

## 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.

### April- Eastern Angles

27 April Completing Bird Sculptures with Paul

### May- Eastern Angles

04 May Creative Writing with Mai

11 May Collage tie in with the Surrealist Movement exhibition at the Tate this summer with Chris

18 May Painting Cakes with Claudia

25 May Storytelling & Creative Writing with Helen

### June- Eastern Angles

01 June HALF TERM BREAK- NO SESSION

08 June Tree of Thankfulness with Katie

15 June Techniques of the Artists with Alex

22 June Palette Knife Acrylics with Lois

29 June Poems and Prose with Petra

### July- Eastern Angles

06 July Intro to Silver Clay Jewellery with Helen

13 July Members Outing Location to be confirmed

20 July Family Trees with Karen

27 July Still Life Drawing 2 with Amy

## Artworks

Fridays 11am-1pm @ Eastern Angles Centre

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.

### April- Eastern Angles

29 April Painting Spring Flowers with Allan

### May- Eastern Angles

06 May Creative Writing with Mai

13 May Collage tie in with the Surrealist Movement exhibition at the Tate this summer with Chris

20 May Felt Making with Margaret

27 May Macrame hangers or key chains with Anna

### June Eastern Angles

03 June HALF TERM BREAK- NO SESSION

10 June Fabric Collage with Justine

17 June Techniques of the Artists with Alex

24 June Funky Foam Printing with Rachel

### July- Eastern Angles

01 July Singing with Jennie and Tracy

08 July Circle Dancing with Stefan

15 July Relief and Screen Print with Kitty

22 July Family Trees with Karen

29 July Wish You Were Here Postcards with Amy

## NEW: Get Creative for Life

Fortnightly Thursday (see dates below) 2-4pm @ Stowmarket Community Centre, Hillside, Stowmarket IP14 2BD

Launching our new satellite group for the over 60s- a series of fortnightly art and wellbeing workshops. If you would like to join please contact [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com) or phone 01473 563900 to book your place.

There is ample parking at the centre, or the number 88 bus takes you to The Ford, Combs Ford which is a 5 minute walk to the centre. Alternatively, if you would like transport assistance to Stowmarket Community Centre you can contact Community Transport on 01449 614271 to arrange.

### April- Stowmarket

21 April Puppet Making with Rachel

### May- Stowmarket

05 May What is Poetry with Mai

19 May Intro to Silver Clay Jewellery with Helen

### June- Stowmarket

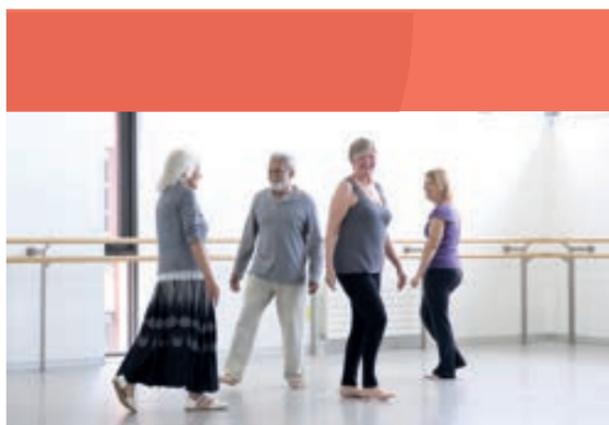
09 June Painting and Pure Chance with Claudia

23 June Felt Making with Margaret

### July- Stowmarket

07 July Happy Place Collage with Katie

21 July Lino Printing on Fabric with Justine



## 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 Wednesdays and soon to return in person at Dance East- dates to be confirmed**

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



## Music Project

### Fortnightly Band Practice

Explore how making music can improve your mental health and wellbeing at our workshops for people of all abilities.

The sessions are suited to intermediate and improver musicians and singers interested in writing, playing, recording and performing music in the rock/pop style. Instruments are provided, so you can just turn up and take part.

**Fortnightly Wednesdays** on April 27, May11, May25, June15, June29, July13, July20

At St Peter's by the Waterfront music and arts centre, College Street, Ipswich IP1 1XF

**13:30-14:30 An open session for intermediate or improver musicians**

**14:40 onwards for the Inside Out Band "Not Beaten Yet" band practice.**



## Special Events

### Special Celebration and Fundraising Events Coming Up

We are proud to be able to celebrate the work of our members' and artists', and as such we have some special events coming up this year:

### Not Beaten Yet Music Concert at St Peter's by the Waterfront

This has been pencilled in for 2nd July, but keep an eye on our website for more details

### Member Art Exhibition at Eastern Angles Centre

Join us at our home in Eastern Angles Centre on 8 -10 July to celebrate the art works of our members and volunteers.

Please check the website for more details of these events closer to the time.



## Arts & Wellbeing

Summer Programme 2022



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

## 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  
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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.

We run two main visual arts 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 563900** 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

