

Can you help?

At Air Arts, we know that by improving our environment and providing opportunities for creativity, we can support better health and wellbeing for everyone at our hospitals.

We do not use NHS funds so our projects are only made possible through generous public support and fundraising.

Air Arts is part of Derby & Burton Hospitals, Charity, and every penny we receive works very hard to make a difference. If you would like to donate, it is quick and easy to do. You can also ask for your donation to be put towards a specific part of the programme. Give us a call to discuss where you would like your money to go.

If you'd like to donate, it's quick and easy to do:

By phone By cheque Online

You can donate over the phone, using a credit or debit card, by calling the Cashiers' Office on **01332 785455** and ask for your donation to go to *Air Arts Fund 11087*.

Or you can make a cheque out to Derby & Burton Hospitals, Charity Air Arts (11087) and post it to: **Derby & Burton Hospitals, Charity, The Royal Derby Hospital, Derby, DE22 3NE.**

www.dbhc.org.uk/donate and donate using your credit or debit card quoting *Air Arts Fund 11087*.
www.airarts.net
Email: info@airarts.net
[@AirArtsUHDB](https://twitter.com/AirArtsUHDB)



air arts

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Extraordinary**



Fresh 2024

University Hospitals of Derby and Burton

Hello

Welcome to *Fresh*, the magazine all about Air Arts, the arts and wellbeing programme for the University Hospitals of Derby and Burton.

Fresh is published once a year and includes information on all aspects of our wonderful hospital arts programme, useful information on arts in health and a guide to our seasonal arts exhibition.

In this edition, we are focusing on making the ordinary extraordinary. Our 2024 exhibition shines a light on celebration days, some of which may be new to you, and some which may be very familiar. It reminds us that by celebrating the small, ordinary things, we can support our wellbeing and try to feel grateful for every day we have.

At Air Arts, we love to create exhibition themes which bring in a wide range of creative ideas and uplifting artworks, and this exhibition is no exception. It's been a joy to learn about so many days of the year which inspire celebration of the big and small moments, and I'm delighted that once again, our UHDB staff have submitted their artworks for exhibition alongside local professional artists.

A selection of works from *Everyday Extraordinary* is available to view online at www.airarts.net in our art map, with additional images and video content to bring the exhibition to life from your PC, mobile or tablet.

Providing a good experience for patients is one of the most important things we can do in our hospitals, and your feedback really does count. You can share your feedback about Air Arts via the QR code opposite. If you have feedback on your wider hospital experience, you can complete a *Your Views Matter* form, which are available across the hospitals. You can also contact the PALS team at Derby on **01332 785156** or email uhdb.contactpalsderby@nhs.net or at our Burton sites on **01283 593110** or email uhdb.contactpalsburton@nhs.net.

We hope you enjoy reading *Fresh* and viewing our new exhibition *Everyday Extraordinary*.

Laura Waters.
Head of Arts at University Hospitals of Derby and Burton NHS Foundation Trust.



Cover Image:
Carla Dee

Air Arts
Team Shots:
Chris Clarke



Emma



Matt



Rosie



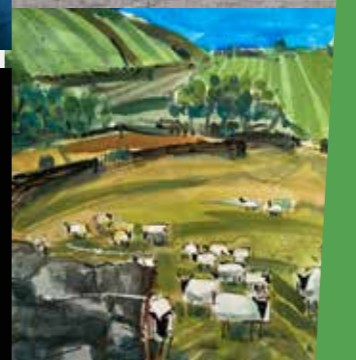
Laura



Eleanor



Kate



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Can you help us?

Air Arts relies entirely on donations from the public to continue its valuable work. If you can support us through a donation, or would like to find out more about what



DONATE HERE

we do, please visit www.airarts.net, find us on social media [@AirArtsUHDB](https://twitter.com/AirArtsUHDB) or email info@airarts.net.

Air Arts provides a wide range of arts and creative activities for patients and staff at all of our hospitals. We aim to create a welcoming environment, support recovery and promote wellbeing. From arts exhibitions and live music, to patient activity packs and staff art clubs, we want to create a better hospital environment, provide positive distraction and improve wellbeing for all patients, visitors and staff. Let us know what you think by scanning the QR code.



www.airarts.net
info@airarts.net
[@AirArtsUHDB](https://twitter.com/AirArtsUHDB)

Patient Experience

Air Arts run workshops with patients around the Trust including drawing, photography, nature art, sculpture and poetry. To enhance our offer, did you know that you can also stream arts and culture content using **Vialma**? This is a FREE arts resource for all UHDB staff, patients and visitors. You can access music playlists, concert films, activities, watch parties and more. Scan the QR code and use the activation code NHS DERBY.



Halo Garden

Our new Halo Garden at Queen's Hospital enjoys glorious views of beautiful woodland and period red-brick architecture on the Outwoods Site. Badgers Wood is currently being developed as a community woodland for our hospital community to enjoy. If you would like to volunteer on the conservation work at Badgers Wood, please contact eleanor.babb1@nhs.net.

The Halo Garden was funded by Derby and Burton Hospitals, Charity, The National Forest, Tesco Bags of Help and a donation by Pauline Spratt in memory of her beloved husband Bill who together spent many years volunteering with the Burton League of Friends. UHDB's Sustainability Team gave invaluable advice on the planting while Estates helped the whole project run smoothly. Burton Conservation Volunteers, led by the inimitable Lawrence Oates (as featured on BBC's *Country File* no less!), brought much needed practical skills, determination - and tea-making equipment! Service users and staff from the BAC O'Connor Centre in Burton also got stuck in with the digging and planting as part of their rehabilitation programme for people recovering from addiction. We hope this garden will be enjoyed by our patients, staff and visitors for many years to come. For more information, please contact Eleanor on the email address above.

