

MUSIC PROJECT

St Peter's by the Waterfront Music & Arts Centre, College Street, Ipswich IP1 1FX

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: **May 1, 15 & 29, June 12 & 26, July 10 & 24**

Concert and Exhibition at St Peter's by the Waterfront 20 July 12 - 2pm

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 - 4.00pm

For more details: phone 07757 809297

Website: www.musicinourbones.btck.co.uk

WRITE MINDS course

Ipswich Central Library

A free Beginners Creative Writing Course. This class is for you if you've always fancied writing but don't know where to start. Perhaps you are a secret writer but haven't dared show anyone your work? We explore what makes fiction work and how you can turn your ideas into reality. Run by Petra McQueen, a published writer with 27 years teaching experience.

Tuesdays 11am - 1pm Dates: April 23 & 30, May 7 & 14, June 4, 11, 18, 25, July 2

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



Summer 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

cover picture by Angela Howlett

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

April

29 Frottage with Allan

May

13 Sculpting with Lois

20 Sculpting with Lois

June

3 Expressive type with Marie

10 Ceramics with Karen

17 Illustration with Justine

24 Expressive type with Marie

July

1 Eco dyeing with Claire

8 Eco dyeing with Claire

15 Art with Becky

22 Creative writing with Petra

29 Creative writing with Petra

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.

May

1 Portraiture with Allan

8 Portraiture with Allan

15 Paper cutting with Lois

22 Paper cutting with Lois

29 Creative writing with Helen

June

5 Eco dyeing with Claire

12 Eco dyeing with Claire

19 Art with Myra

26 Art with Myra

July

3 Art with Allan

10 Ceramics with Karen

17 Card making with Anne & Marie

24 Card making with Anne & Marie

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.

May

3 Drawing with Jen

10 Drawing with Jen

17 Expressive type with Marie

24 Art with Annie & Chrissy

31 **2 x mural workshops with Zoe**
11am - 1pm & 2 - 4pm

June

7 Macrame with Anna

14 Macrame with Anna

21 Ceramics with Kate

28 Ceramics with Kate

Juiy

5 Singing with Tracy & Jennie

12 Art with Allan

19 Art with Annie & Chrissy

26 Art in the garden with Kitty

Summer Saturday workshops

10.30 - 12.30 & 1.30 - 3.30

August 10 am Screen print with Kitty

pm Screen print with Kitty

August 24 am Mask making with Myra

pm Photography with Brendan

No need to register - just turn up