

# Arts Well

## Directory of creative opportunities in Cornwall



This Directory has been set up to help you find local creative opportunities available in your area. We make reasonable efforts to make sure that all information provided in the directory is accurate and up to date, but we do not accept any responsibility or liability for any errors in information. Inclusion in the directory does not imply recommendation or endorsement. You should always check that the service or organisation meets your own requirements by contacting them directly.



| NAME                                | WHERE                 | TYPE                                                                                         | WEBSITE/SOCIALS                                                                                    | CONTACT                                                                                              |
|-------------------------------------|-----------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| A Cornish Geek - Emma Farley        | Penzance              | Creative wellbeing workshops for children and adults including journaling and hand lettering | <a href="#">A Cornish Geek - Books, stationery, and wellbeing</a>                                  | <a href="mailto:e.farley27@gmail.com">e.farley27@gmail.com</a><br>07554 095990                       |
| Caroline Schanche Dance             | Goldsithney, Penzance | Assorted dance for wellbeing classes.                                                        | <a href="http://www.carolineschancedance.co.uk">www.carolineschancedance.co.uk</a>                 | <a href="mailto:caroline.schanche@icloud.com">caroline.schanche@icloud.com</a><br>07773 669667       |
| Caroline Schanche Dance             | Mousehole             | Dance into Fitness - dance class for adults to support health, happiness and wellbeing.      | <a href="http://www.carolineschancedance.co.uk">www.carolineschancedance.co.uk</a>                 | <a href="mailto:caroline.schanche@icloud.com">caroline.schanche@icloud.com</a><br>07773 669667       |
| Distant Dances - Kyra Norman        | Penzance              | Movement/dance seessions for all ages.                                                       | <a href="http://www.kyranorman.co.uk/distant-dances">www.kyranorman.co.uk/distant-dances</a>       | <a href="mailto:kyra.norman@gmail.com">kyra.norman@gmail.com</a>                                     |
| Gardeners' House                    | Penzance              | Wellbeing workshops, sensory garden.                                                         | <a href="http://www.thegardenershouse.org">www.thegardenershouse.org</a>                           | <a href="mailto:info@thegardenershouse.org">info@thegardenershouse.org</a>                           |
| Gul Community Kitchen               | Trelya Penzance       | Café and training club                                                                       | <a href="http://www.trelya.com">www.trelya.com</a>                                                 | <a href="mailto:info@trelya.com">info@trelya.com</a><br>01736 334850                                 |
| Leach Pottery                       | St Ives               | Fully funded tours and ceramic workshops for community groups                                | <a href="http://www.leachpottery.com">www.leachpottery.com</a>                                     | <a href="mailto:office@leachpottery.com">office@leachpottery.com</a><br>01736 799703                 |
| Newlyn Art Gallery and The Exchange | Newlyn & Penzance     | Creative workshops, events and social groups for all ages                                    | <a href="#">Contemporary Art Gallery Cornwall   Newlyn Art Gallery &amp; The Exchange Penzance</a> | <a href="mailto:info@newlynartgallery.co.uk">info@newlynartgallery.co.uk</a><br>01736 363715         |
| Penlee House Museum and Gallery     | Penzance              | Range of workshops primarily for children of all ages, families, school groups               | <a href="https://penleehouse.org.uk/">https://penleehouse.org.uk/</a>                              | <a href="mailto:info@penleehouse.org.uk">info@penleehouse.org.uk</a><br>01736 363625                 |
| PZNYouth                            | Penzance              | Youth Club 11-17 year olds, various creative offerings.                                      | <a href="http://www.pznyouth.org">www.pznyouth.org</a>                                             | <a href="mailto:hello@pznyouth.org">hello@pznyouth.org</a><br>Bek Breslaw (Director)<br>07396 710481 |

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| Redwing Gallery                                      | Penzance                            | Music workshops                                                                       | <a href="http://www.redwinggallery.co.uk">www.redwinggallery.co.uk</a>                           | <a href="mailto:redwingprimitive@gmail.com">redwingprimitive@gmail.com</a><br>01736 448402                                           |
| St Ives Community Orchard & Penbeagle Nature Reserve | St Ives                             | Various creative workshops .<br>CORE-CHESTA Collective - community drop in orchestra. | <a href="http://www.stivesorchard.co.uk">www.stivesorchard.co.uk</a>                             | <a href="mailto:phoebe@stivesorchard.co.uk">phoebe@stivesorchard.co.uk</a><br>07976 955505                                           |
| Sundance -<br>Caroline Schanche                      | Pendeen, Penzance, St Just          | Moving into fitness for people over 50.                                               | <a href="http://www.sundancepenzance.co.uk">www.sundancepenzance.co.uk</a><br>-                  | <a href="mailto:caroline.schanche@icloud.com">caroline.schanche@icloud.com</a><br>07773 669667                                       |
| Tate                                                 | St Ives                             | Tate Collective producers,<br>young people 15-25 year olds                            | <a href="http://www.tate.org.uk">www.tate.org.uk</a>                                             | <a href="mailto:kate.turner@tate.org">kate.turner@tate.org</a><br>01736796226                                                        |
| The Centre Newlyn                                    | Newlyn, Penzance                    | Events, clubs,classes - dance theatre and crafts.                                     | <a href="http://www.thecentrenewlyn.org/">www.thecentrenewlyn.org/</a>                           | <a href="mailto:enquiry.thecentrenewlyn@gmail.com">enquiry.thecentrenewlyn@gmail.com</a><br>01736 365890                             |
| The Centre Pendeen                                   | Pendeen, Penzance                   | A range of creative workshops and groups.                                             | <a href="http://www.centreofpendeen.co.uk/activities/">www.centreofpendeen.co.uk/activities/</a> | <a href="mailto:info@centreofpendeen.co.uk">info@centreofpendeen.co.uk</a><br>01736 786776                                           |
| The Edward Hain Centre                               | St Ives                             | Knit and natter.                                                                      | <a href="http://www.edwardhaincentre.org.uk">www.edwardhaincentre.org.uk</a>                     | <a href="mailto:info@edwardhaincentre.org.uk">info@edwardhaincentre.org.uk</a>                                                       |
| Trelya                                               | Penzance                            | Provision for children and young people                                               | <a href="http://www.trelya.com">www.trelya.com</a>                                               | <a href="mailto:info@trelya.com">info@trelya.com</a><br>01736 334850                                                                 |
| Whole Again communities                              | Treneere Community Hub,<br>Penzance | Wood working workshops in the repair café.                                            | <a href="http://www.wholeagaincommunities.co.uk">www.wholeagaincommunities.co.uk</a>             | <a href="mailto:info@wholeagaincommunities.co.uk">info@wholeagaincommunities.co.uk</a><br>07557 708015                               |
| Yonkers                                              | St Ives                             | Creative opportunities and workshops -<br>youth provision 11-25.                      | <a href="http://www.stivestowncouncil-cornwall.gov.uk">www.stivestowncouncil-cornwall.gov.uk</a> | <a href="http://www.stivestowncouncil-cornwall.gov.uk/">http://www.stivestowncouncil-cornwall.gov.uk/</a><br>07508 821901 (Whatsapp) |

