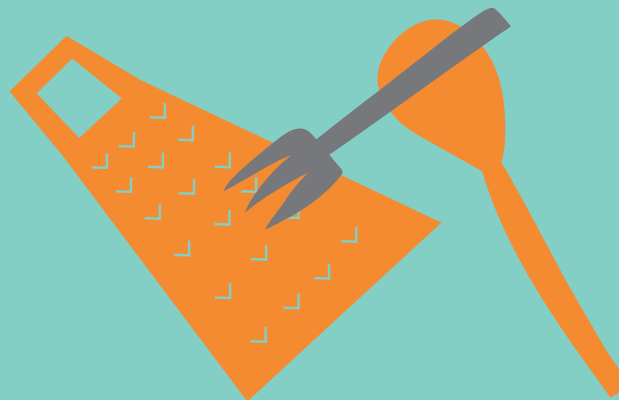
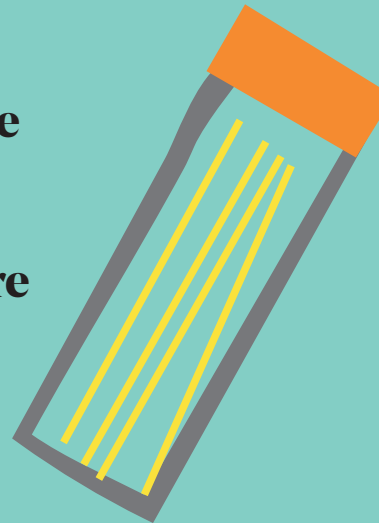
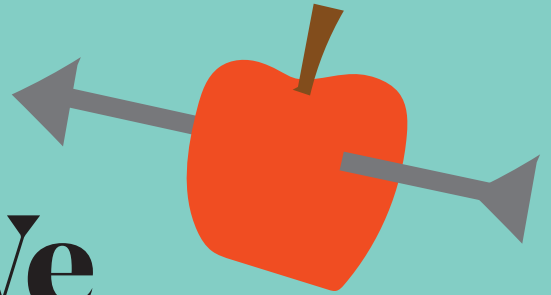
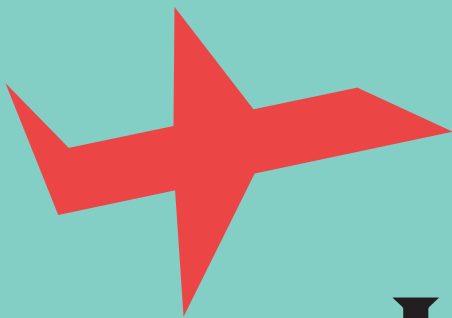


SOUTHBANK CENTRE

Art by Post

Are We Listening?

At the Philharmonia Orchestra, we live and breathe music. And this is what this booklet is all about. When you really listen, the world becomes a more joyous and inspiring place.



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





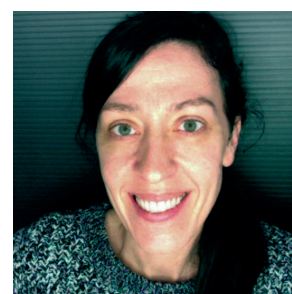
Welcome to Art by Post. In these free booklets, artists guide you through poetry and visual arts activities inspired by our art collection and artistic programme. We hope taking part will spark your imagination, keep your mind active and help you stay connected to others. Details of how you can share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

This booklet shares activities from the Philharmonia's *Hear and Now* project, which brings together young people, adults living with dementia and their partners and carers, and musicians from the Orchestra. It's led by artistic director Tim Steiner.



My name is Tim. I make music with people. Some of these people are professionals, some amateurs, some beginners. The people in the room are the people in the band. Sometimes the music is brand new; sometimes it is old. I always try to make it unique.

My name is Maria. I make images. Some of these images are drawn; others are cut-outs and collages. Sometimes I make images for no reason, other times I do it to illustrate my ideas – or someone else's. I always try to make it unique.



