

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:
June

6th Emily - cello
8th Dan - violin & guitar
13th Sarah - piano
15th Pearl - ukulele
20th Emmy - harp
22nd Dan - violin & guitar
27th Rosie - clarinet
29th 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 main corridors &
Fracture Clinic, SDH North to 22 Jun

Open Exhibition

Work from local and regional artists
who submitted work for selection in
this year's annual Open Exhibition.

Radio Odstock Big 70th Birthday Bash



Radio Odstock opening in 1953

You are invited to Radio Odstock's 70th Birthday Party, Saturday 29 July at 7.00pm, to be held in the Salisbury Guildhall. There will be a bar and buffet with Disco. We are hoping to raise lots of money for the Salisbury hospice charity and will be holding a raffle and other activities with prizes and please bring cash. £10 a ticket, these can be paid for and collected at Tesco Extra Salisbury Community Space, SP1 2NY from 1 June 2023 RSVP by 29 June 2023. Any enquiries, Gilbert Scammell friendsofradioodstock@outlook.com



Dorset's largest folk festival. Fantastic setting, fabulous acts, friendly atmosphere, it is a town festival like no other! The whole town comes alive with music, art, comedy, ceilidhs, workshops, dance displays, street markets and family areas. 9-11 June.



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!

Pre-book these sessions on Eventbrite



Public and Community

2nd Friday of the month - *upcoming dates 9 June, 14 July*

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

4th Friday of the month - *upcoming dates 23 June, 28 July*

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

Staff

1st Thursday of the month - *upcoming dates 1 June, 6 July*

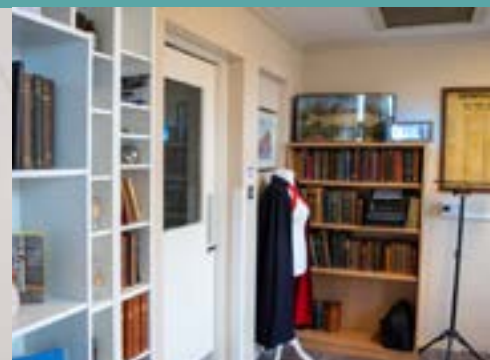
Drop-in **history** chat and exploring themed items from our archives, anytime 12noon-2pm.

3rd Thurs of month - *upcoming dates: 15 June, 20 July*

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



Could you foster a dog?

The Dogs Trust at Newton Tony is looking for volunteer foster carers. This involves temporarily opening your home to a doggo who might not be coping well with kennel life, or simply needs some respite, this could include elderly dogs, nervous dogs, those who need extra observation due to medical needs or young dogs who need help with socialisation and adjusting to home life.

.....or volunteer?

For the majority of the volunteering roles, the main requirement is a positive attitude and a love of dogs (even if it's at a distance)! You will be given all training you need for the role, dog walking, gardener, working in a charity shop or helping at a rehoming centre.





Promoting wellbeing with your staff and colleagues

Holly describes the simple steps the **FIT Testing department** has taken to promote health and wellbeing amongst their team.

‘With only a handful of staff in the team we are able to spend quality time together most lunchtimes and just zone out of work and catch up with each other. We try to celebrate as many ‘occasions’ together as possible and love to spoil and look after each other! It doesn’t really feel like coming to work when you get to spend every day with your best friends.’

Share Salisbury - A library of things

A social enterprise like a normal library but instead of being full of books, it is full of stuff for the community to borrow like carpet cleaners, pressure washers, gardening tools, camping gear.....and so much more. More details visit sharesalisbury.co.uk

Salisbury Repair Cafe - 17 June

Will be at Bemerton Methodist Church, Roman Road, SP2 9BH. 0930 start, last entry 1200. Don't bin it, they may be able to repair it! Visit salisburyrepaircafe.org

Men's Shed at Wilton

Open Monday, Thursday & Saturday 0930-1230. Fun community projects & activities for people to connect & converse. More details 07738 192324



