



# CREATIVE WELLBEING ART STUDIO

Open to anyone aged 18+ by registration only

The Eastern Angles Centre, Gatacre Road, Ipswich IP1 2LQ	
<b>WEDNESDAYS 2-4pm</b>	<b>FRIDAYS 11am -1pm</b>
6,13, 20, 27 September	8,15, 22, 29 September
4, 11, 18 October	6, 13, 20 October
Half Term break - no workshops 23 - 27 October	
1, 8, 15, 22, 29 November	3, 10, 17, 24 November
6, 13 December	1, 8, 15 December

To book please contact us via the following channels:

[www.insideoutcommunity.com](http://www.insideoutcommunity.com) Email: [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com)

Phone: 01473 563900 Text: 07931 766049

Inside Out Community is committed to Creative Wellbeing through weekly workshops led by professional artists and supported by mental health trained staff team. We are an inclusive community and welcome adults of all ages, with all backgrounds and abilities, including ethnically diverse communities, LGBTQ+, mental and physical health conditions, and/or other socially deprived communities.

Volunteers are welcome to apply.

Workshop is free with a recommended donation of £4 towards materials

