

Inside Out in collaboration with
Norfolk & Suffolk NHS Foundation Trust Youth Pathway Teams

Making Your Mark

- Be part of a small, friendly, creative group
- Explore and develop your own creativity
- Experience visual arts, moving image making, sculpture & more
- Discover how the arts can support your wellbeing

**A New and Exciting
Arts & Wellbeing Programme
for Young Adults aged 18 -25
starting 26 October 2015**

**Mondays 2.00 - 4.30 pm
at Volunteering Matters,
The Old Crown Court,
Civic Drive, Ipswich, IP1 1DX**

No previous experience of the arts necessary
Places are limited and booking is essential
Free to participants

*'Making Your Mark is like a lifeline to me'
'I always come out smiling'!*

**For more information or to reserve a place contact
info@insideoutcommunity.com or telephone 07947565711**

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