



"The Move Up Project is for Everyone"

Jack Wellings Move Up Organiser

Move Up is a new project run by people with learning disabilities based at the Rising Sun Arts Centre. Move Up is a whole day of activities in a relaxed environment where you can learn a variety of creative skills and take part in exciting arts based projects culminating in a Christmas show.

All our sessions are run by experienced artists and tutors with expertise in running classes and workshops in these art forms: **All sessions cost £3.**

Timetable of activities

Art 10.45am - 11.45pm

Nelle Wright will be running sessions in painting, drawing, printmaking and a variety of crafts. Learn new creative skills and develop your ideas using different and fun techniques.



The Vision Project

11.45am - 12.45pm

The Vision Project is a project which has been running for over 10 years based at the Rising Sun. The project supports artists with learning disabilities. This is not a class - the project gives space and support to artists to get on with their work and realise their vision.

Dance 12.45pm - 1.45pm

Adriana Quintero from Merengue Pa' Todos will be running some fun and active dance classes to get everyone moving and dancing together. We will be doing some steps and some partner dancing so we can get together and dance at social occasions.



Film Making

1.45pm - 2.45pm

This session will be run by Tom Zajac from Real Time Video. Real Time are the experts in teaching people how to use video cameras and equipment and Tom will lead you through all the steps you need to learn to make your own film.

The Move Up Team

2.45pm - 3.45pm

The Move Up Team meets each week to plan and organise the project. Anyone who would like to get involved and help to make this exciting project happen is welcome to come along and find out more.



Zap Comedy Project 3.45pm - 4.45pm

The Zap Comedy Group have performed their comedy at various events from performing slapstick comedy at community events to writing a comedy sketch shows as part of Reading Comedy festival. The team is made up of people with learning disabilities and they are looking for more people who love comedy to join the project.



Snack Bar Open all day

Selling healthy snacks. The snack bar area is open for you to relax and meet friends whether you are taking part in classes or not.

And in the evening...

Finchies Bar

7.00pm - 9.00pm

Finchies is open at the centre for people to drop in and have a drink, meet friends, chat and chill out. Finchies is free and is run by people with learning disabilities. There are also regular live events. Come along and see what its all about.

