

Day	Activity	Fee/Donation	Booking	Drop in	Time	Location
MON	Creative Café A fun, sociable and creative start to the week. Varied arts and crafts activities each week.	3			10:30am - 12:00pm & 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 A relaxed, intergenerational session with simple, child-friendly creative activities each week. Perfect for school-aged children and anyone who enjoys light, accessible creativity.	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 11-16 years 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
	Foundry A varied schedule of evening workshops, once per month. 1st Thursday - Dance with Danni (£6) / 3rd Thursday - Creative writing with Ben and Cody (£3) / 4th Thursday - relaxed folk jam (£3).				6.30pm - 8.00pm	Creative Hub
	Mindful Evenings 2nd Thursday of every month, an hour of relaxing mindfulness - £6 per session.				7.00pm - 8.00pm	
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. Starts May 1st.	5			2:30pm - 3:30pm	Creative Hub
SAT	Mindful Afternoons Four weeks of varied mindful practices as a relaxing end to the week.	3			2:30pm - 3:30pm	Creative Hub
	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
SAT	IA Studio Studio workshop space to experiment with new mediums and materials. Creative Assistant on hand for support if needed, or just come and try things out. Monthly medium themes. Starting April 11th. 18+ only.	5			1:30pm - 3:00pm	Creative Hub

Key

5 £5 Fee (charge)

3 £3 Donation (suggested)

 Booking Required

 Drop in (no booking required)

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

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.

IA STUDIO

A dedicated Saturday afternoon space for creative exploration at the Creative Hub in Newport. Each month we'll focus on a different medium, offering the chance to experiment, develop skills and build confidence at your own pace. Suitable for beginners and those looking to try something new in a supportive environment.

I love coming to your sessions, everyone is so welcoming, I feel safe"

- Creative Cafe participant

"Coming here made me want to do art for my GCSEs."

- Arts Lab participant

CAN YOU HEAR US?

A major 2026 cultural and artistic initiative on the Isle of Wight, starting September 11th. Funded by the Arts Council, England and Creative Island. We're going to be taking part, running workshops in our groups between June and the end of August. If you'd like to get involved please pop in and ask us how to join a group and be part of the project!

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

ARTS LAB

A free weekly creative workshop for those aged 11-16 years. Experiment with different mediums, work with professional artists, and take part in collaborative art projects. Every Thursday, 4.30pm - 6pm.

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.



Support us through GiveMatch with your own fundraisers: app.givematch.com/charities/independent-arts-uk

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.

Portfolio - until 24th April - Examples of recent craft and art work produced in programmes and groups by our participants and volunteers in our Creative Hub, funded by The National Lottery Community Fund.

Arts Lab - 21st May - 19th June - showcasing a vibrant mix of work created across the year. A celebration of experimentation, skill-building and creative exploration from our young artists.



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

SPRING 2026



ia independent arts

Changing lives through arts

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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