

## 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:  
**August**

- 1st Frankie - singing
- 3rd Dan - violin & guitar
- 8th Emmy - harp
- 10th Pearl - ukulele
- 15th Frankie - singing
- 17th Emily - violin & guitar
- 22nd Sarah - piano
- 24th Rosie - clarinet
- 29th Dan - violin & guitar
- 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



## 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 to 31 Aug

### 'My Homeland' Staff Photography

Staff and volunteers' interpretation of  
their homeland.

## Salisbury Giant Out and About



To celebrate the year of the King's Coronation,  
Salisbury Museum are offering an exciting  
opportunity for your group to have a professional  
photograph taken alongside the Salisbury Giant.

Photo above shows the Giant celebrating the Coronation of King  
Edward VII, 1902. Help make history! More details and booking  
form visit [salisburymuseum.org.uk/giant-out-and-about/](http://salisburymuseum.org.uk/giant-out-and-about/)

## Warminster Skate Park Jam

Skateboard enthusiasts, BMX riders and scooter fans will be  
able to watch pro demonstrations and enjoy the skate park with  
music, competitions and prizes. 5 August from 1200 to 1600, Lake  
Pleasure Grounds, BA12 9NP. Free entry.



## 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!

### Drop Ins.....

#### **Creative Coffee Club - 11 August**

*Drop-in art club, anytime 1000-1200. Different creative materials to try each month.*

#### **Creative Lunch - 17 August**

*Drop-in art club, anytime 1200-1400. Different creative materials to try each month.*

#### **History Coffee Club - 25 August**

*Drop in history club with chat, anytime 1000-1200. Explore themed items from our archives.*

#### **History Lunch - 3 August**

*Drop in anytime 1200 - 1400 for coffee and relaxed discussion whilst exploring our archives and history collections. Open to all and free of charge. No previous experience necessary.*

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](mailto:sft.artcare@nhs.net)*

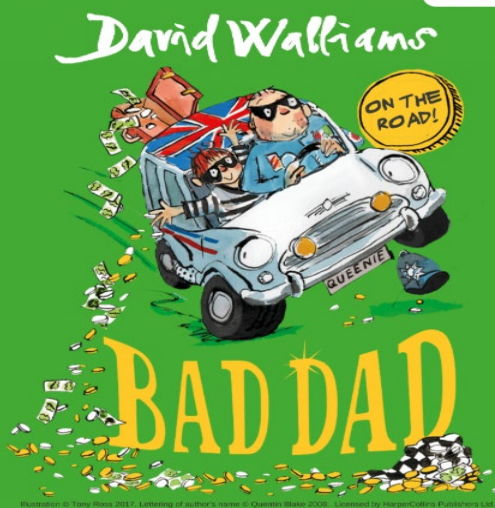
Pre-book these sessions on Eventbrite



### Salisbury's Bouncy Castle Kingdom, Inflatable Park | Rugby Club | 4-7 August

1-11 years olds are £8 per child, under 1s and adults are free. Children will have unlimited access to 15 large bouncy castles. Designated under 5s Soft play zone.





Heartbreak Productions' warm-hearted tale that follows the highs and lows of a father-son relationship at Bowood House. An open-air adaptation of David Walliams *Bad Dad* is the perfect summer family entertainment. Pack your picnics, grab your wet weather gear or sun-cream, something to sit on, and join Frank and Gilbert as they navigate their way through car chases and convicts in the struggle to escape the clutches of the local crime lord and clear Gilbert's name. Scan QR code for more information.



## At the Beach

You are invited to join us for a free beach themed family fun day on 29 August at Coombe House School, Shaftesbury, SP7 9LP. With bouncy castle, family swimming sessions, sports games with the Council's Action Van team, go-carts, and arts activities, a Punch & Judy show, sand art, music sessions, diddy cars and play time for under 8's. Artz+Sportz+ support workers will be on hand to assist families with children who are disabled. Booking essential. Scan QR code for free meals info.



