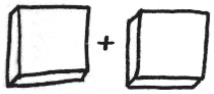
WEEKLY INSPIRATION CORNER

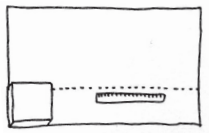
CONCERTINA SKETCH BOOKS

Following on from the theme of making sketchbooks, and having a look at Anne Campbells handmade books last week, we decided to revisit making a concertina sketchbook this week.

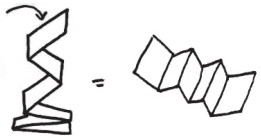
1. Cut two identical pieces of cardboard.



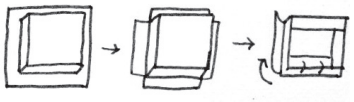
2. Use the cardboard to measure a strip of paper roughly 1cm narrower.



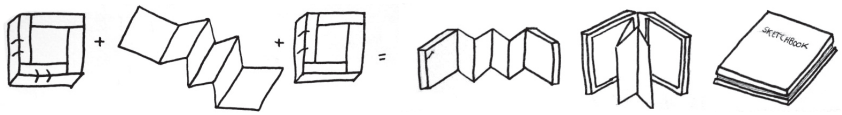
3. Cut/tear off your strip of paper then fold several times to make an accordian.



4. Glue each piece of cardboard to decorative paper for your book cover.



5. Glue your accordian page into the the two cardboard book covers.



GRAMPIAN HOSPITALS ART TRUST

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VIRTUAL ARTROOM MEET-UPS *TIME AND PLATFORM CHANGE*

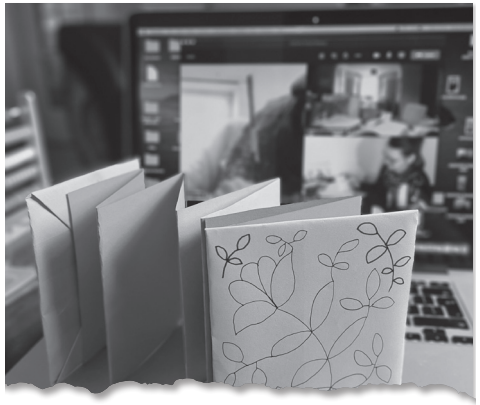
We will be back next week using a different platform, NHS Scotland VCS. We will also slightly change the time from 1.30pm to 1pm, giving us a bit of extra time in the afternoons for more Artroom sessions working with the wards. We looking forward to seeing you again then!

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

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?



The Artroom Team were excited to be taking part in something a little different this week – providing a one-off **ARTROOM** session for the **VisitAberdeenshire Team** as part of their Wellness Wednesday's programme. The group took a morning to meet virtually and try out some sketchbook making and drawing exercises.

"Thank you so much for the great session today, it was lovely to meet you both virtually and hear about GHAT and take part in Artroom. I found the session really helpful as I totally switched off from work for the hour and was focussed on the activity which is what it is all about.

Hopefully it will not be long before you will be able to deliver these sessions in person again and we can get to the Suttie space to see the great exhibition."

- Fiona Douglas

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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