



Inside Out Community

Annual Report 2016/17

“Creativity is contagious. Pass it on.” Albert Einstein

I can't believe another year has passed, where did it go? We hope that everyone who has attended any of the groups or events this year; have found opportunities to express themselves, to enjoy the creativity of others, found a friendly and welcoming reception.

All the Trustees want to thank everyone for coming and joining in, to thank all the volunteers who come and share their time, their talents and so much of themselves. We want to thank the other charities and agencies that work alongside us, in particular the Red Rose Chain who are such kind and generous hosts for the majority of our groups, and David Hardy from NSFT and his work with Making Your Mark.

I would also like to say a very big thank you to Allan Williams our Programme Leader. Allan has worked so hard to maintain and develop all that we do. He is someone who has demonstrated such a strong commitment to Inside Out, and often goes above and beyond in order to promote what we are doing and enable people to come and participate.

Funding and fundraising remain high on the priorities for us as, like all charities, we must try and ensure that we can maintain our current work and look to future growth. Last year we enjoyed two wonderful events; the first, in July, dedicated to Music at St Peters Church, and the other at the same venue where



Sian Croose led a singing workshop in the afternoon where we had 60 voices, followed by her wonderful choir Big Sky performing in the evening.

The July event headlined with the mighty “Not Beaten Yet” playing much of their own tracks, ones that feature on their CD, as well as people performing poetry and the

opportunity for people to come and meet, listen and celebrate Inside Out. Everybody fed back about the positive and creative energy that the event inspired, with the front door open and passers by being drawn in by the music and that energy.

The November singing workshop and Big Sky performance generated a lot of interest and we had a full house! Sian and her choir were so generous with their time and we all had a great evening, absorbed by the sounds and harmonies. We did also raise money which although was originally the main aim, became a bonus!

“There is no doubt that creativity is the most important human resource of all. Without creativity there would be no progress, and we would be forever repeating the same patterns.”

Edward De Bono

So what has been going on in the last year?

This has been our first full year using The Avenue Theatre, and The Red Rose Chain remain such warm and welcoming hosts. It just feels right to be offering our groups in a space dedicated to creativity and community. This, I am sure, helps enormously to create a safe and nurturing space. One that is ideal for the whole range of the creative arts we explore, and we hope that this is a relationship that we can develop of the coming year(s).

Unfortunately, one of our Trustees left us this year. Matthew McGuchan decided that his increasing workload meant that he wasn't able to dedicated the amount of time he wanted to work with us. Matthew was someone that brought ideas, energy and considerable experience to our board of Trustees and he is missed. He did however, before he left he created an opportunity for graduates to work with us as interns. This has brought us wonderful volunteers who are also now looking to lead workshops. So, thank you for that Matthew and we wish you very well in all that you are doing.

The Trustees have been working hard to ensure that we have the things in place that we need to help us to continue to provide all that we do, as well as grow.

We have been working with Community Action Suffolk, they have helped us to create a Business Plan. This will help us to apply for funding, it was also a great opportunity to reflect on what we are doing and what we need for the future.

We know that there are some aspects of our Board that need addressing, specifically marketing and fundraising. We have advertised for people to join us and are keen to encourage people with those skills and a passion for creativity.

We have applied for continuing funding through The National Lottery and Paul Hamlyn Foundation, and we are exploring other funding applications to help us to sustain and grow.

As part of the bids we are looking to increase the amount of opportunities for people to explore creativity as a way of enriching their emotional wellbeing. This includes having more programme Leader time, and coordinating creative mentoring. Creative Mentoring provides people with one to one artistic help, guidance and support. It is designed for people for whom groups are difficult, and for whom engaging in their creativity could offer a way to express themselves.

The Wednesday Music Project continues to be a space where all are welcome to come and share their talents, their ideas and build their confidence and skills. New work is always being produced and the second CD released this year. The band are hoping to do more recording this year. They will also lead the offerings at More Songs For The Journey on 22nd July 12pm – 2pm.

As always the dedicated members of the group and volunteers make this a creative and enjoyable space, we are so grateful for their time and commitment.



The Friday Open Group remains a space that offers a diverse range of creative mediums, we have introduced people to new artists and techniques. Membership of the group remains consistent and high.

We have some wonderful new volunteers and as usual the Red Rose Chain have been warm and enthusiastic hosts.

Making Your Mark remains a very important group for us. Offering a space for young people to explore and express their creativity is something that we are very keen to continue to provide. We appreciate that it is hard for some people to make and sustain a commitment to coming to a group. We will continue to strive to make the group as warm welcoming as we can.

We will also in the next year explore whether there are new and different ways we can attract participants, or offer creative experiences.

Thanks again David for all your hard work and contributions to this group.

Creative Lives our newest group that offers people who are older the same Inside Out experience, became part of our offering last year. We now have regular committed participants and we hope that this will also continue to grow and thrive. A big thank you to Jan for your consistent and generous support for this group.

Write Minds a twenty-week course for creative writing has been running since February at the Ipswich Library, and this has been a very popular group that we have run in conjunction with New Chapters, which is part of Suffolk Libraries. We hope that this is proving to be a rich and rewarding course for all those taking part.

“An invasion of armies can be resisted, but not an idea whose time has come” Victor Hugo

I also want to thank and give a mention to the work that goes on that people don't always see, and the Trustees that make such an important contribution to making Inside Out Happen.

Gemma Watkins our secretary, has again been so supportive and helpful. She plays a key role in our fundraising, especially the annual events that make so much difference to Inside Out. Thank you, Gemma! Also, Gale Pryor our Treasurer, plays such an important role in ensuring that our accounts are kept up to date audited and monitored. Gale also contributes to all our fundraising events and putting together the bids that we hope will sustain us and help us to grow. Thank you, Gale!

Looking ahead to 2017/18, I hope that we will be successful in our fundraising and maintain what we do now and add more creative and exciting offerings for a wider group of people. We hope to demonstrate and spread the word about the restorative nature of creativity. We hope to continue to offer people the space to share and explore new ideas, to help people to express themselves and explore their emotional world in a wide variety of ways.

We want people to be able to experience the hairs on the back of their neck stand up when they experience the sound of singing harmonies in a group. We want people to be able to string words together that capture the essence of how they feel, or what they see. We want people to imbibe the energy that flows from other people that are in the midst of creativity. We want people to laugh at the absurd and the irony of imagery and words. We want more people to join our community and spread the joy of being part of Inside Out.

If you want these things to, please join us, stick with us, help us and support us. We really appreciate everything that makes Inside Out happen.

Matthew Morris

Chair