



Issue #2 July 2019



Welcome to Issue 2 of Culture Club, a bi-monthly celebration of local culture, artists & opportunities for **BSUH staff**.

This month we're celebrating **PRIDE**, and foregrounding **LGBTQ+ staff at BSUH**.

Culture Club is brought to you as part of **Emerge** - a creative wellbeing programme for staff in 2019/20.



Staff Artist

Chris Keats
Celebrating the creative talents of BSUH staff

Chris Keats is a Brighton born, folk singer-songwriter. Inspired by his harmonica-playing grandfather, he regularly performs at The White Rabbit in Brighton. Chris is organising a gig in September at Marwood Cafe in Brighton to fundraise for the charity CALM (Campaign Against Living Miserably). Chris is a physio at BSUH in HRDT, covering A&E and the acute wards.

Listen to his music and find out about future gigs on his website:

keatsofficial.com



CONNECT Artist

Julie Ingham
One of the artists working on the 3Ts public art programme

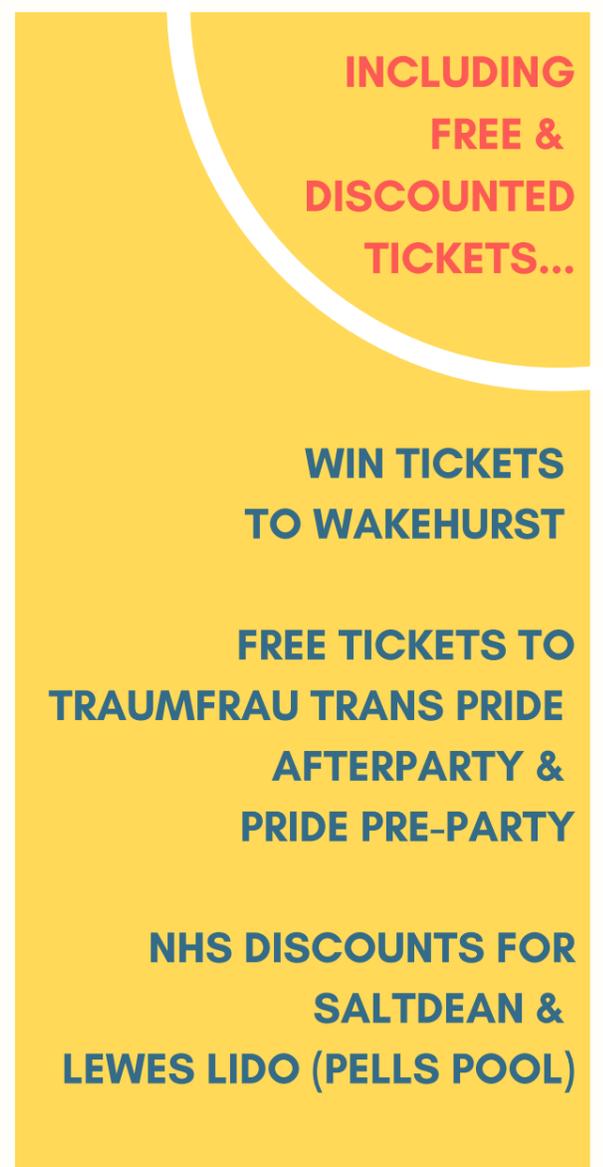
Julie is a Worthing-based designer and is one of the artists commissioned by Connect, the arts programme for the 3Ts redevelopment. Along with 12 other artists her work will be featured as large-scale wall prints, placed in the new building to help people find their way around.

"I'm really excited about the commission, this is the first time I've had the opportunity to see my work on such a large scale, and to be part of such a prodigious public arts projects has been amazing"

www.designbyjulieingham.co.uk



CELEBRATING PRIDE AT BSUH



INCLUDING FREE & DISCOUNTED TICKETS...

