



Organisations involved:

New Rhythms for Glasgow / Toonspeak Young People's Theatre / Depot Arts
 Theatre Modo / Glasgow Life / The Open Museum / Children's Inclusion Partnership
 Platform @ The Bridge / Bolt FM / Starcatchers / Glasgow Parkour / Royston Youth Action
 Glasgow Council on Alcohol Prevention and Education / Keep Well / Beatroute
 Fusion Gadburn / Resonance / North Community Reference Group

CONTACT DETAILS

Molendinar Community Centre
 1210 Royston Road, Glasgow, G33 1HE

All activities on the day are completely free however pre booking is advisable to avoid disappointment!

To book a free activity, free audience transport (pick up points are listed on page 2) or for further information on the Inside Out Arts Festival call New Rhythms For Glasgow on 0141 557 1123 or email info@nrfg.org.uk.

PHOTOGRAPHER: CAMILLA ADAMS



design: www.traffic-design.co.uk

North Glasgow Arts & Regeneration Network presents:

Welcome to... INSIDE OUT ARTS FESTIVAL

Where things aren't quite what they seem... a theatre in a sports hall, trees wearing clothes, a factory making clouds, people walking on walls, an orchestra of plastic tubes... and much more... so expect the unexpected and try out something new on **Saturday 12th of March 2011, 12:00 - 4:00pm.**

Join us in celebration of the infinite imagination, ignite the creative spirit within, and prepare for an afternoon of harmonious unpredictability! Located at the Molendinar Community Centre and newly regenerated Molendinar Park, the Inside Out Arts Festival is teeming with artful adventure, irresistible rhythms, extraordinary exhibitions, dramatic performances and unusual installations, all accompanied by the bewitching sounds of locally produced musical talent.

Take your pick of the many activities on offer. It's all absolutely free and there's plenty to do for any age group.

Free transport is provided to and from the event at designated pick up points however if you have a large group an alternative pick up point can be arranged. To book a place and time please phone New Rhythms for Glasgow 0141 557 1123.

- Possilpark Library, Saracen Street
- Barmulloch Community Centre, Wallacewell Quadrant
- YMCA Block at the Red Road flats, 63 Petershill Drive
- Balgrayhill flats, Balgrayhill Road
- Royston Youth Action, corner of Royston Road and Clare Street

The North Glasgow Arts & Regeneration Network (NGARN) brings together cultural organisations from across North Glasgow to advance the economic, social and cultural development of the area by increasing participation in the arts.

To find out more go to www.ngarn.net

EVENT KEY

U5

Under 5's

14+

14+

F

Families

A

Adults



INSIDE

OUT

Enjoy some high quality shows in the main sports hall, uniquely transformed into a magnificent performance space for the occasion, 'Have a go' with creative arts appetisers in the multipurpose room and refuel with fresh and tasty food in the Molendinar Café.

INDOOR PERFORMANCE SPACE

New Rhythms For Glasgow presents:

Local Vocals Community Choir, NRFG Youth Samba Band and Guitar Group

Music performance

12:15 - 1:00pm

An exciting collaboration fusing musical styles and ideas from across the centuries and all over the world to bring you a unique and interesting listening experience.

Toonspeak Young People's Theatre presents:

Gone Drama performance

1:30 - 2:10pm

A girl goes missing. A community is under scrutiny. This is North Glasgow: but a little bit weirder. Young people from Toonspeak carried out a series of consultations with local people of all ages, finding out what they really thought of living in North Glasgow. Add a dash of imagination and a flair for the ridiculous, and you get GONE. For more information go to www.toonspeak.co.uk

Theatre Modo presents:

Sick Drama performance

3:15 - 4:00pm

A playful, powerful and poignant clown show exploring the experience of being hospitalised. SICK follows a patient through the absurdities of imposed routines, and unexplained procedures revealing her darkest thoughts and her wildest imaginings as medication, boredom, and illness give wings to her flights of fancy. Personally inspired and developed in collaboration with NHS and North Glasgow patient groups.



INDOOR WORKSHOP SPACE



Mask Making Workshop

The Open Museum

12:30 - 1:10pm

F

Discover the secrets behind the mask with Glasgow Museums. Explore the mystery of these colourful objects from the enchanting locations of India and Sri Lanka and get the chance to create your own artistic disguise! With the help of friends invent a story for your new character and use it in a small performance.

Creative Writing Taster Workshop

Glasgow Life Communities

1:30 - 2:00pm

A

Want to turn what's inside your head out? Why not try your hand at writing? You don't have to be J.K. Rowling or Ian Rankin, come along, have some fun and create something too. If you like it you could join one of our groups.

Samba Drumming Taster Workshop

New Rhythms For Glasgow

2:15 - 3:00pm

14+

Enter the world of Brazilian culture and carnival spirit through the infectious sound of Samba. Learn traditional samba arrangements with this vigorous and enjoyable workshop from New Rhythms For Glasgow. Be sure to bring your friends as the bigger the group, the bigger the carnival!