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| Balls and Banter -<br>Kim Smith                     | Helston                   | Crochet and Knitting Support Group                                                                                           | <a href="http://www.facebook.com/Ballsandbanter/">www.facebook.com/Ballsandbanter/</a>                    | <a href="mailto:kimie.b007@hotmail.com">kimie.b007@hotmail.com</a><br>07960 641785                                                                         |
| CAST<br>(Cornubian Arts and<br>Science Trust)       | Helston                   | Free Saturday art club for children 11-16.<br>Range of creative activities for children and<br>families.                     | <a href="https://castcornwall.art/">https://castcornwall.art/</a>                                         | <a href="mailto:info@castcornwall.art">info@castcornwall.art</a><br>01326 565632                                                                           |
| Clay Trap                                           | Helston                   | Open-access ceramics studio located at<br>Cast. Creative workshops, courses and<br>opportunities for local community groups. | <a href="https://claytrap.castcornwall.art/">https://claytrap.castcornwall.art/</a>                       | <a href="mailto:claytrap@castcornwall.art">claytrap@castcornwall.art</a>                                                                                   |
| Museum of Cornish Life                              | Helston                   | Creative activities and workshops                                                                                            | <a href="http://museumofcornishlife.co.uk">museumofcornishlife.co.uk</a>                                  | <a href="mailto:info@museumofcornishlife.co.uk">info@museumofcornishlife.co.uk</a><br>01326 564027                                                         |
| The Seaweed Institute                               | Helston and Cornwall-wide | Range of creative workshops based at Studio<br>14 at Cast and beaches across Cornwall.                                       | <a href="http://www.theseaweedinstitute.com">www.theseaweedinstitute.com</a><br>.                         | <a href="mailto:info@theseaweedinstitute@protonmail.com">info@theseaweedinstitute@protonmail.com</a>                                                       |
| Trevow Helston CIC                                  | Helston                   | Theatre/ dance/ live music/ spoken word.<br>Cultural workshops and participatory<br>projects.                                | <a href="http://www.trevowhelston.co.uk">What's On   Trevow Helston</a>                                   | <a href="mailto:Guy.Watson@trevowhelston.co.uk">Guy Watson</a><br><a href="mailto:hello@trevowhelston.co.uk">hello@trevowhelston.co.uk</a><br>07792 858435 |
| All Saints Community<br>Centre                      | Camborne                  | Creative groups and activities                                                                                               | <a href="http://www.allsaintscentre.co.uk/">http://www.allsaintscentre.co.uk/</a>                         | <a href="mailto:info@allsaintscentre.co.uk">info@allsaintscentre.co.uk</a><br>01209 610260                                                                 |
| Camborne Community<br>Centre                        | Camborne                  | Wide range of clubs including arts and crafts                                                                                | <a href="https://www.cambornecommunitycentre.com/clubs">https://www.cambornecommunitycentre.com/clubs</a> |                                                                                                                                                            |
| Camborne<br>Contemporary Crafts<br>Hub (Create CIC) | Camborne                  | Community courses in ceramics, jewelry and<br>glass.                                                                         | <a href="http://www.createcic.co.uk">www.createcic.co.uk</a>                                              | <a href="mailto:info@createcic.co.uk">info@createcic.co.uk</a><br>01209 716927                                                                             |

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| Cornwall Neighbourhoods for Change     | Redruth  | Creative art groups                                                      | <a href="#">Cornwall Neighbourhoods for Change</a>                                                                                                                                                                                                                 | Contact form on website<br>01209 310610                                                                |
| Camborne Redruth Camera Club           | Camborne | Photography club for all levels                                          | <a href="https://www.lenslab.co.uk/cameraclubprofile.php?cameraclubid=30084">https://www.lenslab.co.uk/cameraclubprofile.php?cameraclubid=30084</a>                                                                                                                |                                                                                                        |
| Drym Valley Centre                     | Camborne | Creative workshops for adults with additional needs                      | <a href="#">Drym Valley Activity Centre – Drym Valley Activity Centre Website</a>                                                                                                                                                                                  | <a href="mailto:drymvalleycen@aol.com">drymvalleycen@aol.com</a><br>01736 850707                       |
| Friends of the Towans Art Club         | Hayle    | Free Art group.                                                          | <a href="https://www.facebook.com/FriendsOfTheTowans">https://www.facebook.com/FriendsOfTheTowans</a><br><a href="https://friendsofthetowans.co.uk/news/friends-of-the-towans-art-club/">https://friendsofthetowans.co.uk/news/friends-of-the-towans-art-club/</a> |                                                                                                        |
| Hayle Day Care Centre                  | Hayle    | Community Hub, Art Group and Knitting Bee                                | <a href="https://hayledaycentre.org.uk/">https://hayledaycentre.org.uk/</a>                                                                                                                                                                                        | <a href="mailto:emma.bouffler@liscornwall.org.uk">emma.bouffler@liscornwall.org.uk</a><br>01736 753716 |
| Hayle Meetup                           | Hayle    | Includes photographic and book club events regularly updated             | <a href="https://www.meetup.com/find/gb--c6--hayle/sports-and-hobbies/">https://www.meetup.com/find/gb--c6--hayle/sports-and-hobbies/</a>                                                                                                                          |                                                                                                        |
| Kresen Kernow                          | Redruth  | Cornwall's archives offering events workshops                            | <a href="#">Kresen Kernow – A home for Cornwall's archives</a>                                                                                                                                                                                                     | <a href="mailto:kresenkernow@cornwall.gov.uk">kresenkernow@cornwall.gov.uk</a><br>01872 324333         |
| Make Amends                            | Redruth  | Creative textile workshops.                                              | <a href="https://feastcornwall.org/project/make-amends/">https://feastcornwall.org/project/make-amends/</a>                                                                                                                                                        |                                                                                                        |
| Redruth Amateur Operatic Society Trust | Redruth  | Performance art organisation and choir. Always looking for new singers!  | <a href="https://www.facebook.com/redruthoperatic">https://www.facebook.com/redruthoperatic</a>                                                                                                                                                                    | <a href="mailto:raostcommittee@gmail.com">raostcommittee@gmail.com</a>                                 |
| Redruth Community centre               | Redruth  | Hosting events and groups such as Kerrier North U3A and the Memory Café. | <a href="https://www.facebook.com/RedruthCommunityCentre/">https://www.facebook.com/RedruthCommunityCentre/</a>                                                                                                                                                    |                                                                                                        |

