

# OOHERE

**Cohere Arts** is a Suffolk-based community interest company providing opportunities for people to engage with **arts, culture and heritage** through: original **performance** works; **participation** in creative and cultural activities; and **professional development**. In particular, our work enables **marginalised communities** to work alongside **professional artists** in creative projects designed to develop **artistic skills** and confidence whilst improving **physical/mental health and wellbeing**.



Example projects:

- **HerStory** - an opera film featuring performers with Parkinson's
- **High Spirits** - a creative audio company of visually impaired artists
- **Witchfinder** - an immersive music theatre performance uniting professional and community performers
- **Creative Space** - online workshops for people living with long covid
- **VOICE** - using creative arts for action & protest with young people
- **Big Feelings** - a workshop series developing emotional literacy through music & dance in primary school children
- **Gentle** - seated yoga to music
- **Tonic** - seated singing for health group
- **Little Lights** - socially prescribed arts & crafts workshops series

visit [www.coherearts.org](http://www.coherearts.org) to find out more

**Partnerships** are at the core of our work and we are proud to collaborate with organisations including: English National Opera; Trinity Laban; Britten Pears Arts; DanceEast; Green Light Trust; Suffolk Archives; Suffolk Libraries; Colchester & Ipswich Museum Service; East Suffolk & North Essex Foundation Trust; Ipswich & East Suffolk Alliance; Walpole Old Chapel.

**In our first 18 months, our work has reached over 1000 members of the community as participants or audience, engaging the skills of over 40 professional artists and creative health practitioners across 16 projects.**

### Our impact:

*"It's given me confidence and reduced isolation. It's given me new friendships. It's given me something to look forward to. It's given me happiness and a sense of something achieved. It's made me feel a little bit special in the fact that we all have something to give creatively."*

*"My GP is very impressed that I am being so proactive with my journey to recovery."*

We are a not-for-profit organisation. All our activity is funded through grants, donations and commissions. You can support us by:

- Making donations towards our core costs
- Sponsoring specific community activities or projects
- Offering in kind resource or expertise
- Commissioning creative corporate training/events
- Joining our volunteer team

Email: [coherearts@gmail.com](mailto:coherearts@gmail.com)

