10

 Booking required


 16+

 Media Factory,
Room ME020 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 ticketsource.co.uk/uclandance/
t-mdeprq
KWellhofer@uclan.ac.uk

 @UCLanJMP
@DanceUCLan

 @DanceUCLan

 @UCLanJMP
@DanceUCLan

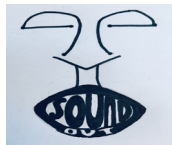
March

Sound Out

Angela Vowles and the UCLan Something for Everyone Project

Have you ever felt restricted when it comes to speaking out or, felt lost for words? Is it a confidence issue? Do you like the sound of your own voice? Sound Out deals with the expressive voice, the voice that lies dormant due to lack of confidence and self-worth. Vocal coach Angela Vowles has been studying the voice for 20+ years in performance and the teaching arena. Sound Out is not about singing the correct notes or making accurate melodies, it's about having the belief that your voice represents you and you have something worth sounding.

This hour-long session takes place in ME011, an empty space for voices to fill. Angela takes you through some deep listening processes and breathing exercises to ease you into the workshop. She informs as she goes explaining how the voice works and how to make good use of it. Participants have the time to think and relax as well as improvise



and have fun. The sounds created are unique and inspire vocalists as well as actors and poets. Children must be accompanied throughout by a responsible adult. For more information contact Angela via the email provided.

Preston People's Choir


Moira Hill and the UCLan Something for Everyone Project

The Preston People's Choir meets every Tuesday evening to sing arrangements of popular songs and folk songs from around the world. This is a Natural Voice choir meaning that all voices are welcome, there are no auditions, and no previous experience of music-making is required. Rather than using printed music, the songs are taught within the sessions by repeating back lines sung by the choir leader. Those who want to can also take part in the occasional performances given by the choir in Preston and beyond.




The choir is led by Moira Hill who has been teaching and leading choirs and singing workshops for more than 15 years. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.

 Tuesday 3 March


 5.30pm

 1 hour

 £3 donation requested, students free

 No booking required

 14+

 Media Factory, Room ME011 (ground floor), UCLan, Kirkham Street, Preston PR1 2XY

 AJVowles@uclan.ac.uk

 @UCLanJMP
@soundoutvoice

 @UCLanJMP

 Every Tuesday in March


 7pm

 2 hours

 £3-£6

 No booking required

 8+

 Media Factory, Room ME226 (second floor), UCLan, Kirkham Street, Preston PR1 2XY

 JAveyard@uclan.ac.uk

 @UCLanJMP
@PrestonPeoplesChoir











 @UCLanJMP

Find Your Balance

Anna Debbage and the UCLan Something for Everyone Project

Take some time for yourself in the middle of your day to relax, rest and find your balance at this guided lunchtime meditation. After a short exercise to fully arrive you can settle down into a comfortable position and rest deeply as you are guided through 20 minutes of relaxation. After this restorative, restful meditation, there is a gentle waking up of the body and mind, leaving you feeling calm and relaxed as you return to your day. No experience necessary and everyone is welcome. Mats, chairs and cushions are provided.



-  Every Tuesday in March
-  1.15pm
-  30 minutes
-  Free
-  No booking required
-  18+
-  Oasis Centre,
Multi-Faith Prayer Room,
UCLan, Kirkham Street,
Preston PR1 2XY
-  purplemoonshine45@yahoo.com
-  @UCLanJMP
@meditationpreston
-  @UCLanJMP










Samba Reggae with the Worldwise Samba Drummers

Jon Aveyard and the UCLan Something for Everyone Project

The Worldwise Samba Drummers is a community group who play high-energy music inspired by the samba music of Brazil. They meet every Wednesday in the Media Factory and regularly perform around Lancashire. The band is led by UCLan music lecturer and Something for Everyone project leader Jon Aveyard.

The March series will teach a piece from the popular samba reggae tradition which blends Afro-Brazilian samba with Jamaican reggae. You will also have opportunity to learn the band's other pieces as they prepare for the carnival season. Sessions are open to anyone regardless of experience or ability. Children must be accompanied throughout but a responsible adult. For more information contact Jon Aveyard.



-  Every Wednesday in March
-  6pm
-  2 hours
-  £3
-  No booking required
-  8+
-  Media Factory,
Room ME226 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY
-  @UCLanJMP
@WorldwiseSamba
-  @UCLanJMP

Summerfolk

Year 2 BA (Hons) Acting

Written in 1904, Gorky's play 'Summerfolk' follows the lives of a group of middle-class Russians as they holiday together in their dachas. This self-styled 'aristocracy of the intellect' spend their summer falling in and out of love, arguing and trying to find some meaning to their lives. Mostly unaware of the Revolution rushing inexorably towards them. At times, this 'mighty naturalistic masterpiece' plays like a soap opera. At other times, a grim comedy of manners, and at others as an indictment of an empty and individualistic society eating itself. Contains some strong language.



📅 Wednesday 4
- Saturday 7 March

🕒 7.30pm

🕒 2 hours

£ £8, concessions £5

🏠 Pay on the door

👤 16+

📍 Media Factory,
Room ME007 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

📱 @UCLanJMP

🐦 @UCLanJMP

Preston Swing

Nicola Kitchen and the UCLan Something for Everyone Project

Lindy Hop is a dance which evolved in the ballrooms of Harlem in the 1930s. It is fun and exuberant, incorporating partner and solo dancing within the same dance. It is a social dance, originally danced as part of a night out for the young people of Harlem, so instead of learning a set routine you are taught how the dance works and you and your partner create something original as the music moves you. Its versatility means it appeals to both artistic and scientific types.

Nicola Kitchen has been learning Lindy Hop for the past nine years after studying other forms of dance and trained with Ryan Francois, one of the premier Lindy Hoppers in the world. Good technique and individuality are encouraged in our lessons. No partner or previous dance experience needed. Wear flat shoes and bring along a drink. For more information contact Jon Aveyard.



📅 Every Thursday in March

🕒 7.30pm

🕒 1 hour 45 minutes

£ Free

🏠 No booking required

👤 16+

📍 Media Factory,
Room ME226 (second floor)
or ME035 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

📧 JAveyard@uclan.ac.uk

📱 @UCLanJMP
@PrestonSwing

🐦 @UCLanJMP

Fine Art Student Show 4











Year 2 BA (Hons) Fine Art Students

This exhibition will showcase a small group of students from the second year of the fine art course. Curated by the students themselves, the show will display work which will be a part of their development work within their fine art studios. This will be last of the student shows taking place in this academic year.



PRIVATE VIEW

All are welcome to attend the Private View on Thursday 5 March, 5pm-7pm. Many of the artists will be present and refreshments will be available too.

