

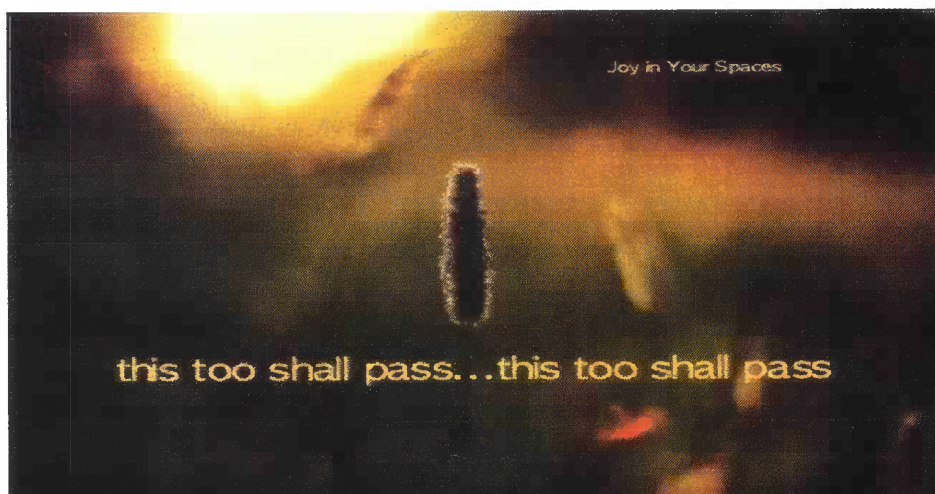


Here's your 2<sup>nd</sup> pack of art activities. How are you going in this uncertain time? Remember to take some time for you to relax and to look after yourself just as you do for your loved ones.

Your art practice can be a great outlet. Making art reduces stress and negative emotions, creating an experience akin to meditation. So just go for it!

We are all looking forward to seeing you at Holly Cottage soon.

From your friends at Artworks



# Art Treasure Hunt

Find a leaf and draw it. Look at the textures and shapes on the leaf. Think of the colours, leaves aren't just green!

Go sit outside, without looking at the page, draw what you see in front of you.  
Experiment with different line thicknesses and dark and light tones

Using a blank piece of paper and a crayon or hard coloured pencil, lean on different textured surfaces around you. Try collect 5 different textures

On your textured piece of paper draw the outlines of different shaped trees in your area (or ones you find online if you don't have any trees around you)

