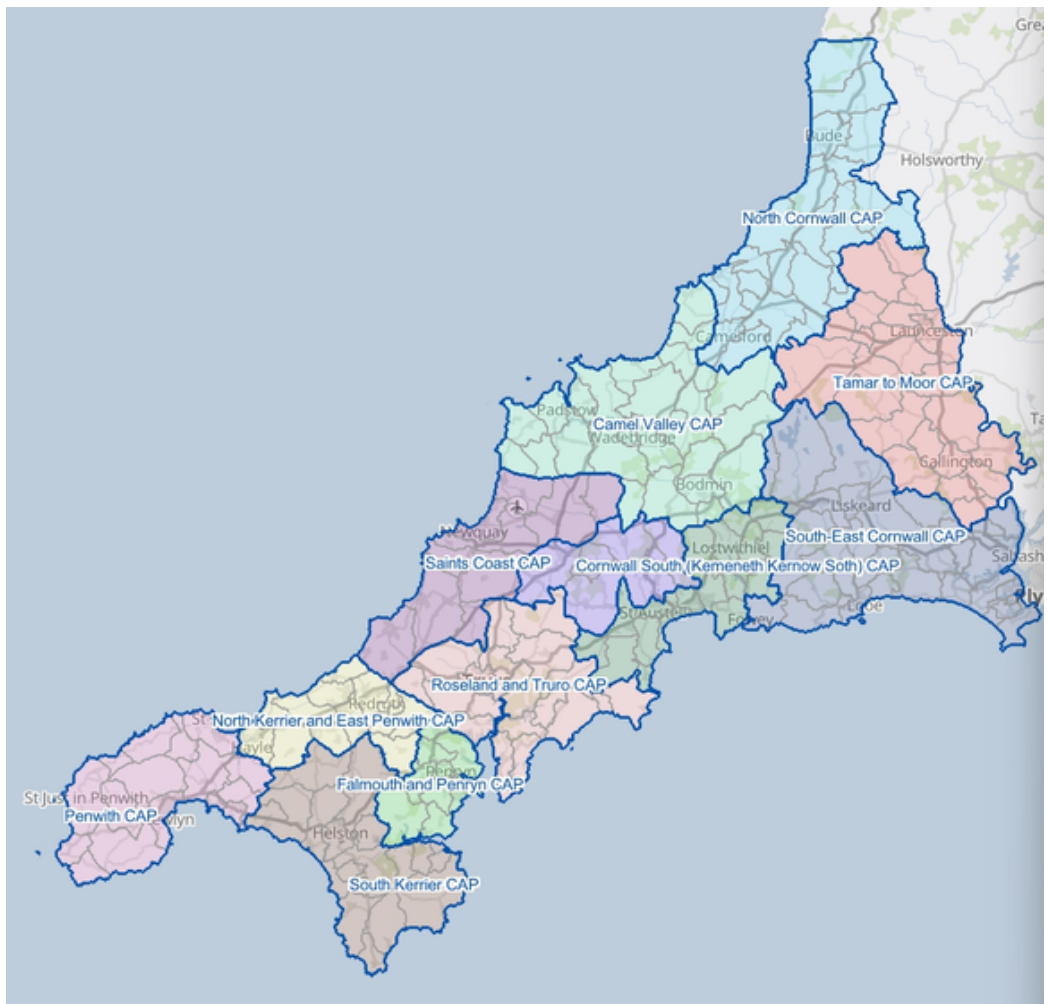


Arts Well

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.



