

Inside Out Community Workshop Schedule - Spring 2026

For more information email: hello@insideoutcommunity.com

Creative Wellbeing Art Studio - Wednesday 2pm – 4pm

Eastern Angles Centre, Gatacre Road, Ipswich IP1 2LQ

Wednesday 7 th January	Magic Carpet - Karen
Wednesday 14 th January	Starry Starry Night - Karen
Wednesday 21 st January	The Beyond Labels Project - Karen
Wednesday 28 th January	Winding Path - Karen
Wednesday 4 th February	Imagined Faces - Justine
Wednesday 11 th February	Heart on your Sleeve - Karen
NO WORKSHOP ON WEDNESDAY 18 TH FEBRUARY – HALF TERM HOLIDAY	
Wednesday 25 th February	Creative Writing - Ed
Wednesday 4 th March	The Year of the Horse - Karen
Wednesday 11 th March	Nature Inspired Silk Painting - Marie
Wednesday 18 th March	Weather Watch - Karen
Wednesday 25 th March	Story Box - Karen

Creative Wellbeing Art Studio - Friday 11am – 1pm

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Friday 9 th January	Torn Landscapes - Allan
Friday 16 th January	Something Fishy - Allan
Friday 23 rd January	The Beyond Labels Project - Karen
Friday 30 th January	Bringing the Outside Inside - Myra
Friday 6 th February	Carnival Time - Allan
Friday 13 th February	Paper Scrolling - Allan
NO WORKSHOP ON FRIDAY 20 TH FEBRUARY – HALF TERM HOLIDAY	
Friday 27 th February	Daffodils & Dragons - Allan
Friday 6 th March	Singing for Wellbeing – Music in Our Bones
Friday 13 th March	March Hares- Allan
Friday 20 th March	Mosaic Art - Romeo
Friday 27 th March	European Folk Art - Allan

Moving Minds - Wednesday 10:30am - 11:45am

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

Wednesday 14 th January	Wednesday 25 th February
Wednesday 21 st January	Wednesday 4 th March
Wednesday 28 th January	Wednesday 11 th March
Wednesday 4 th February	Wednesday 18 th March
Wednesday 11 th February	Wednesday 25 th March
NO SESSION – HALF TERM HOLIDAYS	