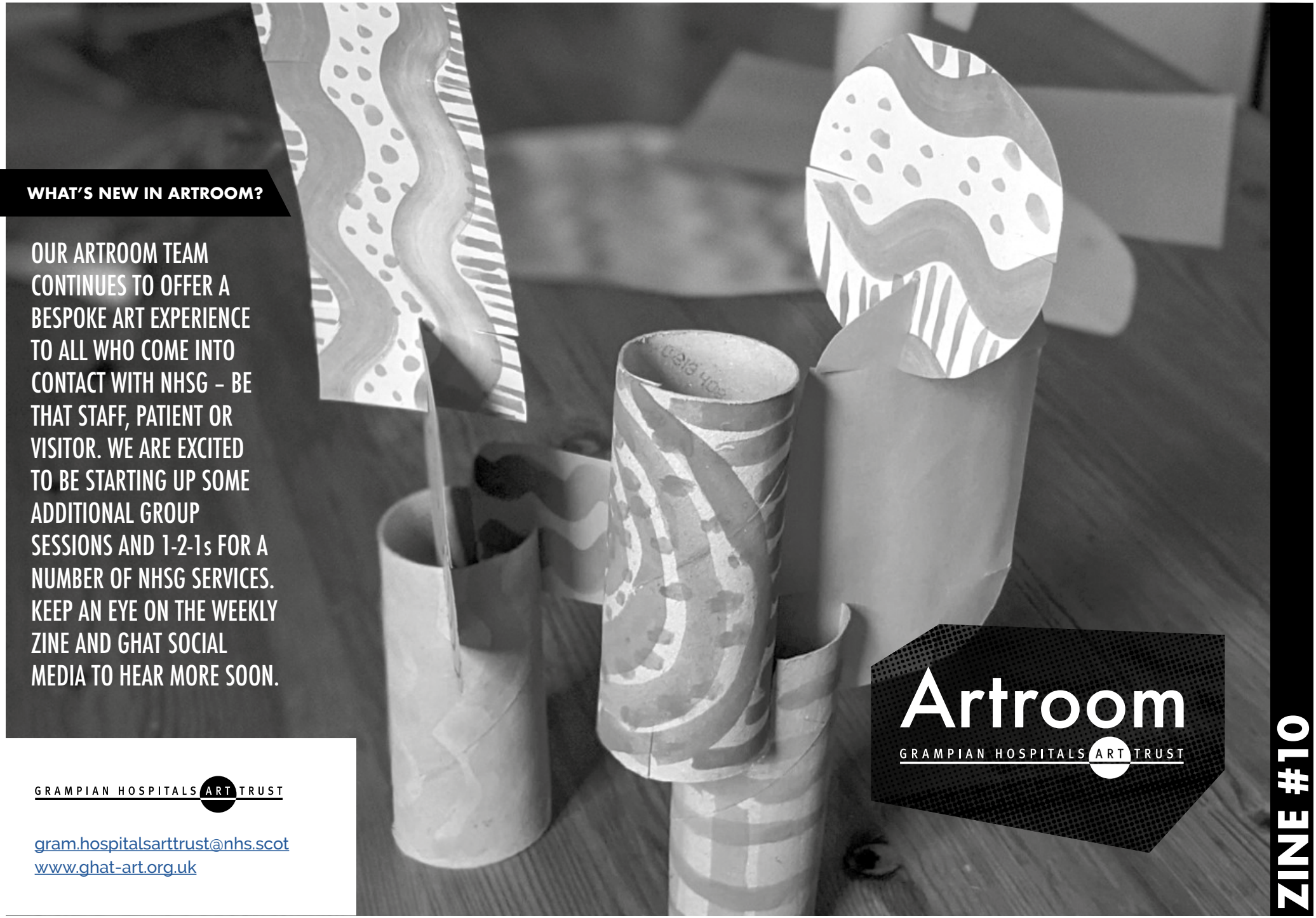


WHAT'S NEW IN ARTROOM?

OUR ARTROOM TEAM CONTINUES TO OFFER A BESPOKE ART EXPERIENCE TO ALL WHO COME INTO CONTACT WITH NHSG – BE THAT STAFF, PATIENT OR VISITOR. WE ARE EXCITED TO BE STARTING UP SOME ADDITIONAL GROUP SESSIONS AND 1-2-1s FOR A NUMBER OF NHSG SERVICES. KEEP AN EYE ON THE WEEKLY ZINE AND GHAT SOCIAL MEDIA TO HEAR MORE SOON.

Artroom

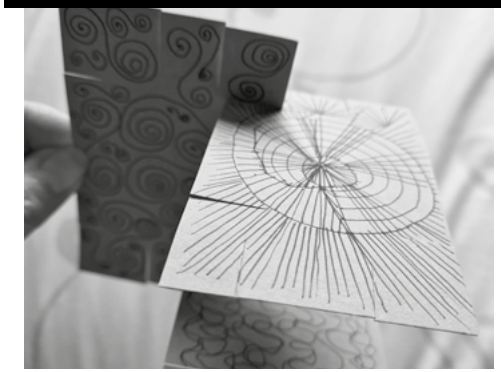
GRAMPIAN HOSPITALS ART TRUST

ZINE #10

GRAMPIAN HOSPITALS ART TRUST

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

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 had a go at creating sculptural structures using paper and cardboard. These stackers are super easy to make. We each cut out some shapes and cut small slots into them allowing us to use them like building blocks. We chatted whilst decorating our 'cardboard stackers', and before we knew it, an hour had passed and everyone's sculptures had grown!

Our next session is on Wednesday the 3rd March – where we will be trying out some new 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

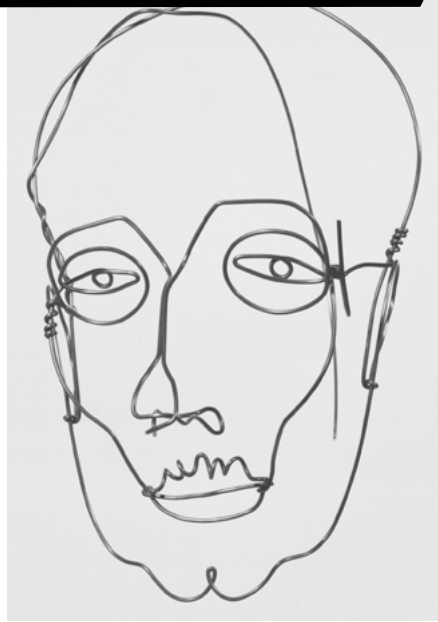
THANKS TO EVERYONE WHO JOINED THE FRIDAY KIDS ARTROOM LOCKDOWN CLUB!

It has been a pleasure to meet all who made it along to our **KIDS ARTROOM LOCKDOWN CLUB.** Our Lockdown Friday mornings were filled with colour, creativity and play. From messy paper clay to delicate paper weaving – the sessions proved a great way to bring us together.

"thanks so much for all you are doing for us"
-ANONYMOUS QUOTE FROM ARI STAFF

We continue to offer 121 sessions and we are always available for a virtual creative consultation. Keep creating!

ART INSPIRATION



This week we were inspired by the work of Alexander Calder (Pictured). Calder was known for his wire sculptures. The faces in the sculptures such as the one shown were created using a single line. Why not try our timed drawing exercises for yourself to get you started?

1. Draw your self-portrait within one minute - try drawing with your eyes closed.
2. Draw your self-portrait within one minute - try drawing with your opposite hand if you can.
3. Draw your self-portrait within one minute - try making the drawing without taking your pencil off the paper – using one continual line.

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