

SOUTHBANK CENTRE

Art Post



Home is where the art is

The front room was such a cherished space for me and many other Caribbean people who were part of the Windrush generation.

We took much pride in it and it's where we came together to eat, dance, entertain and celebrate. We used to change the structure of our living room all the time, depending on what we were using it for. Setting out our records would make it a dance hall, or we'd move the table to the centre for a dinner party.

Barbara

Philharmonia



HOME

arts depot



DULWICH
PICTURE
GALLERY



beacon
arts centre



plat—form
The arts centre at the heart of Glasgow's east end



nightingale hammerson



Welcome to Art by Post. In these free booklets artists will guide you through poetry and visual arts activities inspired by our art collection and artistic programme. We hope taking part will spark your imagination, keep your mind active and help you stay connected to others. Details of how you can share your ideas and responses with us are at the back of the booklet.



This booklet's guest artist is Cherelle Sappleton

Cherelle is a mixed-media visual artist. Her art practice is as much about processing her experiences as it is about creating something beautiful to look at.

She believes being creative is not about being a 'good artist'. First and foremost, it's about taking the time to be in your body. Spending so much time inside can

make things feel stale and overdone. But with a little rejigging, and some music, we can carve a creative oasis, if we try.



These activities have been developed in collaboration with Barbara Clarke.

Barbara was born in Grenada in the Caribbean. Her head teacher, Miss Louison, taught her a valuable lesson. 'Do not bring me a problem. There is a solution for everything. Whenever you encounter a recurring decimal, put down a full stop'

With this mindset, Barbara felt unstoppable. She trained to become a nurse in Yorkshire. Ever since, she has been dedicated to helping people and serving her local community. Now retired, she feels there is even more to be done, working across the generations. She believes that having the right set-up and mindset can help you enjoy your space more and inspire you to be creative.



Cover Image: The West Indian Front Room installation, Michael McMillan, Museum of the Home. Photo courtesy of John Nelligan 2005

The West Indian Front Room exhibition ran in 2005 and 2006 at the Museum of Home. It recreated the front rooms of African-Caribbean immigrants of the 1960s and 1970s. The exhibition also shared stories from the first wave of West Indian migrants to England.

Everyone has creativity within them. And any space can become a creative space. It just takes some time and a little effort to draw out sometimes. In African-Caribbean culture, the front room is often used as a sacred, creative, active, multidimensional space.



1

Creating your studio

A studio is a place where you can be relaxed and creative surrounded by things that inspire you. Choose a spot where you can sit or stand comfortably, preferably at a table with natural daylight. If you don't have a table, maybe you have a tray that you can use and a favourite chair to sit in.

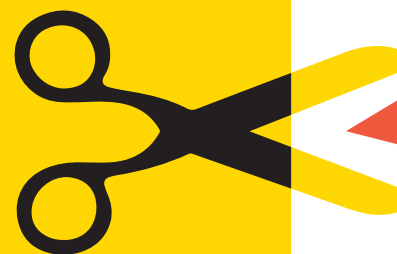
You need:

- Scissors
- Glue (if you don't have any, see our instructions below)
- Pens and pencils (any kind will do)
- Different types of paper and any scraps of fabric (Have a hunt to see what you can find lying about. Has the recycling gone out yet? Is it too late to rescue envelopes, newspapers or magazines?)

And, if possible:

- A favourite photograph
- A few of your favourite CDs or records
- A precious object

Gather as much as you can and take it to your home studio spot. Set your materials on your table or tray. Maybe you can make yourself a cup of tea or grab a glass of water. **Now you have your studio set up.**



How to make glue

Mix one part flour with one part water (e.g. half a cup of flour and half a cup of water) until you get a thick glue-like consistency. If it's too thick, add more water.

Mix well with a spoon to get rid of all the lumps. If necessary, you can use a small electric mixer from the kitchen to whizz them out.

Add a few tablespoons of salt to the final mixture to help prevent mould. Voilà!

2 From my room to yours

Think about how your room makes you feel. What about your home studio? Write down two or three words that describe this feeling. Does a colour come to mind?

Find the postcard in your pack. You could also use one you already have in your home. Through words or drawing, paint us a picture of your living space.

If it helps, fill in the blanks in these prompts:

My front room is...

It makes me feel...

