

Welcome to the third issue of Culture Club, a celebration of local culture, artists & opportunities for **BSUH staff**.

This bumper issue is packed full of exciting **Christmas updates** and **offers for staff!**

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



Staff Artist

Jason Bridger
Celebrating the creative talents of BSUH staff

Jason Bridger is a passionate photographer & digital artist. When he's not working on the Donald Hall and Solomon ward at RSCH he can be found with his camera on Brighton beach or capturing poignant life events including weddings.

Jason sees taking photos as a way of freezing moments in time. He also enjoys experimenting with digital techniques.

Image: Untitled by Jason Bridger

[instagram.com/jasonpbridger](https://www.instagram.com/jasonpbridger)



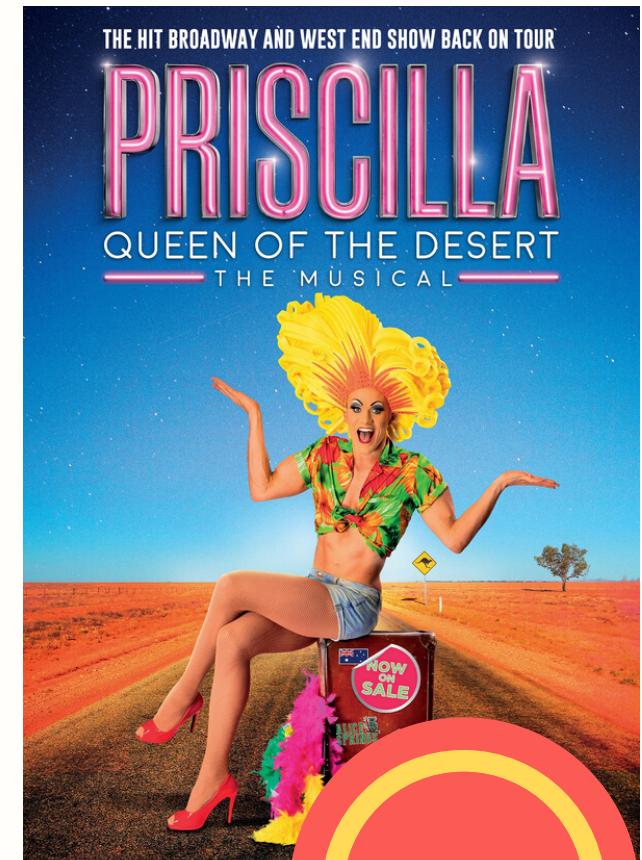
CONNECT Artist

Hannah Maybank
One of the artists working on the 3Ts public art programme

Artist Hannah Maybank is creating a suite of printed and stencilled artworks for 26 Quiet Rooms & 15 Treatment Rooms in the new hospital. Hannah's work is an exploration into our relationship with the rhythms of nature through paint and flora. The work will be based around three core themes from the CONNECT arts programme: Town, Sussex & Coast, with flora and pattern intertwined through the designs.

Image: Work in progress for coastal artwork by Hannah Maybank

hannahmaybank.com/work



WIN!

TICKETS
TO PRISCILLA!

FREE TICKETS TO
BRIGHTON DOME
WINTER EVENTS!

EXCLUSIVE FESTIVE
WREATH MAKING
WORKSHOPS!

BRIGHTON GIN
DISTILLERY TOUR!

HYGGE

Hygge pronounced "hoo-ga," is a Danish concept about creating comfy cosy spaces that nurture feelings of emotional warmth & wellness. Winter is a great time for Hygge! Tell us how you create Hygge in your life for a chance to **Win a copy of the bestselling book 'The Little Book of Hygge: The Danish Way to Live Well' by Meik Wiking.** Email answers to emerge@onca.org.uk by 15th December.



2 for 1 Brighton Dome Tickets

BRIGHTON DOME - We've got some incredible offers **exclusively for NHS staff**, with **2 for 1 tickets** on the following programme highlights. Use the promo code **NHS241**. To book tickets visit brightondome.org, call 01273 709709 or visit Church Street. Please note there is a £2.50 order fee over the phone/online.