## Fancy letterboxing on Dartmoor?

Similar to orienteering, it's something which you can do either on your own or with your family. The first recorded letterboxing activity was back in 1854, when a local man called James Perrott placed a glass bottle at Cranmere Pool. He then encouraged visitors and local residents to go and find the bottle and leave a note within it as a record of what they did, a mark of achievement for managing such a difficult walk. It proved to be so popular that by the early 1900's the glass bottle was full and was replaced by a tin box with a visitor's book inside. Scan QR Code for more information.



## The Bubble Show

'Mr Bubbles the Highland Joker, works wonders with buckets, bowls and troughs of water and detergent.'



The Show is a unique blend of magic, storytelling, and bubble art! Enjoy bouncy bubbles, bubbles inside bubbles, smoke bubbles, square bubbles, giant bubbles, and even fire bubbles! 17 Sep at Forest Arts Centre, New Milton, BH25 6DS. Scan QR code above to book tickets

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**

**5 August | 11:00 - 18:00 | The Salisbury Summer Fair, Wilton Estate**

Quack Quack the duckrace, dog show, live music, a special wellness village, like Kidz Love Fit sessions, climbing wall, archery plus new for 2023 Hoop La La, the ever popular K&H Falconry, and the ultimate Hobby Horse Derby, classic car village with Land Rover celebrating their 75th anniversary of the iconic Defender. Pre-booked tickets £5-£25.

**5 August – 7 October | Kaori Kato PAPER: Unfolding, Unfurling | Messums Gallery**

A hand folded site-specific installation with paper by Japanese textile artist Kaori Kato will integrate through Messum's barn gallery. As artist-in-residence, she will be making work on site as she responds to the interior of the thirteenth-century tithe barn. Her work was featured as part of the Vancouver fashion week SS 2019 collection, and Western Canada Fashion Week SS2020 collection, showcasing more than 20 different wearable paper sculptures between the two events. In 2022, she was the winner of the 'Paper on Skin' international wearable paper Art competition held in Australia.

**20 Aug | 0900 - 1200 | Soap Box Derby, Trowbridge BA14**

This annual event is Trowbridge Carnivals all time favourite! Come along and watch the fastest carts, or the best crash, or even better, grab a partner or group and build your own to get a chance to lift the trophy! 9am for registration, 10am is "kick-off". Fun for all ages. Young people to wear protective gear (ie helmets, knee and shoulder protectors)

**24/25/26/27 August | 2045 | Wiltshire Open-Air**

**Adventure Cinema - Salisbury Cathedral**

The UK's biggest outdoor cinema tour - Adventure Cinema - brings you an experience like no other. Dirty Dancing, Top Gun:Maverick, Mamma Mia and The Greatest Showman Sing-a-long.

**Every Saturday 0900 | Salisbury parkrun**

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! Please come along and join in whatever your pace! What does it cost to join in? Nothing - it's free! We're friendly! Every week we grab a post parkrun coffee at the Wood Bar within the park. Scan QR Code for more information.

**Until 3 September | Summer Holidays Fun on the Farm, Cholderton Rare Breeds Farm SP4 0EW**

Explore 42 acres of farm, feed the animals, watch pig races, take part in guinea pig fishing and learn about rare breeds. Cafe on site and 4 kids play areas including indoor play barn! Magic shows with Sean, Tues to Thurs 1100 and 1300. Weekly FRIDAY FRENZY's with special themed entertainment including Dino Encounters, Transformers, Paw Patrol, The Mad Hatter and Pirates & Princesses! Book in advance.

**28 August | Wilton Rotary Club Mammoth Car Boot Sale | Wilton House**

Sellers from 6.30am, buyers from 9.00am. Details on [www.wiltonrotary.club](http://www.wiltonrotary.club)



Larkhill Youth Nights offers something for everyone including a great tuck shop, table sports including pool, table tennis and foosball, hi-tech PC's where you can make your own music and film, gaming areas and some very comfortable sofas and a chilled out environment.

Open to all young people - you don't have to be connected to the military or from Larkhill to come along. We're a really friendly bunch and we value respect, inclusiveness and fairness.

You can visit before registering, your first night is free so you can come and give it a try. Just reserve a space for the date you want to visit. 3 August, 18:45- 21:00, Larkhill Garrison Community Centre, Willoughby Road, Larkhill, SP4 8DG

