



BREATHE
ARTS HEALTH RESEARCH

FREE
workshops

Arts for Staff Wellbeing: Spring Programme

Feb–April 2023

Exciting wellbeing workshops for health and social care staff working across South East London!
Relax, connect with others and have fun!



   @BreatheAHR

www.breatheahr.org

100% of participants would recommend a Breathe workshop to a colleague.

Spring Workshops

Breathe Dance for Mind and Body

9 Weeks, Thursdays 6–7pm,
King's College Hospital SE5 9RS

Come together with colleagues and connect the mind and body. Led by experienced dance leads, you'll explore a range of styles over the weeks, from street dance and Afrobeat to contemporary and ballet.

2 Mar 9 Mar 16 Mar 23 Mar 30 Mar 6 Apr
13 Apr 20 Apr 27 Apr

Breathe Drawing for Unwinding

9 weeks, Wednesdays 6:30-7:30pm, Zoom

Unwind with this absorbing workshop, focused on relaxing and reducing anxiety by channelling attention through simple yet captivating drawing activities. You'll experience the mindfulness benefits of drawing as you experiment with shading, texture, shape and form.

22 Feb 1 Mar 8 Mar 15 Mar 22 Mar 29 Mar
5 Apr 19 Apr 26 Apr

Breathe Stretch to Live Music

4 weeks, Tuesdays 7:30-8am, Zoom

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

7 Mar 14 Mar 21 Mar 28 Mar

Breathe Poetry for Connection and Processing

4 weeks, Mondays 1–2pm, Zoom

Join for a reflective and refreshing session. Led by an inspiring poet and creative facilitator, this is a chance to look inwards, connect with others, process recent years and experience the wellbeing benefits of the art of poetry.

13 Mar 20 Mar 27 Mar 3 Apr

Spring Taster Sessions

Breathe Journaling for Calm and Creativity

Tuesday 21 February 1–2pm, Zoom

Take time over lunch to slow down, explore your mind and experiment with words and pictures. Guided by exercises and creative tips, you'll rediscover the artist inside as we reflect together and create beautiful journals using materials you already have in your home or office.

Breathe Social Sketch-up for Joy

Monday 6 March 1–2pm, Zoom

Join for a fun and insightful lunchtime sketching session. After a quick warm-up you'll be guided through a series of playful prompts designed to help boost your mood, connect with others and see drawing from a fresh and fun perspective.

Breathe Magic for Mental Health

Monday 17 April 1–2pm, Zoom

Experience magic as a tool to clear the mind, be present and alleviate anxiety. Learn fun and impressive magic tricks, designed to help develop memory, hand-eye coordination and communication skills, all whilst building confidence and self-esteem.

[Click here](#) to register your interest and book now or visit breatheahr.org for further information.

- No experience necessary for any of the workshops
- All sessions are **FREE** and open to all health and social care staff working across South East London.
- Registration in advance is essential.
- All sessions run on a drop-in basis. You can come every week or just join when you can.



Keeping Well in South East London

South East London
Integrated Care System