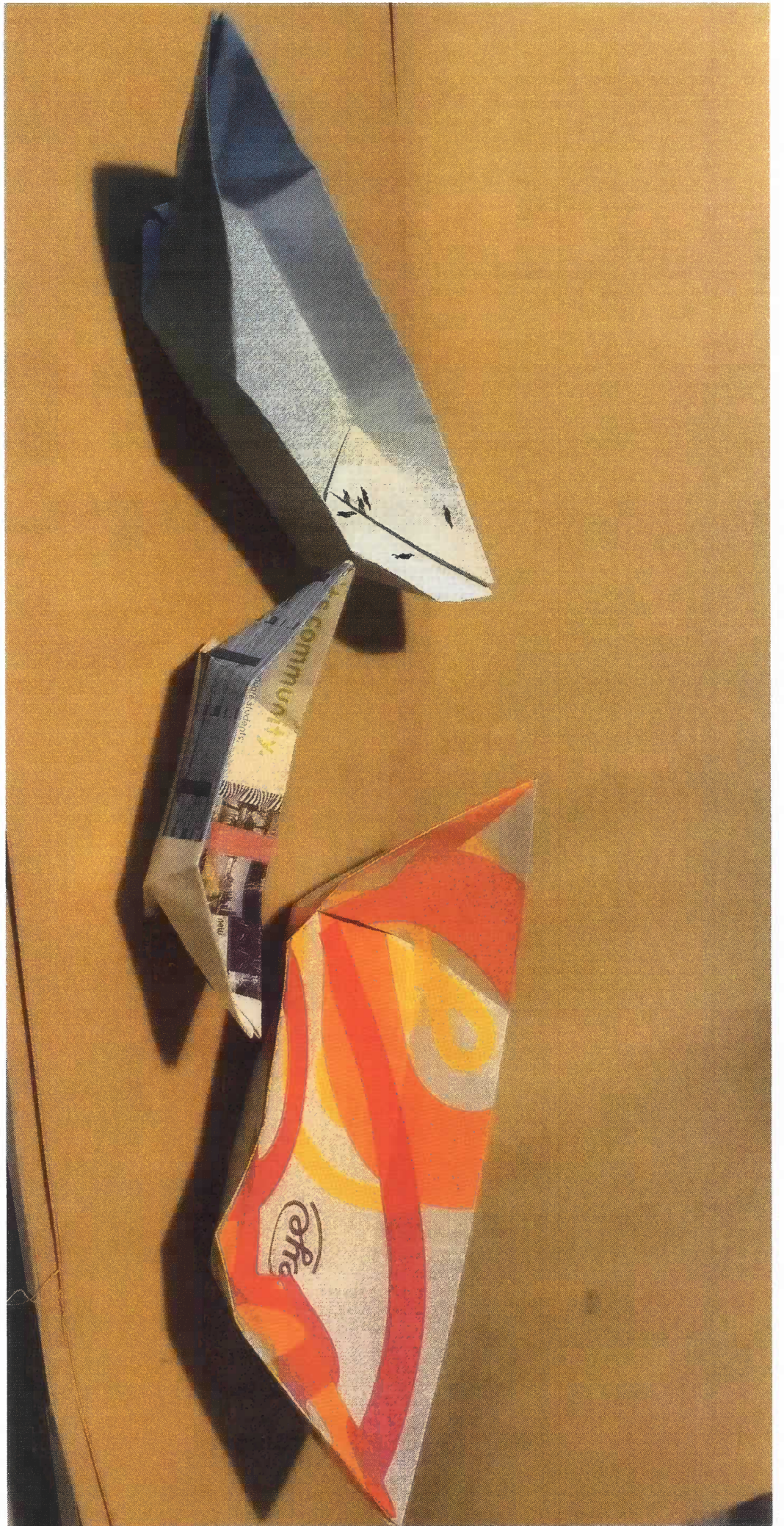
Using these different elements experiment with putting a composition together. Cut out shapes, layer different textures, experiment with colours.

**Post your  
Creation on the  
Artworks  
Group!**



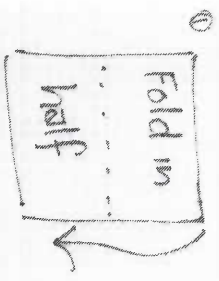




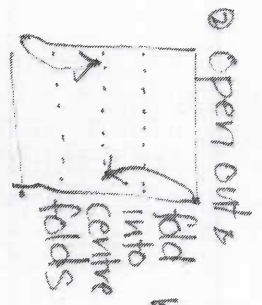
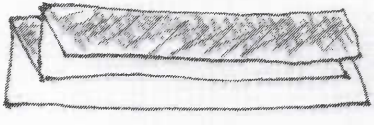




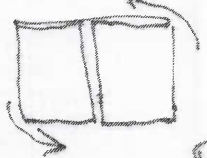
PAPER = SQUARE, 20 x 20 cm is good.



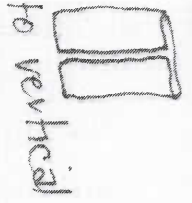
then fold in  $\frac{1}{2}$  so the folded edges are together & it looks like a sideways W



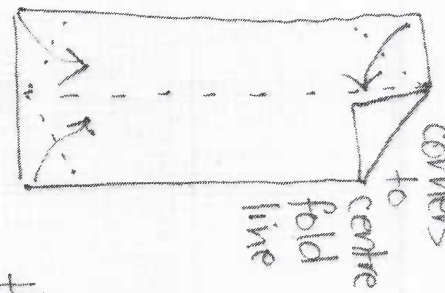
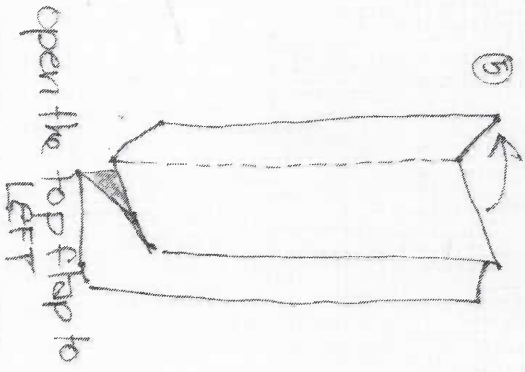
Open out &



