



**A CREATIVE APPROACH
TO WELLBEING**

**PARTICIPANT WELLBEING
ACTIVITY PACK**





WELL-CITY SALISBURY

Well-City Salisbury is about connection – to the arts, to heritage, to our local area, to the landscape, and to each other. This partnership project supports people with low to medium mental health needs in the Salisbury area on their wellbeing journey through free creative courses and volunteering opportunities. Well-City Salisbury is funded by The National Lottery Community Fund.

The free, 8-week-long creative courses, such as photography, textiles and pottery, are delivered by the four project partners – **ArtCare** at Salisbury District Hospital, **The Salisbury Museum**, **Wessex Archaeology** and **Wiltshire Creative** – and facilitated by staff and local artists experienced at supporting people with mental health needs to take part. In 2024 we were delighted to have welcomed Wiltshire Wildlife Trust on board as a guest delivery partner.





ABOUT THIS PACK

This collection is a vibrant collaboration between Well-City Salisbury artists and participants who joined forces to bring you an array of creative activities, individually designed to support wellbeing inspired by their time on the project. Each activity invites you to dive in, get hands-on, and unleash your creativity - all at your own pace.

The Well-City Salisbury team has crafted this pack with care, and we're excited for you to embark on your own creative journey. Whether you're looking to unwind, get inspired, or just have some fun, there's something here for everyone.

So, take your time, explore, and let your imagination run wild. And when you do, we'd love to see your masterpieces! Share your artwork on social media using #WellCitySalisbury and join our creative community.

Happy creating!



Drawing Birdsong

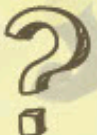
making sounds into pictures

Polonaise, pour le piano, dédié à Chopin
Léopold Breithaupt et Franz Liszt, Paris 1838



Sit comfortably and have a listen, close your eyes for a moment if you can.

What sounds can you hear around you? You can carry out this activity with any sound, but if you can hear a bird calling, give that a try first.



1. Is the bird making a few long sounds or lots of short ones?
2. Is it a smooth sound or a spiky one, high and light or low and heavy?
3. How do different sounds compare - a duck on the river or a pigeon in the street?



- Using a pencil, pen, or a brush with ink or watercolour, make marks onto paper.
- Try to echo the qualities of the sounds you hear with the marks that you make on the page, smooth or spiky, light or dark, repeating notes or single sounds.

Designed by James Aldridge: @JamesAldridgeArt / www.jamesaldrIDGE-artist.co.uk
Inspired by the Wild Art: Wanders in Nature course with The Wiltshire Wildlife Trust

Rhythms at home...



Explore...

Sound is all around us, and the possibilities for creation are endless.. it could be the tapping of a pen on a table, the rustling of a crisp packet, the ping of a timer, or the sound of a cupboard door closing. Start by exploring all the possible sounds that are hidden within the home and see where they fall on the frequency spectrum of sound... does it sound low like a bass drum, or high-pitched like a hi hat cymbal, you'll be surprised at the wide spectrum of sounds you can find and create within your home.

Create...

The goal of this exercise is to find sounds in the home and use them to play different rhythms, create your own musical composition, or even play along to music. A fun challenge is to find sounds that replicate those that are similar to a drum set. A bass drum could be the tap of an empty shoe box, or closing a cupboard door, a snare could be as simple as clapping your hands, cymbals can be replicated using a salt shaker or lightly stroking your hand across a jacket. You can go as far as creating your own soundscapes, try replicating the sound of a storm, a forest scene, or anything that comes to mind. Simply have fun and explore what you can create with all the different sounds found at home.