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| Rogue Theatre                 | Tehidy                                        | Outdoor immersive theatre for families - offering affordability schemes                                     | <a href="#">Rogue Otherworld – Immersive Wild Theatre</a>                                                                                     | <a href="#">BOX OFFICE   Rogue Otherworld</a>                                                          |
| St Andrews Church             | Redruth                                       | Social craft groups.                                                                                        | <a href="https://redruthchurch.org.uk/st-andrews-redruth/">https://redruthchurch.org.uk/st-andrews-redruth/</a>                               |                                                                                                        |
| The Art Room                  | Redruth                                       | Range of creative opportunities including after school art clubs and art play for grown ups.                | <a href="https://www.artroomredruth.co.uk/">https://www.artroomredruth.co.uk/</a>                                                             |                                                                                                        |
| The Ladder                    | Redruth                                       | A space for stories. Range of weekly classes, workshops, music and theatre performances.                    | <a href="https://theladderredruth.com/">https://theladderredruth.com/</a>                                                                     | <a href="https://theladderredruth.com/contact">https://theladderredruth.com/contact</a>                |
| The Queens                    | Camborne                                      | Sewing club for all levels                                                                                  | <a href="https://www.facebook.com/thequeueensat46/posts/169807425508579/">https://www.facebook.com/thequeueensat46/posts/169807425508579/</a> |                                                                                                        |
| Art Centre Penryn             | Penryn                                        | Wide range of creative health workshops and groups including Meet and Make & Tea, Cake and Art for over 65s | <a href="#">Art Centre Penryn</a>                                                                                                             | Megan Beck<br><a href="mailto:info@artcentrepennryn.org">info@artcentrepennryn.org</a><br>07511 903282 |
| Dance Biodanza Cornwall       | Penryn                                        | Dance for well-being monthly classes                                                                        | <a href="https://www.facebook.com/profile.php?id=100043136714678">https://www.facebook.com/profile.php?id=100043136714678</a>                 | Anna Sadler<br><a href="mailto:anna@calmccornwall.co.uk">anna@calmccornwall.co.uk</a><br>07901 676506  |
| Creative Roots - Naomi Hannam | Falmouth, Penryn, Constantine & Cornwall-wide | Offering a range of creative nature based workshops.                                                        | <a href="http://www.creativeroots.earth">www.creativeroots.earth</a>                                                                          | <a href="mailto:naomikhannam@gmail.com">naomikhannam@gmail.com</a><br>07791 703681                     |
| Falmouth Art Gallery          | Falmouth                                      | Range of creative workshops and projects for community groups                                               | <a href="#">Falmouth Art Gallery - Family Friendly Free Art Gallery</a>                                                                       | <a href="mailto:info@falmouthartgallery.com">info@falmouthartgallery.com</a><br>01326 313863           |
| Fish Factory                  | Penryn                                        | Creative workshops and events                                                                               | <a href="#">WHAT'S ON   fishfactoryarts</a>                                                                                                   | <a href="mailto:fishfactoryarts@live.co.uk">fishfactoryarts@live.co.uk</a><br>01326 618364             |

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| NODAC CIC                          | Penryn      | Companionship Café to support grief and loss offering a range of creative activities                 | <a href="https://nodac.co.uk/">https://nodac.co.uk/</a>                                                                                                                                                          | Anna Sadler<br><a href="mailto:anna@nodac.co.uk">anna@nodac.co.uk</a><br>07901676506                                 |
| John Howard Print Studios          | Penryn      | Printmaking courses and workshops                                                                    | <a href="#">John Howard Print Studios</a>                                                                                                                                                                        | <a href="mailto:john@johnhowardprintstudios.com">john@johnhowardprintstudios.com</a><br>07870 679061                 |
| Pendennis Community Centre         | Falmouth    | Range of health and wellbeing classes including sketch club, craft sessions, Parkinsons dance groups | <a href="https://pcc.pendennisleisure.org/">https://pcc.pendennisleisure.org/</a>                                                                                                                                | <a href="mailto:enquiries@pendennisleisure.org">enquiries@pendennisleisure.org</a><br>01326 653249                   |
| Potager Community Garden CIC       | Constantine | Social and therapeutic horticulture and occasional arts and crafts                                   | <a href="#">Potager Garden - Potager Garden</a>                                                                                                                                                                  | <a href="mailto:community@potagergarden.org">community@potagergarden.org</a><br>01326 341258                         |
| Princess Pavilion                  | Falmouth    | Range of music, art and craft workshops and groups for all abilities, meeting regularly.             | <a href="#">Community Groups - Falmouth Town Council</a>                                                                                                                                                         | <a href="mailto:eventspavillion@falmouthtowncouncil.com">eventspavillion@falmouthtowncouncil.com</a><br>01326 211222 |
| Sketch Club Falmouth - Eve Bourrat | Falmouth    | Creative sketching and social club.                                                                  | <a href="https://www.sketchclubfalmouth.com/">https://www.sketchclubfalmouth.com/</a><br><a href="https://www.facebook.com/artistssketchclub.falmouth/">https://www.facebook.com/artistssketchclub.falmouth/</a> | <a href="mailto:sketchclubfal@gmail.com">sketchclubfal@gmail.com</a>                                                 |
| Dracaena centre                    | Falmouth    | A range of creative health groups and workshops for all ages.                                        | <a href="http://www.dracaenacentre.org">www.dracaenacentre.org</a>                                                                                                                                               |                                                                                                                      |
| St Gluvias community hall          | Penryn      | Creative groups, workshops and events.                                                               | <a href="http://www.stgluviashallpenryn.org.uk">www.stgluviashallpenryn.org.uk</a>                                                                                                                               | 01326 375786                                                                                                         |
| Songbirds                          | Penryn      | Singing for wellbeing - nature workshops.                                                            | <a href="#">Songbirds Singing for Wellbeing</a>                                                                                                                                                                  | <a href="mailto:kathy.ellwand@yahoo.com">kathy.ellwand@yahoo.com</a>                                                 |
| Chaos Group                        | Truro       | Two monthly Creative Drop-ins for Wellbeing and lunch                                                | <a href="http://www.chaosgroupcornwall.co.uk">www.chaosgroupcornwall.co.uk</a>                                                                                                                                   | Melanie<br><a href="mailto:hello@chaosgroupcornwall.co.uk">hello@chaosgroupcornwall.co.uk</a><br>01872277600         |

