

## INSIDE OUT COMMUNITY AUTUMN TERM PROGRAMME 2022

Workshop	Date	Artist/ Artform - In person workshops
Creative Lives	Wednesday 7th Sept	Mystical Watercolour Forest with Jitka
Artworks	Friday 9th Sept	Mystical Watercolour Forest with Jitka
Moving Minds	Wednesday 14th Sept	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 14th Sept	Historical Figures with Chris
Artworks	Friday 16th Sept	Historical Figures with Kitty
Moving Minds	Wednesday 21st Sept	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 21st Sept	Palette Knife Painting with Lois
Artworks	Friday 23rd Sept	Weaving with Margaret
Moving Minds	Wednesday 28th Sept	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 28th Sept	Meditation as Inspiration with Katie
Artworks	Friday 30th Sept	Weaving with Margaret
Moving Minds	Wednesday 5th Oct	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 5th Oct	Wet n Wet Painting with Marie
Artworks	Friday 7th Oct	Dance with Stefan
Moving Minds	Wednesday 12th Oct	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 12th Oct	Squeegee Painting with Elena
Artworks	Friday 14th Oct	Mould Making with Rachel
Moving Minds	Wednesday 19th Oct	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 19th Oct	Painting Vegetables with Claudia
Artworks	Friday 21st Oct	Squeegee Painting with Elena
Creative Lives	Wednesday 2nd Nov	Storytelling into Writing with Helen
Artworks	Friday 4th Nov	Singing with Jennie and Tracy
Creative Lives	Wednesday 9th Nov	Printing Textures with Justine
Artworks	Friday 11th Nov	Macrame with Anna
Moving Minds	Wednesday 16th Nov	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 16th Nov	Botanical Monoprinting with Chris
Artworks	Friday 18th Nov	Botanical Monoprinting with Chris
Moving Minds	Wednesday 23rd Nov	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 23rd Nov	<b>ONLINE: Brush Pens Drawing with Monika</b>
Artworks	Friday 25th Nov	<b>ONLINE: Brush Pens Drawing with Monika</b>
Moving Minds	Wednesday 30th Nov	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 30th Nov	Moving Figures with Paul
Artworks	Friday 2nd Dec	Golden Leaves Painting with Karen
Moving Minds	Wednesday 7th Dec	Sessions take place at <b>Dance East</b> with Sam
Creative Lives	Wednesday 7th Dec	Moving Figures with Paul
Artworks	Friday 9th Dec	Creative Colour with Myra
Creative Lives	Wednesday 14th Dec	Painting Winter Wonderland with Allan
Artworks	Friday 16th Dec	List Poems and Alphabet Games with Mai

## FURTHER INFORMATION

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

**Artworks** is our weekly drop-in session for all adults over 18, covering a mixed arts programme. Attend them all or pick the workshops that interest you most.

*Please note that our ONLINE workshops on Wednesday 23<sup>d</sup> and Friday 25<sup>th</sup> November will be available both as a Zoom link sent via email or via video link in the workshop space at: Community Room, Eastern Angles Centre, Gatacre Road, Ipswich IP1 2LQ*

**Moving Minds** sessions are a gentle movement based dance workshop. There will be 10 sessions during our Autumn Term. Please be aware that there will be no sessions between 20<sup>th</sup> October – 15<sup>th</sup> November. No dance experience necessary.

*All Moving Minds workshops take place at Dance East, Jerwood DanceHouse, Foundry Lane, Ipswich, Suffolk IP4 1DW.*

## GET CREATIVE FOR LIFE: STOWMARKET

We are also delighted to announce that our satellite group, Get Creative For Life for the over 65s, is returning this term in Stowmarket. All workshops take place at Stowmarket Community Centre, Hillside, Stowmarket, Suffolk. IP14 2BD

For more information or to register for any of Inside Out Community workshops please contact Katie on [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com) or call 01473 563900



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 is very grateful for the support of our Funders:

