

Beach Workshop



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 a sand sculpture, generally creative and sociable beach workshop and picnic on Saturday July 19th 2008.



About 25 people came representing students from over the last four years and both courses.

The sun shone, mostly, and more importantly it didn't rain at all.

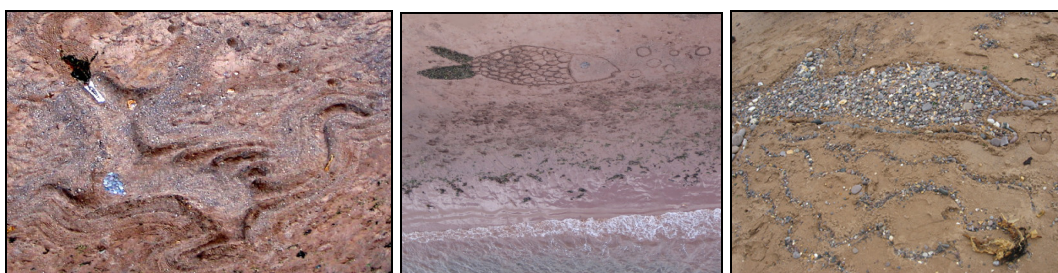




The loose theme was to create an 'Imaginary Menagerie'. A splendid collection of creatures and locations emerged. Some examples are shown here.



The picnic was diverse, delicious and plentiful. Always amazing the way a feast manifests! After a hard morning digging and sculpting we managed to consume most of it and were sufficiently refreshed to continue into the afternoon.





Thanks to all who came for making it such an enjoyable day. Thanks too, 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.



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