Penwith	
South Kerrier	
North Kerrier & East Penwith	
Falmouth & Penryn	
Roseland and Truro	
Saints Coast	
China Clay and Luxulyan	
Cornwall South	
Camel Valley	
South East Cornwall	
Tamar to Moor	
North Cornwall	
Isles of Scilly	
Cornwall wide	

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 Cornish Geek - Books, stationery, and wellbeing	e.farley27@gmail.com 07554 095990
Caroline Schanche Dance	Goldsithney, Penzance	Assorted dance for wellbeing classes.	www.carolineschanchedance.co.uk	caroline.schanche@icloud.com 07773 669667
Caroline Schanche Dance	Mousehole	Dance into Fitness - dance class for adults to support health, happiness and wellbeing.	www.carolineschanchedance.co.uk	caroline.schanche@icloud.com 07773 669667
Distant Dances - Kyra Norman	Penzance	Movement/dance sessions for all ages.	www.kyranorman.co.uk/distant-dances	kyra.norman@gmail.com
Gardeners' House	Penzance	Wellbeing workshops, sensory garden.	www.thegardenershouse.org	info@thegardenershouse.org
Gul Community Kitchen	Trelya Penzance	Café and training club	www.trelya.com	info@trelya.com 01736 334850
Leach Pottery	St Ives	Fully funded tours and ceramic workshops for community groups	www.leachpottery.com	office@leachpottery.com 01736 799703
Newlyn Art Gallery and The Exchange	Newlyn & Penzance	Creative workshops, events and social groups for all ages	Contemporary Art Gallery Cornwall Newlyn Art Gallery & The Exchange Penzance	info@newlynartgallery.co.uk 01736 363715
Penlee House Museum and Gallery	Penzance	Range of workshops primarily for children of all ages, families, school groups	https://penleehouse.org.uk/	info@penleehouse.org.uk 01736 363625

PZNYouth	Penzance	Youth Club 11-17 year olds, various creative offerings.	www.pznyouth.org	hello@pznyouth.org Bek Breslaw (Director) 07396 710481
Redwing Gallery	Penzance	Music workshops	www.redwinggallery.co.uk	redwingprimitive@gmail.com 01736 448402
St Ives Community Orchard & Penbeagle Nature Reserve	St Ives	Various creative workshops . CORE-CHESTA Collective - community drop in orchestra.	www.stivesorchard.co.uk	phoebe@stivesorchard.co.uk 07976 955505
Sundance - Caroline Schanche	Pendeen, Penzance, St Just	Moving into fitness for people over 50.	www.sundancepenzance.co.uk -	caroline.schanche@icloud.com 07773 669667
Tate	St Ives	Tate Collective producers, young people 15-25 year olds	www.tate.org.uk	kate.turner@tate.org 01736796226
The Centre Newlyn	Newlyn, Penzance	Events, clubs, classes - dance theatre and crafts.	www.thecentrenewlyn.org/	enquiry.thecentrenewlyn@gmail.com 01736 365890
The Centre Pendeen	Pendeen, Penzance	A range of creative workshops and groups.	www.centreofpendeen.co.uk/activities/	info@centreofpendeen.co.uk 01736 786776
The Edward Hain Centre	St Ives	Knit and natter.	www.edwardhaincentre.org.uk	info@edwardhaincentre.org.uk

Trelya	Penzance	Provision for children and young people	www.trelya.com	info@trelya.com 01736 334850
Whole Again communities	Treneere Community Hub, Penzance	Wood working workshops in the repair café.	www.wholeagaincommunities.co.uk	info@wholeagaincommunities.co.uk 07557 708015
Yonkers	St Ives	Creative opportunities and workshops - youth provision 11-25.	www.stivestowncouncil-cornwall.gov.uk	http://www.stivestowncouncil-cornwall.gov.uk/ 07508 821901 (Whatsapp)
Balls and Banter - Kim Smith	Helston	Crochet and Knitting Support Group	www.facebook.com/BallsandBanter/	kimie.b007@hotmail.com 07960 641785
CAST (Cornubian Arts and Science Trust)	Helston	Free Saturday art club for children 11-16. Range of creative activities for children and families.	https://castcornwall.art/	info@castcornwall.art 01326 565632
Clay Trap	Helston	Open-access ceramics studio located at Cast. Creative workshops, courses and opportunities for local community groups.	https://claytrap.castcornwall.art/	claytrap@castcornwall.art
Museum of Cornish Life	Helston	Creative activities and workshops	museumofcornishlife.co.uk	info@museumofcornishlife.co.uk 01326 564027
		Range of creative workshops based at	www.theseaweedinstitute.com	info@theseaweedinstitute@protonmail.co

