

# 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.*

## 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:  
**November**

- 2nd Dan - violin & guitar
- 7th Sophie - piano
- 9th Pearl - ukelele & piano
- 14th Emily - cello
- 16th Jason - harp & guitar
- 21st Rosie - clarinet
- 23th Sarah - piano
- 28th Emmy - harp
- 30th Dan - violin & guitar

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



### Exhibitions at SDH

Levels 3 & 4 main corridors  
20th October - 16th November

### Clarendon Art Group Exhibition



## Pop-up Christmas Shop

**Thursday 30th November 10.30pm - 4.30pm**

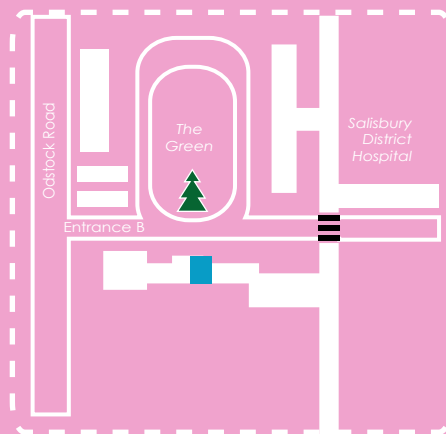
**Featuring prints, handmade crafts, gifts, cards, sweets,  
pottery, and art packs Prices from as little as £2**

*Cash, card and smart phone payments accepted (excludes  
American Express)*

Come and say Hi, explore the history collection and enjoy a  
cup of tea or coffee whilst you browse the goodies on offer  
from local makers and charities.

If you would like our shop to  
feature some of your work please  
get in touch. There is no charge  
to take part but 10% commission  
will be taken

Email [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net) for  
more information.



# 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



## Drop Ins.....

### **Creative Coffee Club - 10th November, 8th December**

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

### **Creative Lunch - 16th November,**

*Drop-in art club, anytime 12pm-2pm Different creative materials to try each month.*

### **History Coffee Club - 24th November, 22nd December**

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

### **History Lunch - 2nd November**

*Drop in anytime 12pm- 2pm for coffee and relaxed discussion whilst exploring our archives and history collections. Open to all and free of charge. No previous experience necessary.*

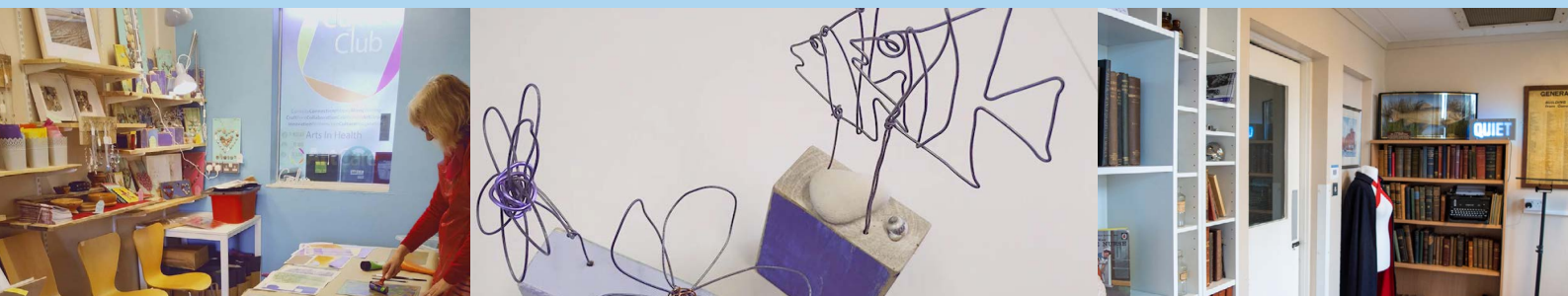
Please note there is a small step into the Culture Club, if you have any access needs please let us know. Culture Club is opposite The Green bus stop (first hospital stop for the R1 from the city centre). Blue badge parking around The Green or public car parks nearby.

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

## **New Ward Art Engagement Events - Wednesdays 8th and 29th November**

*Join us for a history display from our archives and help shape our plans for the artworks and environment of our new ward at Salisbury District Hospital*

Drop-in anytime between 2.00pm-5.00pm in the Community room at Tesco Extra, Southampton Road



## **Armistice Day**

On Thursday 9th November at 12.30-12.40pm, there will be short service of remembrance on The Green organised by the Armed Forces Network.

All staff are welcome and veterans are encouraged to wear their Service medals.

The Armed Forces Veteran Breakfast Club field kitchen will once again be onsite for the morning, between ArtCare and Wessex rehab serving breakfast rolls.





## Diwali

*Diwali is the Hindu festival of lights and this year it falls on the 12th November. It symbolises the spiritual “victory of light over darkness, good over evil, and knowledge over ignorance.”*

During Diwali people celebrate by decorating and illuminating their homes, work-places and temples. Fireworks and sweets are also enjoyed!