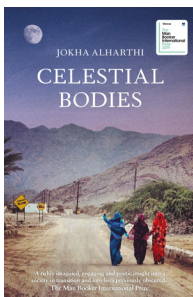
-  Thursday 5 March - Wednesday 11 March (weekdays only)
-  9am-5pm
-  Free
-  No booking required
-  10+
-  Hanover Building, Hanover Project Gallery, UCLan, Bhallok Street, Preston PR1 7AD
-  @HanoverProjectPreston
-  @uclanarts @hanoverproject
-  @UCLanADF @Hanover_Project
-  hanoverproject.wordpress.com

Worldwise International Book Club











Celestial Bodies by Jokha Alharthi (Arabic)

Join us for UCLan's Worldwise Centre's monthly book club, where we read and celebrate a variety of wonderful International books. This month we are reading Celestial Bodies by Jokha Alharthi translated by Marilyn Booth, available to borrow in English from the Worldwise Learning Centre.

Winner of the Man Booker International Prize 2019, Celestial Bodies is set in the village of al-Awafi in Oman, where we encounter three sisters: Mayya, who marries Abdallah after a heartbreak; Asma, who marries from a sense of duty; and Khawla who rejects all offers while waiting for her beloved, who has emigrated to Canada. These three women and their families witness Oman evolve from a traditional, slave-owning society slowly redefining itself after the colonial era, to the crossroads of its complex present. Elegantly structured and taut, Celestial Bodies is a coiled spring of a novel, telling of Oman's coming-of-age through the prism of one family's losses and loves.



'A richly imagined, engaging and poetic insight into a society in transition and into lives previously obscured' The Man Booker International Prize

-  Friday 6 March
-  12 noon
-  1 hour
-  Free
-  No booking required
-  18+
-  Adelphi Building, Worldwise Open Area AB108 (first floor), Adelphi Street, Preston PR1 7AY
-  @UCLanLGS @WorldwiseCentre
-  @WorldwiseCentre
-  @UCLanLGS @WorldwiseCentre

MARCH

Border Morris Dancing

Brigantii Border Morris

Border Morris originated from dances performed on the Welsh and English border and is characterised by the wearing of brightly coloured jackets made of tattered fabric and decorated top hats, along with painted faces and participants dance by clashing long sticks and stepping. Brigantii Border Morris, formed in 2018, is a new side and the group has a lot of fun developing completely new dances. Some members are experienced, others have never danced before. The groups perform at a variety of events, including festivals and carnivals and invite anyone to come along and have a go. Complete



beginners welcome, as well as anyone interested in joining the band as a musician or percussionist. It is great fun and excellent exercise. For enquiries contact Linda Sever via the email provided.

 Fridays, 6 and 17 March


 7pm

 2 hours

 Free

 No booking required

 12+

 Media Factory,
Room ME210 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 LSever@udan.ac.uk

 Brigantii Border Morris

Preston Scratch Band

Jon Aveyard, Anna Debbage and the UCLan Something for Everyone Project

Bring your instrument, bring your voice, or use the provided percussion instruments. Preston Scratch Band is an opportunity to play popular songs in a welcoming and accessible group where the emphasis is on having a good time rather than strictly getting all the notes right. The group provides books giving the lyrics, melodies and chords, and welcomes musicians of all levels of ability.

The music selection changes each week but might include songs such as 'Folsom Prison Blues', 'Hallelujah', 'Hi Ho Silver Lining', 'Mad World', 'Run', 'Stuck in the Middle with You', 'Walk of Life', 'Space Oddity' and 'Sunny Afternoon'.



Preston Scratch Band typically meets on the first and third Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult.

 Saturday 7 March


 11am

 2 hours

 £5 donation requested

 No booking required

 8+

 Media Factory,
Room ME226 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 @UCLanJMP
PrestonScratchBand

 @UCLanJMP

Provincial Headz: Hip Hop Reaching Hip Hop

Hip Hop Obscura

This exhibition is a touring reading room which expands the reach of the book *Provincial Headz: British Hip Hop and Critical Regionalism* (de Paor-Evans, 2020). Drawing upon spatio-material culture, human geography, ethnomusicology and cultural theory in order to present an interdisciplinary counter-narrative to that of hip hop as a strictly urban phenomenon; the book provides an insight into the relocation of hip hop culture from its inception in New York ghettos to its practices in regional-rural Britain. Although many important events, artists and recordings that evidence hip hop's existence in 1980s Britain are well documented, these remain exclusively urban. *Provincial Headz* reveals parallel and dialectical experiences of British hip hop pioneers and practitioners dwelling outside the metropolis, discussed under the recurring themes of relocation, territory, consumption, production and identity.

The reading room offers space to explore the book and its context from the theories of Bhabha, Bourdieu, Foucault, DeLanda and contemporary hip hop scholarship through to the artefacts, archive photographs, personal reflections, and audio montages of emerging 1980s hip hop culture in provincial Britain.


 Tuesday 10 March to Thursday 19 March (weekdays only)

 9am-5pm

 Free

 No booking required

 18+

 Victoria Building, PR1 Gallery (ground floor), UCLan, Adelphi Street, Preston PR1 7HD

 @hiphop_obscura

 @HIPHOP_obscura



Does One Need to Engage a Detective to Learn a Language?

Ignaty Dyakov

Ignaty will be talking about his series of Russian language textbooks aimed at non-native learners (A2–B2 levels): *The Story Sensation*, *The Story Provocation*, *The Story Canonisation*. Written as light-hearted detective stories, set in Guadeloupe, they help a reader to learn and memorise new vocabulary and basic grammar constructions in the context. The textbooks are available as paper-backs and audio-books and are now used at schools and universities, but also as self-study material. Ignaty will explain why a Guadeloupean banker might be of help when you learn a foreign language. Part of the talk will be dedicated to the topic of writing unconventional educational materials, so the talk might be of interest to students of both Modern Languages and Creative Writing.

Ignaty Dyakov wears a number of hats. A chartered linguist, he has more than 18 years' experience of teaching languages and providing consulting services to businesses around the world.

An Introduction to Health for Linguists

Ignaty Dyakov

As an author of Russian language textbooks, chartered linguist, member of the Chartered Institute of Linguists and UK Society of Authors, language teacher for 18 years, certified life coach, naturopath and Ayurvedic consultant, Ignaty will focus in this presentation on health for fellow linguists as a foundation for success in their profession. Drawing his recommendations from 5,000-year-old Ayurvedic tradition, as well as modern science of naturopathy, Ignaty will talk about



nutrition, exercise, spiritual and emotional health and a range of mainstream complementary therapies which can help sustain optimal health and support sensory, mental and emotional functions for the intensive mental work required of linguists.

 Wednesday 11 March

 2pm

 1 hour

 Free

 No booking required

 12+

 Adelphi Building,
Lecture Theatre 5 (first floor),
Adelphi Street,
Preston PR1 7AY

 @UCLanLGS


 @UCLanLGS
@WorldwiseCentre

 Wednesday 11 March

 3.30pm

 1 hour

 Free

 No booking required

 12+

 Adelphi Building,
Lecture Theatre 3 (first floor),
Adelphi Street,
Preston PR1 7AY

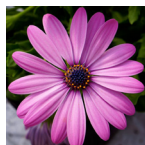
 @UCLanLGS

 @UCLanLGS
@WorldwiseCentre

Earth Song: Water

Anna Debbage and the UCLan Something for Everyone Project

Everyone is welcome at this morning ceremony where we will celebrate the element of Water as we connect with and honour our sacred earth. We will meet around a central altar to explore a series of reflections, offerings, activities and ritual. This will include becoming present in our bodies, tuning into the weather and connecting with Water as we remember our place as human beings within the beautiful tapestry of nature. If you'd like to bring a poem, short story or song etc relating to water or the current season, or representing your own tradition, please do.



