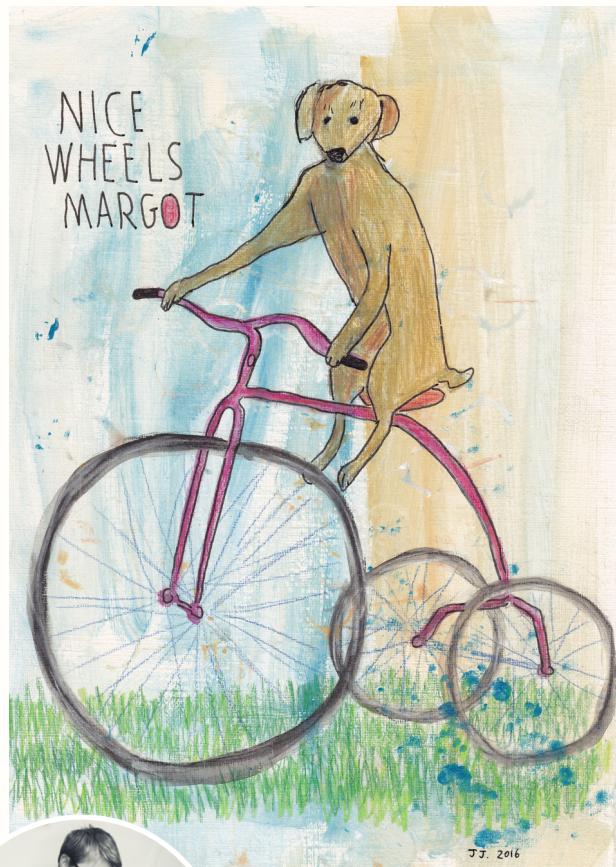


Welcome to our first issue of Culture Club, a bi-monthly celebration of local culture, artists & opportunities for **BSUH staff**. We've got **exclusive discounts & offers for BSUH staff**, details of upcoming **cultural highlights** in Brighton & Haywards Heath plus exciting updates from **BSUH's CONNECT arts programme**. Culture Club is brought to you as part of **Emerge** - a creative wellbeing programme for staff in 2019/20.



### Staff Artist

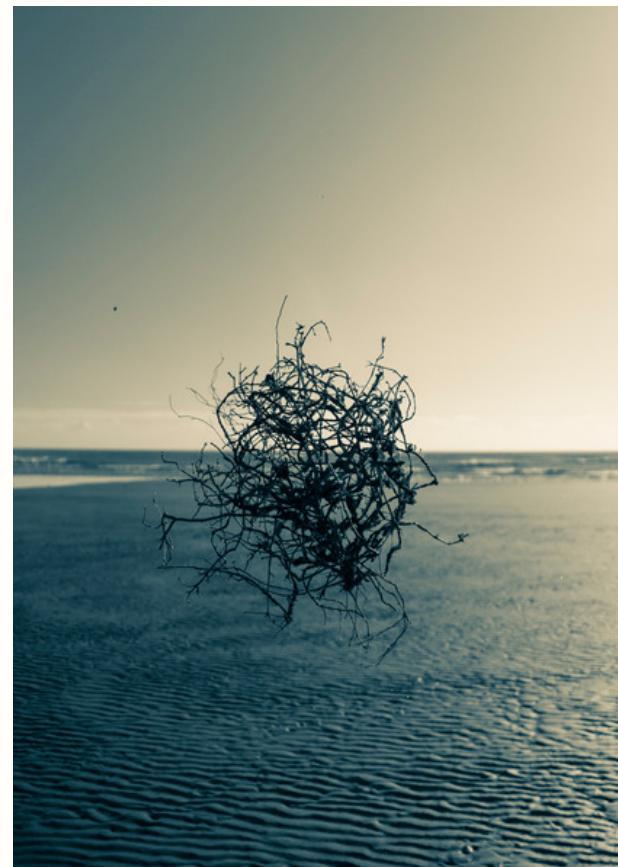
Jo Jenner

Celebrating the creative talents of BSUH staff

Jo is a senior healthcare assistant in the Lawson Unit, working here for almost 7 years. Alongside working at BSUH, she studied for a BA in Arts & Humanities with the Open University.

