

suffolkartlink



Annual Review 2025/26

Who We Are

Suffolk Artlink is a participatory community arts charity that brings creativity into the heart of communities, helping people be creative, live well, and build meaningful connections.

We collaborate with participants, partner organisations and artists to provide diverse and inclusive arts programmes.

We work strategically to develop the participatory arts and creative health sectors regionally and nationally.



This year has been one of the hardest of my life yet these workshops have given me freedom to be myself, to not worry and be upset. 



Our Impact



Reduced Isolation

Creative activities provide opportunities for friendship, belonging and meaningful social connection.

"It has provided me with an opportunity to meet people."

"I've built new relationships with people who I have similar life experiences with."

"I have enjoyed every session of this course. Not only the physical activities but the social aspect, meeting different people, exchanging ideas and just sharing things."

Health and Wellbeing

Participants gain confidence and improve their wellbeing and resilience through regular creative engagement.

"This has been amazing. A lot of us have come from trauma and issues at home - it's helped with the psychological wellbeing."

"Doing something new and different made me think differently and feel differently."

"These sessions have had a positive impact on my anxiety and my wellbeing."

Skills and Learning

Participants develop creative, personal and life skills while building confidence to try new things.

"Stepping outside your comfort zone to try something new."

"Being challenged, but in a really safe and lovely and comfortable environment."

"It's an amazing thing to learn and do in my own home town; I've learned so much about it and I feel connected to it."



Creative Places

Targeted research and community consultation enabled us to develop place-based programmes to support people in Lowestoft living with long-term health conditions, helping to reduce isolation, improve wellbeing and build social connections.

Creative Beginnings

Our early years music programme in Lowestoft supports children aged 0-5 and their families through accessible creative activities that promote wellbeing, child development and musical engagement. The programme also provides professional development opportunities for practitioners and musicians.

Creative Heritage

Our intergenerational heritage programme brings together primary school children and older adults in care and community settings. Using themes such as Suffolk's grassroots football heritage, participants share stories, learn from one another and build meaningful connections.



Creative Health

We work strategically to strengthen creative health infrastructure, support integration across health and community systems, and share learning regionally and nationally.

Creative Carers

We provide in-person and online creative sessions for unpaid family carers across Suffolk. Participants develop new skills, explore creativity and connect with others beyond their caring role.

Creative Progression

We support artists with learning disabilities to develop their creative practice, exhibit work and build professional opportunities through artist-led programmes and cultural partnerships in Bury St Edmunds, Ipswich and Lowestoft. Our online gallery provides a showcase of the artists' extraordinary work.

Creative Wellbeing

We use arts and heritage to support people living with long-term complex health needs in Ipswich and East Suffolk. Through creative and mindful activities, participants explore different art forms, develop creative skills and coping mechanisms, and make social connections and friendships to sustain improvements in wellbeing.

Our highlights in 2025/26



Activities delivered



Project participants



Audience in-person



Audience digital



Artists employed



Volunteers supported



Places we worked

From Isolation to Flourishing

In 2025/26, we used the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) to assess the impact of our work with a sample of 66 participants. The study identified a social value of £194,885, equivalent to an average of £2,953 per participant.

Improved resilience

"Using art helps me think about the way I feel. It's like a brand new coping technique that I've learnt."

Greater purpose

"This has given me something to look forward to each week... it's been absolutely amazing!"

Increased confidence

"For the first time I feel listened to and heard."

Stronger social connections

"This has provided me with an opportunity to meet people and to focus on something constructive, giving me a real purpose."



Support Us

Every year, Suffolk Artlink helps thousands of people improve their wellbeing, feel less isolated and discover their creative potential. We rely on the support of individuals, businesses, trusts and foundations to sustain and grow this work.

- Make a one-off donation
- Become a Friend of Suffolk Artlink with a regular monthly gift
- Fundraise for us
- Sponsor a project or programme.



Thank you to everyone who participated, volunteered, partnered with, funded and championed Suffolk Artlink during 2025/26.

Together, we are helping people across Suffolk be creative, live well and feel connected to their communities.

To make a donation, visit our website:
www.suffolkartlink.org.uk/support-us

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