



INSPIRATION WORKS



Summer holiday programme

Taking part in creative activities, connecting with others and being active supports your emotional health. Inspiration Works from OTR hosts these free activities over the summer, in a friendly and supportive environment!

All sessions are at Inspiration Works (1-2 Perry Road, BS1 5BQ) unless otherwise stated

All sessions are for 11-25 years olds, except yoga (14-25) and Book Club (16-25)

Monday 30th July

Book Club 6-7.30pm @ Hydra Books, 34 Old Market Street

Wednesday 1st August

Yoga 4.15-5.30pm

Thursday 2nd August

Freedom family event! 3-5pm, ages 11-25 (plus family members) Freedom is OTR's gender and sexuality social action project. Come along with your family for afternoon tea, cake and chat. If you already go to Freedom or if you would like to come along for the first time, please email lgbtq@otrbristol.org.uk

Wednesday 8th August

Creative drop-in 10-11.30am

Yoga 4.15 - 5.30pm

Thursday 9th August

Creative drop-in 1-4 pm, including optional art workshop 2-4pm where we will show you how to carve and print your own design using lino.

Wednesday 15th August

Creative drop-in 10-11.30am

Yoga 4.15-5.30pm

Thursday 16th August

Creative drop-in 1-4 pm, including optional art workshop 2-4pm: Squiggle Drawing - Spark your imagination in a fun drawing workshop with Yasmin from [@redtelephone_](https://www.instagram.com/redtelephone_)

Friday 17th August

Inspiration Works will have a 'Creative Corner' at OTR's Wellfest, 10am-5pm on College Green, including lots of art activities throughout the day and outdoor yoga at 1pm.

Wednesday 22nd August

Creative drop-in 10-11.30am

Yoga 4.15-5.30pm

Thursday 23rd August

Freedom picnic and LGBTQ+ history walk, 1-4pm. We'll meet for a picnic (we bring the food!) and then Sally from OTR will lead a walk around Bristol. If you'd like to come please email lgbtq@otrbristol.org.uk and we'll let you know the location!

Wednesday 29th August

Creative drop-in 10-11.30am

Yoga 4.15-5.30pm

Thursday 30th August

Creative drop-in 1-4pm, including optional art workshop 2-4pm: Photography with Phoebe.

Bring your camera or smartphone and together we'll notice what's in Bristol so you can take creative photos.

Find out more: otrbristol.org.uk | [@otrbristol](https://www.instagram.com/otrbristol)

