

some space between

a photo essay & reflections from BOLD Scribe residential

ALBATROSS ARTS CIC DEC 06, 2022 01:59PM UTC

Presentation

the importance of typography

Typography is so much more than just choosing beautiful fonts: **it's a vital component of user interface design.** Good typography will establish a strong visual hierarchy. I will not interact or process text which is not visually appealing. Research (and information) needs to be interspersed with visually interesting typography or multiple way of writing, such as drawing in order to be retained by the mind. So much research lacks this. Packaging is vibrant and carefully thought through for a reason, it entices you in, it is appealing and it pricks your interest. Why on earth are so many research papers, even the ones about creativity, so dull? Surely, the way to engage with new, wider audiences is to make what you are communicating more visually appealing. A more interactive element such as typography or a podcast / film would be far more accessible and hence far more inclusive. i find it endlessly ironic that academic research, set at furthering knowledge and forging new links, pushing new ideas is so set in its ways. Although Art as Research is not a new concept, it is most definitely not the mainstream. Adults enjoy the marriage of image and text just as much as children and yet when we present academic research there is, for the mainstay, text with (at best) a n info graphic. There is so much scope for co produced original art to accompany new thinking in social leadership. The authentic mark making is the perfect visual for any future research in the creative field. Research (a creative act in itself) without a more creative mode of dissemination is most likely not reaching as far as it could do.



5-4-3-2-1

creative writing prompts to bring self into present

6 word story

Writing for wellbeing

i have a need to write

Writing: born of frustration

"I write so i can hear myself think" this resonated a lot with me. Getting everything out, downloading it onto a page in any form from free writing to doodling to mind-map, often my head feels cluttered and it is an act of self care to take the time to have a mental clear out. Writing or drawing is taking the time to listening to myself. Often the unsaid, the underlying issue will, out itself far more readily on the page than in any other format and more often than not it is a surprise to hear what is really at the core of an emotion or challenge.



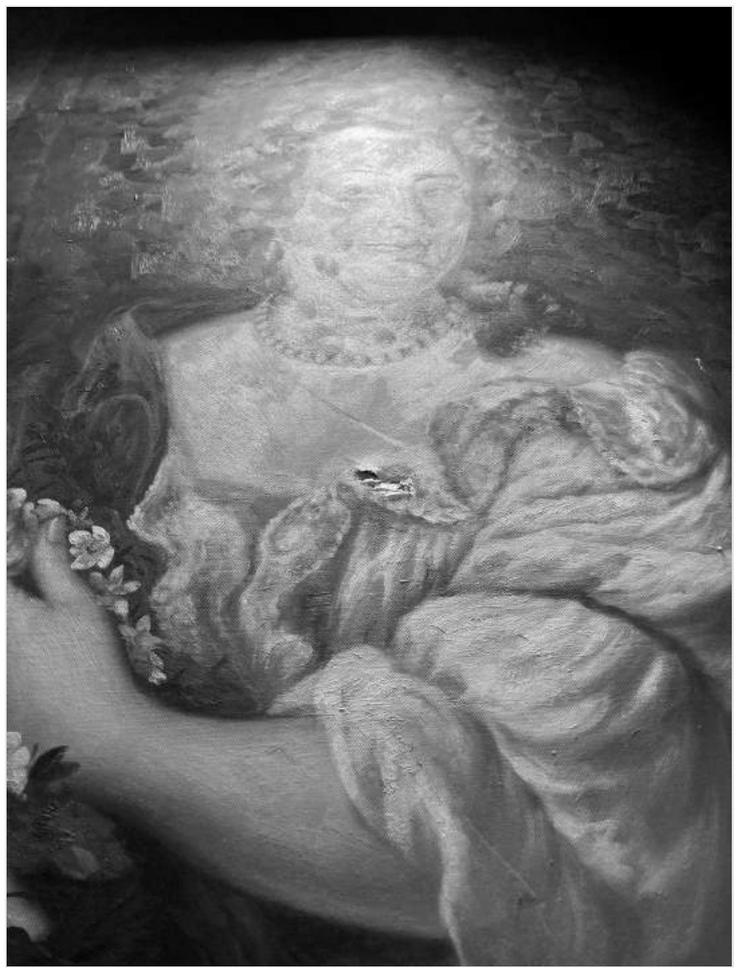
What does having this time mean to me?

