

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:
April

- 5th Sophie - piano
- 7th Pearl - ukulele & piano
- 12th Sarah - piano
- 14th Dan - violin & guitar
- 19th Sarah - piano
- 21st Emmy - harp
- 26th Emily - cello
- 28th Rosie - clarinet

Enjoy more music on ArtCare's
YouTube channel @ArtCare UK



Are you a confident pianist?
Email [ArtCare](mailto:sft.artcare@nhs.net) 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

23rd March- 19th April Levels 3 & 4 main corridors

Mark Elling & Simon Manners
and poetry from Chase & Chalke
Landscape Partnership project-
"Words in the landscape"

Women of the Dark Skies

Fridays 1st, 8th, 15th & 22nd March
7pm - 11pm

A storytelling pilgrimage for women, exploring darkness, power and freedom, crossing the ancient lands of Chettle at night...



Travel back in time nearly 2,000 years and meet the local Story Weaver from the Durotriges Tribe. She will lead you on a pilgrimage across the dark landscape to hear the story of Arla the Hare Runner's journey from child to woman. But the Story Weaver brings word that an uprising against the Romans is being seeded by a formidable female Iceni warrior. As Rome threatens to extinguish your freedom and culture, will you heed the call to keep the powerful lore of your lands alive?

Women of the Dark Skies is a theatrical, storytelling pilgrimage for women, led by creator Becky Burchell, walking at night without torches over the ancient landscape surrounding Chettle, in the heart of the Cranborne Chase. The evening will finish with Women's Circle around a fire...

Tickets £25 To book online: www.eventbrite.co.uk/o/becky-burchell-73427297153

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 April (7th March CANCELLED)

Drop-in anytime **12noon- 2pm** for relaxed discussion whilst exploring our archives and history collections.

Creative Coffee Club - 8th March and 12th April

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

Creative Lunch - 21st March and 18th April

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

History Coffee - 26th April (29th March CANCELLED)

Drop-in any time **10am - 12noon** for relaxed discussion whilst exploring our archives and history collections.

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



Art Parlour @ Sonder Coffee 22nd March, 26th April and 24th May

1pm to 5pm in the 2nd floor co-working space at Sonder Coffee, 35 High Street, Salisbury

Drop in and create, free form arts events. Come and draw, have your portrait drawn, read, write, doodle, play acoustic music and socialise. Enjoy some cafe society antics. You know those art movements that happen? Well, you're in one- Live it!

There are chairs and tables available but no easels. Bring your own materials (you can bring a portable easel if needed). For this event only dry / clean materials please. **These events are FREE** but donations are welcome to help cover the cost of the room booking.

For more information and to book your place visit www.shimmyshim.com/pages/art-parlour



Check out ArtCare's Website



If you are looking for some creative inspiration or want to find out more about ArtCare's work, visit our website at artcaresalisbury.uk

Here you will find information about future workshops, drop-in sessions, recent projects and a wealth of creative activities you can try. Why not have a go at some of our springtime activities? Join our mailing list by emailing sft.artcare@nhs.net



March Staff Arts Club Workshop



21st March 6pm-8pm
Sketching from life- including a visit from Two Birds Experiences

Join ArtCare's Lesley Self and Two Birds Experiences Salisbury, for a unique opportunity to get up-close and personal to birds of prey. Learn from Lesley how to sketch the birds in a loose and fluid style using a range of media including pencils, inks and charcoal.

For more information and to book see www.eventbrite.co.uk/e/sketching-from-life-including-a-visit-from-two-birds-experiences-tickets-796829166487



Bind and Begin a Mini Art Journal

Fisherton Mill, Sat 6th April 2-4pm

Join bookbinder, Tamsin Loveday, for a gentle introduction to making and using your own mini art journal, a perfect taster if you are not sure how to begin art journaling.

If you have thought about starting a journal or trying art journaling but haven't known where to begin, this taster workshop is a lovely introduction to both bookbinding and art journaling to help you.

Tamsin is offering a 10% discount on this workshop using code **Artcare10** at the checkout! For more information and to book, go to www.eventbrite.co.uk/e/bind-and-begin-a-mini-art-journal-tickets-803805974307?aff=ebdssbdestsearch



Easter Family Fun!

Spring is here and the Easter Bunny has been very busy! Why not enjoy the sunshine and enjoy one of the following activities?

Easter Bunny and the Lost Eggs Trail at Wilton House. 28,29 & 30th March, 11am - 5pm

The trail explores the grounds of Wilton House and features illustrations of the Easter Bunny and friends. Trails are £4 /child, including chocolate egg prize. All proceeds to Julia's House charity; normal admission to Wilton House Grounds apply see www.wiltonhouse.co.uk/events/

Easter Adventure Quest at Old Sarum.

