



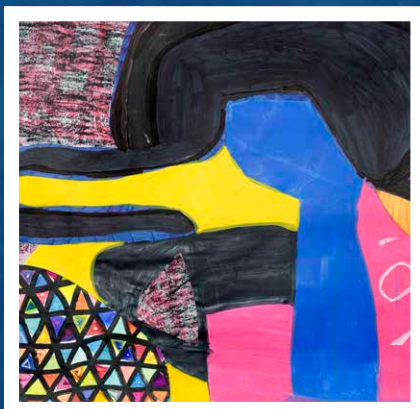
Creativity & Wellbeing Week

Free lunchtime art activities

**La Tour Cycle Cafe, 7 Waterfront, Ipswich
Wednesday 12th June, 11am - 3pm, Free**

To celebrate Creativity and Wellbeing week, we're inviting you to find out more about our work whilst you create your own mini-artwork. With simple activities that take less than an hour, why not feel the benefits of taking a lunch break with a difference?

Suffolk Artlink delivers inclusive arts programmes that bring skills, support networks, confidence and joy to people in the East. Our projects are delivered in places including community centres, hospitals and hospices, residential homes and schools.



Suffolk Open Studios Exhibition

Saturday 8th - Sunday 23rd June

La Tour Cycle Cafe, 7 Waterfront, Ipswich

Enjoy joyful, inspiring and moving mixed media works created by our participants and students. A variety of colourful and diverse works will be on show, exploring subjects including the human body, food and celebrations, protest arts, storytelling and folk heritage. Work include prints, textiles and paintings.

Accessibility

La Tour Cycle Cafe has flat access from the street, parking close by and an accessible/ family toilet available to its customers.