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| Cornwall museum and art gallery | Truro                        | Events and workshops including creative wellbeing café, sketch club, toddler time     | <a href="#">Health &amp; Wellbeing - Cornwall Museum &amp; Art Gallery</a>                          | Kate Clayton (Learning Manager)<br><a href="mailto:kate@cornwallmuseum.org">kate@cornwallmuseum.org</a>                                 |
| Hall for Cornwall               | Truro                        | Get Creative programme - opportunities for children, young people and wider community | <a href="#">Hall for Cornwall   Theatre &amp; Arts in Cornwall</a>                                  | 01872 262466                                                                                                                            |
| Pathcarvers                     | Truro                        | Woodcarving                                                                           | <a href="https://www.instagram.com/pathcarvers">https://www.instagram.com/pathcarvers</a>           | <a href="mailto:Info@pathcarvers.co.uk">Info@pathcarvers.co.uk</a>                                                                      |
| UA3 Carrick                     | Feock                        | Art sessions                                                                          |                                                                                                     | Sandra Guile<br><a href="mailto:art-truro@u3acarrick.org.uk">art-truro@u3acarrick.org.uk</a><br>01872 865764                            |
| UA3 Carrick                     | Truro (Kea Community Centre) | Carrick Consort (Recorder group)                                                      | <a href="https://u3acarrick.org.uk/music">https://u3acarrick.org.uk/music</a>                       | <a href="mailto:recorders@u3acarrick.org.uk">recorders@u3acarrick.org.uk</a><br>01872 858339                                            |
| UA3 Carrick                     | Truro (Kea Community Centre) | Carrick Singers - Choir                                                               | <a href="https://u3acarrick.org.uk/music">https://u3acarrick.org.uk/music</a>                       | June Caddy<br><a href="mailto:choir@u3acarrick.org.uk">choir@u3acarrick.org.uk</a><br>07584 258727                                      |
| UA3 Carrick                     | Carnon Downs                 | UA3 Jazz Appreciation Group                                                           | <a href="https://u3acarrick.org.uk/music">https://u3acarrick.org.uk/music</a>                       | Paddy Haughton<br><a href="mailto:jazzappreciation@u3acarrick.org.uk">jazzappreciation@u3acarrick.org.uk</a>                            |
| UA3 Carrick                     | Truro                        | Creative Writing                                                                      | <a href="https://u3acarrick.org.uk/creative-writing">https://u3acarrick.org.uk/creative-writing</a> | Jan Anderson-Kaye<br><a href="mailto:creativewritingtruro@u3acarrick.org.uk">creativewritingtruro@u3acarrick.org.uk</a><br>07903 356131 |
| UA3 Carrick                     | Chacewater                   | Handicrafts                                                                           |                                                                                                     | Veronica Richards<br><a href="mailto:handicrafts@u3acarrick.org.uk">handicrafts@u3acarrick.org.uk</a><br>07893 511192                   |
| UA3 Carrick                     | Carnon Downs                 | Photography                                                                           | <a href="https://u3acarrick.org.uk/photography">https://u3acarrick.org.uk/photography</a>           | Adrian Rowlands<br><a href="mailto:adrian.rowlands3@gmail.com">adrian.rowlands3@gmail.com</a>                                           |

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| UA3 Roseland and District                 | Probus          | Patchwork and Craft                                                                                                                |                                                                                                             | Myrna Harrison<br>01726 883878                                                                                  |
| U3A Roseland and District - Anna Spencely | Tregony         | Strum for Fun - ukulele or guitar/sing along. Friendly, supportive sessions for people who want to learn or improve their playing. | <a href="https://u3aroselandanddistrict.weebly.com/">https://u3aroselandanddistrict.weebly.com/</a>         | Terence Neill<br><a href="mailto:terencemneill@btinternet.com">terencemneill@btinternet.com</a><br>07392 504400 |
| Blystra Arts - Ellen Moule                | Newquay         | Creative workshops and events                                                                                                      | <a href="#">Blystra Arts - Creating and Promoting Arts Activity in Newquay</a>                              | <a href="mailto:Info@blystraarts.org">Info@blystraarts.org</a>                                                  |
| Govenek - Age UK Cornwall                 | Newquay         | Community Hub                                                                                                                      | <a href="https://www.ageuk.org.uk/cornwall/">https://www.ageuk.org.uk/cornwall/</a>                         | <a href="mailto:govenek@ageukcornwall.org.uk">govenek@ageukcornwall.org.uk</a><br>01637 876150                  |
| Newquay Art Group                         | Newquay         | Wellbeing and recovery focused art group to inspire creativity                                                                     | <a href="#">Newquay Art Group - Cornwall Mind</a>                                                           | <a href="mailto:jo@cornwallmind.org">jo@cornwallmind.org</a><br>07354 846593                                    |
| Newquay Society of Artists                | Newquay         | Artist demonstrations, painting afternoons and summer events to make like-minded friends                                           | <a href="https://newquaysocietyofartists.wordpress.com/">https://newquaysocietyofartists.wordpress.com/</a> | <a href="mailto:diane@handonart.com">diane@handonart.com</a>                                                    |
| SKYDANC3R - Nell Crowden                  | Newquay         | Music/DJ workshops and events                                                                                                      | <a href="https://www.skydanc3r.com/">https://www.skydanc3r.com/</a>                                         | <a href="mailto:hello@SKYDANC3R.com">hello@SKYDANC3R.com</a> or<br>contact form on website                      |
| The Nook Wellbeing and Creative Space     | Perranporth     | Supporting the physical and mental wellbeing of people using creative arts and movement practices                                  | <a href="#">The nook</a>                                                                                    | <a href="mailto:info@thenookcornwall.org">info@thenookcornwall.org</a><br>07866 562074                          |
| The Oasis Centre                          | St Columb Major | Cafés with arts, crafts and other community activities                                                                             | <a href="#">Oasis Centre Cornwall</a>                                                                       | <a href="mailto:enquiries@oasiscentrecornwall.org.uk">enquiries@oasiscentrecornwall.org.uk</a><br>01637 889682  |

