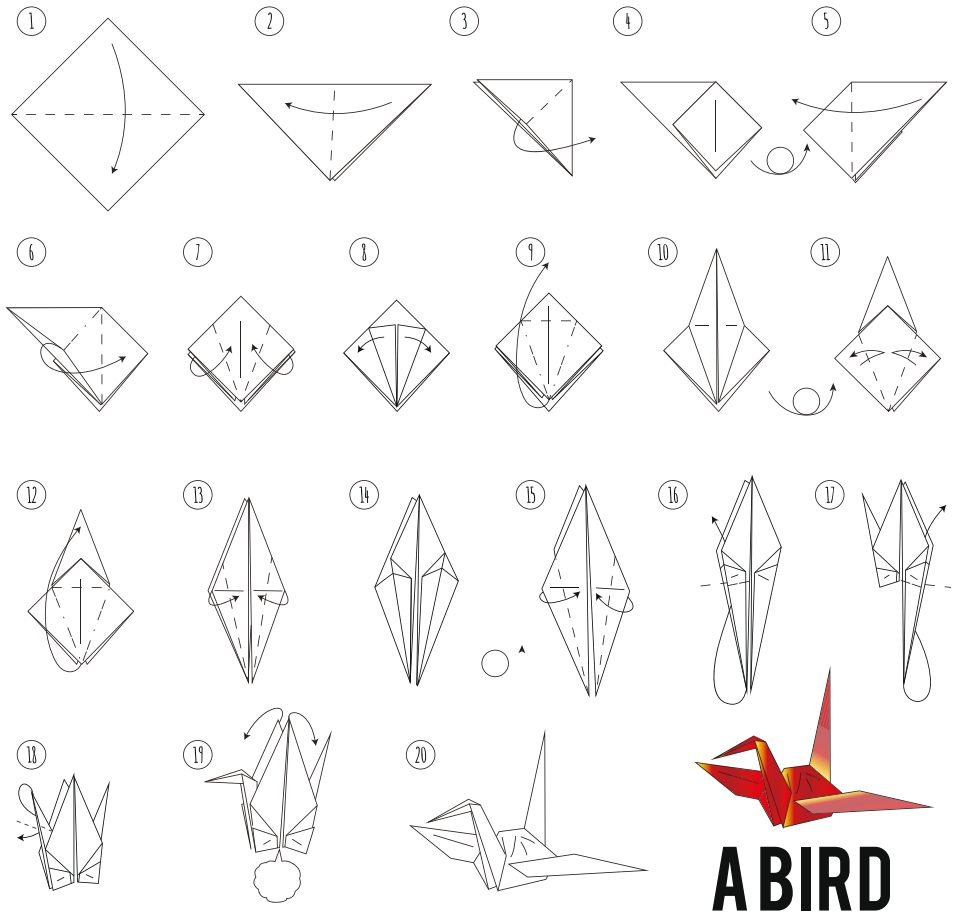
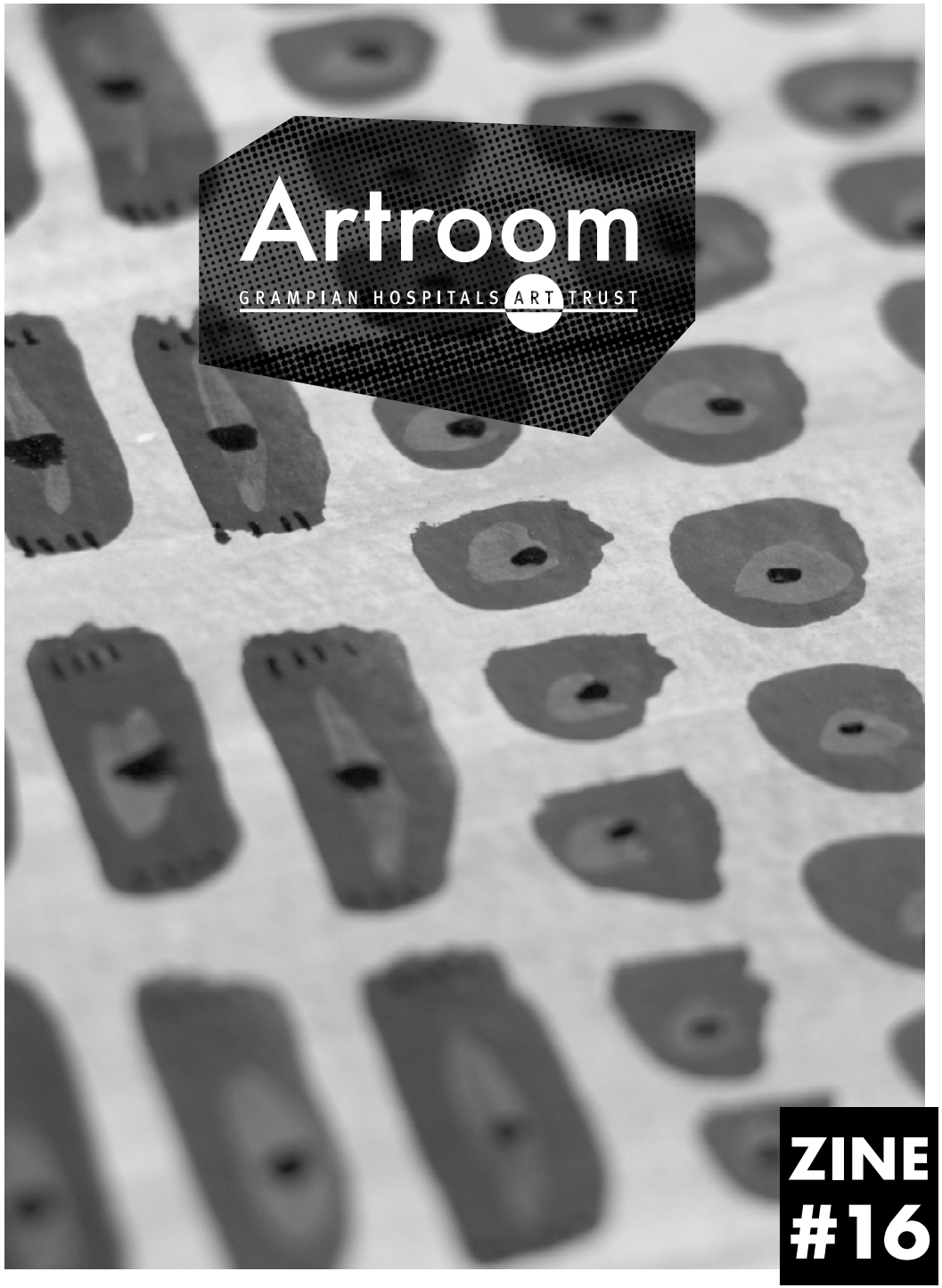