Dangerous Stories from Latin America

From indigenous legends to magic realism, to personal experiences growing up in the most dangerous city in the world, this storytelling performance weaves together tales of hope, darkness, and the power of words. Colombian, Juliana Marin is a nomadic travelling storyteller passing through Salisbury. She's hitchhiked in ambulances, sat with shaman's in the Amazon and is now in the Salisbury Quaker Meeting house on June 14, 1930 to bring you a story. £12.50



Natural History Society

Founded in 1952, the Society studies and records the natural history of Salisbury and the surrounding area. EVERYONE interested in nature and countryside welcome, salisburynaturalhistory.com



Midsummer walk at Coombe Bissett Nature Reserve

A special event for any SDH staff - a gentle stroll with the Chase & Chalke team on Coombe Bissett nature reserve. See butterflies, orchids and more. On Tuesday 20 June 6pm - 8pm. Free shuttle transport from The Green provided. Booking essential with ArtCare.

Ramblers Wellbeing Walks

Part of a national organisation run by ramblers, South Wilts Ramblers run up to four walks per week, different meeting points. For more info visit ramblers.org.uk/south-wiltshire



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

Saturday 4 June -1000, Cogs Annual Summer Cycle Ride

To Hillier Garden Centre Tea Rooms near Romsey, ride of about 40 miles leaving from Five Rivers Leisure Centre. £5 membership required, www.cogsbike.org.uk

Sun 11 June, Farm Yard Circus, Rack Close, Salisbury, SP1 2ES - tickets from £12

A warm and cheery, family-friendly, farm-life-inspired circus spectacle, the Farm Yard Circus comprises group acrobatics, juggling, theatre, and live music. This high-energy boot-stomping show comes with its own bespoke and beautiful sound equipment. Expect a bewildering display of group acrobatics and juggling using hay bales, wheelbarrows, a tractor tyre, and even an old scarecrow! The show is set to a score of old-time tunes and raucous rhythms that will bring the cows home, played live throughout. Suitable for all ages.

Saturday 17 June - 1930, Comedian - Lucy Porter: Wake up Call, Salisbury Arts Centre

Comedian Lucy Porter is on tour with an exuberant, silly show with some wisdom sprinkled on top. Wake-Up Call is about revelations, realisations and epiphanies – both large and small. Subjects covered include: Bin collection schedules, the novels of Jean Rhys, cats, school fair booze tombolas, the Scottish Enlightenment, pressure washers and Huel. Age guidance 16+, tickets from £20

Sunday 18 June, Fathers Day Racing & Dino Day

Accompanied children aged 17 and under get in FREE at all Salisbury race days. There will be plenty to do for the little ones (and not so little ones)! Dinosaur shows and activities will be available with some mini rides and inflatables. Car parking free and courtesy bus from Salisbury Railway Station



26 June - 2 July, Chalke Valley History Festival, Church Farm, Bury Lane, Broad Chalke SP5 5DP

An annual event which features talks from Polly Toynbee, Al Murray, John Major and Tracy Chevalier. For more details and to book visit cvhf.org.uk

Every Wednesday, Camerados, from 1500-1700, 29a Brown Street, SP1 2AS

A new national & international idea, a public living room where everyone is welcome to meet people of all ages and opinions, free, buy your own drink. Rules are simple, Its ok to be a bit rubbish - don't fix each other, we are just alongside - have fun, to be silly is human - mix with people who are not like you.

Every Friday and Tuesday, Five Rivers Leisure Centre, Salisbury, Why not get into indoor bowls?

Have a go, say hello and see our facilities at Taster Sessions. Fridays 1900 - 2100 and Tuesdays 1000-1200. fiveriversibc.com



David Shillinglaw x Lily Mixe: Meet me in the Garden

Based in Margate and known for their distinctive street art and murals, David and Lily exhibit regularly in galleries worldwide. This show is a chance to see works produced individually as well as pieces created collaboratively, especially for the exhibition.

Open till 24 June - Vanner Gallery, 45 High Street, Salisbury - 10-1700