Time to have the headspace to reevaluate what being part of this group / this community means to me. To be facilitated with care, rather than facilitate. To be valued and learn from others. To add value, to listen and be heard. Time away from the everyday. Distance to appreciate the everyday. Space and time in safe hands. It has been emotional and yet cathartic. It has been easy-difficult. Challenging myself instead of challenging others. Refreshing to have a complete lack of expectation put upon me by others or by myself. Taking time to stop and administer some self care. Being prompted on topics that are sometimes too difficult to broach under your own steam but seem broach- able in a safe setting. It's necessary to build a greater self awareness and also to see yourself and your work in context. Knowing to respect your own boundaries is hugely important. Stay safe, challenged, valued, heard, respected. When this turns to raw - stop. Value and acknowledge the importance of the space between the two.



Better than yesterday

Better than yesterday
Self exclusion to interaction
Relatively relaxed, feel a bit more me.
No school run, no daily routine is a luxury
Acutely aware I have imposed an unachievable amount of work upon myself
I set the bar too high
I am torn
I need to create to heal
I need nature for clarity of thought
I need to be removed in order to gain perspective
Be brave enough to value self repair time



I am here because

I need to take back power.
I need space.
Space to create
Space to reflect
Space to think
Space to challenge and be challenged
Space and time
Space to explore
Space to experiment
Space without distraction
I need a gentle nudge
to find my voice
nourish my soul
be inspired
ramble and reduce
I need Head Space.



Silence; is it ever silent?

silence is a state of mind
 external noise has no bearing on internal silence
 the sound of silence is stillness
 silence are the sounds that bring me peace.
 that calm the inner maelstrom
 a space where clarity returns
 between the action and inner critic is muted
 when the fire crackles
 when the wood pigeons call
 when the wind howls
 when the waves crash
 pencil scratching across a sketchbook page
 blissful silence submerged beneath the icy surface
 the sound of blood echos
 alignment is a breath every fifth stroke
 out of your element but in silence



emotional savagery in a comfortable hammock



Scribers

Bold Scribers



PROMPTS

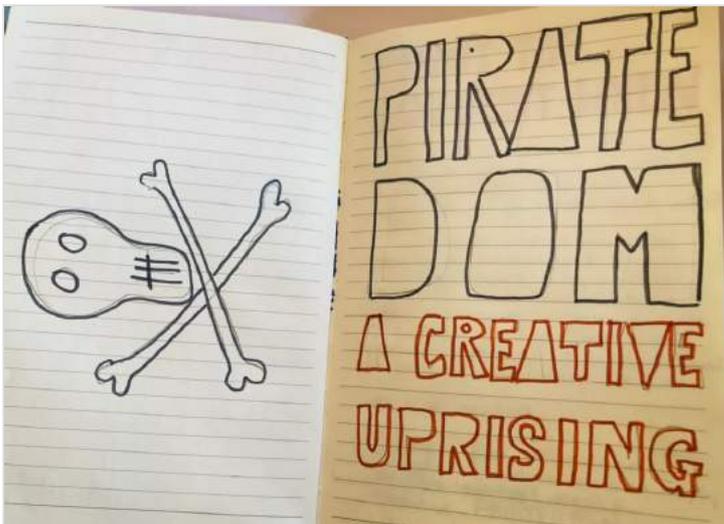
i am here because
 What does BOLD mean to you?
 Six word stories
 I shout the loudest when..
 the place / space i feel the most me
 silence

write a letter about what dementia means to you?