The Seaweed Institute	Helston and Cornwall-wide	Studio 14 at Cast and beaches across Cornwall.	-	m
Trevow Helston CIC	Helston	Theatre/ dance/ live music/ spoken word. Cultural workshops and participatory projects.	What's On Trevow Helston	Guy Watson - hello@trevowhelston.co.uk 07792 858435
All Saints Community Centre	Camborne	Creative groups and activities	http://www.allsaintscentre.co.uk/	info@allsaintscentre.co.uk 01209 610260
Camborne Community Centre	Camborne	Wide range of clubs including arts and crafts	https://www.cambornecommunitycentre.com/clubs	
Camborne Contemporary Crafts Hub (Create CIC)	Camborne	Community courses in ceramics, jewellery and glass.	www.createcic.co.uk	info@createcic.co.uk 01209 716927
Cornwall Neighbourhoods for Change	Redruth	Creative art groups	Cornwall Neighbourhoods for Change	Contact form on website 01209 310610
Camborne Redruth Camera Club	Camborne	Photography club for all levels	https://www.lenslab.co.uk/cameraclubprofile.php?cameraclubid=30084	
Drym Valley Centre	Camborne	Creative workshops for adults with additional needs	Drym Valley Activity Centre – Drym Valley Activity Centre Website	drymvalleycen@aol.com 01736 850707
Friends of the Towans Art Club	Hayle	Free Art group.	https://www.facebook.com/FriendsoftheTowans https://friendsofthetowans.co.uk/news/frien	

			ds-of-the-towans-art-	
Hayle Day Care Centre	Hayle	Community Hub, Art Group and Knitting Bee	https://hayledaycentre.org.uk/	emma.bouffler@liscornwall.org.uk 01736 753716
Hayle Meetup	Hayle	Includes photographic and book club events regularly updated	https://www.meetup.com/find/gb--c6--hayle/sports-and-hobbies/	
Kresen Kernow	Redruth	Cornwall's archives offering events workshops	Kresen Kernow – A home for Cornwall's archives	kresenkernow@cornwall.gov.uk 01872 324333
Make Amends	Redruth	Creative textile workshops.	https://feastcornwall.org/project/make-amends/	
Redruth Amateur Operatic Society Trust	Redruth	Performance art organisation and choir. Always looking for new singers!	https://www.facebook.com/redruthoperatic	raostcommittee@gmail.com
Redruth Community centre	Redruth	Hosting events and groups such as Kerrier North U3A and the Memory Café.	https://www.facebook.com/RedruthCommunityCentre/	
Rogue Theatre	Tehidy	Outdoor immersive theatre for families - offering affordability schemes	Rogue Otherworld – Immersive Wild Theatre	BOX OFFICE Rogue Otherworld
St Andrews Church	Redruth	Social craft groups.	https://redruthchurch.org.uk/st-andrews-redruth/	
The Art Room	Redruth	Range of creative opportunities including after school art clubs and art play for grown ups.	https://www.artroomredruth.co.uk/	
The Ladder	Redruth	A space for stories. Range of weekly classes, workshops, music and theatre performances.	https://theladderredruth.com/	https://theladderredruth.com/contact

