



Message from our co-founder

Those of you who have recently attended community meetings about the future of Inside Out will know that we are facing a funding crisis at the moment. *A crisis is also an opportunity*, as a Chinese philosopher once said and we are working hard to broaden our funding streams in a way that will better sustain the arts and healing programmes we want to run as we move forward beyond this year. We remain optimistic! Meantime, as we explained at the community meetings, we need to reduce the programmes we currently run and so from September, during the Autumn term, we will only be able to run the Artwork's programme and the Creative Lives programme, both based at the Eastern Angles Centre. They are both mixed arts programmes offering an experience of a variety of art forms that you are unlikely to find anywhere else in the county, and you will be warmly welcomed at either.

As you will have also heard at the meetings we are in the process of re-imagining our core programmes in consultation with members and the wider Inside Out community. We are thinking about how **Creative Studio Sessions** might work for members wanting to recover and strengthen their sense of wellbeing through arts participation and also how a 15 week **Well-being Workshop programme** of mixed arts might allow for a deeper reflection on the process of making art and how it can help us live through difficult times in our lives with less distress whatever way that manifests itself. We have not made any firm decision about this yet and will be considering all your thoughts on the proposal you've fed back to us.. Please keep your comments coming and **let us know what kind of programme would feel right for you.**

I don't get to attend many workshops these days but last Friday I was able to attend the Singing workshop with Tracy and Jennie. It reminded me how participation with others creatively, in whatever the art form is, can produce a sense of enjoyment that can lift the spirit. To recognise that there is always joy in the world, despite personal or collective dark times, helps keep us hopeful and our lives alive with possibility. Whatever the direction Inside Out moves in the future, at its foundation will still be a safe, warmly accepting space - so necessary to an exploration of our creativity, into which that sense of joy can sometimes unexpectedly come.

All good wishes

Peter

Peter Watkins
Co Founder
Inside Out Community