Writing as rebellion

sometimes it's a difficult listen!



piratedom pantoum



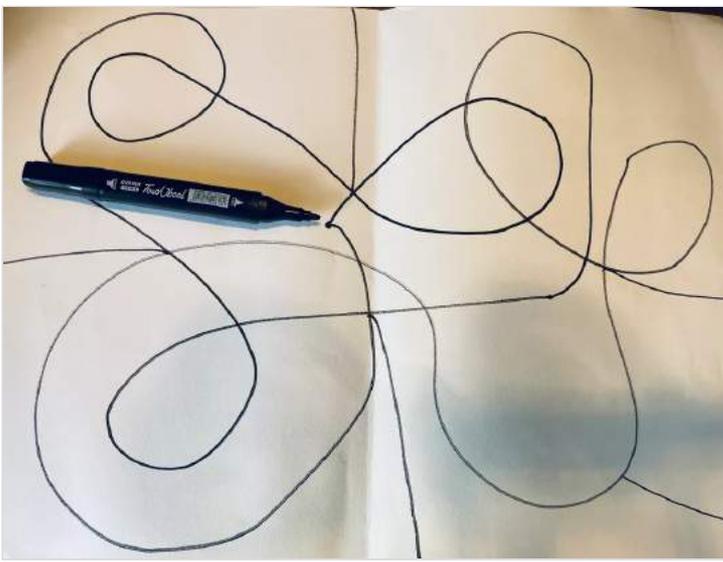
Notes for a manifesto

- Cher(e) Fellow Creative Facilitator
- Everything is possible on the other side of fear
- See your role as an opportunity to do things differently
- Think differently
- Interact with each other differently, creatively
- Question notions of identity
- Question relationships
- Investigate what's important
- Get it wrong
- Learn
- See the individual
- Innovate
- Make and embrace unexpected connections
- Join the disjointed dots
- Re-evaluate compassion
- Kindness
- Respect others
- Respect yourself
- Stop
- Recalibrate
- Value your expertise
- People skills are invaluable
- Not everyone can do what you do
- Respect and appreciate what you bring
- Look from the outside
- Look from above
- Check the periphery
- Observe
- Notice
- Act
- Don't be afraid to just be human

North Hill Path by Alex McEwan

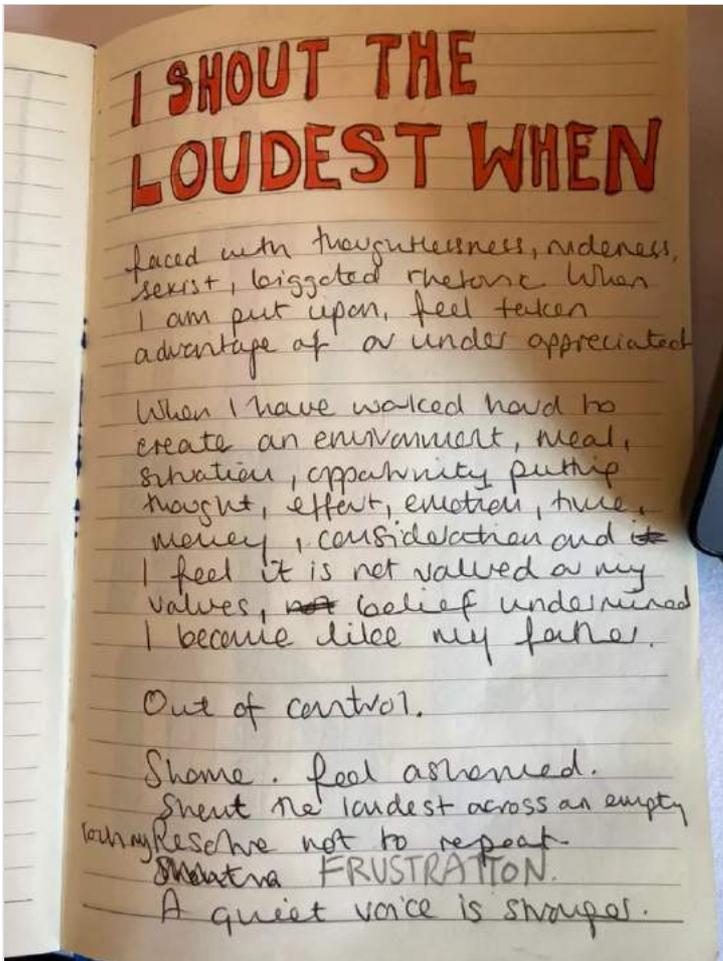
page 1

I start at the beginning. The first page. No idea what tale lies ahead. My page opens with the spine on the left hand side.



I shout the loudest when...

Injustice was a common theme, with nearly everyone citing it as a trigger.



page 2

It's a lot to take in and it's quite intense. I take myself for some fresh air. A reflective walk will make sense of things.

