

## 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:  
**July**

- 5th Emily - cello
- 7th Dan - violin & guitar
- 11th Paul - saxophone
- 12th Emily - cello
- 14th Jane - harp
- 19th Alex - guitar
- 21st Sarah - piano
- 26th Rosie - clarinet
- 28th Dan - violin & guitar



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

...join the mailing list

...join the arts club

...suggest new items for this newsletter

This month's edition is inspired by the Facilities HQ reception team.  
**Want to help with future editions? We want to hear from you - email [sft.artcare@nhs.net](mailto:sft.artcare@nhs.net)**



**Exhibitions at SDH**  
Levels 3 & 4 SDH North  
July - ArtCare exhibition



Photo: Ben Lee

### Queen Elizabeth Gardens to The Old Mill, Harnham via the Town Path.

A gentle stroll soaking in stunning views of the Cathedral and so, so much wildlife. With patience and a keen eye Water Voles can be seen dining or foraging for food upon the river banks. Heron and Egrets are regular visitors amongst the many waterways interconnecting the Ladder and Avon Rivers, which are chock full of Brown Trout from large groups of small fry to dinner size. If you are lucky you may even see the blue flash of a passing kingfisher while you relax by the babbling mill outlets whilst enjoying a glass of something you fancy. *Ben Lee.*



Explore, learn and connect with new people by choosing to volunteer with Wessex Rivers Trust. Find out more about their work and how to join in at [www.wessexrt.org.uk](http://www.wessexrt.org.uk)



The New Forest offers lots of choices for activities to unwind - horse riding, spa days, watersports, walking and cycle routes. Discover more at [www.newforest.co.uk](http://www.newforest.co.uk)

Photo: newforest.co.uk



## Culture club Spotlight



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

**June 29th to September 22nd - Grayson Perry tapestries**  
**Salisbury Cathedral;** info: [www.salisburycathedral.org.uk](http://www.salisburycathedral.org.uk)

**Now until October 30th - Thomas Hardy exhibition**  
**Salisbury Museum;** info: [www.salisburymuseum.org.uk](http://www.salisburymuseum.org.uk)

**July 3rd:**

**Stars Appeal Walk for Wards, Wilton House.**

Register at [www.starsappeal.org/event/walk-for-wards](http://www.starsappeal.org/event/walk-for-wards)

**Salisbury Arts market, Market Square, Salisbury**

Info: [www.experiencesalisbury.co.uk](http://www.experiencesalisbury.co.uk)

**Salisbury Pride, 12pm to 10pm Queen Elizabeth Gardens, Salisbury.**

Info: [www.salisburyprideuk.org](http://www.salisburyprideuk.org)

**July 9th - Joyfest for Salisbury Hospice, 10 to 9:30pm**

**Salisbury Rugby Club**

**July 11th to 15th Wellbeing week at SDH -** ArtCare and Odstock Health and Fitness are pleased to host a range of free activities and events for staff. **Pick up a flyer at the Leisure Centre.**

**July 17th Car Boot Sale, 9am to 1pm Salisbury Market Square**

Info: [www.experiencesalisbury.co.uk/what-s-on/2022](http://www.experiencesalisbury.co.uk/what-s-on/2022)

**wellbeing week**  
Salisbury District Hospital  
**July 11th to 15th, 2022**

**Free events & activities for staff**  
**Choose your event(s), BOOK NOW**

music, swimming, nature walks, fitness classes, sleep workshops, diet and nutrition advice, yoga, 1:1 Gym sessions, creative arts activities, jazz, mindfulness, meditation and relaxation, healthy food special offers in Springs & Hedgerows  
Odstock Health and Fitness: ext. 2085  
ArtCare: ext. 5617

5 ways to wellbeing: take notice, get active, connect, learn, give

### Take a swing at golf

There's plenty of local clubs to try out: **Upavon, Highpost, Salisbury Golf Centre** on Wilton Road and **Salisbury and South Wilts Golf Club** on Harnham Road.

### Grow a new habit

Pop along to meet the lovely, friendly volunteers who run **Harnham Harvest Table on July 16th, 10:00 – 12:00** at Harnham Parish Hall, Lower St, Salisbury SP2 8EY. You can buy seeds, plants and tools for a donation and enjoy really helpful free advice.

*Other places to top up on all things gardening:*

Wilton Garden Centre on Wilton Road, Flowerland garden centre on Harnham Road, Heale House at Middle Woodford, Porton Garden and Aquatic centre in Porton and Wyevale Garden Centre at Landford.

# Green is good...



Photo: Upavon Golf Club