*"I draw and paint most days, I always carry a sketchbook and a travelling kit of materials. The lunch rooms are a perfect environment to lose myself in a few sketches, the only problem is stopping after an hour! My drawings seem to encapsulate an expression of feeling and a link to the absurd. I love to amuse."*

@jojennerdrawings



### CONNECT Artist

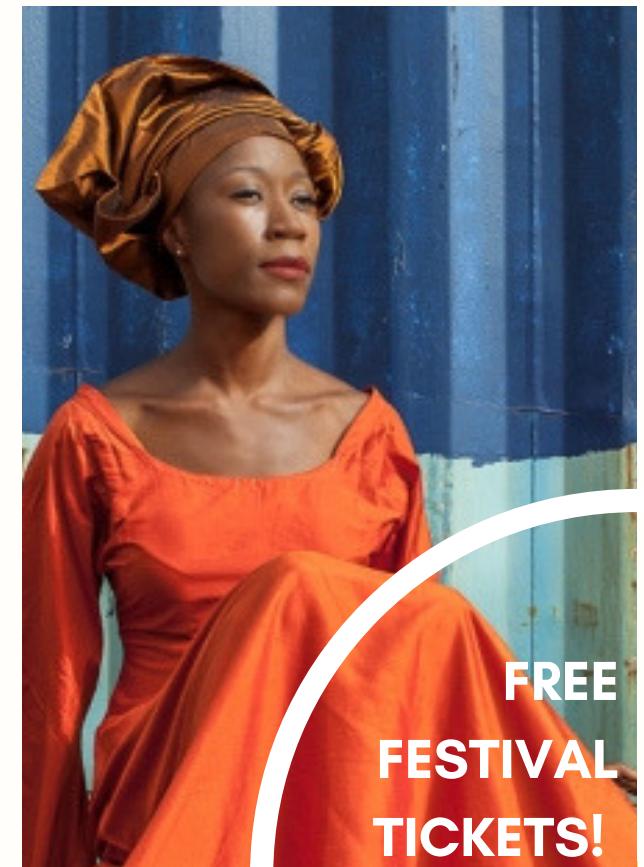
Zoe Childerley

*One of the artists working on the 3Ts public art programme*

Zoe is a photographer walking the entire Sussex coastline to discover the secrets of our shores. Her seascape imagery is made as she dives, floats, paddles, sails & walks with local communities. Her artworks are part of the CONNECT photography waiting rooms project.

*"I'm making work about the lure of the sea. I want to explore people's relationships with the coast and discover how it affects the identity of the region, on the edge of a wilderness where there's a sense of the unknown, something just out of reach."*

@zoechilderley



FREE  
FESTIVAL  
TICKETS!  
AMAZING  
STAFF  
OFFERS!

See inside for...

FREE Tickets to  
Brighton Festival

Discounts for  
Brighton Fringe

Live Harpist @ RSCH

WIN Tickets to  
Nymans (National Trust)  
&  
Clair Hall's Seriously Funny  
Comedy Night

# What is Emerge?

Emerge is a programme of **creative offers to nurture staff wellbeing during the transition into 3Ts** in 2019/20. The Emerge programme has been designed **in response to staff feedback** collected in Winter 2018.

## The Emerge programme includes:

**Culture Club** (this bi-monthly newsletter, packed with cultural offers for staff)

**Focused creative sessions for teams** inc team building, relaxation & spaces to talk

**Little Perks** pop-up performances, wellbeing treats & comedy surprises around RSCH & PRH sites

Brighton-based charity & gallery **ONCA** have been commissioned by the Trust to run Emerge, as part of **CONNECT**, the public art programme for the 3Ts Redevelopment of the Royal Sussex County Hospital. ONCA's programmes focus on creating spaces for change with a commitment to cultivating wellbeing through the arts. Find out more on the CONNECT website: [www.bsuh.nhs.uk/connectartsbrighton](http://www.bsuh.nhs.uk/connectartsbrighton)



## MEET THE TEAM...

**Lu-Lu Evans** (Project Manager) & **Sarah Bennett** (Lead Artist) **will be outside Waves Cafe 12-2pm on 9th May**

# What's On BSUH...

## EMERGE LAUNCH & LIVE HARPIST: 9TH MAY

Join Members of the **Emerge** team on **Thursday 9th May**, for the unveiling of the **exciting staff wellbeing programme planned for 2019/20**. Come along to find out how you can get involved. **Lu-Lu** and **Sarah** will be joined by local harpist **Tracy Jane Sullivan** who'll be serenading staff **outside Waves Cafe at RSCH between 12-2pm**.



