




Stellar Arts

Singing | Drumming | Visual arts | Dance | Drama





Everyone deserves to have fun, be energised, and learn new skills in a safe and supportive environment. Wesley Mission Queensland's Stellar Arts program is a vibrant and exciting collection of creative workshops designed to support those aged 17 – 64 years of age who are living with a disability to experience the wide-reaching benefits of creative endeavours. Singing, drumming, visual arts, dance and drama workshops led by qualified artists and musicians are available at our locations in the north and south of Brisbane.

Registered NDIS provider

As a registered NDIS provider, Wesley Mission Queensland has a long history of supporting those living with a disability to fulfil their capacity and achieve their dreams. Through Stellar Arts, everyone can experience the positive and often unexpected impact of the arts in their own life.

Learn more than just the arts

Through experienced tuition that is tailored to your needs and abilities in a friendly social environment, you'll meet people, learn skills that you can transfer to all areas of your life, and most of all, have fun. We are able to stylise a program around your needs from beginner to advanced.

Aside from the skills you will develop in your chosen creative pursuit, there is so much to gain from learning together in a supportive group environment – whether you wish to develop your team work skills, concentration or ability to communicate with others, or simply desire more social interaction in your life.

Qualified and experienced facilitators

From tertiary qualifications in fields as diverse as music, arts, health and education, to a wealth of performance and teaching expertise, our workshop facilitators are renowned artists and musicians. Through rich and tailored learning experiences, you will receive the technical know-how, in a way that is accessible and appropriate for you and your needs.







African Drumming

- Learn a range of rhythms and the basic beats of the African djembe drum
- Compose new songs by layering beats and rhythms in graded complexity
- Develop stamina and endurance for performing



Experience the joyful and relaxing rhythms of Africa, as you learn and layer the beats and rhythms of the djembe drum in a fun and social group environment. You'll learn the basic beats and rhythms, and become practised at listening to and finding beats within layered compositions. Pronounced 'jem-bay', this hand-played instrument is perfect for beginners, yet has the capacity to endure many complex rhythms as the player becomes more skilled and confident.

It is incredible how quickly a great sounding beat emerges from the group, where every hand is part of the ensemble, and there is something quite relaxing and therapeutic about the rhythms that develop.

Aspiring musicians and performers of all kinds will find something of benefit here – stamina, endurance and posture are all necessary skills developed through the art of drumming.



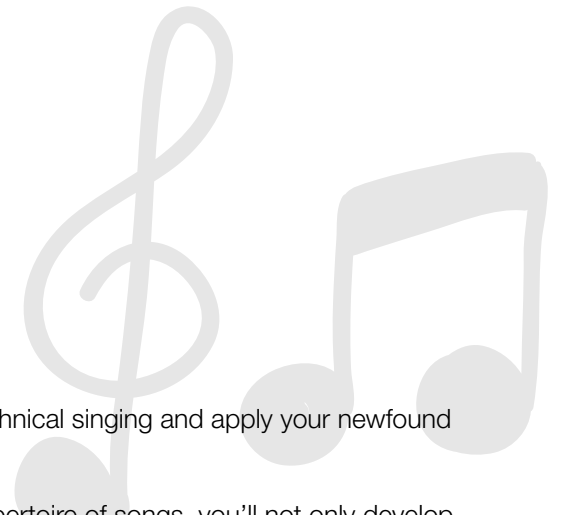
Singing

- Learn vocal technical skills that support vocal quality
- Discover your own unique voice
- Explore your musical preferences
- Create new songs and melodies
- Gain skills necessary for performing

In these lively and joyful workshops, you'll learn the core principles of technical singing and apply your newfound skills to sing harmoniously together as a group.

Through vocal technical warm ups, canons and rounds and a diverse repertoire of songs, you'll not only develop your vocal quality, but also expand your range of musical influences. As participants are encouraged to share and express their own music and inspiration, the group's collective knowledge and experience grows.

Fully guided by your qualified and experienced workshop facilitator, you'll create new songs together as a group, and will also have the opportunity to perform your newfound skills in a supportive setting if that is your desired goal.





Drama and Movement

- Learn to move, breathe and project your voice
- Develop skills in writing, creating, rehearsing and performance
- Enhance skills in empathy, perspective taking and verbal and non-verbal expression
- Build ability to work with props and others to convey emotions and stories



These exciting and active workshops allow participants to delve into the world of clowning, mask, melodrama and improvisation. With gentle feedback and support from your experienced workshop facilitator, you'll learn everything from basic movement and breath control, to voice projection skills.

Learn how to write, create, rehearse and perform in a supportive and relaxed group environment, and practice working and interacting with others to convey stories through drama and movement. Performing arts are a great way to learn skills such as empathy, thinking about and understanding others' situations and perspectives, and verbal and non-verbal communication, which can be transferred to all other areas of your life.

As part of the workshop series, you will devise a short work based on the skills you learn, with the opportunity to present the work at the end of the term if this is your goal.

Visual Art

- Learn skills in a range of visual arts disciplines, including:
 - o drawing
 - o mono-printing
 - o marbling
 - o stencilling
 - o painting
- Work individually and in teams to create artworks
- Share and learn from others' interests and skills in a range of visual arts forms
- Develop confidence to explore creativity and combine mediums

Be guided through a variety of creative techniques as you build on basic sketching, drawing and painting skills and learn how to work with different mediums in a calming and inspiring environment.

