



## Arts & Wellbeing

Spring Programme 2022



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

Image credit: Kathy Barfield

## Inside Out Community

**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)



## Inside Out Community

### One to One Sessions:

Working in partnership with YLOH we have some one to one art and wellbeing sessions available, these have been generously funded by our Equity in Mind Funding in conjunction with NSFT and Suffolk Community Foundation.

Please contact [lois@insideoutcommunity.com](mailto:lois@insideoutcommunity.com) if you or someone you know may be interested in these session to discuss your eligibility.

### 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.

**Find us at: Eastern Angles Centre, Gatacre Road, Ipswich, IP1 2LQ 01473 563 900**

**[hello@insideoutcommunity.com](mailto:hello@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

## Our Funders

At Inside Out Community we are truly grateful for the ongoing support of our funders, enabling us to deliver our wide-ranging programme of creative workshops.

Without them this just wouldn't be possible. Working together we are making a real difference to the lives of so many people and the communities in which they live

We are also grateful for donations from members and private fundraisers who support us- you help to make a huge difference to our community and help to promote the benefits of art for wellbeing..



## Inside Out Community

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. **Please note Artworks will be running online until the end of February.**

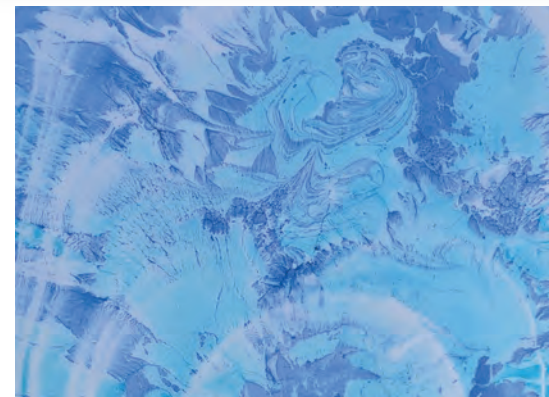
We run three main sessions a week (see below for details)- no previous experience is necessary.

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.

See below to check out our programme of workshops



## Gallery



Top-bottom: Diane Pilbro, Justin Taylor, Tess Last



# Making Your Mark

Mondays 2-4pm @ Eastern Angles Centre

From visual arts to creative writing and drama, this small, friendly group offers young adults aged 18 to 25 the chance to discover a wide range of creative activities.

Sessions led by Inside Out Programme Leaders. Members will receive the support they need to explore and develop their artistic side while discovering how creativity can support their wellbeing and mental health.

## January- Eastern Angles

10, 17, 24, 31 January

## February- Eastern Angles

07, 14, 28 February

## March- Eastern Angles

07, 14, 21, 28 March

## April- Eastern Angles

04 April

# Creative Lives

Wednesdays 2-4pm @ Eastern Angles Centre

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

## January- Eastern Angles

12 January Mixed Media Art with Karen

19 January Sculptures with Paul

26 January Sculptures with Paul

## February- Eastern Angles

02 February Cutting Edges with Chris

09 February 'The Butterfly Ball' with Myra

16 February Creative Writing with Helen

## March- Eastern Angles

02 March Art with Maggie

09 March Happy Place Collage with Katie

16 March Incense Making with Mackie

23 March Ways of Making Images with Claudia

30 March Flowers vs geometry with Lois

## April- Eastern Angles

06 April Easter Egg Decorating with Jitka

# Artworks

Fridays 11am-1pm @ Eastern Angles Centre/Zoom

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.

## January- Online (Zoom)

14 January Found Material Puppets with Rachel

21 January Poetry and Emotion with Mai

28 January Mandalas with Monika

## February- Online (Zoom)

04 February Singing with Tracy and Jennie

11 February Surrealist Drawing with Alex

18 February Art Journaling with Margaret

## March- Eastern Angles

04 March Macrame with Anna

11 March Dance with Stefan

18 March Printing with Kitty

25 March Chinese Calligraphy with Kin Keung

## April- Eastern Angles

01 April Flowers vs Geometry with Lois

08 April Easter Egg Decorating with Jitka



# Write Minds

## Online via Zoom with possible occasional in person sessions

Our creative writing group is open to people of all levels and abilities. This 10-week course offers 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.

The standard of work produced has been exceptional. After each course, we have published a booklet of work.

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 18, 25 January, 1, 8, 15 February, 1, 8, 15, 22, 29 March**

Email [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com) to join the group and receive Zoom details.



# Moving Minds

## Online via Zoom in collaboration with DanceEast

Open to anyone who feels drawn to the idea of creative dance and movement to support their well-being and mental health.

Suitable for beginners and improvers alike, the sessions aim to inspire members to move more freely, rhythmically and expressively, both individually and with others in the group.

The workshops are led by Samantha Moss, an experienced DanceEast dance artist, and supported by Myra Carley from Inside Out, who has been leading dance and well-being classes for many years.

**Online via Zoom at 10:30-12:00 on 12, 19, 26 January, 2, 9, 16 February, 2, 9, 16, 23, 30 March, 6 April**

Email [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com) to join the group and receive Zoom details.



# Music Project

## Fortnightly Band Practice

Our band, Not Beaten Yet, practice sessions continue to take place fortnightly **for current band members only at this point.**

In Person at 11:00-13:00 on 12, 26 January, 9, 23 February, 9, 23 March, 6 April

At St Peter's by the Waterfront music and arts centre, College Street, Ipswich IP1 1XF, from 2pm to 3.30pm.

**We are looking at starting a new music group open to more members later in the year- please get in touch with your details at [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com) to be added to the interest list.**