

## Culture club news

Life is more than work...  
boost your downtime  
with new things  
to try



### Stars Appeal Live musicians playing at SDH:

#### October

|      |         |                               |
|------|---------|-------------------------------|
| 2nd  | all day | Emmy - harp                   |
| 2nd  | pm      | Simon - guitar                |
| 7th  | all day | Sarah - piano                 |
| 9th  | all day | Dan - violin and guitar       |
| 9th  | pm      | Sagat - guitar                |
| 14th | all day | Sophie - piano                |
| 16th | all day | Sagat - guitar                |
| 16th | pm      | Chris - guitar, ukulele, song |
| 21st | all day | Louise - guitar and song      |
| 23rd | all day | Frankie-singing               |
| 23rd | pm      | Sarah - piano                 |
| 28th | all day | Jon - harpguitar              |
| 30th | all day | Emily - cello                 |
| 30th | pm      | Dan - violin and guitar       |

#### November

|      |         |                          |
|------|---------|--------------------------|
| 4th  | all day | Sagat - guitar           |
| 6th  | all day | Dan - violin and guitar  |
| 6th  | pm      | Simon - guitar           |
| 11th | all day | Sarah - piano            |
| 13th | all day | Jon - harpguitar         |
| 13th | pm      | Karen - clarinet/ukulele |
| 18th | all day | Jason - harpguitar       |
| 20th | all day | Jason - harpguitar       |
| 20th | pm      | Emily - cello            |
| 25th | all day | Louise - guitar and song |
| 26th | all day | Emmy - harp              |
| 26th | pm      | Sagat - guitar           |



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

## 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

**17th Oct - 21st Nov:**

**Salisbury Group of Artists**

*picture: Michael Bacon, View to Odstock*

## Salisbury Fireworks

**Saturday 1st November**

**5.30pm – 9pm**



*Don't miss an unforgettable evening of spectacular fireworks at Salisbury Racecourse! Expect a dazzling display, live music, delicious food and drink, and entertainment for all ages – and raise vital funds to support hospice care in our community.*

### The evening includes:

**A kids' halloween disco** (6pm – 7pm) – Get your little ones looking fang-tastic and kick off the evening with a spooky party for children, complete with games and prizes.

**Live music from This is Queen** – Experience the incredible sound and energy of Queen with this top tribute act, performing both before and after the fireworks.

**Food & Drink** – A variety of food stalls and fully stocked bars will be on hand to keep you fuelled.

**And a spectacular fireworks display** (7.30pm – 7.45pm) – Watch the skies of Salisbury come alive with colour.

**Book your tickets at [www.salisburyhospicecharity.org.uk/event/salisbury-fireworks/](http://www.salisburyhospicecharity.org.uk/event/salisbury-fireworks/)**



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

## 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.....

**Monthly History drop-ins in The Culture Club are on the *first Thursday of each month*. Drop-in any time 11am - 1.30pm for relaxed discussion whilst exploring our archives and history collections.**

**Monthly Bring-your-own-craft drop-ins in The Culture Club are on the *second Thursday of each month*. Drop-in anytime 12.15pm -1.45pm use our Culture Club space to work on your own project and share with other like-minded colleagues**

**Monthly Creative drop-ins in The Culture Club are on the *third Thursday of each month*. Drop-in anytime 11am -1.30pm with different creative activities to try each month.**

For more details and to let us know you are coming, check out our eventbrite page or email [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)

**If you would like to get involved in our history project helping with research or archive support please get in touch- email [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)**

Please note there is a small step into the Culture Club, if you have any access needs please let us know as ramp access can be arranged. The 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.

Pre-book these sessions on Eventbrite



## The Big Sleep at Stonehenge- 14th November 2025

***You are invited to help break the cycle of homelessness with a memorable life time opportunity to say you slept out at Stonehenge. This unforgettable event isn't just about one night under the stars; it is also about standing up for veterans facing homelessness and hardship in our area needing our care.***

Get sponsored to sleep out for one night so Alabaré can provide the support needed to help more homeless veterans across Wiltshire and the South West. BIG Sleepers will be given a bivvy bag and refreshments throughout the night, and breakfast in the morning

The fabulous Cranborne Chase National Landscape team will be joining the event, who will talk through the astronomical, dark night sky after walking down to the stones in the evening (bus available if required). There, you will look through telescopes and (hopefully) see the constellations for yourself.

