



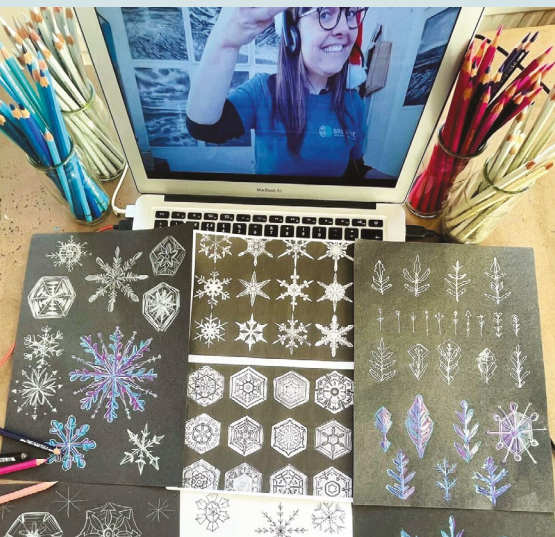
**BREATHE**  
ARTS HEALTH RESEARCH




**FREE**  
workshops

# Arts for Staff Wellbeing: Winter Programme

## Nov–Dec 2023

Take part in our exciting arts and health workshops, open to all health and social care staff working across South East London.



   @BreatheAHR  
[breatheahr.org](https://www.breatheahr.org)

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

## Winter Workshops

### Breathe Drawing for Unwinding

7 weeks, Wednesdays 6.30–7.30pm, online

Unwind with this 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, you'll experience the mindfulness benefits of drawing as you experiment with shading, texture, shape and form.

1 Nov 8 Nov 15 Nov 22 Nov 29 Nov  
6 Dec 13 Dec

### Breathe Dance for Mind and Body

7 weeks, Thursdays 6–7pm, Unit 4, Kings College Hospital, SE5 9NY

Come together with colleagues and connect the mind and body. Led by experienced dance leads, you'll learn fun, beginner-friendly street dance routines to uplifting beats from across the decades in an encouraging group environment. You'll leave feeling empowered, energised and eager for more!

2 Nov 9 Nov 16 Nov 23 Nov 30 Nov  
7 Dec 14 Dec

*"It was such a wonderful way to release stress, get out of a work mindset, and have a time for yourself. Being fully engaged in an activity like this felt so therapeutic and healthy."*

Breathe Dance participant

## Winter Taster Sessions

### Breathe Musical Meditations for Relaxing

Monday 27 November 6–7pm, Governor's Hall, St Thomas' Hospital, SE1 7EH

Join for an evening of guided musical meditations, focussing on deep relaxation, self-love and relieving tension. Taking inspiration from black classical music (jazz), improvisation and sound healing, you'll be transported by the beautiful sounds of live guitar, voice and electronic elements to quieten the mind and sooth the body.

### Breathe Journalling for Calm and Creativity

Friday 8 December, 1–2pm, online

Round off the year by taking 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.

[Click here to register or visit \[breatheah.org\]\(https://breatheah.org\) for more information.](#)

- No experience necessary.
- 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.

Keep your eyes peeled for more exciting opportunities and art forms coming in the New Year!

