

Inside Out is open to anyone recovering from a period of psychological ill health 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.

There is good evidence that the arts can have a significant effect on wellbeing and mental health, so if the idea of getting involved in creative activity appeals then why not join us. Workshops are free although we ask you to consider making a voluntary donation of £2 per session. All sessions are led by professional artists who share their skills in inspiring and sensitive ways, supported by volunteers.

Further information about Inside Out's programmes about art and mental health and the experiences of workshop participants is available on our newly designed website:

www.insideoutcommunity.com

'Inside out got me believing in myself and interested in art again. Now I've just been accepted to do a college arts course'

Inside Out is based at:
Avenue Theatre, Gippeswyk Hall,
Gippeswyk Ave, Ipswich, IP2 9AF
01473 603 388/07947565711

Inside Out Community's FRIDAY OPEN PROGRAMME

... has a new home and is now
meeting at:

Avenue Theatre, Gippeswyk Hall,
Gippeswyk Avenue, Ipswich, IP2 9AF
Bus services 12, 13 and 14 (Ipswich buses)
run from the Town Centre to
Gippeswyk Hall

We will still be meeting every Friday
10.30 – 1 pm

Jan

- 8 Drawing with Jen
- 15 Drawing with Jen
- 22 Drawing with Jen
- 29 Creative dance with Stefan

Feb

- 5 Creative writing with Helen
- 12 Creative writing with Helen
- 19 Drama with Kirsty
- 26 Art with Anna

March

- 4 Singing with Tracey
- 11 Art with Anna
- 18 Poetry with Pete
- 25 Good Friday – no session

INSIDE OUT COMMUNITY ARTS & WELLBEING

UK Registered Charity No: 1136104
Supported by Norfolk Suffolk NHS
Foundation Trust, Suffolk County Council
and Suffolk Foundation

Norfolk and Suffolk NHS Foundation Trust   

Arts & Wellbeing

Spring Programme 2016



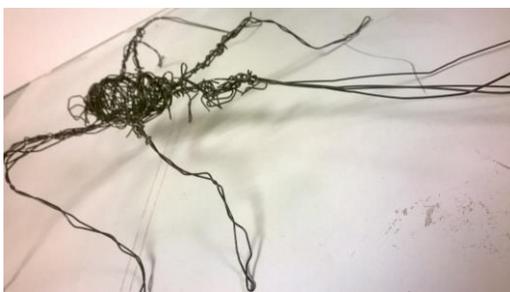
We believe in the power of
the creative process to
strengthen the spirit





- Promotes relaxation, enjoyment, inner calm
- Enables personal and emotional expression in safe and creative ways
- Increases social contact and inclusion
- Increases motivation and energy
- Strengthens self-esteem and confidence
- Offers a meaningful, purposeful, socially valued activity

CREATIVE LIVES programme
coming soon... the aim of the group
is to utilise the arts to make
a difference to older people's
emotional wellbeing



**Evidence based outcomes identified in
studies of community arts and
mental health projects**

**For further information about all the
Inside Out Programmes, contact
Lawrence Bradby
Programme Leader
mob 07947565711
programleader@insideoutcommunity.
com**

MUSIC PROJECT

**St Peters by the Waterfront
Music & Arts Centre**

Open to beginner and improver musicians
and singers interested in writing, playing,
recording and performing music in the
rock/pop style.

Instruments are provided and a charge of
£2 is asked per workshop.

**Wednesdays (fortnightly)
2.30 - 4.30**

**Jan 13 & 27, Feb 10 & 24,
March 9 & 23, April 6 & 20**

*'The music project has brought something
creative and meaningful to my life.
It's made a lot of difference to me'
(recent participant)*

SINGING PROJECT

**Music in Mind
Central Library in Ipswich**

Led by talented natural voice teachers
Tracey Sharp, Jennie Fisk and Fran Flower of
Music in Our Bones.

If you like to sing this is for you.
If you think you can't sing but would like to,
this is for you, just turn up and sing.

**Mondays (fortnightly) 2 - 4
Jan 18, Feb 1, 15 & 29,
March 14, April 11 & 25**

*'Singing I feel lighter and brighter; more
connected to everyone'
(recent participant)*



MAKING YOUR MARK

**Punch Studios
International House
6 South Street
Ipswich, IP1 3NY**

**Mondays (weekly) 2 - 4.30
Begins 4 January 2016**

Inside Out in collaboration with NSFT
Youth Teams is running an exciting arts
and wellbeing programme for
young adults aged 18-25 ...

**Small friendly group
Experience different art forms
Explore your own creativity
Discover how the arts can support
your wellbeing
Attend all or some workshops
Exhibit your work
Free to participants**

The programme is led by professional
local artists who share their skills in
inspiring and supportive ways.

No previous experience of the arts is necessary.
For further information or to register an
interest contact: Lawrence Bradby
[programleader@insideoutcommunity.
com](mailto:programleader@insideoutcommunity.com) or mob 07947565711