Home made shaker & what you will need:

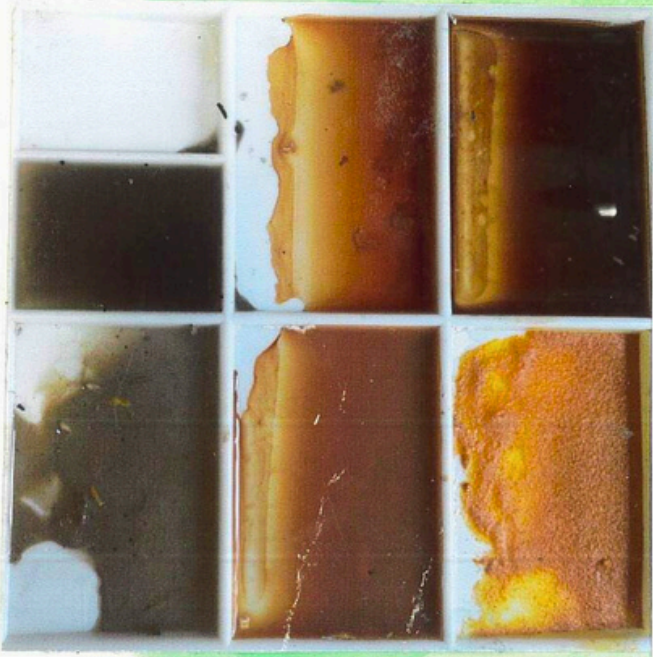
The tube of a kitchen/toilet roll, a small cup of rice, two elastic bands, and some fabric/paper. This is very simple to make, wrap a piece of fabric/paper around one end of the tube and secure it with an elastic band. Fill the tube with the rice and then secure the other end of the tube with the second piece of fabric/paper and elastic band. The amount of rice you use in the tube will affect the sound, experiment with what you like best. Your shaker is now ready, if you want to go one step further you can decorate your shaker in any way you like. You can also experiment by filling it with salt or another type of material to achieve different sound textures.

The sound of rain:

Using the shaker idea opposite, you can also create the sound of rain. The method is the same but you will need a longer tube, you can take the same steps to create the shaker, but by using a long tube you can tip it and let the grains of rice slowly slide from one end to the other, creating the sound of rain.



home alone? Get CrEative

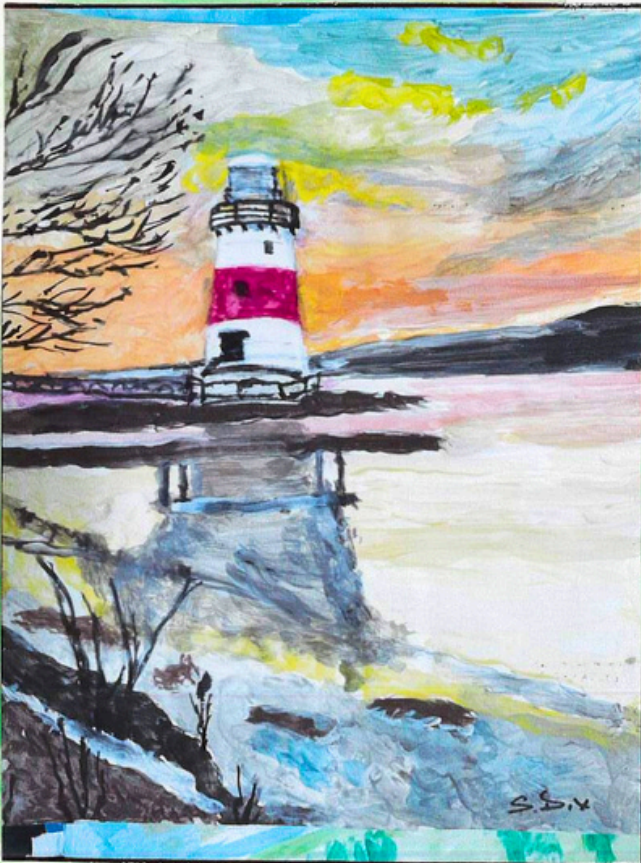


Home made paints

So many things that you will use at home, will make usable paint!

Coffee, tea, with or without milk, turmeric, tomato ketchup, brown sauce, earth.

Just mix your item with a small amount of warm water and watch as your home made paint emerges!



One of my paintings using home made and bought paint.

Personal Treasure Book

Inspired by "Hands on Artyfacts" with Salisbury Museum

Project designed by Tamsin Loveday - www.tamsinloveday.com - IG: @tamsin_loveday

Materials: A small object that has meaning for you

A sheet of paper of your choice, at least A4, a variety of pencils and pens, scissors.