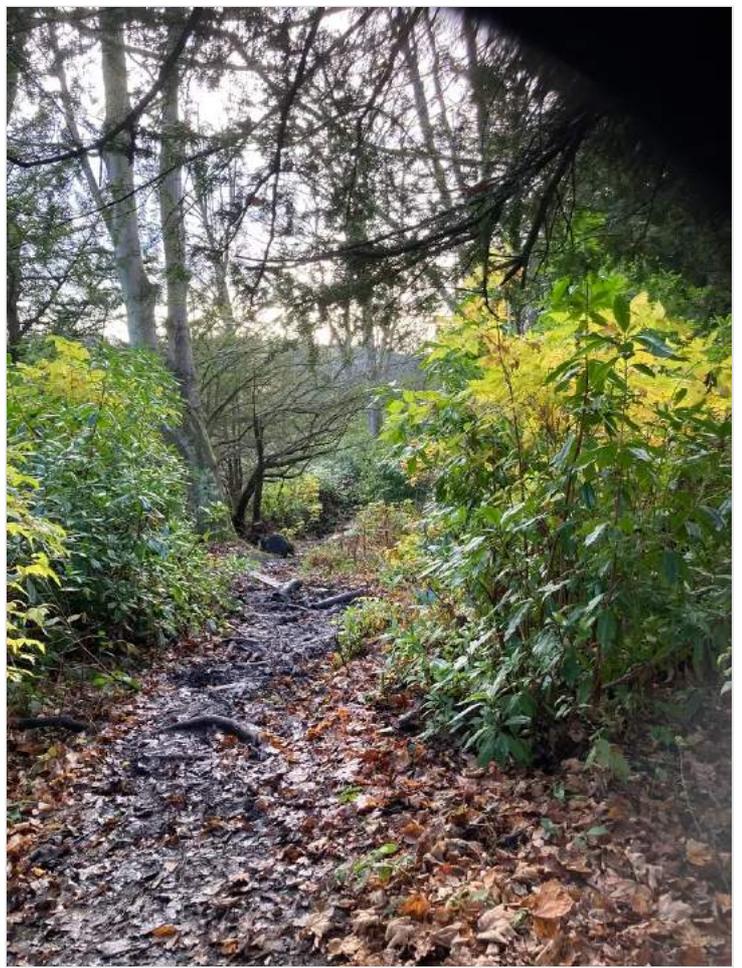
A Photo Essay: walking as creative act





p.4

Add texture



p.5



p.7



p.9



p.8



the end



Everyday creativity

photo as memory

having a camera is so important to me as a writing tool and as an aide memoire. i snap shots when i don't have a pen to hand or time to type notes and they have become a short hand. photography is probably the most used visual way to exercise everyday creativity.



drawing you drawing me



eat - talk - write - walk ...repeat.

Are Tunnocks Teacakes really cakes?

Why it's important to employ the everyday. Deep philosophical discussion as to the status of the teacake to lighten the mood were a real tonic to otherwise very emotional content. the everyday, the familiar is key to people feeling comfortable enough to open up.



i find that problematic !

