

SOUTHBANK CENTRE

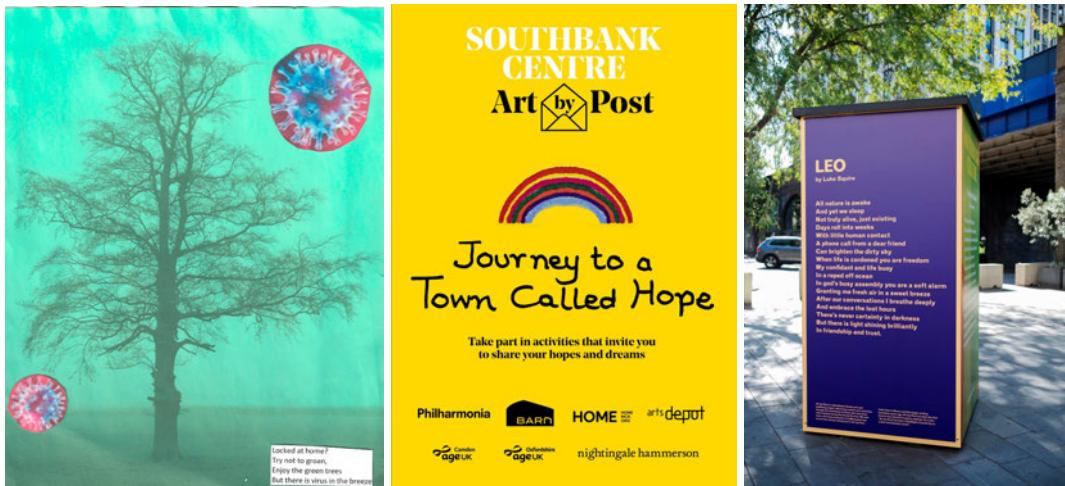
Press Release

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Press images [HERE](#)

The Southbank Centre's *Art by Post* goes nationwide, bringing creative activity booklets to 3,000 isolated people across the UK with a new network of national art and health partners



(Image Captions L-R: Artwork by Art by Post Participant Elizabeth-Ann Colville Copyright: the artist; The cover of Art by Post booklet 5 Copyright Southbank Centre; Installation view of Leo by Luke Squire at Southbank Centre's Everyday Heroes. Copyright the artist Photo credit: Linda Nylind)

- **Southbank Centre is working with new partners in getting Art by Post to reach a wider audience**
- **Two poems written by Art by Post participants featured in the Southbank Centre's *Everyday Heroes* exhibition**
- **On 24 September, Art by Post will be part of the National Day of Arts in Care Homes through its partnership with Nightingale Hammerson care home.**

The Southbank Centre today announces the continuation of its *Art by Post* scheme, a project aiming to engage those most isolated by social distancing measures due to Covid-19. Participants will receive 6 brand new activity booklets from September until early 2021.

The Southbank Centre is now partnering with a range of organisations across the UK to take *Art by Post* nationwide, including **Age UK Camden** and **Age UK Oxfordshire**, Southbank Centre's Resident **Philharmonia Orchestra**, **The Barn** (Aberdeenshire), **artsdepot**, **Nightingale Hammerson** and

HOME (Manchester) who will support an enriching experience for participants using the booklets as a springboard for creative explorations. Local partnerships in Lambeth and Southwark ensure that the project benefits the local community too. Since the scheme launched in May, *Art by Post* has been working closely with charities and care homes on the frontlines of health and social care to safeguard the wellbeing of this group.

Art by Post has reached almost 2,000 people aged 18 - 103 from across the UK, from Aberdeen to Truro and from Bangor to Dover. So far, care homes, hospitals, charities, arts organisations, specialist dementia services, prison facilities, housing initiatives have all referred people from their communities onto the scheme. The Southbank Centre has now set a target to reach at least 3,000 people as part of Phase 2 of the project, running from September until early next year.

