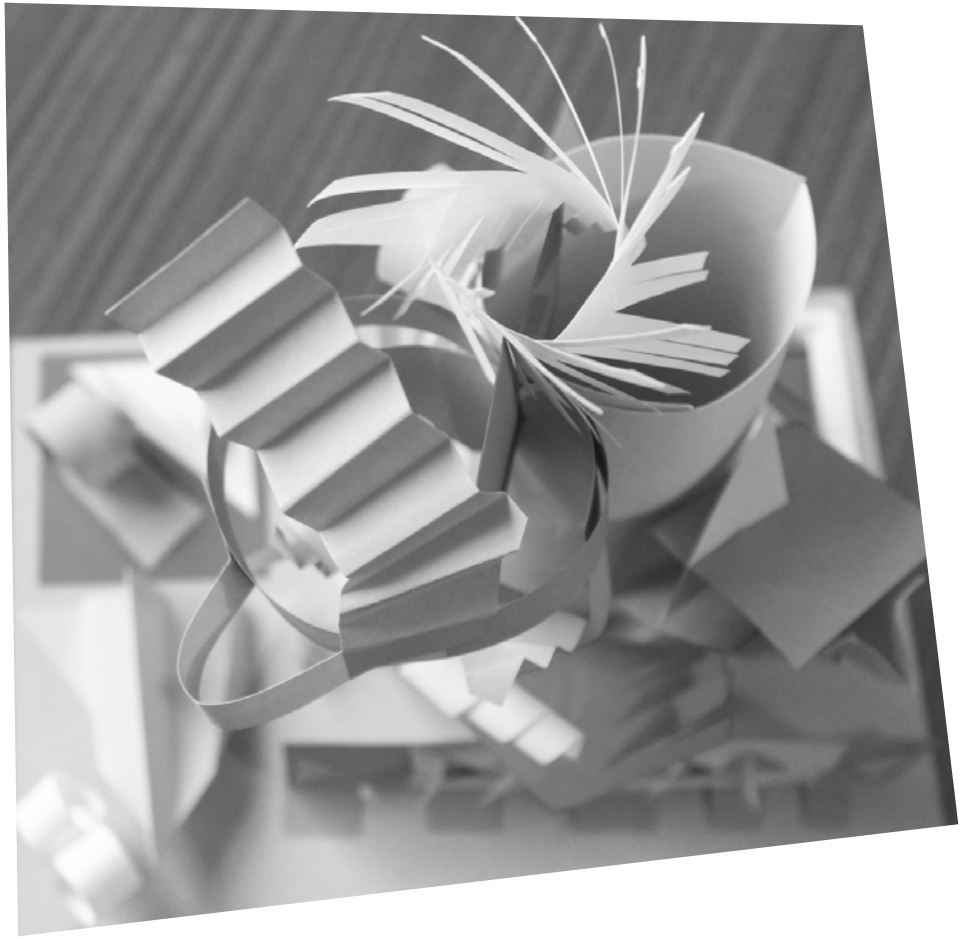


GRAMPIAN HOSPITALS ART TRUST

gram.hospitalsarttrust@nhs.scot
www.ghat-art.org.uk

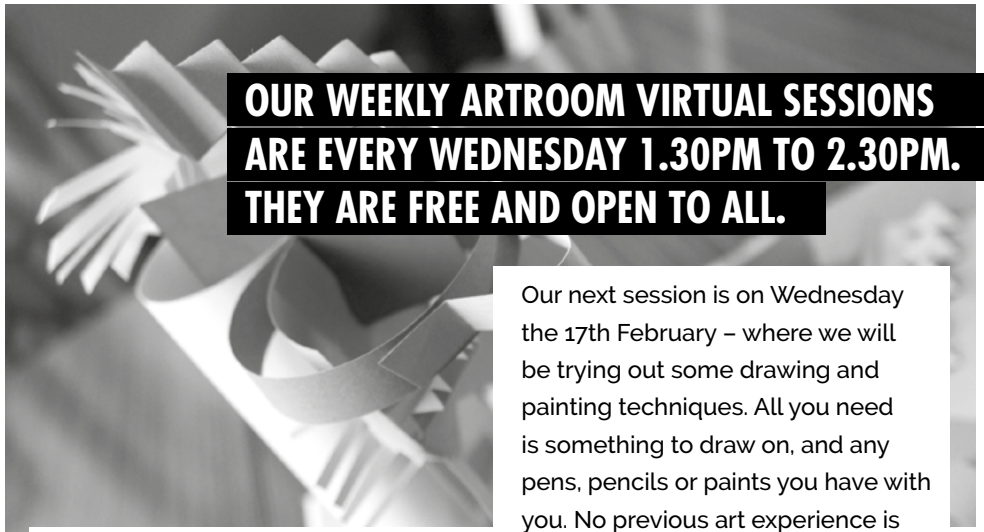
ZINE #08

Artroom

GRAMPIAN HOSPITALS ART TRUST

"The Artroom sessions run every Wednesday, are free, and use materials that you'll probably have to hand [...] The chat is fun and the folk running them are great at sharing their art skills. And they come highly recommended by me!"

-LYNNE HOCKING-MENNIE FRIDAY PARTICIPANT



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 Paper Sculpture. We all made a base for our sculpture, then used a range of simple techniques to build from there. The results were amazing! Everyone's imagination was able to run free, and through taking some time out for creative play some really fun and unusual creations emerged.

Our next session is on Wednesday the 17th February – where we will be trying out some drawing and painting techniques. All you need is something to draw on, and any pens, pencils or paints you have with you. No previous art experience is necessary. Just bring yourself, have a blether and see what you think. We would love to see you there.

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.

anna.weir@nhs.scot • amy.benzie@nhs.scot • yvette.bathgate@nhs.scot

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

Our Friday **KIDS ARTROOM LOCKDOWN CLUB** have also been having a go at paper sculptures over the last few sessions. We have been blown away by the engagement and imagination! We have lots planned for the coming weeks including making paper clay and decorating your own cardboard stackers for building bigger structures.

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. Once you book your ticket you will be sent a materials list with instructions on how to join ahead of time.

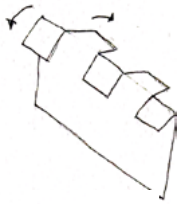
"Thanks for the fab workshop! It's just what we needed after an hour of very tricky maths."

- Mum and participant Friday 5th February

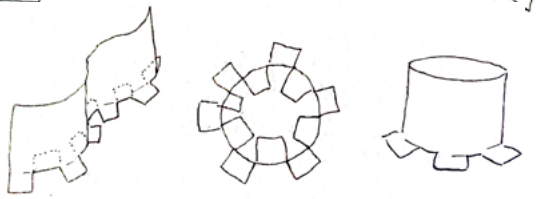
PAPER SCULPTURE IDEAS

1. Take a rectangular piece of paper. Cut along the dotted lines to make a fringe.

2. Fold the tabs back on themselves in alternating directions.



3. Now you can experiment with this shape to build new structures.



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.

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:

anna.weir@nhs.scot
amy.benzie@nhs.scot
yvette.bathgate@nhs.scot