

# Outside In: North West 2013

Saturday 23 March - 23 June 2013

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'Because I use my feet to control the sewing machine I am able to create my work with minimum support. The sewing machine gives me autonomy over the production of my art work' Stephen.

Stephen Woodburn  
Detail from 'My  
Space', textile piece,  
Heathlands Project

Outside In is an exhibition of artists across the North West who find it difficult to access the art world either because of mental health issues, disability, health, social circumstance or because their work does not conform to what is normally considered as art.

PALLANT  
HOUSE  
GALLERY



phf Paul Hamlyn  
Foundation

Admission  
charges apply



**Saturday 23 March - 23 June 2013**

An exhibition of artists from across the  
North West facing barriers to the art world

Image: John Hogan, Generations (detail)



Please visit our website for further details:  
[www.tulliehouse.co.uk](http://www.tulliehouse.co.uk)  
Castle Street, Carlisle, CA3 8PT Tel: 01228 618 718

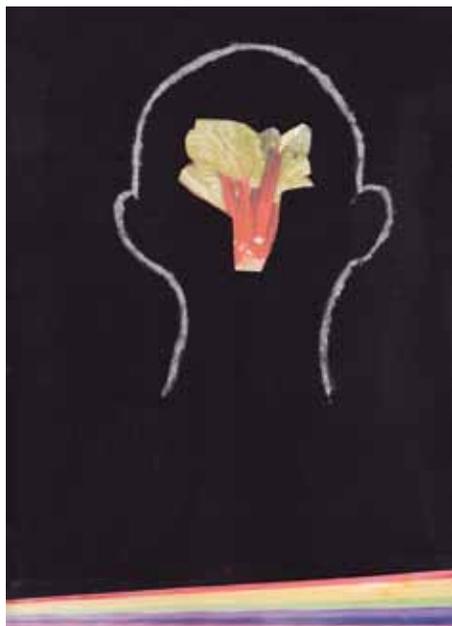
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# Events Programme and information

## Outside In: No Borders

Tullie House and Prism Arts are working in partnership to deliver a 3 month programme of arts workshops designed to engage the community with the Outside In exhibition at Tullie House Museum and Art Gallery. No Borders will comprise of 12 weekly all day (10am-3pm) creative workshop sessions led by professional artists with expertise in delivering workshops with vulnerable people. The project aims to provide new creative opportunities for a variety of different groups including people with learning disabilities, those suffering with dementia and Alzheimer's, individuals with drug and alcohol problems, disabled people and those recovering from strokes or head injuries. These workshops will take place between April and June in Carlisle Library. The workshops are planned and led by the artists using the Outside In exhibition as a starting point. A full programme will be published on Prism Arts website: [www.prismarts.org.uk](http://www.prismarts.org.uk)



Robert 'Rhubarb in the mind'

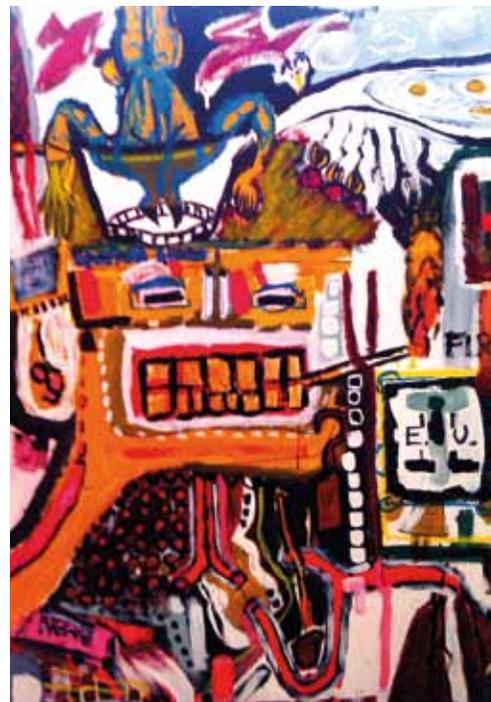
## Artists Talk

4th April

12.30pm - 1.30pm

Claire White the Community Engagement Officer at Tullie House will explain a little more about Outside In and a number of artists involved in the exhibition will talk about their work featured. This will give an insight into the exhibition and the aims of Outside In.

Inside the special exhibitions space. Tickets are free but normal admission charges apply.

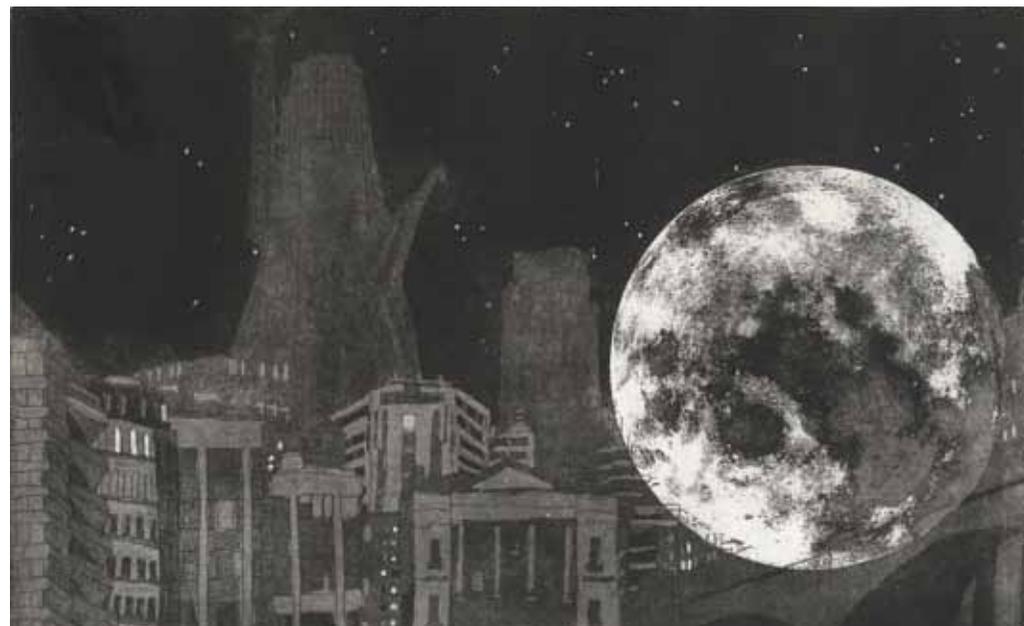


## Arts and Inclusion Conference

9th May

We are hosting a conference day to share our experience and insight on the theme of arts and inclusion. We will invite others who work in the field of using art with excluded groups and offer a series of talks and practical workshops throughout the day. Cost £30 per person lunch and refreshments are included

I.D.S.T (Vincent Lee) 'Untitled #4' 2011, Paint on hardboard



Richard Michael Reuben 'Moon City'