Bring the Forest In

Bring the Forest In was an Air Arts partnership funded by the National Forest with Staffordshire Poet Laureate Dawn Jutton and artist Jane Bevan. They led sixteen half-day patient workshops at Queen's Hospital Burton on stroke and elderly care wards in the spring of 2023, working at the bedside creating paintings and poems, and reading and reminiscing about people's experiences of spending time in nature. They also created their own sketchbooks and printed a series of postcards featuring poems from the project to share with patients. Both Jane and Dawn reflected that the real joy of the project was spending time with patients – and their visitors – hearing their stories and bringing some much-needed distraction to their day. The creative activities were the perfect excuse for this to happen!



Captain John
From his childhood bedroom window
Captain John keeps nightly watch,
seams the landlocked banks of Powells Pools
while in the garage father builds his dreams
in glue and wood, an Enterprise
in precision family bonding.
Captain John now on middle watch
a survivor of rough seas, guides crew
and schooner by the stars and lighthouse beams
but no guiding stars in a fog-banked channel
from Salcombe's safe harbour to French shores
just navigational skill bearing them onto baays.
From first binoculars to Bombay flights, a navigational
mastermind now sails his bed to foreign shores
guided by conversations with his ward 4 crew.
Stories inspired after reading 'Gift' by Czeslaw Milosz
This poem was compiled by Dawn Jutton (Staffordshire Poet Laureate 2022-24) from stories shared by patients during the 'Bring the Forest In' project in Queen's Hospital Burton.

Herbie comes to Tamworth

Our latest public piano Herbie is now available for people to play in the canteen at the Sir Robert Peel Hospital in Tamworth. It was donated by Berwyn and Mary Babb and is named after Berwyn's dad who enjoyed playing it for many years. The original beautifully hand-written guarantee states that *this pianoforte no. 25235 is hereby warranted to be in every respect a sound instrument*. Many thanks to professional piano mover Karl Durmelow and his colleague who did such a careful job moving it for us. Our regular pianist Steve Tams will be putting it through its paces on his visits to the hospital. We hope our patients, staff and visitors at the Sir Robert Peel Community Hospital will enjoy playing and listening to Herbie for many years to come!



NHS 75th Birthday

To celebrate the NHS's 75th birthday in 2023, Air Arts hosted a packed afternoon at Queen's Hospital Burton featuring live music, poetry and a specially commissioned sculpture to mark the occasion. Our line-up included vintage singer Johnny Victory, Sophie Sax, jazz trio The Tri-Tones, retired GP Nick Gravestock on classical guitar, male voice choir Grand Central Chorus, the Staff Wellbeing Choir led by Fliss Biacsi, Rosie Rutherford on clarinet and Swadlincote-based folk singers The Coal Tits. Staffordshire Poet Laureate Dawn Jutton shared poems from our *Bring the Forest In* project, while artist Jane Bevan made beautiful posies of flowers and herbs for people to give to their loved ones. We are grateful to our funders at the National Forest and Transforming the Trent Valley for supporting this event.

Patient Resources

Air Arts produce wonderful patient resources for ward areas to decrease boredom, stress and anxiety and to uplift, create conversations and as a creative outlet for patients. Resources may change throughout the year, but you can enquire about current patient resources by emailing eleanor.babb1@nhs.net.

Spotlight on Music

Our music programme is currently coming to the end of a six-month pilot project, where we have had regular music sessions across all six sites. Musicians have visited wards, canteens, waiting areas and public and outdoor spaces, with a really eclectic range of musicians performing for us.. We have had the most wonderful feedback about the music, and what a difference it has made to the wellbeing of patients, staff and visitors throughout the trust.

One of our regular musicians for this pilot has been the brilliant Ning-ning Li. Ning-ning is a professional violinist and has visited many spaces around the hospital.

I find the playing across the hospital very enlightening and fulfilling. I often reflect on how grateful I am to be doing what I do and to be able to bring live music to people to access who wouldn't always get the chance to otherwise. I also love meeting different people and hearing their stories, and sharing a musical experience with them. I feel very privileged to be able to do it. Ning-ning Li



Paintings in Hospitals

At **Paintings in Hospitals**, we provide art for better health and wellbeing.

Using our art collection in innovative ways, we enable care, compassion, and connection. Art acts as a catalyst for healing and conversation, providing a distraction from fear, pain, and anxiety. It allows one to see the world in a different way.

Paintings in Hospitals, founded in 1959, holds the UK's only art collection intentionally created for health and wellbeing. The collection contains over 3,000 artworks, including pieces by artists such as Bridget Riley, Antony Gormley, Maggi Hambling, Yinka Shonibare, Anish Kapoor, Anni Albers and many more.

Among our many artworks on display at Royal Derby Hospital is *Wish you were here...* by Ruskin Spear (above). A much-loved British artist, Spear tells stories through his recognisable style of work. His paintings are held in many public collections.

View Paintings in Hospitals on Level 1 in the Medical Outpatients corridor.

For more information, visit our website: www.paintingsinhospitals.org.uk

Paintings in Hospitals is a Registered Charity No: 1065963



Doodle Club

The Doodle Club has been running at Royal Derby Hospital for over two years now and expanded to Queen's Hospital Burton in 2023. Classes are led by professional published illustrator Matt Roberts. With 20 years of teaching experience, Matt teaches staff members how to draw, covering an entire spectrum of subjects. You don't need ANY drawing experience. Just an interest in learning how to draw. Classes are in person, on Teams and recorded.