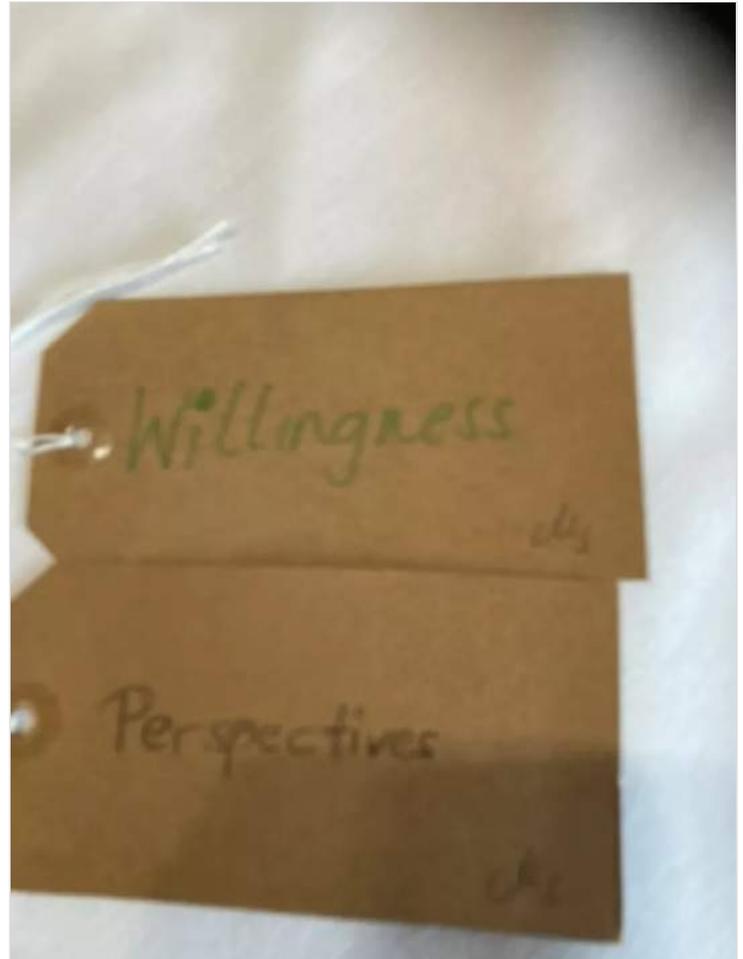
Well it's not up to me to educate you!
and THAT'S what's wrong with society!

