

Take a break & walk

See the map inside or download free MapMyWalk App (Available from Google Play Store or iTunes) and load one of our walks; you can also scan the QR code to take you direct to online route.

You could invent your own walk & download on MapMyWalk for others to share!

Outdoor lunchtime break
around SDH taking in sculptures
and garden spaces , 0.85 mile
(approx 1700 steps) 20 minutes



Indoor lunchtime break
Taking in exhibitions on level
3 and 4, 0.5 mile (approx 1000
steps) 15 minutes



Country Lanes around SDH
1.4 mile (approx 2800 steps)
35 minutes



Stop for lunch or outdoor break - see map inside

1. Millennium Garden: At main entrance this is a bustling sunny spot to take coffee break with sculpture by David O'Connor. 2. Stone seats courtyard: In the PFI building this is a quiet, tranquil and shady place to get away for a while. Sculpture by Zoe Cull, Alex Evans & Peter Yarwood. 3. Hedgerows courtyard: In SDH Central great outdoor spot for lunch with work colleagues

ArtCare

ArtCare celebrates over 25 years of bringing colour and inspiration to patients, staff and visitors at Salisbury District Hospital. During this time the team has organised more than 400 projects ranging from temporary exhibitions to participatory activities.

ArtCare also acquires permanent artwork for the hospital, advises on interior design, curates the historic archives and works with patients, staff and public to improve the hospital environment.

The Staff Arts Club helps staff unwind after work through creative workshops. The Elevate programme provides weekly dance, music, storytelling or reminiscence activities to reduce isolation and anxiety in patients on the wards.

ArtCare is funded through charitable donations, grants, community projects and exhibition sales. If you wish to support the work of ArtCare visit our website.



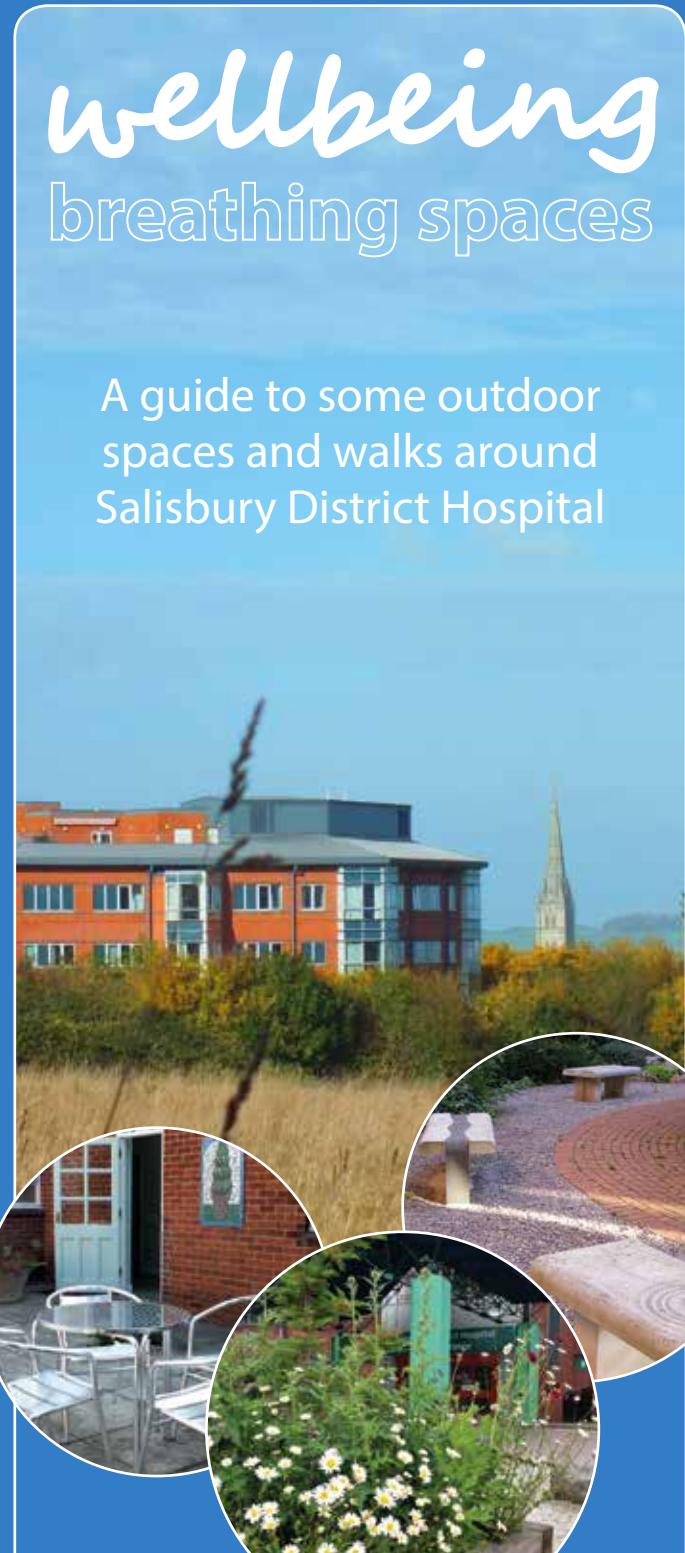
www.artcaresalisbury.uk



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wellbeing breathing spaces

A guide to some outdoor spaces and walks around Salisbury District Hospital



1. Millennium Garden; 2. Stone seats courtyard; 3. Hedgerows courtyard; 4. H for Hospital sculpture by Althea Wynne; 5. Bee orchids on the grass verges in early summer; 6. Mosaic starfish bench by Rachel Silver; 7. Petal sculpture under A & E ramp by Penny Calvert; 8. Wind sculpture by Tom Wilkinson; 9. Mosaic globe by Rachel Silver; 10. Seed pods by Penny Calvert & Stephen Pharo; 11. Daisy Pin Cushion designed by Penny Calvert; 12. Exhibitions on level 3 & 4 SDH North; 13. Fused glass panels by Sif Wolthers; 14. The Green has plenty of benches for a outdoor break.



- ● ● ● ● Outdoor lunchtime break
- ● ● ● ● Indoor lunchtime break
- — — — — Country Lanes around SDH

Where is your favourite outdoor space?

Did you know: ArtCare run monthly art workshops for staff wellbeing

Why not try sports activities or classes available at Odstock Health & Fitness?