1- Getting to know your object

Holding your treasure in your hand, pay close attention to it. How does it feel?

Write down your observations across the whole of your sheet of paper.

Use at least 3 different writing tools.

Does it make a sound if you tap it?

Can you discern a smell?

How about a taste? What shape is it?

Describe the surface texture in detail.

Take your time.

2- Choose the best words

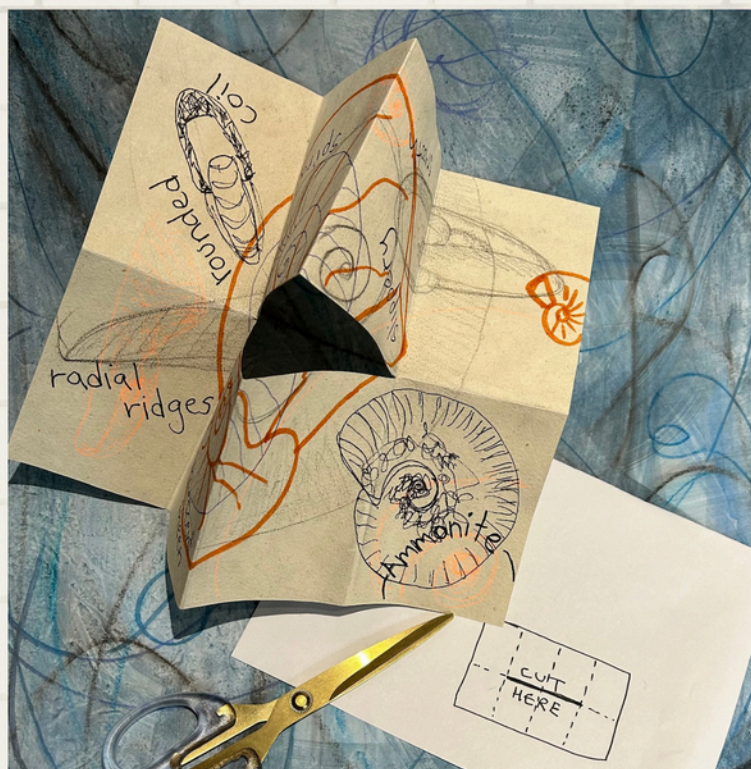
Read through your writing and circle your favourite words or phrases.

Choose the best 6, noting them on a separate piece of paper.

Turn over your paper and make drawings of your treasure.

Try to visit every part of the page with gestural marks describing the object.

Make several overlapping drawings from different angles. Use as many different drawing tools as you like.



3- Compose your treasure book

Fold your sheet of paper into 8 even rectangles, keeping your drawings on the outside. Cut the middle of the centre fold as shown in the picture above. Pinch the two mountain folds, then close the writing sides together along the remaining central folds. Decide which page will be your front cover, then gently close the pages.

This is known as a "Zine fold."

Write your chosen words or phrases on each page.

Remember to add a title on the front cover of your treasure book!

NATURE



Sit quietly under a tree , what can you see and what can you hear.

How does it make you feel sitting under a tree, is it dark or light are there shadows?

How many different sorts of flowers and leaves can you see, can you name the flowers and what trees the leaves come from.

Collect some leaves or bark from a tree and do some rubbings, maybe using pencils or crayons,

Everyday Inspiration

Let's use the things that surround us as a starting point for making!

