

Weekly Creative Hub-based programmes this spring

All these sessions take place at Independent Arts,
48 High Street, Newport PO30 1SE

MON	Creative Café	Aimed at giving participants a fun, social creative start to the week.	10.30am – 12.00pm and 1.30pm – 3.00pm
TUE	Make and Create	Drop in creative session for anyone school age and above.	3.30pm – 4.30pm
WED	Singabout Newport	Meet and sing with other people to boost your wellbeing. £3 per session.	2.00pm – 4.00pm
THU	Wellbeing Café	A relaxed, informal session. Drop in for tea, chat and a simple creative activity.	11.00am – 12.00pm
	Meet and Make	An introductory group for those wanting to try an Independent Arts group, practice creativity and socialise.	1.30pm – 2.30pm
FRI	Youth Arts Lab	For young people aged 12+ who want to explore arts for wellbeing, starts 22nd February 2024 (no charge).	4.30pm – 6.00pm
	Mindful Moments	Mindfulness and art to promote a calmer state of mind.	10.30am – 11.30am
SAT	Peer Support	Drop in for tea, chat and signposting with the mental health peer support team. Everyone welcome.	11.30pm – 12.00pm
	Helping Hands	A session of goal setting, positive crafts, and friendly coffee chats with the mental health peer support workers.	12.00pm – 1.30pm
SAT	Chess Craft	Aimed at over 65's and under 16's who want to learn or remember how to play chess. Everyone is welcome, especially beginners.	12.00pm – 1.30pm

More information on all our programmes is available from our website:

www.independentarts.org.uk

To book onto one of our sessions or to find out more please:

Telephone: 01983 822437

Email: info@independentarts.org.uk

Or drop into our Creative Hub, 48 High Street, Newport PO30 1SE

WHAT'S ON

in the Creative Hub and around the Island

SPRING 2024



Using creativity to help people live happier,
healthier and more connected lives on the Isle of Wight

connect | create | change

www.independentarts.org.uk

@independentartsio

Registered Charity in England No 297474

Weekly community-based programmes this spring

Independent Arts runs weekly sessions across the Isle of Wight, bringing people together and improving wellbeing.

SINGABOUT

Gives you the chance to meet and sing with other people. It can help to improve your memory, breathing, speech, movement and confidence, but most importantly, it's fun!

"I'm always made to feel very welcome and this place is important to me and makes such a difference!"

- SingAbout participant

"Being able to stretch and move at our own pace is invaluable, especially for strengthening muscles that often give us trouble. Plus, the social aspect is fantastic; it motivates us to get out of our chairs at home and connect with others."

- DanceSense participant

SINGING FOR BREATHING

A 6-week singing project to improve lung health using exercises and breathing techniques and is designed for those with long-term respiratory health conditions.

DANCESENSE

A gentle movement programme designed to help if you're living with a neurological condition that affects your movement.

Ask our team about setting up a regular donation to support our work

All sessions cost

£3

or £10 per month if paid by standing order/direct debit

MON	SingAbout Freshwater	Freshwater Memorial Hall, Avenue Road, PO40 9UU	10.15am - 12.15pm
	DanceSense Newport	Newport Camphill Centre, Quarry Road, PO30 5ZA Booking required.	10.45am - 12.00pm
	SingAbout Ryde	Ryde All Saints Church, Queens Road, PO33 3AF	2.00pm - 4.00pm
TUE	SingAbout Cowes	Isle of Wight Community Club, Park Road, PO31 7NP	10.30am - 12.30pm
WED	DanceMakers Newport	Salvation Army Hall, 72 Pyle Street, PO30 1JU Booking required.	10.30am - 12.00pm
THU	DanceMakers Sandown	Sandown Library, 119 High Street, PO36 8AF Booking required.	1.30pm - 2.30pm
	SingAbout East Cowes	East Cowes Community Library, East Side Curve, York Avenue, East Cowes, PO32 6RU. Fortnightly, 2nd and 4th Thursday of the month.	2.00pm - 4.00pm
FRI	SingAbout Lake	Lions Day and Community Centre, New Road, PO36 9LA	10.30am - 12.20pm
	DanceMakers Newport	Newport St John's Church Hall, St John's Road, PO30 1LN Booking required.	10.45am - 12.15pm

Exhibitions at the Creative Hub this spring:

From March 5th - Spring Exhibition

Seasonal themed work produced by year 6 pupils that attended the Creative Careers Day, and by participants attending Creative Café and Wellbeing Café.

From April 2nd - Sewing Memories

Independent Arts and community participants textiles exhibition.

From May 2nd - Wavelength Spring Exhibition

Work produced by Island schools who have been studying and responding creatively to cosmology and the universe.

