

CURIOUS MINDS LEGACY

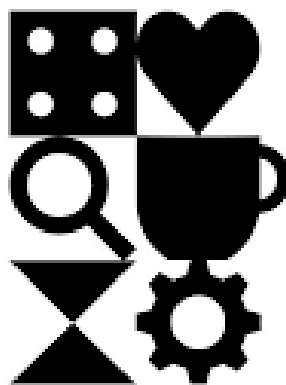
NEWSLETTER

SEP 25

WELCOME!

Welcome to the first Curious Minds Legacy Newsletter! We hope you had an amazing summer and have made the most of the sunshine - going outside and being creative.

Struggling to come up with some creative ideas? Suffolk Artlink have some wonderful DIY craft ideas for you to try. Find them [here](#).



THIS MONTHS THEME - MEDITATION

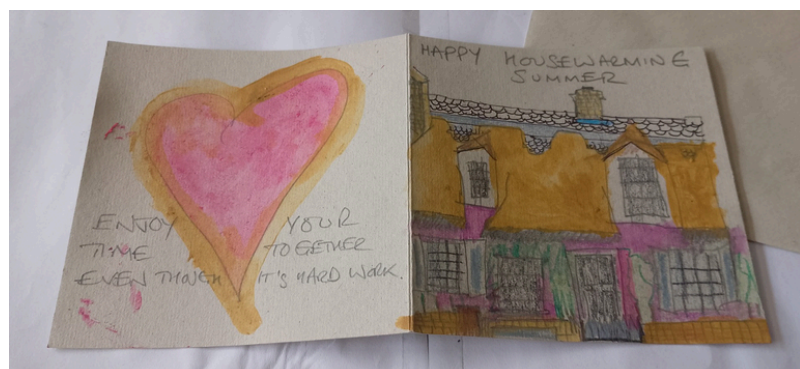
Many of our artists have included meditation, breathwork and grounding activities into the curious minds programme. So it is only fitting for our first newsletter theme to be meditation.

Jen from Suffolk Artlink has a brilliant Guided meditation, which was made as part of the Extra Time project in partnership with Suffolk Archives and is funded through the National Lottery Heritage Fund, Lowestoft Rising and the Association for Suffolk Museums. The PDF for this guided meditation is [here](#).

Headspace is a paid mental wellness app that provide meditations, music, sleep stories and more. They also have some free recourses on YouTube including a mini meditation playlist which you can find [here](#). Even if you only have a minute, you can listen to one of these videos and find your calm.

SPOTLIGHT

GRAHAM - SAXMUNDHAM



WHAT HAS GRAHAM BEEN UP TO?

This month participant spotlight is Graham! Graham attended the Curious Minds programme in Saxmundham. Graham has shared some images and words with us to share with you.

"Summer therapy activities learned from curious minds group at Saxmundham library and local Leiston library craft groups and friends in town.

We have also been thankful to legacy group members for getting together at various local art locations and especially Stowmarket food museum on our summer field trips."

What is happening this month?

Current exhibitions at the Food Museum

School Dinners

Until 21 February 2027

Food not Cuts

Until 9 November

Akenfield

Until April 2026

Suffolk Community Libraries has an online directory of free and low-cost creative and cultural activities available across Suffolk called 'Let's Get Creative' find out all about it [here](#).

Open space

Stowmarket library - Tues

11am - 12pm

Ipswich County Library - Wed

1pm - 3pm

Woodbridge library - Wed

1:30pm - 2:30pm

Felixstowe library - Thurs

2pm - 4pm

RESOURCES

Useful Contacts

Want to get in touch?

Contact us:

Suffolk ArtLink

Telephone: 01986 873955

email:

enquiries@suffolkartlink.org.uk

Food Museum

Telephone: 01449 612229

Suffolk Community Libraries

Shauna

shauna.king@suffolk.gov.uk

Chrissie

chrissie.moore@suffolk.gov.uk

Want to be the next spotlight participant in our October newsletter?

Please fill in this [form](#).



SIGNPOSTING AND RESOURCES

Suffolk Mind

Suffolk's independent mental health charity. Suffolk Mind provides a range of mental wellbeing support and services across the county.

Telephone: 0300 111 6000

Health Watch Suffolk

A social enterprise delivering insight to shape local NHS and social care. We passionately believe that listening and responding to your lived experiences is vital to create health and care services that work for everyone.

Telephone: 01449 703949

Samaritans

We're Here to Listen – Get in Touch About Anything That's Troubling You No Matter How Big or Small the Issue Is.

Telephone: 116 123

GET OUT IN NATURE

WILDLIFE WATCH ACTIVITY

As the seasons change and summer turns to autumn, why not go for a walk outside and notice all the ways nature changes and adapts as it gets ready for the colder months. Maybe try and find all the items on this Wildlife watch autumn tree and leaf detective.

Autumn tree and leaf detective





Woodbridge Curious Minds Meet up 2pm – 4pm

8/9/2025

Gentle introductory session

6/10/2025

Wild Reads

3/11/2025

Wellbeing Suffolk talk and Wild Reads craft activity

1/12/2025

Make your own festive cards

This is the programme for the Woodbridge Curious Minds meet up. Currently only open to those who have participated in the Curious Minds Programme. There is no pressure to come to every session, although you are very welcome to. Come along for a cup of tea or coffee, participate in the activity and have a catch up. This group will be led by Chrissie.

If you are interested in becoming a part of this group, please contact Shauna at: shauna.king@suffolk.gov.uk
Please wait for a response, please do not just turn up.



Saxmundham Curious Minds legacy Meet up 2:30pm – 4:30pm

5/9/2025

Gentle Introductory Session

19/9/2025

Wild Reads

3/10/2025

Wild Reads Activity Continued

17/10/2025

Comms Campaign Session

This is the programme for the Saxmundham Curious Minds meet up.
Currently only open to those who have participated in the Curious Minds Programme.
There is no pressure to come to every session, although you are very welcome to.
Come along for a cup of tea or coffee, participate in the activity and have a catch up.

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