Out of the Window

Curating the window sill

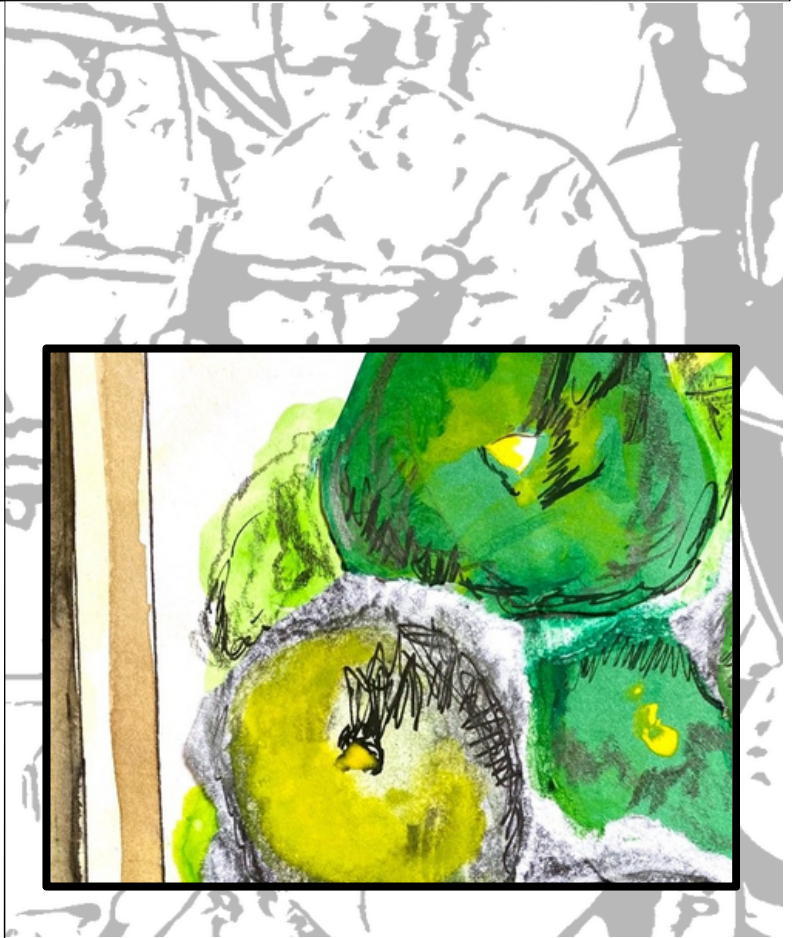
Have a look at the window sills in your own space. Are there any fascinating objects that fill the rectangular shape of the window?

Draw, paint or collage these scenes, including some of the window sill or frame too.

Could you change the colours or invent the scale, making things bigger or smaller than in reality?

Repeat as many times as you can, revisiting familiar spaces and finding interesting new perspectives!

If it helps, add time limits to your studies- some short (5 minutes) and others longer (20- 30 minutes).



Under the Kitchen Sink

Finding unusual viewpoints, to inspire shape and pattern in collage

Have a look under the kitchen sink. Have you ever noticed the range of patterns and shapes that exist in everyday things like pipes and plumbing?!

Cut, rip and stick different papers in the shapes and patterns you find to start a kitchen sink inspired collage! You may wish to add pens or paints over the top.

