

A NEW CREATIVE WELLBEING
PROGRAMME FOR MFT STAFF

HOSPITAL.ARTS.SOCIAL.CLUB

At a particularly hectic and exhausting time for many of us, Lime, the hospital arts team, invite you to join award winning artists + musicians to explore how creativity can quickly take us away from work pressure and 'refresh' the brain to improve concentration and help us connect, communicate and care better for ourselves and each other!

Lime Art workshops are FREE and delivered on Zoom - places are limited!!

No prior knowledge, skills or experience required!!

MAY-JULY.WORKSHOPS

**DEAR.ANYONE...
HELLO!**



A Creative Writing workshop with Kim Wiltshire. For everyone who has always wanted to write but wondered... *well, how do I start to do that?* In this session we will learn about free writing, crafting basic material and sharing our work in the group, all in a safe, online and creative environment! Come along and Write with Kim - and use your creativity to say HELLO to the world!

**GLOBAL
SOUNDS**



Sharing music and stories with So Many Beauties.

Ethnically diverse musicians from the So Many Beauties Collective will share multicultural songs, music and stories in this inspiring and energising workshop. During the session you will have the opportunity to share ideas with the musicians and co-create new pieces of music which will be showcased as part of South Asian Heritage Month in August 2021.

**D A B
HANDS**



Anatomical Embroidery workshop with Lucy Burscough.

Join artist Lucy in creating an anatomical embroidered sculpture based on the drawings of consultant hand surgeon Donald Sammut FRCS, FRSC (Plast). *No prior experience of embroidery is necessary + kits will be sent to you in the post.* Once you have returned your completed pieces of embroidery, they will be stitched together to create a 3D sculptural model of a hand, with the embroidered 'skin' illustrating the internal anatomy of the hand.

FORAGE



A Visual Art Workshop with Colette Whittington. Forage is a creative nature workshop aiming to connect you to the free summer food crops growing around us. Join Colette Whittington to design seasonal foraging recipe cards that will make your mouth water and get your creative energies flowing. Learn how to make a foraged recipe and block stamp print a recipe card to inspire your summer pickings. Suitable for all abilities, everybody welcome.

FOUND SOUNDS



Uncovering the Magic in the Mundane, with Caro C.

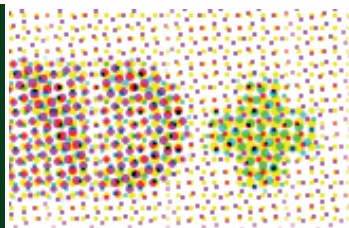
Join sound artist and musician Caro C in exploring the sounds in your everyday environment. Learn how to collect sounds using simple technology and create music from the sounds that surround you. No prior experience is necessary!

CREATIVE RE-CHARGE



Creative writing and collage workshop with Kim Wiltshire and Colette Whittington. Get creative in this playful workshop with Kim and Colette exploring the written word and drawing. Overcome any fears you may have about expressing yourself creatively. This fun, relaxed, sociable session will enable you to take your writing on an imaginative journey using visual motifs to illustrate and develop your words. Relax, Unwind, Connect with Lime. *(Family friendly workshop).*

SOUND COLLAGE



An introduction to Sound Collage, with Caro C. Express yourself through sound in this playful workshop with sound artist and musician Caro C. During the workshop, you will use simple, everyday technology to record sounds which Caro will weave into a brand new, magical piece of sound art!

WORKSHOP.TIMETABLE

Dear Anyone...HELLO! Creative Writing with kim Wiltshire

20 May, 10.30-11.30am
3 June, 1.30-2.30pm

Global Sounds Sharing music and stories with So Many Beattie

20 May, 7-8.30pm
27 May, 7-8.30pm
24 June, 7-8.30pm
1 July, 7-8.30pm

Dab Hands Anatomical Embroidery workshop with Lucy Burscough

9 June, 7 – 8.30pm
16 June, 7-8.30pm
23 June, 7 – 8.30pm
30 June, 7 – 8.30pm

FORAGE Visual art workshop with Colette Whittington

17 June, 7 – 8.30pm
24 June, 10.30 -11.30am

Found Sounds Uncovering the Magic in the Mundane, with Caro C

8 July, 1 – 2.30pm

Creative Recharge Creative writing and collage workshop with Kim

8 July, 7 – 9pm

Sound Collage, An introduction to sound collage with Caro C

22 July, 7 – 9pm

To register your interest in one of these workshops visit:

<https://bit.ly/3xqpxr6>

This is a Lime Hospital Arts Social Club project being delivered in partnership with MFT EHW service CREATE. CONNECT.UNWIND+ in conjunction with the 'Mental Health + Mental Illness Anti-stigma' campaign. The project is funded and supported by NHS Charities Together Trust.

