

Discover... Explore... Create...

# Staff Arts Club

*Programme Feb-Mar 2022*



5 ways to wellbeing



take notice  
get active  
connect  
learn  
give

 ArtCare

## Drop in and Draw workshop with Elizabeth Hammond

Online via Zoom

Cost: £7.50 (£6.00 if supply own materials)

Date: Thursday 24th February 2022

Time: 7.00-8.30pm

To book: [www.eventbrite.co.uk/e/drop-in-and-draw-online-tickets-264088986267](http://www.eventbrite.co.uk/e/drop-in-and-draw-online-tickets-264088986267)



Learn to embrace the process of drawing and how to silence your inner critic through a multitude of exercises including drawing using your breath, focusing on observation and being present. All are welcome, no experience necessary.

## Silver clay jewellery workshop with Fiona Ingram

Wessex Rehabilitation Studio, SDH

Cost: £15.00

Date: Tuesday 15th March 2022

Time: 6.00-8.30pm

To book: [www.eventbrite.co.uk/e/silver-clay-jewellery-tickets-268824680857](http://www.eventbrite.co.uk/e/silver-clay-jewellery-tickets-268824680857)



A wonderful way to create treasures from nature's bounty. Create your own individual silicone moulds from leaves, shells and a whole variety of textures from nature and then recreate them in beautiful fine silver! A really fun way to make something truly unique, this workshop comes with 7g of fine silver clay and all other materials are included too. Pieces will be fired and ready to take home on the day.

## Core art journaling with Deborah Porter

Online via Zoom

Cost: £7.50 (£6.00 if supply own materials)

Date: Tuesday 22nd March 2022

Time: 7.00-8.30pm

To book: [www.eventbrite.co.uk/e/core-art-journaling-tickets-268837529287](http://www.eventbrite.co.uk/e/core-art-journaling-tickets-268837529287)



Join Deborah Porter online to try Creative Art Journaling. A fun tool for your own wellbeing, playing and exploring with mixed media. A way to visually connect to your thoughts, feelings and distress without needing any prior arts skills.

## Watercolour workshop

with *Bethany Y Milam*

Online via Zoom

Cost: £7.50 (£6.00 if supply own materials)

Dates:

Thursday 24th March 2022

7.00-9.00pm



To book: [www.eventbrite.co.uk/e/watercolour-workshop-tickets-268849404807](http://www.eventbrite.co.uk/e/watercolour-workshop-tickets-268849404807)

Paint a colourful bee eater in watercolour. Bethany will guide you step-by-step through the process, introducing you to essential watercolour techniques along the way. Suitable for beginners.



## Take away art packs

Jewellery making starter kit - available now - Cost: £6.00

Make your own beaded jewellery. Kit includes pliers, beads and fixings.

Reserve by email: [hazel.stock@nhs.net](mailto:hazel.stock@nhs.net), payment on collection from ArtCare

## Mini Mindful Drawing videos

with *Elizabeth Hammond*

#1 Drawing Breath

#2 Continual Line

#3 Eraser Drawing

#4 Drawing Poetry

#5 Gestural Drawing

A mindful drawing exercise for each weekday where the emphasis is on finding freedom and calmness.

Collect a free pack with paper, pencil, charcoal and eraser from the Library resource area, Block 29 or just grab a pencil and paper wherever you are.

Access the five short videos via the Staff Arts Club page on our website:

[www.artcaresalisbury.uk/wellbeing/staff-arts-club/](http://www.artcaresalisbury.uk/wellbeing/staff-arts-club/)



Become a Staff Arts Club **GOLD** member for £5 and receive **15%** of all your bookings for the next 6 months - call ArtCare office on ext. 5617 to pay and get your exclusive discount code to use online.

## Booking information

Spaces are limited on workshops so early booking is advised. Bookings are on a first-come, first-served basis. We operate a reserve list once workshops are fully booked. If you are unable to attend a pre-booked workshop, please let us know as soon as possible so we can offer your place to somebody else.

Payment for workshops must be received at the time of booking in order to secure your place. Please note refunds will ONLY be given if ArtCare cancels the workshop or if your place is filled by someone on the reserve list. This may not be possible if there isn't a reserve list or if your cancellation is at short notice, i.e. less than a week before the session. In which case, a credit for a future workshop may be issued.

Bookings for workshops are via Eventbrite (you don't need a PayPal account - just select that payment option and then click the 'guest checkout' button to pay with your credit/debit card). If you are unable to do this we can take bookings offline by calling Hazel Stock/ArtCare office on 01722 336262 ext. 5617.

Takeaway artpacks are reserved by emailing [hazel.stock@nhs.net](mailto:hazel.stock@nhs.net). You will be advised when your pack can be collected and payment can be made by debit/credit card or cash on collection.

For more information about any of the sessions please email [hazel.stock@nhs.net](mailto:hazel.stock@nhs.net).

Be curious and take a peek at our webpage too...

[www.artcaresalisbury.uk/wellbeing](http://www.artcaresalisbury.uk/wellbeing)

*for other activities you can try at home - from watercolour to digital drawing*

Join our **mailing list** to be kept updated on all our future activities  
email: [hazel.stock@nhs.net](mailto:hazel.stock@nhs.net)

The Staff Arts Club is funded by the Stars Appeal

