

# SOUTHBANK CENTRE



Poems for  
Our Planet

A large, stylized envelope graphic is centered on the page. The envelope is outlined in black and filled with a light green color. It is open at the top, revealing a white rectangular area containing text. To the left of the envelope, there are decorative elements: a yellow leafy branch and a red leafy branch. To the right, there is a green leafy branch. Small white starburst shapes are scattered around the envelope.

**Information for  
Link Workers and  
other referrers**



National  
Academy  
for Social  
Prescribing

**This information is for Social Prescribing Link Workers and other referrers to tell you more about the project and how to refer people to take part. Link Workers and other care professionals, and friends and family can all refer people to the project. It's free for everyone to take part.**

## **Art by Post: Poems for Our Planet**

Art by Post was launched by the Southbank Centre in the first Covid-19 national lockdown. Free creative arts activity booklets were sent through the letterboxes of those most isolated by the restrictions, to support their health and wellbeing.

This new series of six booklets focus on how creativity and the natural world can support our wellbeing, and explore feelings and positive action around the planet. Each booklet is created with a different artist, who lead participants step by step through creative tasks to develop their own creative responses. The booklets come with a Freepost envelope for participants to send their responses back to the Southbank Centre.

In the summer of 2023, the Southbank Centre presents a season of performances, exhibitions and events about the climate, focusing on hope and care to galvanise individual and collective action. We will commission a new public art installation to feature some of the poems from Poems for Our Planet, platforming the voices of people from all over the country through their poetry.

Almost like getting  
a present in the post

Participant





Image Credit: Here

## Southbank Centre

The Southbank Centre is the UK's largest arts centre, situated on the bank of the River Thames in central London. Our 11-acre site includes concert halls, a contemporary art gallery and the National Poetry Library. We offer an Arts & Wellbeing programme to use the power of the arts to reduce loneliness and isolation. This includes projects and programmes for young people, adults and older people, including those with mental health problems and chronic health conditions. We also work closely with care homes and community organisations.

## National Academy for Social Prescribing

The National Academy for Social Prescribing (NASP) is based at the Southbank Centre and is funding Art by Post: Poems for Our Planet. NASP is a charity dedicated to the advancement of social prescribing through promotion, collaboration and innovation. They work to create partnerships, across the arts, health, sports, leisure and the natural environment, alongside other aspects of our lives, to promote health and wellbeing at a national and local level.

Visit their [website](#) to find out more about social prescribing.

## Wellbeing benefits

Art by Post: Poems for Our Planet aims to give participants a sense of purpose, spark their imagination, keep their minds active and help them stay connected to others. Connection and having a sense of purpose are fundamental components in supporting our health and wellbeing, including mental health.

Art by Post was particularly effective at engaging with older people who were at risk of loneliness due to isolation and shielding during the pandemic. The format of 'by post' creative activities also lowered barriers to digital inclusion, by providing a project that didn't require any digital technology or internet access. Data shows that 1 in 20 UK homes don't have internet access and 10 million people in our population don't have the most basic digital skills

(Good Things Foundation, Digital Nation UK 2022 report).

## Benefits to you!

Social Prescribing Link Workers and other community organisations that refer to Art by Post: Poems for Our Planet receive a digital copy of the booklets.

You will be invited to **free Zoom workshops** to meet the artists featured in the booklets, take part in more creative tasks and learn more about the benefits of creativity and nature for wellbeing.

Art by Post has made an astonishing difference to my life during the pandemic. Proud isn't a word I use often, but I really am of this, if I'm honest.

Participant

**75%**  
agreed that it had  
improved their wellbeing.



## How to refer

Art by Post: Poems for Our Planet is open to anyone who would benefit from creative activities to support their wellbeing. It will be particularly useful to people experiencing, or at risk of experiencing, loneliness and isolation, and those who don't have digital technology at home. Previous participants have included those with mental health problems, chronic health conditions, older adults, and those in care homes and other care settings. You could introduce the project by asking the person if they enjoy creative activities and poetry, or if they would like to try something completely new. You can reassure them that they don't need any experience or skills in writing or the arts, and they only have to share their ideas back with us if they choose to.



**80%**  
of participants would  
recommend a friend  
to take part.

Please go to the following links to make a referral;

[To refer yourself](#)

[To refer another individual](#)

[To sign up as an organisation to receive the booklets in bulk](#)



## What happens once I have made a referral?

Participants receive a letter in the post welcoming them to the project and including the first booklet. They also receive a Freepost envelope so send their creative responses back to the Southbank Centre if they choose to. They will then receive the further five booklets every three to four weeks. Participants receive everything through the post unless they have chosen to receive it digitally via email.



‘Art by Post was fantastic – quite a brilliant idea! I discovered what I could do and of course what I couldn’t! I so enjoyed the drawing and writing, even wrote a tiny poem, never have done that before and I am attempting to write more poems.’

Participant

## Contact details

If you have any questions about Art by Post: Poems for Our Planet or the Arts & Wellbeing programme at the Southbank Centre please get in touch!

Email [artbypost@southbankcentre.co.uk](mailto:artbypost@southbankcentre.co.uk)

Phone 020 7960 4206



Supported using public funding by  
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