Image Club

This artist-led photography club takes place monthly and is a mix between online discussions, face-to-face excursions and guest speakers, like-minded people sharing their enthusiasm for photography. There are also opportunities to exhibit your work. If you would like to join Image Club and explore photography in a friendly and informative environment then Rob Knight would love to see you at either the online meetings or in person on one of the field trips. For more information: robknight@theimageclub.co.uk

Staff Wellbeing Programme

Made in the NHS

Now in its third year, this project brings together NHS staff from across Derbyshire and Staffordshire with artists and makers, exploring all kinds of practical art forms. From anatomical sculpture to glass-working to silk-painting, staff can share creative skills, increase wellbeing, gain confidence and connect with colleagues all in an informal environment. All workshops take place at either Royal Derby Hospital or Queens Hospital Burton, so a different experience in the workplace is gained by taking part. Each year we have featured some of the work made in exhibitions and this year some of the beautiful glass pieces created with glass artist Stevie Davies will be exhibited in a display entitled *Made in Glass* at Florence Nightingale Community Hospital.

Having a bit of time for yourself is invaluable and improves your wellbeing, especially your mental wellbeing. I felt relaxed and had a great sense of achievement by completing a lovely project. I feel motivated to do this again whenever the opportunity arises. Thank you for making this available.

Telma Holanda, UHDB Staff



Staff Choir

Our staff wellbeing choir have been really busy this last six months. They featured on an EP released as part of the *Our National Health Stories* Project, and also sang beautifully for our Come and Sing events for Christmas, where we invited staff from across the trust to join us in singing carols at Royal Derby and Queen's Hospital Burton.

For the next six months we are going from fortnightly to weekly rehearsals, as we prepare to perform at the Darley Park Concert, and we are thrilled to be involved. We will perform a few numbers alone, before being joined by Sing Viva, as part of Sinfonia Viva's Concert. We are also preparing to perform as part of the Trust's Florence Nightingale's Celebration Service at Derby Cathedral, collaborating with Derby Cathedral Choir.

The choir continues to spread joy and support staff wellbeing, and if you are a staff member who is interested in joining, please email rosie.rutherford3@nhs.net to see how you can get involved.

UHDB Medical Museum

The UHDB Medical Museum project which looks after the UHDB Trust's heritage and shares that history with visitors, staff and patients has been underway since 2022.

During that time, we have had exhibitions, staff creative workshops, patient art sessions, clinical staff sessions, resources made, and *Museum in a box* object handling sessions on the wards and at conferences. We also had an incredible 2,000 visitors in four days to a 'pop up' museum outside Royal Derby Hospital as part of the celebrations for 75 years of the NHS. The event was featured on East Midlands Today TV. This year sees the first phase of the project draw to a close in June 2024 and we are hopeful the project will continue and develop later this year, more news to follow! You can see display cases with objects from the collection across the hospital sites.

You can keep up to date with what's happening with the UHDB Medical Museum project by having a look at the project website (QR code) or by following Air Arts on Social Media @AirArtsUHDB and @UHDBLibrary.



“The NHS in Derbyshire and Staffordshire has an amazing pedigree with much to have pride in, and this exhibition and other events we have planned to mark the 75th anniversary of the NHS is a great way to say thank you to all of our colleagues for their contribution to our history, for the difference they are making now and will continue to have in the future.”

Jill Matthews, Chair of Derby and Burton Hospitals' Charity



Visual Literacy

Seeing the Skin

Air Arts Resident Visual Artist EJ Lance works with dermatology consultants, registrars, medical students and GPs to encourage new ways of enhancing clinical observation skills through making their own creative works inspired by anatomical collections. The project has received a wonderful response and is currently working with The British Association of Dermatologists and the Royal College of Physicians Museum. It has also been presented at the 11th International Health & Humanities Conference. In July 2024, aspects of both participants and the artists work will be exhibited at the 104th British Association of Dermatologists Annual Conference at the Manchester Central Convention Centre. In 2025, aspects of the project will feature in the national *Joseph Wright: A Life on Paper* exhibition at Derby Museum and Art Gallery.

Image: Astronaut of Light. Work in progress by EJ Lance inspired by the workshops and collections. The final pieces will be exhibited alongside participant studies.

"Thank you so much for facilitating the Visual Literacy session a few weeks ago, I really enjoyed the session. I think we underestimate the power of art and its impact on our lives. Most importantly just how much fun and liberating it can be!" Consultant dermatologist at BARTS Health NHS Trust

The Creative Wellbeing programme at Derby QUAD

plays a pivotal part within our community and for our audiences, hosting a wide range of activities that provide a supportive and creative environment for all ages and abilities, enabling each group to learn new skills and increase their personal sense of wellbeing through creativity.

At the beginning of 2024, Derby QUAD set out to deliver a new and exciting exhibition of works made by our fantastic *GoldsQUAD* workshop group that includes participants aged 50 and above.