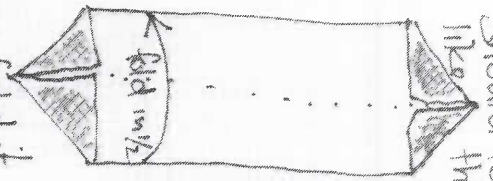
rotate



to vertical

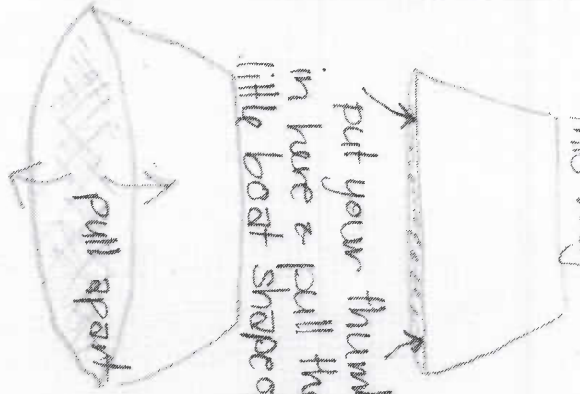


fold in all 4 corners to centre fold line



then fold it in  $\frac{1}{2}$  so the folded points are together.

should look like this

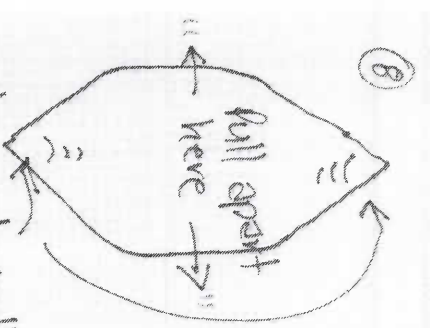


rotate so it's like this way.

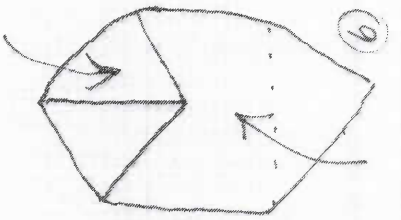
put your thumbs in here & pull the little boat shape open

then rotate it....

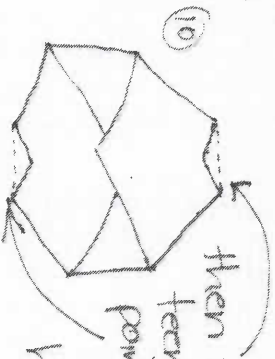
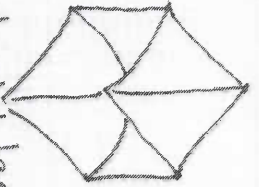




8 The ends will want to fold in to centre....

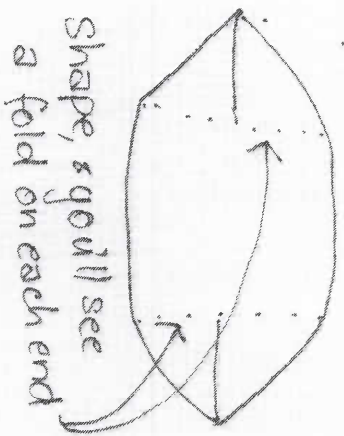


9 that's good! so press the folds & crumple it. . . . should look like this (what is a 6 sided shape called?)



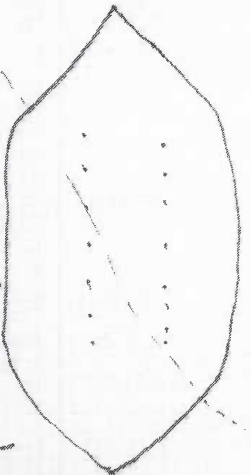
10 then make a tiny fold of the points. You'll have to press really hard here.

