

Harbour House is a contemporary art, movement and wellbeing centre in Kingsbridge, South Devon. Our mission is simple: to enrich the lives of people in our town and surrounding communities through art, creativity, movement and wellbeing practices. We achieve this through an inspiring and inclusive programme of exhibitions, performances and educational activities that invite everyone to participate. We also provide flexible spaces dedicated to mindfulness, movement and yoga. Join us as we explore, create and thrive together.

# Coming Soon

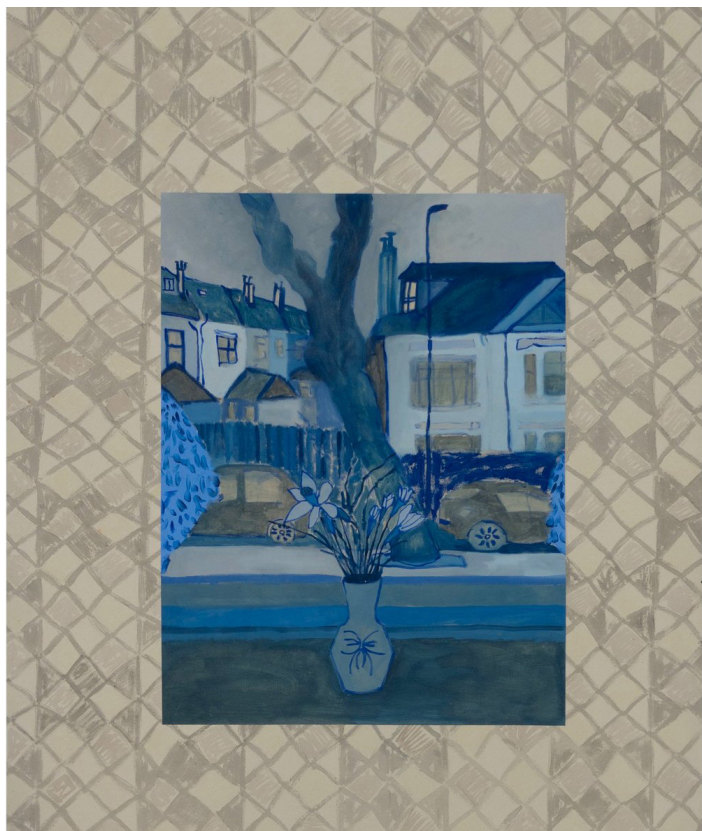
Fri 22 Aug 2025

## Ben Sanderson: Lilies and Illusions Opening Celebration

Harbour House Ground Floor Gallery  
6pm - 8pm

Join us for the opening celebration for Ben Sanderson's exhibition. There will be free light refreshments.

All Welcome, no need to book



Sat 23 Aug - Sat 1 Nov 2025

## Ben Sanderson: Lilies and Illusions Exhibition

Harbour House Ground Floor Gallery  
Mon - Sat: 10am - 5pm

Lilies and Illusions brings together paintings created by Cornwall-based artist Ben Sanderson and wall paintings made in collaboration with a group of children who took part in summer art and movement sessions. These sessions were run in partnership with Kingsbridge Foodbank and Kingsbridge Community Primary School.

There will be a FREE self-led drawing activity in the gallery.

6 Sep - 11 Oct 2025

Every Saturday

## Clay and Conversation: Ceramic Workshops (Adults 55+)

Quay Lane Studio, Harbour House  
10am - 12pm

This series of 6 free workshops will explore different techniques in ceramics, inspired by nature and the five ways to wellbeing. You will have the opportunity to meet with like-minded people, make new connections and explore and develop your creativity.

Led by ceramics artist Cylena Simonds.

Please email [gemma.marshall@harbourhouse.org.uk](mailto:gemma.marshall@harbourhouse.org.uk) for more information and to sign up



Sat 11 Oct 2025

## Ben Sanderson in Conversation with Naomi Frears

Harbour House Ground Floor Gallery  
11pm - 12:30pm

Join Ben Sanderson to discuss his exhibition at Harbour House alongside returning artist Naomi Frears, who has made a new film about Ben working in his studio prior to the exhibition.

This event is FREE and will be a hybrid event, where you can join in person or online.

Booking is essential via [Eventbrite](https://www.eventbrite.co.uk) for joining online and in person.

Fri 21 Nov

## Ashanti Hare: The Fullness Between the Shadows Opening Celebration

Harbour House Ground Floor Gallery  
6pm - 8pm

Join us for the opening celebration of Ashanti Hare's solo exhibition, The Fullness Between the Shadows. There will be free light refreshments

All Welcome, no need to book



Sat 22 Nov 2025 - Sat 21 Feb 2026

## Ashanti Hare: The Fullness Between the Shadows Exhibition

Harbour House Ground Floor Gallery  
Tues - Sat: 10am - 5pm

The exhibition brings together new sculptural works by Plymouth based artist Ashanti Hare, alongside artwork produced in collaboration with socially isolated adults referred through NHS social prescribers.

The exhibition explores cultural memory, decolonisation, and embodied experience through sculptural textile installation and ritual performance.

There will be a FREE self-led activity in the gallery for visitors to engage with.

1 - 15 Nov

Every Saturday

## Step and Sketch Workshops (Adults 55+)

Tumbly Hill  
10 - 11:30am

This series of 3 free workshops explores movement and mark-making, in a low pressured and fun way. No previous dance or movement experience necessary.

Led by choreographer and yoga teacher Catherine Seymour.

Please email [gemma.marshall@harbourhouse.org.uk](mailto:gemma.marshall@harbourhouse.org.uk) for more information and to sign up



Weds 3 Dec 2025

## Grief Gathering with Thrive Dance Company

Quay Lane Studio, Harbour House

A place for community connection and exploring playful creativity as a way to express grief

For any person who has experienced grief, is open to creative approaches to healing trauma and seeks a sense of community.

Led by Thrive Dance Company, more details to follow on our website and social media.

Sat 6 Dec 2025

## Kingsbridge Celebrates Christmas 2025

Harbour House Ground Floor Gallery

Free Christmas making activities and refreshments!

More details to follow on our website and social media



# News

19 July 2025

## Kingsbridge Fair Week 2025



A huge thank you to the almost 500 of you who joined us at the Band Stand for Harbour House Presents: 'Mughal Miniatures: The Awakening' from Sonia Sabri Company, as part of Kingsbridge Fair Week.

It was a wonderful day of dancing and celebrating Kathak Dance with the leading contemporary South Asian dance and music company in the UK!

A huge shout out to Kingsbridge Fair Week for a wonderful day and continued partnership.

2024/25

## 2024/25 Impact Report



We are delighted to share our first Impact Report shining a light on our first full year of our new engagement programme..

To every artist, participant, partner, funder, volunteer, and visitor — thank you. By supporting us, you are helping us to keep our doors open to the community and programme more events, workshops and exhibitions that are accessible to all.

You can pick up a copy from Harbour House or download a copy from our [website](#).

April - July 2025

## Quarterly Engagement Stats



Workshops/Events



Participants



Community Groups

## Our Engagement Programme

At the centre of our work is socially-engaged art. We work collaboratively with local communities to shape our programme of creative projects. The process is often as important as the outcomes - we believe that opportunities to learn and be creative together can be transformative. With activities shaped by both community voices and our five strategic aims, we've crafted a programme that's bold, inclusive, and deeply rooted in the needs of our region.

Harbour House's strategic aims are:

- Improved community cohesion
- Improved physical and mental health and wellbeing
- Increased cultural and socio-economic development
- Reduced social isolation
- Increased environmental literacy