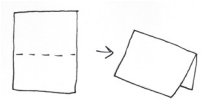
WEEKLY INSPIRATION CORNER
PAPER WEAVING

We were inspired by last week's weaving activity so decided to revisit an activity from issue #4 – paper weaving!

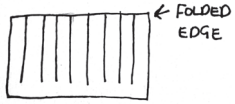
This is easy to create with bits you probably have to hand, all you need is paper and scissors (or try ripping). It gives really effective results! You can play with different colours and patterns, and you can try drawing on your paper before or after for different effects.

HOW TO MAKE A PAPER WEAVE

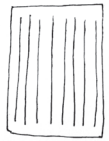
1. Fold in half.



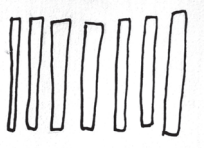
2. Cut vertical lines on the folded paper.



3. Unfolded paper will look like this.



4. Use another piece of paper to cut lots of strips.



5. Weave the strips of paper through your paper loom.

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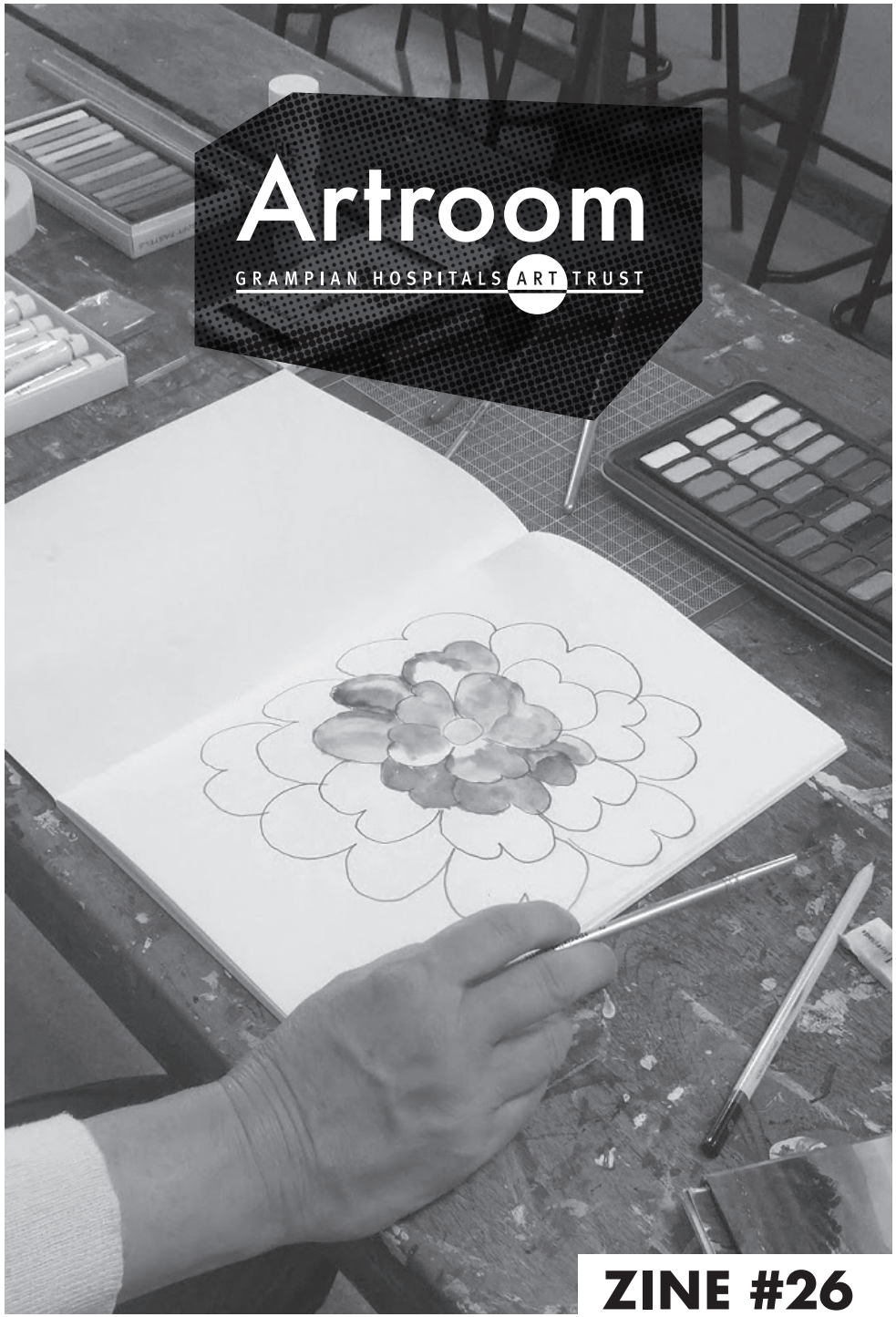

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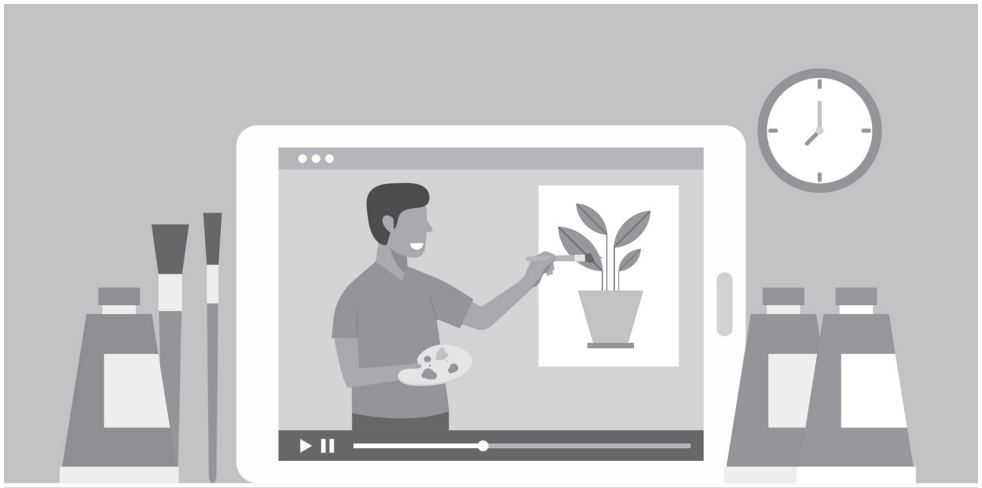

OUR WEEKLY ARTROOM VIRTUAL SESSIONS ARE EVERY WEDNESDAY 1.30PM TO 2.30PM. THEY ARE FREE AND OPEN TO ALL.

In our latest **VIRTUAL SESSION**, we drew and painted alongside each other and we brainstormed some creative ideas with a participant as they created an illustration for a book. 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 each 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?

Our taster sessions with Heathy Minds has come to an end, but we are excited to continue working with them again soon. The four participants experimented with drawing exercises and went on to created beautiful art work throughout the sessions.

We continue to accept referrals for 1:1 creative sessions and have plenty of art packs made up to send out to those who might be interested.

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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