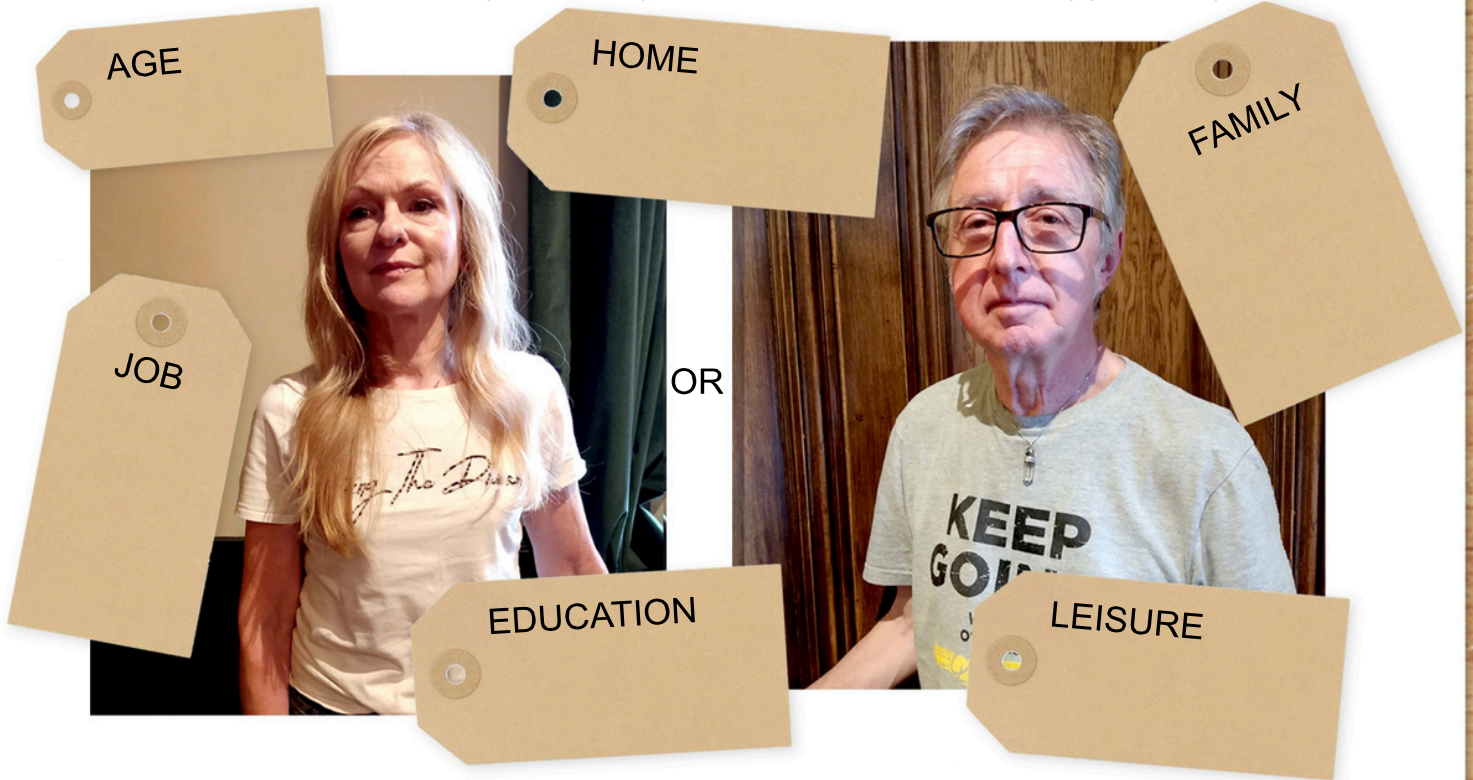
What other unusual everyday starting points can you find?

Writing Imaginary Characters

Who am I?

Choose one of the pictures below. Look carefully and imagine who you think this person might be. Write your ideas on the labels.

REMEMBER: There are no right or wrong answers; this is all about using your imagination.



My name is

Choose the words which best describe your character:

happy / sad strong / weak
fun / serious
dependable / unreliable
energetic / lazy
selfish / generous

What would your character say about these things?

My favourite food is:

One thing that makes me happy is:

My perfect day would be:

Now you know your character really well, make up a story where something unusual happens to them. Write in first person (use 'I' and 'my'), as if YOU are the character.

Choose one of these sentences to start your story:

- I only had a few seconds to make up my mind.
- When I opened the bag, it was full of money.
- It was pitch black in the forest, and I couldn't find the path.

Write your story in a notebook, or on a sheet of paper.

NATURAL BEAUTY

Creating your own natural inks to paint with

Look around you, everywhere, in your garden, in the park, where you walk to the shops or school. We are surrounded by the natural beauty of flowers, plants, seeds and weeds! See what you can find to use for making your own colourful inks.

Collecting

You can start in the kitchen!,

onion skins, red cabbage, fresh beetroot, blackberries, avocado, tumeric - or go outside - **tree bark, dock leaves, ivy berry, oak gall** - some are easier to use than others and will all make interesting colours and may surprise you!

What you will need

A saucepan - second hand will work, but it must be stainless steel and not used for anything else
Plastic sieve or muslin cloth
Salt & white vinegar, bicarbonate of soda
Clean jars
Cloves

Storage

Your coloured inks will keep in the fridge and will last longer with a clove or two added. These are like watercolour and will be best when painted in layers and may gradually fade.

