GRAMPIAN HOSPITALS ART TRUST

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www.ghat-art.org.uk

Artroom

GRAMPIAN HOSPITALS ART TRUST

Hello thank you for helping me set it up [...] we did enjoy it and since coming off the call we have done more! Thank you

STAFF AT ROYAL ABERDEEN CHILDREN'S HOSPITAL AFTER TRYING KIRIGAMI

ZINE #07

LAST WEEK WAS CHILDREN'S MENTAL HEALTH WEEK

"It seems fitting that Children's Mental Health Week falls just a couple of weeks after the launch of our Kids Artroom Lockdown sessions. Working in Royal Aberdeen Children's Hospital we are all too aware of the difference art can make to the mental health of children in the hospital setting.

Artroom has the power to provide support, to increase confidence and resilience in children and it ensures a meaningful involvement in the arts for the children who take part. Since the start of the COVID pandemic we have worked to find ways to best work with the young people who we would normally support in the hospital setting. With the start of our Friday morning virtual Artroom we feel we have found a delivery method that allows children to benefit from the art sessions by boosting confidence and one that enables the young people who take part to have an empowering experience while creating art."

Anna Weir – Senior Artist Practitioner on various wards Including Royal Aberdeen Children's Hospital

OUR WEEKLY ARTROOM VIRTUAL SESSIONS ARE EVERY WEDNESDAY 1.30PM TO 2.30PM. THEY ARE FREE AND OPEN TO ALL.

In our latest **VIRTUAL SESSION**, we looked at new methods of Kirigami. This involves folding and cutting paper to create striking patterns and effects.

Our next session is on Wednesday the 10th February – where we will be trying out making our own modelling clay from just paper. Sign up to find out more.

If you would like to join a session, you can find out more on our social media, via Eventbrite, or feel free to send us an email.

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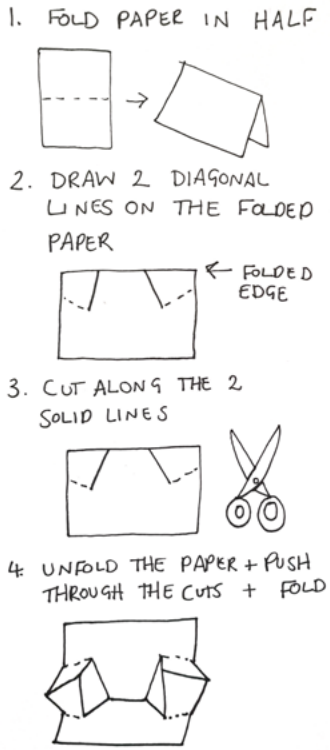
KIDS ARTROOM LOCKDOWN CLUB IS EVERY FRIDAY MORNING FROM 10-11AM, FREE AND OPEN TO ALL.

In last week's Kids Artroom Lockdown Club we all tried more kirigami methods. Families tuned in from all over to have a go! We are really looking forward to trying out some of the principles we learned in the next session with 'Paper Sculptures'. If you would like to find out more please join us! The Artists are on hand to guide you on what you would like to try. All you need is some paper and your imagination.

HOW TO BOOK A VIRTUAL CREATIVE CONSULTATION/ ARTROOM 1-2-1:

We can arrange virtual creative consultations with our Artroom artists via the virtual-patient-visiting app, or using your own device. These emulate the experience we would usually have in person, offering a friendly face, advice and creative support, as well as helping if you feel stuck as to where to start/where to go next.

MAKE A KIRIGAMI POP-UP BOOK



ART PACKS can be dropped off before the session and are filled with a selection of materials to use during the session and for you to keep for future creative endeavours. Bespoke materials can be arranged if there is anything specific that you'd like to try.

Please contact us to arrange your own Virtual Artroom Meet-up:

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