






**BREATHE**  
ARTS HEALTH RESEARCH



# Arts for Staff Wellbeing: Spring Programme 2024

**Support your wellbeing through the arts this Spring!**  
Breathe Arts Health Research are continuing our exciting programme of online and in person arts and health workshops, open to all health and social care staff working across South East London.



   @BreatheAHR  
[breatheahr.org](http://breatheahr.org)

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

## Spring Taster Sessions

### Breathe Song and Sound Journey

Sunday 4 Feb, 7–8pm, Online

Join this nourishing group relaxation where you'll get cosy as you let yourself be transported by the captivating sounds of stunning vocals, crystal bowl and gong. A great way to relax and let go!

### Breathe Journaling for Calm

Friday 16 Feb, 1–2pm, Online

Slow down, calm your mind and experiment with words and pictures. Guided by reflective exercises and creative tips, you'll set intentions and learn skills to create beautiful art journals using materials you already have.

### Breathe Magic for Mental Health

Tuesday 27 Feb, 1–2pm, Online

Experience magic as a tool to be present and alleviate anxiety. Led by a professional magician, you'll learn fun and impressive tricks, designed to improve memory, coordination and communication, all whilst building confidence.

### Breathe Musical Meditations

Tuesday 12 Mar, 6–7pm,

King's College Hospital, SE5 9RS

Relax and relieve tension with guided musical meditation, inspired by black classical music (jazz) and sound healing. The combination of guitar, voice and electronics are the perfect remedy to quieten the mind and sooth the body.

### Breathe Illustrating for Expression

Monday 25 Mar, 6.30–7.30pm, Online

Join this brand new taster session and learn narrative storytelling tools and illustrative techniques to express yourself visually. Together, you'll explore the joy and absurdity of everyday life and leave feeling connected and inspired!

## Spring Workshops

### Breathe Dance for Mind and Body

9 weeks, Thursdays 6–7pm,

King's College Hospital, SE5 9RS

Come together to connect the mind and body. Led by professional dance leads, you'll experience a range of styles and learn beginner-friendly routines in a fun and encouraging space. You'll leave feeling empowered and energised!

8 Feb 15 Feb 22 Feb 29 Feb 7 Mar 14 Mar  
21 Mar 28 Mar 4 Apr

### Breathe Drawing for Unwinding

7 weeks, Wednesdays 6.30–7.30pm, Online

This absorbing workshop reduces anxiety through simple yet captivating drawing activities. Inspired by well-known artists, you'll relax and experiment with shading, texture, shape and form.

21 Feb 28 Feb 6 Mar 13 Mar 20 Mar 27 Mar  
3 Apr

### Breathe Stretch to Live Music

4 weeks, Fridays 7.30–8am, Online

Whether you are starting or ending your shift, take time for yourself and feel grounded with gentle guided movements and stretches. This session will be accompanied by live music, for a totally captivating experience.

1 Mar 8 Mar 15 Mar 22 Mar

[Click here](#) to register now or visit [breathehr.org](https://breathehr.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. Come every week or just join when you can.