

# Arts for Staff Wellbeing: Summer Programme

18 July – 31 August 2022



**Take important time for yourself this summer to connect with others, relax, recharge and have fun!**

Take part in Breathe Arts Health Research's series of online and in-person arts and health workshops, open to all health and social care staff working across South East London. From drawing to dance, music to meditation – take some time out and experience something new!

Join one of our **FREE** programmes

## Summer Workshops

### Breathe Dance for Mind and Body In Person

6 weeks, Tuesdays, 6–7pm,  
Unit 4, Kings College Hospital Business Park,  
Coldharbour Lane, SE5 9NY

A South Asian dance workshop, offering you a chance to relax the mind, connect with the body and express yourself creatively. These weekly sessions will be an opportunity to relax and recharge through physical movements while learning short South Asian dances in a fun and supportive environment.

19 Jul 26 Jul 2 Aug 9 Aug 16 Aug 23 Aug

### Breathe Drawing for Unwinding Online

6 weeks, Wednesdays, 6.30–7.30pm, Zoom

Unwind after work by immersing yourself in an absorbing workshop, focused on relaxing and reducing anxiety by channelling attention through simple yet captivating drawing activities. Inspired by the work of well-known artists, we'll play and experiment with shading, texture, shape and form in an encouraging and non-competitive environment. You can take part wherever you are, just bring a pen and paper!

20 Jul 3 Aug 10 Aug 17 Aug 24 Aug 31 Aug

### Breathe Stretch to Live Music Online

4 weeks, Thursdays, 8.30–9am, Zoom

Whether you are starting or ending your shift or working day, take a moment to ground yourself and give time to your body with gentle movements and stretches. This morning guided session will be accompanied by live music, for a unique and totally captivating experience.

4 Aug 11 Aug 18 Aug 25 Aug

## Summer Taster Sessions

### Breathe Poetry for Connection and Processing Online

Monday 18 July, 1–2pm, Zoom

Join for a reflective, refreshing and exciting 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.

18 Jul

### Breathe Song and Sound Ceremony for Healing Online

Thursday 28 July / Thursday 25 August,  
7–8pm, Zoom

Come together for a group sound healing, intention setting and guided meditation with stunning song, crystal bowl and gong. Experience healing techniques that use vibrations of sound to connect you with your body and stimulate brain wave frequencies. The best way to relax, let go of any tension and surrender.

28 Jul 25 Aug

- All sessions are **FREE** and open to all health and social care staff working across South East London.
- No experience in any of the art forms is necessary.
- You can sign up to one or all workshops above. All sessions run on a drop-in basis so you can join us every week or just drop-in when you can.
- Places are limited and registration in advance is essential.

[Click here to book now or visit \[breatheahr.org\]\(https://breatheahr.org\) for further information.](#)

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