The Queens	Camborne	Sewing club for all levels	https://www.facebook.com/thequeensat46/posts/169807425508579/	
Art Centre Penryn	Penryn	Wide range of creative health workshops and groups including Meet and Make & Tea, Cake and Art for over 65s	Art Centre Penryn	Megan Beck info@artcentrepennyn.org 07511 903282
Chyan Cultural Centre	Penryn	Organic fruits and environmental arts centre and theatre twinned with Sterts in Liskeard. Range of events and workshops for community, health and wellbeing including dance, yoga, aerial, meditation.	https://www.chyan.org	
Circo Kernow (Swamp Circus Trust)	Penryn, Falmouth, Truro	Accredited community access training and weekly training in circus, trapeze, dance and acrobatics.	Circo Kernow – Education for all. No limits. No exclusions.	
Dance Biodanza Cornwall	Penryn	Dance for well-being monthly classes	https://www.facebook.com/profile.php?id=100043136714678	Anna Sadler anna@calmccornwall.co.uk 07901 676506
Creative Roots - Naomi Hannam	Falmouth, Penryn, Constantine & Cornwall-wide	Offering a range of creative nature based workshops.	www.creativetoots.earth	naomikhannam@gmail.com 07791 703681
Falmouth Art Gallery	Falmouth	Range of creative workshops and projects for community groups	Falmouth Art Gallery - Family Friendly Free Art Gallery.	info@falmouthartgallery.com 01326 313863
				fishfactoryarts@live.co.uk

Fish Factory	Penryn	Creative workshops and events	WHAT'S ON fishfactoryarts	01326 618364
NODAC CIC	Penryn	Companionship Café to support grief and loss offering a range of creative activities	https://nodac.co.uk/	Anna Sadler anna@nodac.co.uk 07901676506
John Howard Print Studios	Penryn	Printmaking courses and workshops	John Howard Print Studios	john@johnhowardprintstudios.com 07870 679061
Pendennis Community Centre	Falmouth	Range of health and wellbeing classes including sketch club, craft sessions, Parkinsons dance groups	https://pcc.pendennisleisure.org/	enquiries@pendennisleisure.org 01326 653249
Potager Community Garden CIC	Constantine	Social and therapeutic horticulture and occasional arts and crafts	Potager Garden - Potager Garden	community@potagergarden.org 01326 341258
Princess Pavilion	Falmouth	Range of music, art and craft workshops and groups for all abilities, meeting regularly.	Community Groups - Falmouth Town Council	events@falmouthtowncouncil.co.uk 01326 211222
Sketch Club Falmouth - Eve Bourrat	Falmouth	Creative sketching and social club.	https://www.sketchclubfalmouth.com/ https://www.facebook.com/artistssketchclubfalmouth/	sketchclubfal@gmail.com
Dracaena centre	Falmouth	A range of creative health groups and workshops for all ages.	www.dracaenacentre.org	
St Gluvias community hall	Penryn	Creative groups, workshops and events.	www.stgluviashallpenryn.org.uk	01326 375786
			Songbirds Singing for Wellbeing.	kathy.ellwand@yahoo.com

Songbirds	Penryn	Singing for wellbeing - nature workshops.		
Chaos Group	Truro	Two monthly Creative Drop-ins for Wellbeing and lunch	www.chaosgroupcornwall.co.uk	Melanie hello@chaosgroupcornwall.co.uk 01872277600
UA3 Roseland and District	Probus	Patchwork and Craft		Myrna Harrison 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.	https://u3aroselandanddistrict.weebly.com/	Terence Neill terencemneill@btinternet.com 07392 504400
Blystra Arts - Ellen Moule	Newquay	Creative workshops and events	Blystra Arts - Creating and Promoting Arts Activity in Newquay	Info@blystraarts.org
Govenek - Age UK Cornwall	Newquay	Community Hub	https://www.ageuk.org.uk/cornwall/	govenek@ageukcornwall.org.uk 01637 876150
Mount Pleasant Eco Park - Claire Marshall	Porthtowan	Regular creative sessions throughout the year.	https://www.mpecopark.co.uk	claire@mpecopark.co.uk
Newquay Art Group	Newquay	Wellbeing and recovery focused art group to inspire creativity	Newquay Art Group - Cornwall Mind	jo@cornwallmind.org 07354 846593
Newquay Samba Band	Newquay	Feel the Rythm, Drum in Time - Samba band containing multiple types of drums, tambourines, agogo bells and shakers. Weekly Rehearsals at Trenance Learning Academy.		newquaysambaband@gmail.com 07916 254369
Newquay Singers	St Columb Minor			