Places are limited to just 200 participants, so don't miss your chance to be part of this extraordinary night. Visit [alabare.co.uk/events/the-big-sleep-stonehenge-wiltshire/](http://alabare.co.uk/events/the-big-sleep-stonehenge-wiltshire/) for more information and to sign up!





# Embracing Autumn...

*Autumn is finally here - with cooler days, colourful leaves, and that cosy feeling we all love. It's the perfect time for warm drinks, woolly socks, and enjoying the simple things like collecting conkers and crunchy walks outside. Here are some Autumnal ideas you might like to try*

## Zen Leaf Activity

*Why not explore some local woodland and see the leaves changing colour. Collect some leaves of different shapes and colour and take them home to inspire a Zen doodle (or zentangle)- a style of doodling/drawing that allows you to create intricate designs using small areas of patterns. You don't need previous arty experience and can produce amazing results very quickly. All you need is some paper and a pen or pencil- Here's how to do it:*



1. Draw some leaf outlines on a page. If you are not confident, you can always draw around some leaves.
2. Divide your leaf outline up into 6-8 sections.
3. Fill each section with a different pattern e.g. check, zig-zag, dots and circles... anything you like!
4. Colour in your drawing if you want - maybe choose some autumn colours.
5. Repeat the process across the page using different shapes and patterns.

## Join a Staff Arts Club Workshop

*Lindsey Cole is a New Forest artist based in Ringwood. She uses a varied range of mediums including oils, acrylics, watercolour and mixed media to create interesting textural paintings. Winner of Salisbury District Hospital's Open Exhibition 2024 with her stunning mixed media artwork, she will be visiting to share her skills with staff!*



**Exploring Texture (mixed media) with Lindsey Cole - £5  
Thursday 13th November,  
6-8pm, Wessex Rehab Centre**

Working with texture medium, we will be adding mixed media with acrylic paint & inks to create marks & interesting textural surfaces to add into future paintings.

Please use the QR code to book your place!



## Carrot and Ginger Soup

*A cheap, quick and easy soup that is certain to warm you up on a chilly evening! Serves 2-3*

Ingredients:

- 500g carrots- peeled and chopped into disks
- 1 medium onion- peeled and sliced
- 1 tbsp grated fresh ginger
- drizzle of olive oil
- 1 pint vegetable stock
- salt and pepper to season

Add the olive oil and onion to a large saucepan and cook over a medium heat until softened. Add the ginger and cook for a further minute. Add the carrots, stock and seasoning and bring to the boil. Simmer with a lid on for approx 20 minutes or until the carrots are soft. Blend using a stick blender to a smooth consistency. Add more stock if needed for a thinner consistency.

**Why not experiment with other vegetables like butternut squash or for a more substantial meal try adding some red lentils and some additional stock at the same time as the carrots?**





Explore activity on site: [www.artcaresalisbury.uk](http://www.artcaresalisbury.uk)  
 Explore the city: [www.experiencesalisbury.co.uk](http://www.experiencesalisbury.co.uk)  
 Explore Wiltshire: [www.visitwiltshire.co.uk/whats-on](http://www.visitwiltshire.co.uk/whats-on)

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

### 3 - 5 Oct. Various times. Salisbury Musick. Medieval Hall, Cathedral Close, Salisbury

A three-day festival, bringing together local musicians and visiting Baroque experts to provide a wonderful range of concerts, talks and educational opportunities for all ages. Tickets from free to £25. Visit [www.salisburymusick.org.uk/](http://www.salisburymusick.org.uk/) for full programme and details

### 9 Oct. 7pm. James Phelan: The Dreamer Salisbury City Hall

The BBC's most broadcast magician of the last decade debuts his breath-taking new magic show. Tickets from £31.90 – £49.50 See [www.salisburycityhall.co.uk/event/james-phelan-the-dreamer/](http://www.salisburycityhall.co.uk/event/james-phelan-the-dreamer/) for full details.

