

DISABILITY HISTORY MONTH

Accessibility
and inclusive activities
across Cambridge

22nd November – 22nd December 2019

Rowan

Rowan's Winter Warmer - Free Creating Art, Improving Lives

Rowan is a vibrant and active part of the art community in Cambridge working with people with learning disabilities. We are based on Humberstone Road in Cambridge, and run a number of studios including wood, ceramics, print, textiles and mixed media. We now run regular music and performance workshops.

We will be opening our doors for our annual **Winter Warmer** once more on the 4th December. With unique Christmas cards and gifts, live music and refreshments it will be an evening not to be missed!



Wednesday 4 December
5pm to 8pm

40 Humberstone Road,
Cambridge CB4 1JG

www.rowanhumberstone.co.uk

This is a FREE event
Please contact Hetti for more details.
Phone: 01223 566027
Email:

hetti@rowanhumberstone.co.uk


Creating art. Improving lives

In Cambridge we are celebrating Disability History Month with programme looking at some of the venues and organisations providing inclusive activities and events. Have a look at what's on offer and see if there is anything that you would like to go along to. If you attend any of the events or activities please send feedback so that we know how we're doing.

We look forward to seeing you there!

The organisations who are running events
or have messages for you include:

Rowan

Cambridge Junction

Arts Picturehouse

Cambridge Community Arts

Diverse

Disability Cambridgeshire

Cambridge Arts Theatre

Cambridge Live

Cambridge Junction

Everybody's Welcome!

Whether you are looking for theatre, dance, spoken word, live music and club nights or family friendly shows and events you'll find what you're looking for at Cambridge Junction.

From local or emerging artists to the big names of popular culture Cambridge Junction will have a show for you. This year's Christmas Show *Wind in the Willows*, runs from the 11th December until the 5th January. Please see details of this and another show you might be interested in, *Gecko and Mind the Gap: A Little Space*.

Accessibility

Cambridge Junction works closely with groups and organisations to provide a safe, welcoming space for everyone. The venue strives to be inclusive and promote equality for all. If you have any access requirements or questions, please contact Cambridge Junction's Box Office prior to your visit so they can make your experience as convenient as possible.

Full details regarding accessibility are published on the Cambridge Junction website including: external access, access inside the building, seating and facilities for wheelchair users, facilities for people with a hearing or visual impairment, dog sitting for assistance dogs, and reassurance for those with anxiety.

Anxiety

If you are feeling anxious or nervous about coming to Cambridge Junction please feel free to speak to staff before or during your visit. The team will be happy to show you around the venue before the performance/show, reserve a seat at the end of a row, make sure you are located close to an exit, provide a quiet space etc.

Gecko and Mind the Gap: A Little Space

Tue 26 and Wed 27
November

The Mumford Theatre
Anglia Ruskin University



This intricately crafted performance combines Gecko's unique blend of theatre, choreography and stunning imagery with incredible performers from Mind the Gap, one of Europe's leading learning disability theatre companies.

www.junction.co.uk



The Wind in the Willows

11 December – 5 January
Family Christmas Show

Come and join the sensitive Mole, the gregarious Ratty, the world-weary Badger and the very excitable Toad as they go on a brand new festive adventure.

- BSL (British Sign Language) interpreted performance at 2.30pm on Sunday 22 Dec
- Relaxed Performance at 11am on Sunday 29 December

For details of school and group performances please go to

www.junction.co.uk

CAMBRIDGE JUNCTION

Cambridge Arts Picturehouse

Welcome

Everyone's welcome to come along to all our screenings. You might not be aware but we do a variety of accessible screenings for all.

Audio Described Screenings (for people with sight loss)

The Arts Picturehouse offer regular screenings with Audio Description (AD) to enable those with a visual impairment to enjoy the cinema. Headsets are available to borrow at the box office.

An Audio Description track isn't provided for every film, but the films and screenings that have the AD track available will be clearly labelled on our website listings.

Ticket prices vary depending on the day of the week and time of day. Please visit www.picturehouses.com/cinema/arts-picturehouse-cambridge for full information.



Subtitled (Captioned) Kids' Club Screenings

Approx every six weeks the Kids' Club screening will be Subtitled. Saturday morning at 11am

Kids' Club screenings are weekly Saturday morning screenings of recent and classic family friendly films for children and their parents/guardians. Adults must be accompanied by a child.

