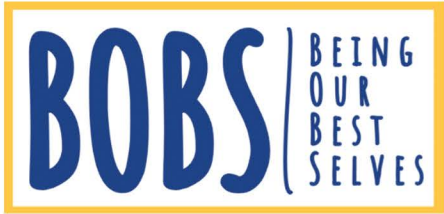


With thanks to all our venue partners, creatives, participants and carers who have been part of this project, and to the National Lottery Community Fund who have made it possible.



About Culture Shift



Culture Shift was established in 2011 as a legacy of Creative Partnerships Sussex and Surrey and became a charity in 2020.

We have a dual focus on health and arts, working with those people who experience barriers to participation for a variety of reasons and are most likely to be socially isolated and living with physical and/or mental health inequalities. This includes adult and young carers, older people, disabled people, children and young people.

Through Culture Shift opportunities to connect with others through purposeful creative activity, people and communities develop a stronger sense of identity, pride, confidence and resilience.

We have a strong track record of working with learning disabled adults in Sussex, established through our Arts Connect and Being Our Best Selves (BOBS) programmes and the band Delta 7 which we have managed for over 10 years and has been the subject of BAFTA shortlisted documentary, Delta 7: Disabled Not Defeated.

Another key strand of work which demonstrates our experience in this area is Disability Awareness Training- a bespoke professional development offer for the cultural sector. www.cultureshift.org

Culture Shift Projects

The Culture Shift portfolio of work also includes Carers O'Clock, focused on adult and young carers, Our Songs Our Stories, focused on older people with Dementia and Voices From The Edges, focused on children and young people.

The diversity of these programmes is the foundation of the Culture Shift approach which encompasses a wide spectrum of artforms, participants and places.



Our BOBS Brains steering group has been important in making sure that everyone has the best experience they can at BOBS!

They have helped plan which places BOBS in Sussex has visited, what activities we do and helped run the sessions alongside the BOBS coaches.



Dominic



Michael



Susannah



Laura



Mikey



Lucy

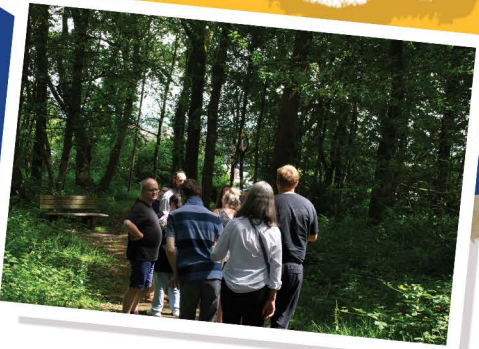


Sophie

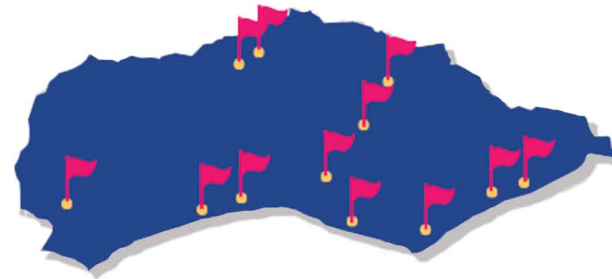
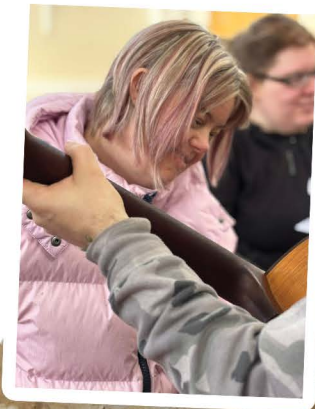
BOBS | BEING OUR BEST SELVES

Being Our Best Selves in Sussex is about supporting learning disabled adults to meet new people, feel more confident and do new things!

From 2023 to 2025, we have been to 12 different locations across East and West Sussex, 16 different venues, offering 52 sessions and 6 Big BOBS days.



We have created this book to celebrate BOBS in Sussex and so we can share ideas with everyone to help us all to be our best selves.



This book has been designed to follow the structure of a BOBS session, focusing on 3 main themes: **MOOD**, **MOVE** and **MAKE**



MOOD

Check in

Choose a picture that shows how you are feeling and create a BOBS gallery.



Collect images from magazines to start a scrapbook of images and keep adding to it. Take time to offer choice and discuss everyone's feelings.



We use the BOBS boat to support conversations about feelings.



