Creative Comfort How to engage with arts & culture from home

TUNE IN

Sadler's Wells

Sadler's Wells Digital Stage: programme of full-length dance performances and workshops. More information can be found **here**

National Theatre

NT Live: Free full length plays every Thursday at 7pm, available for 7 days at a time. Head **here** to catch up

• Shakespeare's Globe

Globe Player: Free Shakespeare plays every week. Find out more **here**

• The Show Must Go On

New YouTube channel streaming Andrew Lloyd Webber musicals including Joseph and the Amazing Technicolor Dreamcoat, Jesus Christ Superstar. Every Friday at 7pm. Click to watch **here**

Bolshoi Ballet

The Bolshoi Ballet are sharing their performances on YouTube. Upcoming previews include the Nutcracker. Check in to their channel **here**

• Cirque de Soleil

Catch a 60 minute performance **here** every Friday

Fleabag Live

Watch the sell-out one woman play - available now on Amazon Prime or view for £4 **here**

Time Out

Time Out posts 'What to Stream Today' on their **Instagram** page so head there for ideas.

Sound Cloud

Actor Samuel West is uploading poetry readings on his **sound cloud**.

The Poet Laureate Has Gone to His Shed

BBC Sounds show fronted by Simon Armitage. Click **here** to explore the existing episodes.

Podcasts

Try Talk Art, Great Women Artists, Meet Me at the Museum or of the many <u>Tate Podcasts</u>.

Culture in Quarantine

BBC have announced Culture in Quarantine -Lots more information <u>here</u>

Grayson's Art Club

Grayson Perry is launching an art club for all on Channel 4 - stay tuned to find out more.

• Secrets of the Museum

Go behind V&A's closed doors and learn about the inner workings of a museum. On BBC iPlayer.

#creativecomfort brought to you by UCLH Arts & Heritage





Virtual Museum Tours

You may not be able to set foot inside museums at the minute but head **here** to discover the best museums and galleries in the world - and have them all to yourself!

Royal Academy

The RA set a daily doodle on their <u>Twitter</u> account. They've just uploaded an <u>online</u> <u>tour</u> of Picasso and Paper and <u>bite size videos</u> on Gauguin and the Impressionists.

Tate

Get an exclusive look inside the Andy Warhol Exhibition **here**.

British Museum

The Museum of the World is an interactive site which allows you to explore the British Museum collection. Get exploring **here**.

National Portrait Gallery

There is a dedicated space for hospital resources to access which may come in handy now. Head to this **page** to download them.



Free Art Courses

If you want to spend some time learning more about art try **these** free University Art Classes or the free art courses **here** from the MOMA in New York.

• City Academy Free Courses

NHS workers are eligible for a £500 redeemable offer to attend any City Academy courses. Email **info@city-academy.com** from your NHS email to register your interest.

Future Learn

This website is an educational resource of free courses ranging across subjects, including **this** one on the History of Royal Fashion.

Google Arts & Culture

A brilliant online resource for all things art and culture. Current highlights include **this** exploration of the life and work on Frida Kahlo.

BE CREATIVE



Zoom Backgrounds

Liven up your Zoom conference calls with one of **these** artwork backgrounds.

Isolation Art School

This new **Instagram** page offers a steady stream of art talks, workshops and lives.

Lucy Tiffney

Interior designer/artist Lucy is running weekly art workshops via her **Instagram IGTVs**. Low resource and easy to follow along with.

Molly Mahon

Follow Molly's **Instagram** for simple tutorials using only potatoes, paper and paint. Perfect activity to involve the kids with too!

Hospital Rooms

Follow the arts activities uploaded by charity Hospital Rooms **here** - the tutorials take inspiration from the artworks they've commissioned for mental health units across the UK.

Make your own Zine

South London Gallery have shared **this** resource for creating your own magazine!

• Free Painting Pack

Nominate friends, family and colleagues to receive **this** painting pack to enjoy whilst at home.

V&A Museum

Try your hand at making your own embroidered zipped pouch, set out by the V&A in **this** tutorial. Pattern inspired by items in their collection.

Window Art

Order some chalk marker pens and create your own artworks on your windows -bring the outside in! Search Pinterest for design inspiration.

• Art is where the home is

Don't miss out on the **first free downloadable creative pack** - featuring contributions from artists including Antony Gormley and Gillian Wearing.

• Quick Draw

This is an online Pictionary where you draw and the computer guesses!

• Pallant House Gallery

The gallery have a dedicated online space, **here**, for creative activities you can do at home.

OUR OFFER

Colouring Sheets

If you're looking for some creative respite, colouring sheets designed for UCLH staff are available to download on myuclh. Click the image below to see all available designs. This page also includes weekly Art Activities.





Origami Sessions

Join Dr Lizzie Burns in her YouTube
Origami tutorials. Lizzie is offering 1-2-1
or group sessions to all UCLH staff. Click
the image above to go to her YouTube.

Staff Portrait Project



UCLH artist Simon Tolhurst is inviting you to sit for a portrait! This can be done remotely via Zoom; sittings will take no more than 30 minutes and are a chance to relax and take your mind elsewhere. Sessions can take place from the wellbeing space at the Wellcome or from the comfort of your own home.

Click below to listen to the UCLH Staff Playlist



To suggest songs for the playlist, participate in a personalised Origami Session, receive all colouring sheets or to nominate yourself/a colleague for a portrait please email

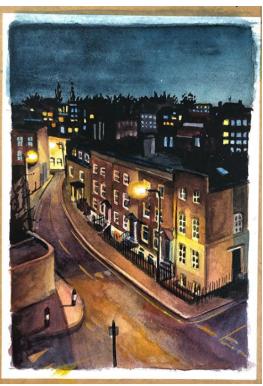
laura.bradshaw7@nhs.net

ART EXTRAS





Exclusive iPad art from David Hockney - click the image to see more



Artist Frank Laws is painting 'Lockdown Views'