11 open out the boat



Shape, & you'll see a fold on each end

12 so fold the sides



of the boat inwards & that will make the gunwhales stand up vertically  
\* what's a gunwhale?

Make a float!

So, with a little more rain, perhaps these tiny craft can go float in puddles....



x V cher.



Here's another thing you might like to try. Sit quietly with a pen or pencil & a blank sheet of paper. Take a deep breath in. And as you breathe out draw a line down or across the paper.

Rpt, rpt, rpt (see pics) The lines may come together or separate. They can do anything the breath & the hand suggest. Anything could, & probably will appear - landscapes, trees, curvy or straight lines, it's a lovely thing to do...

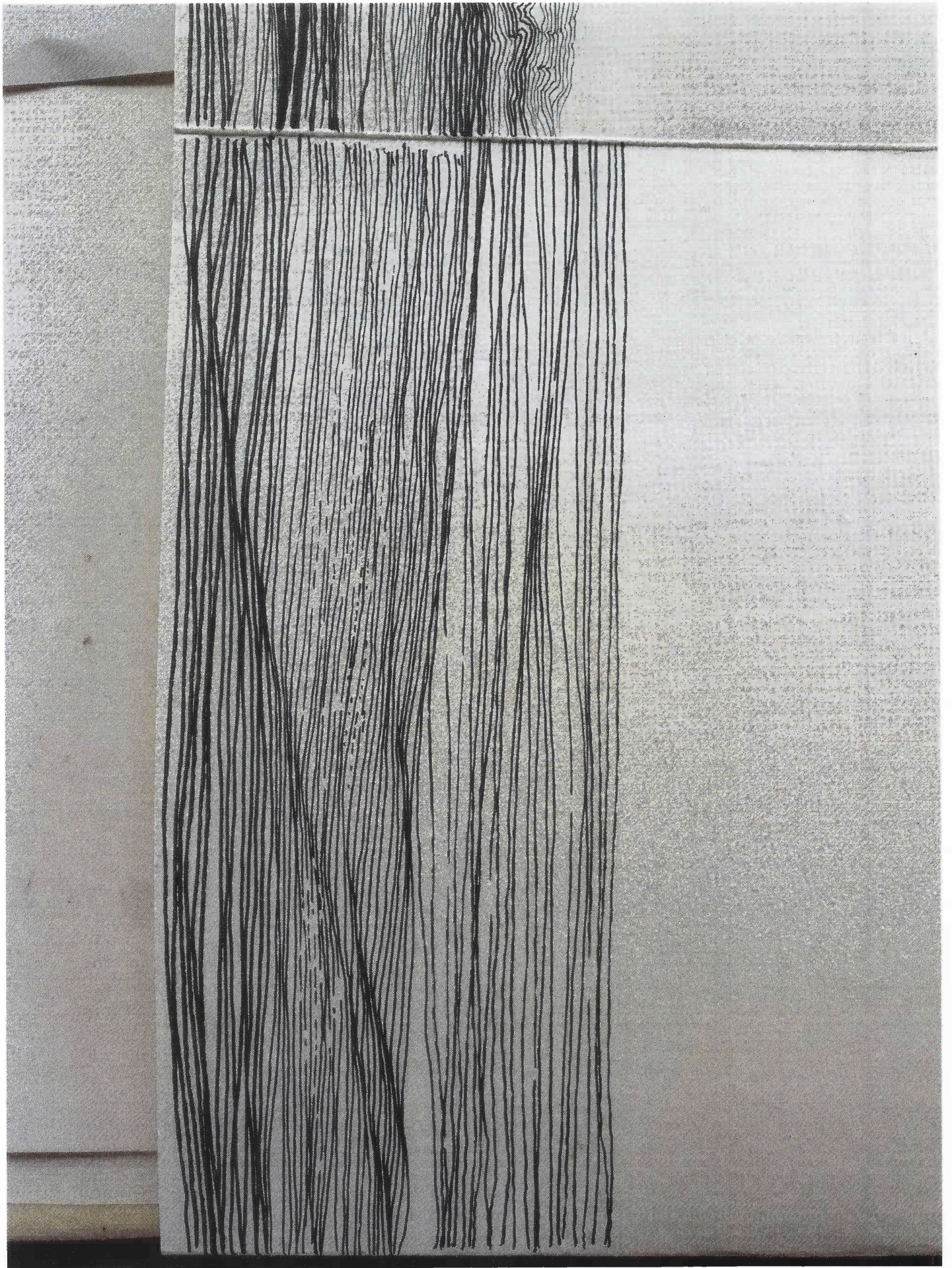
Relax! Breathe! Draw! Xc

Cher



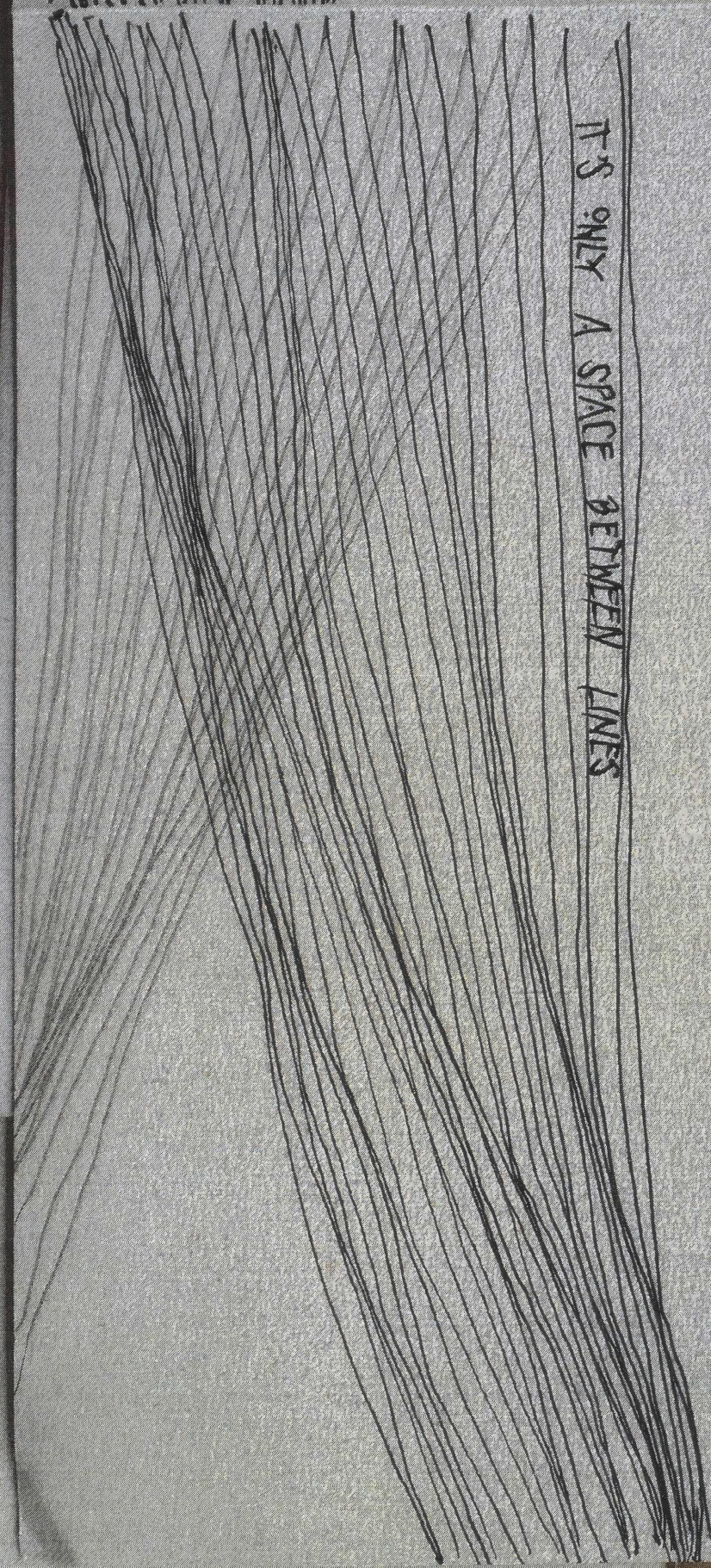








IT'S ONLY A SPACE BETWEEN LINES





Hi All,

Here are 2 images for you from a little book **Paint with Picasso** which has lived on my book shelf for many years. I have included 1 colour and 2 black & white prints each of *Woman With Hat* & *The Dancer*

Maybe copy Picasso's colour if you feel for it and choose your own colours for the other. If you have felt tip pens, crayon or oil pastel it will give better cover but colour pencils will be fine. Take care and enjoy this beautiful Autumn.