Kalakuta Republik | Dance

Mon 4-Tue 5 Nov

The Big Christmas Singalong | Christmas music

Wed 4 Dec

The Snowman & Paddington Bear's First Concert | Family, Christmas, music & film

Sun 15 Dec, 5.30pm performance only

Super Sunday | Family-friendly contemporary circus

Tue 17 Dec, 7.30pm



FREE OPEN DAYS AT BRIGHTON DOME

Brighton Dome during World War I & II - Sun 3 Nov A day of free activities including backstage tours and talks, exploring Brighton Dome's role during both World Wars.

Black History Month Family Day - Sat 9 Nov Black History's annual celebration of African and Caribbean culture and heritage. The whole family is invited to join the fun. Dance to the rhythms, listen to the stories, get creative, feast, express yourself.

Christmas Open Day - Sat 30 Nov A feast of family friendly cheer, Victorian style. Spend family quality time with carols, decoration making and more festive fancies.

Priscilla is coming to Brighton!

Win tickets to see Priscilla Queen of the Desert at Brighton's Theatre Royal!

To be in with a chance of winning a pair of tickets to the opening night on

Tuesday 17th December send us a sassy Priscilla inspired photo.

Email emerge@onca.org.uk with your glittery dazzlers by Tuesday 3rd Dec.

The iconic musical Priscilla Queen of the Desert is **coming to Brighton for Christmas!** Starring Strictly Come Dancing winner **Joe McFadden**, Priscilla is the hilarious adventure of three friends who hop aboard a battered old bus bound for the Outback to put on the show of a lifetime. Their epic journey is a heart warming story of self discovery, sassiness & acceptance. **With more glitter than ever before**, this smash hit show features a dazzling array of stunning costumes, fabulous feathers and a non stop parade of dance floor classics including Hot Stuff, I Will Survive, I Love The Nightlife and Finally!



Get Festive with your colleagues!

Are you planning a team Christmas celebration? Have you tried your hand at wreath making? We're offering teams the opportunity to book a **FREE 1 hour wreath making workshop**. Get together with colleagues, enjoy some mulled wine and make a beautiful wreath.

Join us on Thursday 12th December for Christmas wreath making workshops aboard O N C A's Barge at Brighton Marina. During this fun informal session you'll be guided through how to make a beautiful wreath using locally foraged foliage on a handmade willow ring base. No previous experience necessary. Email emerge@onca.org.uk or call 01273 607101 to find out more & book a place for your team. There will also be open mixed sessions for staff if you can't come as a team.

PLUS We've got 2x tickets for a Brighton Gin distillery tour to be won! Come along to the workshop to be in with a chance of winning this great prize.



Our latest staff winners...

When I was a young girl nature walks were all about the freedom to explore and play in streams and be fascinated by the tadpole turning into a frog. Now I'm older it's about the calm inner peace I feel as I look at the breath-taking views.

In our last issue of Culture Club we asked: 'What does connecting with nature mean to you?' Heidi Brown in the Fracture Clinic wrote the beautiful piece above and won tickets to Wakehurst Place. **CONGRATULATIONS Heidi!**



Health & Wellbeing at BSUH...

NHS Staff Survey - it's time to have your say!

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

Don't forget to complete your questionnaire. Your answers will be treated in confidence and individual responses can't be identified. Results will be used to improve local working conditions, and provide public accountability on levels of quality and safety. For more info visit www.nhsstaffsurveys.com

What's On in Sussex

Glow Wild at Wakehurst Place...

Dates & Times:

Thursdays to Sundays, 21 November to 22 December 2019
Time slots are every half an hour, 4.30pm – 8pm
£15 adult, £9 child (4 – 16) Free for under 4s and carers
Car parking included in price. Booking essential



Now in its sixth year, the enchanting lantern trail is full of surprises. Trees, ponds and landscapes will be brought to life with hundreds of glowing lanterns, fire torches, projections and soundscapes. Glimpse the tallest living Christmas tree in the UK with 1,800 lights and experience the evocative sounds of the nocturnal world. For the first time, the trail has a bespoke soundscape, inspired by Wakehurst's nocturnal world. Get creative in the warm cosy Mansion after the trail. Children can unleash their creativity making a festive dormouse lantern to take home!

Expressions of Medical Creativity...