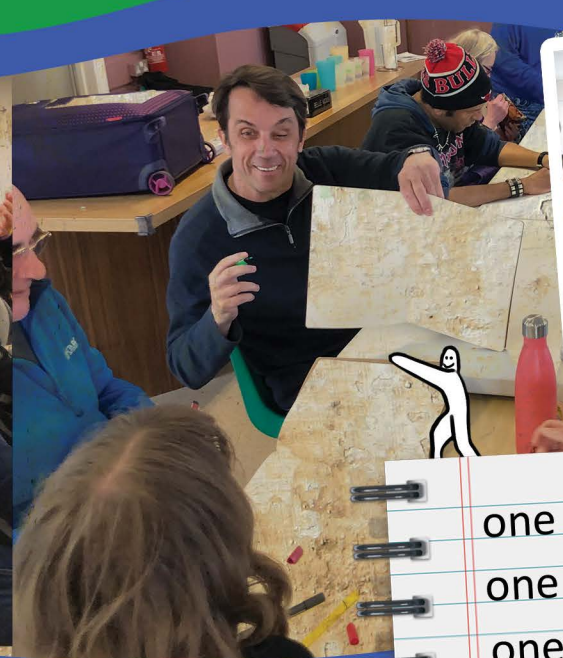


MOVE


Getting out and about
Going for a creative walk,
Enjoying moving our bodies.



What did you notice?
Take photos.
Record sounds.
Make a story or poem
about what
you saw.



walking dancing playing



one thing you saw
one thing you heard
one thing you liked
one thing that surprised you

THE BIG BOBS POEM OF WORTHING

Alas poor Yoric,
I knew him well Horatio!
Umbrellas are creepy
I send letters
to my girlfriend
Ballet Shoes
Old Purses
Ice Age
A sword
I like steam trains
Russian dolls are
full of themselves
River Boat
Treasures Buried
Cry me a river
A skeleton – you're dead funny!
How old is old?
Mammoth Tusks
I found a mouse. Stuart Little
I would chuck a dolls house
out the window
It's good to move

How much
is the coin worth?
What does skeleton
language sound like?
Scary
I like the black jacket.
Its smart
Red post box
It looks realistic
They're doing building
A lot of effort has
been put into it
3D maps are epic
How old is this all?
Probably from the 70's
It blows fire
Detective cap on
A Skull
I like the texture
of the kimono
Amazing hydrangeas
Old pots
They don't make them
like that anymore

THE BIG BOBS POEM OF BEXHILL

I've seen a dog with a frisbee before
I heard an aeroplane
Creepy statue, I don't like it
Scaffolding noise
I smell rosemary
Green fingernails are a bit different
Microscopic medium single cell
Organism and a massive building
Never seen a man wearing
A yellow hat and a jacket before
Cold, Lovely
It's actually quite warm
I like the sound of the sea, it makes me feel better
Dog skidding across the grass
I can hear seagulls talking to one and other
If a seagull steals my food I'll cry
I can see the sunshine, it makes me feel bright
I can smell the fresh air
I can feel chocolate in my pocket
Dog
I like being outside
The view of Eastbourne on a really clear day
The sea looks calm, makes me feel relaxed
A very nice day



THE BIG BOBS POEM OF LEWES

I found the gallery inspiring
Beautiful
I liked the statue of the lady
Lovely Paintings
It's okay.
Do you think she is roman?
It's lovely, colourful, it has nice patterns as well
Very realistic
I think its haunted.
They have no clothes on!
Give me gothic paintings any day!
Colourful
Smelling the benches.
I enjoyed watching the movie
Just pictures
It must have been hundreds of years ago
Wonderful.
I liked the gallery it was fun
Nice, old black and white photos
I liked the hair on the statue and the way it wrapped around
Dorothy Hepworth, seated girl.
I liked the gallery
Great flowers



THE BIG BOBS POEM OF CRAWLEY

How many steps have you done?
Talking to new people.
It makes me really happy!
Those are weird flowers
It makes me feel happy and jolly
The sun feels nice on my skin
Which way to Londium?
The sculpture makes me feel proud
I love the theatre
Sound of trains
Listen to the birds. It relaxes your mind
It's different. I like that
There was a tree there once!
Where have all the Kings and Queens gone?
I like the blossoms
Bluebells. There are more over there
Different types of green.
Cars on the road.
I've never seen that before!
I can hear traffic
Wonderful!
Bravo!



MAKE

Being creative is a great way to have fun and express yourself, what you like and how you are feeling.



- crafting
- journalling
- collecting
- painting
- singing
- dancing
- writing
- acting
- collaging
- drawing
- sharing