		Choir group every		harries236@btinterne
Newquay Society of Artists	Newquay	Artist demonstrations, painting afternoons and summer events to make like-minded friends	https://newquaysocietyofartists.wordpress.com/	diane@handonart.com
SKYDANC3R - Nell Crowden	Newquay	Music/DJ workshops and events	https://www.skydanc3r.com/	hello@SKYDANC3R.com or 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	The nook	info@thenookcornwall.org 07866 562074
The Oasis Centre	St Columb Major	Cafés with arts, crafts and other community activities	Oasis Centre Cornwall	enquiries@oasiscentrecornwall.org.uk 01637 889682
Wedge Studio	Newquay	Pottery studio offering mindful creativity, curated events and accessible art such as mud club for children and parents	Wedge studio	studio@wedgestudio.co.uk 07522 338337
Youth Art Community	Newquay	Creative Community youth clubs and workshops	https://youthartconnect.org/	info@youthartconnect.com 07745 358588
Acorn Adventures CIC - Wendy Taylor	Luxulyan Valley and Cornwall-wide	Immersive, nature-based creative experiences	https://www.facebook.com/p/Acorn-Adventures-CIC-100090553782171/	wendy-taylor@hotmail.com 07770 768112
From Acorns to Oaks - Helen Perrott	St Austell & Mid Cornwall	Nature connection, mindfulness and creativity workshops	From Acorns to Oaks - Immerse in Nature through Mindfulness and Creativity	fromcornstooask@gmail.com 07951289812
Halwyn a Gan	Whitemoor	Social & supportive mixed voice choir	Cornwall Choir - Halwyn a Gan - Whitemoor Sings	Brian Tamblyn 07989 270873
Keur Kerensa - Wendy Taylor	Roche	Community and wellbeing choir to create connection		wendy-taylor@hotmail.com

Elaine Foster-Gandey Art	Lostwithiel	Regular workshops on mixed media/textiles and fashion throughout the year.	https://www.elainefostergandey.com/ https://www.facebook.com/elaine.fostergandey/?locale=en_GB	e.fostergandey@gmail.com 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.	Really Lovely Projects	lovelypublications@gmail.com 07803 176416
Sunrise Sound - Jo Eddy	St Austell	Sound baths, singing circles and somatic dance.	Sunrise Sound Facebook https://www.instagram.com/sunrisesoundtherapy/	sunrisesoundtherapy@gmail.com 07789 435921
Black Rock Design - Sarah Jeffery	Widemouth Bay	Creative wellbeing workshops in a coastal setting using sea glass	Sea Glass Art Black Rock Designs Widemouth Bay	BlackRockWidemouthBay@gmail.com 07487 819639
Fibreista - Araminta Greaves	Camelford	Fibre Arts and Crafts workshops	Araminta Greaves Fibreista - Araminta Greaves Fibreista	hello@aramintagreaves.co.uk 07443 850357
Into Bodmin	Bodmin	Community and Arts organisation offering a range of creative activities and groups for wellbeing	https://intobodmin.co.uk/	emailus@intobodmin.co.uk 01208 811185
Mellingey Mill Willow Craft Centre - Emma Scott	Wadebridge	Variety of willow craft workshops	Creative Willow Craft - Emma Scott Creative Willow Craft -	info@emmascottwillowcraft.co.uk 07739 808759
North Cornwall Walks and Beach Art -	Polzeath	Wellness beach art sessions	https://www.northcornwallcoastpathwalks.co.uk/	wnbartlett@gmail.com 07486 461998

