



FestivALL workshops

Cross cultural friendship (The Friendship Café and Redcliffe College)

Come and explore how others understand the world:

- How seeing things from different perspectives can help us understand one another more effectively
- How the way we listen can encourage unheard voices to speak up, and
- How our actions can invite others to join with us.

The Friendship Café in Gloucester is a thriving community that enables people to meet one another across cultural barriers. Redcliffe College specialises in cross-cultural training for people travelling on behalf of churches to work in a new culture. Their insight is of value to people of any or no faith.

Inclusive multi-sports (Star College staff and students, and Freedom-leisure)

A fun range of games for individuals of all abilities to enjoy such as Boccia, Skittles, Parachute games and much more! Challenges and activities that help people understand some of the impairments that people with disabilities may experience.

Circus Skills (Cinderford Artspace)

Engage will run a workshop showing how circus skills can be equally accessible for people with disabilities and those without disabilities. The workshop will focus on a new piece of aerial equipment, the aerial hammock which makes participation more accessible, and juggling techniques including pairs juggling, and floor and table juggling using equipment suitable for those who find throwing and catching challenging.

Cinderford Artspace runs a successful youth and community circus project: Engage, and is happy to offer the following workshop for this event.

Community Heroes- supporting unpaid carers

Unpaid carers are unsung heroes in our communities, caring for family, friends and neighbours often with little support or recognition. We know there are 63,000 carers in Gloucestershire (and rising) many of which have become socially isolated due to caring or have lost confidence to access what our communities have to offer. How can we all support carers in our communities?

Carers Gloucestershire is a local, carer-led charity supporting unpaid carers throughout the County. We strive for a better life for carers. Rachel and Roger are from the Carer Community Development team, working with carers to access opportunities and activities

in the community which will support their health and wellbeing, and with community groups, activities and centres, to encourage them to be more 'carer friendly'.

Creativity and difference

Creativity, music and dance as a medium for bringing people together across barriers of culture and faith. The workshop leaders, Girish Patel, Simon Howell and 'Spirit of Peace', are involved in a variety of creative projects in Gloucester and Stroud including the Stroud Sacred Music Festival.

Sharing your inclusive ethos - writing an Inclusion Statement (Active Impact)

Creating an Inclusion Statement is an important way to let new people know that you are committed to being welcoming and willing to work with them in an inclusive way. In this workshop we will introduce the key questions an organisation can ask its members when thinking about what they mean by being inclusive and how they can communicate this to others. This workshop is suitable for all organisations; it will cover 'Inclusion' in its broader sense but will also explore the concept of what is meant by being more inclusive of disabled people. Participants will leave with a framework to create their group's Inclusion Statement that will incorporate a message of diversity, acceptance and inclusion for everyone.

Active Impact CIC works with organisations around Gloucestershire to develop inclusive opportunities for disabled and non-disabled young people to enjoy doing things together. We give leaders, volunteers and staff the awareness and confidence to ensure disabled participants feel safe, welcome and able to take part.

Nature for All (Gloucestershire Wildlife Trust)

Gloucestershire's wildlife is fantastic and there is increasing evidence that spending time in nature benefits our health and wellbeing. Sadly many people cannot access natural green spaces or enjoy wildlife due to a large number of physical, psychological and institutional barriers. This workshop aims to capture those barriers and produce an action plan for tackling them in Gloucestershire. This session includes the pollination workshop that is a part of the Gloucester 'Wild City' project.

Gloucestershire Wildlife Trust's mission is to connect and improve Gloucestershire's wildlife and wild places. Between 2013 and 2018 Gareth was GWT's Head of Community Programmes, responsible for the strategic leadership of their work to help more people to access, experience, learn about and take action for wildlife. During this time the Wildlife Trust, significantly changed its approach, greatly increasing and diversifying the range of people who participated. Before that he ran Shropshire Council's Community Biodiversity Projects and has helped to build over 15 Community Wildlife Groups.

Gloucester Cathedral Sensory Tour (Cathedral welcome team)

Join one of our Cathedral Guides who will bring the stories of the building to life with tactile, sensory and interactive activities and resources on a 40 minute tour. Bathe in the colours of the stained glass, feel the texture of the historic stones and the symbols of the

masons who built this place, Learn the highlights of the Cathedral's rich history and enjoy the echo of the cloisters!

Project Pilgrim has been working with a group of volunteer guides to improve access and develop resources to enhance visits to the Cathedral to encompass more sensory elements. The tours are the first step to a suite of resources aimed at sensory learning.

'Upstanders rather than bystanders' (Barnwood Trust and Victim Support Gloucestershire)

Join a discussion about prejudice, bias and privilege, to start thinking about how we can all be allies.

This workshop will be a brief dip into a big topic - what part can we all play in responding to situations where people are acting out of ignorance, prejudice and discrimination towards those who appear different? It is a brief exploration, and will include, discussions, exercises, and the opportunity to hear what is useful from those who are, or have been, subject to hate crime.

For instance, how can we step up when someone with a disability is called stupid or someone from another place is blamed and told to go home?

Join a unique group of diverse trainers who have begun to develop a workshop on how to become upstanders not bystanders – spend a little time with them exploring this topic through conversation and imagination.

Barnwood Trust and Victim Support Gloucestershire working in partnership to host conversations and workshops about how we can make Gloucestershire more welcoming by all becoming allies of those who are subject to prejudice and discrimination and who are regularly excluded.