

SOUTHBANK CENTRE



Arts & Wellbeing

An introduction to our programmes

2023

Welcome



We are a multi-venue arts centre with a dynamic year-round artistic programme and an inclusive ethos encompassing classical and contemporary music, art, performance, literature, dance and debate.

We strive to be a place where people can experience world-class art and culture that stimulates, inspires, educates and amazes.

The Southbank Centre is made up of:

Royal Festival Hall
Queen Elizabeth Hall
Purcell Room
Hayward Gallery
National Poetry Library
Arts Council Collection
Creative Engagement
Southbank Centre Archive

We present a host of free activities alongside our ticketed events, and provide a unique offer to schools, young people and adults to immerse them in imaginative, creative activity all year round. The Arts & Wellbeing programme is one of the core strands of the Creative Engagement programme at the Southbank Centre. We aim to offer projects and events which nourish comfort, connection and creativity in our communities.

We always have a real mix of free projects running and we hope you find something that appeals to you. We're eager to connect with our Lambeth and Southwark neighbours and to work together with local individuals and organisations.

What you think of our events and programmes matters to us, and we'd love to hear your ideas.

Get in touch with us!

artsandwellbeing@southbankcentre.co.uk
Or call and leave a message on 020 7960 4206

Morning & Moonlight Mingles



© Belinda Lawley

What is it?

Our Morning and Moonlight Mingle events invite you to come along and explore our site, participate in a creative wellbeing workshop and find out more about our regular programme of events, workshops and projects happening all year round. There are often meet and greets with members of our artistic teams, and special ticket offers. Refreshments are provided, and a travel bursary is available.

Who's it for?

The events are open to our local neighbours living nearby, or local organisations based in the area – especially Lambeth and Southwark. Whether you're interested in getting more information about programmes for yourself, or for people you support, everyone is welcome.

When and where is it?

These events take place a few times a year, on mornings and evenings.

Can I find out more?

For more information about upcoming Morning and Moonlight Mingles, contact artsandwellbeing@southbankcentre.co.uk or call 0207 960 4206 and leave a message.

Skylark Cafe



© Pete Woodhead

What is it?

Skylark Cafe is our monthly, multidisciplinary arts social club created in collaboration with artist and storyteller Bernadette Russell. We come together to have fun, share joy and be creative. Hosted by artists and musicians, activities regularly include storytelling, singing, dancing, crafts, visual arts, creative writing, poetry, puppetry... anything goes!

Who's it for?

We're a small, creative club creating a welcoming space for local community members living in Lambeth and Southwark who live with health conditions which can make attending other events more challenging. We're a supportive community and we acknowledge the ongoing risks experienced by those at higher risk from Covid-19. We aim to prioritise the access requirements of those who have been, or are still, shielding.

When and where is it?

The Skylark Cafe takes place in different locations around our site on the last Wednesday of each month, 1.30pm - 4.15pm.

How can I sign up?

You can register your interest or make a referral by emailing skylarkcafe@southbankcentre.co.uk or by calling 020 7960 4206 and leaving a message.

Mix & Move



© David Carter

What is it?

Mix & Move is our fun, engaging and diverse programme of monthly social dances, where everyone's welcome to come along and boogie into the weekend with us, led by our resident hosts Natasha Khamjani and Damien Anyasi. It's a chance to explore different dance styles, learn new moves and meet new friends, so come and find your flair on the dancefloor.

Who's it for?

Everyone is welcome. These events reach an intergenerational audience and focus on inclusive and accessible dance movement, with seated versions and adaptations of gestures for different needs. No dance experience necessary – come solo, with your group, or with a partner.