Anna Debbage is a community arts practitioner who has been holding sacred spaces for over three years. Children must be accompanied throughout by a responsible adult. For more information contact Anna via the email provided.

Rhythm Jam

Tim Saunders and the UCLan Something for Everyone Project

The Rhythm Jam sessions provide an opportunity to join a lively and friendly group of people having a musical jam together. All levels of ability and experience are welcome. There will be a large variety of percussion instruments provided and you are welcome to bring along additional percussion or pitched instruments. The use of voice and movement is also encouraged. There are no scores or set structures, just a few prompts from the session leader, Tim Saunders. As a result, the music shifts from high-energy to gentle ambience in response to the participants.

The Rhythm Jam sessions typically take place on the second Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.



 Wednesday 11 March


 10am

 45 minutes

 Free

 No booking required

 14+

 Oasis Centre,
Multi-Faith Prayer Room,
UCLan, Kirkham Street,
Preston PR1 2XY

 purplemoonshine45@yahoo.com

 @UCLanJMP

 @UCLanJMP

 Saturday 14 March

 1.30pm

 2 hours

 Donations requested

 No booking required

 8+

 Media Factory,
Room ME010 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 JAveyard@uclan.ac.uk

 @UCLanJMP

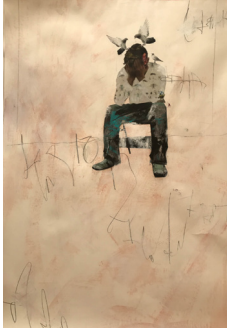
 @UCLanJMP

MARCH

MA Fine Art Interim Exhibition

Fine Art Master's









An exhibition of work by final year postgraduate students on the MA Fine Art course at UCLan. The students will present a variety of work to test out and experiment with a range of media as part of their preparations for their final degree show. The exhibition will be installed on the Harris Staircase gallery.



CELEBRATION EVENT

All are welcome to join us at the Celebration Event on Thursday 19 March, 5pm-7pm where you can chat with the artists about their creative practice. Refreshments will also be available.

© Lynne Shaw

-  Monday 16 March to Sunday 14 June
-  Harris opening hours
-  Free
-  No booking required
-  7+
-  The Harris Museum, Art Gallery and Library, Market Square, Preston PR1 2PP
-  @uclanarts
-  @UCLanADF @UclanArtMasters

Diversity and Inclusion Exhibition

Dr Aruna Mene and Jade Monserrat











This exhibition organised by Suely Ludgero Newlove, is part of the Diversity and Inclusion Festival 2020 which takes place between the 16-28 March. The show includes the pieces of two artists working from very different perspectives; Jade Monserrat constructs challenging physical and intense performances. Dr Aruna Mene creates vibrant exotic fabric collages.

DIVERSITY CARNIVAL

The festival programme will also include a carnival on Preston Flag Market set across two days, Thursday 19 and Saturday 21



March. Jade Monserrat will present the live art piece 'Love. Love?' which constructs challenging physical and intense performances. Organised by Jon Aveyard and Suely, there will be a variety of workshops, dance and music performances and stalls with international food. For further information contact the UCLan via the email provided.

-  Monday 16 March - Thursday 26 March (weekdays only)
-  9am – 5pm
-  Free
-  No booking required
-  10+
-  Hanover Building, Hanover Project Gallery, UCLan, Bhailok Street, Preston PR1 7AD
-  equalityanddiversity@uclan.ac.uk
hanoverproject.wordpress.com
-  @hanoverproject
-  Hanover_Project
-  @HanoverProjectPreston

Somatic Movement Workshop

MA Dance and Somatic Wellbeing

These free monthly somatic movement classes are for students or experienced practitioners of dance and somatic movement practice, not beginners. They will be held on the second Wednesday of the month and will be led by various staff, local practitioners and graduates from UCLan's MA Dance and Somatic Wellbeing course. For more information contact Penny Collinson.



Build Your Own Utopia

Year 3 BA (Hons) Music Theatre Students

Build Your Own Utopia is a brand-new musical written by award-winning composer and lyricist Richard Taylor and award-winning playwright Douglas Maxwell. It has been commissioned by the University specifically for this group of students. The writers have been working with the students since October 2018 to enable the students to have significant input into the creative process. Build Your Own Utopia is directed by the multi-award-winning director Roger Haines. With an audience seating capacity of just 80, each performance is expected to be a sell-out. For ticket booking information follow UCLan Music Theatre on Twitter very closely.



 Wednesday 18 March


 2.30pm

 2 hours


 Free

 No booking required


 18+


 Media Factory,
Room ME020 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY


 PSCollinson@uclan.ac.uk

 @UCLanJMP
@DanceUCLan

 @DanceUCLan

 @UCLanJMP
@DanceUCLan

 Wednesday 18 March
to Saturday 21 March

 2.30pm (Friday and Saturday)
7.30pm (each day)

 2 hours 30 minutes

 £12, concessions £5

 Booking required

 12+

 St Peter's Arts Centre,
UCLan, St Peters Street,
Preston PR1 2XT

 @UCLanJMP

 @UCLanJMP
@UCLanMT

MARCH

NYA LitFest

UCLan Publishing with Authors and Industry Professionals

By working closely with publishers, agents and authors the Northern Young Adult (NYA) LitFest brings you not one, but two days jam-packed full of bookish events. There will be panels, workshops and activities throughout the two days, not to mention the publisher and bookish stalls available to browse. Day one is perfect for ages 12+ and on day two, for the first time ever, we'll be introducing a family fun day focused on middle grade books suitable for ages 8+. Authors and full programme to be announced – to keep up to speed, follow NYA LitFest on Twitter and register now on Eventbrite.



Flesh and Text Exhibition

Bodies in Flight, Sara Giddens and Simon Jones

This exhibition celebrates 30 years of making performance by Bodies in Flight. Co-directed by UCLan's Reader in Choreographic Practice, Sara Giddens and Simon Jones (University of Bristol), Bodies in Flight make performance where flesh utters and words move. Their groundbreaking work challenges and re-energizes the conventional relationship between audiences and performers, audiences and place.

LAUNCH EVENT

All are welcome to attend the Launch Event on Wednesday 25 March, 4.30pm-5.30pm. At the launch there will be guest speakers and refreshments. To book please use the TicketSource link.