### 9 Oct. 7.30pm. An Audience with Jonathan Dimbleby. Salisbury Arts Centre

Dimbleby presents his new book "Endgame 1944: How Stalin Won the War" a gripping narrative setting the drama of the relationships between Churchill, Roosevelt and Stalin against the history being created on the battlefield. Tickets from £18, visit [www.wiltshirecreative.co.uk/events/an-audience-with-jonathan-dimbleby](http://www.wiltshirecreative.co.uk/events/an-audience-with-jonathan-dimbleby) for full details.

### 10 - 11 Oct. Oktoberfest. Salisbury Arts Centre

Savour traditional German food like bratwurst while enjoying the lively sounds of a classic Oompah band and the energy of live music. Tickets from £25. Visit [www.wiltshirecreative.co.uk/events/oktoberfest](http://www.wiltshirecreative.co.uk/events/oktoberfest) for full details.

### 15 - 17 Oct. 10am - 5.30pm. Rockbourne Fair. Salisbury Racecourse

A 3-day boutique early Christmas shopping fair with over 100 unique stalls in aid of the Stars Appeal. £6.00 standard entry / £3 after 6pm on Thursday late night shopping. More details at [rockbournefair.org.uk/](http://rockbournefair.org.uk/)

### 19 - 22 Oct. Salisbury Charter Fair. Market Place, Salisbury

With roots dating back to 1227, when King Henry III granted a charter to the Bishop of Salisbury to hold a fair on the third Monday in October, the event remains a treasured annual tradition. From family favourites like the carousel to adrenaline-fuelled attractions such as 'Chaos', the Salisbury Charter Fair has something for everyone.

### 23rd Oct. 6.30pm. The Shires: The Two of Us. Salisbury City Hall

See the UK's biggest country music duo in an intimate acoustic performance of all their classic tracks. Tickets from £38.50, got to [www.salisburycityhall.co.uk/event/the-shires-the-two-of-us-tour/](http://www.salisburycityhall.co.uk/event/the-shires-the-two-of-us-tour/) to book.

### 1 Nov. 7pm. Band Night. Salisbury Arts Centre

An exciting night of live music from aspiring young bands, singers, songwriters and musicians, performing live on stage. Tickets £5. Visit [www.wiltshirecreative.co.uk/events/band-night-2](http://www.wiltshirecreative.co.uk/events/band-night-2) for more information.

### 4 - 8 Nov. 5.30pm-8pm. Sarum Lights: Lost Worlds. Salisbury Cathedral

Salisbury Cathedral will once again be transformed by light and sound, taking you on a journey exploring the ancient cultures and societies lost in the sands of time. Tickets from £6. Visit [www.salisburycathedral.org.uk/sarum-lights/](http://www.salisburycathedral.org.uk/sarum-lights/) to book

### 15 Nov. 10am- 3pm. Christmas Bazaar. Salisbury United Reformed Church, Fisherton Street

Christmas Bazaar selling a wide range of beautiful Christmas crafted gifts. There will be a Santa's grotto and a raffle and refreshments will be on sale throughout the day. Free entry!

### 27 Nov - 3 Jan. Light Up Sir Harold Hillier Gardens At Christmas. Jermyns Lane, Romsey SO51 0QA

Hampshire's award-winning festive light trail returns with 8 reimagined zones, dazzling new projections, and joyful surprises set to make fantastic festive memories for all the family. Time slots: 4:30pm – 8:00pm entry. Tickets from £12.50, book at [www.lightuptrails.com](http://www.lightuptrails.com)



## Salisbury Comic-Con

22nd November

10am-4pm

Salisbury City Hall

***The Ultimate Comic-Con Experience! This will be a great day for families, sci-fi collectors, fans, and every other kind of Comic Con Fan!***

Featuring film & TV guests, stage talks, movie props and features, cosplay competition, comic artists and traders and more! Ticket prices start at just £6.23.

**For more information and to book your tickets visit <https://shorturl.at/n5fsa>**