

HIRE US

ROOM & VENUE HIRE

Inkwell offers rooms to hire for meetings, workshops and classes. Our prices are competitive and help support Leeds Mind's charitable objectives. Refreshments, barista coffees and food is available for groups that book space on Tues-Fri 10-4pm and Saturday 9.30-4pm. Orders can be placed in advance.

Email: inkwell@leedsmind.org.uk

CREATIVE SERVICES

We offer art and creative activity packages perfect for away days, parties and events both onsite and other venues. Our client list includes: Touchstone, LATCH, LASSN, The Refugee Council and Basis Yorkshire. For more informations and to discuss your requirements please contact us.

Email: inkwell@leedsmind.org.uk

CATERING

We offer a delicious vegetarian and vegan buffet with a catering service tailored to your requirements both and off the Inkwell site Please contact

anna.ridley@leedsmind.org.uk



A SAFE CREATIVE SPACE

Inkwell Arts is a Leeds Mind Project, a charity that supports people experiencing mental health issues to lead full, active and rewarding lives. Inkwell focusses on developing creative skills as an integral part of the journey towards recovery.

Creativity can play a significant role in the recovery process and help maintain positive wellbeing.

We are a welcoming space enabling the learning of new creative skills and serving quality vegan/vegetarian food. Please see our social media channels for our Autumn updates.

CAFE OPENING HOURS:

TUES-FRI 11AM-2PM

SATURDAY 10AM-4PM

Twitter: @InkwellArts
Facebook: @Inkwellarts
Instagram: @inkwell_arts
@inkwell_artscafe

Inkwell Arts, 31 Potternewton Lane, Chapel Allerton, Leeds, LS7 3LW
TEL: 0113 3070108
Web: www.inkwellarts.org.uk



INKWELL ARTS

PROGRAMME
Jan - Apr 2020



EVENTS

MUSIC AND DANCE

SUNDAY JAZZ CAFE

Various Sundays: 1:30PM - 4PM

£9/ £7 Concession

ORGANISATION: JAZZ LEEDS

Award winning friendly jazz club presenting the best in jazz from the UK and beyond.

Jazz Cafe & Jam session: 05 JAN
Teena Lyle Quartet 19 JAN
Jeff Hower Quartet 02 FEB
The Eirik Svela Quartet 01 MAR
Spring Jazz Café 05 APR
info@jazzleeds.org.uk
www.jazzleeds.org.uk

JAZZ WORKSHOPS

Various Sundays: 10AM - 12

£10/£8 concession

ORGANISATION: JEAN WATSON

Some playing experience required.
05 JAN, 19 JAN, 02 FEB, 16 FEB,
01 MAR, 15 MAR
jeanwatsonlifefskills@hotmail.com

EXHIBITIONS

CREATIVE MIND

14 NOV - 28 JAN

An exhibition of painting, drawing and print from Leeds Mind staff. Inkwell investigates how creative activity can have a positive impact on our wellbeing.

LATER

FRI 7 FEB - 1 APR

Preview TBC

An exhibition to compliment our Creative Age course for older people. This inspirational show helps us understand the possibilities and advantages as we age, ignoring preconceptions of what a person should be doing as they get older. All exhibiting artists are of retirement age producing social political art or making art to help stay well and age better. The show features work by Kevin Lycett, Sarah Whitton, Sumi Cannon, Garry Barker and Jane Storr.

GALLERY OPENING TIMES:

TUES - FRI 11AM - 3PM

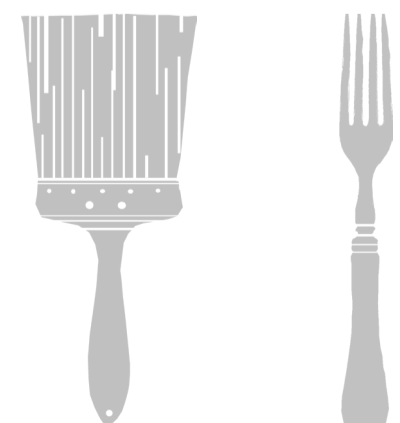
SAT: 10AM - 4PM

CAFE

GOOD FOOD DOESN'T HAVE TO COST THE EARTH

The Inkwell Arts cafe is located in a safe, creative, wellbeing space. At Leeds Mind we aim to give individuals the opportunity to gain work & life skills experience whilst increasing self-confidence & self-esteem. It is the perfect place to relax, work away from the office or catch up with friends. Our vegetarian & vegan menu is locally sourced, affordable, healthy & most importantly bursting with flavour.

To celebrate Veganuary we will discount 20p off any hot drink made with dairy-free milk and 20% off all vegan food.



ART CLASSES

LIVE WELL LEEDS CLASSES

THURS ART CLASS: 10AM - 12PM
THURS ART CLASS: 1PM - 3PM
FRI CERAMICS CLASS: 10AM - 1 PM

Service that offers free art and design sessions for individuals with mental health issues. Referral needed. Please call LIVE WELL LEEDS on 0113 219 2727 or visit livewellleeds.org.uk for more information

TUESDAY ART GROUP

WEEKLY TUES: 10AM - 12PM

A safe creative space for individuals to work independently with support from our creative volunteers. Develop your artistic skills in a wide range of mediums from paint, pencil, graphite or ink. No booking required. £5 unwaged/ £6.50 waged.