Through experienced and tailored tuition you'll learn the basics of visual art forms and be encouraged to have a go at applying these in a range of varying ways, individually, in pairs and in groups. As sharing of skills, interests and inspiration within the group is encouraged, you'll realise there's no boundary to creative expression and find the confidence to explore your own creativity.





Yoga

- Yoga is for everyone
- Learn skills that cover physical and mental exercises
- Feel more relaxed and embodied after each class

In these calming and relaxing classes, you will have a wonderful time discovering the benefits of yoga. Although each week has a different class theme, there are two main principles that form the basis of each class. The first guiding principle is 'calming the nervous system'. The second guiding principle is 'moving into feeling.' Guided through language, movement and awareness, a space is created when you begin to explore your own physical sensations leading to a greater sense of embodiment and interoceptive awareness.



Magic

- Strengthen your hand-eye coordination
- Learn new skills including remembering full routines
- Establish a foundation and love for performance and theatre

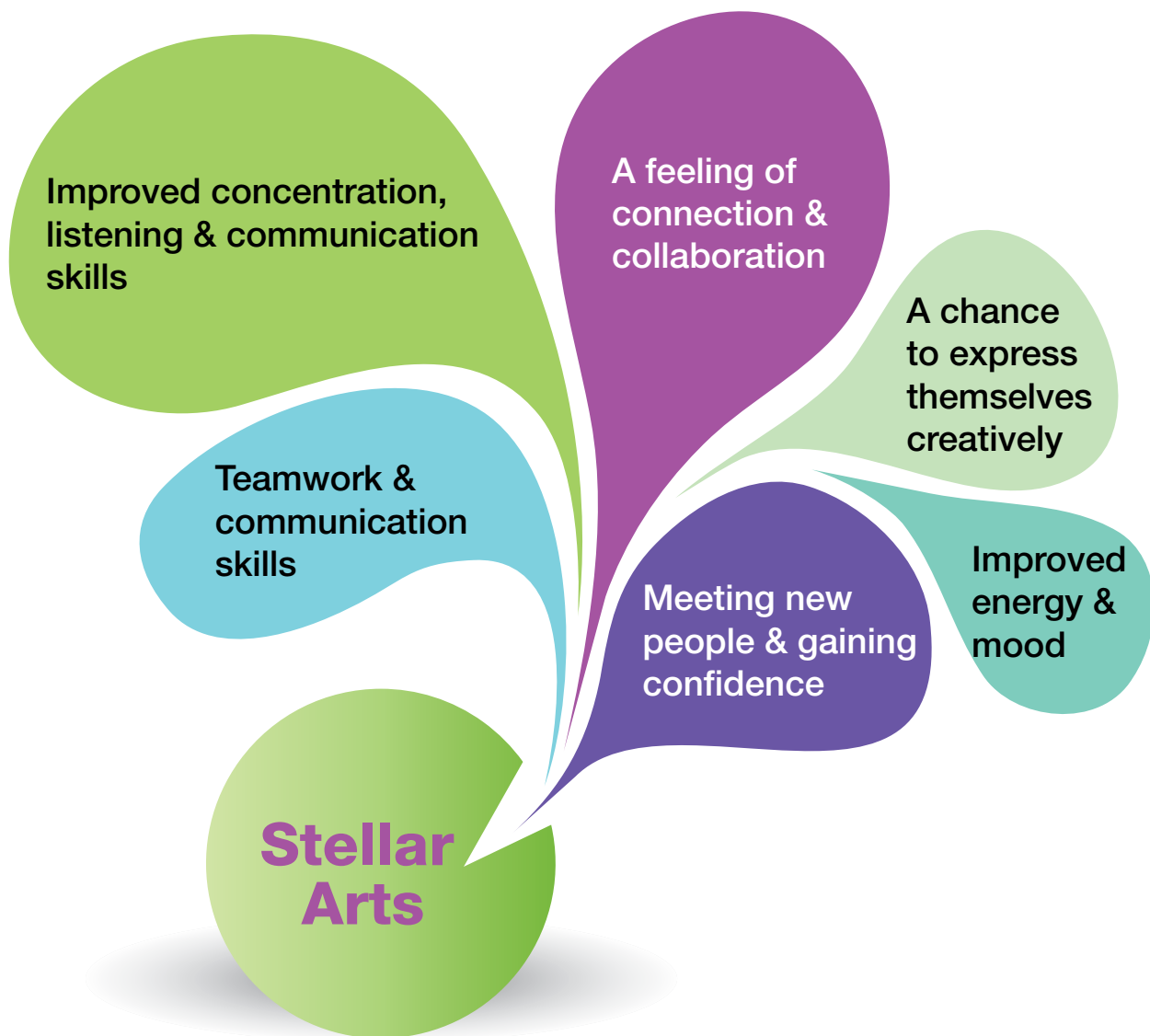
At our Amazing Magic Club, you will learn and discover clever magic effects giving you a feeling of wonder. Each week, you'll grow your confidence to bring out your inner 'showman'. We have lots of fun in these workshops. Join us and entertain your family and friends with new and amazing magic effects practiced in class each week. Some of our favourites include magically raising a straw from clear bottle with no hands and "cups and balls" where a ball seems to penetrate through a solid cup repeatedly.



How to access Stellar Arts

Stellar Arts is designed for adults aged between 17 and 64 years of age who are living with a disability and who wish to experience the positive impacts of a specially designed and high quality group creative arts program.

If you are registered under the NDIS and have creative arts in your plan, your participation can be funded through capacity building supports. Alternatively, if you do not have funding under the NDIS, you can arrange to pay privately.



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