Method

For anything soft; fruit, vegetables, leaves etc., chop roughly and add a small amount of water, just enough to cover whatever you are using. Boil for 5 mins then simmer for approx 20 mins. Bark or oak galls will need to be left for 24 hrs after this stage. Strain, return to the pan and reduce by boiling rapidly until around half the liquid is left. Add salt & vinegar to fix the colour.

Divide the liquid into two jars and add bicarbonate of soda to one jar - make sure the jar is half full before you add the bicarb - at this point, you will notice how the colour changes.

Use fresh lemon juice to bleach out the colour of the ink.

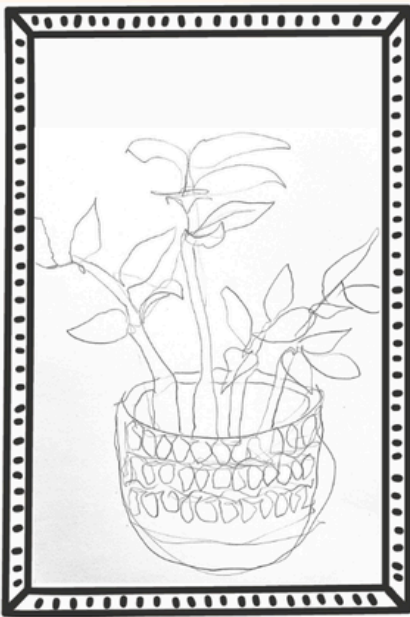


DROP IN AND DRAW

Nature is a wonderful aid to wellbeing. By connecting with it in a meaningful way through creativity we can build a continued connection with place, each other, and ourselves.

This activity sheet was inspired by the Drawing Closer to Nature course.

Materials needed: 2 pieces of paper, a plant/flower/natural object to draw and anything you like using to make a mark i.e. a pencil, pens, charcoal, pastels etc

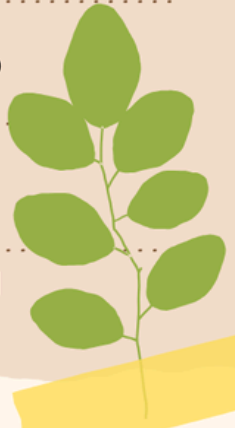


Activity 1

non dominant hand drawing

Draw a plant or natural object with your non orthodox/opposite hand. Tip - don't take your pen/pencil off the page! Allow your hand to follow your eye, flicking your gaze between your page and the object you're drawing.

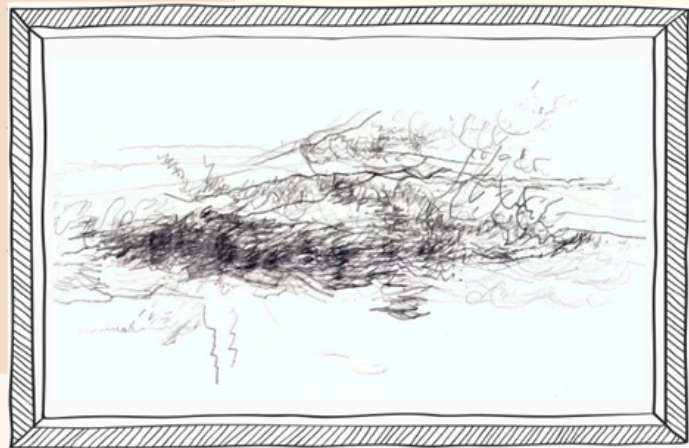
An optional extra is to draw with your foot. Simply insert your pencil between your toes and start making marks on the page!




Activity 2

soundscape drawing

Ideally go outside or if that is not possible, open your window. Close your eyes and listen. As you hear different sounds make marks on the page that indicate that sound. Do not use symbols. For example a bird high in a tree might occur at the top of the page and be represented by a small v mark. Or the wind represented by swirling lines across the page.





How to Start a Creative Happiness Diary

Really noticing what's around you can help you focus on the things that interest you and make you feel happy.

You will need a piece of paper and a pencil or pen. You can add colour if you would like.

