


SOUTHBANK CENTRE

Art  by Post



Journey to a Town Called Hope

Take part in activities that invite you
to share your hopes and dreams

Philharmonia



HOME

arts depot



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 Bernadette Russell

Bernadette is an author and storyteller. In 2013, in The Clore Ballroom at the Royal Festival Hall, she began a project called Dear Stranger. It finds ways for people to

have fun, express empathy and share stories with each other, while discovering what we all have in common. This year, she's been focusing on how finding our hopes and acting on them can make us happier. It can also empower us to make positive and creative changes in our lives, in our communities and in the world. She's inspired by the words of poet Ben Okri: 'stories can conquer fear... they can make the heart bigger'. Bernadette's fifth book, *How to Be Hopeful* is out now.



I absolutely love drawing, and never worry about my sketches being perfect - I'd highly recommend just giving it a go - have fun and enjoy yourself!

Come with us as we travel to a future made of our collective hopes, dreams and things we love. On the way, we'll share stories, write letters, and imagine a town called Hope, where everything and anything is possible. We're going to set out on a journey to get there, together.

1 Everything I Love

This year, many of us have been reminded of the beautiful and simple things in life – being in nature, chatting with friends, walking, baking, gardening, bike rides. Think about some of the things you love to do, big and small. Draw or write them inside the heart (you'll see I've written my ideas around it, to share with you what I love.) This exercise can be a useful reminder that even as things change, we should make time for the things we love, to help anchor us and keep us happy as we continue our journey...





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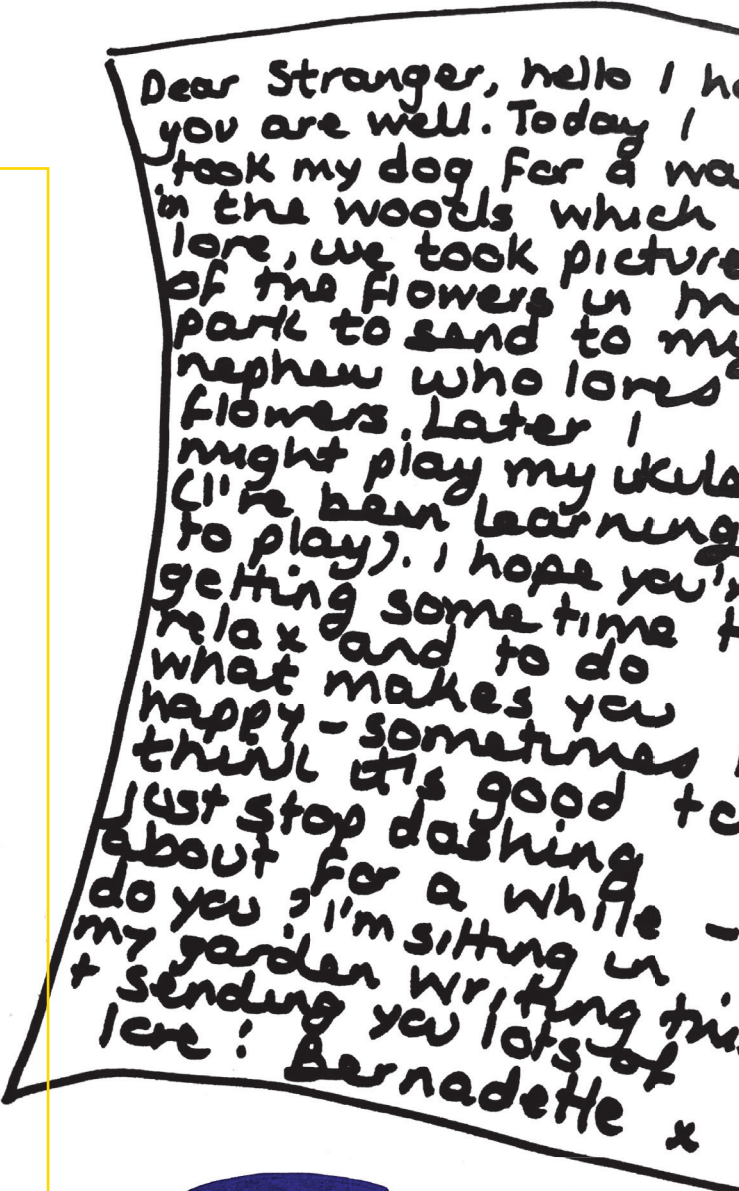
The Story of Me

Write a letter to a stranger, telling them your life story (or you can draw it if you like). You could include hobbies, achievements, favourite clothes, music or food, and your first happy memory. You might mention the places you've travelled to or lived in, or talk about the people who are special to you.

