



rowan

Winter 2022



Feel Good!

Hello and welcome to Feel Good!

"It is the happiest place; this is my main reason for wanting to be here," said our volunteer Mark in the last issue of Feel Good... and I could not agree more. After six months in post, I cannot imagine not having access to the daily dose of fun, laughter and wonderful creations that is Rowan.



Since our last newsletter, we have been very busy visiting and putting Rowan art throughout Cambridge. We have enjoyed the lovely weather with four days of Walk for Rowan, raising over £2,500 along the way. We visited Darwin Nurseries for Apple Day and had a trip to Kettle's Yard, where our students were given the opportunity to draw in the house. Students painted stones as part of Mill Road's well-being project - and from early November you will be able to see Rowan artwork on Christ's Lane, displayed as part of a new scheme to celebrate local artists in Cambridge. We have been busy, but we are not stopping!

In October we welcomed a new print tutor, Alison Ayres, who comes to us from the Fitzwilliam Museum Education team. Alison brings a wealth of experience and has already made an impact on the classes she teaches. She arrives just in time to support our efforts for the Christmas Fair, taking place on Wednesday 7 December. We are planning an evening to remember with stunning items for purchase to help with your Christmas shopping, as well as music and refreshments.

We recently opened our doors to the wider community on Thursday nights. We ran four classes using the Rowan model - getting creative in workshops, then coming together for a tea break and sharing. Helping the community experience what we have created here, as well as bringing in much needed extra income for our regular sessions.

I would like to welcome you to support us further. Bring a friend along to our Christmas Fair. If you can't come on the night, you can make a purchase from our online shop or donate - using our wonderful Christmas donation tree! Find out more about our tree and how you can donate on our website. In December we will have a pop-up shop at John Lewis with unique gifts and cards. If you have not already you can get involved in our 2023 Charity Art Exhibition 'Together' taking place in February. This is an opportunity for everyone to participate by purchasing a canvas and donating back your creation.

Finally, I would like to thank everyone for their support, whether it be through donations, volunteering, or support for individuals at home. It costs over £600,000 to run Rowan, half of which come from fees and the rest through the generosity of our supporters and stakeholders. We strive to provide a first-class service and you are the people who make that happen. As beneficiaries of working in "the happiest place" we are truly grateful and ask you to help us keep up the good work.

Cherie Evans

Chief Executive Officer

Studio focus

Mixed media runs four days at Rowan with tutors Lima and Steve. We offer painting, drawing, collage, felting, 3D creations, chair yoga and Makaton sign language.



We feel the mixed media workshop offers a diverse range of art activities that suits many of our talented student artists. With the environment in mind, we try to use as much recycled materials as possible. Some students prefer to work quietly and on their own while others enjoy the buzz of working together. Steve likes to bring music to the working day, and the students often take turns in choosing a song. Lima starts her students' day with a morning movement session or chair yoga.

At Rowan it is important to us to build on our relationships with the community. We enjoy collaborating on different projects and one that brought our studios together was the celebration of the Queen's Platinum Jubilee.

"Mixed media collaborated with the ceramics studio to create felted and ceramic flower components, which were then assembled to create a burst of colour at the Grand Arcade to celebrate the Queen's Platinum Jubilee" says print tutor Lima.

Another wonderful project was the Mill Road Rocks which mixed-media students were invited to get involved in. Smooth pebbles were painted in bright colours or with positives messages which were displayed at Ditchburn Garden. The public could then add more rocks or take one away they liked. We loved getting involved!

Student artist Imogen described mixed media as **COLOURFUL** & **REALLY CREATIVE**



Dates for your diary



Rowan Christmas Fair Wednesday 7 December

5pm - 8pm

**40 Humberstone Road,
Cambridge, CB4 1JG**

A wonderful evening of live music, mulled wine, a raffle and, of course, the Rowan pop-up shop with lots of beautiful artworks on sale.

