

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:

April

5th	Sarah	- piano
7th	Pearl	- ukulele & piano
12th	Emily	- cello
14th	Sarah	- piano
19th	Alex	- guitar
21st	Dan	- violin & guitar
26th	Emmy	- harp
28th	Emily	- cello



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

...join the mailing list

...join the arts club

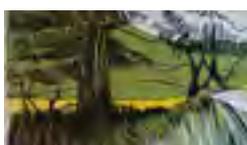
...suggest new items for this
newsletter

ArtCare

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 £300 for the overall winner and two runners up prizes of £150 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



Exhibitions at SDH

Levels 3 & 4 SDH North

April 8th to May 12th: Open exhibition



www.radioodstock.org.uk

Music to your ears



Radio Odstock is the hospital's own radio station. Listen online or through your smart device or speaker. And if you want to do something new with your time, why not contact them about volunteering? Scan the code to find out more on their website.

Turn fun into fundraising

Feeling inspired by the London Marathon? Craving a challenge? Besotted by baking? This month sees the Stars Appeal Petra trekkers set off for 100km challenge in the deserts of Jordan. If that tempts you to try something new, The Stars Appeal have a fundraising pack you can download for any sort of event or sponsored challenge (scan the QR code). Not feeling energetic? With Easter on the horizon, why not try baking for a sociable fundraiser? www.starsappeal.org



Photo: Spencer Mulholland Photography





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



Bramshaw and Nomansland Woods in the New Forest

The Japanese have been championing 'forest bathing' as a form of wellbeing exercise for more than thirty years. You don't need to travel very far from Salisbury to enjoy beautiful woodlands. South of the City, to the west of the A36 Southampton Road, Nomansland offers one of hundreds of walks in The New Forest.



Enjoy meeting donkeys, sheep, horses and even pigs as you walk through forest, heath and a river on this circular route.

Not to be missed...dates for your diary

April 7th A Time to Laugh - Staff Comedy Night

Something to tickle your funny bone, you're invited to attend the Trust's upcoming Comedy Night at the Chapel nightclub in Salisbury on 7th April at 20:00. This is a special treat for staff, and plus ones - an opportunity to relax and have a laugh together. The bar will be open and staff will receive a voucher for their first drink of the night (pint of beer, glass of wine, mixed drink, or soft drink - sorry, plus ones will need to buy their own).

Book your place by email: natasha.harsanyi@nhs.net

April 12th, 1pm-1.45pm – Guided nature walk of SDH

Each month we will be meeting at the main entrance to go on a gentle stroll around the fields and site of Salisbury District Hospital. We will be exploring the natural environment and guided by wildlife enthusiast staff member James Macpherson. Looking out for nature sightings seen in April as SDH sits in some unique chalkland habitat and enjoys rare flowers and views across local countryside.

Booking essential <https://www.eventbrite.co.uk/e/sdh-nature-walk-april-tickets-272066136137>

April 21st – Staff creative lunch / easy printmaking

Drop-in anytime 12-1.30pm at the Meadows garden, behind ArtCare & Healthcare Library, for a fun creative break. We'll provide you with all the materials and ideas to try out some easy printing techniques. Bring your lunch and enjoy the garden space. No previous experience necessary. **Please email to book a table and a pack of materials sft.artcare@nhs.net**

The Staff Arts Club - a range of courses throughout the year at a subsidised rate to staff (including volunteers)

WriteWell Community: 3 month course (online) £7.50

Did you know that **staff who join the Staff Arts Club mailing list get the latest workshop information at least 48 hours ahead of our publicity** - email now to join.

Free activities: from April 11th, **Easter pebble trail** materials in a takeaway bag available from the Library. Keep your pebble or place it in a park or on site at SDH to delight other people.



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 with the details including how people can contact you.