Wishing you all the best  
Cheryl



Woman Wearing a Hat, 1962 (linocut). Picasso Museum, Barcelona. Donated by Jacques Sabartes 1983 (Photo mas C.s.r.).







*Parade: Chinese Conjuror's Costume, 1917 (lithograph), Théâtre des Champs-Élysées, Paris (Photo Graudon)*

© Librairie Hachette, Paris, 1972  
© SPADÉM, Paris 1972







# Mental health impacts of coronavirus (COVID-19)

It's normal to feel stress and worry when there is a health event happening in the community that is affecting people's wellbeing, such as coronavirus disease (COVID-19).

This can affect any person in the community who is concerned about the infection, with more specific concerns arising for people being tested, people in quarantine and people who have received a diagnosis.

Family and friends can also experience similar mental health impacts.

## Potential mental health impacts on people directly affected:

- > Increased anxiety for self and others (this can be expressed as a fear for one's own health, and a fear of infecting others)
- > Psychological distress
- > Perceived stigmatisation
- > Social isolation
- > Interruption to employment or study
- > Impact on normal daily routine and functioning

Most people will manage with the support of family and friends, but others may need some extra help to keep things on track.

If you notice a change in the way that you, or others around you, are thinking or feeling, there are things that you can do to maintain positive mental health:

- > Maintain your normal daily routine
- > Connect with family and friends and other supports in your community
- > Look after yourself through exercise and regular healthy meals
- > Don't over-indulge in alcohol or comfort foods
- > Ensure you have some time out to relax and unwind and do activities that you enjoy
- > Talk with your doctor or a counsellor if needed





## Telephone and online based supports:

- > **Beyond Blue**  
1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)
- > **Lifeline Australia**  
13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)
- > **Regional Access Program** (country areas) 24 hours a day, 7 days a week  
1300 032 186  
<https://saregionalaccess.org.au>
- > **Lived Experience Telephone Support Service (LETSS)** 5pm – 11:30 pm  
(a peer mental health support line)  
1800 013 755  
[www.letss.org.au](http://www.letss.org.au)

For people under 25 years of age:

- > **Youth Beyond Blue**  
1300 224 636
- > **eheadspace**  
1800 650 890

If you or someone you know is experiencing any of the following, please seek professional support:

- > Finding it difficult to participate in normal daily activities
- > Loss of hope or interest in the future
- > Experiencing an overwhelming sense of fear or sadness that is severe or lasting too long

Contact your GP for an appointment to consider whether a mental health treatment plan for access to low cost or no cost counselling services would be helpful.

For people experiencing significant mental health impacts or those who need more immediate support:

- > **Mental Health Triage - 13 14 65**  
Available 24 hours a day, 7 days a week (country and metropolitan areas)

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For more information

[www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)

