

Inside Out is open to anyone recovering from a period of psychological ill health 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 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

WRITE MINDS course

This a 20 week course that Inside Out are running in collaboration with Suffolk Libraries on Thursday afternoons at Ipswich County Library. It provides an opportunity for people to develop their interests in writing prose, fiction and poetry. The course started in February 2017 and is currently fully subscribed.

For information or to register an interest in future courses, contact info@insideoutcommunity.com

ARTWORKS

Inside Out Community's

Friday open workshops

Meeting every Friday 10.30 - 1 pm

Avenue Theatre, Gippeswyk Hall, Gippeswyk Avenue, Ipswich, IP2 9AF
Ipswich buses 12, 13 and 14 run from the Town Centre to Gippeswyk Hall

April

28 Art with Justine

May

05 Art with Allan

12 Paper cutting with Lois

19 Paper cutting with Lois

26 Art with Anna

June

02 Sound and Movement with Myra

09 Art with Anna

16 Art with Karen

23 Art with Karen

30 Singing with Tracy & Jennie

July

07 Art with Karen

14 Dance with Stefan

21 Art with Abigail

28 Poetry with Pete

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

Summer programme 2017



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
01473 603388/07947 565711

MAKING YOUR MARK

Meeting every Monday 2 - 4.30 pm

Avenue Theatre, Gippeswyk Hall,

Gippeswyk Avenue, Ipswich, IP2 9AF

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

April

24 3D with Alex

May

08 3D with Alex

15 3D with Alex

22 3D with Alex

June

05 Art with Anna

12 Felting with Clare

19 Art with Anna

26 Felting with Clare

July

03 Clothes printing with Justine

10 Clothes printing with Justine

17 Clothes printing with Justine

24 Creative writing with Petra

31 Creative writing with Petra

No previous experience of the arts is necessary

Funded by Comic Relief

For further information or to register, contact

Programmeleader@insideoutcommunity.com

or telephone 07947 565711

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 (fortnightly) 2.30 - 4.30

April 19, May 3, 17 & 31,

June 14 & 28, July 5 & 19

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

SINGING PROJECT

Music in Mind Ipswich Central
Library

Led by talented natural voice
teachers Tracy Sharp, Jennie Fisk,
Fran Flower and Ian Heywood of
Music in Our Bones.

If you like to sing, this is for you.
If you think you can't sing but would
like to, this is for you. Just turn up
and sing.

Mondays (fortnightly) 2.00 - 4.00

April 3, May 8 & 22,

June 12 & 26, July 10

'Singing I feel lighter and brighter;
more connected to everyone.'
(recent participant)

Cover picture - oil painting by Rachel Davy

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.

April

26 Art with Myra

May

03 Art with Myra

10 Art with Myra

17 Creative writing with Petra

24 Creative writing with Petra

31 Art with Justine

June

07 Art with Karen

14 Art with Karen

21 Art with Karen

28 Weaving together with Cherrie

July

05 Weaving together with Cherrie

12 Weaving together with Cherrie

19 3D art with Sarah

26 3D art with Sarah

For further information or to register, contact

Programmeleader@insideoutcommunity.com

or telephone 07947 565711