Two of the participants who were part of Phase 1 of *Art by Post*, Luke Squire and Barbara Rigg, were recently selected by the Southbank Centre's Head of Literature and Spoken Word, Ted Hodgkinson to participate in the free outdoor art and poetry exhibition *Everyday Heroes* taking place across the Southbank Centre site. Luke Squire had been writing for 17 years but taking part in the scheme has been the first time he has had the opportunity to share his poetry in public. Barbara Rigg, 86, who lives in the Lake District has taken part in the *Art by Post* activities alongside her next door neighbour and friend, Kathryn.

Art by Post has been confirmed as one of the National Academy of Social Prescribing's core projects, as part of the government's wider £5million Social Prescribing agenda.

On 24 September, *Art By Post* will be part of the National Day of Arts in Care Homes, as part of it's wider partnership with Nightingale Hammerson care home. In a one-off edition of the Southbank Centre's ongoing exhibition *Everyday Heroes*, Nightingale House will be holding their own on-site exhibition curated by and for their residents to celebrate their 'everyday heroes' through poetry and photography.

Initially developed by the Southbank Centre during the Covid-19 lockdown, *Art by Post* brings free creative activity booklets to the people who are most isolated by the current social distancing measures. The activities are designed for anyone with long-term physical and mental health needs, helping individuals feel connected to others and improving their mental health and wellbeing. It aims to reach those who are without digital access and excluded from many other initiatives, giving an outlet for artistic expression during COVID-19 and beyond. As so many members of our communities remain isolated, *Art By Post* invites participants to reflect on the experience of social isolation that many people continue to live with. *Art by Post* participants send their creations back to the Southbank Centre to be included in a new exhibition when the Southbank Centre reopens.

The Southbank Centre is the first multi-artform cultural organisation delivering a national postal project of this scale to engage with people who feel cut-off from society or communities, demonstrating the unique power of arts and creativity in tackling social isolation and loneliness, making important connections between individuals and building a community.

Alexandra Brierley, Director of Creative Learning, Southbank Centre, says:

"We're delighted with the overwhelmingly positive response to Art by Post so far, we had more referrals than we expected and we have received incredible feedback from the participants too. We look forward to working with our new partners and we hope this scheme will continue to support those most in need at this time of unprecedented human challenge. We are very pleased two of the Art by Post participants have already had a chance to showcase their work publicly as part of Everyday Heroes and we look forward to championing further creative responses from isolated people by providing a platform for their voices via an exhibition when our doors re-open."

James Sanderson, National Academy for Social Prescribing (NASP), says:

"NASP is delighted to partner with the Southbank Centre in promoting wellbeing arts activities through the Art by Post initiative. We want to support people to live their best life through Social Prescribing, and this initiative project creates a brilliant opportunity to involve people in creative activities in the comfort of their own home."

Testimonials from Phase 1 participants:

"Art by Post has given something that I never really knew I had, a poetic side to me, I am now on my 30th poem, it has shown me that I have a constructive side to me. It makes me think, that gives my poor old brain something to do, exercise is good for you they say, so exercising the brain must be good for your brain.

I think mostly it gives me an overall sense of achievement to be able to do something that other people like and enjoy reading, so mostly what Art by Post has given me is a part of myself I didn't know was there, and I like that part and it has given me some friends that sadly I haven't met yet, but hopefully I will someday."

Alan, Art by Post participant.

"Art by Post [...] made me think outside the box, I found it very stimulating. It was things that I would never have dreamed of doing, illustrating music for example, and imagining you're a tree - it really inspired me. It's been lovely, I really look forward to what's coming next time."

Barbara, Art by Post participant

Ends

Everyday Heroes

Everyday Heroes is a free outdoor art and poetry exhibition, running from 1 September - 7 November, that celebrates the contributions of key workers and frontline staff during the pandemic. *Everyday Heroes* features more than 40 newly commissioned portraits of some of the entirely ordinary but utterly remarkable people – among them health workers, bus drivers, faith workers and shop assistants – who helped to keep this country going during the crisis. The portraits are rendered in a variety of materials including paint, charcoal, photography, collage and language and they are presented across the Southbank Centre's 11-acre site as large posters and banners in a kind of outdoor gallery that is accessible to all for free.