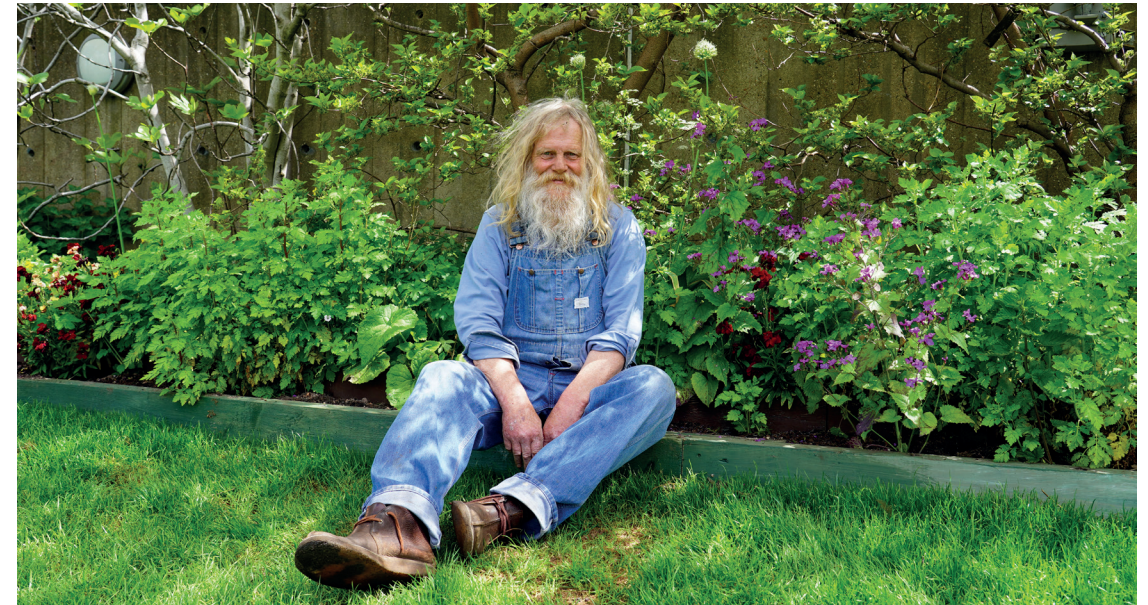
When and where is it?

Mix & Move happens monthly on a Friday, 1pm – 3pm, on The Clore Ballroom, Level 2, Royal Festival Hall. No need to book, just turn up! Further details can be found on our website.

Can I find out more?

For more about Mix & Move, contact mixandmove@southbankcentre.co.uk or call 020 7960 4206 and leave a message.

Queen Elizabeth Hall Roof Garden



© Takis Zontiros

What is it?

Nestled on top of the Queen Elizabeth Hall, the Roof Garden is home to over 250 species of plants, fruit trees, vegetables, herbs and wildflowers, creating a peaceful haven in the centre of one of the busiest cities in the world.

One of London's best kept secrets, the garden, originally a partnership with the Eden Project, was built and continues to be maintained by our head gardener, Paul Pulford, founder of Grounded Ecotherapy.

Grounded Ecotherapy are an award-winning team of passionate conservationists as well as a pioneering recovery programme. Through this project, Paul supports a team of incredible volunteers, who like himself, may have experienced problems with substance

dependency, their mental health and/or homelessness, and provides therapy through horticulture.

We host free events and tours of the garden and are open to referrals to volunteer in the garden throughout the year.

Can I find out more?

For more information on upcoming events and how to volunteer on the Roof Garden, contact artsandwellbeing@southbankcentre.co.uk

Relaxed Hours at the Hayward Gallery



© Rachel Cherry

What is it?

Relaxed Hours at the Hayward Gallery are a way to experience our exhibitions in more relaxed conditions, and with additional support to experience the show fully. We make changes to ensure the gallery is even more of a welcoming environment, where you can enter and exit more freely, and exhibition capacity is reduced to create a calmer space. We don't expect visitors to be quiet. It is a time and space for you to be yourself.

We have tour guides on hand and encourage visitors to work with us to prioritise their own needs when visiting. A quiet space away from the exhibition is provided.

Who's it for?

This is open to all, but is particularly suited to visitors with access requirements and anyone who may not feel comfortable visiting during busier times. If you have a particular requirement or any questions ahead of your visit, do let us know – we will do all we can to accommodate any requests.



When and where is it?

There are two Relaxed Hours sessions for every exhibition that takes place at the Hayward Gallery. Dates are shared on our website in advance. Advance booking is essential and you'll be asked to choose a time slot when you book. However, for this event your ticket allows you to arrive, leave and re-enter at any time during the Relaxed Hours.

