

INSIDE OUT

PART OF

THRIVING COMMUNITIES

CARLISLE

Inside Out is a 6-week programme of taster activities, designed to help you get out and about and engage with things that are happening in your community. Each week a different local organisation will bring a creative activity for you to try out. See which ones you enjoy and then our team can signpost you to similar, longer term opportunities.

Anyone can take part. You don't need to be referred. If you are finding it tough to adjust to life after lockdown, why not give it a try?

Signing up is easy. Visit www.tulliehouse.co.uk/TCC and complete our simple form.

Inside Out will be at **Morton Community Centre** every Wednesday for 6 weeks starting on **Wed 18 August**. Attendance at all 6 sessions is encouraged. Refreshments provided. Places are limited and subject to availability. Programme is subject to change.

WED 18 AUG

NOTICING NATURE WALK (CUMBRIA WILDLIFE TRUST)

1.30pm Welcome, 2-4pm Activity

Enjoy a gentle stroll around Chances Park discovering nature on your doorstep and learning more about the wildlife we find along the way. We'll show you how to use books and apps that make naming that tree or flower easy, and start our own nature notebooks.

WED 25 AUG

MINDFULNESS, ASSERTIVENESS AND KEEPING YOURSELF WELL (NORTH CUMBRIA RECOVERY COLLEGE)

1.30pm Welcome, 2-4pm Activity

Explore how to use mindful practice, assertive communication skills and becoming aware of your wellbeing to help take control of your health. We will also develop a managing wellbeing plan within the session.

WED 1 SEPT

READING AND CONVERSATION (ROYAL LITERARY FUND)

1.30pm Welcome, 2-4pm Activity

Listen, relax, enjoy! Being read to is very comforting. 'Reading Round' is quite simple – relax and listen to a published writer reading a story and a poem before opening it up to discussion within a small and friendly group.

WED 8 SEPT

CREATIVE COLLECTIONS (TULLIE HOUSE MUSEUM AND ART GALLERY)

1.30pm Welcome, 2-4pm Activity

Join our team as we look at some of our fantastic outdoor and nature inspired collections up close and use them to inspire creative activities and have a natter.

WED 15 SEPT

WHEELS OF WELLNESS (iCAN FITNESS)

1.30pm Welcome, 2-4pm Activity

Try out accessible trampolines and bouncers and enjoy some trampoline fun, music, games and activities whilst taking responsibility for your own health and wellbeing through conversation.

WED 22 SEPT

MOVEMENT & DANCE (SUSIE TATE PROJECTS)

1.30pm Welcome, 2-4pm Activity

A place to enjoy moving and creating stories. Using objects found in our natural environment such as shells, stones, flowers and leaves, we will explore their stories through movement and create our own unique dance stories. No dance experience required. Sessions are fully accessible.

For more info or to get help with completing the form please email Sarah Rodway-Swanson on sarahr@tulliehouse.org or call 07784 900053

WWW.TULLIEHOUSE.CO.UK/TCC

Thriving Communities Carlisle is a partnership supporting our communities to recover from the impact of COVID-19 using social, arts, culture, nature-based and wellbeing activities.



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