

# Workshops aim to provide artistic expression for all

## Across the Arts

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A SERIES of workshops which welcome people from all walks of life to come together and express themselves in an inclusive space will run in the Rural City of Wangaratta over the next few months.



As part of council's Grit and Resilience Program, a community group called Art is in our Heart was formed which developed the workshops and last week launched its own gallery at the Wangaratta Visitor Information Centre in Murphy Street where the artworks created will be exhibited.

Grit and Resilience program coordinator Bek Nash – Webster said an art piece called “This Is Us” was also unveiled at the opening; a progressive work–on–canvas created as the program visited a number of different locations.

She said a blank canvas was taken out to each destination and people who came along made their own mark on them.

“All of those canvases came together to create the big piece called This Is Us,” she said.

“The intent is around demonstrating inclusion and connection within our community.”

The work can now be seen at the gallery where those who attended had the first opportunity to book into the upcoming workshops now open to the public.

There will be an introduction to African Drumming on April 5, the chance to make animal pinch pots in clay on April 10 and a life drawing session using charcoal on April 30.

A full list of all the workshops coming up is available on the Grit and Resilience Facebook page.

Bek Nash – webster said the workshops are free and open to all, although numbers are limited.

“We’ve engaged local artists to share their craft with the community and we’ve linked the workshops to particular themed days of the month,” she said.

“Art can be really accessible – it’s a different way of self-care and it’s really good for mental health.

“By providing people with the opportunity to have a go at different art forms they might find something they really enjoy and then continue to participate in afterwards.”

While some of the workshops will be held within the gallery space, others will be held in different locations to ensure everyone has a chance to be involved.

The artworks will then be displayed within the gallery space for all to enjoy.