

Culture club Spotlight



Look up all the details on these websites...

Explore activity on site: www.artcaresalisbury.uk
Explore the city: www.experiencesalisbury.co.uk
Explore Wiltshire: 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

Not to be missed...dates for your diary

August 6th

The ultimate Wessex Country Fair, Wilton House

Salisbury Hospice Charity is delighted to announce the return of the Wessex Country Fair, taking place on the idyllic Wilton House Estate.

August 7th, Salisbury Arts Scene, Market Square

The Market Square provides the perfect setting for unique outdoor arts events, held on the first Sunday of the month from March to December.

August 19th to 21st Wilderness Gathering, Bush Farm Bison Centre, West Knoyle

The Gathering brings together families and friends, all those interested in Bushcraft and Wilderness living skills to enjoy four days of knowledge sharing in a relaxed and family friendly atmosphere. Whole event or day tickets are available and workshops can be bought separately. <https://www.wildernessgathering.co.uk>

August 29th Wilton Rotary Mammoth Car boot Sale, Wilton House

Established in 1983, the annual Mammoth Car Boot Sale has for many years been one of the largest of its kind in Southern England attracting up to 400 sellers and 5000 buyers.

Friday evenings until September 30th Salisbury Summer Ghost Tours, City centre

Salisbury Ghost Tour on Friday evenings at 8.00pm. Email: info@salisburycitycouncil.gov.uk or phone to book 01722 342860.

Until Sept 3rd Wiltshire Creative Summer open Exhibition 2022, Salisbury Arts Centre

Wiltshire Creative's Summer Open Exhibition has become an exciting part of Salisbury's cultural diary. An uplifting and popular exhibition focuses on the creativity of Southwest based artists.

Fancy a home or garden project?

Find a pre-loved treasure and give it a make over. Dig through the bargains and beauties at Old Sarum Furniture at Old Sarum Airfield, Fisherton Street & Phoenix Emporiums or discover Alabare's charity Warehouse at Wilton.

Explore InExcess on the Harnham Road for paint and tools and their garden centre, further along past the Golf course, for soil, plants and furniture; Salisbury Market on Saturdays also has tools and plant stalls.



Relax

The Stars Appeal bookshop at the Main Entrance has fiction and non fiction books to buy at bargain prices as well as jigsaw puzzles.

Join the Healthcare Library on site and get 24hr access plus a range of fiction and wellbeing books to loan for free.

Create

Bring a little Barcelona to your garden with a Gaudi-inspired mosaic, you can find instructions on the ArtCare website. Old crockery and left over tiles, as well as pebbles and found objects can be used - choose anything that copes with the British weather!

www.artcaresalisbury.uk/make-mosaic/



Ed.7



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:

August

- 2nd Emily - cello
- 4th Paul - saxophone
- 9th Rosie - clarinet
- 11th Pearl - piano & ukulele
- 16th Dan - violin & guitar
- 18th Pearl - piano & ukulele
- 22nd Paul - saxophone
- 23rd Alex - guitar
- 25th Emily - cello
- 30th Dan - violin and 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



