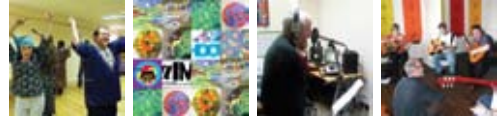




Creative Arts to make you feel good



Creative opportunities for people with mental health needs in Kirklees

About

Out of the blue is delivered by three local arts organisations - Hoot, AIM (Artists in Mind) and DIVA - who have combined forces to deliver a range of creative opportunities for people with mental health needs in Kirklees. We use friendly and experienced artists who know how to get the best out of you. All activities are free.

For you

Out of the blue is an opportunity for you to have a go at a whole host of creative activities. You don't need any previous experience and if you're over 18 and would like to try out any of these activities just get in touch.

Sessions

Music	Another Planet	Unleash your inner composer – play around with sounds & words to produce and record new collaborative musical compositions and soundscapes.
	Sonic Sessions	Explore music making – plugged and unplugged. Write & record sounds & words to create a collaborative album in 8 sonic sessions.
	Guitar Orchestra	Open guitar group for players of all abilities. Simple parts, medium parts all woven together to make a glorious wash of sound. Lessons available by request.
	Oob-a-Live	Live music and arts showcase – check out dates
	Recording Studio	Write, record and produce your own music with personal assistance from our studio team. Places limited so pre-booking required.
Dance	Shift	Nourish your mind, body and soul at Hoot's energizing, fun and friendly dance sessions. No previous knowledge or experience needed.
Digital Art	Pix Mix	21st Century skills in the digital arts - take better photos, make films, learn basic layout, design and desk-top-publishing techniques.
Visual Art	Express Yourself	Unleash your imagination! A series of linked workshops gently introducing different creative techniques.
Creative Writing	The Write Stuff	Develop your capacity for story-making and imagination, explore communication skills such as expression, listening, responding and just have fun writing.