

## Arts & Wellbeing



### Spring 2021 Programme

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

We are continuing to stay at home during the current public health situation in order to ensure our members remain safe from Covid-19. 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 our remote programme 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 see details below on 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 on the Facebook Group

For young adults aged 18 - 25.  
Please email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) to register, and then you can join the private Facebook group [www.insideout-mym.co.uk](http://www.insideout-mym.co.uk)

### CREATIVE LIVES

Live Zoom Wednesday 2:10 - 3:30 pm.  
Plus join the Facebook group

For people over 60 experiencing psychological challenges in later life.

Please email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) to register and access our live Zoom, and then you can join the private Facebook group at [www.insideout-cl.co.uk](http://www.insideout-cl.co.uk)

### ARTWORKS OPEN WORKSHOPS

Live Zoom Friday 11:10 am - 12:30 pm.  
Plus join the Facebook group

Open to anyone interested.

Please email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) to register and access our live Zoom, and then you can join the private Facebook group [www.insideout-aw.co.uk](http://www.insideout-aw.co.uk)

### MUSIC PROJECT

on the Facebook Group

Please email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) to register, and then you can join the private Facebook group [www.insideout-music.co.uk](http://www.insideout-music.co.uk)

### WRITE MINDS

Tuesdays 11:00 am - 1:00 pm

Live Zoom Creative Writing workshop hosted by our writer in residence Petra McQueen.  
Fully booked: contact us to join the waiting list.

### MOVING MINDS

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

Please email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) to register for the weekly live Zoom classes, and then you can also join the private Facebook group: [www.insideout-mm.co.uk](http://www.insideout-mm.co.uk)

## PROGRAMME

January 4 – 8 : *Puppet Making with Kate*

January 11 – 15 : *“Life’s a Stage” with Karen (creating 3D stage sets from card)*

January 18 – 22 : *‘Move Closer’ with Myra (drawing, painting and collage)*

January 25 – 29 : *Origami with Monica (the art of paper folding)*

February 1 – 5 : *“Music That Matters to Me” with Tracy and Jennie incl. LIVE ZOOM workshop on 5 Feb. + “Art Inspired by Music with Allan”*

February 8 – 12 : *Papier Mache with Justine*

February 15 – 19 : *Food Art with Lois (carving out of fruit and vegetables) (no Zoom sessions this week)*

February 22 – 26 : *Creative Writing with Helen*

March 1 – 5 : *Songs, Movement and Meaning with Stefan incl. LIVE ZOOM workshops on 3 & 5 March + Art of Movement with Allan*

March 8 – 12 : *Drawing from Natural Objects for a Digital Mix with Michelle*

March 15 – 19 : *Appreciating Nature Through Poetry with Mai*

March 22 – 26 : *“Look Up and Paint the Sky” with Kirsten*

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

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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)