

# The AccessArt Lab Areas of Focus and Core Values

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The AccessArt Lab provides AccessArt with the opportunity to focus on practical and pedagogical exploration of key areas of interest which have emerged over the last few years. The work in the AccessArt Lab will be guided by the areas of focus and core values described below.

[Find out about the in-person sessions](#) we will be running at the Lab to help facilitate these areas of focus.

## Areas of Focus



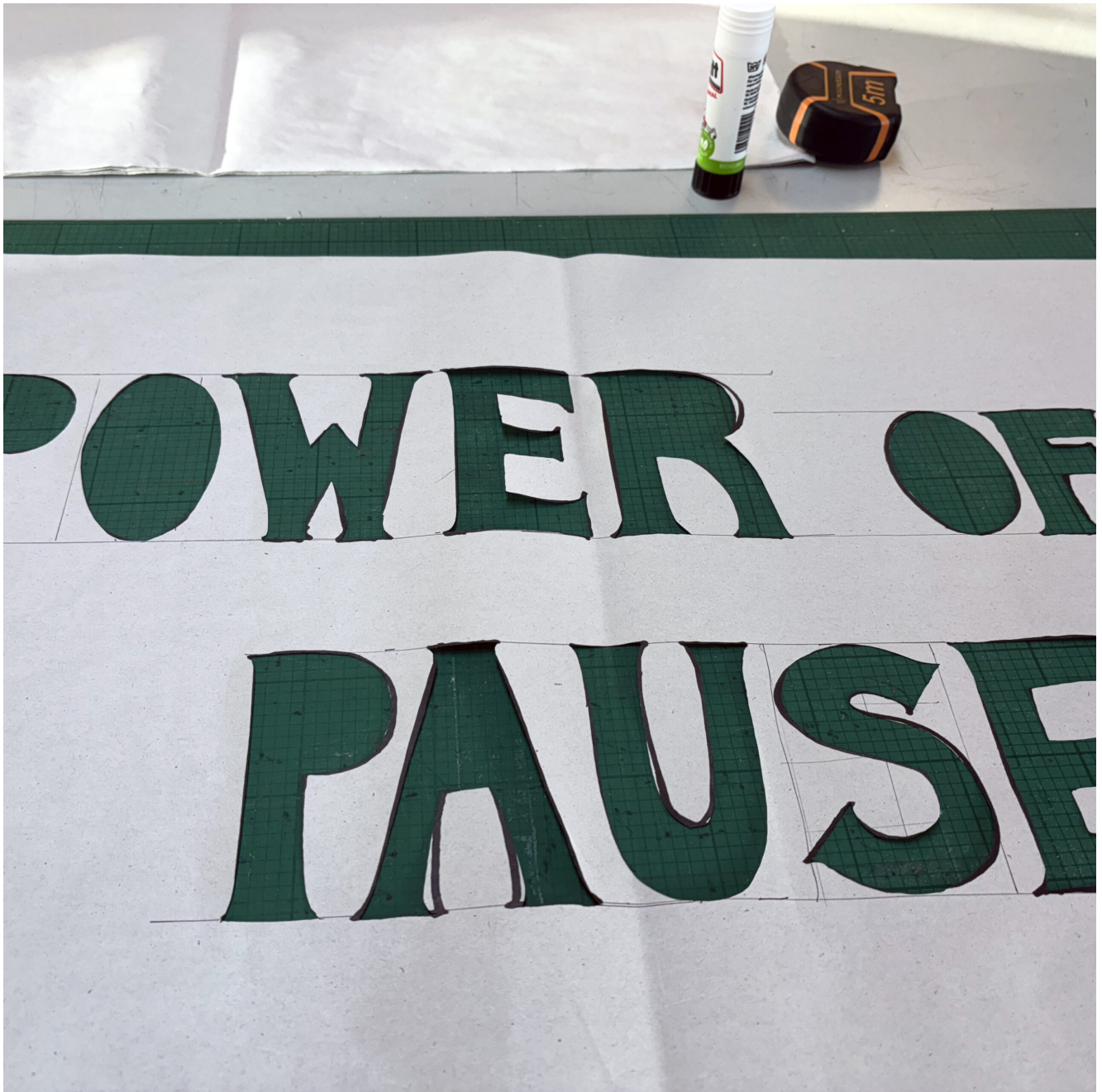
The AccessArt Lab will be exploring the following areas of focus. New areas will be allowed to evolve over time.

- Exploration of Inhabiting “Spaces of Not-Knowing” – What does it feel like to be in spaces of not-knowing? What are the risks and benefits? What might be the outcomes? How can we enable these spaces?

- **Exploration of Social Models of Learning – How can we embrace shared experiences and outcomes to discover more open, inclusive and diverse ways of thinking and acting?**
- **Re-Connection to Physical Senses, Body-Based Activities and Exploration of Resistant Forces – Whilst not turning out back on digital, how can we better protect and appreciate time spent in the physical world? How can we build tolerance of what resistance feels like (in interaction with materials and ideas, and in communication between people), and how can we more positively manage our relationship to resistance?**
- **Teenage Enquiry-Based Learning – How can we devise a rich, diverse and adaptable curriculum to engage all teenagers?**

## **Core Values**





The work undertaken in the Lab will be guided by the following principles:

- Awareness of the programming and messaging of our everyday lives and how this impacts upon our thought, action and wellbeing. Alongside this, an exploration of how we can explore a gentler, yet more physical way of thinking and acting, and the benefits this might

bring.

- Permission for “Pause” – in all forms – space to think, space to act without outcome, space to play...
- Appreciation of “question” over “answer” – Where do we put the emphasis and how does it change our experience?
- An understanding that exploration of all areas of focus within the lab ultimate benefit others (people, communities and society) through accessible sharing of practice and ideas.

The AccessArt Lab will begin in January 2025. Please join the [AccessArt Network Facebook](#) group and register at [AccessArt](#) for free to be kept in touch.

[Stapleford Granary](#) is an Arts Centre whose aim is to foster cultural understanding through education.

The venue offers music, art, education & conversation in a beautiful 19th century farm complex, situated at the foot of the Gog Magog Downs, just 5 miles from the centre of Cambridge.

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Please note the [AccessArt registered office and](#)

[all contact details remain as detailed here.](#)



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