



## SUMMER TERM PROGRAMME 2023

### CREATIVE LIVES - WEDNESDAYS - Now available to anyone over 50

Eastern Angles Centre, Gatacre Road, Ipswich IP1 2LQ between 2pm - 4pm

Wednesday 19 <sup>th</sup> April	PAWSitivity Pups Dog Basket
Wednesday 26 <sup>th</sup> April	Staying in Harmony with Vik
Wednesday 3 <sup>rd</sup> May	Hirameki Drawing with Elena
Wednesday 10 <sup>th</sup> May	Block Printed Bookmarks with Rahila
Wednesday 17 <sup>th</sup> May	Mindfulness with Imani from Karibu (2pm - 3:30pm)
Wednesday 24 <sup>th</sup> May	Feast Your Eyes on This! with Myra

### HALF TERM HOLIDAY - NO WORKSHOP ON WEDNESDAY 31<sup>ST</sup> MAY

Wednesday 7 <sup>th</sup> June	Woven Dreamcatchers with Margaret
Wednesday 14 <sup>th</sup> June	Out of the Shadows with Karen
Wednesday 21 <sup>st</sup> June	Charcoal Drawing Stage 2 with Romeo
Wednesday 28 <sup>th</sup> June	River of Life with Marie
Wednesday 5 <sup>th</sup> July	Drawing with Kitty
Wednesday 12 <sup>th</sup> July	Cyanotype Printing with Sarah

### OUR FRIDAY ARTWORKS GROUP IS CURRENTLY FULL

If you would like to be added to this group's waiting list or for more information about any of our workshops, please email [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com)

### YOUNG CREATIVES - FRIDAYS - Group for 18 to 25s

Wolsey Room, Ipswich County Library, Northgate Street, Ipswich IP1 3DE between 4pm - 6pm

\*\*\* This workshop will be at St Peter's by the Waterfront, College Street, Ipswich IP4 1BF

Friday 21 <sup>st</sup> April	Designing a Pattern with Justine
Friday 28 <sup>th</sup> April	PAWSitivity Pups Cushion with Rahila
Friday 5 <sup>th</sup> May	Printing a Pattern with Justine
Friday 12 <sup>th</sup> May	Drum Workshop with George ***
Friday 19 <sup>th</sup> May	Landscape Painting/ Collage with Allan
Friday 26 <sup>th</sup> May	Charcoal Drawing Stage 1 with Romeo

### HALF TERM HOLIDAY - NO WORKSHOP ON FRIDAY 2ND JUNE

Friday 9 <sup>th</sup> June	Woven Dreamcatchers with Margaret
Friday 16 <sup>th</sup> June	Sublimation Ink Textile Printing with Jitka
Friday 23 <sup>rd</sup> June	Summer Pattern Design Print on Fabric with Jitka
Friday 30 <sup>th</sup> June	Mindfulness with Imani from Karibu (4pm - 5:30pm)
Friday 7 <sup>th</sup> July	Drum Workshop with George ***
Friday 14 <sup>th</sup> July	Summer Holiday Painting with Allan

## MOVING MINDS - IPSWICH - WEDNESDAYS - Open to All Adults 18+

Dance East, Foundry Lane, Ipswich, IP4 1DW between 10:30am - 11:30am

Come along from 10am for tea and chat. There's also time after the session for questions.

Wednesday 19th April	Wednesday 24th May
Wednesday 26th April	Wednesday 7th June
Wednesday 3rd May	Wednesday 14th June
Wednesday 10th May	Wednesday 21st June
Wednesday 17th May	Wednesday 28th June

## GET CREATIVE FOR LIFE - STOWMARKET - THURSDAYS - Over 60s Group

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD between 2pm - 4pm

Thursday 27th April	Nature Inspired Painting on Silk with Marie
Thursday 11th May	Weaving with Margaret
Thursday 25th May	Vizovice Dough Making with Jitka
Thursday 22nd June	Painting for Fun (Acrylics) with Johnny
Thursday 6th July	Dance through the Decades (seated) with Sam

## GET CREATIVE FOR LIFE - FELIXSTOWE - MONDAYS - Over 60s Group

Broadway House, Orwell Road, Felixstowe, IP11 7DD between 2pm - 4pm

Monday 24th April	Decorative Macrame with Anna
Monday 1st May	Nature Inspired Painting on Silk with Marie

**BANK HOLIDAY - NO WORKSHOP ON MONDAY 8TH MAY**

Monday 15th May	Block Printed Bookmarks Week 1 with Rahila
Monday 22nd May	Block Printed Bookmarks Week 2 with Rahila

**HALF TERM HOLIDAY - NO WORKSHOP ON MONDAY 29TH MAY**

Monday 5th June	Silver Clay Jewellery Making with Helen
Monday 12th June	Staying in Harmony with Vik
Monday 19th June	Vizovice Dough Making with Jitka
Monday 26th June	New Beginnings Poetry with Eleila
Monday 3rd July	Charcoal Drawing Stage 1 with Romeo
Monday 11th July	Relief Printing with Kitty

Are you 18-25? Would you like to try drumming? We are running a taster workshop on Saturday 1st April and two workshops on Friday 12th May and Friday 7th July \*\*\*  
Please contact [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com) or call 01473 563900 to book a place.



**SUFFOLK**  
Community  
Foundation



**The Baring**  
Foundation

*We are grateful to all of our funders and supporters. Thank you!*