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| Wedge Studio                            | Newquay                           | Pottery studio offering mindful creativity, curated events and accessible art such as mud club for children and parents                       | <a href="#">Wedge studio</a>                                                                                                                                                                                                 | <a href="mailto:studio@wedgestudio.co.uk">studio@wedgestudio.co.uk</a><br>07522 338337         |
| Youth Art Community                     | Newquay                           | Creative Community youth clubs and workshops                                                                                                  | <a href="https://youthartconnect.org/">https://youthartconnect.org/</a>                                                                                                                                                      | <a href="mailto:info@youthartconnect.com">info@youthartconnect.com</a><br>07745 358588         |
| Acorn Adventures CIC - Wendy Taylor     | Luxulyan Valley and Cornwall-wide | Immersive, nature-based creative experiences                                                                                                  | <a href="https://www.facebook.com/p/Acorn-Adventures-CIC-100090553782171/">https://www.facebook.com/p/Acorn-Adventures-CIC-100090553782171/</a>                                                                              | <a href="mailto:wendy-taylor@hotmail.com">wendy-taylor@hotmail.com</a><br>07770 768112         |
| From Acorns to Oaks - Helen Perrott     | St Austell & Mid Cornwall         | Nature connection, mindfulness and creativity workshops                                                                                       | <a href="#">From Acorns to Oaks - Immerse in Nature through Mindfulness and Creativity</a>                                                                                                                                   | <a href="mailto:fromcornstooask@gmail.com">fromcornstooask@gmail.com</a><br>07951289812        |
| Halwyn a Gan                            | Whitemoor                         | Social & supportive mixed voice choir                                                                                                         | <a href="#">Cornwall Choir - Halwyn a Gan - Whitemoor Sings</a>                                                                                                                                                              | Brian Tamblyn<br>07989 270873                                                                  |
| Keur Kerensa - Wendy Taylor             | Roche                             | Community and wellbeing choir to create connection                                                                                            |                                                                                                                                                                                                                              | <a href="mailto:wendy-taylor@hotmail.com">wendy-taylor@hotmail.com</a>                         |
| Elaine Foster-Gandey Art                | Lostwithiel                       | Regular workshops on mixed media/textiles and fashion throughout the year.                                                                    | <a href="https://www.elainefostergandey.com/">https://www.elainefostergandey.com/</a><br><a href="https://www.facebook.com/elaine.fostergandey/?locale=en_GB">https://www.facebook.com/elaine.fostergandey/?locale=en_GB</a> | <a href="mailto:e.fostergandey@gmail.com">e.fostergandey@gmail.com</a><br>07813 986999         |
| Really Lovely Projects - Emma Mansfield | Loswithiel                        | Singing, music and art projects, events and workshops to improve mental health/wellbeing, unite people of all ages, background and abilities. | <a href="#">Really Lovely Projects</a>                                                                                                                                                                                       | <a href="mailto:lovelypublications@gmail.com">lovelypublications@gmail.com</a><br>07803 176416 |

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| Sunrise Sound - Jo Eddy                            | St Austell    | Sound baths, singing circles and somatic dance.                                                     | <a href="#">Sunrise Sound   Facebook</a><br><a href="https://www.instagram.com/sunrisesoundtherapy/">https://www.instagram.com/sunrisesoundtherapy/</a> | <a href="mailto:sunrisesoundstherapy@gmail.com">sunrisesoundstherapy@gmail.com</a><br>07789435921    |
| Black Rock Design - Sarah Jeffery                  | Widemouth Bay | Creative wellbeing workshops in a coastal setting using sea glass                                   | <a href="#">Sea Glass Art   Black Rock Designs   Widemouth Bay</a>                                                                                      | <a href="mailto:BlackRockWidemouthBay@gmail.com">BlackRockWidemouthBay@gmail.com</a><br>07487 819639 |
| Fibreista - Araminta Greaves                       | Camelford     | Fibre Arts and Crafts workshops                                                                     | <a href="#">Araminta Greaves Fibreista - Araminta Greaves Fibreista</a>                                                                                 | <a href="mailto:hello@aramintagreaves.co.uk">hello@aramintagreaves.co.uk</a><br>07443 850357         |
| Into Bodmin                                        | Bodmin        | Community and Arts organisation offering a range of creative activities and groups for wellbeing    | <a href="https://intobodmin.co.uk/">https://intobodmin.co.uk/</a>                                                                                       | <a href="mailto:emailus@intobodmin.co.uk">emailus@intobodmin.co.uk</a><br>01208 811185               |
| Mellingey Mill Willow Craft Centre - Emma Scott    | Wadebridge    | Variety of willow craft workshops                                                                   | <a href="#">Creative Willow Craft - Emma Scott</a><br><a href="#">Creative Willow Craft</a><br>-                                                        | <a href="mailto:info@emmascottwillowcraft.co.uk">info@emmascottwillowcraft.co.uk</a><br>07739 808759 |
| North Cornwall Walks and Beach Art - Bill Bartlett | Polzeath      | Wellness beach art sessions                                                                         | <a href="https://www.northcornwallcoastpathwalks.co.uk/">https://www.northcornwallcoastpathwalks.co.uk/</a>                                             | <a href="mailto:wnbartlett@gmail.com">wnbartlett@gmail.com</a><br>07486 461998                       |
| SkillSHARE - John Langford                         | Bodmin        | Safe space for people to grow in confidence through art, craft & upcycling                          | <a href="#">SkillSHARE   Bodmin Light &amp; Life</a>                                                                                                    | <a href="mailto:jon.langford@lightandlife.co.uk">jon.langford@lightandlife.co.uk</a><br>07986 866655 |
| The John Betjeman Centre                           | Wadebridge    | Supports people over 50 and/or have a disability daily through a variety of classes and activities. |                                                                                                                                                         | Sue Johnson<br>07950 342149<br><br>Emma Burt<br>01208 812392                                         |
| The Sculpture Workshop - Richard Austin            | Wadebridge    | Sculpture workshops for all ages and abilities                                                      | <a href="#">Richard Austin Sculpture - The Sculpture Workshop</a>                                                                                       | <a href="mailto:richard@sculptureworkshop.co.uk">richard@sculptureworkshop.co.uk</a><br>07769 623974 |