Bill Dentlett				
SkillSHARE - John Langford	Bodmin	Safe space for people to grow in confidence through art, craft & upcycling	SkillSHARE Bodmin Light & Life	jon.langford@lightandlife.co.uk 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 07950 342149 Emma Burt 01208 812392
The Sculpture Workshop - Richard Austin	Wadebridge	Sculpture workshops for all ages and abilities	Richard Austin Sculpture - The Sculpture Workshop	richard@sculptureworkshop.co.uk 07769 623974
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	Two Bays Trust	Barnaby Kay barnabyk@twobays.org 07807 102562
Tintagel Male Choir	Tintagel	Male voice choir		Penny Barclay 01566 781284
Treknow Village Hall	Treknow	Movement and crafts activities	https://www.treknowvillagehall.com/	Julie Sandercock clive.shuttapark@btinternet.com
Awenек Studio CIC	Millbrook	Space for people of all ages to enjoy creative activities through workshops, informal drop-ins, collaborative projects.	https://awenекstudio.org/	awenекstudio@gmail.com
				barney@boundlesstravel.co.uk

Boundless Trust Community Hub	Looe	Youth club, holiday club and bushcrafts, knit & natter	https://www.boundless-trust.co.uk/	ust.co.uk 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.	https://www.facebook.com/groups/689631182255081/	Viv Parker parkerviv@aol.com 01503 250519
Lighthouse Community Centre	Liskeard	Ladies Health & Wellbeing Group, boys group	https://www.lighthousecommunitycentre.co.uk/	lighthousecicoffice@gmail.com 01579 641669
Liskeard Library	Liskeard	Creative activities	https://real-pathways.realideas.org/liskeardlibrary	liskeardlibrary@realideas.org 01579 362698
Liskerett	Liskeard	Community events, Art and Wellbeing	https://www.liskerrett.co.uk/	admin@liskerrett.co.uk 01579 340307
Looe Library	Looe	Knit & Natter drop-in	https://www.cornwall.gov.uk/libraries-museums-and-archives/libraries/your-local-library/looe-library-and-information-service/ -	looe.library@liscornwall.org.uk 01503 262390
Makers Heights	Torpoint	Community of makers, community art projects, exhibitions, music	https://www.makerheights.org.uk/	hello@makerheights.org.uk 01752 659069
Oaklands Community Club	Saltash	Hub offering a variety of activities and services for residents of all ages, including art classes	www.oaklands.insaltash.co.uk	oaklands@insaltash.co.uk 07947 405886
Out of the Woods -	St Germans		https://www.outofthewoods-therapy.co.uk/team-	info@outofthewoods-therapy.co.uk

Carol Whibley	and Cornwall wide	Play and creative arts therapy	member/2/Carol-Whibley/	07765 793447
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	Really Lovely Projects	lovelypublications@gmail.com 07803 176416
Salt Arts CIC	Saltash	Creative hub offering a range of creative activities, festivals, community engagement, community cinema.	https://saltashstudios.org/	lindsay@saltarts.org 078817 84809
Saltash Library Hub	Saltash	Craft club, writers club, music man, knit and natter, adult colouring group, summer reading challenge.	- saltash.gov.uk/mobile/library-hub.php / facebook.com/saltashlibraryhub	saltash.library@liscornwall.org.uk 01752 844846
The Core - Youth and Community Centre	Saltash	Health and wellbeing programs, social groups and creative workshops	thecoresaltash.co.uk	hello@thecoresaltash.co.uk 01752 843176
The Creative Gym CIC - Nicky Harwood	Liskeard	Print making courses for creativity and wellbeing	https://www.nickyharwood.co.uk/ https://www.instagram.com/the_creative_gym/?hl=en-gb	nicky.harwood@cornwall.ac.uk nickyharwood1@gmail.com
The Peninsula Trust	Millbrook	Community hub offering art workshops, community art wall for local artists	www.thepeninsulatrust.org.uk	admin@thepeninsulatrust.org.uk 01752 658516
Torpoint Library	Torpoint	Art for Wellbeing session	comhub@torpointtowncouncil.gov.uk	torpoint.library@liscornwall.org.uk 01752 812215
Access Theatre	Launceston	Inclusive theatre & dance company	https://accesstheatre.org/	