How about creating a Diwali inspired window decoration for your home or work-space? - instructions can be found here: [artcaresalisbury.uk/window-wonderland/](http://artcaresalisbury.uk/window-wonderland/) and Free packs of materials can be obtained from the ArtCare team on ext 5617

## World Kindness Day - 14th Nov

*Celebrate world kindness day on the 14th November by performing random acts of kindness!*

### How about showing someone you care by...

- Make colleagues a cup of tea.
- Give someone a complement.
- Smile at people, even if you don't know them.
- Do a favour or lend a hand.
- Leave inspirational messages or kind words for people to find.
- Share a joke or a funny story.



**What other things might you do? For more ideas visit:**  
**www.randomactsofkindness.org/world-kindness-day**



## National Tree Week 26th November - 4th December

*National Tree week is the UK's largest celebration of trees. Trees are the heros of nature: purifying air; providing oxygen; sustaining wildlife and on top of all that they are beautiful! This week marks the start of the planting season with people coming together across the country to plant thousands of trees.*

Trees add structure, height and seasonal interest in gardens and can also provide a nesting site for animals, flowers for pollinators and nutritious fruit for you! Do you have the perfect spot in your garden to plant a tree? If space is limited, small varieties can be planted in a container. Think about what you want from your tree and make sure the species suits the conditions in your location. To find out more about tree planting look at this helpful guide from the RHS: <https://www.rhs.org.uk/plants/types/trees/how-to-plant-a-tree>.

Planting a trees is not the only way you can appreciate them. In Salisbury we are surrounded by beautiful forests and woodlands. How about going for a gentle drive through the New Forest and taking in the autumn colours? Or perhaps wrap up warm and enjoy an autumn picnic? Or maybe don your walking boots and go for a gentle stroll or bracing hike? Ideas for local walking routes that include woodlands can be found here: <https://www.alltrails.com/en-gb/england/wiltshire/forest>. Or check out [www.thenewforest.co.uk](http://www.thenewforest.co.uk) for walking routes around the New Forest and a program of organised guided walks.

If you are heading out somewhere new on your own don't forget your map, or use an app such as [wikiloc](https://www.wikiloc.com) to help guide your route.

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

**Thursdays until 28th December, 7.30pm -9.30pm. Follow Comedy Club @ Qudos Bar and Grill, 38 Castle Street, Salisbury**

Top notch comedy from the best up-and-coming and pro acts on the UK comedy circuit. These evenings are FREE/pay-what-you-want in order to provide anyone and everyone access to big laughs. Book ahead.



**4th November 10.00am - 3.00pm, Wiltshire Makers Christmas Market, Michael Herbert Hall, Wilton**

A festive market showcasing local food, drink and crafts from makers across the county. [www.wiltshiremakers.co.uk](http://www.wiltshiremakers.co.uk)

**7th-11th November. Sarum Lights: Illuminating Art, Salisbury Cathedral, Timed entry every 15 mins from 5:30pm**

A spectacular light and sound event showcasing an amazing series of displays inside and outside the cathedral, exploring art across the centuries. Pre-booking required via Salisbury Cathedral website, Adult tickets (17+) £10, young person's tickets (4-16) £6

**11th November, 7.30pm The Farrant Singers: Requiem, St Martins Church, Salisbury**

Tickets £15 (£5 under 16s/students) book via [www.farrantsingers.org](http://www.farrantsingers.org)

**11th November, 7.30. The Greatest Magician: An Evening of Wonders, Salisbury Art Centre**

A dazzling magic show that will leave you aching with laughter and dizzy with disbelief! Recommend for ages 12+ Tickets £19, book via [www.wiltshirecreative.co.uk/events/the-greatest-magician-an-evening-of-wonders](http://www.wiltshirecreative.co.uk/events/the-greatest-magician-an-evening-of-wonders)

**11th November- January 28th. The Art of Wessex, Salisbury Museum**

This exhibition explores all the different Wessex artists represented in the museum's collection. This selection looks at artists connected with the Wessex area from 18th century to the present day and includes well known pieces as well as hidden treasures. Entry with general admission.

**20th-24th November, 2.00pm. Winter Colour in the Garden Event across Inexcess Garden Centres**

Monday 20th at Salisbury Garden Centre; Tuesday 21st at Ringwood Garden Centre; Wednesday 22nd at West Parley Garden Centre; Thursday 23rd at Fair Oak Garden Centre and Friday 24th at Landford Garden Centre. FREE, no need to book.

**25th November- 7th January. Dick Whittington, Salisbury Playhouse**

A classic family favourite panto- Suitable for ages 4+. Tickets from £17 via [www.wiltshirecreative.co.uk/events/dick-whittington](http://www.wiltshirecreative.co.uk/events/dick-whittington)

### The Ripple Effect Exhibition 3rd Nov - 16 Dec. Salisbury Library, Free Entry

This exhibition draws inspiration from the River Avon and features participants' work inspired during a two-year wellbeing project that focussed on creative art, archaeology and ecology. Structured around the seasons, it reflects on our relationship with the river and teaches about the wildlife on our doorstep.

