

Creativity to Wellbeing Pathway - Monday 2pm - 4pm

Monday 8 th January	Treasure - Kitty
Monday 15 th January	Bookmaking/Creative Journaling - Margaret
Monday 22 nd January	Through the Lens - Elena
Monday 29 th January	Botanical Printmaking - Sarah
Monday 5 th February	Masks - Marie
Monday 12 th February	Spreading the Love - Rahila
HALF TERM HOLIDAY - NO WORKSHOP ON MONDAY 19TH FEBRUARY	
Monday 26 th February	Sense of Place - Stefan
Monday 4 th March	Music Workshop - Cherise
Monday 11 th March	Creative Writing - Elelia
Monday 18 th March	Movement & Dance - Emma
Monday 25 th March	Drama Workshop - Annabel
EASTER HOLIDAY - NO WORKSHOP MONDAY 1ST OR MONDAY 8TH APRIL	
Monday 15 TH April	Evaluation & Sharing

Creative Wellbeing Art Studio - Wednesday 2pm - 4pm

Wednesday 10 th January	Mapping - Myra
Wednesday 17 th January	Treasure - Karen
Wednesday 24 th January	Playing with Plaid - Karen
Wednesday 31 st January	Simple Printmaking - Karen
Wednesday 7 th February	Masks - Marie
Wednesday 14 th February	Spreading the Love - Karen
HALF TERM HOLIDAY - NO WORKSHOP ON WEDNESDAY 21ST FEBRUARY	
Wednesday 28 th February	Sense of Place - Karen
Wednesday 6 th March	Poetry & Comedy - John
Wednesday 13 th March	Spring Watch - Karen
Wednesday 20 th March	Recycling Sound - Karen
Wednesday 27 th March	Music Workshop - George

Creative Wellbeing Art Studio - Friday 11am - 1pm

Friday 12 th January	Mapping - Myra
Friday 19 th January	Treasure - Allan
Friday 26 th January	Playing with Plaid - Allan
Friday 2 nd February	Simple Printmaking - Allan
Friday 9 th February	Masks - Justine
Friday 16 th February	Spreading the Love - Allan
HALF TERM HOLIDAY - NO WORKSHOP ON FRIDAY 23RD FEBRUARY	
Friday 1 st March	Singing - Music in Our Bones
Friday 8 th March	Sense of Place - Allan
Friday 15 th March	Spring Watch - Allan
Friday 22 nd March	Recycling Sound - Allan



Creativity to Wellbeing Pathway

12 week creative journey through visual & performing arts

Monday 2pm - 4pm

Eastern Angles Centre, Gatacre Road, Ipswich IP1 2QL

Open to anyone aged 18+

No need to book, just come along and try it for yourself

The pathway offers an opportunity to discover how participating in the arts can work to improve your mental health and wellbeing

6 weeks visual arts, 6 weeks performance arts

You can join either one of these pathways or both

Workshops are FREE with a suggested donation of £3 towards materials

For more information please email hello@insideoutcommunity.com or phone 01473 563900



Creative Wellbeing Art Studio

Join our welcoming, friendly open studio to explore life themes using a variety of art forms or work on your own arts project.

Wednesday 2pm - 4pm Friday 11am - 1pm

Eastern Angles Centre, Gatacre Road, Ipswich IP1 2QL

Open to anyone aged 18+ No need to book, just come along and try it for yourself

Discover how working with others to develop and express your creativity can help improve and sustain your wellbeing and mental health

Workshops are FREE with a suggested donation of £3 towards materials

For more information email hello@insideoutcommunity.com or phone 01473 563900



Thank you to our funders and supports