WIN TICKETS TO WAKEHURST

FREE TICKETS TO TRAUMFRAU TRANS PRIDE AFTERPARTY & PRIDE PRE-PARTY

NHS DISCOUNTS FOR SALTDEAN & LEWES LIDO (PELLS POOL)

Celebrating PRIDE at BSUH

Brighton & Hove Pride's ethos is to promote tolerance, diversity, inclusion and education within our communities, working to eliminate all forms of discrimination against LGBTQ+ communities by celebrating and supporting LGBTQ+ lives.

To further **staff inclusion this Pride** the Trust are giving out 50 Pride Party bags for wards/teams who **submit a song for the Pride playlist**, which will be played during the parade. Look out for posters around the hospital with details on how to apply!



BSUH Rainbow pin badges & lanyards

The BSUH **rainbow pin badges & lanyards** were launched in October 2018. For **Olivia King, Equality Advisor**, this project hopes to improve knowledge, understanding and the **health and wellbeing** of LGBTQ+ staff, patients and wider networks. Research shows the exclusion of LGBTQ+ people contributes to health inequalities & disrupted wellbeing at work.

For more information, resources, support or guidance contact Olivia King (Equality Advisor): olivia.king6@nhs.net

Feedback received since the launch of the project:

Helps patients feel valued. Feel part of my team. (Clinical staff, May 2019)

Feel better about coming to work (Non-clinical staff, June 2019)

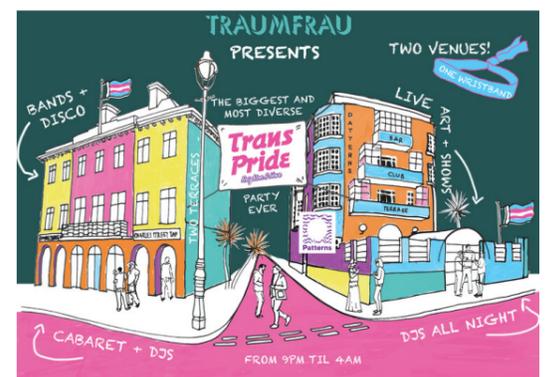
Being LGBT+ is not visible all the time. This is a good way of reminding people we and our families do use the hospital. (Patient, July 2019)



FREE Tickets to TransPride Afterparty Festival

We're giving away 2 FREE TICKETS to the Trans Pride Afterparty Festival on 20th July! Just tell us what Pride means to you?

This year Trans Pride Brighton is joining forces with **Traumfrau** to bring you the biggest, fiercest, and most diverse celebration yet! With three venues and three different events its set to be a great evening. **To win two tickets to the Trans Pride Afterparty Festival just tell us: What Pride means to you?** Put TransPride Afterparty in your subject line so we know which competition you're entering!



To be in with a chance of winning email emerge@onca.org.uk by **Friday 19th July**.

FREE Tickets to Pre-Pride Party!

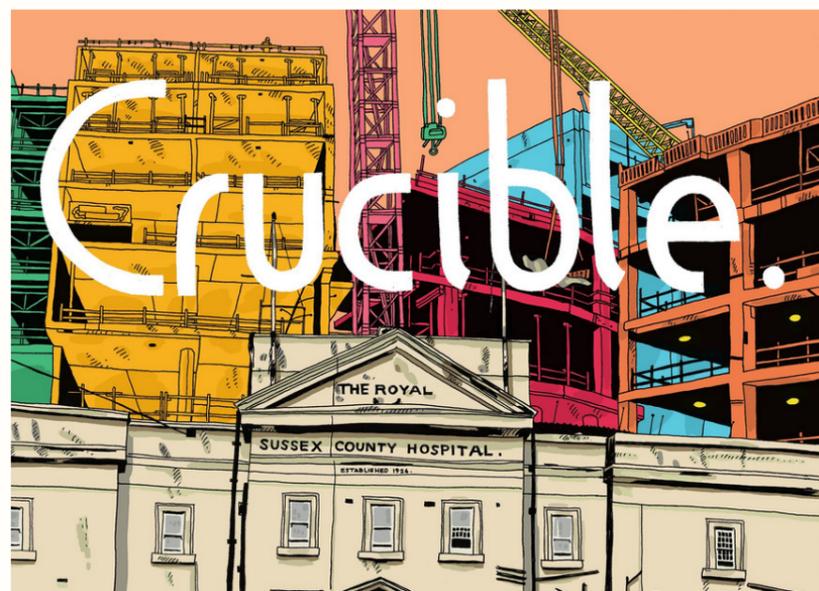
We've also got 2 FREE TICKETS to Riots Mixtape: Songs & Stories of Pride at the Spire!

