

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
	Mindful Evenings 2nd Thursday of every month, an hour of relaxing mindfulness.	6 	7:00pm – 8:00pm	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.	3 	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. Enquire for start date and to join the waiting list.	5 	2:30pm – 3:30pm	Creative Hub
	Mindful Afternoons Six weeks of varied mindful practices as a relaxing end to the week. Enquire for next start date.	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
	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. 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 give people something to look forward to, 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, giving people something to look forward to and improving wellbeing through creativity.

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 always have fun here, you don't realise how much you help."

- IA Studio participant

MINDFUL MOMENTS

Start your Friday with an hour just for you. Explore mindfulness and relaxation through varied creativity to promote a calmer state of mind in a safe and welcoming space. 18+

"I was really nervous coming here for the first time but I'm so glad to be here and I can't wait to come back again next week!"

- Mindful Moments participant

MENS ART PROJECT

A space for men to explore art, connect with others, and enjoy the wellbeing of creativity. Working with professional artists to explore a wide range of mediums, techniques and crafts, all in free weekly workshops.

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

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 £10 instantly.

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.



Can You Hear Us: Seed - 14th September - 16th October. A meadow inspired exhibition featuring work by participants from across our whole creative community; the Creative Hub, community groups, and workshops for wellbeing. Textiles and ceramic work.

Mens Art Project - 26th October - 20th November. A collection of the last years' work by MAP participants, from wood carvings and film photography to ceramics and illustration, all created working with professional 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

AUTUMN 2026



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