They were asked to explore the theme of the *Everyday Extraordinary* which they did by choosing from a list of dates that are celebrated throughout the year. With this in mind, the group decided to base their exhibition on the 1st of October which is the International Day of Older People. The artwork produced by *GoldsQUAD* is a celebration of the vibrancy of the group and the individuals within it. It celebrates their accumulated skills, knowledge and life experiences as well as the contributions they have made and continue to make to their communities, their friends and their families. And they are all still learning, developing and having fun! The exhibition was facilitated by artist Helen Jackson and features *GoldsQUAD* participants' work in a multitude of techniques and mediums. **The exhibition can be found on Level 1 of the Royal Derby Hospital.**

In addition to QUAD's weekly *GoldsQUAD* group, we offer a variety of programmes that are designed to support wellbeing in a friendly and creative environment. To find out more visit: www.derbyquad.co.uk To find out more about QUAD's creative wellbeing programme, email: creativewellbeing@derbyquad.co.uk

QUAD

We are the NHS

A series of photographic portraits celebrating, and challenging perceptions of the many individuals brought together for the benefit of patient care.

The project's aim is to show that the NHS is made up of more than jobs and roles, it is people who make UHDB and they are all individual. The focus of the project is to tell the story of their journey and how they became the person they are.

WE ARE THE NHS is about seeing beyond the uniform. *We are the NHS* is an ongoing UHDB staff project. If you would like to know more about how you or a colleague can get involved, please email info@airarts.net

Exhibition

Five or six portraits will feature alongside your story on Air Arts social media. Your favourite from those images will then be put forward for the next annual UHDB art exhibition.

Everyday Extraordinary Calendar

| | | | | | | | | | | | | | | | | | |
|-----------------------------------|---|-----------------------------------|---|--|--|---|---|---|----------------------------------|------------------------------|---|---|------------------------------------|---------------------------------|---|--|---|
| | | | 01 International Self Care Day | 02 World Introvert Day | | 04 World Hypnotism Day | 05 Whipped Cream Day | 06 National Bean Day | 07 | 08 | 09 | 10 | 11 National Milk Day | 12 Pharmacist Day | 13 | 14 | 15 Brew Monday |
| | | | 16 | | | 19 National Popcorn Day | 20 | 21  | | 24 Peanut Butter Day | 25 | 26 Have FUN at work Day! | 27 Chocolate Cake Day! | 28 National Lego Day | | 30 | |
| | | | 31 | 01 | 02 Groundhog Day | 03 | 04 Yorkshire Pudding Day | National Squirrel Appreciation Day | | 08 | 09 National Pizza Day | | 11 Women in Science Day | | | 14 Book Giving Day | |
| 15 | 16 | 17 Random acts of kindness Day | 18 | 19 | 20 Love Your Pet Day | 21 | 22 Mother Language Day | | | 26 | | | 29 | 01 World Candle Day | 02 | 03 World Wildlife Day | |
| 04 British Pie Week | | 06 | 07 World Plant Power Day | | 09 National Meatball Day | 10 | 11 National Napping Day | 12 | 13 | 14 Mathematics Day | 15 | 16 | 17 World Sleep Day | 18 | 19 National Poultry Day | 20 The International Day of Happiness | |
| | | 24 | | | 27 World Theatre Day | 28 | 29 | 30 Earth Hour | 31 World Backup Day | 01 April Fool's Day | 02  | | 05 | 06 |  | | |
| 09 | 10 National Siblings Day | 11 National Pet Day | 12 | 13 National Scrabble Day | 14 National Gardening Day  | | 16 | | | 18 | 19 Haiku Poetry Day | International Children's Book Day | | 23 World Book Day | 24 International Guide Dog Day | | |
| 27 International Sculpture Day | 28 Drive it Day | | 30 International Jazz Day | 01 | | | 04 Star Wars Day <i>May 4th be with you</i> | 05 Day of the Midwife | 06 | 07 | | | 11 Fair Trade Day | 12 International Nurse's Day | | | |
| 15 Day of Families | | | 18 International Museum Day | 19 World Baking Day | 20 World Bee Day | 21 International Tea Day | 22 | 23 World Turtle Day | 24 | 25 | 26 | 27 | 28 | 29 | 30 National Creativity Day | 31 | 01 Repeat Day |
| 02 | 03 World Bicycle Day | 04 National Cheese Day | 05 Global Running Day | 06 | 07 | 08 National Best Friends Day  | | 11 | 12 | 13 | 14 | 15 World Juggling Day | 16 National Fudge Day | 17 | 18 International Picnic Day | | |
| 20 International Surfing Day | 21 International Yoga Day | 22 World Rainforest Day | | 24 | 25 | | | 29 International Camera Day | 30 International Asteroid Day | 01 International Joke Day | 02 World UFO Day | 03 | 04 | 04 Our NHS BIRTHDAY! | | | |
| 08 | 09 | | | 12 | 13 | | | 17 | 18 | 19 | 20 International Chess Day | | 22 National Hammock Day | 23 | 24 | 25 | |
| 26 | 27 | 28 | 29 International Tiger Day  | 31 World Ranger Day | 01 Be an Angel Day | 02 | 03 Watermelon Day | 04 | 05 | 06 | | | 09 International Co-working Day | 10 National Bowling Day | | 12 Middle Child Day | |
| 13 Left Handers Day | | 15 National Relaxation Day | | | 18 | 19 International Photography Day  | 21 | 22 | 23 | 24 | 25 | 26 National Dog Day | 27 | | | 30 National Beach Day | |
| | | 02 World Coconut Day | 03 | 04 | 05 International Day of Charity | | | 08 World Physiotherapy Day | 09 Emergency Services Day | | 11 | 12 | 13 Roald Dahl Day | 14 | | | 17  |
| 18 | 19 Talk like a Pirate Day | 20 | 21 International Day of Peace | 22 Rivers, Rhinos & Roses Day | 23 Sign Languages Day | 24 World Gorilla Day | 25 World Dream Day | 26 | | | 29 World Heart Day | 30 International Translation Day | | 02 National Kale Day | | | |
| 06 National Noodle Day | 07  | | 10 World Porridge Day | 11 World Egg Day | 12 | 13 | 14 | 15 Hand Washing Day | 16 Global Dignity Day | 17 National Pasta Day | | | 20 International Sloth Day | | | | |
| 24 | World Cotton Day | | 28 | 29 National Cat Day | 30 | 31  | | | 03 | 04 | 05 | 06 | 07 | 08 | 09 World Pudding Day | 10 International Accounting Day | |
| 11 Remembrance Day | | | 15 National Philanthropy Day | 16 | 17 National Student's Day | World Cities Day | | | | 21 World Hello Day | 22 | 23  | | 26 | 27 | 28 | |
| 29 Buy Nothing Day | 30 | 31 | 01 | 02 National Mutt Day  | 04 Wildlife Conservation Day | | | 08 National Brownie Day | 09 Green Monday | | | World Watercolour Day | | 13 | 14 Monkey Day | 15 | |
| 16 | 17 | 18 | 19 | | | 22 | 23 | 24 | 25 | 26 | 27 | | | 31 | | | |