on-site and local activities and events

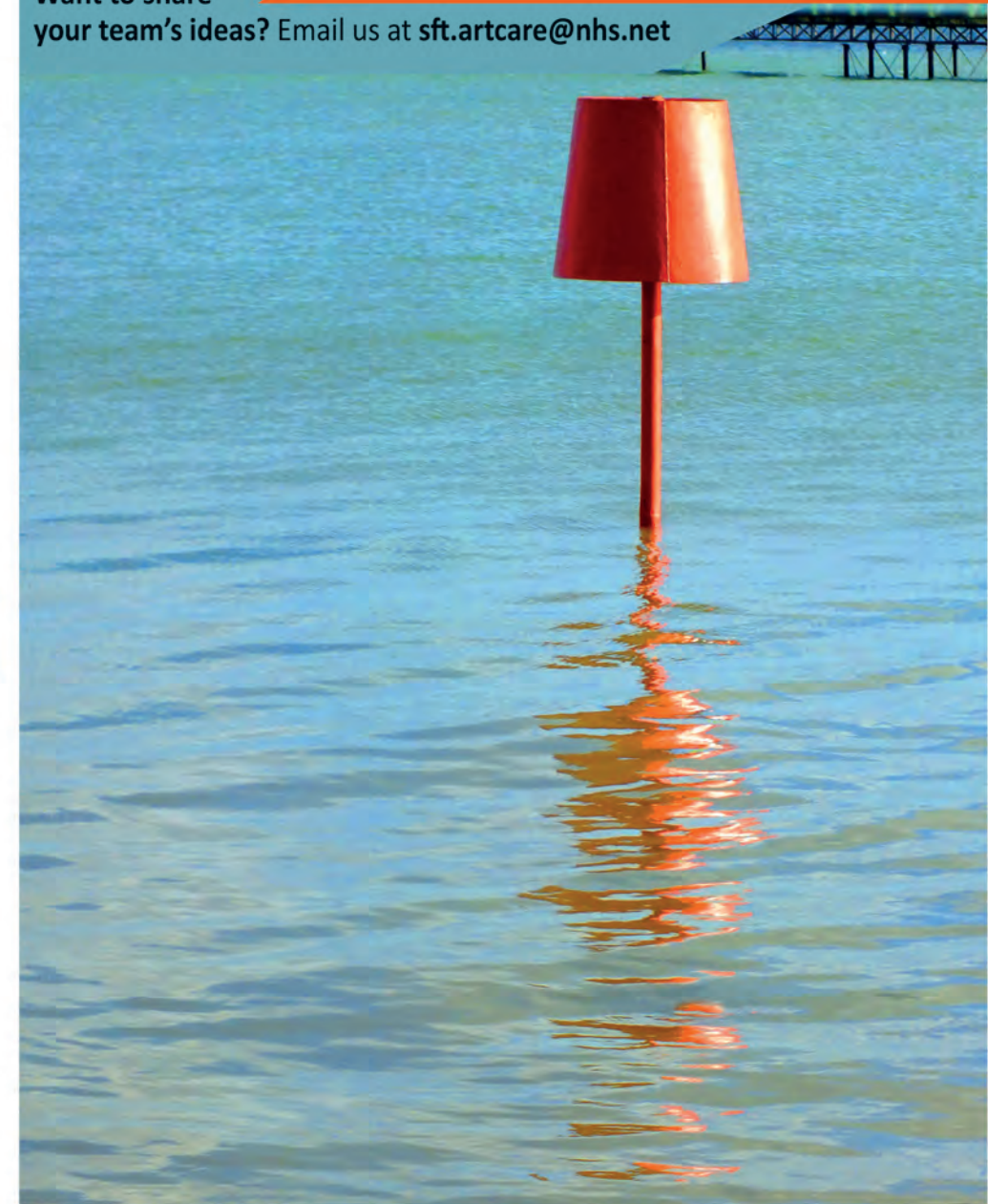
connect, celebrate, collaborate

Culture Club News - a round up of the activities, events and groups to connect into both on-site at Salisbury District Hospital (SDH) and in the local community.

summer special edition

This edition was co-created with the Portering and Housekeeping teams.

Want to share your team's ideas? Email us at sft.artcare@nhs.net



Exhibitions at SDH

Levels 3 & 4 SDH North

4th August to 14th October: **Illustrators on show**

Three artists **Zennor Box**, **Anna Shuttlewood** and **Diliana Nikolova** exhibit fun and playful illustrative paintings along the corridors of Salisbury Hospital.





Milford



Coombe Bissett



Hythe



Wilton House



New Forest Wildlife Park

Explore and enjoy

Find your inner Darwin and explore nature in local fields at Coombe Bissett Nature reserve, try pond dipping in the many local rivers or rock pooling at Kimmeridge. Old Sarum, Figsbury Rings and Danebury Hill fort - all local ancient monuments, free to explore.

Love planes? Try the Museum of Army Flying at Middle Wallop and the Boscombe Down Aviation collection at Old Sarum Airfield.

Got plenty of energy? Jumpin' Fun at Old Sarum is full of indoor inflatables or enjoy bike rides and play trails at Moors Valley at Verwood or Romsey rapids for children who love swimming.