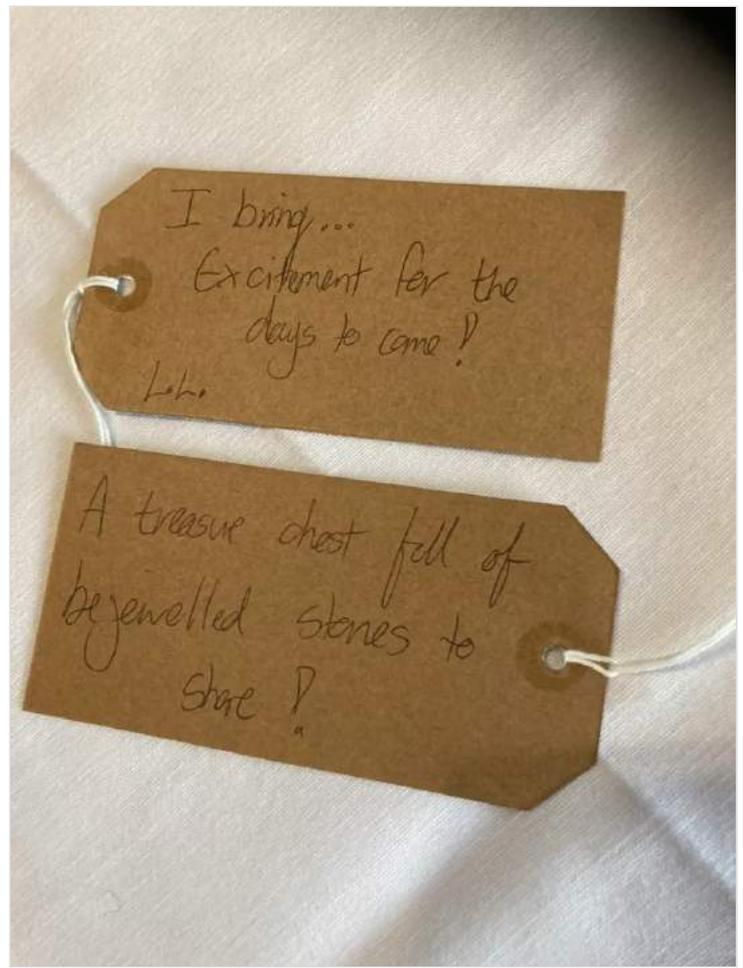
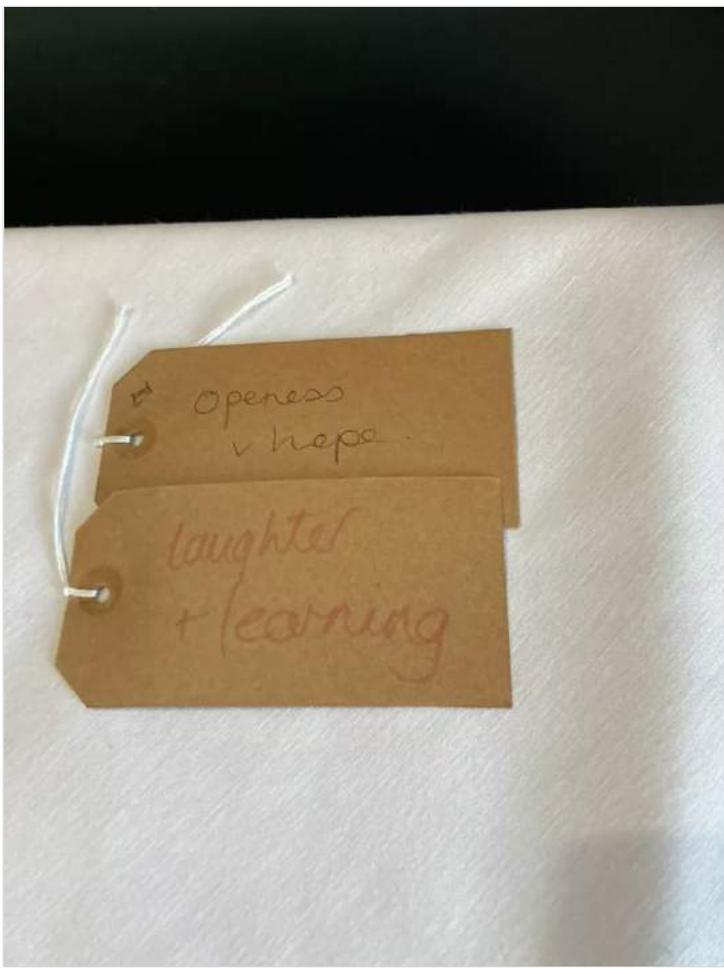
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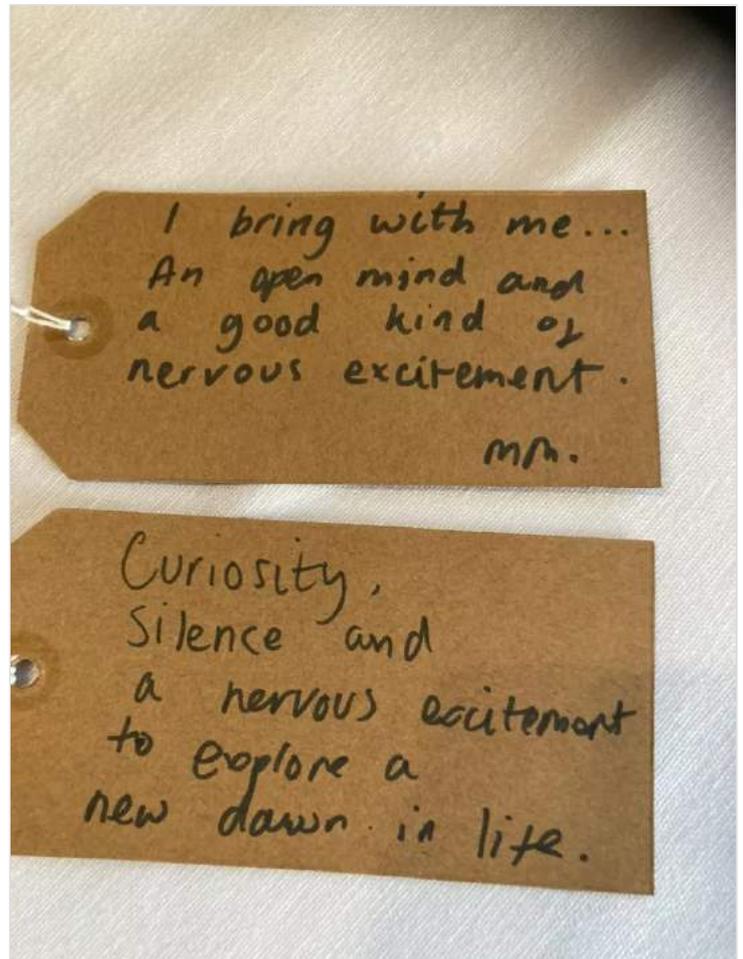