PERFORMANCE

Alongside the exhibition, the company will share a preview of their newest performance work, Life Class on Thursday 2 April, 3pm-3.30pm. The performance will be through poetic text and



detailed choreography, inspired in part from work with Tea Dancers and community choirs. We have a maximum of 40 places, to book contact Kerstin Wellhofer via the email provided.

📅 Saturday 21
- Sunday 22 March

🕒 10am-7pm (Saturday)
10am-4pm (Sunday)

£ Free

📅 Booking required

👤 12+ / 8+

📍 Harrington Building,
Harrington Social Space
(ground floor), UCLan,
Adelphi Street, Preston PR1 7DR

📄 <https://nyalite-kidslitfest.eventbrite.co.uk>

📌 @UCLanJMP

🐦 @UCLanJMP
@NYALitFest

📅 Wednesday 25 March
– Thursday 2 April

🕒 9am-5pm

£ Free

📅 Booking required for the
Launch and Performance

👤 16+

📍 Victoria Building,
PR1 Gallery (ground floor),
UCLan, Adelphi Street,
Preston PR1 7HD

📄 ticketsource.co.uk/uclandance/t-pvmdoa

KWellhofer@uclan.ac.uk

📌 @DanceUCLan

📷 @DanceUCLan

🐦 @DanceUCLan











Earth Song: Spring Equinox (Ostara)

Anna Debbage and the UCLan Something for Everyone Project

Come and connect with the perfect balance of light and darkness expressed across the planet as we celebrate Ostara, the spring equinox. Everyone and all traditions are welcome at this morning ceremony which is not anchored in any single spiritual path but focuses on connecting with and honouring nature. Tune into yourself and connect with the rhythms, wisdom and harmony of the equinox as we move through a series of reflections, sharings, ritual and activities together. Feel free to bring a short contribution to share with the group relating to the season, the spring equinox or your own spiritual path.



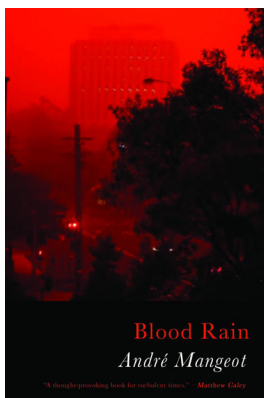
Anna Debbage is a community arts practitioner who has been holding sacred spaces for over three years. Children must be accompanied throughout by a responsible adult. For more information contact Anna via the email provided.

-  Wednesday 25 March
-  10am
-  45 minutes
-  Free
-  No booking required
-  14+
-  Oasis Centre,
Multi-Faith Prayer Room,
UCLan, Kirkham Street,
Preston PR1 2XY
-  purplemoonshine45@yahoo.com
-  @UCLanJMP
@meditationpreston
-  @UCLanJMP










Blood Rain Book Launch

Andre Mangeot, Year 2 BA (Hons) Creative Writing

Resonant, complex, rich in heft and texture, Blood Rain's compelling poems address some of the most troubling man-made challenges now facing us all: the natural world and its endangerment, populism, radicalisation and terror, the mass movement of people in a battle for survival. Yet amid its powerful and salutary warnings, love runs like a seam through the sequence. This breadth of awareness and range, interwoven with the deeply personal, delivers a collection of significant range and urgent topicality.



André Mangeot has published two previous collections (Natural Causes and Mixer); Blood Rain is his first with Seren Books. For over 10 years he was a member of the poetry collective, The Joy of Six, which performed at many festivals across the UK. Alongside his writing he works in the charity sector and divides his time between Cambridge and South Wales.

-  Wednesday 25 March
-  4pm
-  1 hour 30 minutes
-  Free
-  No booking required
-  16+
-  Livesey House,
Room LH202 (second floor),
UCLan, Heatley Street,
Preston PR1 7XB
-  @UCLanHumanities
-  @UCLanHumanities
@UCLanResearch
@SerenBooks

The Saturday Club Exhibition

UCLan Saturday Club Members

As part of the National Saturday Club, this exhibition brings together work produced during 20 amazing weeks of the UCLan Saturday clubs. More than 50 young people aged between 13-16 took over Hanover Building for Art and Design and Victoria Building for Fashion and Business every Saturday morning. Drawing on the expertise of the UCLan School of Art Design and Fashion, students explored a wide range of creative activities from fashion design to fine art, graphic design to textiles. This exhibition will show the amazingly diverse art and design work produced during our 2019/20 year.

Over the past 10 years, more than 8,000 young people have chosen to be part National Saturday Club. Through the Sorrel Foundation set up by Lady Frances and Sir John Sorrel, the National Saturday Club has promoted creativity nationally. This show is the result of UCLan's first full year being part of the National Saturday Club movement.



Monday 30 March
– Thursday 16 April
(weekdays only)

9am-5pm

Free

No booking required

10+

Hanover Building,
Hanover Project Gallery,
UCLan, Bhailok Street,
Preston PR1 7AD

uclan.ac.uk/saturdayclub
hanoverproject.wordpress.com

HanoverProjectPreston

@uclanarts
@hanoverproject

@UCLanADF
@Hanover_Project

The Lights

Year 2 BA (Hons) Acting Students

Written and set in the mid-1990s, Howard Korder's play 'The Lights' takes place in an unnamed city. It is city as swamp, 'built on a paupers' graveyard' and 'sinking at a rate of half an inch a year', and in which residents have to give up something of themselves in order to progress.

The characters of the play centres on the story of a couple of innocents whose lives, and chances for self-improvement, seem limited from the start. Over the course of a night, the pair take separate journeys



through the city and its people, risking being swallowed by the city as they travel from innocence towards knowledge. Contains adult themes and strong language.

 Wednesday 1
– Saturday 4 April


 7.30pm

 2 hours

 £8, concessions £5

 No booking required

 18+

 Media Factory,
Room ME007 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 @UCLanJMP

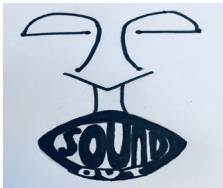
 @UCLanJMP

Sound Out


Angela Vowles and the UCLan Something for Everyone Project

Have you ever felt restricted when it comes to speaking out or, felt lost for words? Is it a confidence issue? Do you like the sound of your own voice? Sound Out deals with the expressive voice, the voice that lies dormant due to lack of confidence and self-worth. Vocal coach Angela Vowles has been studying the voice for 20+ years in performance and the teaching arena. Sound Out is not about singing the correct notes or making accurate melodies, it's about having the belief that your voice represents you and you have something worth sounding.

This hour-long session takes place in ME011, an empty space for voices to fill. Angela takes you through some deep listening processes and breathing exercises to ease you into the workshop. She informs as she goes explaining how the voice works and how to make good use




of it. Participants have the time to think and relax as well as improvise and have fun. The sounds created are unique and inspire vocalists as well as actors and poets. Children must be accompanied throughout by a responsible adult. For more information contact Angela via the email provided.