Once again our friends at **Traumfrau** are pulling out the stops by offering NHS staff **more free tickets!** This time its on **Friday 2nd August at The Spire**. Traumfrau joins forces with the Queer Songbook band and guests, to explore what pride has meant through the decades. Same as above, tell us **What Pride means to you by Friday 19th July**. Email your response to emerge@onca.org.uk with the subject **Pre-Pride Party!**

CONNECT: Stories of RSCH needed!

The **Crucible project** has recently launched as part of the CONNECT public arts programme and **they want to hear from staff at BSUH!**

Join graphic novelist and storyteller Daniel Locke for a drawing, reminiscence and storytelling workshop this summer. **Share your memories of RSCH** and learn how to recreate them as your own beautiful illustrations. Or, if you simply want to share your story, **come along for tea and cake, and bring along your memories**, including photos or other memorabilia if you like, and share with the group. For more information including workshop dates, times and venues please visit www.thecrucible.org.uk



What's On BSUH...

CULTURE CLUB #2 LAUNCH WITH SMOOTHIE BIKE: 19TH JULY

Grab a copy of our latest newsletter and whip up a smoothie! Test out your own healthy recipe, have a laugh with your colleagues and get the endorphins flowing! We'll be **outside Waves Cafe at RSCH between 1-2pm.**



HEALTH & WELLBEING AT BSUH - Whats on this summer...

LGBTQ+ Network 2nd Annual Volleyball Sunset Picnic - Friday 26th July
LGBTQ+ Social: Bohemian Rhapsody at Luna Open Air Beach Cinema - Friday 2nd August £12.50.

RSCH: swimming, yoga, pilates, tap dancing, meditation and football all happen weekly in Brighton. **PRH:** discounted swimming is available for BSUH staff 6 days per week at the Princess Royal pool in Haywards Heath.

For more information about any of the above visit: www.bsuhwellbeing.nhs.uk

Health & Wellbeing
Caring for our staff who care for our patients



What's On in Sussex...

WIN FREE TICKETS TO WAKEHURST!

Wakehurst is a botanical garden with the world's largest seed conservation project, situated in the heart of Sussex. Alongside an Elizabethan mansion there's more than **500 acres of ornamental gardens, woodlands and a nature reserve** to be explored. There's plenty to do and see at Wakehurst - a stunning walled garden, water gardens and meadowland are just a small part of the what you can experience. To be in with a chance of winning **two free tickets to Wakehurst** email us with a sentence or two about what connecting with nature means to you. Email emerge@onca.org.uk **by Friday 9th August.**



MAKE A SPLASH THIS SUMMER WITH NHS STAFF DISCOUNTS...

Did you know as an NHS employee you are entitled to discounted tickets when visiting Saltdean and Lewes Lido's - just show your Blue Light Card when buying tickets!



