

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.

ArtCare

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:
September

6th	Rosie	- clarinet
8th	Sarah	- piano
13th	Emily	- cello
15th	Pearl	- piano & eukelele
20th	Sarah	- piano
22nd	Dan	- violin and guitar
27th	Alex	- guitar
29th	Emily	- cello

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

ArtCare



Exhibitions at SDH

Levels 3 & 4 SDH North, Until October 14th

Illustrators on show

Zennor Box, Anna Shuttlewood and
Diliana Nikolova



30 years of the Berwick St John Country Fayre

September 17th and 18th means it's time to head to the Berwick St John Fayre. Exhibitors arrive on the Friday with music and the bar opening in the evening. Saturday and Sunday the show takes hold, steam engines, vintage tractors, lorries, cars, and bikes. The Fayre is a working show with tractors and steam engines from all over the country and Europe. A military vehicle display, fair ground rides, farm and local produce and tea tent as well as trade stands. Pre-booked camping is also available.

Entry is free with donations to the Stars Appeal welcomed and raffle tickets for sale.

Find the fayre at Church Street, Berwick St John, Shaftesbury SP7 0EX



Well-City Salisbury

Well-City Salisbury is about connection – to the arts, to heritage, to our local area, to the landscape and to each other. This partnership project supports people with low to medium mental health needs in the Salisbury area on their wellbeing journey through creative courses and opportunities.

Taking part in a Well-City Salisbury course will enable moments of learning, discovery, curiosity and creativity, all of which are proven to have beneficial effects on mental health. **You don't have to have any previous experience or even think of yourself as particularly arty or creative to participate!**

How it works...

The free 8-week long creative courses, such as photography, textiles and pottery, are delivered by the four project partners – ArtCare at Salisbury District Hospital, The Salisbury Museum, Wessex Archaeology and Wiltshire Creative – and facilitated by staff and local artists experienced in supporting people with mental health needs to take part. Courses are available for both adults (over 20s) and young people (14-19). For a list of current courses see below.

Well-City Salisbury primarily uses a model where participants are referred onto a course by their GP practice, support organisation, community group or school wellbeing team. However, we also welcome self-referrals if that route doesn't work for people and where they currently are on their wellbeing journey.

If you would like to take part in a course, you can complete and returning our self-referral enrolment form available from ArtCare.. Our Participation Criteria (see left) will be helpful in determining if Well-City Salisbury's courses will be a good fit for you. You can take part in a maximum of 2 creative courses per year and we encourage you to stay involved by exploring other project pathways, such as our volunteering programmes.

If you would like to find out more information about the project and creative courses offered, please email our Project Coordinator, using the wellcity.salisbury@wessexarch.co.uk or get in touch on 07707 296883 (Monday-Wednesday) for a chat.

Well-City Salisbury is funded by The National Lottery Community Fund.

Participation Criteria

The full criteria can be seen on the ArtCare website

Well-City Salisbury offers creative courses and opportunities for adults and young people experiencing low to medium mental health needs.

Please read the following to ensure that courses are appropriate for your needs:

- *Well-City Salisbury Participants should have an SP1-SP5 postcode.*
- *Courses are ideally suited to those experiencing low to medium mental health needs, like anxiety, stress, low mood, and depression and those struggling with feelings of social isolation.*
- *We offer courses mainly for adults (20+) with 1-2 specific courses for young people (ages 14-19) offered each year. There is no upper age limit.*
- *Because of the nature of some of our courses, the activities involved and where they take place (such as walking on uneven ground), participants should consider their mobility needs in relation to the suitability of some of our creative courses.*
- *Courses are open to people of all abilities though for safety reasons participants should be able to follow instructions and participate in activities with minimal supervision. We're not able to offer 1:1 support for participants.*
- *Participants should be able to commit to attending all sessions (although we understand, of course, that sometimes unexpected things come up).*



Bookings are currently being taken for the following courses:

Willow & Craft with ArtCare

Every Wednesday, 21st Sept. to 9th Nov,
1.00-3:30pm
Location: ArtCare Meadows Garden,
Salisbury District Hospital
*Suitable for all skills levels and all
materials provided. Bookings close 12
Sept.*

History Shared Within Clay with Salisbury Museum

Tuesdays, 11th & 18th Oct. and 1st Nov.
to 6th Dec., 1:30-4.00pm
Location: Salisbury Museum
*All materials provided. Bookings close 30
Sept.*



Free guided city tours of Salisbury with an alternative focus on medicine, care and public health.

ArtCare manage the archives at Salisbury District Hospital, as a special event for Heritage Open Days we are running guided tours around Salisbury to tell the stories held in our historical collections.

