

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:
January

- 2nd Sophie - piano
- 4th Emily - cello
- 9th Sarah - piano
- 11th Pearl - ukulele and piano
- 16th Emily - cello
- 18th Emmy - harp
- 23rd Rosie - clarinet
- 25th Dan - violin & guitar
- 30th 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
...join the mailing list
...join the arts club
...suggest new items for this
newsletter



Exhibitions at SDH

Levels 3 & 4 main corridors
11th January – 8th February

Ringwood Art Society Exhibition

Afternoon glow by David Rowland from
Ringwood's 2023 Exhibition.



Harnham Water Meadows Drowning. 27th January @ 10am. Rose Cottage, Town Path, Harnham, Salisbury.

Set within the vista of the magnificent Salisbury Cathedral, Harnham's 84 acres of water meadows have been an essential part of the city since the 17th century. To this day, the meadows still function as a flood defence for Salisbury. Breathtakingly beautiful, they include a Site of Special Scientific Interest and home to many types of flora and fauna.

Come and see the Harnham Water Meadows in action as you're guided over the meadows to watch their expert "Drowner" let water on from the river Nadder as was done in the early 17th century. Rose Cottage will be open to visitors, and light refreshments will be available. They hope to see you there! www.salisburywatermeadows.org.uk **FREE**

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.....

History Lunch - 4th January, 1st February

Drop in anytime 1200 - 1400 for coffee and relaxed discussion whilst exploring our archives and history collections.

Creative Coffee Club - 12th January, 9th February

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

Creative Lunch - 18th January, 15th February

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

History Coffee Club - 26th January, 23rd February

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

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



The Crafty Cup- New crafting cafe open in Wilton

Zoe and Heather at The Crafty Cup have created a space of awe and wonder! A hub of activity serving Wilton - A place to meet friends, a place to relax and enjoy for all the family and for people of all ages.

You will Find the Crafty Cup at 9 North Street, Wilton and they are open from 9am-4pm daily (closed Sundays). Check out their website www.thecraftycup.co.uk to see their menu and their full range of offerings including workshops, in-house craft packs and busy baskets for little ones!



Happy New Year!

How about welcoming some new creative habits into your life for 2024?

Getting creative is a great way to help manage stress and improve your sense of wellbeing. Why not join us for a creative drop-in session in the Culture Club or a book a Staff Arts Club workshop? **Here are some more ideas you can try:**

Yoga-Clay Day Retreat



Jane Staniland and Tina Stanton are offering the opportunity to share a day of yoga and clay for all abilities on 16th February 2024. 10am - 5pm

Enjoy a day of opening up and understanding of your body through movement and making. It will be a day to delight all the senses!

The price is £110 pp and includes a nourishing Ayurvedic lunch along with refreshments throughout the day.

They are also offering 2½ hr yoga-draw workshops available to book onto for £25pp on Saturdays 13th January and 10th February 2-4:30pm. These sessions start with all-ability yoga practice and then life drawing tuition.

For more information and to book go to www.janestaniland.com/events



Coffee, Cake & Choir

A fun and inclusive weekly pop-up choir for all ages and abilities on Tuesdays, 9.30-11am @ The Boston Tea Party, Salisbury.

Having run the hugely successful Evolution Choir for over 15 years, Lilli Badcock has launched this new weekly pop-up choir designed to bring the community together and combat anxiety and stress through singing!

Lilli is passionate about using singing as a tool to aid wellbeing. All ages and abilities are encouraged to come and give this choir experience a try!

Tickets are £10 and available to book through www.eventbrite.co.uk/e/coffee-cake-choir-tickets-511838261017

Marilyn Allis Water Colour Tutorial- Special Offer

MARILYN ALLIS is a water colour artist working in a loose & impressionistic style, using strong, vibrant colours capturing the movement and energy of a scene. Marilyn won the SAA artist of the year title in 1999 and has delivered workshops for our Staff Arts Club.

If you would like to have a go at water colour painting from the comfort of your own home, Marilyn is offering a new **taster subscription** to her on-line tutorials. The subscription costs just £1.49 per month and includes one workshop on the 1st of each month in real time with captions as well as PDF files with reference image and finished image & drawing. Just add your own materials! For more information about this offer and her other available subscriptions visit www.marilynallis.com



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

21st January, 5pm. The Epiphany Devotion, Salisbury Cathedral.

Join Salisbury Cathedral for the last of the popular processional services celebrating Advent, Christmas and Epiphany, telling the story of the journey of the Magi travelling to worship the infant Jesus. A moving service made up of readings, devotional addresses and the Cathedral Choir, joined by period instruments. FREE

10th January - 9th February, 11am & 2pm. Winter Conservation Tours, Arundells, Cathedral Close, Salisbury.

Explore the behind the scenes at Arundells. Gain exclusive access during the closed season and learn how they care for the collection. You might even have an opportunity to handle some of their treasures! Tickets for 90 minute tours are £15. www.arundells.org/events

12th – 28th January, 6:00pm or 8:00pm (selected dates). Winter Woodland Lights, Hawk Conservancy Trust, Andover, Hampshire.

Winter Woodland Lights is back! This January, the Hawk Conservancy Trust will once again, become even more magical, with beautiful illuminations and a live owl display set in a stunning, colourful woodland. Tickets are £14 from www.hawk-conservancy.org

25th January, 7.30pm. Fastlove: The Tribute to George Michael, Salisbury Playhouse, Malthouse Lane, Salisbury.

Direct from London's West End, this is the world's favourite George Michael celebration! Make new memories whilst reliving old classics - This show has it all; the power, emotion and star quality in a stunning production. Suitable for all ages, tickets from £19 www.wiltshirecreative.co.uk/events/fast-love-a-tribute-to-george-michael

Third Thursday of each month - 18 Jan, 15 Feb, 22 Mar, 18 Apr, 10-11 am, Discover the Art of Ikebana: Trial & Introductory Course, The Radnor Hall, Bodenham, Salisbury

Unlock the beauty of Japanese floral artistry at this beginner's Ikebana trial & introductory class! Immerse yourself to the world of Japanese art and learn to create stunning Ikebana arrangements with Miyuki, an Ohara ikebana master. Sessions are £10 (Trial) or £15 (Introductory class) for more information and to book go to www.ticketsource.co.uk/me-you-creation/e-dqazzk

26th January, 7.30pm. Ben Morgan-Brown, Arundells, 59 Cathedral Close, Salisbury.

Dust off the January blues with a delightful intimate concert of instrumental folk guitar. Ben Morgan-Brown is an English Pastoral folk & blues guitarist and is winner of FATEA's Instrumental Album of the Year 2021, and Instrumentalist of the Year 2022. Tickets are £15 from www.arundells.org/events/benmorganbrown/

1st February, 7.30pm. An Evening of Burlesque, Salisbury Playhouse, Malthouse Lane, Salisbury.

A night of laughter, cabaret, mystery and glamour! This ultimate variety show blends stylish cabaret, comedy, music, circus and burlesque, featuring world-class entertainers and stars of the stage and screen. Age guidance: 18+ (Sexual content) Tickets from £19 www.wiltshirecreative.co.uk/events/an-evening-of-burlesque-2



New Year- New You!!

Odstock Health and fitness are offering you the chance to start a membership without the joining fee for the whole of January!

Pop in to chat through the membership options and see the facilities which include two swimming pools, a fully equipped gym, fitness classes, treatments, squash courts, tennis courts, meeting/function rooms and more!