

National Museum Cardiff Dementia-friendly workshop



amgueddfa
museum
cardiff
caerdydd

Friday 4 March 2016

Free Creative Writing Workshop

10.30-1pm, including refreshment break

10 places available

Join poet Patrick Jones for a workshop for people living with dementia and their friends, families or carers using the *Silent Explosion: Ivor Davies and Destruction in Art* exhibition as inspiration. After a brief visit to the exhibition we will be taking some of its key elements as springboards to telling our own stories, our own dreams, our own hopes. An informal, fun and inspiring workshop that will make poets of us all.

The workshop will be relaxed and friendly and no previous experience is required. Tea and biscuits will be provided and chatting encouraged! The session may be photographed so that we have a record of our activities, but you can choose to opt out of this.

Please phone to book a place: (029) 2057 3240

The above workshop is FREE but booking is essential. We may not be able to answer your call right away but please leave a message and your contact details and we will contact you as soon as we can.

"Creative Writing workshop? No thanks, that's the last thing I want to do. But I came along and have really enjoyed it and it makes me want to write more!"
(quote from recent workshop)

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THE EXHIBITION

Silent Explosion: Ivor Davies and Destruction in Art



Silent Explosion is a major exhibition by Ivor Davies - one of Wales' leading contemporary artists. The exhibition reveals Davies' interest in the creative power of destruction and features work in various media including painting, sculpture and performance. National Museum Cardiff from 14 November 2015 to 20 March 2016.

Ivor Davies, *Outside the City*, c.1955
© the artist (photo: Simon Regan)

The exhibition links back to Ivor Davies' childhood with drawings made during the Second World War showing the bombing of Penarth. This interest in destruction is traced through the artist's career from the 1940s through to works made in the last decade that explore the artist's political engagement with the language and culture of Wales.

At the heart of the exhibition is an important archive detailing the artist's contribution to the landmark Destruction in Art Symposium (DIAS). DIAS took place in London in 1966 and featured performances and presentations by a radical group of artists and thinkers.

The exhibition is supported by the Colwinston Charitable Trust with additional support from The Henry Moore Foundation. The exhibition is co-curated by Judit Bodor, doctoral researcher at Aberystwyth University, supported by a Collaborative Doctoral Award funded by the Arts & Humanities Research Council.

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How to find us & Accessibility



Location

National Museum Cardiff, Cathays Park, Cardiff, CF10 3NP

By Foot

The Museum is 20 minutes' walk from Cardiff Central Bus and Train Station.

By Car

For satnav use the postcode CF10 3NP. A visitor car park is situated at the rear of the Museum, accessed via Museum Avenue. Parking tokens to exit the car park are available for £6.50 from the shop in the Main Hall.

There are designated parking bays for **Blue Badge holders** in the visitor car park. Blue Badge holders are entitled to FREE parking - please take your blue badge to the Museum shop to obtain your free exit token. There is a level access path to and from the Visitor Car Park via Park Place and Museum Avenue. There are also designated disabled parking bays in front of Museum on Gorsedd Gardens Road.

By Bus

From Cardiff Central Bus Station take bus number 53 or 85 to the Museum. From Cardiff Bay take the Bay Car bus number 6. You can plan your journey using the Traveline Cymru website or by calling their helpline on 0871 200 22 33 (calls charged at 10p per minute from a land line).

By Train

The nearest train station is Cathays Station, approximately 5 minutes walk from the Museum. For train travel information please visit National Rail Enquiries website. The Traveline Cymru helpline (0871 200 22 33) can also assist you with rail enquiries.

If you have considered all the above and are still experiencing difficulty getting here please let us know when you call! We may be able to arrange individual transport to some of our sessions if you have difficulty getting out and about.

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Wheelchair access

The entrance to the Museum for wheelchair users and families with pushchairs is via a self-operated glass lift to the right of the front steps of the Museum. In the event that this lift is out of order, alternative access is available at the gate to the left of the Museum steps by pressing the intercom for assistance.

There is wheelchair access to all galleries. Most galleries can be visited independently, but lifts to some galleries must be operated by a Museum Assistant for security reasons. Museum staff are nearby to help.

The Museum Shop, Coffee Shop and Oriel Restaurant are accessible to wheelchair users.

Four wheelchairs and six mobile seating sticks are available on loan from the Information desk on request.

A variety of seating is available throughout the Museum.

Toilets

Accessible toilets are situated in the Oriel Restaurant and by the art galleries. The *Silent Explosion* exhibition and workshops are located close to the art gallery disabled access toilets.

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