A BIRD

GRAMPIAN HOSPITALS ART TRUST

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



ZINE #16

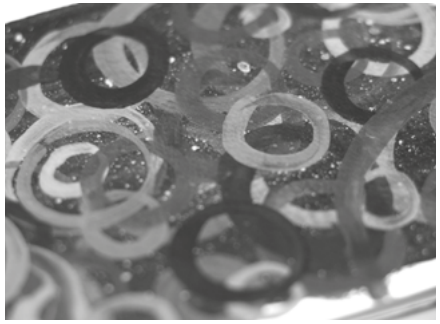
OUR WEEKLY ARTROOM VIRTUAL SESSIONS ARE EVERY WEDNESDAY 1.30PM TO 2.30PM. THEY ARE FREE AND OPEN TO ALL.

In our latest **VIRTUAL SESSION**, we drew alongside each other, exchanged some tips on origami and had a good natter along the way. These sessions are tailored by those that join so you can do anything you like during the sessions. This week participants showed us what they had been working on through the week, and we also looked at how to make a quick paper bookmark using simple but effective origami techniques.

Our next session is on Wednesday the 14th April. 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 or via Eventbrite, or feel free to send us an email. If there is something new you would like to try out but don't know where to start then get in touch!

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



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

We can arrange virtual creative consultations with our Artroom artists via Virtual Patient Visiting, 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