

## 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: **Sept. 18, 25 Oct. 2, 16, 30**

**Nov. 13, 27, Dec. 4**

## WRITE MINDS course

Ipswich Central Library

Join us to explore the short form. Studying well-loved stories, as well as groundbreaking modern fiction, we will discover what makes a good short story. There will be plenty of opportunity for experiments, writing, listening and feedback.

This class will be run by Petra McQueen, who is a prize-winning short story author with many years teaching experience.

**Tuesdays 11am - 1pm** Dates: **Sept. 24, Oct. 1, 8, 15, 22, Nov. 5, 12, 19, 26, Dec. 3**

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

[info@insideoutcommunity.com](mailto:info@insideoutcommunity.com)

(early booking is advised)

## New for Autumn 2019 Dance Moves

an exciting new dance workshop in collaboration with Dance East.

For more information and to register your interest call: 01473 563 900 or email

[info@insideoutcommunity.com](mailto:info@insideoutcommunity.com)

**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](http://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](mailto:info@insideoutcommunity.com) and we will be in touch.

## 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.

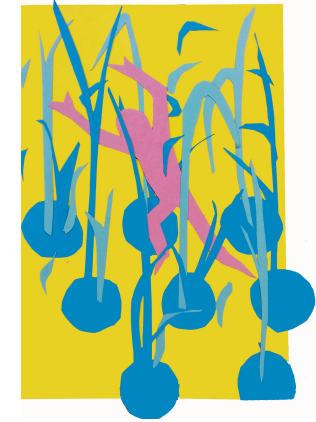
**Mondays (fortnightly) 2.00 - 4.00pm**

For more details call: 07757 809297

Website: [www.musicinourbones.btck.co.uk](http://www.musicinourbones.btck.co.uk)



# Arts & Wellbeing



## Autumn 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

**Inside Out: 01473 563 900**

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

**INSIDE OUT COMMUNITY ARTS & WELLBEING**  
UK Registered Charity No: 1136104 Supported by  
Norfolk Suffolk NHS Foundation Trust, Suffolk  
County Council and Suffolk Community Foundation

## **MAKING YOUR MARK**

**Monday 2 – 4 pm**

Avenue Theatre, Gippswyk Hall,

A varied programme of creative activities

**For young adults aged 18 – 25**

### **September**

**9 Tie dyeing with Annie**

**16 Tie dyeing with Annie**

**23 Paper cutting with Lois**

**30 Paper cutting with Lois**

### **October**

**7 Mixed media with Kirstin**

**14 Mixed media with Kirstin**

**28 Art with Allan**

### **November**

**4 Art with Allan**

**11 Textiles with Myra**

**18 Textiles with Myra**

**25 Creative Design with Marie**

### **December**

**2 Ceramics with Karen**

**9 Creative Writing with Petra**

**16 Craft with Karen**

**For further details or to register contact:**

[Programmeleader@insideoutcommunity.com](mailto:Programmeleader@insideoutcommunity.com)

**or telephone 01473 563 900**

## **CREATIVE LIVES**

**Wednesday 2 – 4 pm**

Avenue Theatre, Gippswyk Hall

For people experiencing psychological  
challenges in later life.

**For people aged over 60**

### **September**

**11 Incense with Mackie**

**18 Silk painting with Marie**

**25 Silk painting with Marie**

### **October**

**2 Weaving with Cherrie**

**9 Weaving with Cherrie**

**16 Weaving with Cherrie**

**30 Creative writing with Helen**

### **November**

**6 Creative writing with Helen**

**13 Intro to Gold leaf with Angela**

**20 Intro to Gold leaf with Angela**

**27 Silver jewellery with Helen**

### **December**

**4 Sculpture with Lois**

**11 Sculpture with Lois**

**18 Beading with Maggie**

**For all our workshops:**

**no previous experience of the arts is  
necessary**

## **ARTWORKS**

**Open workshops**

**Friday 10.30 am -1 pm**

Avenue Theatre, Gippswyk Hall

**Open to anyone**

### **September**

**6 Creative Writing with Petra**

**13 Landscape painting with Allan**

**20 Ceramics with Kate**

**27 Landscape painting with Allan**

### **October**

**4 Ceramics with Kate**

**11 Textile painting with Justine**

**18 Drama with Jo**

### **November**

**1 Singing with Tracy & Jennie**

**8 Textile painting with Justine**

**15 Drawing with Jen**

**22 Drawing with Jen**

**29 Creative Design with Marie**

### **December**

**6 Textiles with Myra**

**13 Textiles with Myra**

**No need to register - just turn up**

cover picture by Verna Duncan