Expressions of Medical Creativity is a one day gathering for doctors, healthcare practitioners and managers looking to explore how creativity and the arts can help promote wellbeing at work in healthcare and medicine. A blend of inward reflection on self-care, mental health and burnout via the medical humanities.

For full programme visit www.creativethought.co.uk

Friday 10th Jan 2020, 10am -5pm, Turner Contemporary, Margate CT9 1HG.



Illustration by Brian Stauffer



EVERYDAY CREATIVITY

Ever noticed that when you're on holiday you see things with fresh eyes & take more photos, connecting more with what's around you?

Wherever you are, try taking a 5 minute 'micro-holiday' of intentional noticing.

Imagine you're new here, what would you see?

Pay attention to all your senses, take some photos. What everyday things can you see/smell/hear beauty in?

Arts & Health...

L O C A L : Exhibition, Lindsay Seers: Care(less) Fabrica Gallery, Brighton: 5th Oct- 24th Nov. Lindsay Seers's immersive VR experience explores the state of the aged. The exhibition & accompanying programme investigates attitudes to ageing & care relationships.

N A T I O N A L : Take a look at the Culture Health & Wellbeing Alliance www.culturehealthandwellbeing.org.uk

G L O B A L : What is the evidence on the role of the arts in improving health & well-being in Europe? The WHO Health Evidence Network (HEN) report on arts & health is launched on 11 November. It represents the most comprehensive evidence review of arts & health to date referencing over 900 global publications.

IMMACULATE HEART COLLEGE ART DEPARTMENT RULES

Rule 1

FIND A PLACE YOU TRUST AND THEN TRY TRUSTING IT FOR A WHILE.

Rule 2

GENERAL DUTIES OF A STUDENT:
PULL EVERYTHING OUT OF YOUR TEACHER:
PULL EVERYTHING OUT OF YOUR FELLOW STUDENTS.

Rule 3

GENERAL DUTIES OF A TEACHER:
PULL EVERYTHING OUT OF YOUR STUDENTS.

Rule 4

CONSIDER EVERYTHING AN EXPERIMENT.

Rule 5

BE SELF DISCIPLINED. THIS MEANS FINDING SOMEONE WISE OR SMART AND CHOOSING TO FOLLOW THEM.

Rule 6

TO BE DISCIPLINED IS TO FOLLOW IN A GOOD WAY.
TO BE SELF DISCIPLINED IS TO FOLLOW IN A BETTER WAY.
NOTHING IS A MISTAKE. THERE'S NO WIN AND NO FAIL. THERE'S ONLY MAKE.

Rule 7

The only rule is work.

IF YOU WORK IT WILL LEAD TO SOMETHING.
IT'S THE PEOPLE WHO DO ALL OF THE WORK ALL THE TIME
WHO EVENTUALLY CATCH ON TO THINGS.

Rule 8

DON'T TRY TO CREATE AND ANALYSE AT THE SAME TIME. THEY'RE DIFFERENT PROCESSES.

Rule 9

BE HAPPY WHENEVER YOU CAN MANAGE IT.
ENJOY YOURSELF. IT'S LIGHTER THAN YOU THINK.

Rule 10

"WE'RE BREAKING ALL OF THE RULES. EVEN OUR OWN RULES. AND HOW DO WE DO THAT?
BY LEAVING PLENTY OF ROOM FOR X QUANTITIES." JOHN CAGE

HELPFUL HINTS: ALWAYS BE AROUND, COME OR GO TO EVERYTHING. ALWAYS GO TO CLASSES. READ ANYTHING YOU CAN GET YOUR HANDS ON. LOOK AT MOVIES CAREFULLY, OFTEN. SAVE EVERYTHING - IT MIGHT COME IN HANDY LATER.
THERE SHOULD BE NEW RULES NEXT WEEK.

**"Nothing is a mistake,
there's no win and no fail.
There's only make."**

Silkscreen artist, renowned educator, activist & nun, **Sister Corita Kent** devised a set of 'rules' for her students at the Immaculate Heart College in the 1960s, which continue to resonate with creatives today. Quoting John Cage with lettering by calligrapher David Mekelburg, she pinned these rules up in her classroom to inspire.

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: O N C A, 14 St Georges Place, Brighton, BN1 4GB