 Tuesday 7 April


 5.30pm

 1 hour

 £3 donation requested,
students free

 No booking required

 14+

 Media Factory,
Room ME011 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 AJVowles@uclan.ac.uk

 @UCLanJMP
@soundoutvoice

 @UCLanJMP

Preston People's Choir

Moira Hill and the UCLan Something for Everyone Project

The Preston People's Choir meets every Tuesday evening to sing arrangements of popular songs and folk songs from around the world. This is a Natural Voice choir meaning that all voices are welcome, there are no auditions, and no previous experience of music-making is required. Rather than using printed music, the songs are taught within the sessions by repeating back lines sung by the choir leader. Those who want to can also take part in the occasional performances given by the choir in Preston and beyond.



The choir is led by Moira Hill who has been teaching and leading choirs and singing workshops for more than 15 years. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.


Jai Jai with the Worldwide Samba Drummers

Jon Aveyard and the UCLan Something for Everyone Project

The Worldwide Samba Drummers is a community group who play high-energy music inspired by the samba and candomble music of Brazil. They meet every Wednesday in the Media Factory and regularly perform around Lancashire. The band is led by UCLan music lecturer and Something for Everyone project leader Jon Aveyard. Sessions are open to anyone regardless of experience or ability.

April's series will teach a piece called 'Jai Jai' that fuses the sounds and techniques of the Afro-Brazilian samba band with rhythms taken from the song 'Jai Jai Shiwshankar' from the Bollywood film 'War'. Children must be accompanied throughout by a responsible adult. For more information contact Jon Aveyard.



 Every Tuesday in April (except 14 April)


 7pm

 2 hours

 £3-£6

 No booking required

 8+

 Media Factory, Room ME226 (second floor), UCLan, Kirkham Street, Preston PR1 2XY

 JAveyard@udan.ac.uk

 @UCLanJMP
@PrestonPeoplesChoir

 @UCLanJMP

 Every Wednesday in April


 6pm

 2 hours

 £3

 No booking required

 8+

 Media Factory, Room ME035 (ground floor), UCLan, Kirkham Street, Preston PR1 2XY

 @UCLanJMP
@WorldwiseSamba

 @UCLanJMP

Preston Swing


Nicola Kitchen and the UCLan Something for Everyone Project

Lindy Hop is a dance which evolved in the ballrooms of Harlem in the 1930s. It is fun and exuberant, incorporating partner and solo dancing within the same dance. It is a social dance, originally danced as part of a night out for the young people of Harlem, so instead of learning a set routine you are taught how the dance works and you and your partner create something original as the music moves you. Its versatility means it appeals to both artistic and scientific types.

Nicola Kitchen has been learning Lindy Hop for the past nine years after studying other forms of dance and trained with Ryan Francois, one of the premier Lindy Hoppers in the world. Good technique and individuality are encouraged in our lessons. No partner or previous dance experience needed. Wear flat shoes and bring along a drink. For more information contact Jon Aveyard.



 Every Thursday in April


 7.30pm

 1 hour 45 minutes


 Free

 No booking required

 16+

 Media Factory,
Room ME226 (second floor)
or ME035 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 JAveyard@uclan.ac.uk

 @UCLanJMP
@PrestonSwing

 @UCLanJMP

First Year Show

Year 1 - BA (Hons) Theatre and Performance



The First Year Show is a devised performance, incorporating found and original text, movement and visual images. Students examine post-dramatic theatre techniques, researching contemporary companies and viewing live performances to inspire ways of making and building material, in an attempt to move beyond character and fiction.

 Friday 3 April


 6pm

 2 hours

 Free

 No booking required

 14+

 Media Factory,
Room ME002 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 @UCLanJMP

 @UCLanJMP

Somatic Movement Workshop

MA Dance and Somatic Wellbeing

These free monthly somatic movement classes are for students or experienced practitioners of dance and somatic movement practice, not beginners. They will be held on the second Wednesday of the month and will be led by various staff, local practitioners and graduates from UCLan's MA Dance and Somatic Wellbeing course. For more information contact Penny Collinson.



📅 Wednesday 15 April

🕒 2.30pm

🕒 2 hours

£ Free

📅 No booking required

👤 18+

📍 Media Factory,
Room ME020 (ground floor),
UCLan, Kirkham Street,
Preston PR1 2XY

📧 PSCollinson@uclan.ac.uk

📱 @UCLanJMP
@DanceUCLan

📷 @DanceUCLan

🐦 @UCLanJMP
@DanceUCLan

Find Your Balance

Anna Debbage and the UCLan Something for Everyone Project

Take some time for yourself in the middle of your day to relax, rest and find your balance at this guided lunchtime meditation. After a short exercise to fully arrive you can settle down into a comfortable position and rest deeply as you are guided through twenty minutes of relaxation. After this restorative, restful meditation, there is a gentle waking up of the body and mind, leaving you feeling calm and relaxed as you return to your day. No experience necessary and everyone is welcome. Mats, chairs and cushions are provided.



📅 Tuesdays 21, 28 April

🕒 1.15pm

🕒 30 minutes

£ Free

📅 No booking required

👤 18+

📍 Oasis Centre,
Multi-Faith Prayer Room,
UCLan, Kirkham Street,
Preston PR1 2XY

📧 purplemoonshine45
@yahoo.com

📱 @UCLanJMP
@meditationpreston

🐦 @UCLanJMP










Preston Scratch Band

Jon Aveyard, Anna Debbage and the UCLan Something for Everyone Project

Bring your instrument, bring your voice, or use the provided percussion instruments. Preston Scratch Band is an opportunity to play popular songs in a welcoming and accessible group where the emphasis is on having a good time rather than strictly getting all the notes right. The group provides books giving the lyrics, melodies and chords, and welcomes musicians of all levels of ability.

The music selection changes each week but might include songs such as 'Folsom Prison Blues', 'Hallelujah', 'Hi Ho Silver Lining', 'Mad World', 'Run', 'Stuck in the Middle with You', 'Walk of Life', 'Space Oddity' and 'Sunny Afternoon'.

Preston Scratch Band typically meets on the first and third Saturday of each month, September to May. Children must be accompanied throughout by a responsible adult.

-  Saturdays 4, 18 April
-  11am
-  2 hours
-  £5 donation requested
-  No booking required
-  8+
-  Media Factory,
Room ME226 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY
-  @UCLanJMP
PrestonScratchBand
-  @UCLanJMP



Synergy - Cotton Powerhouse Legacy

Preston Threads

Based on industrial chimneys of the North West, this exhibition reflects the legacy of the cotton mills and the impacts and imprints of the industry on the landscape, local communities, social structures and social history. Members collaborated to explore abstracted words from the themes they chose. Supported by the group mentor, Collette Dobson, constructive critique and problem-solving exercises were instrumental in the development of each member's work. For a group that has been in existence for 30 years, the original founders, long standing members and new, this has been a refreshing and enlightening experience and has been influential in producing an exciting exhibition. The cross-



pollination of ideas strengthened each member's practice and has produced diverse and distinctive pieces. After some debate, it also led to the title of the exhibition, Synergy - from working together.