Callington Mayfest	Callington	Festival combining street theatre, music, workshops, family activities	callingtonmayfest.weebly.com	cavaeatcallington@gmail.com 01579 384509
Freddie's Fibre Friends	Callington	Calming, sensory fibre craft.	https://www.facebook.com/freddiesfibrefriends	Freddiesfibrefriends@gmail.com 07921366426
Market Makers	Liskeard	Group of artists holding social arts and crafts sessions	Liskeard Market Makers Arts & Crafts Initiative	Contact form on website woodhillstudiocornwall@outlook.com
SING HAPPY - Callington library	Callington	Free choir sessions run by a music therapist for over 65s.	https://www.facebook.com/profile.php?id=100079528006978	callington.library@cornwall.gov.uk Sarah 07837815942
Sterts Arts and Environmental Centre -	Bodmin Moor	Theatre, events, workshops and programmes close to nature. Sterts Community Makers - makes and bakes for over 60s, encouraging connection, friendship and time for yourself.	Sterts Arts & Environmental Centre	hello@stertsarts.org communitymakers@stertsarts.org 0517936238
The Moorland Art Group	Altarnun	Group of local artists meeting monthly.	The Moorland Art Group Facebook	
Well-being singing - Claire Norrish	Launceston, Pensilva	Drop-in simple fun sings for all, taught by ear, no experience necessary.	https://www.facebook.com/people/Well-being-singing-in-Cornwall/61563290486370/	claritynosh@outlook.com 07410 943425
Berries Community Café / Neetside Community Centre	Bude	Craft and Wellbeing sessions to build community and offer mental health signposting.	https://neetside.co.uk/	Miranda (Tilly) Clarke enquiries@neetside.co.uk

Boscatstle Village Hall	Boscastle	Chatty Crafts/social and crafts sessions and dance.		Sarah Cook secretary@boscastle.vh.uk
Craft and Wellbeing Sessions (Neetside) - Vika Bundy	Bude	Drop-in artist-led arts and crafts sessions to support mental wellbeing and social cohesion.		enquiries@neetside.co.uk
Half Acre Studio	Boscastle	Art courses/workshops specialising in sculpture, printmaking, painting and drawing to foster creativity in the younger generation.	HALF ACRE STUDIOS	info@halfacrestudios.co.uk 07540 974944
Neon Frog Studios	Bude	Inclusive music and art studio - creative workshops for all ages and abilities with adaptive tools.	https://www.neonfrogstudios.co.uk/	info@neonfrogstudios.co.uk 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.	https://northcoastarts.co.uk/	Richard Wolfenden-Brown 07922 594244
The Pearl Exchange	Bude	Programme of free support and creative activities for 18–35-year-olds.	https://thepearlexchange.org.uk/	info@thepearlexchange.org.uk
Welcombe Spinners	Kilhampton	Long established group of enthusiasts for all kinds of textile skills and crafts meeting every Monday. Sharing knowledge and learning about weaving, dyeing, rugmaking, knitting, crochet, and felt making.	https://welcombespinners.wordpress.com/venue/	
Az2B Theatre	Cornwall wide	Original theatre experiences for the	www.az2btheatre.com	az2btheatre@compagny.com

		community.		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.	https://www.bekindinmind.co.uk/	bekindinmind@gmail.com 07791 204724
Carn to Cove	Cornwall-wide	Performing arts scheme for rural communities	https://carntocove.co.uk/	info@carntocove.org.uk 01209 312500
Cascade Theatre Company	Cornwall wide	Educational and training workshops	www.therealcascade.com	info@therealcascade.com 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.	https://www.cirkhes.co.uk/ https://charity-manager.wixsite.com/wesbite	Contact form on websites 07966 660403
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.	https://www.cornwallchoircollective.com/	cornwallchoircollective@gmail.com 07789 435921
Cornwall Neighbourhoods for Change CN4C	Redruth, St Austell	Regular relaxed and friendly creative art groups for wellbeing and bringing people together.	Cornwall Neighbourhoods for Change	Contact form on website 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.	Your Road to Wellbeing - Cornwall College	tina.fox@cornwall.ac.uk 01209 617821

