WEEKLY INSPIRATION CORNER
NATURE WEAVING

You will need:

4 sticks, string, found objects: leaves/petals/twigs

To do:

- Find four sticks to use as frame
- Place them in a square and tie corners together tightly to hold in place
- Tie a very long piece of string to one corner of your frame
- Wrap the string around the edges to create the horizontal section of your weave
- Tie at corner when you Reach the bottom.
- Weave the bits you've gathered through the string, in and out – they should hold in place
- Do this with a bunch of objects to compose a design

GRAMPIAN HOSPITALS ART TRUST

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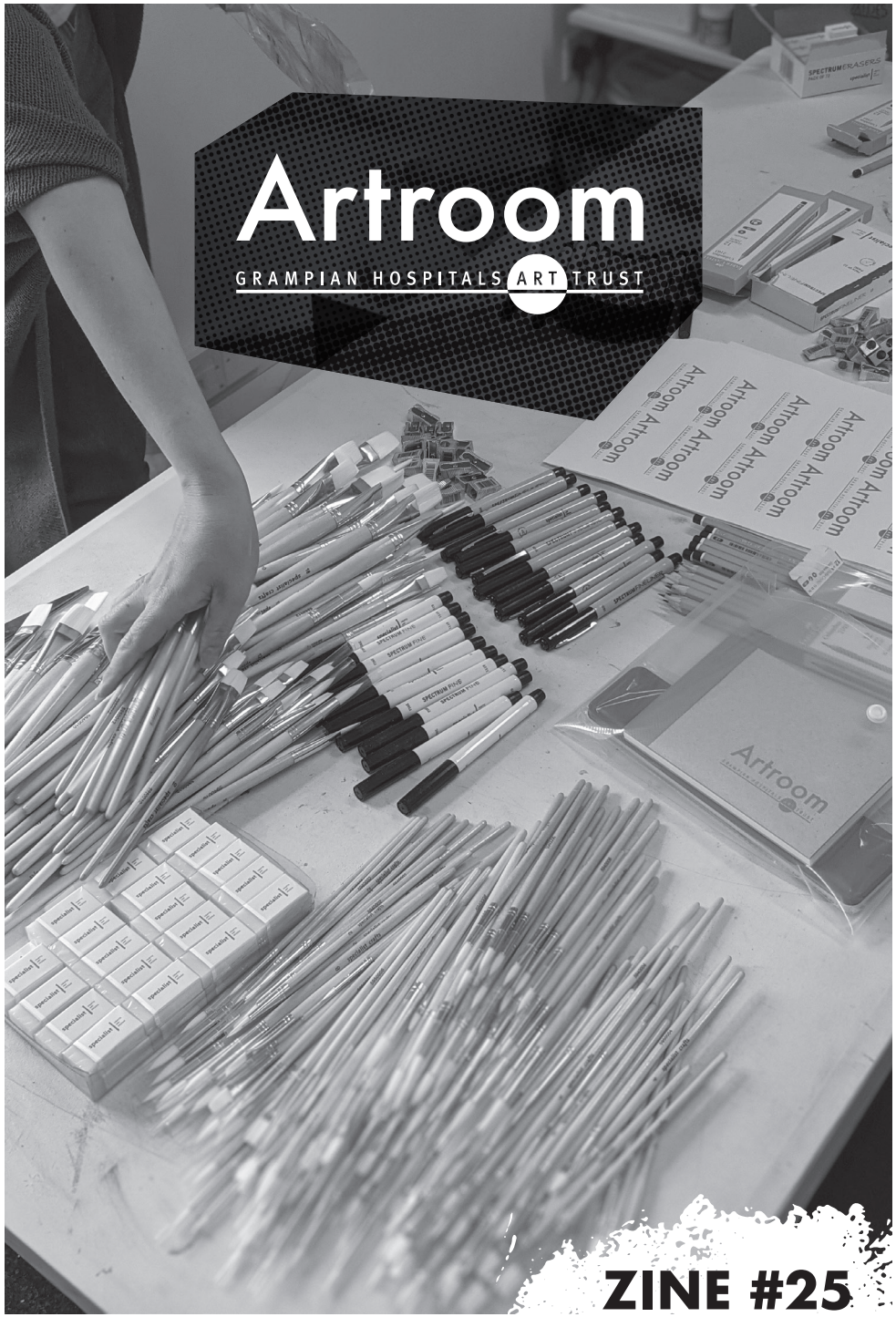

OUR WEEKLY ARTROOM VIRTUAL SESSIONS ARE EVERY WEDNESDAY 1.30PM TO 2.30PM. THEY ARE FREE AND OPEN TO ALL.

In our latest **VIRTUAL SESSION**, we drew and painted alongside each other and someone tried out some botanical printmaking with fabrics and plants. We showed what we had been working on through the week 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 hour. It was exciting to see participant's paintings, photography and drawings from the week.

Our next session is on the following Wednesday at 1.30pm. 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!

WHAT'S NEW IN ARTROOM?

This week **Artroom** had our first virtual group Art Session with staff and patients in Ward 205. It was great to be back in the day room again, even though it was only through the screen of an ipad!

We made up just under 100 more art packs ready to be sent out into the wards – get in touch if you would like one.

We continued our sessions with **Healthy Minds** at Rosemount community center and were excited by the beautiful work that was created!

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:

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