£2.50 per person

Dementia Friendly Screenings

Dementia Friendly screenings run on the third Friday of the month with refreshments from 10.30am and the film starting at 11am.

These screenings are open to all but especially adapted to enable people living with Dementia and their friends, family and carers to enjoy a trip to the cinema.

The films are specially programmed and include older classics and musicals. Sound levels are turned down, the lights are left on at a low level and there are no trailers or adverts at the beginning of the film.

Free tea, coffee and biscuits are served before the film to give audience members an opportunity to socialise and familiarise themselves with the building. There is a short interval about halfway through the film and audience members are welcome to take a break from the screen, make noise and move around as needed.

£4.00

accompanying carers free.

Autism-Friendly Screenings

We run regular screenings for those with Autism. These screenings take place on the third Sunday of each month at 11am (except October due to the Cambridge Film Festival).

Autism Friendly Screenings create an environment that is welcoming for people with a range of conditions such as autism, learning disabilities and cognitive disorders. Sound levels are turned down, the lights are left on at a low level and there are no trailers or adverts at the beginning of the film. Audience members are welcome to take a break from the screen, make noise and move around as needed.

£2.50 per ticket

Address and booking information

Arts Picturehouse,
38-39 St Andrew's Street,
Cambridge, CB2 3AR
Book online:

www.picturehouses.com

in person at the Box Office or via the phone on our accessibility hotline 02072 947908 (Text Relay call 18001 02072 947908).

Arts Picturehouse Management Team,
cambridge@picturehouses.co.uk

Cambridge Community Arts



Improving Mental Health with Creativity

We offer arts-based courses in a safe, friendly and supportive environment. From Drama to Music, Bookbinding to Printmaking, Creative Writing to Performance Poetry and many more. We help build community, connections and confidence.



Short courses are a great way to dip your toes into the arts, each course lasts between 6–8 weeks and no previous experience is required. We also offer year-long courses in partnership with Cambridge Regional College, for those wanting to explore a chosen art form in depth and gain an AIM Award Level 2 in Skills



for Working in the Creative & Design Industries.

All our courses are for adults 19+. They are part time, taking place in daytime hours between Monday to Friday. We use community venues across Cambridge City and Fenland, all of which have accessible facilities and links to public transport.

For more information go to our website: www.camcommarts.org.uk or email us on: admin@camcommarts.org.uk or call phone or text: 07763280029

World AIDS Day

Hosted by Diverse – Free

Diverse is a sexual health charity that works to provide high quality sexual health and HIV support, education and information for all.

We are inclusive, caring, non-judgmental and committed to upholding our organization's values. Through service user involvement, campaigns and collaboration we challenge stigma, prejudice and inequalities.

Mawa Langa

Tuesday 10th December

4.30pm – 5.00pm: refreshments

5.00pm – 7.00pm: film & discussion

Meadows Community Centre,
1 St. Catharine's Road, CB4 3XJ

We are screening a film called Mawa Langa, an HIV and AIDS awareness drama made by Purple Field Productions in association with Temwa and YONECO in Malawi.

Mawa Langa (My Tomorrow) was specially created for children in Malawi. In a country with only a 1% prevalence rate of HIV amongst children aged 5–12, this age group has been called a 'window of hope'.

If these children can be taught how to protect themselves against HIV and AIDS before they reach puberty, the



result could be a dramatic overall reduction in the prevalence of the disease.

After the screening there will be a Q&A with Colin Stevens, one of the film makers, and Grant Chambers from Diverse, discussing the impact of the film and looking at good quality health education both in Africa and the UK.

A free event. Refreshments will be provided and people will have the opportunity to network.

Please book a place at worldaidsdayfilmscreening.eventbrite.co.uk

Disability Cambridgeshire

AGM and Christmas Social – Free

Monday 16 December
12:30pm – 2:30pm
Meadows Community Centre
1 St. Catherine's Road
Cambridge CB4 3XJ

Come along to our AGM, help us celebrate Disability History Month and find out more about the work we have been doing in supporting people with information and advice, benefit appeals, and mental health services.

Invited guest speakers are Leigh and Emma Joy-Staines from Steel Bones, an organisation supporting amputee families. Leigh and Emma have just published a children's book *A Day Out with Speedy* which aims to educate children in the challenges faced by disabled individuals.