23rd March - 14th April, 10am - 5pm

Hunt for clues in the castle grounds, track down the Easter eggs and get rewarded with a tasty chocolate treat. Quests cost £2 per child plus the normal admission prices. Book online you can save 15% on your entry ticket. Free entry for English Heritage members. www.english-heritage.org.uk/visit/places/old-sarum/

Larmer Tree Easter Extravaganza at the Larmer Tree Gardens. 1st April 10am - 3pm

A wonderful day out for all the family! Child tickets include interactive story time, mini petting zoo, crafts & easter trail with chocolate prize! Bring a picnic or treat yourself to some delicious treats from the coffee shop. Tickets are £10 per child, £5 per adult/concessions. www.larmertree.co.uk/upcoming-events

Easter Egg Hunt at Mottisfont Mottisfont Abbey 23rd March - 14th April, daily from 10am.

Make your way along the trail and find nature-inspired activities for the whole family. Have a go at welly wanging, 'egg-sercises', bunny bowling hoopla and a craft activity. £3 per trail, which includes an Easter trail sheet, bunny ears and dairy or vegan and Free From* chocolate egg, plus admission applies (free entry for NT members + u5s) www.nationaltrust.org.uk/visit/hampshire/mottisfont



Rainy Days- not a problem!

...Hobbycraft opening on 2nd March!

Hobbycraft, Dolphin Ind Estate, Southampton Rd, Salisbury

If the weather is not on your side, why not visit Salisbury's brand new Hobbycraft store? You will find the shelves bursting with creative inspiration and seasonal activities. Take a look at their website for online tutorials and craft ideas, and look out for instore workshops coming soon! www.hobbycraft.co.uk/static-pages/cp-salisbury-store.html



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

9th March, 12noon - 3pm, Pedals, Pipes and Pizza, Salisbury Cathedral.

An invitation for children, age 9+, who can play the piano (approx. grade 3+) for a unique opportunity to try the impressive 'Father' Willis Organ and the newly renovated Peter Collins Pipe Organ at neighbouring Salisbury Cathedral School. Book this Free event via www.salisburycathedralschool.com/Forthcoming-Events/

16th March, 10am-2pm. Plant Sale at River Bourne Community Farm, Laverstock.

Including lots of perennials, garden accessories and a raffle. Please note that this event is CASH ONLY -Free to attend

16th March 6pm. A St Paddy's Day Hoolie, Salisbury Arts Centre.

Join us to celebrate St Patrick's Day amidst the best local talent. This event will feature six of the region's top festival acts- Pronghorn; Corellian; Guns of Navarone; Lump; Dr Beatroot and Wiltshire College Showcase. Tickets from £8, Ages16+ (under 18s require adult supervision) www.wiltshirecreative.co.uk/whats-on/category/salisbury-arts-centre

16th March -13th April 9.30am- 5pm daily 'Let the Art Speak' Exhibition, Fisherton Mill, Salisbury

The Solent & Southern Art Collective is a group of professional artists who work in a range of disciplines including painting, sculpture and photography. This exhibition showcases the contemporary works of six of the Collective's members. Each artist contributes a unique perspective, resulting in a captivating and diverse display, all inspired by the wonders of the natural world. Free entry

22nd March, 6.30-10.30pm. Chilli and Kili Quiz night, Salisbury Rugby Club, SP1 3SA

With Guest Max Levene, who will be attempting to be the first complete spinal cord injured tetraplegic to climb Mt Kilimanjaro, fundraising for RFU injured players foundation and the INSPIRE foundation. Tickets are £25 (table of 6) and include 2 course meal, welcome drink and quiz. For Tickets visit inspire-foundation.org.uk/shop

22nd March-4th June. Festival of Blossom, Mompession House, Cathedral Close, Salisbury.

This Festival provides entertainment and activities that put those with SEND and dementia first. Pick up a blossom map and trail, take part in a free workshop or add to the community blossom bunting. All workshops and activities are free with normal entry -£9 adults £4.50 child. Special free early entry for families with members who have SEN or dementia will be offered one day a week. This will be the normal house experience, but much quieter and with very limited numbers. See Mompession house website for further information and to book www.nationaltrust.org.uk/visit/wiltshire/mompession-house

27th April, 8.30pm. Midnight Walk for Salisbury Hospice, Five Rivers Leisure Centre.

Hold onto your glow sticks...Salisbury Hospice Charity's Midnight Walk is back, and it's going NEON! Open to all above 12 years, even your beloved furry pals! Registration fee: £25 Adults, £15 Children with a fundraising target of £50. For details and to register visit www.salisburyhospicecharity.org.uk/event/midnight-walk/



International Women's Day 2024: a concert with Louise Jordan

8th March, 7.30pm. Salisbury Arts Centre.

Join singer, songwriter and storyteller Louise Jordan for a musical concert in celebration of International Women's Day 2024. Having toured across the UK and Europe since 2010, Louise now dedicates her time to researching and spotlighting hidden women's stories through song. From engineers and physicians to spies and smuggleresses, Louise will also share stories from her twelve years of touring as a solo artist. Tickets from £15.

For more information visit www.wiltshirecreative.co.uk/whats-on/category/salisbury-arts-centre