

# Beach Workshop 2009



Insider Art invited 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 a sand sculpture, generally creative and sociable beach workshop and picnic on Saturday May 9<sup>th</sup> 2009.



We were fortunate with the weather again this year. Not too hot, not too cold. The sun shone frequently and it didn't rain!

Students representing both courses over the last 4-5 years attended.





Last years Imaginary Menagerie theme was both continued and extended to include a Mythical Zoo.

Fascinating creatures and stories emerged during the day. Some of the creatures and the Zoo Keepers garden are shown on these pages.



Some people came for the morning, others for the afternoon with a core staying all day. There was general agreement that playing was a good thing! Along with the reflection that playing is often easier to do with others in a 'legitimate' if very loose workshop framework rather than doing by oneself.









Another good picnic lunch manifested and we managed to eat almost everything to the grave disappointment of the seagulls who had kept a close eye on proceedings. Our youngest participant very sensibly had a nap after lunch!



Thanks to everyone who contributed to a very enjoyable day. Thanks also to all who got in touch with their news even if they couldn't make the workshop and picnic. If you are an ex-course participant and didn't get an invite please send your email address. Hope to see you next year - although we're thinking about an early autumn 'Build a Den in the Woods' workshop and picnic if anyone is interested.....



This crow beat the seagulls to get the last of the picnic!



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