

## A Message from Sunbury Shores Arts & Nature Centre

As we all are aware, this is an anxious and challenging time for so many as the world navigates this situation.

The well-being of everyone in our community is important to us, whether you live in Saint Andrews or further afield. Our thoughts and heartfelt support go out to those who have been or will be affected. The Centre is currently closed to the public and will reopen when the government advises us it is safe to do so.

At SSANC, we take our role of providing arts and nature learning and experiences very seriously. Both art and nature are a huge factor in improving our mental and physical health, so it is frustrating and sad that we cannot currently continue with our workshops, events and exhibitions. We view these as postponed, rather than cancelled – and hope to resume as soon as the situation becomes clearer and permission is granted.

Meanwhile, we will try to continue to serve our community using the talents and skills of our staff, faculty, volunteers and artists - and by giving you a way to express yourself and to share the experiences we are each having. Many will be positive, as enforced down time helps creativity and inspiration. Some may not be – but knowing we are not alone in feeling frightened, confused, angry or depressed is just as important.

We will be sharing news on our Facebook page and through our newsletters. Resources, suggestions, inspirations, jokes and hugs – as we find things we think might help, we'll be passing them on. And you can share too – just message or email us with your current art/craft creations or nature projects, and we'll add them to our Spring 2020 Album.

We are working on new and different ways to help people ride this time out and will keep focussing towards a time when we can come back together in person. Currently, all summer programming is moving forward as planned, and we are evaluating the status of our late Spring events and activities on a rolling basis. Registration is open – and credits or refunds will be given if we do have to cancel, so if you are interested in a course, please let us know!

Sadly, our first exhibition adj./progressive with Sarah Jones, Susan Lapidés and Nathan Cann will not happen as planned. We are rescheduling and will let you know when we will be able to present this wonderful collection of work. Our next exhibition is scheduled to open on May 1 –

CLASS 2020 and David Iain McDonald: Seasons of Water - so we hope to see you at that one!

Some of the free and interactive initiatives we are working on for the next few weeks:

- Our Mindful Meditation continues on-line through our Facebook page messenger group – SSANC Mindful Meditation. If you would like to join, please message us to be invited – or go to the link <https://www.facebook.com/messages/t/2866832196765587>
- Our Spring 2020 Album on Facebook invites you to send images and info about pieces you are creating during this time of isolation. We have a lot of ‘artists in residence’ out there – let us share what you’re up to! Message us at Sunbury Shores <https://www.facebook.com/sunburyshores/> And have a look on [https://www.facebook.com/pg/sunburyshores/photos/?tab=album&album\\_id=10157272252777371](https://www.facebook.com/pg/sunburyshores/photos/?tab=album&album_id=10157272252777371)
- Many of our Summer Programs are on our website – have a look and plan what you’d like to do when we’re all let out again!
- Our local art supply store – By The Sea Framing – can offer home delivery. Please contact them for more info. Support Local!!
- Create/find and share virtual art classes for families at home – see our Facebook page for postings. Let us know if you are doing something we can share!
- Create/find and share virtual nature experiences – see our Facebook page for postings. Let us know if you are doing something we can share!
- Find and share resources and support info for artists. Let us know if you are doing something we can share!

We are open for ways we can serve you, even from afar. Let us know!

“All shall be well, and all shall be well, and all manner of things shall be well.”

Mother Julian of Norwich

The Sunbury Shores Team

March 22, 2020