Confidentiality -I1-A1

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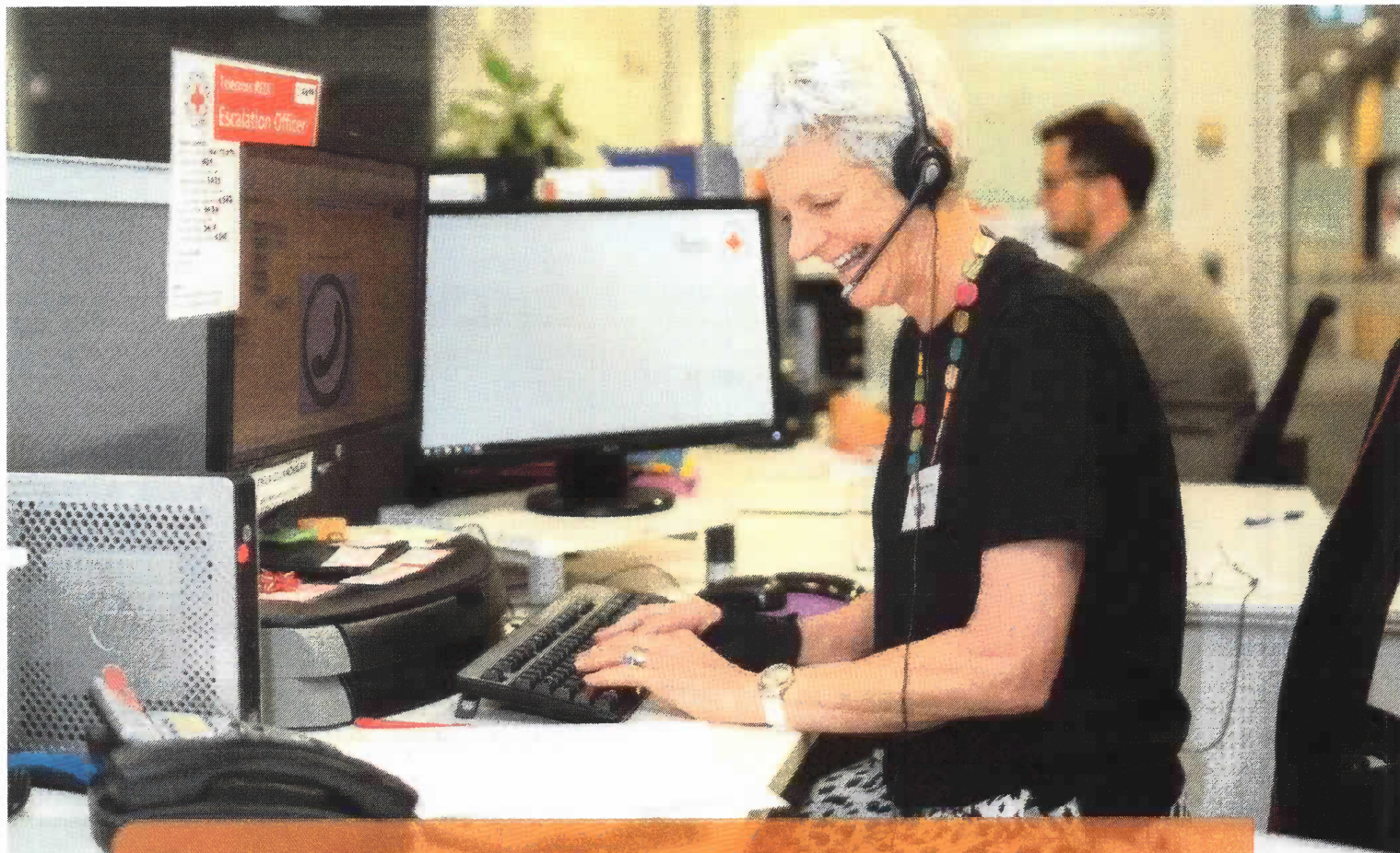
[www.susgoal.gov.au/creative-commons](http://www.susgoal.gov.au/creative-commons)



Government  
of South Australia

SA Health





## Telecross REDI COVID-19

South Australians can opt to receive a free, daily phone call to check on their welfare in response to COVID-19. This service has been activated by the Government of South Australia.

Specially trained Red Cross staff and volunteers will make the calls, supporting the wellbeing of clients, including asking how they are coping and if they need support to access medical or food supplies, as well as reiterating up-to-date government health advice. If the call goes unanswered or if someone is in distress, further steps will be taken to ensure the safety and wellbeing of the client.

The service is available to people in the community whose wellbeing is impacted as result of COVID-19 social distancing and self-isolation measures. This may include older people, people living with a disability, those experiencing mental illness, people recovering from an illness or accident or people with an ongoing health condition who are voluntarily self-isolating for their wellbeing.

Register by phone **1800 188 071**  
or at [register.redcross.org.au](https://register.redcross.org.au)

the  
power of  
humanity