For this exhibition, the Southbank Centre commissioned portraits from some of the UK's leading contemporary artists, including Turner-Prize winner **Jeremy Deller**, renowned art and fashion photographer **Jurgen Teller**, and rising international stars of painting including **Michael Armitage** and **Ryan Mosley**. Alongside these artworks, newly commissioned poems also celebrate and illuminate the often unsung lives of key workers, with contributions from Poet Laureate **Simon Armitage**, 2019; Scottish Makar **Jackie Kay** (Scotland's poet laureate); Ted Hughes Award winning poet **Raymond Antrobus**; 2020 T.S. Eliot Prize winner **Roger Robinson** and rising stars including poet and nurse **Romalyn Ante** and Bristol's City Poet **Vanessa Kisule**

Full press release for *Everyday Heroes* available [HERE](#).

NOTES TO EDITORS

The Southbank Centre is currently closed. Should you need to reach the press team, please contact: press@southbankcentre.co.uk.

The Southbank Centre has an array of leading cultural figures who are available for media interviews/spokesperson comment.

For more information, visit the Southbank Centre [here](#).

Join the Conversation:

@southbankcentre
@hayward.gallery

About the Southbank Centre

The Southbank Centre is the UK's largest arts centre and one of the UK's top five visitor attractions, occupying a prominent riverside location that sits in the midst of London's most vibrant cultural quarter on the South Bank of the Thames. We exist to present great cultural experiences that bring people together and we achieve this by providing the space for artists to create and present their best work and by creating a place where as many people as possible can come together to experience bold, unusual and eye-opening work. We want to take people out of the everyday, every day.

The site has an extraordinary creative and architectural history stretching back to the 1951 Festival of Britain. The Southbank Centre is made up of the Royal Festival Hall, Queen Elizabeth Hall, Purcell Room and Hayward Gallery as well as being home to the National Poetry Library and the Arts Council Collection. It is also home to four Resident Orchestras (London Philharmonic Orchestra, Philharmonia Orchestra, London Sinfonietta and Orchestra of the Age of Enlightenment) and four Associate Orchestras (Aurora Orchestra, BBC Concert Orchestra, Chineke! Orchestra and National Youth Orchestra of Great Britain).

About Age UK Camden

Age UK Camden is an independent charity that supports older people in the Camden community, along with their families and carers. There are currently 28,000 people over 65 in Camden and our role is to help them stay active, connected and living the best life they can. Founded in 1965, we have been supporting older people in Camden for more than 50 years. Over the last 10 years, Age UK Camden has grown to become the largest Age UK charity in London, reaching 12,000 older people every year through a range of services including information and advice, counselling, befriending, dementia support, care navigation, personalisation support and resource centres. Our 60 full-time staff are experts in their field and supported by our dedicated team of 400 award winning volunteers. We also greatly benefit from our older person led Board of Trustees.

About Age UK Oxfordshire

About Age UK Oxfordshire Age UK Oxfordshire is an independent local charity dedicated to giving older people in Oxfordshire comfort, support and opportunities and enabling them to love later life. We provide free local information, advice and support; commercial products and services; and research and campaign on the issues that matter to people in later life. We work with our national partner, Age UK, and our local Age UK partners in England. Our work focuses on five key areas: money matters, health and wellbeing, home and care, work and training and leisure and lifestyle.

About Philharmonia Orchestra

Founded in 1945, the Philharmonia is a world-class symphony orchestra for the 21st century. Based in London at Southbank Centre's Royal Festival Hall, the Philharmonia creates thrilling performances for a global audience. The Orchestra is led by Finnish conductor and composer Esa-Pekka Salonen, its Principal Conductor & Artistic Advisor since 2008. Fellow Finn Santtu-Matias Rouvali takes over from Salonen as Principal Conductor in the 2021/22 season.

The Philharmonia is a registered charity that relies on funding from a wide range of sources to deliver its programme and is proud to be generously supported by Arts Council England.