A drop-in creative workshop also takes place in the Hayward Gallery Cafe at no extra cost.

How can I sign up?

For more information about Relaxed Hours and to sign up, contact haywardrelaxedhours@southbankcentre.co.uk or call 020 7960 4206 and leave a message.

Encounters



© Chineke! Orchestra

What is it?

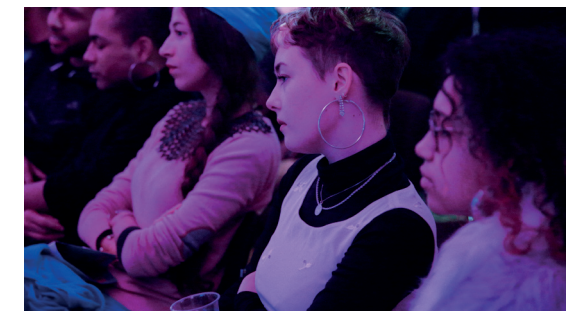
An evening in good company at one of our live performances, spanning classical and contemporary music concerts, spoken word and poetry events, and dancing on the Queen Elizabeth Hall Roof Garden. Every evening begins with a meet and greet hosted by one of our Arts & Wellbeing team to learn all about the event ahead. Tickets and refreshments are provided, and a travel bursary is available.

Who's it for?

People living locally who want to experience a wider breadth of events with the support and companionship of like-minded people. It's great for anyone new to orchestral and classical music who fancies finding out more about our concerts and different musical styles.

When and where is it?

The pre-event meet and greets and performances are hosted in various venues across our site.



© India Roper-Evans

How can I sign up?

To find out more about our Encounters programme contact artsandwellbeing@southbankcentre.co.uk or call 020 7960 4206 and leave a message.

(B)older



© Alice Boagey

What is it?

(B)older is our programme supporting people living with dementia and their companions to explore their creativity. This includes the Southbank Centre's first project at a care home, (B)old at St Peters, a series of artist-led creative workshops exploring painting and words. We've also presented (B)old Words, a series of creative writing sessions in the National Poetry Library; (B)old Moves, a series of dance workshops; (B)old Voices, a series of singing workshops and (B)old Visions, a series of film-making workshops.

Who's it for?

People living with a dementia, or experiencing memory loss and their carers and companions

When and where is it?

We run a variety of (B)older programmes throughout the year, on our site and in partnership with organisations in our local community.

How can I sign-up?

For more information about our (B)older programme, contact artsandwellbeing@southbankcentre.co.uk or call 020 7960 4206 and leave a message.

Art by Post



Growing Together Art by Post booklet, Bibo & Brian Keeley



© Eoin Carey

What is it?

Art by Post delivers free poetry and visual art activities direct to your door. It started in May 2020 as a response to the Covid-19 pandemic.

In 2023, we've launched Poems for Our Planet, a new series of monthly booklets and workshops exploring poetry and nature to inspire you and support your wellbeing. Together as a community of participants, we explore our relationship to the living world around us, take time to think about how we can care for the health of the planet in the climate crisis, and explore opportunities for individual and collective action.

Who's it for?

The project is UK-wide and open to all adults – individuals and organisations – interested in trying something new and making connections to the Southbank Centre. Many people who were disabled or living with long-term conditions and therefore further isolated by Covid-19 restrictions took part, and we're committed to staying

connected to those individuals. We're keen to support anyone who finds it difficult to attend in-person creative groups, as well as people with limited or no access to the internet or who prefer offline interactions.

When and where is it?

This is a postal project that you can participate in from home – you receive a creative booklet each month. We offer regular telephone and online workshops with artists to expand on the booklet content.



How can I sign up?

To receive our application form, please email artbypost@southbankcentre.co.uk

Every Corner Network



© Ed Prosser

What is it?

The Every Corner Network, led by the Southbank Centre and NAPA (National Activity Providers Association) is an online session exploring creativity in care settings. Run informally, our sessions are an opportunity to connect with like-minded folk, share your experiences and hear from inspiring guest speakers about their practice and approach.

Who's it for?

Anyone across the UK interested in exploring the role of creativity in care. You could be an Activity Coordinator in a care home, an artist, a care scheme manager or a family member of someone who receives care. Everyone is welcome.

