

## Arts & Wellbeing



### Autumn Programme

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

Whilst we are staying home to remain safe from the during the Coronavirus , Inside Out wants more than ever to remain a community and find ways that we can still maintain a way of expressing and sharing our creativity.

Therefore, we will continue to run a remote programme on Mondays, Wednesday and Fridays with a weekly theme. Our artists will be providing a range of creative activities that you can do at home with instructional videos, interactive 'Zoom' sessions and ideas for activities with instructions emailed to our members.

We will also be hosting a Facebook group and will be available online for Making Your Mark, Creative Lives and Artworks members and on the end of a phone for an hour. To take part in this see details on this leaflet for how to access this

**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  
on the Facebook group

*For young adults aged 18 – 25.*

*Please visit [www.insideout-mym.co.uk](http://www.insideout-mym.co.uk) to join the private Facebook group to connect with other members.*

**CREATIVE LIVES**  
Wednesday 2:00 – 3:00pm  
on the Facebook Group.

*For people over 60 experiencing psychological challenges in later life.*

*Please visit [www.insideout-cl.co.uk](http://www.insideout-cl.co.uk) to join the private Facebook group and connect with other members.*

**ARTWORKS OPEN WORKSHOPS**  
Friday 11:00 am - 12:00 pm  
on the Facebook group

*Open to anyone interested*

*Please visit [www.insideout-aw.co.uk](http://www.insideout-aw.co.uk) to join the private Facebook group and connect with other members.*

**MUSIC PROJECT**  
Facebook Group

*Join the private Facebook group at [www.insideout-music.co.uk](http://www.insideout-music.co.uk) to keep in touch with other members of the music project*

**WRITE MINDS**  
Tuesdays 11:00 – 13:00  
Online Zoom Workshops

*Creative Writing workshop hosted by our writer in residence Petra McQueen. Email us to reserve a space at [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com)*

**MOVING MINDS**  
In collaboration with Dance East  
Wednesdays 10:30-11:30am

*Introducing our online version of our dance and movement workshop. Weekly via Zoom and join our Moving Minds Facebook group [www.insideout-mm.co.uk](http://www.insideout-mm.co.uk)*

## PROGRAMME

**September 7 - 11.**

**Alphabet art with Myra**

**September 14 - 18.**

**Creative snail mail with Lois**

**September 21 - 25.**

**Creative writing with Petra**

**September 28 - October 2**

**Music with Tracy & Jennie**

**October 5 - 9.**

**Mixed media printing with  
Kirstin**

**October 12 - 16**

**Zen brushwork with Monica**

**October 19 - 23.**

**Drawing with Karen**

**OCTOBER 26-30 HALF TERM**

**NO WORKSHOPS RUNNING**

**November 2 - 6.**

**Portraits with Allan**

**November 9 - 13.**

**Creative writing with Helen**

**November 16 - 20.**

**Art with Marie**

**November 23 - 27.**

**Collage with Justine**

**November 30 - December 4.**

**Illustrated books with Amy**

**December 7 - 11**

**Christmas cards with Kate**

**December 14 - 18.**

**Painting with Lois**

*Please ensure you are signed up to receive updates with [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) as we will be updating members when we are safe to return to physical workshops.*

## 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.

## CONTACT DETAILS

Telephone: 01473 563900

Instagram: [www.instagram.com/insideoutsuffolk](https://www.instagram.com/insideoutsuffolk)

Twitter: [www.twitter.com/Insideout100](https://www.twitter.com/Insideout100)

Facebook: [www.facebook.com/insideoutcommunity](https://www.facebook.com/insideoutcommunity)

General/Admin: [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com)

Allan: [allan@insideoutcommunity.com](mailto:allan@insideoutcommunity.com)

Lois: [lois@insideoutcommunity.com](mailto:lois@insideoutcommunity.com)

Marie: [marie@insideoutcommunity.com](mailto:marie@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.

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 at :

[www.insideoutcommunity.com](http://www.insideoutcommunity.com)