

Friday

Painting and Drawing 10am – 1pm

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

Felting Classes 10.30am -12.30pm

Learn to felt using both wet & needle felting techniques. £5 waged or £3.50 unwaged.

Instrumental Acoustic Night 7pm – 11pm

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

Secret Cinema 6 pm -10pm

Last Friday of each month. Enjoy a delicious meal 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

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 on the 1st Saturday each month. 1.30pm - 3.30pm.

Weekend Craft Workshops

Jewellery Making 1st Saturday 10.30 - 12.30

Abstract Painting 2nd Saturday 1.30 - 3.30

Art Monsters Kids Club last Saturday 1.30 - 3.30

Weekend Pottery Courses

Saturday am Pottery Course 10am - 12 noon

Saturday pm Pottery Course 1.30pm - 3.30pm

Courses run for 6 weeks. Cost £80. Contact Kevin on 07944 836657 for details.

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

Poetry Evening 8pm—11pm

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

Sunday Jazz Café

In partnership with Seven Jazz, Sunday afternoons are a great way to wind down your weekend. Top jazz musicians perform in our art space. Coffee and food available. Entrance fees £9/£7/£5. More information at

Inkwell Arts

A creative space for positive mental health



Autumn 2018

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Instagram @inkwell_arts

Registered Charity 1007625



Monday

Dementia Friendly Café 11am

(lunch 12.30pm) Fortnightly Singing for the Brain session. Every 2nd and 4th Monday of the month. Refreshments and lunches are available from our café.

Knitting Group 1pm - 3pm

Learn how to knit in this friendly, informal space. All abilities welcome. Pay as you feel.

Peer Support Group 6pm - 8pm

Safe and supportive group where anyone experiencing mental health difficulties can share experiences and learn from each other. Twice a month. Contact Clarence House on 0113 305 5800 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 info.

Tuesday

Tuesday Art School 10am-12.15pm

Develop your artistic skills in a wide range of mediums from pencil, pen, charcoal and paint. Drop-In £3.50 per session

Sewing Workshop 10am-1pm

Learn machine sewing, hand sewing and creative sewing. Make toys, accessories, clothes and home furnishings. £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. For more info contact East Street Arts on 0113 2626633.

African Drum Class 8pm-10pm

Learn African Rhythms on Djembe and percussion. £5 per class (1st class is free). Contact Inkwell for more information.

Wednesday

Mindfulness Meditation 10.30am -12pm

This is a drop in group for those wanting to learn more about Mindfulness and Meditation — letting go of stress, self nurturing and spacious awareness.

Contact Steve Hart on 0799 9218450 or email steve.hart@leeds-mindfulness.uk Suggested donation £6/£3 concessions

Sewcialise 6pm - 9pm

Now open to beginners wanting to learn basic sewing skills. Or bring your own sewing projects to work on in the company of other sewers. Share skills and ideas. £3.50 per session. Ring for more information. Closed during August

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 tancsan@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

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. £3.50 adults and £2 for children.

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. No need to book. (Please note, no session in December.)

Interval 6pm - 9pm

A project run by young people for young people, every first and third Thursday. Creative activities and workshops for young people aged 12-17 years with a tasty, vegetarian meal provided at each session.