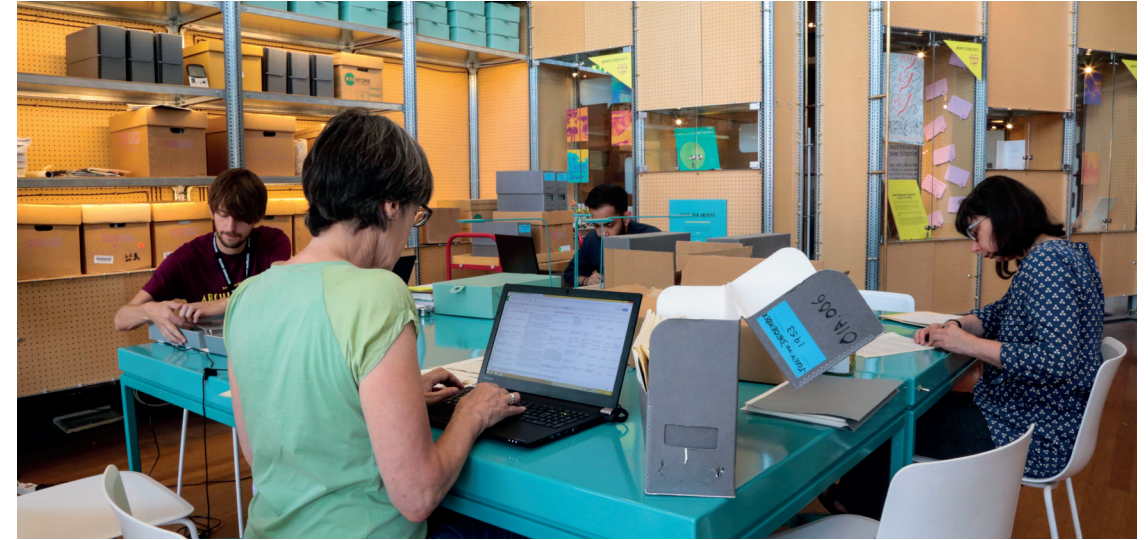
When and where is it?

The Every Corner Network takes place online, using the video platform Zoom, on the second Tuesday of every month, 10am – 11am.

How can I sign up?

For more information about the Every Corner Network and to sign up, contact creativecare@southbankcentre.co.uk or call 020 7960 4206 and leave a message.

Southbank Centre Archive



© India Roper-Evans

What is it?

Our archive collections tell the story of our iconic venues and decades of landmark cultural events across our site, from our Festival of Britain roots to the present day. Including documents, event programmes, photos, press cuttings, objects, sound recordings and more, the archive occupies over 1.5km of shelving in our off-site storage.

The collections are available by appointment in our Archive Studio, Level 2, Royal Festival Hall, which also hosts a programme of temporary displays, hands-on workshops and events. We join up with other archives, artists and communities to showcase our shared histories with different exhibitions throughout the year.

The Archive Studio was designed as an open space for everyone to lend a hand with exploring and looking

after our collections. Since it opened in 2015, hundreds of people have helped to repackage, catalogue and digitise over 15,000 items, which will soon be available to browse online. There is plenty still to do and we hold popular drop-in workshops throughout the year.

Can I find out more?

If you're interested in our collections, or trying archive-related activities for yourself or your group, please email us: archive@southbankcentre.co.uk

You can find out more about some of the collections online at: southbankcentre.co.uk/archives-collections

Access

If you have any specific access needs or suggestions about how we could better support your time with us, or would like to know more about our access facilities and support, phone us on **020 7960 4206** or email us at **artsandwellbeing@southbankcentre.co.uk**