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| The Two Bays Trust - Coastal Centre Community Hub           | St Endellion and North Cornwall beaches | Coastal conservation and wellbeing charity offering art activities in the natural environment                           | <a href="#">Two Bays Trust</a>                                                                                                                                                                                                                                                 | Barnaby Kay<br><a href="mailto:barnabyk@twobays.org">barnabyk@twobays.org</a><br>07807 102562            |
| Tintagel Male Choir                                         | Tintagel                                | Male voice choir                                                                                                        |                                                                                                                                                                                                                                                                                | Penny Barclay<br>01566 781284                                                                            |
| Treknow Village Hall                                        | Treknow                                 | Movement and crafts activities                                                                                          | <a href="https://www.treknowvillagehall.com/">https://www.treknowvillagehall.com/</a>                                                                                                                                                                                          | Julie Sandercock<br><a href="mailto:clive.shuttapark@btinternet.com">clive.shuttapark@btinternet.com</a> |
| Awenek Studio CIC                                           | Millbrook                               | Space for people of all ages to enjoy creative activities through workshops, informal drop-ins, collaborative projects. | <a href="https://awenekstudio.org/">https://awenekstudio.org/</a>                                                                                                                                                                                                              | <a href="mailto:awenekstudio@gmail.com">awenekstudio@gmail.com</a>                                       |
| Boundless Trust Community Hub                               | Looe                                    | Youth club, holiday club and bushcrafts, knit & natter                                                                  | <a href="https://www.boundlesstrust.co.uk/">https://www.boundlesstrust.co.uk/</a>                                                                                                                                                                                              | <a href="mailto:barney@boundlesstrust.co.uk">barney@boundlesstrust.co.uk</a><br>07867 501436             |
| Devioc Activities Group - The Zone Health and Wellbeing Hub | Downderry                               | Regular craft workshops & art group offering wide variety of opportunities at low cost. Weekly music club.              | <a href="https://www.facebook.com/groups/689631182255081/">https://www.facebook.com/groups/689631182255081/</a>                                                                                                                                                                | Viv Parker<br><a href="mailto:parkerviv@aol.com">parkerviv@aol.com</a><br>01503 250519                   |
| Lighthouse Community Centre                                 | Liskeard                                | Ladies Health & Wellbeing Group, boys group                                                                             | <a href="https://www.lighthousecommunitycentre.co.uk/">https://www.lighthousecommunitycentre.co.uk/</a>                                                                                                                                                                        | <a href="mailto:lighthousecicoffice@gmail.com">lighthousecicoffice@gmail.com</a><br>01579 641669         |
| Liskeard Library                                            | Liskeard                                | Creative activities                                                                                                     | <a href="https://real-pathways.realideas.org/liskeardlibrary">https://real-pathways.realideas.org/liskeardlibrary</a>                                                                                                                                                          | <a href="mailto:liskeardlibrary@realideas.org">liskeardlibrary@realideas.org</a><br>01579 362698         |
| Liskerett                                                   | Liskeard                                | Community events, Art and Wellbeing                                                                                     | <a href="https://www.liskerrett.co.uk/">https://www.liskerrett.co.uk/</a>                                                                                                                                                                                                      | <a href="mailto:admin@liskerrett.co.uk">admin@liskerrett.co.uk</a><br>01579 340307                       |
| Looe Library                                                | Looe                                    | Knit & Natter drop-in                                                                                                   | <a href="https://www.cornwall.gov.uk/libraries-museums-and-archives/libraries/your-local-library/looe-library-and-information-service/">https://www.cornwall.gov.uk/libraries-museums-and-archives/libraries/your-local-library/looe-library-and-information-service/</a><br>- | <a href="mailto:looe.library@liscornwall.org.uk">looe.library@liscornwall.org.uk</a><br>01503 262390     |

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| Makers Heights                          | Torpoint                     | Community of makers, community art projects, exhibitions, music                                                                           | <a href="https://www.makerheights.org.uk/">https://www.makerheights.org.uk/</a>                                                                                                                          | <a href="mailto:hello@makerheights.org.uk">hello@makerheights.org.uk</a><br><a href="tel:01752659069">01752 659069</a>                                 |
| Oaklands Community Club                 | Saltash                      | Hub offering a variety of activities and services for residents of all ages, including art classes                                        | <a href="http://www.oaklands.insaltash.co.uk">www.oaklands.insaltash.co.uk</a>                                                                                                                           | <a href="mailto:oaklands@insaltash.co.uk">oaklands@insaltash.co.uk</a><br><a href="tel:07947405886">07947 405886</a>                                   |
| Out of the Woods - Carol Whibley        | St Germans and Cornwall wide | Play and creative arts therapy                                                                                                            | <a href="https://www.outofthewoods-therapy.co.uk/team-member/2/Carol-Whibley/">https://www.outofthewoods-therapy.co.uk/team-member/2/Carol-Whibley/</a>                                                  | <a href="mailto:info@outofthewoods-therapy.co.uk">info@outofthewoods-therapy.co.uk</a><br><a href="tel:07765793447">07765 793447</a>                   |
| Really Lovely Projects - Emma Mansfield | Loswithiel                   | Singing, music/art projects, events and workshops to improve mental health and wellbeing, unite people of all ages, background, abilities | <a href="#">Really Lovely Projects</a>                                                                                                                                                                   | <a href="mailto:lovelypublications@gmail.com">lovelypublications@gmail.com</a><br><a href="tel:07803176416">07803 176416</a>                           |
| Salt Arts CIC                           | Saltash                      | Creative hub offering a range of creative activities, festivals, community engagement, community cinema.                                  | <a href="https://saltashstudios.org/">https://saltashstudios.org/</a>                                                                                                                                    | <a href="mailto:lindsay@saltarts.org">lindsay@saltarts.org</a><br><a href="tel:07881784809">078817 84809</a>                                           |
| Saltash Library Hub                     | Saltash                      | Craft club, writers club, music man, knit and natter, adult colouring group, summer reading challenge.                                    | <a href="http://saltash.gov.uk/mobile/library-hub.php/">saltash.gov.uk/mobile/library-hub.php/</a><br><a href="https://facebook.com/saltashlibraryhub">facebook.com/saltashlibraryhub</a>                | <a href="mailto:saltash.library@liscornwall.org.uk">saltash.library@liscornwall.org.uk</a><br><a href="tel:01752844846">01752 844846</a>               |
| The Core - Youth and Community Centre   | Saltash                      | Health and wellbeing programs, social groups and creative workshops                                                                       | <a href="http://thecoresaltash.co.uk">thecoresaltash.co.uk</a>                                                                                                                                           | <a href="mailto:hello@thecoresaltash.co.uk">hello@thecoresaltash.co.uk</a><br><a href="tel:01752843176">01752 843176</a>                               |
| The Creative Gym CIC - Nicky Harwood    | Liskeard                     | Print making courses for creativity and wellbeing                                                                                         | <a href="https://www.nickyharwood.co.uk/">https://www.nickyharwood.co.uk/</a><br><a href="https://www.instagram.com/the_creative_gym/?hl=en-gb">https://www.instagram.com/the_creative_gym/?hl=en-gb</a> | <a href="mailto:nicky.harwood@cornwall.ac.uk">nicky.harwood@cornwall.ac.uk</a><br><a href="mailto:nickyharwood1@gmail.com">nickyharwood1@gmail.com</a> |
| The Peninsula Trust                     | Millbrook                    | Community hub offering art workshops, community art wall for local artists                                                                | <a href="http://www.thepeninsulatrust.org.uk">www.thepeninsulatrust.org.uk</a>                                                                                                                           | <a href="mailto:admin@thepeninsulatrust.org.uk">admin@thepeninsulatrust.org.uk</a> - <a href="tel:01752658516">01752 658516</a>                        |
| Torpoint Library                        | Torpoint                     | Art for Wellbeing session                                                                                                                 | <a href="mailto:comhub@torpointtowncouncil.gov.uk">comhub@torpointtowncouncil.gov.uk</a>                                                                                                                 | <a href="mailto:torpoint.library@liscornwall.org.uk">torpoint.library@liscornwall.org.uk</a> <a href="tel:01752812215">01752 812215</a>                |