Do you know that staff can access **Yoga , Pilates, Meditation, Football and Tap Dancing** at RSCH? Yoga sessions run on Tuesdays, Wednesdays & Thursdays. Find out more at [www.bsuhwellbeing.nhs.uk](http://www.bsuhwellbeing.nhs.uk)

# What's On Haywards Heath ...

## Explore Together: WIN A TEAM PRIZE!

**WIN a table for up to 8 people** at Clair Hall's **Seriously Funny Comedy Club**. **Friday 31st May**, Doors 7.30pm (show starts 8pm)



Catch a laughter-packed night for you and your colleagues with over 2 hours of the latest stand-up acts to hit the UK comedy circuit. To enter the **prize draw for eight free tickets for you & your colleagues**, email your best joke to [emerge@onca.org.uk](mailto:emerge@onca.org.uk)



## Connect With Nature at Nymans - Win 2 Tickets!

This spring visit **National Trust's Nymans** to see **bluebells, wisterias & azaleas** in their prime. Explore a romantic house & ruin, tree-lined avenues & nearby woodland, with **lots of wildlife spotting opportunities**. **Win 2 free tickets!** Email [emerge@onca.org.uk](mailto:emerge@onca.org.uk) with a sentence or two about **what Springtime means to you**.

Prize winners will be announced on **21st May**.

# What's On Brighton: Festival & Fringe

This May, Brighton comes alive with one of Europe's leading arts festivals, an annual **celebration of creativity**. This year's guest director is Malian musician **Rokia Traoré**. Regarded as one of **Africa's most inventive musicians**.



## FREE Festival Tickets

We're thrilled to be able to offer **free tickets** to selected **Brighton Festival** shows **for NHS staff**.

Tickets are limited so **book fast!** Use the promo code **FBF** online for free tickets to these events:

Music: **Né So** (Rokia Traoré)

Literature: **Ben Okri**

Live Film Score: **King of Ghosts**

Dance/Multimedia: **TrapTown**

Literature/Discussion: **Acts of Care**

You can book **up to two tickets per person**. Order charge of £2.50 applies.



## FREE Fringe

**MOOP: STORIES**  
**Phoenix Brighton 7, 14, 21 May**  
**7.30-9pm**

These events feature **rich discussions** with artists who have created artwork from re-imagined collections of everyday objects and archives of ordinary people's lives.

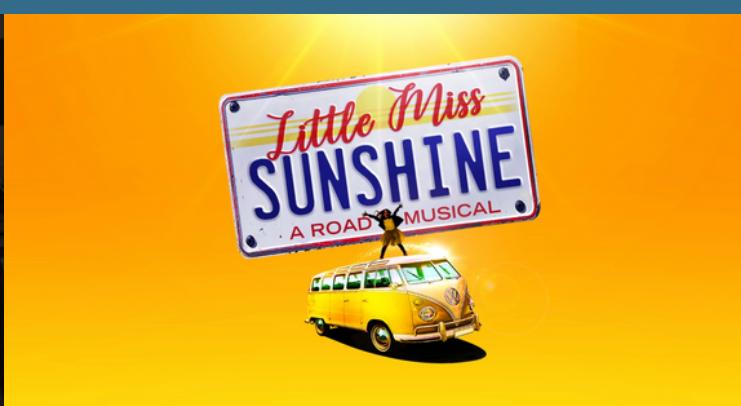
## FREE Family Events

### **Museum of the Moon, Queens Park**

**Fri 17 May - Mon 20 May**, evenings.

Luke Jerram's touring artwork is a model of the moon, **seven metres in diameter**, with mind-boggling detailed NASA imagery of the lunar surface. It will be hanging in **Queens Park**, lit brightly with a specially composed sound track.

Also taking place at Queens Park on **18th May** is **Ghost Caribou** by **Thingumajig Theatre**, a night-time street act with giant illuminated creatures. Using music, song and shadow puppets, they tell stories of lost homes, migrations and hope. **Free Entry**



## DISCOUNTS Theatre

**Little Miss Sunshine, 11 - 15 June**  
A new musical comedy from **Tony Award-winners James Lapine** and **William Finn**.

**The Girl on The Train, 17 - 22 June**  
Adapted from Paula Hawkins' novel this **gripping new play** will keep you guessing until the final moment.