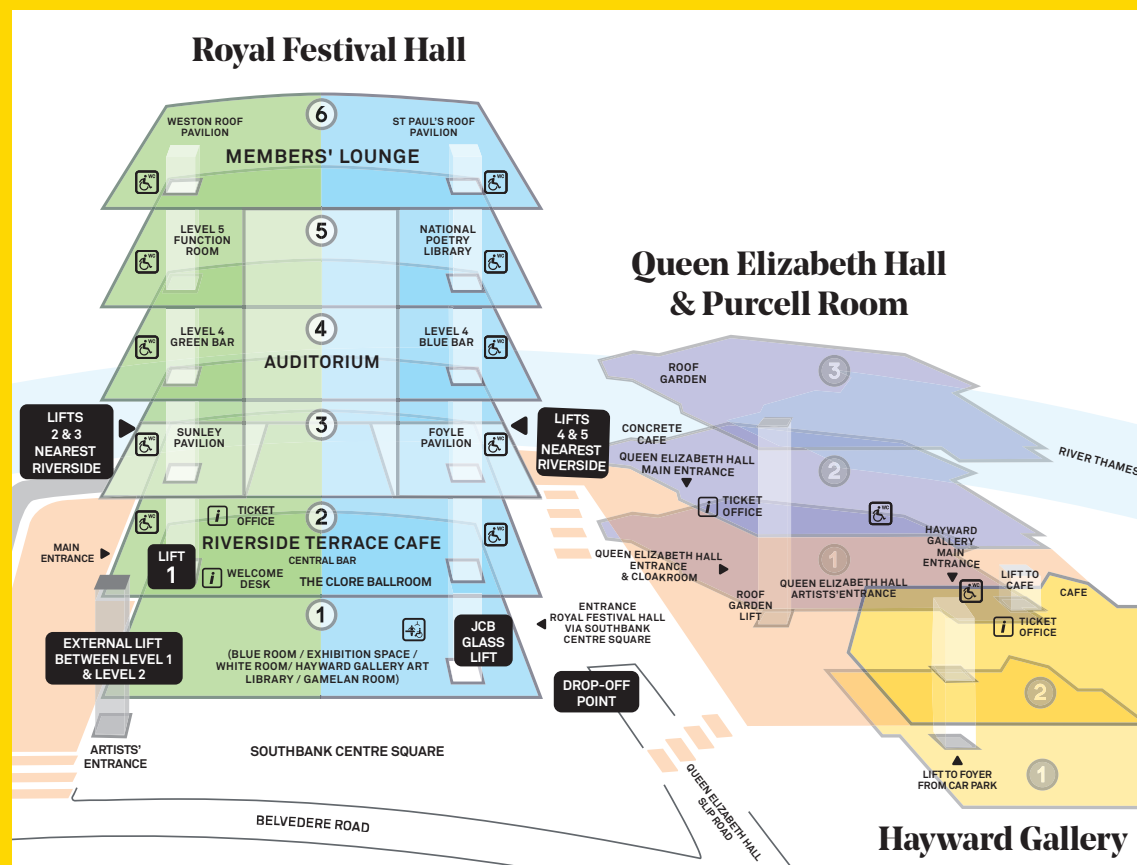
Our site is level access and wheelchair accessible.



Accessible toilets are available across site, including high-dependency facilities.



There is a Changing Places toilet on-site.



Arts & Wellbeing events:

- BSL interpretation is available upon request.
- We offer translation services for a range of our projects and events.
- In addition to our projects specifically for people living with dementia and their supporters, our programme is dementia-inclusive, for all those affected by dementia.
- Attendees can apply for support with travel.
- Our events have a designated quiet space where you can take time away from the activity.
- The Arts & Wellbeing team is on hand to welcome and support you.

Creative Engagement Arts & Wellbeing Partners

Breathe Arts Health

Breathe Sing for Lung Health is a programme that uses singing as a tool to help respiratory patients from Guy's & St Thomas' NHS Trust improve breath control, build confidence and increase lung function. Sessions take place online and in person on our site once a month.

Grounded Ecotherapy

Grounded Ecotherapy (featured on page 7), is our year-round horticultural therapy project run in collaboration with Providence Row Housing Association.

Women for Refugee Women

Women for Refugee Women, who support refugee and asylum-seeking women in London, run weekly drama sessions here. Workshops work towards regular performances, and are also a place to relax, build confidence, express yourself and prepare for campaigning events.

Streetwise Opera

Streetwise Opera enables people who've experienced homelessness to find inspiration and empowerment while they rebuild their lives and identities, and in doing so challenges society's perceptions of both homelessness and opera. Performers from all over London meet here to rehearse every week.