This is our family zone with installations, workshops, treasure hunts and much more. Sign up for the workshops below or just browse the many creative stalls and arts installations at your leisure.

Treasure Hunt & Storytelling

Children's Inclusion Partnership

12:30 - 2:00pm

U5 F

Collect your treasure map and follow the leader through Molendinar Park who will lead you to the natural treasure which you will plant to help shape the beautiful new children's garden at Molendinar. Here you will meet professional storyteller Gerry Durkin who will captivate your family's imagination with his amazing stories and songs.

Creative Containers Workshop

Depot Arts

Throughout the day

F

Want to turn old tubs, teapots, boxes or strange containers into a creative plant pot? Join in this workshop and take away your very own green oasis. Bring your own containers to pimp up or we'll provide you with one.

Inside Out Arts Installations

Theatre Modo

Throughout the day

14+

The tree and the tower block aren't what they seem. Look through the peep holes to find a smorgasbord of amazing fantasy landscapes and teeny tiny interiors. The Tower Block has been created by young people from Fusion Youth Group. Come along on the day and take part in workshops to create the Inside Out Tree.

The Cloud Factory

Starcatchers

12:30 - 1:00pm & 2:00 - 2:30pm

U5 F

That cloud looks like a rabbit. That cloud looks like a car. What will your cloud look like?

Come along to this drop in workshop session and make a brand new, beautiful cloud of your very own before choosing where it will call home. This workshop has been created as part of the Starcatchers project. Starcatchers Artist in Residence, Matt Addicott has been creating work for 0-5's at Platform as part of a year-long residency.

For more information on the project visit our website www.starcatchers.org.uk

FAMILY ZONE (continued)

Puppet Making Workshop

Depot Arts

Throughout the day



Join Depot Arts for some puppet making fun where you can make your own puppets from recycled and scrap materials. Photograph your puppet in the mini theatre and take home a souvenir poster of your puppet story.

Make Your Own Music Workshop

New Rhythms For Glasgow

1:00 - 2:00pm



Making music with only plastic tubes?! You must be kidding... no that's exactly what we'll be doing and we'll be performing at the end of the workshop. It's easy, we promise!

For the more adventurous the new Molendinar Park is the place to be! A stage, a skate park and fire are thrown in the mix...take your pick from the workshops or just enjoy the bands and wacky performances!



STAGE

Various Performances

Throughout the day



Performances throughout the day supported by Glasgow Life, Beatroute, Resonance, Fusion Gadburn and NRFG.

Parkour Workshops and Performance

Glasgow Parkour

1.00 - 2.00pm and 2.30 - 3.30pm



Come and try out Parkour with Glasgow Parkour Coaching - one of the UK's premier Parkour and Freerunning groups. Run, jump and vault your way through a short workshop by a top freerunning expert. For more information check out www.glasgowparkourcoaching.com

Fire Performance

Theatre Modo & Depot Dares

12:45 - 1:00pm



Following on from its success at NGARNs 'Winter COAT', Depot Dares return with their spectacular, fantastical, fiery performance! Don't dare miss out!

Also look out for the clothes on the new trees in the park, created by Depot Arts.

12:15 - 1:00pm	Local Vocals, Youth Samba Band and Guitar Group - NRFG	F
12:30 - 1:10pm	Mask Making Workshop - The Open Museum	F
12:30 - 2:00pm	Treasure Hunt and Storytelling - CHIP	U5 F
12:30 - 1:00pm	The Cloud Factory - Starcatchers	U5 F
12:45 - 1:00pm	Fire Performance - Theatre Modo & Depot Dares	U5 14+ F A
1:00 - 2:00pm	Make Your Own Music Workshop - NRFG	F
1:00 - 2:00pm	Parkour Workshops and Performance - Glasgow Parkour	14+
1:30 - 2:00pm	Creative Writing Taster Workshop - Glasgow Life Communities	A
1:30 - 2:10pm	Gone - Toonspeak Young People's Theatre	F
2:00 - 2:30pm	The Cloud Factory - Starcatchers	U5 F
2:15 - 3:00pm	Samba Drumming Taster Workshop - NRFG	14+
2:30 - 3:30pm	Parkour Workshops and Performance - Glasgow Parkour	14+
3:15 - 4:00pm	Sick - Theatre Modo	F

To book please call **0141 557 1123**



STAMP 1
HERE

STAMP 3
HERE

STAMP 2
HERE

STAMP 4
HERE

WIN A PRIZE

Participate in at least 4 activities on the day and get a chance to win a prize. To enter simply collect 1 stamp after each activity you participate in. Once you've collected 4 stamps, fill in your details on the form and hand it in to the information stall.

Name:

Address:

Postcode:

Email:

Tel No:

Age:

Gender:

This info will only be used for NGARN's monitoring purposes and will not be passed on to third parties