

# Beach Workshop 2010



Insider Art invited all former participants from both of our longer part time courses (*Art in Mental Health: a Foundation Course in Art Therapy*, and *Arts & Health for Participatory Visual Arts*) to our annual sand sculpture, generally creative and sociable beach workshop and picnic on Saturday May 15<sup>th</sup> 2010.



After freezing temperatures all week we were blessed with an absolutely glorious day.

The sun shone most of the time, it was sufficiently warm to allow for bare feet and sunny enough to require sunglasses!





The loose theme was to create:

**'A Bestiary'**

A diverse and wonderful collection of creatures materialised.

Some examples are shown here.





The picnic lunch was the usual diverse, delicious and plentiful creation. Particularly interesting in the pudding department thanks to Ed and to Rachael! Unusually we didn't manage to eat everything.







Thanks to all who came for making it such an enjoyable day. Thanks also, to everyone who got in touch with their news even if they couldn't come. We hope to do the same again next year so maybe see some more of you then. Invitations went out by email so if you did either course, didn't get an invite, and would like one next time: get in touch.

Thanks also to Ed who made a 'movie' of the day which is on the website.