Day trips by bus

Starting at the City centre, buses can get you to Wilton House, Stonehenge, Romsey and Bournemouth. The longer routes, e.g. to Bournemouth include Wifi and USB charging points. The wider choice of fares and offers are on the mobile app: <https://www.salisburyreds.co.uk/app>

To enjoy an open top bus through the New Forest, take the X3 to Fordingbridge to catch the New Forest Red route.

Day trips by train

Daytrips and offers from Southwest trains exploring Bristol, Bath, Basingstoke, London and Southampton among the hundreds of choices.

<https://www.southwesternrailway.com/destinations-and-offers/sights-and-attractions>

"Leave only footprints... ...take only memories."

Remember to look after the coast and countryside and protect them from pollution and damage - please take your rubbish home with you and keep dogs under control.

Unwind outside

Perfect local places for picnics -

The Cathedral Close is a short walk from the Market Square. Castle Hill Park between Bishopdown and Pauls Dene includes pathways suitable for buggies, wheelchairs and pushbikes, there's even a field for dog agility training. Victoria Park has a pop-up coffee bar, tennis courts and football pitch.

If paddling in a river is your idea of fun, grab some old trainers and cool down at Elizabeth Gardens, explore the boardwalks along the River Avon between Ashley Road and Stratford Sub Castle or discover the hidden green spaces like the river at Milford where you can connect to the Clarendon Way for a longer walk complete with llamas.

<https://www.hants.gov.uk/thingstodo/countryside/walking/clarendonway-salisbury>



More Salisbury walks here, scan the code:

<https://www.visitwiltshire.co.uk/salisbury/things-to-do/family-fun>



scan the code:



Lulworth Cove

Summer at the seaside

The nearest coastline has more than 17 km of beaches including Hengistbury Head, Southborne and Sandbanks. Discover the unique geology of Lulworth Cove and Durdle Door.

Day trips by car

To the north: Anton and Carlton Lakes in Andover for nature walks, Pitch and putt, crazy golf, playgrounds and parks.

To the west: Stourhead - there are free footpaths as well as the National Trust site. Gold Hill and Abbey Walk at Shaftesbury are full of history and free to explore

Closer to home, Langford Lakes offers walks with waterside views and forest trails plus great cake in the cafe!

Feast

Salisbury market offers lots fresh food choices every Tuesday and Saturday.

Get your hands dirty at Ansty Pick Your Own Farm <https://www.anstypyo.co.uk/>

For Wiltshire-made bakery items, check out Reeve the Baker in Salisbury, Wilton, Romsey, Amesbury & Shaftesbury.

Sweet tooth? Carlos Ice cream at Wellow in the New Forest sells homemade Italian recipe ice cream and tea rooms.

Fat Sam's ice cream van can usually be found in Elizabeth Gardens in central Salisbury.

Don't forget your NHS discount at Nandos and Dominos too.

Treat yourselves

Need your favourite sweets for a day trip? Visit the League of Friends sweetshop at hospital Main Entrance.

Splash of Colour in Fisherton Street offers pottery painting sessions for all ages.

Compleat Artist Winchester Street is an independent shop full of art materials and Franklins in Fisherton Street and B&R textiles have craft and sewing supplies.

Day trip planning....

Going out on a walk or bike ride? Tell a friend what your plans are and what time you're coming home.

Pack your bags....Hand gel, Suncream, Hat, sunglasses, Tissues, Water bottle, Bag for rubbish, picnic or snacks. Don't forget a map and a camera!

Top tips: Freeze lunchbox sized fruit juice boxes to use to keep your picnic cool.

Update your summer wardrobe with charity shop bargains so there's more money for treats.



Hawk Conservancy

Animal lovers

Fur, feathers, scales or mini beasts? There's lots to choose from...

Riverbourne Community Farm in Laverstock is free to visit.

Many of these offer discounts or family/group tickets: Hawk Conservancy, Finkley Down Farm, New Forest Wildlife park, Marwell Zoo, Longleat.



Boscombe Down Aviation Collection, Old Sarum

Langford Lakes

