

## Music Project

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

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

**Wednesdays: January 8, 22**

**February 5, 19 March 4, 18 Apr 1**

Drop in for beginners 2:00 – 3:00pm

Band practice 3:00 - 4.30 pm

## Moving Minds

Jerwood Dancehouse, Foundry Lane,  
Ipswich, IP4 1DW

An exciting new dance workshop in collaboration  
with Dance East. Moving Minds is open to anyone  
who feels drawn to the idea of creative dance &  
movement as a way of supporting their well-being &  
mental health. We aim to create a safe and  
supportive space in which it feels comfortable to  
express yourself with increasing creativity & freedom  
& have fun in the process. Everything is voluntary,  
so there is no pressure on anyone to 'perform'.

**Wednesdays: 10:00-12:00 am**

**January 8, 15, 22, 29**

**February 5, 12, 19, 26 March 4, 11**

For more information/ to register your interest call  
01473 563 900/email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com)

## 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 or visit

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

**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. 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 for more information  
at [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) and we will be in  
touch.



# Arts & Wellbeing



## Spring Programme 2020

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

**Find us at: Avenue Theatre, Gippeswyk  
Hall, Gippeswyk Avenue, Ipswich IP2 9AF**

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

01473 563 900 | [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com)  
[www.insideoutcommunity.com](http://www.insideoutcommunity.com)

*Picture by Pete Richards*

**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 2:00 - 4:00 pm

*Avenue Theatre, Gippswyk Hall*

*A varied programme of creative activities for young adults aged 18 – 25. Please email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) or call 01473 563 900 if you wish to attend*

### January

- 6 Art with Margaret
- 13 Music Project (1:00-4:00 pm)  
A special extended workshop open to young people who would like to learn to play an instrument, sing or write music
- 20 Destructive Art with Marie
- 27 Music Project (1:00-4:00 pm)

### February

- 3 Creative Coloured Pencils with Lois
- 10 Palette Knife Painting with Lois
- 17 Intro to Gold Leaf with Angela
- 24 Intro to Gold Leaf with Angela

### March

- 2 Ceramics with Kate
- 9 Ceramics with Kate
- 16 Creative Writing with Petra
- 23 Creative Writing with Petra
- 30 Silver Clay Jewellery with Helen

### April

- 6 Screen Printing with Kitty

## CREATIVE LIVES

Wednesday 2:00 – 4:00 pm

*Avenue Theatre, Gippswyk Hall*

*A varied programme of creative activities for young adults aged 18 – 25. Please email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) or call 01473 563 900 if you wish to attend*

### January

- 8 Art Journals with Clare
- 15 Art Journals with Clare
- 22 Drama with Jo
- 29 Art with Allan

### February

- 5 Paper Cutting with Lois
- 12 Paper Cutting with Lois
- 19 Mixed Media Painting with Kirstin
- 26 Ceramics with Karen

### March

- 4 Mixed Media Painting with Kirstin
- 11 Ceramics with Karen
- 18 Creative Writing with Helen
- 25 Wet on Wet Painting with Marie

### April

- 1 Exploring Texture with Myra
- 8 Art with Margaret

## ARTWORKS OPEN WORKSHOPS

Friday 10:30 am -1:00 pm

*Avenue Theatre, Gippswyk Hall*

*Open to anyone- no need to register to attend, just turn up*

### January

- 3 Etching with Kitty
- 10 Exploring Texture with Myra
- 17 Drama with Jo
- 24 Drawing with Jen
- 31 Dance with Stefan

### February

- 7 Singing with Tracy & Jennie
- 14 Art with Allan
- 21 Art with Margaret
- 28 Watercolour with Justine

### March

- 6 Ceramics with Kate
- 13 Drawing with Jen
- 20 Incense with Mackie
- 27 Floral Art with Jacinth

### April

- 3 Watercolour with Justine

For all our workshops: no previous experience of the arts is necessary. The workshops are free although we ask you to consider making a voluntary donation of £2 per session.