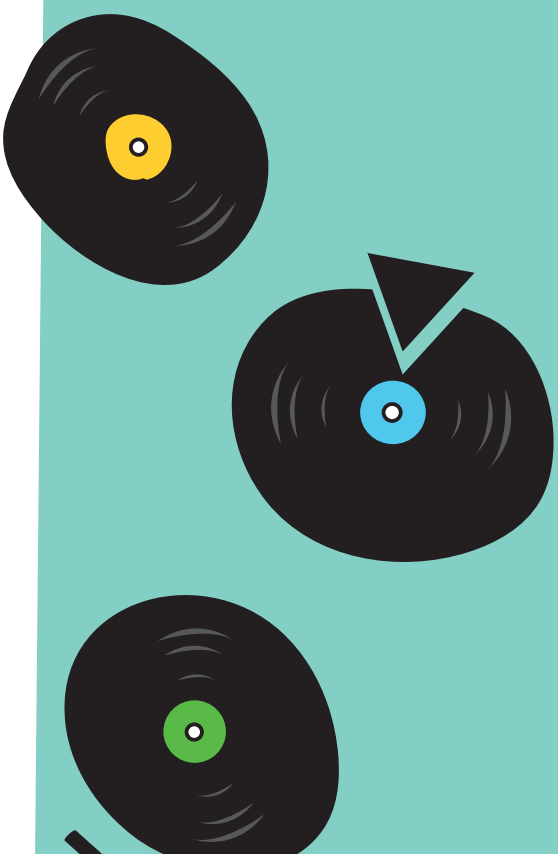
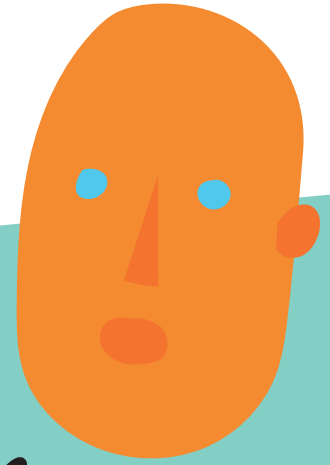
Tim will be leading you through the activities in this booklet, along with some other faces from the Philharmonia Orchestra.



In Bedford, the Philharmonia Orchestra produce *Hear and Now* with Orchestras Live and co-design it with Tibbs Dementia Foundation's Music 4 Memory and Fusion Youth Singing. In Leicester, *Hear and Now* is supported by De Montfort University, and delivered in partnership with Leicester Musical Memory Box and local primary schools.

I had a tidy-up last year and found my old 78rpm wind-up gramophone player (an HMV model 100). My grandmother won it in a competition in the 1920s. When I was a child, my family would all gather round to listen to the handful of discs we owned. One of these discs was 'The Parlophone Laughing Record'. Playing it again in 2020 brought back a multitude of memories and emotions. It's the first record I can remember listening to as a child.

I'm putting this record on my list of lockdown discs. I'll add seven other records that have meaning and memory for me and write them down on the LP pie chart.



1

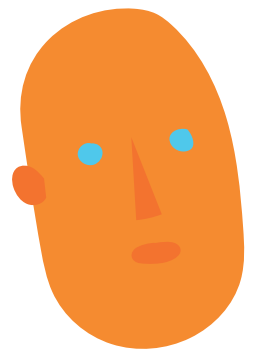
Lockdown discs

Choose discs that are important to you, and that are joyful, emotive and inspiring.

1. Choose eight discs
2. Fill in the LP pie chart with your choices
3. For each piece of music, write down why you've included it



As part of the *Hear and Now* project, we find ourselves reminiscing about lost sounds.



'Ahhh... the crackle of a 78'



'The chug of a steam train...'

2

Lost sounds

Sounds can evoke memories, emotions and feelings as powerfully as music. A simple sound can take us instantly to another time or place. Sounds can be comforting, evocative, nostalgic, upsetting, calming or exciting. And once we start thinking about those lost sounds from our younger days, the more we can remember.

Make a list of sounds that you feel have disappeared from your life. It might be useful to chat to someone and share each other's memories of lost sounds. Choose the most evocative sounds and find a way to write, draw or notate them on paper.

During 2020, the people taking part in the *Hear and Now* project began making their own music at home, using whatever they could get their hands on.



There's no discussion about percussion. It's in every room in the house. Bish, bash, or bosh it, but try not to break it! Whisk the wok, bang the pan, shake the pasta, zap the grater – or just clap your hands.