Meet the maker days:

Wednesday 8 April, 10am-1pm

Wednesday 15 April, 1pm-4pm

Wednesday 22 April, 4pm-7pm

Hands Up Project Annual Conference

TESOL with Hands Up Project

The Hands Up Project are a charity who work with Palestinian and Syrian children in Gaza, The West Bank and Jordan facilitating online storytelling and English language learning. This is the 3rd annual Hands



Up Conference and the theme is "Learner Voices". There will be talks from big names in the ELT community such as Adrian Underhill and lots of online link ups with students and teachers in Gaza. There will be a Palestinian style lunch included in the price. To book a place please contact the TESOL team via the email provided.


 Tuesday 7 April – Thursday 23 April (weekdays only)

 9am-5pm


 Free

 No booking required

 18+

 Victoria Building, PR1 Gallery (ground floor and mezzanine), UCLan, Adelphi Street, Preston PR1 7HD

 www.prestonthreads.co.uk

 @PR1Gallery
@UCLanArts

 @UCLanADF

 Friday 17 April


 9am

 8 hours

 £20

 Booking required

 16+

 Greenbank Building, Greenbank Lecture Theatre (ground floor), UCLan, Victoria Street, Preston PR1 7DR

 TESOL@uclan.ac.uk

 @UCLanLGS

 @UCLanLGS

Border Morris Dancing

Brigantii Border Morris

Border Morris originated from dances performed on the Welsh and English border and is characterised by the wearing of brightly coloured jackets made of tattered fabric and decorated top hats, along with painted faces and participants dance by clashing long sticks and stepping. Brigantii Border Morris, formed in 2018, is a new side and the group has a lot of fun developing completely new dances. Some members are experienced, others have never danced before. The groups perform at a variety of events, including festivals and carnivals and invite anyone to come along and have a go. Complete beginners welcome, as well as anyone interested in joining the band as a musician or percussionist. It is great fun and excellent exercise. For enquiries contact Linda Sever via the email provided.



 Fridays, 17 and 24 April


 7pm

 2 hours

 Free

 No booking required

 12+

 Media Factory,
Room ME210 (second floor),
UCLan, Kirkham Street,
Preston PR1 2XY

 LSever@uclan.ac.uk

 Brigantii Border Morris

Earth Song: Trees

Anna Debbage and the UCLan Something for Everyone Project

Take the opportunity to align yourself with the season, reconnect to nature, and ground yourself as a human being on our beautiful earth at this sacred morning ceremony. We will meet around a central altar and together unpack a series of reflections, activities, offerings and simple rituals, particularly honouring and connecting with trees. Feel free to bring something to share related to trees, the season or your own



spiritual path. Everyone is welcome and wisdom from all traditions is valued here. Children must be accompanied throughout by a responsible adult. Anna Debbage is a community arts practitioner who has been holding sacred spaces for over three years. For more information contact Anna via the email provided.

 Wednesday 22 April

 10am

 45 minutes

 Free

 No booking required

 14+

 Oasis Centre,
Multi-Faith Prayer Room,
UCLan, Kirkham Street,
Preston PR1 2XY

 purplemoonshine45@yahoo.com

 @UCLanJMP
@meditationpreston

 @UCLanJMP

TOP STUDENT TALENT HITS THE STAGE

Don't miss the chance to see some of the region's finest acting talent when two major productions, *Scenes from the Big Picture* and *Twelfth Night*, come to Preston in February...



A talented group of third year students on the University's BA (Hons) Acting course will be appearing in two productions at St Peter's Art Centre in February, giving the Preston public an exciting glimpse of some of the best up-and-coming talent in action. The shows will be the culmination of several weeks of intensive casting, auditions and rehearsals. For the third year students involved it's a crucial assessment stage as they approach the end of their degrees.

From 5-8 February an ensemble cast play 21 characters in Owen McCafferty's multi-award-winning play, *Scenes from the Big Picture*. Audiences are transported to a fateful summer's day in contemporary Belfast as a multi-stranded narrative explores the huge impact of small and apparently insignificant moments in the lives of ordinary people. This visually stunning production is both intimate and epic, funny and heart-breaking.

Then from 19-22 February students will unleash a rock-and roll reimagining of *Twelfth Night*, arguably Shakespeare's finest comedy. A violent

storm at sea leads to young Viola getting washed ashore, while her twin brother is lost to the ocean, presumed drowned. And so begins a whirlwind of mistaken identity, hidden desires and unrequited love set in the 1950s, where the 'New Look' meets the electric guitar.

The stars of the show benefit greatly from the expertise of their tutors, who are nationally acclaimed performers, writers and producers across stage and screen. In the director's chair for *Scenes...* is Terence Mann (Chapman), Senior Lecturer and Acting Course Leader, who has 25+ years industry experience as an actor, voice over artist, deviser and director. His theatre credits include roles at The Royal Exchange, Manchester, The Everyman in Liverpool and The Theatre Royal in York. Screen credits include *Coronation Street*, *Emmerdale*, *The Forsyte Saga* and the Steve Coogan film, *The Parole Officer*. He has recorded more than 50 plays for BBC Radio, including three award-winning productions. His work as a director includes street theatre, short films and

When the curtain comes down on February's shows, the students will then turn their attention to Graduate Showcase events for industry professionals, agents and casting directors in Manchester and London, then it's their final devised projects of their own work before graduating in the summer.

over 30 stage plays, including *Angels in America*, *Punk Rock*, *Jerusalem*, *Clybourne Park* and *Earthquakes in London*. He has also directed the work of several UCLan graduate companies.

"We aim to give our students a taste of what it's like in the industry" says Mann. "I never think of these productions as 'student productions'. The actors have trained for three years, the directors are professionals, the production values are very high and the audience are paying to see this work." ***Scenes from the Big Picture*** is the 13th graduate production Mann has directed at UCLan, and he says: "I am so proud of our students. Year on year they work tirelessly with us to create amazing theatrical experiences in our beautiful theatre space, St. Peter's Art Centre."

Twelfth Night will be directed by Joe Sumsion, Senior Lecturer in Acting. He joined UCLan in 2017 following an illustrious 30-year career as a freelance director for Theatre Royal Stratford East, Nottingham Playhouse, Manchester Youth Theatre and many others. Joe was Artistic Director at The Dukes in Lancaster from 2008-2017, overseeing the development of the company and directing numerous productions (including a memorable outdoor staging of *The Hobbit*, which won the 2016 UK Theatre Best Production for Children and Young People Award). He is twice recipient of the *Writers Guild of Great Britain Award for Encouraging New Writing*.

"*Twelfth Night* is very character-driven," explains Joe. "And there are also a number of songs in this revitalised version, along with a live band. So it requires students who are very comfortable

with singing and dancing in front of an audience. Throughout the whole process we treat them like professional actors and hold them to the same high standards in order to give them a realistic experience of what it takes to succeed in this highly competitive profession."

