



Arts for Staff Wellbeing: Taster Workshops 12–26 April 2022

This April, take important time for yourself to connect with others, de-stress, recharge and have fun!

Celebrating Keeping Well’s 1st Birthday, take part in Breathe Arts Health Research’s various taster sessions of online and in-person arts and health workshops tailored for staff working across South East London Integrated Care System.

	Tue 12 April	Wed 13 April	Tue 19 April	Thu 21 April	Tue 26 April
1pm–2pm	Breathe Poetry for Connection and Processing		Breathe Creative Breaks for Unwinding		Breathe Magic for Mental Health
6.30pm–7.30pm		Breathe Sing for Stress Relief		Breathe Dance for Mind and Body	



Take part in our FREE workshops

Breathe Poetry for Connection and Processing online

Tuesday 12 April, 1pm–2pm

Take time for yourself over your lunchbreak with a reflective and refreshing session of poetry. Led by an inspiring poet and creative facilitator, this encouraging workshop is a chance to connect with those around you, process recent years and experience joy and positivity through the art of poetry.

Breathe Sing for Stress Relief in person

Wednesday 13 April, 6.30pm–7.30pm
Lambeth Hospital, SW9 9NT*

This fun and engaging workshop is a chance to experience the health and wellbeing benefits of singing, in a positive and non-judgemental environment. This workshop is led by one of our expert singing leaders, focusing on physical and vocal warm-ups and well-known songs and music from around the world, to release stress and tension in a fun and supportive way.

Breathe Creative Breaks for Unwinding online

Tuesday 19 April, 1pm–1.45pm

Immerse yourself over your lunchbreak in an absorbing workshop, focused on relaxing and reducing anxiety by channelling attention through simple yet captivating drawing activities. You can take part wherever you are, just bring a pen and paper!



Breathe Dance for Mind and Body in person

Thursday 21 April, 6.30pm–7.30pm
Lambeth Hospital, SW9 9NT*

A South Asian dance workshop, offering you a chance to relax the mind, connect with the body and express yourself creatively. This session is an opportunity to relax and recharge through physical movement while learning short South Asian dances in a fun and supportive environment.

Breathe Magic for Mental Health online

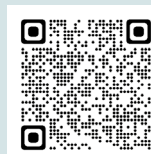
Tuesday 26 April, 1pm–2pm

Experience a unique taste of magic as a tool to clear the mind, be present and alleviate anxiety, led by a professional Breathe Magician. Learn impressive magic tricks, designed to help develop memory, hand-eye coordination and communication skills, whilst experiencing how magic can build confidence and self-esteem.

All sessions are **FREE** and open to all staff working across the South East London Integrated Care System. Sessions will take place in person or on Zoom. No experience in any of the art forms is necessary. Places are limited and registration in advance is required.

Book your **FREE** place:

<https://breatheahr.org/forms/sign-up-form-ics-workshops/>



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www.breatheahr.org

www.keepingwellseel.nhs.uk

*Exact room location will be given upon registering for the workshop



Keeping Well in South East London

**Our Healthier
South East London**
Integrated Care System