

Take some time out of your day to think about you.

Welcome to The Living City Workshops where we believe that everyone is creative and that creativity is important for our wellbeing and mental health.

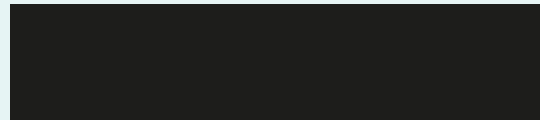
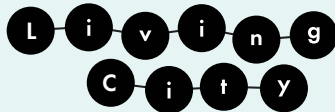
Take some time out of your day to think about you with our PDF and video workshops from experienced and talented writers, artists and photographers.

These workshops are designed to help you explore your wellbeing with journaling, photography, collage, writing, and more. The workshops combine creative skills with connecting to our greenspace, place and processing the changes the last year has brought us.

You can keep your creations to yourself or help us create an online exhibition of your everyday creative wellbeing by tagging @theyeatculture on social media.



THEY
EAT
CULTURE



This is a The Living City project produced by They Eat Culture and supported by the Cultural Recovery Fund, Arts Council England and The Community Lottery Fund.

About the Artist.

Hi.

I'm Louise Fazackerley.

I am a writer for children and for grown-ups. I mostly write poetry but I've also written children's scripts for theatre and have a half-finished novel. My poetry collections 'The Lolitas' and 'The Uniform Factory' are published with Verve Poetry Press. 'Council House Poetry' is published as an audio book with spoken word label Nymphs & Thugs. You can find out more about me here on my website www.louisethepoet.co.uk. Or follow me on social media @louisethepoet

For these workshops you will need something to write with- either a pen and paper or a computer or phone- whichever you prefer.

Let's get writing!

Find out more:

For people writing poetry check out www.writeoutloud.net for news, events and to share your work online

For other forms of writing <https://newwritingnorth.com> is a good starting point

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with Louise



Top Tip

WARM UP YOUR BRAIN

If you're feeling nervous about starting to write, try a warm up exercise. For example, write for 5 minutes on the subject of 'Everything I know about the colour blue.'

It can help warm up the creative parts of our brain. You might even get a great bit of writing from it.

Workshop 1.

First, I want to tell you about a book I read.

It's called 'Passerine' by Kirsten Luckins (A passerine is a bird). In the book the writer does two things that I thought we could try.

1 She writes each piece like a letter or a diary entry. Each piece begins 'Dear Sarah.' Sarah was an amazing friend of Kirsten's who passed away. Kirsten felt she'd like to tell Sarah about her days and thoughts.

2 Each letter begins with looking up at the sky and describing the clouds. Here are two examples:

Dear Sarah

9th October

The clouds today are the blue-black of eye bags. The trees blaze against them, rebels to a sapling.

Dear Sarah

20th October

If only I could fly, I could grab a handful of those clouds, to knit a baby's blanket. If only I could knit.

Task 1.

I'd like you to write something using the same sort of structure. Think about who you would like to write to. It could be a friend you'd like to speak to more, it could be someone who has passed away, it could be a letter to your future self or it could be totally fictional, a made-up character in a new story.

Begin the entry using Dear _____

Start by describing the sky.

Then write whatever you like. These questions might help you: What have you (or your fictional character) been up to? What are you thinking about? What are your worries and concerns? What are the nice things happening around you? What memories have you shared? What are you looking forwards to?

Spend 10 minutes writing. Try to write without stopping. Don't worry about your spelling or handwriting. Don't worry about getting it wrong. We're just experimenting with ideas. You can't get it wrong.

After 10 minutes, read what you've got. If you're enjoying it, write some more! I challenge you to write 3 letters or diary entries.

Extra challenge- Take It Outside.

Here is a photo of those beautiful cast iron benches in Miller Park, Preston. It's fun and sometimes easier to write outside. Take some paper and a pen. Get outside and sit on a bench. (If you're struggling to get outside, your own doorstep will do.)

Task 2.

Write a letter inspired by what you see. What does the sky look like? What's happening with nature, with the birds and growing things? Who is walking past? What do you imagine their lives are like? Do you have any memories of this place?



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Credits:

Kirsten Luckins book 'Passerine' is available from Bad Betty Press.

Photo of the bench at Miller Park by David aka JohnnyEnglish on Flickr

Workshop 2.

First I'd like to tell you about an artist called Brian Whitmore.

Brian is a calligrapher who likes to write beautiful words and poetry quotes on natural materials or bits of debris he finds. He goes out every day to leave his art work in parks and woods as a nice surprise for people. He then films it and shares it on Facebook and Twitter for people who can't get to the same places. He does this to help his own mental health and to help other people feel better. @BrianTheScriber



Task 1.

We will be using some of Brian's images and favourite quotes to inspire us to write about our own lives, or nature and/or any other thoughts or stories that come up.

Lets look at this one. Brian and I went for a walk and found a frozen puddle. I imagined the puddle as a mouth. What might it say?

Go softly, the earth sleeps

What does the picture make you think of?

Write a list the first things that come to your head.

Here is my list, as an example:

Bed, Underground rooms, The earth like a big head thinking, Walking on tiptoes, Winter

The first thing I thought of was, my bed and how much I love it, and hate the mess in the bedroom.

You have a choice now. Either write a bit about being in bed, cosy under the covers, sleeping and dreaming.

Or choose something from your list or from my list and write about it. It can be a poem or a description or a story or a memory or something you think people should know.

There is no right and wrong. You can write about happy things or sad things. You can write for others or you can write for yourself. You can start to write about one thing and then change your mind and start another piece. You can start something and not finish it. It doesn't have to be good. You have permission to write badly. Just dip inside yourself and see what comes out.

Spend 15 minutes writing and see what happens.

Extra challenge- Take It Outside

One of Brian's favourite quotes is, 'Listen To The Silence.'

It's your challenge to go on a favourite walk or wait in a favourite place. Take a pen and some paper. Find a place to lean or sit.

Task 2.

Try to hear the silence. Listen for 60 seconds.

What can you hear? Write a list. Write for 2 minutes.

Maybe you don't hear very well? It's sometimes fun and much more interesting to imagine what you could hear if you had super-sonic hearing. Could you hear the journey of a snail? Or a ladybird dancing? Or the trees talking to each other- what would they say?

Include some of these sounds in a piece of descriptive writing about your walk or a poem about the sounds of nature. It can be as little as a three line poem or as big as a short story about a person who discovers something on a walk. Spend 10 minutes writing and then have a look at what you have made.

Credits: Photos and artwork from Brian Whitmore
@BrianTheScriber

Thankyou for taking
the time out of your
day to write with us.

We hope you have enjoyed this The Living City workshop.

We would love you to share what you have written with us by
tagging us @TheyEatCulture on Facebook, Instagram or Twitter
or send your work to admin@theyeatculture.org.