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The BA (Hons) Acting course prepares students for careers in the media and entertainment industries. Many BA (Hons) Acting graduates are carving out successful careers as actors, producers and writers in theatre, television, film and voice work. The course enjoys strong links with employers, agents and casting directors. High profile alumni to date include Doctor Who star Mandip Gill (who plays Yasmin, companion to Jodie Whittaker's thirteenth incarnation of the popular time traveller), Sam Edwards (who appeared in the Mike Leigh film *Peterloo*) and Freddie Bolt (who plays Reece Murgatroyd in Channel 4's *Ackley Bridge*) In addition, many Acting graduates have gone on to form their own theatre companies. Last year there were five Arts Council funded UCLan Acting alumni companies touring the UK regionally and nationally.

Joe says: "The upcoming productions give people in Preston a rare opportunity to experience the excitement of live theatre on their doorstep while

getting to see some of the most exceptional student talent around.”

Scenes from the Big Picture will be running from 5 – 8 February 2020 and **Twelfth Night** will be running from 19-22 February 2020 at St Peter’s Arts Centre, University of Central Lancashire, PR1 7BX. Tickets cost £10 for adults

and £5 for concessions/students. Additional booking fee applies. **Book now at ticketsource.co.uk/whats-on/lancashire/st-peters-arts-centre-uclan**

Find out more about the BA (Hons) Acting course on our website uclan.ac.uk



PIONEERING THEATRE IN THE FLESH

Flesh and Text is a new exhibition celebrating 30 years of groundbreaking performances by Bodies in Flight, whose immersive theatre has often blurred the lines between performers and audiences...



Bodies in Flight has stirred the souls of audiences all over the world over the past 30 years through unique and memorable performances which have asked profound questions about the human condition. As each show unfolds, audiences are often challenged to confront their deepest desires and fears, provoking deep introspection as they reflect on the courses their lives have taken and what might lie ahead.

Coming in March, *Flesh and Text* is a retrospective celebration of three decades of immersive theatre which has frequently torn down the conventional divide between performer, audience and place. Throughout, *Bodies in Flight* has sought to deliver an intoxicating alchemy of live art, performance and choreography "where flesh utters and words move". Performances see on-stage actors interact and intertwine with technology, soundscapes and visual media, while

the surrounding environment is often every bit as integral to the show as any individual. The creative team delight in taking advantage of the live arena's unique ability to juxtapose the physical ("flesh") with narrative ("text").

Bodies in Flight is co-directed by the writer Professor Simon Jones and choreographer Dr Sara Giddens, who is also Reader in Choreographic Practice on the BA (Hons) Dance Performance and Teaching course at UCLan. Central to the new exhibition is "30X3", a three-screen montage conceived by video artist and long-time collaborator Tony Judge which combines archive video footage with photography and musical compositions spanning the entire history of *Bodies in Flight*. Alongside this, visitors will discover artefacts, notebooks, scripts and props documenting the creative process.

The company's earliest performances were infused with a heady concoction of satire, experimentation and anarchic energy. Debut *DeadPlay* (1989-90) began with performers acting out children's games – namely the act of 'playing dead' and coming back to life – to the soundtrack of Wagner's *Parsifal*, gleefully poking fun at the pomposity of live opera. In more recent times, *Bodies in Flight* has delivered collaborative and bespoke performances which have put individuals from communities all over the world centre stage in unique and unusual environments – from seaside towns to cities, galleries and even gyms.

and how this influences human behaviour. Initially the performers would mingle unnoticed amongst everyday commuters before emerging from the bustling crowd to deliver song and dance routines.



Gymnast (2012) took inspiration from the fervour surrounding the London 2012 Olympic Games, focusing on the singular drive and determination of elite athletes in their pursuit of peak physical fitness and the perfect performance. The multimedia production combined video installations with live action involving real gymnasts and a choir. It celebrated the Olympian desire to reach the upper limits of human achievement and the audiences who watch on in awe of their almost superhuman prowess. In the run-up to the Olympic Games, the BBC broadcast four of the videos on big screens set up in 22 locations across the UK, bringing the work of *Bodies in Flight* to an audience of millions.



Dream-Work/Dream Walk (2009-16) took on different incarnations wherever it was performed (from Singapore to Skegness). It explored the disconnect between how an individual constructs their sense of 'self' inside their own head, and how this version can contrast markedly with the personality they project to the outside world. The shows explored these scenarios through the lens of a person's daily commute to work, examining the overlaying of the public and private realms



More recently, *Life Class* (2019-present) explored how encounters between two people at a community dance hall ended up changing the course of their lives forever. Early manifestations

As each show unfolds, audiences are often challenged to confront their deepest desires and fears, provoking deep introspection as they reflect on the courses their lives have taken and what might lie ahead.



saw choreographer Sara working closely with older movers belonging to community tea dance groups. Participants helped to shape the material, sharing their recollections of romantic encounters in the dance halls of their youth, and each show culminates in a dance led by the older movers, merging the distinction between participants and spectators. Plans are afoot to bring the full version to Preston as part of the upcoming Lancashire Encounter Festival, which returns in September. Performances will feature older movers from Fever Dance alongside Preston People's Choir. A preview event will take place on Thursday 2 April (see below).

Sara says: "*Flesh and Text* is a monument to our three decades in the limelight, encompassing 27 performances which have variously challenged the traditional boundaries of live theatre, made searing political statements and sometimes transformed members of the public into the stars of the show. By working closely with communities from all

over the world and staging events in unique and unusual environments, no two shows are ever the same. We look forward to bringing the work of *Bodies in Flight* to Preston in PR1 and at the Lancashire Encounter festival later this year."

Flesh and Text will be held at the PR1 Gallery, Victoria Building, UCLan from Monday 23 March – Friday 3 April 2020. A launch event will take place on Wednesday 25 March at 4.30pm in the gallery. To help with catering, please contact Kerstin Wellhofer KWellhofer@uclan.ac.uk

A preview of *Life Class* will take place in PR1 on Thursday 2 April at 3pm. To book a place contact KWellhofer@uclan.ac.uk

Look out for future performances from *Bodies in Flight* at the Lancashire Encounter festival, coming in September 2020.

Find out more at lancsencounter.co.uk and bodiesinflight.co.uk

Images © Tony Judge

PRESTON'S POTTERY PEOPLE

Preston's *Make North* studio is inspiring local people to get their hands dirty as well as moulding new business opportunities at the potter's wheel...



When *The Great Pottery Throw Down* hit our television screens in 2015-17, it introduced thousands of people across Britain to the joys of getting their hands dirty with lumps of wet clay. *Make North*, a new creative hub and ceramics studio in Preston, is now giving people the chance to discover the pleasures of the potter's wheel for themselves.

Since opening in July 2019, it has quickly established itself as a welcome addition to Preston's burgeoning arts scene. It's based on the site of the former Saul Street Clinic, which tended to its final patients in autumn last year before closing for good. The large 'Reception' sign which still hangs at the far end of its main workshop space reminds visitors of its former function.