**The Theatre Royal Brighton** are currently offering £13 tickets for both shows.

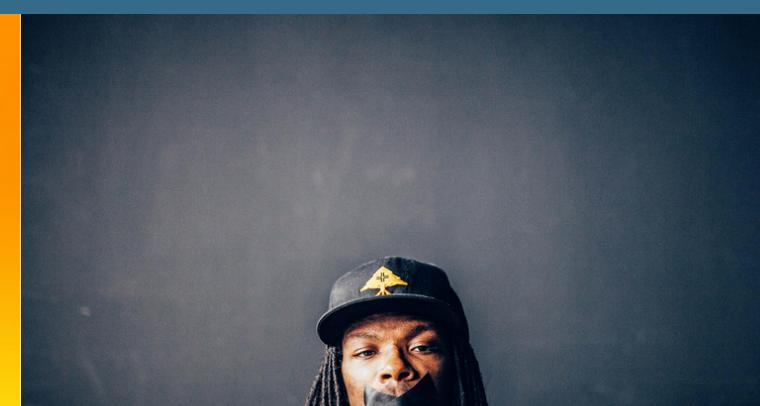
## 50% OFF TICKETS for Crystalz Tavern

### **The Marlborough**

**Weekends 3 May - 1 June 7-11pm**

As part of the **Fringe**, **The Marlborough** are hosting Afro-Futuristic speakeasy **Crystalz Tavern**, a shifting constellation of the **UK's best live art/cabaret performers and guest DJs**.

Crystalz Tavern centres the voices of **QTIPOC** (Queer/Trans /Intersex People of Colour). **Email emerge@onca.org.uk for tickets**.



## 2 for 1 Fringe

**WORD, ONCA , 7, 8, 10 May 6.30-8pm, 2 for 1 NHS tickets**

*I was always told that it's not what you say, but how you say it - is this true?*

Participate in an **audience-led game show** that puts the words we use under a magnifying glass. Email [emerge@onca.org.uk](mailto:emerge@onca.org.uk) for tickets.

# Our first staff winner...

**CONGRATULATIONS** to **Gavin Spurling** in **Critical Care** for winning our first Emerge competition. Gavin entered our staff feedback competition in the Autumn and won **2 tickets** to see **Brighton Dome's** Christmas show **HOME** (and an ONCA goody bag!) Here's what Gavin had to say:

"As well as 2 tickets to Brighton Dome, which promises to be excellent, I have won some amazing art supplies - lots of quality paints and paper. I'm excited to unleash a very well hidden creative part of my brain. I'm excited about the prospect of nurturing creativity as a means of supporting staff wellbeing. Brighton is bursting with creativity and I like the idea of the Trust embracing that." Gavin Spurling



## From the Arts & Health field

Do you know about the **All-Party Parliamentary Group on Arts, Health and Wellbeing**? Formed in 2014, it is a cross-party group of parliamentarians with a shared interest in this area. A 2015-17 inquiry resulted in the report, **Creative Health: The arts for health and wellbeing**. Find **well researched recommendations, podcasts & videos** on their website.

**Coming Soon: Creativity & Wellbeing Week 10-16 June 2019.** This national initiative asks how the arts and culture can contribute to everyone's wellbeing. Find out more [www.creativityandwellbeing.org.uk](http://www.creativityandwellbeing.org.uk)  
**Local events include:** **More Culture, Less Medicine, June 12th** - 6-9pm, Sallis Benney Theatre, free entry - a collaboration between Brighton & Hove Living Well Group, Brighton Uni & RSA - A provocation to explore the role of arts, culture & social prescribing for wellbeing. **Wilderness Well-Being Walk with Ipse Wilderness, June 15th** 12.30-4pm, Meeting@ The Gladstone, £10, A 3.5-mile guided walk through the hidden wildernesses of the city, incorporating therapeutic reflection and facilitated discussion. Full Programme at [www.vikkiparker.com](http://www.vikkiparker.com)

### EVERYDAY CREATIVITY

As we move into **Spring**, take time to **notice** the light & shadows around you. Photograph them. Can you move everyday objects around to create unusual shaped shadows? You could use a pen & paper to trace shadows around you...



**"Nobody will stop you from creating. Do it tonight. Do it tomorrow. That is the way to make your soul grow – whether there is a market for it or not! The kick of creation is the act of creating, not anything that happens afterward. Before you go to bed, write a four line poem. Make it as good as you can. Don't show it to anybody. Put it where nobody will find it. And you will discover that you have your reward."**

**KURT VONNEGUT JR.**

## Get in touch...

If you'd like to find out more about **Emerge**, want to give us some feedback about our first edition of **Culture Club** or have something to submit for the next issue we'd love to hear from you!

**Email us:** [emerge@onca.org.uk](mailto:emerge@onca.org.uk)

**Phone us:** 01273 607101

**Visit us:** ONCA, 14 St Georges Place, Brighton, BN1 4GB