The Philharmonia is resident at the Southbank Centre in London, and normally performs around 50 concerts a year there. Under Salonen and other key conductors, the Philharmonia has created a series of

critically-acclaimed, visionary projects, distinctive for both their artistic scope and supporting live and digital content. In 2019, Salonen presented Weimar Berlin: Bittersweet Metropolis, a celebration of the Weimar Republic era through the prism of its music, drama and film.

The Philharmonia is orchestra-in-residence at venues and festivals across England: Bedford Corn Exchange, De Montfort Hall in Leicester, The Marlowe in Canterbury, Anvil Arts in Basingstoke, the Three Choirs Festival in the West of England, and Garsington Opera. At the heart of the Orchestra's residencies is an outreach and engagement programme that empowers people in every community to engage with, and participate in, orchestral music.

Internationally, the Philharmonia is normally active across Europe, Asia and the USA. A European tour in September 2019 included a return to Hamburg's Elbphilharmonie; in January 2020 Salonen led a residency at Tokyo Metropolitan Theatre. The orchestra's strong digital programme has enabled it to maintain its international profile during the COVID-19 lockdown, with streamed performances and behind-the-scenes films viewed around the world.

The Philharmonia's extraordinary recording legacy has been built on in the last 10 years by its pioneering work with digital technology. Over half a million people have experienced the Philharmonia's VR installations featuring music by Sibelius, Mahler and Beethoven, placing the viewer at the heart of the orchestra.

Finnish conductor and composer Esa-Pekka Salonen has been Principal Conductor & Artistic Advisor of the Orchestra since 2008. Santtu-Matias Rouvali is Principal Conductor Designate, succeeding Salonen in 2021. Jakub Hrúša is Principal Guest Conductor; Christoph von Dohnányi is Honorary Conductor for Life and Vladimir Ashkenazy is Conductor Laureate.

The Philharmonia's Principal International Partner is Wuliangye. philharmonia.co.uk

About The Barn

The Barn (Aberdeenshire) is a place where art is made, presented and discussed and provides an ambitious and inclusive cultural programme, including music, theatre, film, dance, talks, visual art, workshops and more.

About artsdepot

artsdepot is an award-winning cultural hub in Finchley, North London, which welcomes over 162,000 visitors each year. Since opening in 2004 we've had our roots firmly in the community, nurturing young talent, developing emerging artists, engaging with people through participation and outreach projects, and presenting a vibrant programme of performances and exhibitions for audiences of all ages. With its stunning architecture, welcoming public spaces and diverse programme artsdepot creates space for people to watch, learn, create and be inspired.

About Nightingale Hammerson

Nightingale Hammerson is an independent charity which has been serving the community for over 175 years. With two homes, Nightingale House in Clapham and Hammerson House (which is currently undergoing a major redevelopment) in Hampstead Garden Suburb providing residential, nursing, respite, dementia and end-of-life care under one roof.

Nightingale Hammerson welcomes Jewish men and women (and their spouses) over the age of 60 from every part of the community.

About HOME

HOME is Manchester's centre for international contemporary culture. Since opening in 2015, HOME has welcomed over two million visits to its five cinemas, two theatres, art gallery, bookshop and restaurants. HOME collaborates with international partners and curators to develop new commissions by both emerging and established artists. An ethos of talent development enables artists to experiment and evolve new ideas and areas of practice. HOME's ambition is to push the boundaries of form and technology, to experiment, have fun, take risks and share great new art with the widest possible audience. HOME has welcomed the following artists and more since opening: AL and AL, Rachel Maclean, Phil Collins, Joana Hadjithomas and Khalil Joreige, Larry Achiampong, Sophie Al-Maria, Noor Afsan Mirza & Brad Butler, Bruce La Bruce, Linder Sterling. Upcoming major solo exhibitions include John Walter: Capsid (Sat 10 Nov 2018 – Sun 6 Jan 2019) and Judith Barry: Something In Mind (Sat 26 January – Sun 17 March 2019)

The patrons of HOME are artists Rosa Barba and Phil Collins, filmmakers Danny Boyle and Asif Kapadia, theatre director and filmmaker Nicholas Hytner, actor Suranne Jones, playwright and poet Jackie Kay MBE and actor and author Meera Syal CBE.