Come and meet new people or old friends. Help us celebrate with some tasty holiday food and yummy treats.

So, save the date, come along, share in our successes, eat some tasty grub and have some fun!

disability-cambridgeshire.org.uk



Please book a place at www.disabilitycampsagm.eventbrite.com

Cambridge Arts Theatre

Cambridge Arts Theatre is an independent theatrical charity. We're here to inspire and nurture a lifelong love of the performing arts in everyone and to cater to the needs of our patrons as individuals.

Each year we put on over 40 accessible performances, including British Sign Language Interpreted, Audio Described and Relaxed Performances (specifically designed to welcome people with an autism spectrum condition, learning disability and sensory or communication disorder, and families with very young children).

Audio Described performances are for audience members who are blind or visually impaired; a describer speaks into headphones and describes all the physical action on-stage.

British Sign Language (BSL) Interpreted performances are for audience members who are deaf or hard-of-hearing. We also programme

captioned performances with those who have hearing impairments.

The theatre building has automatic entrances, no-step access to the auditorium, lifts to all floors, 4 accessible toilets and 4 house wheelchairs and one electric wheelchair (which needs to be booked in advance so we can ensure it is fully charged for you) for customers to use whilst visiting us.

If you would like further information regarding the access shows we have programmed, please do get in touch with Rachel Osborne, Education Manager

phone: 01223 578912 or email: rosborne@cambridgeartstheatre.com

www.cambridgeartstheatre.com



Cambridge Corn Exchange

You'll find everything from rock shows to classical music to comedy and much more. It's the single biggest venue not just in Cambridge but in the East of England!

Accessibility

The Corn Exchange has accessible reserved seats, lowered counters at the bars, half price tickets for companions, Hearing loop facilities, NGT Relay for people with a hearing or speech impairment, assistance dog facilities. For information about access at the Corn Exchange please visit our website:

www.cambridgelive.org.uk



If you have any questions, or suggestions about what would be more helpful at the Corn Exchange, please email access@cambridgelive.org.uk or call on 01223 357851 and ask for Will, Gabrielle or Kerrie. This information is also available from the website.

The Cambridge Folk Festival

The Folk Festival brings top folk talent to Cambridge every year, plus everything from blues to reggae and world music. Tickets for the 2020 Festival go on sale in December 2019.



Facilities include:

- Drop-off area for camping equipment
- accessible public transport on arrival at Cambridge bus or rail
- wheelchair accessible minibus between all sites
- wheelchair accessible toilets
- limited number of accessible viewing spaces for all stages
- manual wheelchair loan service (pre-booking required)
- information available to download and in large print, Braille or audio CD
- Mobile Changing Space
- Also induction loops and an accessible personalised service
- No extra charge for bringing a personal assistant
- Some wheelchair equipment available
- Battery recharging points
- Assistance dogs welcome

City Events



The City Events programme from Cambridge City Council includes The Big Weekend, Bonfire Night, and Jazz & Brass in the Parks. All accessible, all open to the public, all free!

Another great event is Mayor's Day Out, an annual trip to the seaside for Cambridge residents. Tickets go on sale in spring 2020.

#HAVEAGO

Always wanted to #HAVEAGO at a certain sport or fitness activity? Each month there are a range of different opportunities for people with disabilities, to try such activities – for FREE. Activities include climbing, swimming, gymnastics, football, adaptive martial arts, tennis, fitness classes and gym sessions.



For more information on visit www.cambridge.gov.uk

Inclusive physical activities

We want to ensure that everybody has the opportunity to access sport and physical activity, regardless of disability or additional needs.

A number of local clubs and organisations offer a wide variety of exciting activities for people with disabilities, led by experienced coaches and instructors.

Our partner **Living Sport** has a map of disability and inclusive sports clubs and activities.

The first taster-session of the sports listed here is free unless otherwise stated. Contact us for more information, unless the organiser has provided contact details.

Email: sport@cambridge.gov.uk

Phone: 01223 457532

Follow @GetMovingCam on Facebook

Follow @GetMovingCam on Twitter

dhiverse
sexual health matters



Picture house
— ARTS —



CAMBRIDGE JUNCTION



rowan
Creating art. Improving lives



PFP Purple Field Productions
making films – making a difference