Cornwall Memory Cafés	Cornwall wide	Community memory cafés and workshops for people with memory loss and their carers	www.cornwallmemorycafes.co.uk	Contact form on website
Dance Centred	Truro, St Austell, Liskeard	Mission to make dance accessible, meaningful and inspiring for all. Range of projects and classes including Move Together: gentle, fun and supportive classes for adults to build strength, increase joint mobility and stretch out muscles. Dance Together: sessions for women affected by cancer.	https://www.dancecentred.co.uk	info@dancecentred.co.uk
Good Life Making CIC - Rach Richardson	Cornwall wide	Creative pottery sessions that promote wellbeing in the community	www.goodlifemaking.org	rach@goodlifemaking.org
Ignite You CIC - Becci Gowers	Cornwall wide - primarily in Camborne, Redruth	Inclusive and accessible dance, movement and nutrition programmes	https://www.facebook.com/IgniteYou01/ https://www.instagram.com/igniteyoucornwall/	becci@igniteyou.org.uk 07854 329849
Inner Ground Dance Company	Cornwall wide - primarily Truro, Falmouth, Bodmin, Hayle	Cornwall's contemporary dance company for mature dancers, new and experienced.	Home - Inner Ground Dance Company	hello@innergrounddancecompany.com Co-artistic directors Caroline Schanche 07773 669667 Jayne Devlin 07840 109505
inTune Choir -	Cornwall wide -		https://www.intunechoir.co.uk/	

Amy Sapwell	Wadebridge, Chacewater, St Columb	A ladies choir rehearsing and performing in locations across Cornwall.	https://www.facebook.com/intunechoircornwall	intunechoir@outlook.com
Music for Good	Cornwall wide	Music for wellbeing groups, 1-1, training & development.	Home MUSICFORGOOD	Contact form on website
Open the Box Arts	Cornwall wide	Socially engaged community arts projects	Freelance visual artists Open the Box Arts	melanieyoung49@gmail.com caroline.schanche@icloud.com
Prodigal UPG	Cornwall wide	Performance/parkour, workshops/community projects	Prodigal UPG - Prodigal Theatre and Urban Playground, Par	info@prodigalupg.com 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	https://promas.co.uk/	info@promas.co.uk 01736 339226
Sally Crabtree	Cornwall wide	Poetry/performance community workshops	Sally Crabtree	info@sallycrabtree.co.uk 01736 731592 07971 687120
Shallal	Cornwall wide - Redruth, Newlyn, Penzance, Newquay, Liskeard, Falmouth, St Austell	Dance and arts workshops for people of all ages and abilities. Studio at Krowji, Redruth.	https://shallal.org/	Contact form on website
Storylines	Cornwall wide -	Storytelling projects, digital storytelling, workshops, showcases, education, training & consultancy.	Storylines: community story projects and digital stories	hello@storylines.org.uk
		Inclusive sensory and		

The Sensory Trust	Cornwall wide	nature experience including creative workshops.	Sensory Trust – Inclusive Nature Experiences	enquiries@sensorytrust.org.uk
The Writer's Block	Cornwall wide	Writing courses and workshops.	www.thewritersblock.org.uk/about/	info@keap.org.uk Grace Davis 07872062547 Helen Reynolds 07771 981094
Tough Dough	Cornwall wide - primarily West Cornwall.	Creative workshops	Tough Dough	info@toughdough.co.uk
U3A University of the Third Age	Cornwall-wide (including Isles of Scilly)	Creative activities for older people	https://www.u3a.org.uk/	