

onsite and local activities and events

connect, celebrate, collaborate

Culture club news - a round up of the activities, events and groups to connect into both onsite at Salisbury District Hospital (SDH) and in the local community.

news

Life is more than work...
boost your downtime
with new things
to try



Exhibitions at SDH

Until February 18th:

Ringwood Art Society

February 24th to March 25th:

Phoenix Artists

Are you a confident pianist?

Email ArtCare to join the playlist for the Spring's Performance Piano and bring comfort and harmony to the restaurant atmosphere.



Get lost in a book

Joining the Healthcare Library is free for staff. As well as education and research membership includes the loan of fiction, self-help and mood boosting books and 24 hour access for members. Take a break in their wellbeing zone. Find them in Block 29 or email sft.library.office@nhs.net



Stars Appeal Live musicians playing at SDH this month:

February

- 3rd Sarah - piano
- 8th Sarah - piano
- 10th Dan - violin & guitar
- 14th Paul - saxophone
- 15th Rosie - clarinet
- 17th Pearl - eukele & piano
- 22nd Emily - cello
- 24th Emmy - harp

Enjoy more music on ArtCare's [YouTube channel @ArtCare UK](#)

Contact ArtCare

sft.artcare@nhs.net

...join the mailing list

...join the arts club

...suggest new items for this newsletter

 **ArtCare**

www.salisburyhealthcarehistory.uk



New twilight swim sessions at Odstock Health and Fitness Centre (OHFC)

Odstock Health & Fitness has a month-long offer of late night swims on Thursday evenings beginning tomorrow night. The pool will stay open until 21:30 for those moonlit swims.

Find more information about OHFC online (scan the code)



SWIMMERS by Ivy Smith
Location: Corridor outside Amesbury Ward, Level 4

Culture club Spotlight



Explore activity on site: www.artcaresalisbury.uk
Explore the city: www.experiencesalisbury.co.uk
Explore Wiltshire: www.visitwiltshire.co.uk/whats-on



Tell us about favourite places and activities that you would recommend to others: **email us at** sft.artcare@nhs.net

Enjoy a wild day off...

Explore new outdoor spaces using inspiration from Wiltshire Wildlife. As well as partnering with local parish councils to improve environments such as Castle Hill park in Salisbury, they offer free-to-use Nature Reserves around the county. The cakes and lunchtime food at Langford Lakes (pictured above) are totally recommended!



Go to their website to find a location close to you: www.wiltshirewildlife.org

FREE Wonder-filled evenings

As an international Dark Sky reserve, Cranborne Chase are running Starfest this February. Book online for a range of star gazing events.



Cranborne Chase
Area of Outstanding
Natural Beauty

CRANBORNE CHASE AONB DARK SKIES FESTIVAL

STARFEST

Starting less than a mile from SDH, this nationally designated Area of Outstanding Natural Beauty (AONB) covers 380 sq miles of countryside overlapping the boundaries of Wiltshire, Dorset, Hampshire and Somerset. Perfect for a walk, run or ride, the diverse landscape offers areas of rolling chalk grassland, ancient woodlands, chalk escarpments, downland hillsides and chalk river valleys each with a distinct and recognisable character.

www.cranbornechase.org.uk

The Staff Arts Club

ArtCare organises regular creative workshops for staff at the hospital to 'wind down' after work. The Staff Arts Club workshops aim to relieve stress and combat isolation for those working alone.

The sessions provide a 'taster' of many different visual and performing arts, which staff may then decide to pursue in their own time. Previous activities have included pastels, stained glass, watercolour painting, life drawing, ceramics, photography, singing, belly dancing and many more.

The programme consists of one-off 'Discover' workshops and 'Explore' courses held over several weeks. [Email to join the mailing list for up to date info on the latest events.](#)

Go Green...

Enjoy the outside spaces at SDH for a walk or coffee break with a friend. You can find the map of the 'breathing spaces' on ArtCare's website (scan this QR code with your smart device to jump to the map)