Look around you - inside, out of your window or go outside. Think about these questions:
What shapes jump out at you?
Do you see lines that interest you?
Are these light or dark, what colours do you see?
What is the weather like?

You can make drawings, add writing, even include things like leaves, food wrappers or photos.

You can do this when you visit somewhere or go on holiday. You will have begun to look in a creative way and started a personal happiness diary.

How to create a woven fish by Jacquie from Willow and Crafts



Materials

You will need stiff materials for the frame such as willow, dogwood, thorn-free roses etc. that can bend without snapping approximately 5 cm thick.

Soft/ bendy materials for the weavers that don't snap easily include thin willow, honeysuckle, ivy, rush, fabric strips, etc.

Tools

Secateurs for woody materials and scissors for the softer materials



Method

1. To start cut a piece of willow of similar materials approximately 60 - 70cm.
2. Gently bend it in half to create a large V shape and place it so the point is facing downward. This will be the nose.
3. Take a piece of weaving material and poke the finest end through the middle of the V as shown, with about 3cm hanging over the endpoint, use one hand to stop it from moving.
4. Use your other hand to wind the long end around the frame, back through the middle of the V and back around the other side of the frame, back to the middle (Imagine a figure of 8 shape being woven around the sticks). Once you have woven a couple of sections it should hold in place. Be careful to bend the weaving piece gently but firmly around the frame, and try not to pull against the frame or it will lose its shape, at this stage you want the frame to form a wide V shape.

How To add in more weaving materials

When you complete a weaving section rest the end against the edge of the frame, then place the thinnest side of the next piece over the top of the previous one so that the ends overlay and cross as if it is an extension of the previous piece, then carry on weaving.



5. Carry on weaving until you reach just over 1/3 of the shape, then start gently pulling against the sides to narrow the shape to form the tail, the sides should cross over. You will need to gently open the side sections to carry on weaving to the cross-over point, then wind once around and then along the tail allowing it to open up again to form a tail fin. To finish tuck the end into the previous weave and trim of any edges poking out along the sides.

If you prefer to learn by watching, here is a link to my online tutorials where you can find other activities including a paper straw version <https://www.youtube.com/@willowandcrafts/videos>

To find out more about Willow and Crafts visit <https://linktr.ee/willowandcrafts>

Guided Body Scan

Find a guided body scan or meditation online: Look for guided body scans or meditations online via YouTube or Spotify to listen to while you do this exercise.

Self-guide with music: Alternatively, play some relaxing music and take time to focus on yourself, identifying areas with tension or discomfort in your body.

Take as long as you need: Five minutes a day is a great regular practice to notice and be aware of your physical sensations and presence.

Creative visualization: Spend 5-10 minutes drawing a figure, using color and shape to represent areas of tension in the figure.

Take time to notice: Look at the areas you've marked. Listening to and noticing your body holding your stress and tension ask yourself



"What do I need?"

And give yourself permission to do it!

Bilateral Drawing

Bilateral drawing involves using both hands simultaneously to create spontaneous drawings, doodles or scribbling.

This exercise warms up your whole brain by engaging both hemispheres, which is essential for creative thinking.

Use this self-soothing activity to settle your mind, as a grounding exercise to help you connect to the present moment.

Gather your materials. Find Paper and something to draw with (pencils, felt-tip pens, pastels, etc.) the larger the paper you use, the more of your body you use to reach and stretch. I like to use soft pastels as these blend easily and cover a large page of paper satisfyingly quickly!

Get comfortable. Sit, or work on the floor. Start by allowing both hands to draw together. Focusing on making marks rather than creating a specific image. You could use different colors in each hand or the same color. Your drawing doesn't have to be continuous; change colors and drawing tools as you like but always using two hands at the same time.

Respond to music. You could choose music to respond to. Explore the difference between calming or energetic music or songs that fit with a feeling you want to explore, like happiness or anger. Allow yourself to flow to the pace of the music to ground yourself or to use the exercise as an outlet for stress and frustration.





THANK YOU

TO EVERYONE WHO CONTRIBUTED TO THIS PACK

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**If you want to know more about the project please visit:
wellcitysalisbury.co.uk**