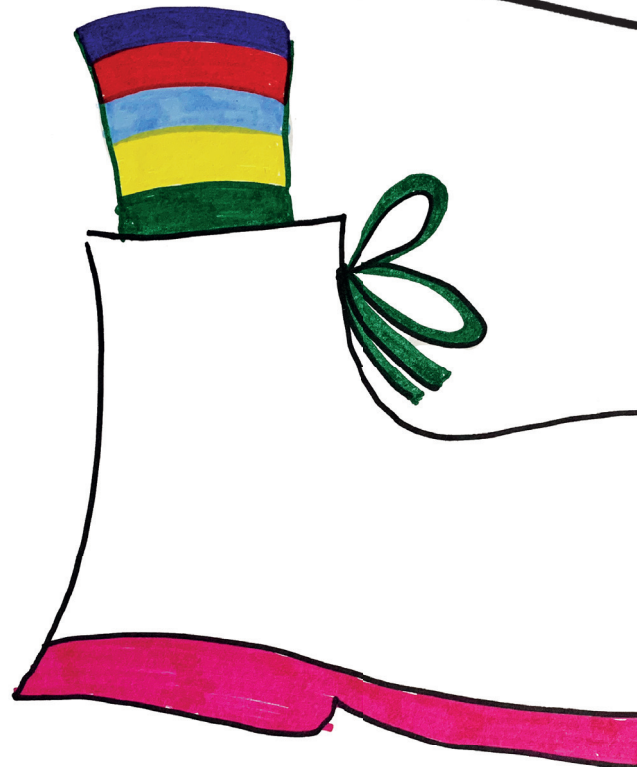
Try drawing a self-portrait (don't worry, you don't need to be a visual artist to do this – just give it a go for fun!)

Now, imagine that the person you are writing to needs your advice as to how to keep hopeful even during tricky times. What would you advise them, as their friend? Let them know what you find hopeful about your life right now.

If you send us your letter, we will post it to a stranger. All being well, in exchange you'll receive a letter from a stranger in the UK. We'll be creating connections, reminding ourselves of what we have in common, and of how interesting and inspiring our differences are too.



Dear Stranger, hello I hope you are well. Today I took my dog for a walk in the woods which I love, we took pictures of the flowers in the park to send to my nephew who loves flowers. Later I might play my ukulele (I've been learning to play). I hope you're getting some time to relax and to do what makes you happy - sometimes I think it's good to just stop dashing about for a while - do you? I'm sitting in my garden writing this + sending you lots of love! Bernadette x



a forest canopy with free solar powered cable cars



3

A Town Called Hope

Find some paper to draw your own town called Hope. Inside it, we'd like you to write or draw your ideas for a brilliant future. Don't worry about what's possible – let your imagination run wild!

Ask yourself: how do people travel about? Where is food grown? Where do people work, play, eat, rest and live? Who's in charge? You might imagine traveling by zip wire or planting vertical farms on skyscrapers. You might envisage libraries, bingo halls, swimming pools, skateboard parks, arcades or a gigantic waterslide. We want to know all your beautiful and unusual ideas!

4

Getting There

The ancient philosopher Lao Tzu wrote, 'a journey of a thousand miles begins with a single step'. What might that first step towards a better future be for you?

I'd like cities to be greener, so my footstep is to plant a small tree in my garden. What might be a small step you could take in the direction of the future you'd like to see? Think of something you'd enjoy: something easy, simple, and doable for

Send us your hearts, letters, maps and plans.
Help us begin to create a brighter future,
using your ideas !

We'd love to see what you come up with.

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