Everyday Extraordinary

Finding the extraordinary in the everyday ordinary

Inspired by the philosophy of seeking gratitude in everyday life, our 2024/25 exhibition showcases artworks based on some of the weird and wonderful days of appreciation that take place throughout the year. Did you know that there is a special day for nearly every day of the year? A huge thank you and congratulations to all the artists and staff for contributing their time and talents to the fantastic artworks on display. Kate Stoppard, Visual Arts Manager.

21 JAN



National Squirrel Appreciation Day

Photograph by Carl Campbell
Member of the RR Photography Club.



World Snow Day

Painting by Karen Clarke

22 FEB

National Walk the Dog Day



Tracey Stanley

Derby-based digital creative photographer creating enhanced images of people, places, and inanimate objects.

"Photography is a hobby that I love. Landscape photography is my personal favourite, but creating art is more of a personal challenge. I am exposing a little piece of myself." L2, RDH.



Photograph
by Chris Brown
Member of the RR
Photography Club.

22 FEB
World Thinking Day



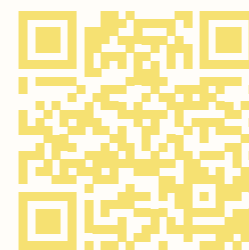
Bakhtawar Kokab

Bakhtawar Kokab is a graphic designer who raises awareness of non-epileptic seizures through her artwork, offering hope and support to those affected. Her designs, inspired by World Thinking Day, aim to inspire resilience and convey the possibility of living a fulfilling life despite the condition. L5, RDH.

bakhtawarkokab.wixsite.com/mysite

@BakhtawarKokabDesigns

Use our online exhibition map to help you find the artworks in their real-life locations at Royal Derby and Queen's Hospitals. You can find the map under 'What We Do' on the Air Arts website (airarts.net) or scan the QR code below.



01 MAR
World Candle Day





03 MAR

World Wildlife Day

Diana Green

A walk through the woods inspired by International Day of Forests and World Wildlife Day. Journey among our beautiful trees to find peace and tranquillity and perhaps meet some of our wildlife. Painted using handmade natural pigment watercolours. **GF, QHB.**

dianagreenart.com  [@ivyrosediana](https://www.instagram.com/ivyrosediana)

19 MAR

National Poultry Day

John Rattigan

My aim in this series is to create paintings about the everyday chicken and to pay homage to these extraordinary creatures. Using rich colours and strong geometric features each chicken takes on a personality. There are acrobatic bird towers, pecking orders, as well as chicken and egg conundrums! **L4, RDH.**



20 MAR

The International day of Happiness

Carla Dee

Carla is a smiler, daydreamer and doodler from Derby, where she lives in Love Lalaland, a colourful dreamworld where anything is possible! She creates rainbow-tastic designs influenced by pop-culture, Kawaii style and cartoon-like fun to celebrate fun times, spread good vibes with positive pink power. **L3, RDH.**

lovelalaland.co.uk

 [@lovelalalanduk](https://www.instagram.com/lovelalalanduk)

 [/lovelalalanduk](https://www.facebook.com/lovelalalanduk)



20 MAR

The Spring Equinox


*Photograph by Chris Brown
Member of the RR Photography Club.*

21 MAR
World Flowers Day



Chhaya Pandit

Chhaya Pandit is an Indian-origin artist based in Derby, working as a biomedical scientist at UHDB. She is a mixed-media artist with a style and flair for very bright colours, but her colour play is always soothing for the eyes and soul and goes well with the decor. Follow her journey through exploration of resin artworks. **L5, RDH.**

 @brush_and_strokes_by_shadow

14 APR
National Gardening Day



02 APR
International Children's Book Day
Lucy Willder

Lucy Willder is an artist and maker based in Derbyshire. "Much of my most recent work is inspired by nature and I enjoy creating work that is often cute and colourful." **Children's Outpatients, RDH.**

 @lucy.willder and @crafty_little_bird

 /craftylittlebird



21 MAR
International Day of Forests
Katy Doncaster

Katy uses silversmithing, print, photography, cyanotype and textiles to create works expressing the human relationship to nature. She aims to make pieces that people can contemplate, touch or wear, to give a moment of connection and affirmation.

