

Creativity to Wellbeing Pathway – Monday 2pm – 4pm

Monday 22 nd April	Spring Growth - Marie
Monday 29 th April	Create a Journal – Margaret
NO WORKSHOP ON 6TH MAY - BANK HOLIDAY	
Monday 13 th May	Fabric Flower Collage - Justine
Monday 20 th May	Landscapes - Kitty
NO WORKSHOP ON 27th MAY - HALF TERM	
Monday 3 rd June	Ceramics (Part 1) - Kate
Monday 10 th June	Ceramics (Part 2) - Kate
Monday 17 th June	Groove Dance - Em
Monday 24 th June	Drawing out the Creative -John
Monday 1 st July	Storytelling - Kirsty
Monday 8 th July	Dance - Myra
Monday 15 th July	Make Music - George
Monday 22 nd July	Evaluation & Sharing

Creative Wellbeing Art Studio - Wednesday 2pm – 4pm

Wednesday 24 th April	Feathered Friends - Karen
Wednesday 1 st May	Celebrate Spring - Karen
Wednesday 8 th May	Aboriginal Art - Karen
Wednesday 15 th May	Embroidery with Rahila
Wednesday 22 nd May	Impressions in Clay - Karen
NO WORKSHOP 29th MAY - HALF TERM HOLIDAY	
Wednesday 5 th June	Create Art - Romeo
Wednesday 12 th June	Colours of Summer - Allan
Wednesday 19 th June	Humour in Art - Allan
Wednesday 26 th June	Printmaking - Karen
Wednesday 3 rd July	Flying Colours - Karen
Wednesday 10 th July	Creative Writing - Mai
Wednesday 17 th July	Dualities Drawing - Karen

Creative Wellbeing Art Studio – Friday 11am – 1pm

Friday 26 th April	Music and Dance - Stefan
Friday 3 rd May	Green Man - Allan
Friday 10 th May	In Your Dreams - Allan
Friday 17 th May	Secret Garden - Claudia
Friday 24 th May	Impressions in Clay - Allan
NO WORKSHOP 31st MAY - HALF TERM HOLIDAY	
Friday 7 th June	Sing out Loud - Tracy & Jennie
Friday 14 th June	Landscape Collages - Allan
Friday 21 st June	Flying Colours - Allan
Friday 28 th June	Secret Garden - Allan
Friday 5 th July	If I were and Animal - Allan
Friday 12 th July	Feathered Friends - Allan
Friday 19 th July	Making Faces - Allan

Moving Minds - Wednesday 10:30am - 11:30am - come along 10am for tea & chat

DanceEast, Jerwood DanceHouse, Foundry Lane, Ipswich IP4 1DW

Wednesday 17 th April	Wednesday 5 th June
Wednesday 24 th April	Wednesday 12 th June
NO SESSION 1 ST MAY - DANCE EAST EVENT	Wednesday 19 th June
Wednesday 8 th May	Wednesday 26 th June
Wednesday 15 th May	Wednesday 3 rd July
Wednesday 22 nd May	Wednesday 10 th July
NO SESSION 29 th MAY - HALF TERM	

Inside Out Community 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.



InsideOut
Community

Thank you to our funders and supporters.