

As our Wellington Orbit gradually reopens, you may still want to look at arts events available online. Our selection gives you some tips about forthcoming arts events and activities. Check us out and let us know what you would still like to hear about. We will aim to move to monthly menus.

CULTURE MENU 8

Performing Arts

[The BBC's Culture in Quarantine](#) offers a variety of programmes on I-Player. Vamos Theatre's 20 episodes of [How Hard is Waving](#) tells the story of Ryan, alone in Lockdown, and doing his best to support his quirky, extended family through video link alone.

Check out Stopgap Dance Company's [Artificial Things](#), directed by Sophie Fiennes (25 mins).

[The Need to Grow](#) (click on the blue link) is an award winning film from Transition Stirling. In a race against the end of farmable soil, three individuals fight for change in the industry of agricultural food production, calling for a revolution. The film delivers alarming evidence on the importance of healthy soil — showing not only the potential of local food production working with nature, but our chance as individuals to join in the restoration of the earth. Screening 22 July 19.00-20.45, then discussion.

The BBC Proms season is about to start (17 July-12 September), with events available on a mixture of TV, Radio and online. Check [here for your Season Guide](#).

Museums and Galleries

Explore the [National Portrait Gallery Collections](#) of 215,000 paintings, drawings, sculptures and photographs online.

"Stretching Arms" is an online viewing room to highlight artists' work that provides empathy for others, establishes an enduring community to transcend solitude during this pandemic. [A Women's Thing](#) shows the work of four such women, 1 June-30 July.

And Some More...

[Late at Tate Britain Online](#) Friday 17 July 19.00-21.00 offers a free-of-charge mix of talks, workshops and music from young artists and activists, exploring identity, activism and how young creatives have responded to lockdown.

Wolverhampton University's Telford Campus (WLV Sport and WLV Arts) has been providing live streamed public lectures through Lockdown. These are now all available on their [YouTube Channel](#).

Most of the links from previous weeks still work, so there is plenty to keep you entertained!