windswift.weebly.com/

 @Katydoncaster



03 APR

National Walking Day

*Photograph by Carl Campbell
Member of the RR Photography Club.*

Olga Vikhireva

I am a Lichfield-based watercolour artist, inspired by nature, particularly trees and flowers. One of my favourite flowers to paint is rose, with its magnetic beauty, rich symbolism through time and across cultures and the power to heal our body, mind and soul. **L2, RDH.**

 /Olga Vikhireva

 olga.vikhireva1@gmail.com

15 APR

International Dark Sky Week

Photograph by Katy Doncaster



18 APR

National Haiku Poetry Day

Louise Dearden

I love the freedom and unpredictability of being led by the work as I create: asking what it needs, allowing answers to arise, whisper or roar, my hand guided by the will of the work. I listen. And then I make what wants to be heard. **L3, RDH.**

✉ louised1517@outlook.com



25 APR

World Penguin Day

Photograph by Gianpiero Ferrari
Member of the Rolls Royce Photography Club.



18 APR

International Day for Monuments and Sites

Clef Skyers-Aakerstrom

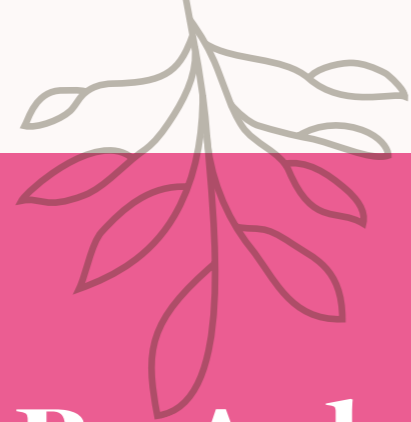
I was fascinated by the plethora of monuments dotted about Berlin. The old and the modern are juxtaposed with a touch of humour. A cancer survivor, I now try to capture moments on camera. I am a textile designer visiting other countries finding inspiration from architecture, sculptures and nature for my designs and artwork. **L4, RDH.**

www.sky-aak.com

17 MAY

Endangered Species Day

Painting by Sue Stringer




20 MAY

World Bee Day

Bo Aakerstrom

Bees are hardworking and under-appreciated. They are also threatened by pesticides and in some places disappearing habitats. Without them we wouldn't have fruit, vegetables, trees or flowers, or even be able to live on this planet! Be Bee Kind! **L4, RDH.**

boaakerstrom.com

 @boaakerstrom



20 MAY

World Bee Day

Photograph by Gianpiero Ferrari

Member of the Rolls Royce Photography Club.




