

## Arts & Wellbeing



(Picture by- Jenness Proctor)

### Summer 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.  
Contact us for more details.

### 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

April 9 Friday Easter pick-me-up on Zoom 11.10am - 12.30pm- live drawing/painting to music with Allan

April 19-23 Blossom & buds with Kate (drawing/painting from nature)

April 26 - 30 "Foliate Faces" with Lois (mixed media)

May 3 - 7 "Songs that offer us hope" with Tracy and Jennie incl. LIVE ZOOM workshop on 7 May

May 10 - 14 "Here Comes the Sun" with Myra (mixed media)

May 17 - 21 "Taking the Biscuit" with Karen (drawing and multi media)

May 24 - 28 "Mapping Our Lives" with Amy (collage)

June 7 - 11 Songs, Movement & Meaning with Stefan incl. LIVE ZOOM workshops on 9 & 11 March

June 14 - 18 Mindful drawing with Monica

June 21 - 25 Creative Writing with Helen (writing inspired by paintings)

June 28 - July 2 Collage & the digital mix with Michelle (artwork will be edited into a digital mix)

July 5 - 9 Sellotape mould making with Rachel

July 12 - 16 Labyrinths with Sarah (drawing/painting/collage)

July 19 - 23 Homemade paint with Justine (from what you have around the house/garden)

July 26 - 30 Landscapes with Allan

*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.

To express an interest, email us for more information at [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com)

## CONTACT DETAILS

Telephone: 01473 563900

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

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

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

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**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)