You'll visit famous landmarks and see them in new perspective, we'll walk you through over 800 years of fascinating tales and places. Everything from Florence Nightingale, ghosts, Turkish baths, epidemics and medicine from war.



heritage **open days**

Each tour will last about 1.5 hours; the route is on flat pavements (approx. 1.8 miles)

Tours are free, book your place using Eventbrite

<https://www.eventbrite.co.uk/e/medical-mystery-tour-tickets-328914671637>

Explore the highlights from the history collection : <https://salisburyhealthcarehistory.uk/>

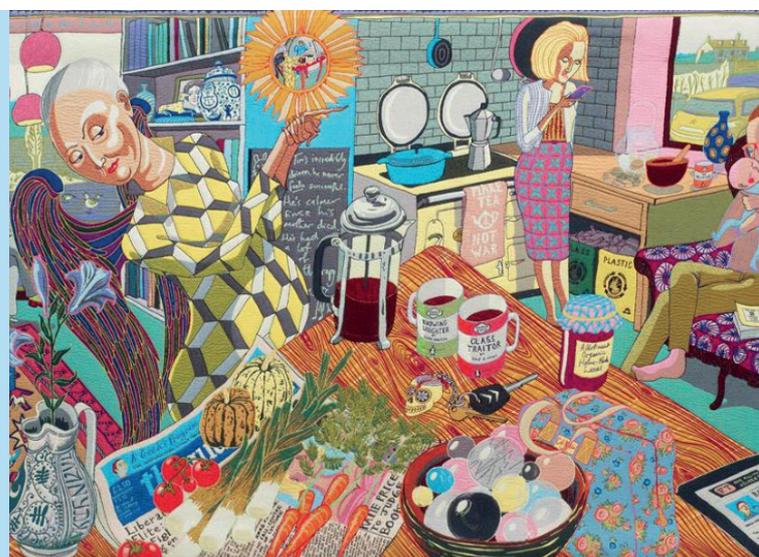
Discover more events on local history here: <https://www.heritageopendays.org.uk/>

September brings the final weeks of the exhibition by the celebrated contemporary artist, Grayson Perry, at Salisbury Cathedral.

The Vanity of Small Differences showcases six huge tapestries that explore class mobility.

Each piece is 2m by 4m and include many of the characters, incidents and objects Grayson Perry encountered on journeys through Sunderland, Tunbridge Wells and The Cotswolds when filming a series for Channel 4 called 'All in the Best Possible Taste with Grayson Perry'.

No additional booking required, the exhibition is included in standard Cathedral entry. Find more information on the Salisbury Cathedral website.



Tell us about favourite places and activities that you would recommend to others: **email us at sft.artcare@nhs.net**

Photo: Experience Salisbury

Not to be missed...dates for your diary

3rd - 18th Sept. Salisbury Art Trail

The 2022 Art Trail is an opportunity to rediscover Salisbury and the nearby countryside. For 2 weeks you are invited to explore and enjoy artists and makers sharing their work and welcoming you into their homes, gardens, studios and galleries and enlivening venues, shops and cafes. Brochures available from ArtCare and in the Library

Venue 3 - Painted with a Smile

United Reformed Church, Fisherton Street, art exhibition by Anna Shuttlewood and Diliانا Nikolova

10th Sept. A Night of Music, 6.30pm, St Thomas's Church

A night of fantastic music with soloists, talented young musicians, ensembles and the St Thomas' Church "Big Band" conducted by Chris Holmes. Free entry with collection at the end.

11th Sept. Salisbury Street Sellers, Salisbury Market Square

Traditional English crafts, products and produce from a range of independent and quirky traders, plus live music, entertainment and street food.

13th Sept to 5th Nov 22, Kaleidoscopic. 10:00-15:00, Salisbury Arts Centre

KALEIDOSCOPIC brings together residents from the two neighbouring communities of St Peter's Place and Bemerton Heath in Salisbury with Wiltshire sculptor Julieann Worrall Hood, Roche Court Educational Trust, and filmmakers Create Studios. Following inspirational visits to nearby Roche Court Sculpture Park, a kaleidoscopic sculpture, film and soundscape are being created to celebrate the multiple experiences of the place where they live.

14th Sept. Salisbury Shopmobility Scooter Scoots & Wheelchair Walks

Join Salisbury's Shopmobility for a Scooter Scoot or wheelchair walk around different parts of Salisbury. Today those taking part will get to discover the Her Salisbury Footstep trail.

17th & 18th Sept. Berwick St John Country Fayre

18th Sept. Salisbury Car Boot Sundays

Where someone's old becomes your new. Traditional car boot sale in Salisbury's Market Place.

30th Sept. Barnstormers Comedy, 8:30pm

Salisbury Arts Centre

Three top acts from the London Comedy Circuit and beyond. Ticket holders for this event will be seated at unreserved cabaret tables of up to 8 people. Tables will be allocated on a first come first served basis, so please arrive early with your group so we can try our best to seat you together.



Bikes for loan

Salisbury NHS Trust staff can sign up to the new e-bikes loan offer to try out electric bikes from a range of sizes and types for up to two weeks. Discover how cycling with an e-bike can make commuting, or exploring the local area, easier.

For more information please email emma.nellis@nhs.net