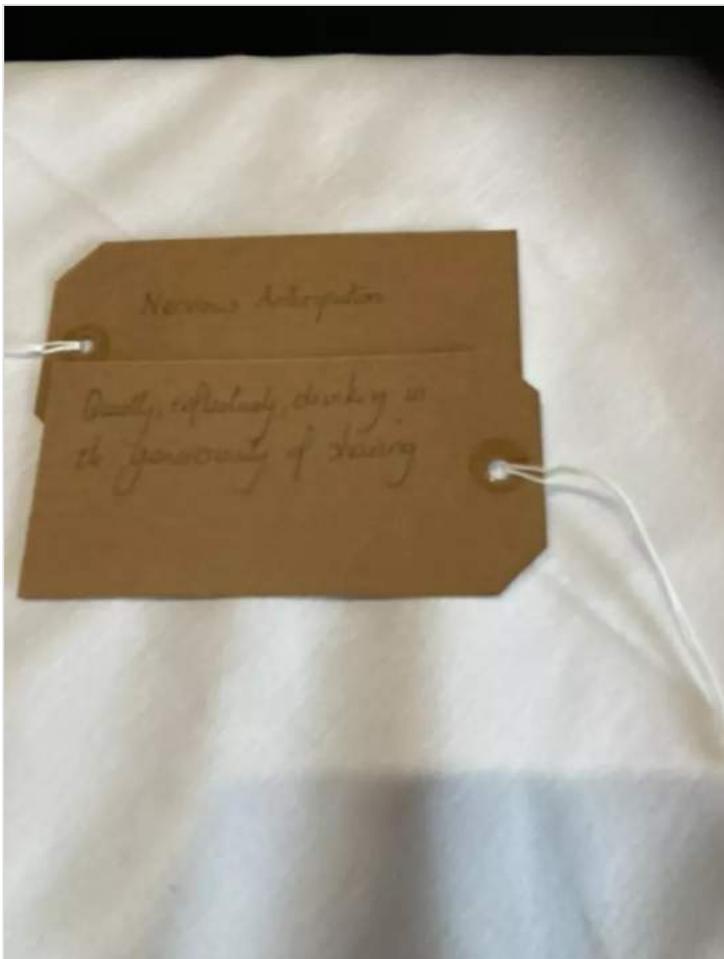
relating to a transitional or initial stage of a process.
occupying a position at, or on both sides of, a boundary

