



**BREATHE**  
ARTS HEALTH RESEARCH

**FREE**  
workshops

# Arts for Staff Wellbeing May–September 2024

Breathe Arts Health Research are continuing our exciting programme of arts-based workshops this summer to support health and social care staff wellbeing across South East London.

Take part, relax and have fun!



f X @BreatheAHR  
breatheahr.org

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

## Taster Sessions

### Breathe Journaling for Calm

Friday 28 June, 1–2pm, online

Slow down and learn skills to create beautiful art journals. Guided by exercises and creative tips, using materials you have already.

### Breathe Stretch to Live Music

Fridays 5 July – 26 July, 8–8.30am, online

Take a moment to ground yourself with gentle guided movements. Accompanied by live music to soothe the mind and body.

### Breathe Song and Sound Journey

Sunday 14 July, 8–9pm, online

Relax and be transported by captivating sounds of stunning vocals, crystal bowl and gong. A great way to let go!

### Breathe Drawing to Live Music

Tuesday 23 July, 12.30–1.30pm,

Bethlem Garden, Bethlem Royal Hospital, BR3 3BX

Channel attention and create a collaborative artwork by playing with colour and texture, surrounded by calming nature and beautiful live music.

### Breathe Sing for Stress Relief

Tuesday 30 July, 6–7pm, St Thomas' Hospital, SE1 7EH

Reduce stress and release endorphins by singing songs from around the world together, with fun vocal warm-ups and joyful harmonies!

### Breathe Magic for Mental Health

Monday 5 August, 6.30–7.30pm, online

Experience how magic can improve focus, communication, confidence and wellbeing, while learning fun tricks to impress friends and colleagues!

### Breathe Comedy for Confidence

Tuesday 13 August, 7–8pm, online

Bring humour to everyday life with the shared experiences of colleagues. Connect with others and experience laughter as medicine!

## Weekly Workshops (May – Sep)

### Breathe Drawing for Unwinding

Wednesdays

6.30–7.30pm, online

### Breathe Dance for Mind and Body

Thursdays 6–7pm,

Kings College Hospital

Find out more about our weekly sessions on our news blog at [breatheahr.org](http://breatheahr.org)

## Scan the QR code to register now



- No experience needed
- Registration is essential
- Join every week or just when it suits
- Open to all health and social care staff working across South East London

To find out about our bespoke sessions for teams across South East London please contact [info@breatheahr.org](mailto:info@breatheahr.org)