SEWING WORKSHOP

WEEKLY TUES: 10AM - 12PM

A friendly sewing group aimed at people with some or no sewing experience. Bring your own projects or let us help you get started on something. Make use of our fully equipped sewing room using machine, creative and hand sewing. All abilities welcome. No booking required. £5 per session

MUSIC & DANCE

SALSA CLASS

WEDNESDAY: 6.45 - 9.45PM

ORGANISATION: SALSA CUSAN

TEL: Tanya : 0113 2626997

Salsa dance classes for all abilities with instructor & professional dancer Tanya Cusan.

Beginners: 6.45 - 7.45pm
Improvers: 7.45 - 8.45pm
Advanced: 8.45 - 9.45pm

AFRICAN DRUMMING

TUESDAY: 8PM - 10PM

ORGANISATION: KNOCK ON WOOD

TEL: Mark: 07941429510

Learn African Rhythms on Djembe and percussion. £5 per class with your first class free.

DEMENTIA FRIENDS CAFE

SINGING FOR THE BRAIN

EVERY MONDAY: 11 AM - 12.30PM

ORGANISATION: ROYAL VOLUNTARY SERVICE

A lovely group atmosphere of friendship and fun, singing well known songs from the Great War up to the 70s.

Refreshments provided. £4 per person. Call 0113 8873597 for more information

FELTING WORKSHOP

WEEKLY FRI from 31 JAN 10.30 - 12.30PM

Learn how to wool felt using both wet and needle felting techniques. You'll soon be creating your own sculptures, jewellery and artwork.

No booking required. £5 per session

CREATIVE AGE

WEEKLY WED from 22 JAN 1.30 - 4.30PM

12-weekly workshops for people over 50 using painting, drawing and ceramics to assist in positive wellbeing and improve quality of life. Focus will be on the possibilities and advantages and not a preconception of what a person should be doing as they get older.

Contact mark.cruse@leedsmind.org.uk
Free - Booking Essential

THE SEWCIAL

SAT: 10AM - 1 PM

11 JAN, 25 JAN, 8 FEB, 22 FEB, 14 MAR
28 MAR

Every 2nd and 4th Saturday of the month this friendly sewing group is aimed at people with some sewing experience. Bring your own projects or let us help you get started on something. Come and sewcialise and make use of our fully equipped sewing room. £5 per session

LITERATURE

INKWELL READERS GROUP

SATURDAY: 11AM - 12PM

18 JAN, 15 FEB, 21 MAR

Escape into literary worlds with the monthly readers group. Relax in our cafe with fellow readers to chat & discuss this months book choice. Free Entry.

WELLBEING

MINDFULNESS

WEDNESDAY: 10.30AM - 12 PM

FRIDAYS: 10.30AM - 12 PM

ORGANISATION: LEEDS MINDFULNESS

TEL: Steve Hart 07999218450

Learn more about mindfulness, meditation and letting go of stress.

Cost per session: £6/ £5/ £3.50

PEER SUPPORT

MONDAY: 6 - 8PM

(BI-MONTHLY)

Safe and supportive group run by Leeds Mind for anyone experiencing mental health difficulties to share and learn from each other.

Please contact: 0113 305 5800

ABSTRACT PAINTING

SAT: 1.30PM - 3.30PM

11 JAN, 8 FEB, 14 MAR

Every 2nd Saturday of the month. Using found tools and objects you will discover the art of mark making and painting without a brush. (Ages 12+) £5 per session

FREEDOM4GIRLS

SAT: 1 PM - 4PM

4 JAN, 1 FEB, 7 MAR

Every 1st Saturday of the month this sewing workshop helps tackle period poverty in the UK and Africa by making sanitary kits. Sewing experience beneficial but not essential. FREE

ART MONSTERS

SAT: 1.30PM - 3.30PM

25 JAN, 29 FEB

Children's Art club every last Saturday of the month. Make stuff, have fun, discover and learn through creativity. Suitable for: Ages 6 - 12yrs. £4 per child.

JEWELLERY MAKING

SAT: 10.30 - 12.30PM

1 FEB, 7 MAR

Every 1st Saturday of the month. Suitable for complete beginners or the more experienced. Beads and materials provided. (Ages 12+) £5 per session

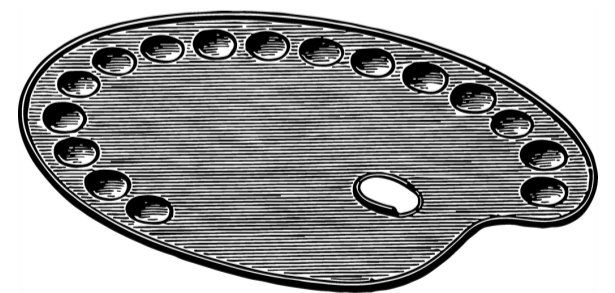
FILM

SECRET CINEMA

FRIDAY: 6PM - 10.30PM

31 JAN, 28 FEB, 27 MAR

Enjoy a home-cooked three course meal followed by a film chosen by our Secret Cinema team. We show films from cult classics to cinematic gems. £6 per person includes food followed by a feature film.



INFORMATION

INFORMATION SESSIONS

No booking is required.

5 FEB, 4 MAR 1.45PM - 2.30PM

Discover more about who we are, what we do and why we do it. How can you get involved?