Make North is home to a thriving collective of makers. Along its corridors are a number of

studios occupied by 10 resident artists who are operating their own independent ceramics, textiles and film-making businesses on site. Many of them are recent graduates from UCLan's popular MA Ceramics course spinning their talents into successful small enterprises.

Joining them at *Make North* is a thriving community of around 40 pottery enthusiasts, many complete beginners, who have come along to get creative and learn something new in a friendly and supportive environment. For a monthly fee, members receive credit which is exchanged for time in the workshop or attendance at structured classes led by the artists in residence, who demonstrate a range of key techniques, from slab building to slip casting. You'll soon become a master of moulding, turn your first mug and be amazing at glazing.

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If you're keen to get crafty with clay but don't have the time to attend on a regular basis, then another option is to book a private workshop with friends and enjoy a day out with a difference. You'll get to create your own piece and decorate it in your own distinctive style using traditional techniques like stencilling and sgraffito. It will then be glazed and fired in the workshop's kilns (at temperatures of over 1000°C), ready for you to collect a week later, giving you a unique souvenir of a memorable day.



Make North is the brainchild of UCLan graduate Louise Smith. After completing a degree in Ceramics, Metal and Print in 2007, she went on to establish Process Studios, a hugely successful community workshop and studios in Edinburgh. By the end of her five year tenure as managing director, some 3,000 people had attended courses in pottery, print, jewellery and upholstery and it had provided incubation space for 200 small businesses. It continues to thrive today. Louise left the role in 2017, shortly before returning to her native Preston. Within two years *Make North* was born.

"It feels like the perfect time to bring something like this to Preston," says Louise. "There's a buzz around the city now, and its arts scene is really starting to

grow. There's a desire amongst the Council and local businesses to encourage an 'urban living experience' and *Make North* is contributing to that. Right now our focus is on ceramics, but we're also home to a textiles business and an independent filmmaker, so there are opportunities for other creative professionals to join us."

Make North is also working with young people across Lancashire. A new partnership with the Youth Zones network begins in early 2020 with events at centres in Chorley and Warrington which will teach pottery skills to hundreds of youngsters.

"It's an amazing opportunity for us to inspire young people and uncover some of the best young talent in the region," says Louise.

"Working with our professional residents we'll be able to demonstrate to them that training as a designer-maker can be an opportunity to run your own creative business."

Louise has big ambitions for *Make North*. "We have a temporary lease at Saul Street, for up to three years, so we're on the hunt for permanent premises. We'd like to develop the community programmes further, hopefully expand the facilities into other disciplines and develop the studio spaces for emerging makers, providing a community and support for new graduates setting up on their own."

To find out more about upcoming events, opportunities and membership options at *Make North* visit makenorth.org. For details about the MA Ceramics course at UCLan visit our website uclan.ac.uk

GET CREATIVE

Discover your artistic side at Creative Place, a new weekly workshop at the Harris Museum...



Getting stuck into a creative project can be immensely rewarding, regardless of whether you're an accomplished artist or someone who wouldn't recognise one end of a paintbrush from the other. Setting your mind to work on a creative endeavour – whether that's drawing, painting, knitting or model making – can be fun and even therapeutic, providing a few hours of escapism and a welcome refuge from the everyday bustle of work and family life.

Creative Place is a new weekly event where anyone, regardless of previous experience or artistic merit, can come along and unleash their creativity. Supported by UCLan and the Harris, it's a chance for the communities of Preston and beyond to get together and create, learn and make. Sessions are held at Our Place on

the ground floor of the Harris every Thursday between 11am and 4pm, and you can drop in any time for as long as you like. It's free to attend.

Regular visitors clearly appreciate the chance to tap into the creative side of their brains and fire their imaginations in an informal environment. Some people bring along their own paintings and works-in-progress, settling in a quiet corner of the room and getting on with their projects diligently. It gives them quality time to 'zone out' and get into a state of deep focus.

Others treat the sessions as a much more social gathering and enjoy getting immersed in arts and crafts activities while chatting away with friends, having fun and sometimes getting messy with paint, glue and glitter. Don't worry if you haven't

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got an unfinished masterpiece to work on. The only thing you need to bring along is yourself. And if you don't have your own materials then you'll find plenty of acrylic paints, pencils, paper and fun activities on hand to help you while away the time, from colouring in to dot-to-dot challenges and craft exercises.

Whatever happens, you'll have the chance to emerge from the sessions with a new and unique piece of art created by you. Maybe you'll end up knitting a novelty jumper and wearing it with pride. Or perhaps you'll produce a painstakingly handcrafted sculpture which looks amazing, assumes pride of place on your mantelpiece for all eternity and becomes a conversation piece to impress all your friends with.

For every part-time Michelangelo, there are countless others who haven't picked up a paintbrush or glued something together for many years. If the last time you put paint to canvas was in finger-painting class at primary school then there's every chance that, despite your

best efforts, your first attempt at a watercolour painting will end up as a blurry mess. Don't worry - you're not expected to be artistically gifted here. We promise not to laugh at your lovingly rendered art, even if it ends up looking so bad that a three-year-old child would be ashamed to have it hanging on their parents' fridge! It's all about giving it a go, getting your creative cogs whirring and having a good time.

One recent visitor told us: "I like coming to the art session as it takes me out of myself and makes me use my creative side, and I feel so much better for it."

Later this year there are plans to host a series of informal workshops led by UCLan students where you'll have the chance to learn basic skills in watercolour painting, model making and more. Watch this space.

Creative Place is a drop-in event held every Thursday from 10am – 4pm at the Harris Museum, Art Gallery and Library, Preston PR1 2PP. Age 18+. Free to attend.

Dying Matters Awareness Week

11 - 17 May 2020

UCLan is proud to be supporting the national Dying Matters Awareness Week through a programme of events around the theme of:

Dying to be Heard

All events will be open to the public. If you would like to get involved or have any questions, please contact Jane Huntley: JHuntley2@uclan.ac.uk

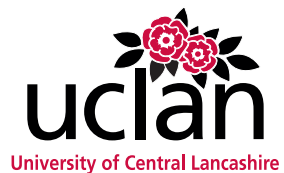
This is the third year the University has supported Dying Matters week and it promises to be the biggest yet, with involvement from students and staff across the University, plus the Comensus community engagement group (who volunteer to share their experiences of health and social care with students), and friends of the University.

Dying Matters is a national coalition of individual and organisational members across England and Wales, which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life. It is part of the national charity, Hospice UK.



**Dying
Matters**

*Let's talk
about it*





Study

TOGETHER

COME AND EXPERIENCE UCLAN

OPEN EVENT & OPEN DAYS

PRESTON CAMPUS Thursday 19 March, 4pm-7.30pm

PRESTON CAMPUS Sunday 21 June, 9am-3pm

BURNLEY CAMPUS Sunday 5 July, 9am-3pm

MEET A TUTOR - CAMPUS TOUR EXTRA

Take a student-led tour around our bustling campus.

Book your place today uclan.ac.uk/visit

LET'S STUDY FOR MORE THAN A DEGREE.
LET'S STUDY FOR OUR FUTURE.



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