

## 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:

**February**

- 2nd Emmy - harp
- 7th Rosie - clarinet
- 9th Dan - violin & guitar
- 14th Frankie - singing
- 16th Alex - guitar
- 19th Dan - violin & guitar
- 21st Sarah - piano
- 23rd Emily - cello
- 28th Emmy - harp

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

## 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.*



### Exhibitions at SDH

Levels 3 & 4 SDH North, to Feb 9th

Ringwood Art Society

Exhibiting paintings including local  
landscapes of the New Forest to the coast.



## Fire and Glass walk

Salisbury Hospice Charity are looking for a team of daredevils to face their fears, and take on our Fire and Glass Walk on Friday 17th February 2023 in front of the stunning backdrop of Salisbury Guildhall.

You can choose to do either or both of these ultimate daring challenges..... A Fire Walk: to walk 15ft over hot coals at 550 degrees Celsius! Or a Glass Walk: to walk barefoot across hundreds of razor sharp broken glass bottles. An exhilarating way to challenge yourself and raise money for Salisbury Hospice Charity.

Registration is £30 per adult for either the Fire or Glass Walk or £50 for both. Age restrictions are 12+. We advise registering soon as places are limited! Once registered you will receive a sponsorship pack, including guidelines and further information.

You will receive full training to undertake this unique mind-over-matter challenge, supported by UK FireWalk one of the UK's leading Fire and Glass Walk companies.

More details and register [www.salisburyhospicecharity.org.uk/event/fireandglasswalk/](http://www.salisburyhospicecharity.org.uk/event/fireandglasswalk/)

# Culture Club

Block 15, opposite the Green

Join us at our Culture Club for our art & history clubs, free of charge, each month. They are open to anyone, relaxed atmosphere and no previous arty experience necessary. Tea and biscuits too!



## Public and Community sessions

**2nd Friday of the month** - *upcoming dates 10th Feb, 10th March, 14th April, 12th May*  
Drop-in art club, anytime 10am-12noon. Each month we'll have different creative materials to try out.

**4th Friday of the month** - *upcoming dates 24th Feb, 31st March\*, 28th April, 26th May*  
Drop in history club with chat, anytime 10am-12noon. Explore themed items from our archives.

## Staff sessions

**1st Thursday of the month** - *upcoming dates 2nd Feb, 2nd March, 6th April, 4th May*  
Drop-in history chat and exploring themed items from our archives, anytime 12noon-2pm.

**3rd Thursday of the month** - *upcoming dates 16th Feb, 16th March, 20th April, 18th May*  
Drop-in art club, each month we'll have some different creative materials to try out, anytime 12noon-2pm.

Please note there is currently a small step into the Culture Club, if you have any access needs please let us know. Culture Club is opposite The Green bus stop (first hospital stop for the R1 from the city centre) Blue badge parking around The Green or public car parks nearby.

*For more details look out in the daily bulletin or email [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)*

## Staff Arts Club

Local artist Tamsin Loveday of **Barefoot Bindery** is pleased to **offer 2 discounted tickets** for Staff Arts Club for her Sunday February 19th Crafternoon taster workshop. The session is a fun expanding collage ideas book project. Enter the promo code 'ArtCare10off', to reduce the price from £29 to £19. Booking and details <https://www.eventbrite.co.uk/e/510666185307>

Join our **staff arts club mailing list** to receive priority booking for all upcoming workshops. Email to [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)





## Woven Paper Hearts

Use up old wrapping paper and make a woven paper heart for your loved ones this month. Full instructions on ArtCare website.

[artcaresalisbury.uk/woven-paper-hearts/](http://artcaresalisbury.uk/woven-paper-hearts/)

## Doodle portrait!



Sonder Coffee Shop, Salisbury is hosting an art residency with local artist Frankie Sinclair. Frankie will draw participants in a colourful illustrative style, for 30 minutes to 1 hour each day. You can be one of the participants: you just need to sit reasonably still and relax for half an hour!

In return for your participation, Frankie will give you a free A4 colour print of your favourite doodle portrait. Everyday except Saturday until Sunday 12 February. High quality art prints of the doodle portraits will be available to buy from the shop.

Various FREE time slots available. Book at [www.eventbrite.com/e/doodle-portraits-at-sonder-coffee-shop-tickets-509565763917](http://www.eventbrite.com/e/doodle-portraits-at-sonder-coffee-shop-tickets-509565763917)



## Pancake Day

Make your pancakes on 21st February this year! How will you have yours? Berries, banana, chocolate or lemon and sugar? Create your own combinations.



## Half term fun!

**WILTSHIRE  
CREATIV**

### Family Fiesta at Bemerton Heath

Monday 13th February

11am - 3pm

Wiltshire Creative and partners are bringing back the popular family fiesta. Something for all the family to enjoy for FREE this half term including performances, workshops and more... Join us in the warm and welcoming St Michael's Church and Community Centre for a fun-filled afternoon!