If I could invite someone in to sit here with me for a chat it would be...

My dream dinner party guests would be...

Here's my tip to make the most of your living space in a time when we can't get out as much as we'd like...

Why not send your postcard to a neighbour, friend or family member? If you like, you can send it to us at the Southbank Centre.

When I first moved to the UK, writing letters to my family and friends back in Grenada was a vital way to stay connected. I would describe my new life here and all the different things I was seeing, hearing and experiencing.

Even today, I am creating this connection with my granddaughter by writing letters to her. I include everything from stories from when I was a young girl to news about what I did yesterday.

Barbara



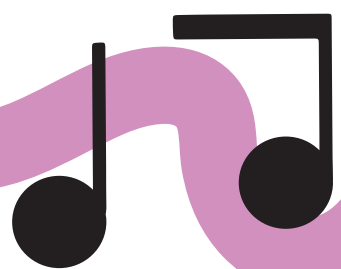
3 Movement is medicine

Rifle through your CD or record collection, or put on your favourite radio station.

Select some music that lights your fire. Choose something that makes you think of a time when you felt free, light, capable, and invincible.

When I was a nurse, I saw how beneficial movement was for the patients I looked after. Movement releases the feel-good hormones serotonin and dopamine into your body and helps improve your circulation. I believe it can help to heal the body and mind. Take this next exercise at your own pace, to warm yourself up.

Barbara



4 This is what invincible looks like

When you listen to your 'invincible' track, who do you become? How do you feel? Hold on to that feeling. Let's use it as inspiration to create a collage.

Collage is the technique of sticking different materials on a surface. You'll need all your studio materials for this, including the larger piece of card provided.

Use your scissors to cut clean shapes or strips from your paper. They can be wiggly or jagged, circular, straight or whatever you like. You can even tear the paper into lengths.

Create a wallpaper or tapestry-inspired pattern with the cut-outs on a blank card. If you prefer, you can layer differing sizes of paper next to one another to create a pattern that looks like a quilt. Try to create interesting contrasts and clashes of colours, shapes and patterns.

Your collage can be as abstract or orderly as you want it to be. There's no right or wrong. Remember the music, be playful and take your time. Enjoy moving shapes, colours and textures around on the paper. When things look or feel just right, believe that instinct. Once you have a composition you are happy with, stick it down with a bit of glue.

My invincible song changes every day. But while writing this, it is 'I Dedicate My Life' by Marie Davidson. Below, you can see my collage of my invincible song. When I listen to this track, I feel alert and steely. My body feels light and my skin slightly cool. I feel fast. I smile. I can't wait to see what your invincible tracks look like!

Cherelle

Close your eyes and really listen to the music. Stretch.

Nod your head, swing your hips, wiggle your eyebrows or toes, shake your hands, dance, shuffle, and hop about if you can.

Get the body warm and moving. See how fluid you can be.

Don't worry about how you might look. It's your studio space, after all.



Hinder, 2020, collage on HP photomat paper, 42 x 59 cm.

It's so important to reuse and reimagine objects we have in our homes. By using your 'invincible' track as inspiration you are telling the world the story of who you are. We want to cover an entire wall with submissions from all over the country so send your collage to the Southbank Centre. When Cherelle collates all our artworks together it will tell our collective story.

Barbara

We'd love to see your designs and hear your ideas.

The Southbank Centre is the UK's largest art centre, and once we reopen our venues, we hope to create an exhibition of your work. If you'd like to send us a copy of what you've created, please post us your artwork in an envelope and address to Freepost SOUTHBANK CENTRE.



Make sure you write your name and address on the back. We will do our best to send it back to you after we've made a copy (but we may not always be able to).

Or you could email artbypost@southbankcentre.co.uk to share your artwork with us.

By sending us your artwork you agree to being included in our exhibition when we reopen.

If you can't send us your work by post or email, please arrange for somebody else to send your work to us, or you can tell us about your artwork by phone, on **020 7960 4206**.

You're welcome to get in touch to let us know what you think of this booklet, ask questions, give feedback or opt out of the project at any time.

Contact us

By phone: 020 7960 4206

By email: artbypost@southbankcentre.co.uk

By post: Freepost SOUTHBANK CENTRE



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

phf Paul Hamlyn
Foundation