

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: Oct. 3,17 & 24;

Nov. 7,14 & 28, Dec. 5

Sept. 5,12 & 19 - band practice only 2- 4.30.

'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

An exciting modular Creative Writing Programme.

Each module is 10 weeks long & will run throughout the three years of the Big Lottery Grants. Each module is independent & can be booked separately. Write Minds will be led by writers Petra McQueen & Peter Watkins with guest writers making contributions.

Autumn 18 module is **Poetic Practice**. Dates: Tuesdays Sept. 25, Oct. 2, 9, 16 & 23, Nov. 6, 13, 20 & 27

For more details & to book a place please contact Programme Leader: 07947 565711

or info@insideoutcommunity.com

(early booking is advised)

cover painting by Cathy Walsh

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 National Lottery Reaching Communities, Norfolk Suffolk NHS Foundation Trust and Suffolk Community Foundation



Arts & Wellbeing



Autumn programme 2018

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

Avenue Theatre: 01473 603388

Inside Out: 07947 565711

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

September

- 10 Lino printing with Justine
- 17 Lino printing with Justine
- 24 Drama with Jo

October

- 1 Sculpting with Lois
- 8 Sculpting with Lois
- 15 Creative Writing with Petra
- 29 Creative Writing with Petra

November

- 5 Weaving with Cherrie
- 12 Weaving with Cherrie
- 19 Weaving with Cherrie
- 26 Art with Becky

December

- 3 Art with Becky
- 10 Textiles with Myra
- 17 Textiles with Myra

No previous experience of the arts is necessary

For further information or to register contact
Programmeleader@insideoutcommunity.com
or telephone 07947 565711

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.

September

- 12 Drawing/textiles with Justine
- 19 Silver Clay jewellery with Helen
- 26 Silver Clay jewellery with Helen

October

- 3 Creative writing with Helen
- 10 Tile making with Kate
- 17 Tile making with Kate
- 31 Textiles with Clare

November

- 7 Art of Imagination with Charlotte
- 14 Life's landscapes with Marie
- 21 Life's landscapes with Marie
- 28 Creative writing with Petra

December

- 5 Ceramics with Karen
- 12 Ceramics with Karen
- 19 Winter Wonderland with Allan

For further information or to register contact
Programmeleader@insideoutcommunity.com
or telephone 07947 565711

ARTWORKS

Open workshops

Wednesday evenings
6.00 - 8.00pm (until 17 Oct)

Friday mornings
10.30 am – 1pm

at the Avenue Theatre, Gippeswyk Hall.

Wednesday evenings

September

- 12 Art with Allan
- 19 Collage with Kitty
- 26 Textiles with Myra

October

- 3 Textiles with Myra
- 10 4 Elements with Marie
- 17 Mono print with Chris

Fridays

September

- 14 Printing with Kitty
- 21 Tile making - Kate
- 28 Drama with Jo

Oct

- 5 Singing with Tracy
- 12 Tile making - Kate
- 19 Art with Annie

November

- 2 Mixed media with Ali
- 9 Dance with Stefan
- 16 Art with Annie
- 23 Drawing with Jen
- 30 Brush lettering with Annabel

December

- 7 Art with Allan
- 14 Drawing with Jen

No need to register - just turn up