08 JUN

National Best Friends Day

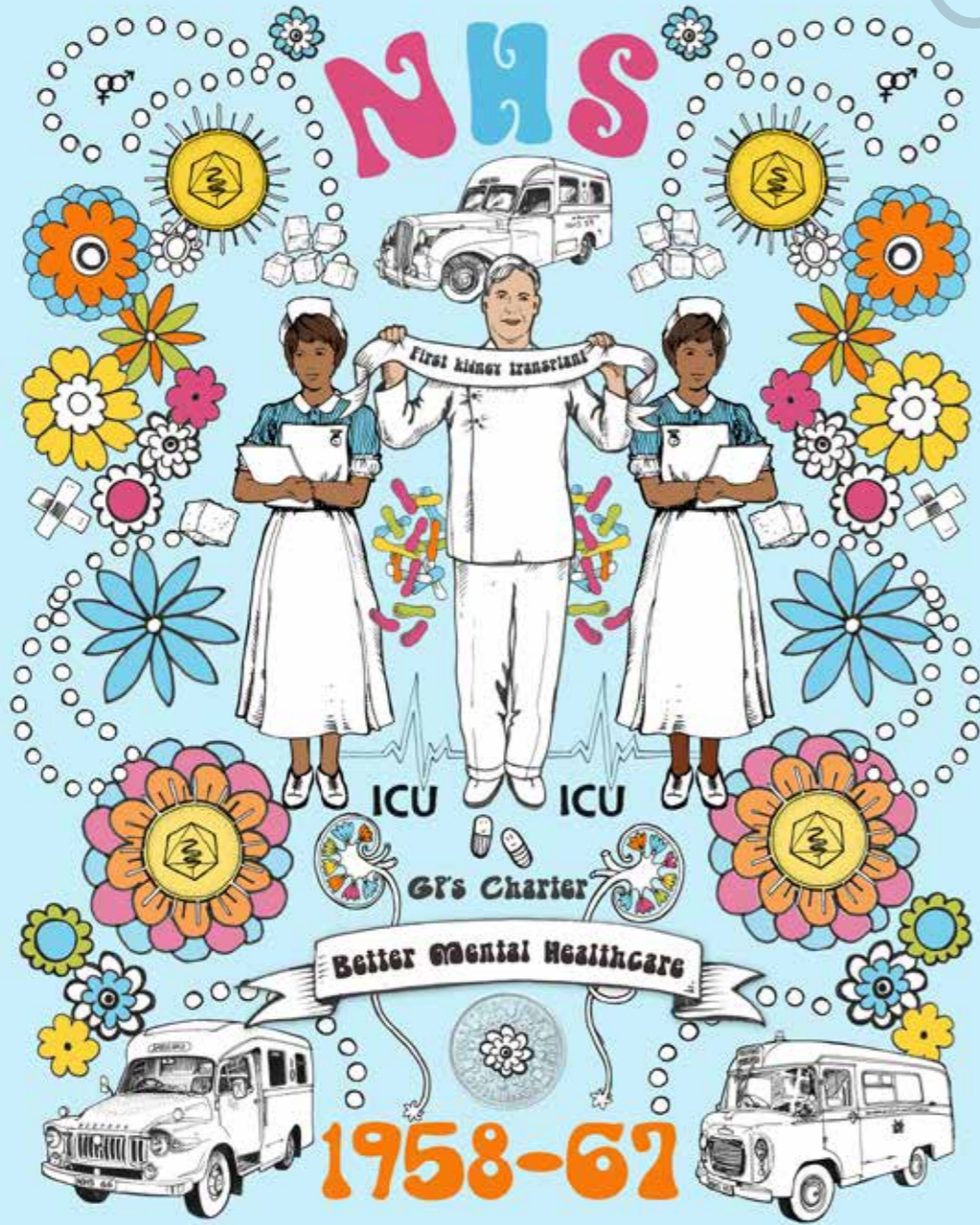
Ann Hill

A retired nurse and a local artist who uses coloured pencils and pastels to celebrate animals and all they bring to us. The isolation from the lock downs and her inability to be with her loved ones empowered her to engage with nature and her passion for drawing to help her overcome the emptiness. Bringing each animal to life in such detail can take up to 30 hours to complete. **Ward 4, RDH & GF, QHB.**

 @annhillart



05 JUL
NHS Birthday



30 JUL
International Friendship Day

Karen Clarke

@karen_clarke_art

At the time of print, Sue and Karen were still working on their collection for Everyday Extraordinary. Consequently, some earlier works have by used and may not be available to view in the 2024 exhibition.

01 AUG
Be an Angel Day

Sue Stringer

Sue and Karen are identical twins and are both specialist nurses. They are self-taught coloured pencil & pastel artists and strive for hyper-realism in our drawings. This is the third time they have exhibited together. They hope their work reflects and embodies the ethos that every day can be extraordinary. **L1, RDH.**

@sue_stringer_art



Heather Horsey

Heather is a professional illustrator and surface pattern designer who uses a broad spectrum of mediums in both hand-drawn and digital form.

This particular work illustrates the developments and progress of the many facets of the NHS that have been part of our lives throughout the last 76 years.



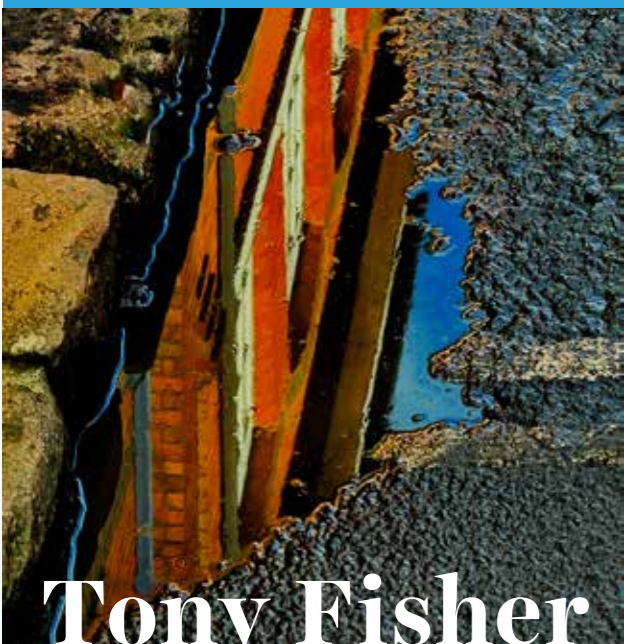
20 JUN

International Surfing Day

*Photograph by Dave Shardlow
Member of the RR Photography Club.*

19 AUG

International Photography Day



Tony Fisher

What I love in Tony Fisher's photographs is that they take the everyday moment and fashion it into something whimsical and comfortingly beautiful. Be it a reflection in the window of a passing train, a half-empty shelf in a corner, a dog attempting to escape from its lead, the artist invests a vibrancy and a drama. **Anna Reid, PAVILION LEEDS**

tony-fisher-photography.com/ @photonz54

30 AUG

National Beach Day

Photograph by Stan Wells
Member of the Rolls Royce Photography Club.



17 SEP

International Dance Day

Paul Warren

I produced a series of Morris dance imagery after seeing a group of dancers performing at a May Day festival several years ago. The movement, gesturing and musical accompaniment appealed to me. I liked the sense of tradition.

L4, RDH.



15 SEP International Dot Day

The Brewhouse is a vibrant arts centre in Burton offering a professional programme in its 230-seat theatre, cafe bar and cinema spaces as well as being a vital community resource.

The centre delivers a learning programme for all ages in its studios and in community venues across the borough. Creative Café was established in 2021 in partnership with Support Staffordshire's social prescribing link workers. The sessions are run by our Brewhouse artists and are a gentle introduction or re-introduction into art for people, along with the chance to have a chat, enjoy a cuppa and make new friends. Currently, the sessions are only open to social prescribing clients. The Creative Café provides a relaxed, supportive environment for adults to learn new creative skills and improve confidence and self-esteem.



Using a mosaic fits perfectly as a representation for celebration as the Latin root word means 'to assemble, to honour'. Celebrating anything always seems more powerful done with other people. Rainbows wouldn't be half as good if it was just one band of colour; leaves can't grow without sunlight.