Wendy

Phill

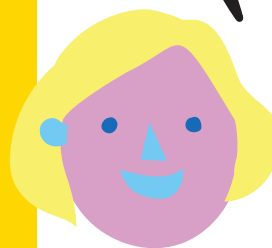
3

A wok and whisk

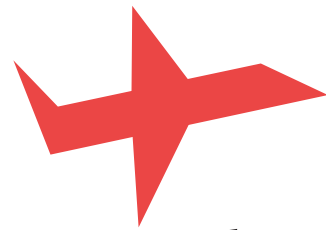
I'm Karen. I play cello in the Philharmonia but for this, I ransacked the toy box!

Have a go at playing some objects. Try hitting, shaking, and scraping objects to make sounds. Experiment and see if you can find things that sound good.

When you've found something you like, have a go at 'playing' along with a favourite piece of music (perhaps from your list of lockdown discs) or the theme to a favourite TV show. We found that fast-moving, rhythmic music, such as Rossini's *William Tell* Overture or the theme tune to *Countdown*, were particularly good to play along with.



During the early days of lockdown, one of the most striking changes was the transformation of the sound of my home. No more planes, no cars, no background buzz of the neighbourhood. And without those distractions, I became aware of the tiny sounds around my home that had previously been drowned out. I think of them as the 'sounds behind the sounds'. I began to appreciate all the detail in the sounds that I had previously overlooked. Now, the planes and cars have returned, but I still listen. And the tiny sounds are beautiful.



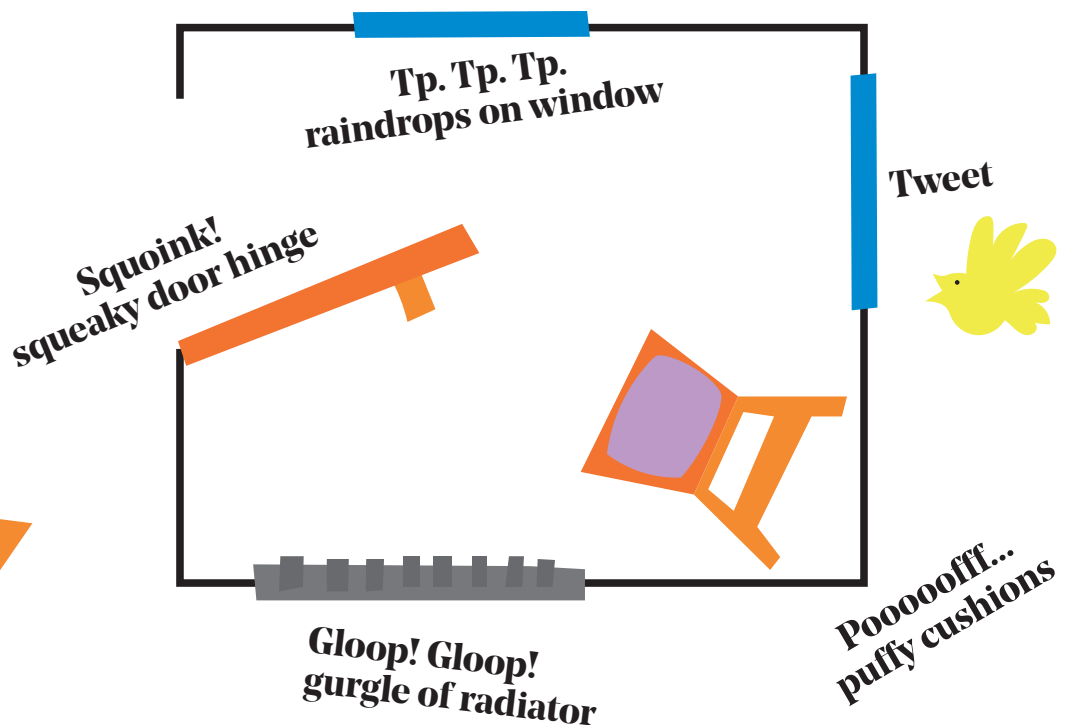
4

The sounds behind the sounds



Wherever you are, take time to listen. Listen carefully for the 'sounds behind the sounds'. Do you recognise them? Are they still, or full of energy? Can you hear them all the time, or just occasionally? Are they static or do they change? Are they rhythmic or do they flow? Are they beautiful? Or are they ugly?