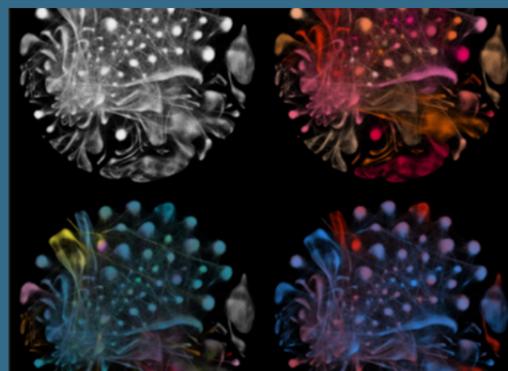
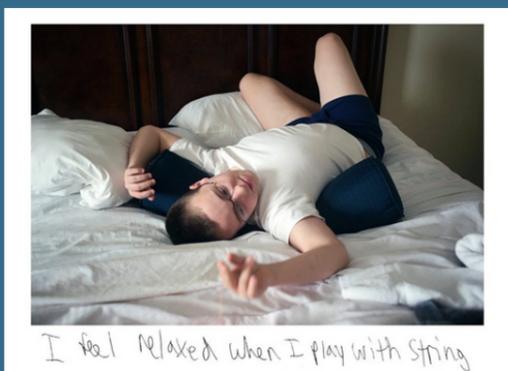
Our latest staff winners...

Spring brings forth both inner and outer renewal and rejoicing. Oh how the spirit soars when seeing the pairing of birds, smelling the sweet buds bursting forth, and feeling the warmth of the sun on the skin - clearing away the grey of Winter and pointing towards long happy Summer days.

CONGRATULATIONS to Mikaela Murphy in OPD who won 2 tickets to Nymans Gardens. In our last issue of Culture Club we asked: 'What does Springtime mean to you?' Mikaela wrote the beautiful piece above and won the tickets!



From the Arts & Health Field



Wellcome Photography Prize 2019: The shortlisted images powerfully capture the impact of disease outbreaks, advances in science and medicine, & personal stories of people living with illness around the world. (Selection above)

Can Music Heal the Mind & Body? Hear Dr Daisy Fancourt discuss music and health on BBC Radio 3 on 23rd July (or catch up online). Dr Fancourt is currently studying the health & wellbeing impact of arts & cultural engagement.

What's your Creative Coping Mechanism? Research from UCL exploring how creative activities can help us manage our mood & boost wellbeing identifies three key ways we use creativity as a coping mechanisms (as a distraction tool, a contemplation tool and a means of self development). Take the Feel Good Test on BBC Arts website to find your creative coping style & get a personalised Feel Good Formula.

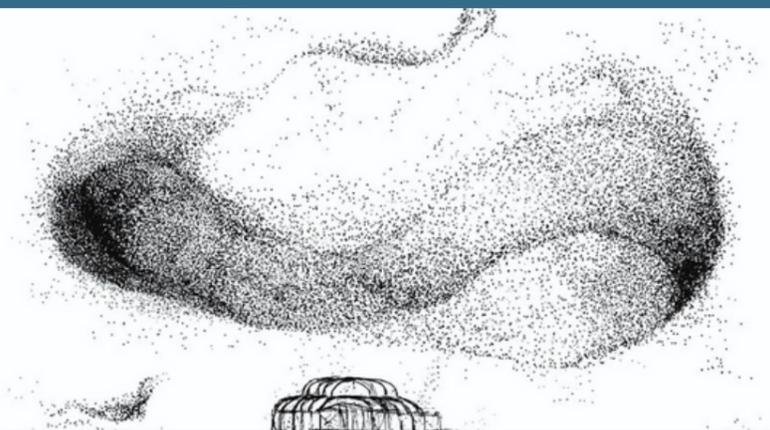


Illustration by Dougie Harley

EVERYDAY CREATIVITY

The moon, murmurations, early evening summer skies...some of those beautiful things you just can't quite capture in a quick phone photo.

Next time you have one of those 'this picture doesn't do it justice' moments, you could try to capture that beauty in another way.

Can you write about it? Draw it?

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."

MARY LOU COOK

"Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones."

BRUCE GARRABRANDT

Get in touch...

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

Email us: emerge@onca.org.uk

Phone us: 01273 607101

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