



**Inside Out  
Community**

# Arts & Wellbeing Autumn Programme 2021

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



*Image credit: Pete Richards (left) and Gail Downes (right)*

**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)

Find us at: Eastern Angles Centre, Gatacre Road, Ipswich, IP1 2LQ  
01473 563 900 | [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) | [www.insideoutcommunity.com](http://www.insideoutcommunity.com)

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



## Weekly Art Workshops: Eastern Angles Centre, Gatacre Road, Ipswich, IP1 2LQ

Our weekly art and creativity workshops run from the Eastern Angles Centre- which has parking onsite and is easily accessible from the town centre via bus or walking. We run three main sessions a week (see below for details)- no previous experience is necessary. All our sessions are totally free, although donations are always welcome. We provide refreshments during our sessions. If you are not a current member please call 01473 or email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) before you come along as we continue to monitor attendance due to covid-19.

### Making Your Mark: Mondays 14:00-16:00

is an exciting arts and wellbeing programme helps young adults aged 18-25 to explore their own creativity through a range of different art forms.

#### September

6 September	Creative Writing with Petra
13 September	Direction Of Travel with Myra
20 September	Silver Clay Jewellery with Helen
27 September	Origami with Monika

#### October

4 October	Making Mobiles with Amy
11 October	'Playing With Words' with Karen
18 October	Silhouettes with Justine
25 October	Finger And Toe Casting with Rachel

#### November

1 November	Print Making with Margaret
8 November	<i>Half Term Week- no workshops</i>
15 November	Making Incense with Mackie
22 November	Portraits with Allan
29 November	Autumn Foliate Faces with Lois

#### December

6 December	Fabric Heat Printing with Jitka
13 December	Fabric Heat Printing with Jitka

### Creative Lives: Wednesday 14:00-16:00

sessions give people over 60 who are experiencing psychological challenges in later life, the chance to explore and express creativity in new ways.

#### September

8 September	Direction Of Travel with Myra
15 September	Print Making with Margaret
22 September	Silver Clay Jewellery with Helen
29 September	A Celebration Of Autumn Through Prose & Poetry with Mai

## October

- 6 October Autumn Foliage Faces with Lois
- 13 October 'Playing With Words' with Karen
- 20 October Making Incense with Mackie
- 27 October Creative Writing with Helen

## November

- 3 November Clay Modelling with Kate
- 10 November *Half Term- no workshops*
- 17 November Clay Modelling with Kate
- 24 November Sharing Suffolk Stories with Maggie

## December

- 1 December Sharing Suffolk Stories with Maggie
- 8 December Fabric Heat Printing with Jitka
- 15 December Fabric Heat Printing with Jitka

### Artworks: Fridays 11:00-13:00

is a weekly drop-in session for people of all ages covering a mixed arts programme. Attend them all or pick the workshops that interest you most.

## September

- 10 September Autumn Foliage Faces with Lois
- 17 September Print Making with Margaret
- 24 September Mandala Art with Monika

## October

- 1 October A Celebration Of Autumn Through Prose & Poetry with Mai
- 8 October Printmaking with Kitty
- 15 October 'Playing With Words' with Karen
- 22 October Silhouettes with Justine
- 29 October Dance with Stefan

## November

- 5 November Clay Modelling with Kate
- 12 November *Half term- no workshops*
- 19 November Clay Modelling with Kate
- 26 November Drawing From A Model With Pastels with Amy

## December

- 3 December Finding Our Voices & Each Other In Song w/Tracy & Jennie (May run on Zoom depending on covid regulations- to be confirmed)
- 10 December Sellotape Moulding with Rachel
- 17 December Winter Wonderland with Allan

## Write Minds

Online via Zoom with occasional in person sessions

Our creative writing group is open to people of all levels and abilities. These 13-week courses offer members the chance to hone their creative writing skills and express themselves in a supportive, safe, and friendly environment. Write Minds takes place on Tuesdays. There will be 10 online sessions running via Zoom plus three in person sessions (venue to be confirmed). Write Minds has limited space per term so please get in touch if you would like to be part of this dynamic group of writers.

Online via Zoom at 11:00-13:00 on 14,21,28 September, 12,19 October, 2,16,23,30 November, 14 December

In Person at 11:00-13:00 on 5 October at *Eastern Angles*; 9 November at *Christchurch Mansion* and 7 December *Languard Point, Felixstowe*

## Moving Minds:

Zoom or Dance East, Jerwood House, Foundry Lane, Ipswich, IP4 1DW

An exciting 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'.

Online via Zoom at 10:30-12:00 on Wednesday 8,15,22,29 September, 27 October, and additional session in the afternoon on 15 December (14:15-15:15)

In Person at *Dance East, Jerwood House* 10:00-12:00 on 6,13,20 October, 3,10,17,24 November, 1,8,15 December

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

## Music Project:

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

Currently we are only running band practice, but get in touch to be added to the list for our beginners sessions when they restart by email [info@insideoutcommunity.com](mailto:info@insideoutcommunity.com) or call 01473 563900

Fortnightly Wednesdays at 14:00-15:30 on 15,29 September, 13, 27 October, 10, 24 November, 8, 22 December

## More from Inside Out Community

**Creative Mentoring:** Inside Out Community offer one to one art and wellbeing sessions of 10 hours with a professional artist to support a personal creative project. We have limited spaces for these sessions, but please email [lois@insideoutcommunity.com](mailto:lois@insideoutcommunity.com) if you or someone you know would potentially benefit from this. Working in partnership with YLOH for some of these sessions via our Equity in Mind Funding.

**Collaborative Workshops:** We work with other community groups and organisations who may want to explore more about the power of creativity on wellbeing. Please contact [allan@insideoutcommunity.com](mailto:allan@insideoutcommunity.com) if you know of a group who would be interested in collaborating for a workshop.

**Exhibitions and Shop:** We frequently host exhibitions of members and our artists work, follow our Facebook to learn more about these. We also have a shop on our website where you can purchase some of the artworks.