

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:

October

- 4th Rosie - clarinet
- 6th Dan - violin & guitar
- 11th Sarah - piano
- 13th Pearl - piano & eukelele
- 18th Emmy - harp
- 20th Emily - cello
- 25th Frankie- flute & song
- 27th Alex - 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

...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

© Spencer Mulholland Photography



Rockbourne Fair - 19th to 21st Oct

Weds 10.00–5.30pm, Thurs 10.00–8.00pm, Fri 10.00–3.00pm

Visit the Rockbourne Fair at Salisbury Racecourse, for gorgeous gifts, delightful treats and beautiful jewellery, clothes, accessories and lots more. All stalls are indoors or under cover. There is a restaurant and parking is free. Suggested entry donation of £5 per person, under 16s free. All the proceeds from the Rockbourne Fair benefit The Stars Appeal.

ArtCare survey

What you have noticed about the art and design at the hospital? Take ArtCare's survey - 13 quick questions taking around 7 mins to complete. Tell us about your experience of the spaces, projects and activities at SDH and your thoughts and ideas for developing.
surveymonkey.co.uk/r/6DYJTH6



staff visitors
patients
visual arts
participation
design environment
volunteers
projects
exhibitions
artwork history
dance & music
storytelling
colour
inspiration





Embracing autumn

This edition was co-created with the EPRR (Emergency Preparedness Resilience Response) team who have been walking 30mins daily for The Trussell Trust's Step Up September.

Walking

Enjoy your favourite walks with the added delight of beautiful autumnal colours. Bentley Wood, West Dean, is a registered Site of Special Scientific Interest (SSSI) and one of the largest and most wildlife rich ancient woodlands in southern England. Great for bird watching, walking, biking and is also dog friendly.

The New Forest

Autumn is the best time of year to spot fungi and the New Forest, another SSSI has over 2,000 varieties. It's also the time of year to spot the pigs! When the acorns and chestnuts have fallen up to 600 pigs are let out to roam for 60 days, to eat them. This is called 'pannage'. There are plenty of walks, or bike trails, for all abilities in the Forest. Check out the quieter areas around Rufus Stone and Fritham. Why not end your walk at one of the nearby pubs like the Sir Walter Tyrell or Royal Oak?

thenewforest.co.uk/things-to-do

Titchfield Canal Walk

A fantastic out and back route in Titchfield haven that follows the banks of the Titchfield Canal. A wide variety of bird species live here, making this a great trail for birdwatching. There is an abundance of wildlife in the area, including deer, so keep your eyes open! Dogs welcome.

fareham.gov.uk/leisure/out_and_about_in_fareham/guidedwalk10.aspx

Halloween and harvest

Pumpkins

Why not pick your own pumpkin at Pumpkin Pastures, Fordingbridge with plenty of activities for the family too including crafts and hot chocolate.

pumpkinpastures.co.uk/

Get creative with your pumpkin carving bbcgoodfood.com/howto/guide/easy-pumpkin-carving-ideas

Use the scooped out insides for homemade soup or a pumpkin pie.

Owls

The Hawk Conservancy, Andover has a special fundraising event 'Owl-O-Ween' with ghostly storytelling, spooky moonlit trails and owls flying by moonlight.

hawk-conservancy.org/events/owl-o-ween/

Head to Windmill Hill, Avebury, and see if you can see one of the resident barn owls.

nationaltrust.org.uk/features/owl-haunts-in-the-south-west

Apples aplenty

Have a go at making your own toffee apples or fruit crumble.





Gorgeous gardens

Stunning gardens to visit include **Bowood House**, Calne with its arboretum designed by 'Capability' Brown in 1762. The arboretum features 700 different tree species, some of which are the largest or tallest of their kind recorded in Britain and Ireland.

The National Trust's **Stourhead**, near Mere, is another firm favourite this time of year with vibrant autumn colours viewed across the expansive lake, winding paths and follies appearing on the slopes. Stourhead was described as 'a living work of art' when first opened in the 1740s.

Further afield is **Westonbirt, The National Arboretum** with a treetop walkway to experience the canopy from 13m up. The main walkway is fully accessible. Guided walks are available, dogs are welcome and younger visitors will enjoy the Gruffalo sculpture trail and Natural play trail. Pre-booking is essential between 01 Oct - 13 Nov.

South-east of Salisbury, just outside Romsey you'll find **Hillier's Arboretum**. Here, whilst wandering around the colourful plants and trees, you can also view the 'Art in the Garden - Sculpture Exhibition', which runs until 15 Jan 2023.

bowood.org

nationaltrust.org.uk/stourhead

hants.gov.uk/thingstodo/hilliergardens



Half Term Fun

During a walk collect leaves, feathers or seed heads of different shapes and colours. Try drawing around them to create a page of overlapping shapes in your sketch book. Using a wax crayon take rubbings of different textures on your walk, for example bark, back of leaves, stonework. Cut out your shapes and collage together.

artcaresalisbury.uk/art-in-the-landscape/



Wiltshire Creative

Half-term workshops in art, sculpture & music
wiltshirecreative.co.uk/whats-on/workshops/



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

1st Oct. Downton's Full of Life. 2.00pm, Downton Memorial Hall

United Nations Day of Older Persons Celebration. Bring a friend, neighbour, carer. Pop in, pop out, stay all afternoon. From 2.00pm creative, local history, physical fitness taster activities. 3.30pm everything stops for tea and cake with live piano accompaniment. 4.15pm Silent Disco, dance, watch, listen. No partner needed. 50's , 60's, 70's music. Mocktails served. For more information contact: stephaniejalland1@gmail.com

1st Oct. Pavement Life, 2.30pm, Salisbury Arts Centre

Walking, wheelchairs, buggies, bus stops, waiting your turn, keeping your distance... Writer Jim Read and performer Louise Jordan have been working with Wiltshire Creative's over 60s group Mind The Gap to create an afternoon of memorable monologues exploring what it is to use paths and pavements. Free.

3rd Oct. Conversation Club, 10.30am, Salisbury Museum

Each month we will take objects from the museum collections as a starting point for conversation, sharing ideas and remembering things from our own histories. Particularly suitable for people living with dementia, carers and any older person who might find it difficult to navigate the galleries alone.

7th - 16th. Calne Music & Arts festival

A community celebration of music and the arts. Exhibitions, concerts and a free family fun day on 8th Oct with a 360-degree immersive Theatre Dome experience, Japanese Taiko Drummers, an art treasure hunt, stilt walker and more!

16th - 19th Oct. Salisbury Charter Fair, Salisbury Market Place

Salisbury's Charter Fair, held since 1227, lights up the city centre. With fun for all the family, visitors can enjoy traditional fair favourites including dodgems, hook-a-duck, waltzer, ghost train and more. And of course not forgetting the candy floss and toffee apples!

19th - 21st Oct. Rockbourne Fair, Salisbury Racecourse

20th - 29th Oct. Celebrate Voice, The Guildhall, Salisbury

Celebrate Voice Festival returns for its 9th year bringing the West End, London and Edinburgh music scenes to Salisbury. This year the festival has a 'Best of British' flavour, with a new production of The Pirates of Penzance, Claire Martin OBE, brand new cabaret and comedy. Plus events for the whole family.

29th Oct. Congress, 7.30pm, Salisbury Cathedral

Created by All The Queens Men. A series of first speeches from voices often unheard. Personal visions for our collective future. The international premiere of this remarkable event will see members of our community reflecting on their hopes and dreams for the future.



Launching soon

Look out for details about ArtCare's new onsite Culture Club hub... a space to chat, unwind, explore the history collection and get creative!