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| Access Theatre                                       | Launceston           | Inclusive theatre & dance company                                                            | <a href="https://accesstheatre.org/">https://accesstheatre.org/</a>                                                                                                         |                                                                                                                       |
| Callington Mayfest                                   | Callington           | Festival combining street theatre, music, workshops, family activities                       | <a href="http://callingtonmayfest.weebly.com">callingtonmayfest.weebly.com</a>                                                                                              | <a href="mailto:cavaeatcallington@gmail.com">cavaeatcallington@gmail.com</a><br>01579 384509                          |
| Freddie's Fibre Friends                              | Callington           | Calming, sensory fibre craft.                                                                | <a href="https://www.facebook.com/freddiesfibrefriends">https://www.facebook.com/freddiesfibrefriends</a>                                                                   | <a href="mailto:Freddiesfibrefriends@gmail.com">Freddiesfibrefriends@gmail.com</a><br>07921366426                     |
| Market Makers                                        | Liskeard             | Group of artists holding social arts and crafts sessions                                     | <a href="#">Liskeard Market Makers Arts &amp; Crafts Initiative</a>                                                                                                         | Contact form on website<br><a href="mailto:woodhillstudiocornwall@outlook.com">woodhillstudiocornwall@outlook.com</a> |
| SING HAPPY - Callington library                      | Callington           | Free choir sessions run by a music therapist for over 65s.                                   | <a href="https://www.facebook.com/profile.php?id=100079528006978">https://www.facebook.com/profile.php?id=100079528006978</a>                                               | <a href="mailto:callington.library@cornwall.gov.uk">callington.library@cornwall.gov.uk</a><br>Sarah 07837815942       |
| Sterts Arts and Environmental Centre                 | Bodmin Moor          | Theatre, events, workshops and programmes close to nature.                                   | <a href="#">Sterts Arts &amp; Environmental Centre</a>                                                                                                                      | <a href="mailto:hello@stertsarts.org">hello@stertsarts.org</a><br>0517936238                                          |
| Well-being singing - Claire Norrish                  | Launceston, Pensilva | Drop-in simple fun sings for all, taught by ear, no experience necessary.                    | <a href="https://www.facebook.com/people/Well-being-singing-in-Cornwall/61563290486370/">https://www.facebook.com/people/Well-being-singing-in-Cornwall/61563290486370/</a> | <a href="mailto:claritynosh@outlook.com">claritynosh@outlook.com</a><br>07410 943425                                  |
| Berries Community Café / Neetside Community Centre   | Bude                 | Craft and Wellbeing sessions to build community and offer mental health signposting.         | <a href="https://neetside.co.uk/">https://neetside.co.uk/</a>                                                                                                               | Miranda (Tilly) Clarke<br><a href="mailto:enquiries@neetside.co.uk">enquiries@neetside.co.uk</a>                      |
| Boscatstle Village Hall                              | Boscastle            | Chatty Crafts/social and crafts sessions and dance.                                          |                                                                                                                                                                             | Sarah Cook<br><a href="mailto:secretary@boscastlevh.uk">secretary@boscastlevh.uk</a>                                  |
| Craft and Wellbeing Sessions (Neetside) - Vika Bundy | Bude                 | Drop-in artist-led arts and crafts sessions to support mental wellbeing and social cohesion. |                                                                                                                                                                             | <a href="mailto:enquiries@neetside.co.uk">enquiries@neetside.co.uk</a>                                                |

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| Half Acre Studio                 | Boscastle                                     | Art courses/workshops specialising in sculpture, printmaking, painting and drawing to foster creativity in the younger generation. | <a href="#">HALF ACRE STUDIOS</a>                                                                                                                                            | <a href="mailto:info@halfacrestudios.co.uk">info@halfacrestudios.co.uk</a><br>07540 974944 |
| Neon Frog Studios                | Bude                                          | Inclusive music and art studio - creative workshops for all ages and abilities with adaptive tools.                                | <a href="https://www.neonfrogstudios.co.uk/">https://www.neonfrogstudios.co.uk/</a>                                                                                          | <a href="mailto:info@neonfrogstudios.co.uk">info@neonfrogstudios.co.uk</a><br>084328 95295 |
| North Coast Arts / Bude Lit Fest | Bude                                          | Year-round arts events, school workshops and literature festival promoting music, theatre, writing, and community art.             | <a href="https://northcoastarts.co.uk/">https://northcoastarts.co.uk/</a>                                                                                                    | Richard Wolfenden-Brown<br>07922 594244                                                    |
| The Pearl Exchange               | Bude                                          | Programme of free support and creative activities for 18-35-year-olds.                                                             | <a href="https://thepearlexchange.org.uk/">https://thepearlexchange.org.uk/</a>                                                                                              | <a href="mailto:info@thepearlexchange.org.uk">info@thepearlexchange.org.uk</a>             |
| Az2B Theatre                     | Cornwall wide                                 | Original theatre experiences for the community.                                                                                    | <a href="http://www.az2btheatre.com">www.az2btheatre.com</a>                                                                                                                 | <a href="mailto:az2btheatre@company.com">az2btheatre@company.com</a><br>01326 377037       |
| Be Kind in Mind - Giles Woolley  | Cornwall wide                                 | Working with the arts to provide wellbeing services (trauma-informed) for children, adults, families in a variety of settings.     | <a href="https://www.bekindinmind.co.uk/">https://www.bekindinmind.co.uk/</a>                                                                                                | <a href="mailto:bekindinmind@gmail.com">bekindinmind@gmail.com</a><br>07791 204724         |
| Carn to Cove                     | Cornwall-wide                                 | Performing arts scheme for rural communities                                                                                       | <a href="https://carntocove.co.uk/">https://carntocove.co.uk/</a>                                                                                                            | <a href="mailto:info@carntocove.org.uk">info@carntocove.org.uk</a><br>01209 312500         |
| Cascade Theatre Company          | Cornwall wide                                 | Educational and training workshops                                                                                                 | <a href="http://www.therealcascade.com">www.therealcascade.com</a>                                                                                                           | <a href="mailto:info@therealcascade.com">info@therealcascade.com</a><br>01872 222216       |
| Cirk Hes & Circus Works          | Cornwall wide - primarily Helston and Devoran | Circus skills based activities and creative performance for all ages, to support personal development, health and wellbeing.       | <a href="https://www.cirkhes.co.uk/">https://www.cirkhes.co.uk/</a><br><a href="https://charity-manager.wixsite.com/website">https://charity-manager.wixsite.com/website</a> | Contact form on websites<br>07966 660403                                                   |

