

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

- 4th Sarah - piano
- 6th Emily - cello
- 11th Emmy - harp
- 13th Pearl - ukulele
- 18th Rosie - clainet
- 20th Dan - violin & guitar
- 25th Sarah - piano
- 27th Lilli - singing

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



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 Apr 27th
Teresa Rogers

Exhibiting mixed media artworks
including floral and landscapes

Preloved fashion event

A team of Lost City **Stars Appeal** Trekkers are holding a preloved fashion event on Sat 22nd April, 10.00-4.00pm at Alderbury Village Hall. Preloved, sustainable fashion and accessories, including menswear, childrenswear, vintage homeware and jewellery on sale. Fashion Show at 12 noon, refreshments available.

in aid of Salisbury District Hospitals Stars Appeal Charity

Preloved Fashion Event

Alderbury Village Hall

Saturday 22nd April
10-4



£2
Entry



Fashion Show 12 noon
Cafe

Womens Fashion & Accessories
Selection of Mens & Childrenswear
Sustainable Sellers Stalls

Sustainable makers and preloved fashion boutiques
including



Culture Club - *Block 15, opposite the Green*

Join us at our Culture Club for art & history clubs, free of charge, each month. Open to all. Relaxed atmosphere. No previous arty experience necessary. Tea and biscuits too!

Public and Community

2nd Friday of the month - *upcoming dates 14th April, 12th May*

Drop-in art club, anytime 10am-12noon. Different creative materials to try each month.

4th Friday of the month - *upcoming dates 28th April, 26th May*

Drop in history club with chat, anytime 10am-12noon. Explore themed items from our archives.

Staff

1st Thursday of the month - *upcoming dates 6th April, 4th May*

Drop-in history chat and exploring themed items from our archives, anytime 12noon-2pm.

3rd Thurs of month - *upcoming dates: 20th April, 18th May*

Drop-in art club with different creative materials each month, anytime 12noon-2pm.

Please note there is 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

Pre-book these sessions on Eventbrite



Open Exhibition 2023

Submit up to 5 works for selection in ArtCare's annual spring Open Exhibition. Entries will be chosen for the final exhibition and an overall winner will receive a prize of £300 and an opportunity to exhibit later in the year. There will also be two runners-up prizes of £150 kindly sponsored by Salisbury Hospital League of Friends.

Handing in takes place Friday 21st (10am – 1pm) and Monday 24th April (10am-6pm) at the ArtCare office, Salisbury District Hospital.

Full details and submission pack - www.artcaresalisbury.uk/event/open-exhibition-2023/

Have a go at embroidery....

Artist Teresa Rogers, who is exhibiting her work at the hospital this month, has embroidery kits to purchase.

The kits contain a picture on soft canvas, needles and threads, sample embroidery stitches, beads & embellishments, mount and backboard for framing. Prices start at £20.

Contact Teresa via her website www.teresarogersart.com/





Easter activities



Enjoy Easter with fun activities using simple materials. We've gathered our favourites on our Seasonal Activities Pinterest board - scan the QR code above.

Try origami - rabbit, egg cup, tulips - paper weaving Easter baskets or Easter egg window decoration (or mobile). Staff can request an activity bag for their department or ward - email sft.artcare@nhs.net

Promoting wellbeing with your staff and colleagues

Sophia describes the simple steps the **Research department** has taken to promote health and wellbeing amongst their team.

'We have a wellbeing group made up of 3 staff members that meet once a month and organise monthly activities for the department, for example, walking, speakers or craft. Every morning in our daily meeting I read out activities from around the Trust and health and wellbeing items like the library resources, menopause webinars, smoking support - all taken from the daily newsletter. We have a Wellbeing Wednesday when I hand out crosswords or wordsearches, plus we have a jigsaw in the Atrium for staff to share. We have a craft section in our staff room and use ArtCare's creative packs. My recent creations include collage, wire sculpture and Dorset buttons pictured above.'

Outside of work the team enjoy fish and chips - try Tasty Bites, Bemerton Health and Classic Fish Bar Laverstoke. And remember NHS staff can apply for a Blue Light Discount card giving discounts off a wide variety of online and high street retailers nationwide. The research team's favourites are Toby Carvery Amesbury - 10% and The Harvester 20%.

Go to www.bluelightcard.co.uk/ to register



Easter Egg Hunt

Print off our sheet from our Pinterest board, colour in the eggs, cut them out and hide them to enjoy an Easter Egg Hunt with friends and family.

Easter print bag

Potato print using acrylic paint onto a canvas bag - when it's dry use it to collect your Easter eggs!

Instructions on ArtCare website:
www.artcaresalisbury.uk/easter-print-bag/



Free Easter packs also available in the Hub



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**

Not to be missed...dates for your diary

2nd April. Salisbury Arts Scene, 10.00-4.00pm, Market Square, Salisbury

Talented artists from Salisbury and the surrounding area to showcase their fabulous work. Enjoy the relaxed atmosphere and wonderful music from our local musicians with food available from the cafés, pubs and restaurants around the square. Free. www.salisburyartsscene.co.uk

3rd April. Peter and the Wolf, 10.30pm, St Thomas' Church, Salisbury

Prokofiev's classic performed by three classically trained, professional musicians. £12 family group. Tickets www.miniclassicsconcerts.com

3rd-10th Apr. Easter Egg hunt, 10.00-1.00pm, Riverbourne

Community Farm, Laverstock

Find 10 pictures of Easter Eggs hidden around the farm to win a goodie bag! £4 per child. No need to book. Bouncy castle plus other fun activities in the barn, for a small additional charge.

3rd-5th Apr. Junior tennis camps, 9.30-12.30pm, Victoria Park, Salisbury

Fun camps for age groups ranging from 5 to 16 years old, and a great way to get kids active over the Easter break. www.victoriaparktennis.org.uk/holiday-camps/

5th-29th April. Across Time - the art of Brian Nolan, 10.00-5.00pm, Salisbury Library

Brian Nolan was inspired by change and continuity in the natural and human world, the cycle of seasons and days, growth and renewal. Predominantly a watercolour artist, Brian also worked in oils and pastels. The exhibition reflects this range of work.

16th Apr. Teenage Market, 10.00-3.00pm, Salisbury Market place

Young entrepreneurs showcase their skills and business ideas. Browse home made craft items and enjoy performers in the Market Place. Aged 13-21 yrs (25yrs for SEND) and would like to get involved register at www.theteenagemarket.co.uk/events/sunday-23rd-april-2023/

16th Apr. Car Boot Sundays, 9.00-12.00, Salisbury Market place

Every third Sunday of the month from Apr to Sept, sell your unwanted items. Open to sellers from 7am. Buyers enter for free. £5 per car on the day for sellers and £10 for vans or cars with trailers. No booking; just turn up on the day.

23rd Apr. St Georges Day celebrations, 10.00-4.00pm, Salisbury Market place

Family activities ranging from craft workshops, street food, food and drink vendors, performers and entertainment. Also a free Blue Badge Guided Walk.



Dig In - Wessex Archaeology's Community Cafe, Salisbury

Each month there will be a 15 minute talk by one of the experts from Wessex Archaeology followed by a question and answer session, then there is time for tea and a chat.

Sessions take place last Wednesday of the month 10:30am (talk starts at 11am). Free to attend. Salisbury Arts Centre, Bedwin Street, Salisbury.

Contact Leigh Chalmers email: l.chalmers@wessexarch.co.uk or call 07874 886903