

## onsite and local activities and events

connect, celebrate, collaborate

## Culture club news

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



**Stars Appeal Live**  
musicians playing  
at SDH this month:  
**March**

- |             |             |                    |
|-------------|-------------|--------------------|
| 1st         | Rosie       | - clarinet         |
| 3rd         | Sarah       | - piano            |
| 7th         | Paul        | - saxophone        |
| 8th         | Rosie       | - clarinet         |
| 10th        | Dan         | - violin & guitar  |
| 15th        | Sarah       | - piano            |
| 16th        | Paul        | - saxophone        |
| 17th        | Pearl       | - eukele & piano   |
| 22nd        | Emily       | - cello            |
| 24th        | Frankie     | - Flute & Song     |
| <b>27th</b> | <b>Paul</b> | <b>- saxophone</b> |
| 29th        | Rosie       | - clarinet         |
| 31st        | Dan         | - violin & guitar  |

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

**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.



## Contact ArtCare

[sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)

...join the mailing list

...join the arts club

...suggest new items for this newsletter



**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.



**The ArtCare Open Exhibition** is an annual highlight in our calendar, showcasing art by local and regional artists who submit works for selection. With prizes of £200 for the overall winner and two runners up prizes of £100 see our website for further details on how to enter. **We would love to see entries from staff and volunteers too** - please have a look on the website for more information (scan the code on the right) or [email us at sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)

**Exhibitions at SDH****Levels 3 & 4 SDH North**

*Until March 25th: Phoenix Artists*

*April 8th to May 12th: Open exhibition*

**'We Reflect' at Salisbury Cathedral**

All staff are invited to the service of reflection being held in partnership with Salisbury Cathedral on 22nd March at 17:30.

'We Reflect' is an hour-long event at the Cathedral for all local health and care staff and the community to reflect upon the experiences of the past two years. Plus ones are welcome - if anyone wants to bring their family or a small group please let the Communications Team know.

Please **email** [sft.comms@nhs.net](mailto:sft.comms@nhs.net) to be added to the audience list.

**Connect through a choir**

If singing is something you'd like to do more of there are several local choirs. If you prefer an informal community choir, learning songs by ear then **Evolution** (right) would suit you

[www.lillibadcock.com/join-the-evolution-choir](http://www.lillibadcock.com/join-the-evolution-choir)

Or if you would prefer a formal chamber choir

contact **Laudamus** (below right)

[www.choirlaudamus.org](http://www.choirlaudamus.org)



## Culture club Spotlight



Explore activity on site: [www.artcaresalisbury.uk](http://www.artcaresalisbury.uk)  
Explore the city: [www.experiencesalisbury.co.uk](http://www.experiencesalisbury.co.uk)  
Explore Wiltshire: [www.visitwiltshire.co.uk/whats-on](http://www.visitwiltshire.co.uk/whats-on)



Send in a review - tell us about favourite places and activities that you would recommend to others.

Email us at [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)



(c) Jack Aldridge



### If you go down to the woods today...

A 30 minute drive from Salisbury, Moors Valley spans 252 acres of forest managed by Forestry England and Dorset Council.

The country park includes walking routes, play areas, lakes, narrow-gauge steam railway, Visitor Centre, a Tree Top Trail and Play Trail, a toddlers play area, cycle hire centre, Go Ape high ropes course, orienteering course and even segway hire to keep all age ranges happy.

**The entry to the park is free but there is a charge for car parking and some of the activities.**

Pack a picnic and spend a day in the great outdoors working up the appetite for the delicious local icecream. More information at: [www.moors-valley.co.uk/](http://www.moors-valley.co.uk/) (or scan the code to the left)



Moors Valley was the location chosen for a series of panoramic photographs in Sarum Ward. Local students worked with professional photographers learning to 'stitch' multiple images as part of their AS Level Photography course.

### The Staff Arts Club

Join the mailing list to stay up to date with **upcoming workshops:**

**March 22nd:** Core art journalling (online) £7.50

**March 24th:** Watercolour workshop (online) £7.50

**WriteWell Community:** 3 month course (online) £7.50

**Take away packs:** Jewellery making starter kit £6.00

**Free activities:** Mini Mindful drawing - materials and online videos - collect your free packs from the Library

Email: [Hazel.stock@nhs.net](mailto:Hazel.stock@nhs.net)

### Perfect for history lovers

**March 17th, 7.30pm - 9pm:** History Talk at Bourne Valley History Society. Artefacts and archives provide a fascinating insight, not only into medicine and healthcare but social history of the city for the past 250 years.

[www.bournevalleyhistory.co.uk](http://www.bournevalleyhistory.co.uk)

Glebe Hall, Winterbourne Earls, Salisbury SP4 6HA

Email: [Lesley.self3@nhs.net](mailto:Lesley.self3@nhs.net) for further details

**March 24th:** Carers' History coffee morning

Drop in and meet us at the Carers Coffee Morning, St Thomas' Church Salisbury, 10am to 12pm. **For more details contact** [three.chequers@nhs.net](mailto:three.chequers@nhs.net) or call 01722 336441

"Thank you so much for the charcoal drawing workshop I did with Elizabeth last week. She was so fab, really inclusive, and clearly very passionate and good at what she does...I haven't done a 'drawing' since I was at school 30+ years ago so it was wonderful to pick up some pencils, feel the weight of the different HB leads and feel the charcoal sticks. Really fab way to spend my evening, I thoroughly enjoyed it and would definitely book on again.

These little art 'bytes' have really helped me over the last few months in a way I never thought they would and have really tapped back into a crafty side of me I'd long forgotten even existed."

Staff member taking part in Mindful Drawing.

### Share your club here

Maybe you want to create a staff band, set up a book club, want to get a walking group going? Email [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net) with the details including how people can contact you.