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| Cornwall Choir Collective - Jo Eddy     | Newquay and Truro                                        | Bringing the community together through the power of song. Morning groups for women and babies, evening groups for all. | <a href="https://www.cornwallchoircollective.com/">https://www.cornwallchoircollective.com/</a>                                                                                                      | <a href="mailto:cornwallchoircollective@gmail.com">cornwallchoircollective@gmail.com</a>                                                                                                   |
| Cornwall Neighbourhoods for Change CN4C | Redruth, St Austell                                      | Regular relaxed and friendly creative art groups for wellbeing and bringing people together.                            | <a href="#">Cornwall Neighbourhoods for Change</a>                                                                                                                                                   | Contact form on website<br>01209 310610                                                                                                                                                    |
| Cornwall College/ Road to Wellbeing     | Camborne, St Austell, Penzance, Liskeard & Plymouth      | Free creative wellbeing courses for adults 19+ in art, mixed media, ceramics, photography, gardening/horticulture.      | <a href="#">Your Road to Wellbeing - Cornwall College</a>                                                                                                                                            | <a href="mailto:tina.fox@cornwall.ac.uk">tina.fox@cornwall.ac.uk</a><br>01209 617821                                                                                                       |
| Cornwall Memory Cafés                   | Cornwall wide                                            | Community memory cafés and workshops for people with memory loss and their carers                                       | <a href="http://www.cornwallmemorycafes.co.uk">www.cornwallmemorycafes.co.uk</a>                                                                                                                     | Contact form on website                                                                                                                                                                    |
| Good Life Making CIC - Rach Richardson  | Cornwall wide                                            | Creative pottery sessions that promote wellbeing in the community                                                       | <a href="http://www.goodlifemaking.org">www.goodlifemaking.org</a>                                                                                                                                   | <a href="mailto:rach@goodlifemaking.org">rach@goodlifemaking.org</a>                                                                                                                       |
| Ignite You CIC - Becci Gowers           | Cornwall wide - primarily in Camborne, Redruth           | Inclusive and accessible dance, movement and nutrition programmes                                                       | <a href="https://www.facebook.com/igniteyou01/">https://www.facebook.com/igniteyou01/</a><br><a href="https://www.instagram.com/igniteyoucornwall/">https://www.instagram.com/igniteyoucornwall/</a> | <a href="mailto:becci@igniteyou.org.uk">becci@igniteyou.org.uk</a><br>07854 329849                                                                                                         |
| Inner Ground Dance Company              | Cornwall wide - primarily Truro, Falmouth, Bodmin, Hayle | Cornwall's contemporary dance company for mature dancers, new and experienced.                                          | <a href="#">Home - Inner Ground Dance Company.</a>                                                                                                                                                   | <a href="mailto:hello@innergrounddancecompany.com">hello@innergrounddancecompany.com</a><br>Co-artistic directors<br>Caroline Schanche<br>07773 669667<br><br>Jayne Devlin<br>07840 109505 |

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| inTune Choir - Amy Sapwell | Cornwall wide - Wadebridge, Chacewater, St Columb                                                           | A ladies choir rehearsing and performing in locations across Cornwall.                                 | <a href="https://www.intunechoir.co.uk/">https://www.intunechoir.co.uk/</a><br><a href="https://www.facebook.com/intunechoircornwall">https://www.facebook.com/intunechoircornwall</a> | <a href="mailto:intunechoir@outlook.com">intunechoir@outlook.com</a>                                                                                     |
| Music for Good             | Cornwall wide                                                                                               | Music for wellbeing groups, 1-1, training & development.                                               | <a href="#">Home   MUSICFORGOOD</a>                                                                                                                                                    | Contact form on website                                                                                                                                  |
| Open the Box Arts          | Cornwall wide                                                                                               | Socially engaged community arts projects                                                               | <a href="#">Freelance visual artists   Open the Box Arts</a>                                                                                                                           | <a href="mailto:melanieyoung49@gmail.com">melanieyoung49@gmail.com</a><br><a href="mailto:caroline.schanche@icloud.com">caroline.schanche@icloud.com</a> |
| Prodigal UPG               | Cornwall wide                                                                                               | Performance/parkour, workshops/community projects                                                      | <a href="#">Prodigal UPG - Prodigal Theatre and Urban Playground, Par</a>                                                                                                              | <a href="mailto:info@prodigalupg.com">info@prodigalupg.com</a><br>07880 704380                                                                           |
| Promas CIC                 | Cornwall wide - Penzance, Pool, Truro, Lanivet, St Dennis, Liskeard, St Austell, Falmouth, St Ives, Redruth | Free creative courses and workshops to support carers such as creative writing, pottery, arts & crafts | <a href="https://promas.co.uk/">https://promas.co.uk/</a>                                                                                                                              | <a href="mailto:info@promas.co.uk">info@promas.co.uk</a><br>01736 339226                                                                                 |
| Sally Crabtree             | Cornwall wide                                                                                               | Poetry/performance community workshops                                                                 | <a href="#">Sally Crabtree</a>                                                                                                                                                         | <a href="mailto:info@sallycrabtree.co.uk">info@sallycrabtree.co.uk</a><br>01736 731592<br>07971 687120                                                   |
| Shallal                    | Cornwall wide                                                                                               | Dance and arts workshops for people of all ages and abilities.                                         | <a href="https://shallal.org/">https://shallal.org/</a>                                                                                                                                | Contact form on website                                                                                                                                  |
| Storylines                 | Cornwall wide                                                                                               | Storytelling projects, digital storytelling, workshops, showcases, education, training & consultancy.  | <a href="#">Storylines: community story projects and digital stories</a>                                                                                                               | <a href="mailto:hello@storylines.org.uk">hello@storylines.org.uk</a>                                                                                     |
| The Sensory Trust          | Cornwall wide                                                                                               | Inclusive sensory and nature experience including creative workshops.                                  | <a href="#">Sensory Trust – Inclusive Nature Experiences</a>                                                                                                                           | <a href="mailto:enquiries@sensorytrust.org.uk">enquiries@sensorytrust.org.uk</a>                                                                         |

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| The Writer's Block                    | Cornwall wide                               | Writing courses and workshops.       | <a href="http://www.thewritersblock.org.uk/about/">www.thewritersblock.org.uk/ about/</a> | <a href="mailto:info@keap.org.uk">info@keap.org.uk</a><br>Grace Davis<br>07872062547<br>Helen Reynolds<br>07771 981094 |
| Tough Dough                           | Cornwall wide -<br>primarily West Cornwall. | Creative workshops                   | <a href="#">Tough Dough</a>                                                               | <a href="mailto:info@toughdough.co.uk">info@toughdough.co.uk</a>                                                       |
| U3A<br>University of<br>the Third Age | Cornwall-wide                               | Creative activities for older people | <a href="https://www.u3a.org.uk/">https://www.u3a.org.uk/</a>                             |                                                                                                                        |