

WHAT'S ON
AUTUMN 2025

MON	Creative Café A fun, sociable and creative start to the week. Varied arts and crafts activities each week.	3		10:30am – 12:00pm and 1:30pm – 3:00pm	Creative Hub
	SingAbout Freshwater A sociable singing group to help boost your wellbeing. <i>Freshwater Memorial Hall, Avenue Road, PO40 9UU.</i>	3		10:15am – 12:15pm	Freshwater
	SingAbout Ryde A sociable singing group to help boost your wellbeing. <i>All Saints Church, Queens Road, PO33 3AF.</i>	3		2:00pm – 4:00pm	Ryde
TUES	SingAbout Cowes A sociable singing group to help boost your wellbeing. <i>Isle of Wight Community Club, Park Road, PO31 7NP.</i>	3		10:30am – 12:30pm	Cowes
	Men's Art Project (MAP) A space for men to explore art, connect with others, and enjoy the wellbeing benefits of creativity. <i>Downside Community Centre, Furlongs, Newport, PO30 2AX.</i>			1:00pm – 3:00pm	Newport
	Make and Create Intergenerational creative session for anyone school aged and above, exploring a different activity or medium each week.	3		3:30pm – 4:30pm	Creative Hub
WED	Move and Groove Gentle creative dance to help improve balance, coordination, memory and confidence, whilst making friends.	5		10:45am – 12:15pm	Creative Hub
	SingAbout Newport A sociable singing group to help boost your wellbeing.	3		2:00pm – 4:00pm	Creative Hub
THU	Wellbeing Café A supported creative workshop. Please contact us for more information.	3		11:00am – 12:00pm	Creative Hub
	Meet and Make An introductory session for those wanting to try an Independent Arts workshop, practice creativity and socialise.			1:30pm – 2:30pm	Creative Hub
	SingAbout East Cowes A sociable singing group to help boost your wellbeing. <i>East Cowes Town Hall, York Avenue, PO32 6RU</i>	3		2:00pm – 4:00pm	East Cowes
	Arts Lab For young people aged 12+ wanting to explore varied arts and creative practice, from one-off workshops with professional artists to long term group projects.			4:30pm – 6:00pm	Creative Hub
FRI	SingAbout Lake A sociable singing group to help boost your wellbeing. <i>Lions Day and Community Centre, New Road, PO36 9LA</i>	3		10:30am – 12:30pm	Lake
	Mindful Moments Mindfulness and creative activities to promote a calmer state of mind.			10:30am – 11:30am	Creative Hub
	Singing for Breathing Six-week course to improve lung health or anxiety related breathing. For those with long-covid, asthma, COPD. FOC for the first time.	5		2:00pm – 3:00pm	Creative Hub
	Mindful Afternoons Six weeks of varied mindful practices as a relaxing end to the week.	3		2:30pm – 3:30pm	Creative Hub
SAT	Chess Craft Intergenerational and mixed ability session for those who want to play chess in a friendly and social environment. Beginners welcome.	3		10:30am – 12:30pm	Creative Hub
	Make and Create Creative session for school aged families, exploring a different activity or medium each week.	3		1:30pm – 3:00pm	Creative Hub

Key

- 5

£5 Fee (charge)
- 3

£3 Donation (suggested)
- Booking Required
- Drop in (no booking required)

SingAbout Freshwater

SingAbout Cowes

SingAbout East Cowes

SingAbout Ryde

The Men's Project

Creative Hub

SingAbout Lake

Through the power of creativity we improve people's health and wellbeing on the Isle of Wight through creative activities, enabling people to connect, live well, and thrive. As a pioneering creative health charity, we deliver artistic programmes designed to address the diverse needs of our community, from improving emotional wellbeing to supporting physical health, at every stage of life.

We provide an essential, safe and welcoming space to connect with others and discover your creativity, at our Creative Hub, in Newport, and through our workshops across the Island.

More info on all our programmes 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

Socials: [@independentartsiw](https://www.instagram.com/independentartsiw)

Creative Hub, 48/49 High Street, Newport, PO30 1SE

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

MINDFUL EVENINGS

Monthly evening workshops at the Creative Hub to try different mindful and meditative practices in a safe, affordable, and welcoming space. Details of each session via social media or ask at the Creative Hub.

“I don’t know what I’d do if I couldn’t come here, it’s a good change of environment and I don’t have the noise and distraction that I have at home and it gives me a break.”

- Wellbeing Café participant

MEET AND MAKE

New to Independent Arts? This friendly drop-in is the perfect way to explore what we’re all about! Recommended for ages 16+.

ARTS LAB

A free weekly creative workshop for those aged 12+. Experiment with different mediums, work with professional artists, and take part in collaborative art projects. Every Thursday, 4.30pm - 6pm.

Contact us if you could support Independent Arts by helping to deliver these guides in your local community

“Coming to Independent Arts has reshaped my life after retirement. I come here three times a week and that’s a perfect schedule for me.”

- Creative Hub participant

Support Us

There are lots of ways you can support Independent Arts, from making a donation or fundraising, to giving your time as a volunteer, every contribution helps us to deliver creative opportunities that support the wellbeing of Islanders of all ages.



However you choose to get involved, you'll be making a real difference.

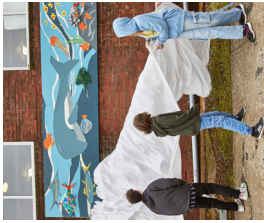
Scan the QR code or text 'INDEPENDENTARTS' to 70085 to donate £5 instantly.

EVENTS & EXHIBITIONS

Visit our gallery to explore exhibitions of participants' work. Visiting the gallery is free, open to all, Monday - Friday 10am - 4:30pm Saturdays 10am - 4pm and based at our Creative Hub.

Art Sale Exhibition - September 30th - November 7th - a chance to purchase artwork by our participants, practitioners, volunteers and staff, with funds raised supporting our work.

Care Homes Exhibition - Monday 10th November - January 2026 - explore inspiring work created throughout 2025 in Island care and residential homes through our Workshops For Wellbeing programme.



CONTACT US

More info on all our programmes available from our website: www.independentarts.org.uk
Telephone: 01983 822437 | Email: info@independentarts.org.uk | Socials: [@independentarts_iow](https://www.instagram.com/independentarts_iow)
Creative Hub opening times Monday - Friday 10am - 4:30pm, Saturday 10am - 4pm



WHAT’S ON

in the Creative Hub and around the Island

AUTUMN 2025



Join us for singing, dancing, and creative arts workshops, to help people connect, live well and thrive on the Isle of Wight

www.independentarts.org.uk
[@independentarts_iow](https://www.instagram.com/independentarts_iow)

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