



# Art & soul

*Pam Sandhu-Dickens explains why Wallingford & District Art Club provides the perfect wellbeing boost for a new year*

**F**or me, art is a wonderful form of mindfulness. When I pick up a brush, I become fully absorbed in the moment, thinking only about what my painting is calling for and all else is laid aside. Like many others, art has helped me through the past couple of years, the isolation of lockdown and worries about loved ones.

While many clubs were forced to stop activities (some never to restart), Wallingford & District Art Club (WADAC) moved classes online, invited professional artists to give demonstrations via Zoom and kept this lifeline open. The demos are held once a month and, at last, we are happy to announce that alternate ones, from January, will be live at Centre 70 once more. Those provided via Zoom will be projected onscreen at Centre 70 so that people can enjoy the experience together in a more sociable setting than sat at home.

January is a great time to take stock and set ourselves some new goals. If you would like to let the inner child out and enjoy playing with colour again, want to learn how to improve your art or want to join a friendly local club with no pressure or competition, come pay us a visit and see how we can help.

For those who would like tutored classes in

the company of other like-minded people, these are held on Tuesdays. Those attending the morning class are usually working on their own projects with our tutor, Claire, there to provide help and advice. In addition, as a short interlude during the morning, Claire often highlights a new technique to the group. Meanwhile, the afternoon class is led by our tutor, Grant, and is a more guided session with everyone working on the same new theme every two weeks from still life to portraiture. The first week introduces new techniques which are then put into practice to have a completed painting by the second week.

If you just need somewhere to escape to and work on your own project, bring your materials with you on Tuesday evenings when, on non-demo days, you can pitch up and paint in a relaxed and informal environment together with other club members.

In addition to these Tuesday activities, we host outdoor "plein air" sessions during the more hospitable months, arrange trips to exhibitions and hold club exhibitions twice a year.

For info on all club activities and on how to join WADAC, please visit [wallingfordartclub.org.uk](http://wallingfordartclub.org.uk) email [admin@wallingfordartclub.org.uk](mailto:admin@wallingfordartclub.org.uk) or just drop by on a Tuesday and have a chat. We would love to see you!

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