1. Make a list of the 'sounds behind the sounds'
2. Describe and draw your sounds
3. Log your sounds on a map or plan.

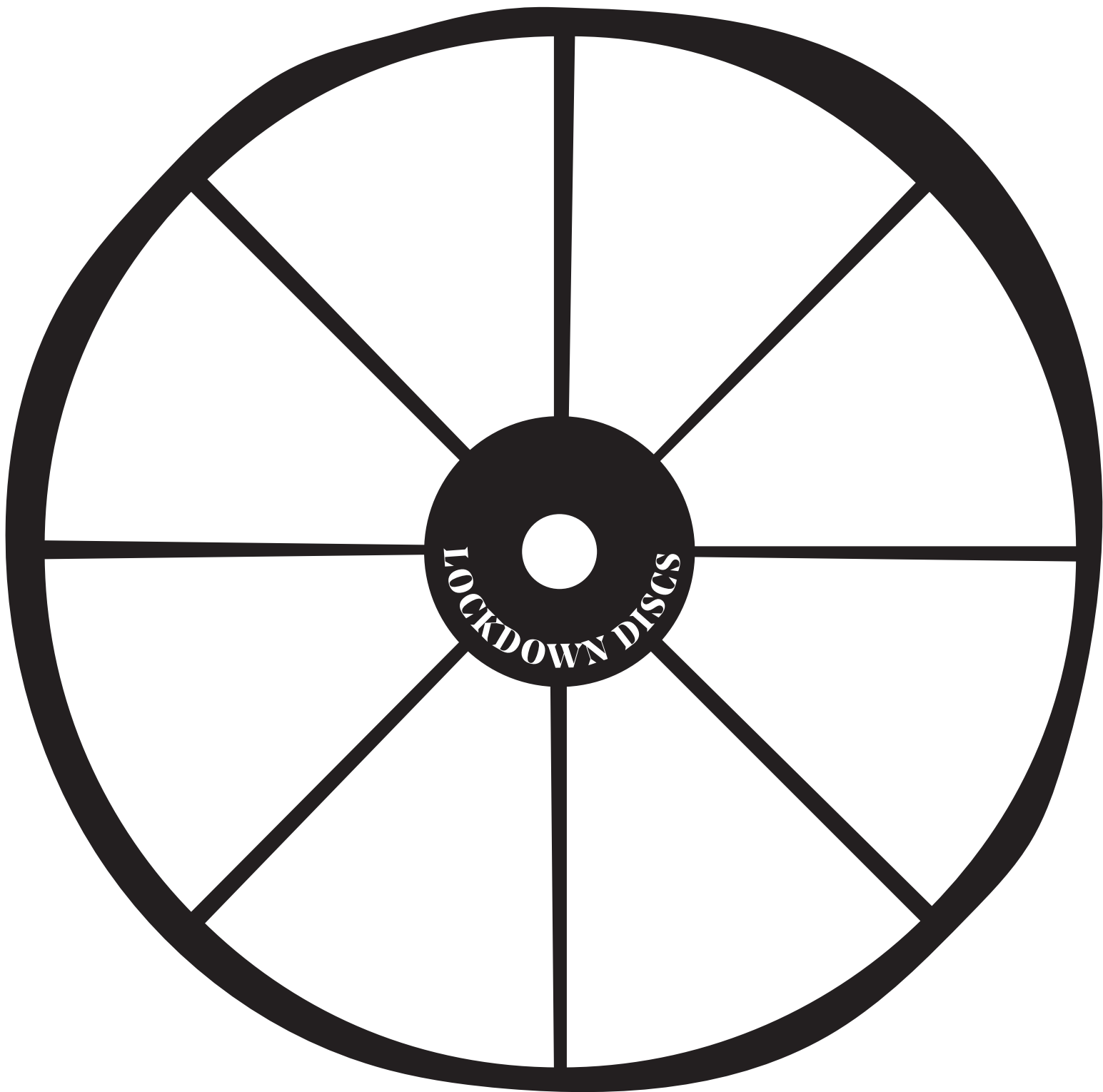


Sound map of my room



Fill in the LP pie chart with the names of eight discs of your choice and the reason why you've chosen them.

Send it back to the Southbank Centre via Freepost SOUTHBANK CENTRE or give us a call on 020 7960 4206 to tell us about your music choices.



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 **Wednesday 31 March 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