### Get Creative – Make Music!

Thursday 16th February 2023,

10.15am or 1.30pm

An engaging and fun music making workshop for children age 7-11yrs in partnership with Salisbury Area Young Musicians. Join our two inspirational music leaders Alice Poppleton and David Garcia on this musical adventure! Explore different musical activities and build music making skills. No prior experience required, all are welcome to take part.

Booking via Wiltshire Creative website: [www.wiltshirecreative.co.uk/whats-on/workshops/](http://www.wiltshirecreative.co.uk/whats-on/workshops/)

### 100th Birthday Bash, Tank Museum

13th to 19th February 2023

Celebrate the Bovington Tank Museum's 100th birthday with interactive exhibitions, 300 tanks, kids' trails, cake and balloons. Entrance fee. Visit [tankmuseum.org/](http://tankmuseum.org/)

### Winter Survival Family Event

16th February 2023

10.00am-12.00pm



Come and find out how the birds at Langford Lakes, SP3 4NH survive the winter months. See how many birds you can spot and make a winter bird feeder. £5 per child. Book Wiltshire Wildlife Trust [www.wiltshirewildlife.org/Event/winter-survival-family-event-ll](http://www.wiltshirewildlife.org/Event/winter-survival-family-event-ll)



## 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)



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

#### 11th Feb to 11th Mar. Double Vision, 10.00-5.00pm, Fisherton Mill, Fisherton Street, Salisbury

Exhibition of inspirational photography by David Walker and Scarlet Leatham and beautiful cast glass from Geraldine McLoughlin. Three local artists demonstrate their individual views of the world. 'Double Vision' explores the relationship between the artist and the viewer and what they see, feel and take away from the interaction. Closed Sundays.

#### 11th Feb. Salisbury Watch Group, 10.00-12.00pm, Riverbourne Community Farm, Salisbury, SP1 2SR

Wiltshire Wildlife Trust nature-based craft and outdoor activities for primary school-age children and their parents. We will be making willow bird feeders to hang up in your garden. Adults Free, Child £1.50/£2.50. To book, contact Penny Fleet 01980 611815 or [salisburywatchgroup@gmail.com](mailto:salisburywatchgroup@gmail.com)

#### 11th Feb to 19th Feb. Creative Clay at Stonehenge, 10.00-4.00pm, Stonehenge

See how the fantastical Japanese 'Flame Pots' were made with an historical pottery expert. Make your own mini 'Dogu' (a clay figurine) to take home. Use our family trail to explore the Circles of Stone exhibition and discover the fascinating connections between Stonehenge and prehistoric Japan. Free with paid entry to Stonehenge.

#### 13th Feb. February Toy Swap, 10.00-12.00noon, Quench Salisbury, Unit 1 Sussex House, Newton Road, Churchfields

Come and swap toys your kids no longer play with for other toys they will love... FOR FREE! You can either donate or choose or both! Please only donate toys that are clean, complete, working & safe. Maximum of 5 toys per child to take away! Refreshments available on a donation basis. Free tickets from Eventbrite [www.eventbrite.co.uk/e/february-half-term-toy-swap-tickets-510825562007](http://www.eventbrite.co.uk/e/february-half-term-toy-swap-tickets-510825562007)

#### 14th Feb. Half-term artistic adventures with Lucy Oates, 10.00-4.00pm, Salisbury Museum

Mark making and pattern exploring for the family. Observing and experimenting, together we will have some fun drawing and printing with marks. Using recycled materials to make drawing tools to print and draw objects of the museum and the spaces around us. Free with museum admission. Drop-in, no need to pre-book.

#### 16th Feb. Coughs and Sneezes Coronavirus and the Common Cold Unit - Online Talk, 7.30pm.

A 40 minute online presentation, by Lesley Self of ArtCare. Explore items in Salisbury District Hospital archives including photographs, documents, books, objects and stories relating to the Harvard Hospital (Common Cold Unit) formerly in Harnham. Tickets £9-12 [www.eventbrite.co.uk/e/coronavirus-and-the-common-cold-unit-online-talk-by-lesley-self-tickets-444631243017](http://www.eventbrite.co.uk/e/coronavirus-and-the-common-cold-unit-online-talk-by-lesley-self-tickets-444631243017)



### Waste Free February

#WasteFreeFeb 2022 was a big success with over 400 people taking part and six tonnes of rubbish kept out the bin!

Sign up for Wiltshire Wildlife Trust's challenge and learn to get savvy with your shopping, recycling and everyday habits which can lead to some lasting changes.

More details and sign up [www.wiltshirewildlife.org/waste-free-february](http://www.wiltshirewildlife.org/waste-free-february)