

SOUTHBANK CENTRE

Art  Post

YOU EXIST

Philharmonia



HOME

arts depot



DULWICH
PICTURE
GALLERY


King's College Hospital
NHS Foundation Trust



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 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 can be found at the back of the booklet.

This edition of Art by Post has been produced in collaboration with HOME. HOME is a centre for international contemporary art, theatre and film in Manchester. The team at HOME produce work across several different art forms. For this booklet, they bring together three artists who prize kindness, creativity and connection. They are here to remind you that YOU EXIST!



Anna FC Smith

is a multimedia artist preoccupied by history, ritual, folk art, public space and power.



Cheddar Gorgeous

is a drag artist and idealist. They believe life is too short to just be one person.



Samantha Edwards,

also known as Phoebe Foxtrot, is an illustrator, craftivist and community artist.

YOU EXIST. Of this we are certain. Sometimes it's easy to forget, especially if you've been living in isolation. But even when you're not sure, we promise you that you still do.

These four creative tasks will help you to get in touch with your existence by encouraging you to occupy your surroundings, explore your feelings and connect with others.

The activities require little more than a pencil and some paper to take part, but you can use more art materials if you like.

1

CLAIM YOUR SPACE



The routines of our daily lives rarely present us with opportunities to go beyond our established boundaries. We walk the same way to work; we sit in the same chair, facing the same direction. Our bodies are so caught in their established flows that we forget we can do things any other way. Changing your position and taking up space are important parts of feeling your presence in the world.

Find a new way to occupy your space:

Put yourself in an area of the room you rarely spend time in, perhaps in one of the corners or at the window. Sit in the position of the television or facing your couch. You could use a piece of furniture differently, like lying on your bed the wrong way round. Take up as much space as you can, reaching your arms up or wide, or sitting up proud. Focus on your surroundings.

How did it feel to be somewhere new in your home?

Draw us a picture from your new position, or something new that you've noticed.

2

LOOKING INSIDE



Existing is about more than our bodies. With so much to distract us in our lives, we rarely give enough attention to exploring our internal worlds of thoughts and feelings. When was the last time you sat and dedicated time to just thinking or letting your imagination run wild? It's time to have a think about what's going on inside.

Without writing anything down or saying anything out loud, take a moment to think about how you feel.

Start with your physical sensations – perhaps the texture of what you're sitting or standing on – and then try to feel beyond them. Think about one of your senses. What can you see, hear, feel, smell or taste? Can you think of any words that describe the sensation? Does it change, or stay the same?

In Samantha's illustration above, the person's feelings and thoughts are represented by different colours and patterns. What would the thoughts and feelings you are experiencing right now look like?

This booklet contains a poster showing the words 'You Exist'. Fill the white letters with colours and patterns to express how you are feeling on the inside.

3

MANIFEST

Making something new, or rediscovering something about ourselves that has been hidden, is a great way to remind ourselves that we are really here. This task is about encouraging us to bring something from the inside outwards.



Dress up as a new or alternative version of you.

Perhaps there's an element of a past version of you that you'd like to remember. You might like to try on an outfit you've not worn for years, or clothes that you've forgotten about in lockdown. Dress up as an alternative version of you. This might be the person who sits in your new position.

How does it feel? Do you stand or sit differently? Imagine this version of you is going to a party. Does this costume change how you might dance or talk?

Get ready for that party. Draw a picture or take a photograph of your new look.



4

CONNECT AND BROADCAST

Connecting with others is an essential aspect of existing. It's time for you to share what you've created with the world. Let your creations live a life of their own by doing one of the following:

Place the photograph or drawing of you where passers-by can see.

Place your poster in a window so others can be reminded that they exist, or put it up at home if you need a daily reminder.

On your daily walk, leave one of your drawings in a public place – such as on a park bench or at the bus stop – for a stranger to discover.

Send the **postcard in your pack** to a friend and encourage them to send something in reply.

You can allow your creation to roam further by sending a copy or photograph to the Southbank Centre.

We hope you enjoyed these little reminders of your fabulous existence. You can do them again whenever you feel like you need to be reminded.

We'd love your artwork to be part of our exhibition.

The Southbank Centre is the UK's largest art centre, and we're creating an exhibition of artwork received as part of Art by Post.

We've already collected hundreds of your original drawings, paintings, poetry and writing. Whether you've made work for yourself or enjoyed supporting others, we would love to see and hear your experiences of taking part. Perhaps you can send us a photo of you creating your artwork?

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.



Or you can email us on artbypost@southbankcentre.co.uk

We'd also like to hear you reading your poetry.

We're collecting recordings from all over the country. Call 020 7960 4206 and leave us a voicemail message of you reading your work. Make sure to introduce yourself and let us know what your poem is called.

You can also use this telephone number to tell us anything else you want us to know about your artwork, or ask for any help you may need with submitting your work for Art by Post.

The deadline for exhibition submissions in response to this booklet is **Monday 12 April 2021.**

By sending us your artwork you agree to be included in our exhibition. We'll do our best to send it back to you after we've made a copy (but we may not always be able to).

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