Skydive for Rowan

6 May 2023

Are you daring enough to skydive for Rowan? Join us for a 10,000ft tandem skydive and raise money for our student artists. We ask all our skydivers to raise a minimum of £450 by asking family, friends and colleagues to sponsor you.

**Charity Art Exhibition
18 & 19 February
10am - 3pm each day
The Leys School, Fen Causeway,
Cambridge, CB2 7AD**

To take part:

- 1 - Pick up a canvas for £10
- 2 - Create artwork inspired by the theme 'Together'
- 3 - Drop it off at 40 Humberstone Road, Cambridge, CB4 1JG by 6 February

Community evening classes are back!

We are pleased to announce that evening classes have started once again at our arts centre. We opened our doors to the public in September 2022 for an evening filled with creative crafting including pottery, dressmaking and sewing, mixed-media and watercolours. Classes will start up again in January 2023 with a number of courses available. Why not come along and learn a new skill? All the details for our evening classes will soon be available on our website.

For more information about how to get involved, contact fundraising@rowanhumberstone.co.uk or call 01223 566077

Student focus

Our Stories

Meet Matt

Matt has been coming to Rowan since 2018. We decided to jump straight into the interview as Matt was keen to get started...

What did you do before Rowan?

‘Before Rowan I was at Cambridge Regional College and once that finished, I was at home before my support / care manager suggested coming to a day centre and that’s where we come to now.’

What studios do you work in at Rowan?

‘Since I am coming two days, it is wood for the whole day on Tuesday, then on Thursday, it’s designing in woodwork until lunchtime and ceramics in the afternoon’.

What do you enjoy about coming to Rowan?

‘Rapid fire list: Making stuff,



making friends, helping people, because it wouldn’t be me if I didn’t do that.’

How do you support other Rowan students and staff?

‘By talking to them, if they are upset, I try to cheer them up. And if we are doing games I try to teach them the best I can.’

Tell me more about your Tuesday Games Club – How did it start?

‘Well, to begin with it didn’t start as a games club because me, Frank, Lewis and Ushka, were playing card games and then from there the volunteer Rosie, placed the idea on me to make a games club! So, that is what I did.’

How does games club work?

'Games club is where we can play games and help each other to get better at games that we are not good at. A few examples are Bowling, Uno and Pokemon Battle Revolution.'

One of your ideas was the dragon calendar, please tell us more.

'First, I made dragon drawings based on the people who wanted one - staff, students, and volunteers. Then I found out what month they were born in so I could put the dragons in month order. Because the idea of the calendar was that it gives us something to help us remember birthdays and multiples of it for us to sell. Sarah (Rowan's ceramic tutor) helped me put it all together'.

What is your favourite activity to do at Rowan?

'I'm torn between three! I enjoy wood, I enjoy ceramics and I absolutely enjoy doing my games



club! Which I am in charge of by the way!'

What projects are you currently working on?

'I'm going to be working on a dragon tower / nest for my dragon eggs that I am making in ceramics. But I'm making the dragon tower out of wood.'

How does coming to Rowan make you feel?

'Feels happy and able to get my ideas out into the open.'

It was wonderful to chat to you Matt. We look forward to hearing all about your future projects and ideas.

A heartfelt thank you to...



Martin & Co Estate Agents who sponsored our Walk For Rowan;



the **Co-op Community Fund** for raising £1,200;



the **Grand Arcade** for selecting Rowan as their charity of the year 2022;



the **Sawston Rotary Club** for donating £2,500 to Rowan from the proceeds of their Fun Run;



The Leys School for sponsoring our upcoming Charity Art Exhibition;



Waitrose in Trumpington for supplying us with refreshments for all our events throughout 2022;



the lovely staff at **Qualcomm** for volunteering their time to help at both Forest School and redecorating our studios;



Lloyds Bank for donating more than £17,000 worth of furniture to Rowan



and our wonderful **Friends of Rowan** who make a regular monthly donation to support our work.



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