

MUSIC PROJECT

St Peters by the Waterfront
Music & Arts Centre

Open to beginner and improver musicians and singers interested in writing, playing, recording and performing music in the rock/pop style. Instruments are provided.

Wednesdays

**Drop in for beginners 2- 3pm,
Band practice 3 - 4.30pm**

**Dates: Jan. 9 & 23, Feb 6 & 20
March 6 & 20, April 3 & 17**

'The music project has brought something creative and meaningful to my life. It's made a lot of difference to me' (recent participant).

SINGING with Music in Mind

Ipswich Central Library

Led by talented natural voice teachers from Music in Our Bones.

If you like to sing this is for you.

Mondays (fortnightly) 2.00 - 4.00

For more details: phone 07757 809297

Website: www.musicinourbones.btck.co.uk

WRITE MINDS course

Ipswich Central Library

Spring 2019 module is **Life Writing**

Thinking of writing about yourself or your family? Interested in this difficult and rewarding genre? This class is about exploring your life through creative non-fiction. This course will be run by Petra McQueen, Inside Out's Writer in Residence. She has twenty-five years teaching experience and is a published writer.

Dates: Tuesdays Jan.15, 22, 29, Feb. 5, 12, 26, March 5, 19 & 26

For more details & to book a place please contact Programme Leader: 01473 563 900

or info@insideoutcommunity.com

(early booking is advised)

Inside Out is open to anyone recovering from a period of emotional distress and to those who are drawn to the arts as an antidote to the sometimes overwhelming stresses of life. We believe that being part of a creative community can contribute significantly to the recovery of wellbeing and lead to a confident re-engagement in life.

The workshop programme offers you the opportunity to discover and express your natural creativity, develop your artistic talents and interests, rediscover self-belief, reconnect with others and above all have an enjoyable time.

We understand that joining a new group can sometimes be difficult. You are welcome to bring along a friend, relative or support worker to begin with. No referral is required and no enrolment is necessary except where stated.

There is good evidence that the arts can have a significant effect on emotional wellbeing and mental health. So if the idea of getting involved in creative activity appeals then why not join us. Workshops are free although we ask you to consider making a voluntary donation of £2 per session. All sessions are led by professional artists who share their skills in inspiring and sensitive ways, supported by volunteers.

Further information is available on our website:

www.insideoutcommunity.com

CREATIVE MENTORING

Do you like what you see but don't feel ready to be part of a group? If so please let us know.

We will arrange for one of our artists/creative practitioners to support you with a personal creative project according to your own particular needs and wishes at a convenient venue (which could be your home).

To express an interest email us at

info@insideoutcommunity.com and we will be in touch.

INSIDE OUT COMMUNITY ARTS & WELLBEING

UK Registered Charity No: 1136104 Supported by Norfolk Suffolk NHS Foundation Trust, Suffolk County Council and Suffolk Community Foundation



Arts & Wellbeing



Spring programme 2019

we believe in the power of
the creative process to
strengthen the spirit

Inside Out is based at: Avenue Theatre,
Gippeswyk Hall, Gippeswyk Avenue,
Ipswich IP2 9AF Tel: 01473 603388

Inside Out: 01473 563 900

Ipswich buses 12, 13 and 14 run from the Town
Centre to Gippeswyk Hall

MAKING YOUR MARK

Meeting every Monday 2 – 4.00 pm
Avenue Theatre, Gippeswyk Hall,
Gippeswyk Avenue, Ipswich, IP2 9AF

A varied programme of creative activities
for young adults aged 18 – 25

January

- 7 Creative Colour with Lois
- 14 Art with Allan
- 21 Creative Colour with Lois
- 28 Quilting with Myra

February

- 4 Art with Becky
- 11 Jewellery with Helen
- 25 Jewellery with Helen

March

- 4 Ceramics with Karen
- 11 Theatre design with Myra
- 18 Theatre design with Myra
- 25 Illustration with Justine

April

- 1 Creative Writing with Petra
- 8 Creative Writing with Petra
- 15 Expressive Art with Charlotte

For further information or to register contact
Programmeleader@insideoutcommunity.com
or telephone 01473 563 900

For all our workshops - no previous
experience of the arts is necessary

CREATIVE LIVES

Meeting every Wednesday 2 – 4 pm
Avenue Theatre, Gippeswyk Hall, Gippeswyk
Avenue, Ipswich, IP2 9AF

For people over sixty experiencing
psychological challenges in later life. Each
session is led by a local artist who will help
you explore and express your creativity in
ways that will surprise and delight you.

January

- 9 Quilting with Myra & Carol
- 16 Ceramics with Kate
- 23 Ceramics with Kate
- 30 Art with Charlotte

February

- 6 Drama with Jo
- 13 Art with Allan
- 27 Creative writing with Helen

March

- 6 Creative writing with Helen
- 13 Creative Colour with Lois
- 20 Theatre design with Myra
- 27 Theatre design with Myra

April

- 3 Plant diary with Marie
- 10 Plant diary with Marie
- 17 Textiles with Clare

For further information or to register contact
Programmeleader@insideoutcommunity.com
or telephone 01473 563 900

ARTWORKS

Open workshops

Friday 10.30 am – 1pm

at the Avenue Theatre, Gippeswyk Hall.

January

- 4 Etching with Kitty
- 11 Art with Allan
- 18 Ceramics with Kate
- 25 Ceramics with Kate

February

- 1 Quilting with Myra
- 8 Drama with Jo

15 The Connecting Circle

Social with easy dances and live music
with Stefan and guests 11am -3pm

March

- 1 Singing with Tracy & Jennie
- 8 Illustration with Justine
- 15 Macrame with Anna
- 22 Macrame with Anna
- 29 Art with Annie

April

- 5 Art with Annie
- 12 Photography with Brendan

No need to register - just turn up

cover picture by Maria Lynch