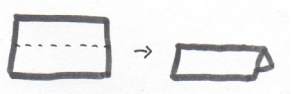
WEEKLY INSPIRATION CORNER

MAKE YOUR OWN ZINE

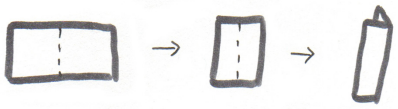
This week we explore how to make a zine from a single sheet of paper. Once you suss this out you can make many! What might you fill your little book with? Could you create an illustrated story, or drawings of your surroundings, or something else entirely!

MAKE A ZINE USING ONLY A SHEET OF A4 PAPER

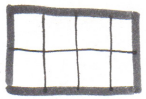
1. Fold in half length ways.



2. Open up and fold in half width-ways, twice.

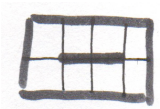


3. Unfolded paper will look like this.

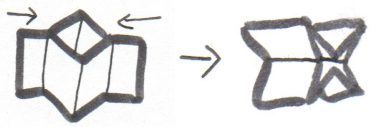


4. Rip/cut down the center by folding paper in half width-ways and tearing/ cutting along the center fold line from the folded side half-way through.

5. When unfolded your sheet should have a slice in the center of the page.



6. Fold the paper in half length-ways and push sides in.



7. Fold in half to form a little sketchbook.

Keep and eye out for some local artists that make books or zines in their practice for inspiration next week!

GRAMPIAN HOSPITALS ART TRUST

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

Artroom

GRAMPIAN HOSPITALS ART TRUST

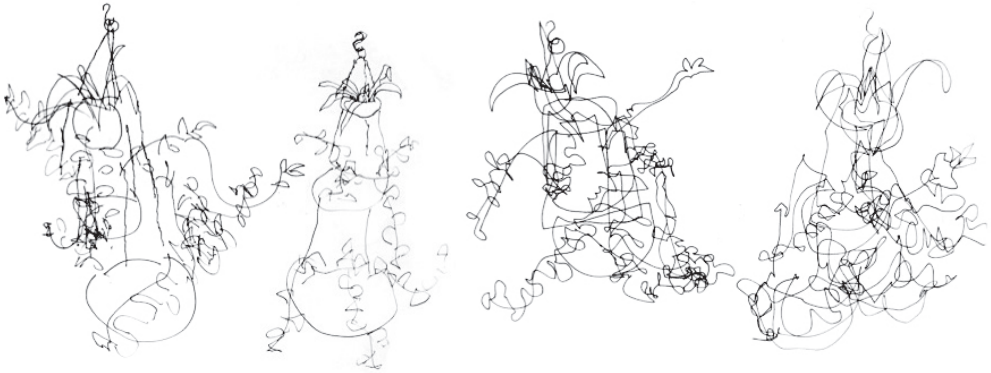
ZINE #28

VIRTUAL ARTROOM MEET-UPS *TIME AND PLATFORM CHANGE*

We will be back next week using a different platform, NHS Scotland VCS. We will also slightly change the time from 1.30 to 1, giving us a bit of extra time in the afternoons for more Artroom sessions working with the wards. We looking forward to seeing you again then!

TO JOIN US NEXT WEEK BETWEEN 1-2PM DROP US AN EMAIL AND WE'LL SEND YOU THE DETAILS TO JOIN.

In our latest **VIRTUAL SESSION**, we tried out some drawing exercises such as drawing without looking, using non-dominant hand and continuous line. We had a giggle as we showed each other our sketches and guessed what each thing was. We experimented with layering up the challenges until the grand finale of drawing without looking, using non-dominant hand, without taking pen off the paper, all-in-one sketch! The results were surprising and we enjoyed seeing the progression!



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.

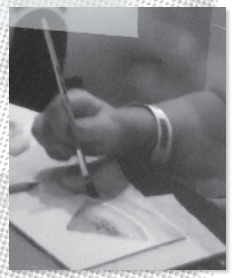
If you would like to join a session, you can find out more on our social media, or feel free to send us an email. If there is something new you would like to try out but don't know where to start then get in touch!

WHAT'S NEW IN ARTROOM?

We are getting ready to start **ARTROOM IN DERMATOLOGY**, we are excited to be starting this new project!

We continue to run group sessions in ward 205 and are loving seeing the artwork produced throughout the hour.

"I've been kept busy doing lots of paintings throughout the week. (...) I'm so glad that there is something [like this], it splits up the day and I really enjoy it but it gives me two benefits, I get artroom and I get an hour of therapy on my hand."



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