

WORKSHOP PROGRAM  
BOOKINGS WIMMERA HUB 5382 5111



Forum Theatre For Your Information  
22<sup>nd</sup> Thursday 10:00-12:00 Masonic Lodge  
Urquhart St

Forum Theatre stems from Augusto Boal's theatre of the Oppressed and uses story telling to investigate people's experience. The performers enact a tale and then the audience or 'spec'actors are asked to come on stage and become part of the action. This ensemble is made of local people of all abilities and working under the guidance of artistic director Anna Loewendahl.

BoilOver – Materialising Your Stories  
22<sup>nd</sup> Thursday 9:30-12:30

BoilOver inclusive performance ensemble would like to invite you inside their collaborative performance making process. Led by Tamara Searle and members of the BoilOver ensemble, this 3 hour workshop will use participant storytelling, provocative questioning and physical improvisation to materialise performances. Please bring an object that relates to a particular time in your life (an item of personal significance, could be a piece of clothing, a favourite book, a special box, a poem, or something that always provides you with comfort)

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Wimmera Nature Walk – fully accessible  
22<sup>nd</sup> Thursday 10:00-12:00

Lead by local working group and inspired by Access All Abilities Walking Trail this walk is along the Wimmera River, flowing this winter and abundant in Australian natural bush and wildlife. See indigenous significant scar trees and remnants from Black Saturday fires.

Felting with Val Pascal  
22<sup>nd</sup> Thursday 10:00-12:00

Come and participate in this tactile art form. Enjoy the feel and the colours of natural fibres that combine together to make images and shapes from your imagination. Everyone's creativity can be experienced through the ancient art of felting.

Stage Combat Training  
22<sup>nd</sup> Thursday 1:00-3:00

Creatability a vibrant performance troupe with disabilities from Bendigo team with Fiona Blair from The Old Van, an independent, multicultural, professional theatre company based in rural Victoria to offer training in martial arts. Rolls, tumbles, combat all the action you see on films and theatre. Learn the skills in a fun and inclusive environment.

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### Perfect Print Making

22<sup>nd</sup> Thursday 1:00-3:00

Making prints is a perfect part of life. Join artist Jodie Matthews and using your ideas or shapes provided make your own prints. Using simple images and block colour to make a great looking print as a tile or calico bag.

### Run A- way with the Circus

22<sup>nd</sup> Thursday 10:00-12:00, 1:00-3:00

23<sup>rd</sup> Friday 2:00-4:00

Based on training with Cirque De Soleil community arts program and years of performance Christy and Luke will guide you through games, basic circus tricks, balancing, juggling and trust exercise. Load up on skills for your performances and have heaps of fun.

### Hip Hop Duendo – Body Percussion

23<sup>rd</sup> Friday 11:00-12:00, 2:00-3:00

Body percussion is embodied rhythm it is slap dancing, stomp, click and clap. This workshop will also including some hip hop tunes and flamenco dancing. Open to all it is an accessible, joyful way to move with a group of people.

"slap some funky skin" "sweat, fly, unfurl and be free!"

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Clowning Around

23<sup>rd</sup> Friday 10:00-12:00

Horsham's residential Clown Wayne Lentsment offers people skills and insight to connecting with your own 'inner' clown. A fun and interactive workshop learn basic clown skills and how to interact with others

Blow'n the Blues Away

23<sup>rd</sup> Friday 10:00-12:00, 2:00-4:00

Life challenges us with moods and feelings and music provides the answer to these. This harmonica workshop with local blues musician Doug Ritchie will teach the basics of blow'n a tune, putting sounds together and having guitar accompaniment. Full of songs. Participants will take home a harmonica, song sheet and music.

Melbourne PlayBack Theatre

23<sup>rd</sup> Friday 2.00 – 4.00

Be a part of the exciting and entertaining action of playback theatre. Tell a story then see it performed. Using movement and improvisation to actions for your stories. Work on drama skills, storytelling and empowerment, no previous theatre experience necessary.

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Wake Up To Music Recording Project – Rose Ertle  
22<sup>nd</sup> Thursday 10:00-4:30 (8 x half hour sessions)  
23<sup>rd</sup> Friday 10:00-12:30 (4 x half hour sessions)

Participate in making music and record short sound pieces including a collages of spoken word with music as well as some songs. Working one-on-one recording peoples ideas Rose records onto her computer and edits and mixes the pieces with the assistance of the participants. This will result in a track or two to be played on HHH Horsham's Community Radio. Radio Electronic Recording Project is some recently completed work of Rose's..

Poetry with Sandy Jeffs  
23<sup>rd</sup> Friday 2:00-4:00

Sandy Jeffs has just released her 3<sup>rd</sup> book Blood Relations other titles are Poems from a Madhouse, Confessions of a Midweek Lady: Tall Tennis Tales. Suffering from schizophrenia for more than half her life her brain creates voices and visions only she experiences. Sandy writes poetry to express her struggle with mental illness. Sandy also featured in Andrew Dentons Angels & Demons

In this workshop Sandy will read her poetry, talk of life as a writer and offer a questions and answer session

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Rhizome

23rd Friday 2:00-4:00

Artists will work on a pilot project in art and disability called Rhizome. The project will use technological solutions to arts access remote regions in the Wimmera and delivering an arts outcome in visual arts, film, or performance. The Cultural Development Network will discuss the progress to date and have examples of the technologies used.

Rock & Rant Popcorn – International band from Denmark

23<sup>rd</sup> Friday 10:00-12:00

These guys have travelled the world playing music Japan, Russia, all over Europe and now Australia. Hear how they made it happen. What have they learnt through their music and how it is to being a rock group with mental health issues that travels the world.

Art Workshop – Michael Sheils Art Education Officer  
Horsham Regional Art Gallery

23<sup>rd</sup> Friday 10:00-12:00

The Horsham regional Art Gallery will engage participants in drawing, collation and painting. Drawing inspiration from works exhibited at the gallery and experienced as part of Awakenings 2009