

## 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:

## May

3rd	Sarah	- piano
5th	Emmy	- harp
10th	Alex	- guitar
12th	Pearl	- ukulele & piano
16th	Paul	- saxophone
17th	Emily	- cello
19th	Dan	- violin & guitar
24th	Rosie	- clarinet
26th	Emily	- cello
31st	Sarah	- piano



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



This year's **ArtCare Open exhibition** at Salisbury District Hospital is back and we received work from local and regional artists who submitted work for selection in this year's display.

The panel of judges awarded the overall winner prize to artist Joanna Williams for her landscape view of the river Itchen and two runners-up prizes, went to Maureen Davies for her innovative painting of Salisbury Cathedral in the snow, and painting 'Anemones' by Margot Adams. Prizes for 2022 have been sponsored by Salisbury Hospital League of Friends. Over 90 artworks were selected for the final exhibition along the corridors and main waiting areas. The hospital is grateful for support from our local artists who submitted work; as patients and staff enjoy the benefits of this display that brings colour, inspiration and welcome distraction to visitors.



## Exhibitions at SDH

Levels 3 & 4 SDH North

April 8th to May 12th: Open exhibition

May 26th to June 24th: Laura Bell Group



## Music Man, Dan's walking plan

Dan Baker is one of the Stars Appeal Live musicians that you hear playing at SDH on wards and outdoor braving the cold and wintry weather to perform in courtyards when restrictions prevented music indoors.

**Dan is taking on a five day walk from Blandford Forum, Dorset, across the fields and along byways and paths, to Hyde Park Corner, London.** Covering 132 miles, he will start at sunrise on May 9th 2022, arriving at Hyde Park Corner on May 13th. Dan describes working for the Stars Appeal Live project as deeply humbling and incredibly fulfilling. "This walk is a great reason to fulfil a desire to walk the old roads and routes to London as a way to support The Stars Appeal." **If you would like to sponsor Dan you can donate via the Stars Appeal or use his JustGiving page.**

[www.justgiving.com/fundraising/](http://www.justgiving.com/fundraising/)

[danbakermusician](https://www.justgiving.com/fundraising/danbakermusician)





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)**

**Not to be missed...dates for your diary**

**May 10th, 1pm -1.45pm – Guided nature walk of SDH**

Enjoy a gentle stroll around the fields and site of Salisbury District Hospital. We will be exploring the natural environment, guided by wildlife enthusiast staff member, James Macpherson. Looking out for nature sightings seen in May as SDH sits in some unique chalkland habitat and enjoys rare flowers and views across local countryside. **Booking essential** [www.eventbrite.co.uk/e/sdh-nature-walk-may-tickets-272074079897](http://www.eventbrite.co.uk/e/sdh-nature-walk-may-tickets-272074079897)

**May 14th, 12pm - 10pm - Fabulous Family Fun Day**

Grab your friends and family and head to **Salisbury Rugby Club** for a fun packed day including live music, football and rugby tournaments, children’s entertainment, BBQ, pizza, Pimms and a Beer festival. All in aid of the Salisbury Hospice. **Follow the page on Facebook for more info: [@fabulousfamilyfunday](https://www.facebook.com/fabulousfamilyfunday)**



**May 18th, 7pm – 8pm – online talk – Harvard Common Cold unit**

Enjoy this free online talk with Lesley Self and discover more about the collection we have from the Harvard Common Cold Unit, the links to COVID and some of the stories from life inside a research centre. **Scan this code to book your place on Eventbrite.**



**May 19th – Staff creative lunch – mosaic taster**

A drop-in and try mosaic session working together to make a new artwork for the Meadows garden. Bring your lunch and enjoy our garden space. No previous experience necessary. **Please email to book [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)**

**May 21st, 6pm Salisbury Hospice Celebration Walk**

Choose from either a 5 or 10 mile route and step out in solidarity with Salisbury Hospice Charity. The pandemic changed us all and we wish to acknowledge that, gather as a community, and collectively look towards a brighter future, whilst raising much-needed funds for Salisbury Hospice.

Sign up today at <https://www.salisburyhospicecharity.org.uk/>



**Life’s a beach**

Head to Bournemouth and Poole for 7 miles of sand and shingle coastline with choices of quiet nature reserves at Hengistbury Head, or water sports and cafés at Boscombe, including wheelchair accessible beach huts. Family friendly Bournemouth Pier and gardens have free activities in school holidays and Hengistbury Head Visitor centre runs history and nature activities too. The X3 bus links Salisbury to Boscombe and central Bournemouth; Beryl bikes and scooters can be hired using a smart phone app. Don’t forget the sun cream while you enjoy the ice cream!