Brewhouse Creative Café Participant



17 SEP

International Microorganism Day

Sintija Jurkevica

Science enhances our understanding of the nature of nature, whilst art permits us to revel in its creative expression. It is the combination of both that bring true joy to the human condition. Sintija is a microbiology laboratory assistant by day, and a self-taught oil painter by night. **L5, RDH.**

 @sindeusfineart

01 OCT

International Music Day

Photograph by Mark Yates



07 OCT

World Cotton Day

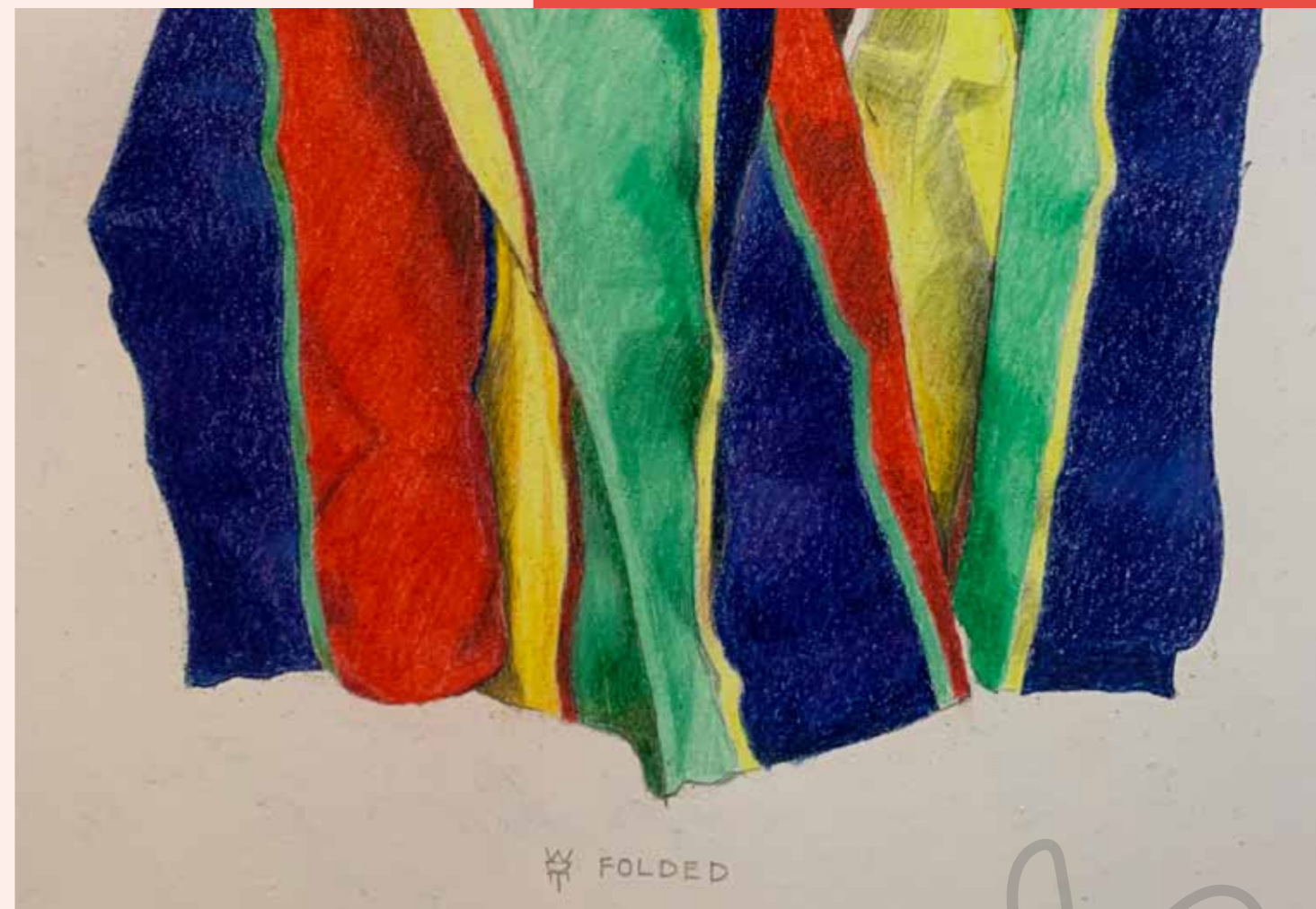
David Walton

Drapery has played a vital role in the history of figurative paintings. Seldom the subject of the painting, yet drapery often occupies most of the picture surface. David's studies of drapery represent his interest in art history having recently completed a Master of Research in Art History at Nottingham University. **L3, RDH.**

22 SEP

World Rose Day

Illustration by Olga Vikhireva



11 NOV

Remembrance Day



Joy Pitts

The names of 520 servicemen and women have been hand sewn and assembled on canvas depicting a pair of military boots. The nametapes were stitched by the soldier's families, and by soldiers who are still serving. Some of these servicemen and women lost their lives and some survived. **L2, RDH.**

www.joypitts.co.uk

 @JoyPittsArt



23 NOV

World Watercolour Day

Stephen Thomas

Spontaneity and capturing the essences of a scene are what I am after... I normally conduct my painting outside and I do it for fun!



29 NOV

National Illustration Day

Melissa Wagener

I work in Microbiology and I am a digital illustration artist. My illustrations are cosmic dreams highly inspired by surrealism and contemporary art, including colourful portraits as well as weird and wonderful monochrome creatures. I also love creating Fan-art and I do illustration commissions.

Children's Outpatients, RDH.  @intothemagiclabart

11 DEC

International Mountain Day

Photograph by Chris Brown



14 DEC

Monkey Day

Photograph by Gianpiero Ferrari