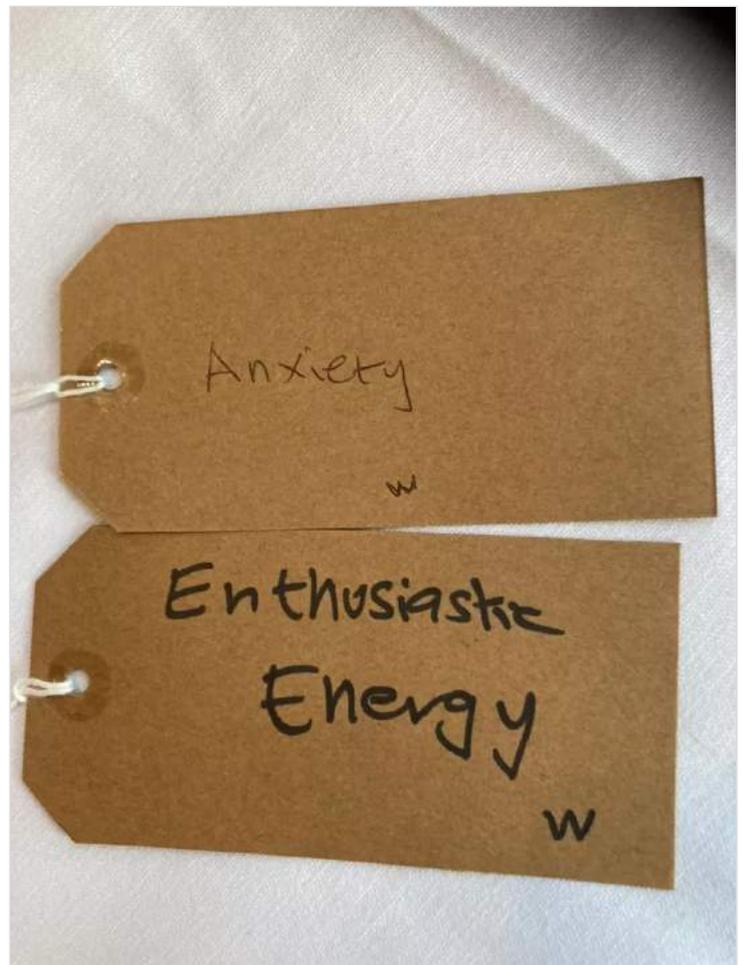
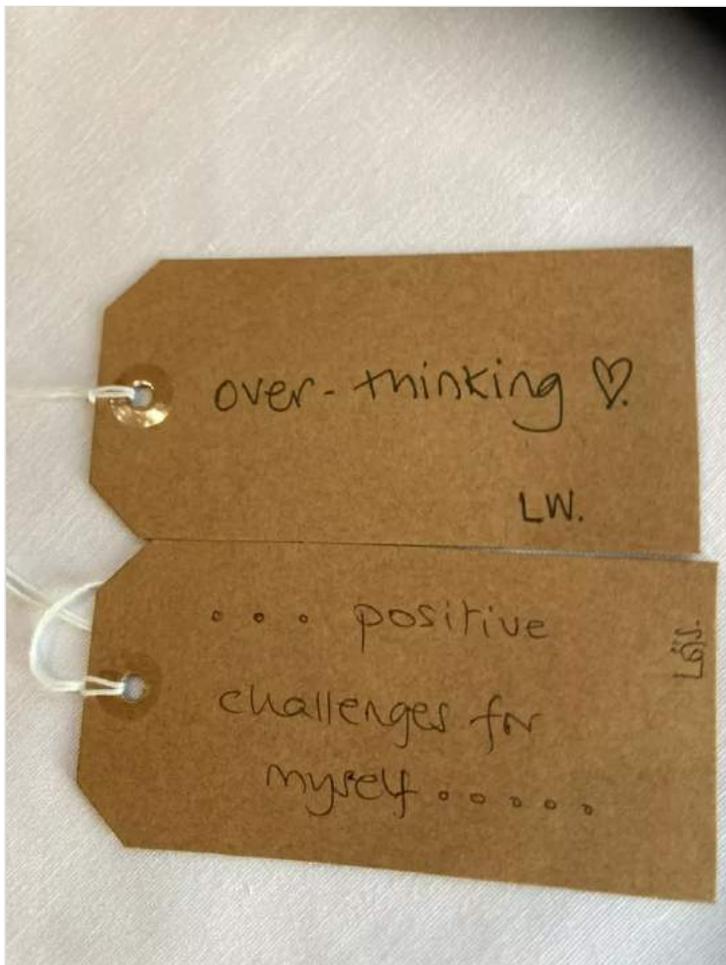
Arrived with / Left with





nervous anticipation / quietly, reflectively, drinking in the generosity of sharing





Final words

Song Bird by Fleetwood Mac for Alwyn

For you, there'll be no more crying
For you, the sun will be shining
And I feel that when I'm with you
It's alright, I know it's right
To you, I'll give the world
To you, I'll never be cold
'Cause I feel that when I'm with you
It's alright, I know it's right
And the songbirds are singing,
Like they know the score
And I love you, I love you, I love you
Like never before
And I wish you all the love in the world
But most of all, I wish it from myself
And the songbirds keep singing
Like they know the score
And I love you, I love you, I love you
Like never before, like never before,
Like never before



And everyone you meet
All that you slight
And everyone you fight.
All that is now
All that is gone
All that's to come
and everything under
the sun is in tune
but the sun
is eclipsed by the moon.

Eclipse'd: After Dark Side of The Moon

All that you touch
All that you see
All that you taste
All you feel.
All that you love
All that you hate
All you distrust
All you save.
All that you give
All that you deal
All that you buy,
beg, borrow or steal.
All you create
All you destroy
All that you do
All that you say.
All that you eat



song lyrics

hearing song lyrics in a new light and with new meaning
