

Friday

Painting and Drawing 10am – 1pm

Referral needed from mental health professional or GP. Free, but class has a waiting list.

Song Writing 1.30pm – 3.30pm

Learn the basics of writing songs with a chance to perform at our monthly Instrumental evening. Workshops £3 per person

Friday Evenings

Instrumental Acoustic Night 7pm – 11pm

1st Friday of each month, £3 admission.
A relaxed evening of Real Music and Real

Food Cycle and Secret Cinema 6.30pm-10pm

Last Friday of each month. Enjoy a delicious two course meal prepared by the Food Cycle volunteers followed by a Secret Cinema film. Suggested donation £5

Exhibition Launches and Artist Talks 6pm – 8pm

Please see our website for details.

[Www.inkwellarts.org.uk](http://www.inkwellarts.org.uk)

Saturday Cafe

Open Every Saturday 10am – 4pm

Espresso Bar and Vegetarian Café serving homemade food and freshly baked cakes. Family friendly. Free WiFi

Service times:

Breakfast 10am - 11.30am
Lunch served until 3.00pm
Afternoon Tea until 4pm

Live Jazz and Blues music playing on the afternoon of the first and last Saturday each month.

Weekend Craft Workshops

Various craft workshops every weekend:

Jewellery Making every 1st Saturday	10.30am
Abstract Painting every 2nd Saturday	1.30pm
Paper Folding every 3rd Saturday	10.30am
Art Monsters Kids Club last Saturday	10.30am
Pottery every Saturday	1.30pm

We also hold quarterly Craft Fairs — Please see our website for more details.

Poetry Evening 8pm—11pm

2nd Saturday each month from November 2015. Free event. Please see 'Transforming with Poetry' on our website for more information.

Inkwell Arts

A creative space for positive mental health



Felt Sculpture by Natalia Sauvignon

Spring 2016

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Registered Charity 1007625

Monday

Dementia Friendly Café 11am (lunch 12.30pm)

Including fortnightly Singing for the Brain and monthly Film Matinee. Refreshments and lunches are available from our café.

Peer Support Group 6pm - 8pm

Safe and supportive group where anyone experiencing mental health difficulties can share experiences and learn from each other. Contact Clarence House on 0113 3055800 for more information.

Jazz Choir 7pm - 9pm

Come and join this fun group and sing jazz and gospel tunes. Contact crockersteve@ntlworld.com for more information.

Tuesday

Tuesday Art School 10.30am-12.30pm

Develop your artistic skills in a wide range of mediums from pencil, pen, charcoal and paint. Pay As You Feel per drop in session.

Sewing Workshop 10am-1pm

Learn machine sewing, hand sewing and creative sewing. Make toys, accessories, clothes and home accessories. Drop in session. £5 waged £3.50 unwaged.

Tuesday

Drawing and Painting 1pm-3pm

Learn to develop mixed media techniques and apply them to developing a concept or idea. . Free to those on benefits.

Mindfulness Meditation 5.30pm-7pm

Free but donations welcome. The sessions include two led meditations and a tea break. Contact Steve on 07999 218 450

African Drum Class 8pm-10pm

Learn African Rhythms on Djembe and percussion.

£5 per class (1st class is free). Contact Ianto Thornber at Knock on Wood 07765 943107 for more information

Wednesday

Digital Craft Cafe 10am-3pm

The last Wednesday of the month. Free to attend. Learn how to use digital tools in a creative way

Salsa Dance Class

Beginners 7pm-8pm Improvers 8pm-9pm
Advanced 9pm-10pm

£5 for 1 class and £9 for two.

Contact Tanya on 0113 2626997 or email tancusan@yahoo.com

Thursday

Art and Design 10am – 1pm

Referral needed from mental health professional or GP. Free, but class has a waiting list.

Ceramics 10am – 1pm

Referral needed from mental health Professional or GP. Free, but class has a waiting list.

Craft Café 2pm – 4pm

£3.50 adults and £2 for children.
We welcome people of all ages, abilities and background providing a fully inclusive craft session every Thursday afternoon. Crafts include pottery, jewellery making, painting, batik and sewing.

Information Session 1pm – 2pm

Every last Thursday of the month. We invite you to come along to this free session and find out more about our classes, groups or volunteering opportunities.

Pottery Evening Class 7pm - 9pm

Learn to make and glaze your own pots in a relaxed and friendly environment.

Course runs for 6 weeks. Cost £80.

Contact Kevin on 07944836657