



Wednesday 1st June 2022

Meet Me on the Move: LOSS AND FOUND workshop
with Dissonant Futures collective

Artist report by Bernadette Russell for Entelechy Arts

Meet Me on the Move is generously supported by City Bridge Trust

We Are All Made of Stars

Today we're in the red room
Talking about green things

Today we're in a small space
Having big conversations!

You get a warm welcome and a hot drink here
The air fills with chatter
Outside the garden hums with bees getting busy
The sun bathes the plants
We're all happy
Catching up on each other's news

We're invited to join in a brief meditation

We breathe in
We breathe out

We just take a moment
It's like a soft landing
Putting down those heavy bags we carry sometimes
Leaving behind whatever we came from
Whatever we are going to next
So, we can be here together
In this moment

We breathe in
We breathe out

We ask ourselves
Where do you go when you give yourself
These moments of quiet?
Where are the places you love?

So, we draw them
As we draw, we chat about
The parks and holidays
We have enjoyed and loved

There is that holiday
in Weymouth, climbing all the stairs
Near the lighthouse
Caring for mum whilst still working
Lovely holidays together with mum

Or the one in the caravan when
It rained every day
Every day it came down
But we still enjoyed ourselves

Or like when you go to Jamaica and they say
“Here comes the foreigner!” because
They are more relaxed, and they don’t rush
Maybe we should learn from
People in hot countries
Who take siestas
Refresh themselves
Enjoy life
and don’t rush around

And closer to home there is
The purple flower in the garden
We think they call it a passionflower
It’s so beautiful

And the parakeets in Deptford Park
Where do they come from?
We wonder if they are ecological refugees.
Like little egret birds who come here
now its warmer in England

As we talk about climate and environment
and spaces that matter for us
Drawing places that mean something
Drawing places, we love

Someone says:
“I looked all my life for a 4-leaf clover

and then I found it in my own back garden”

One of those things that someone says
That makes everyone stop and think
Maybe what we are looking for is right here!

We talk about how we love trees
We found out that they
Talk to each other underground
With mycelium
Help each other out
Swap food and tips
Let each other know when they are in trouble
They are beautiful
The trees are calling for our help
They are our brothers and sisters
We’re the same in many ways

Our conversation here
is woven like the mycelium of trees
trees are family
like meet me at
we are family here too

We hear Baff say “Roll-up, roll-up”
Who wants to try this out?
Who wants an adventure?
We do!

Our guests have brought the world to us!
Baff offers us VR headsets
strange and interesting
We are all about that
We like strange and interesting!

These machines can carry you away to paradise
and you don’t even need
To leave your seat!

You can say to yourself
“I can’t go to Borneo tomorrow
but I can today
I’ll just try this VR and I’m away!”

With a VR headset you can be on the beach in an instant
You can watch the deer or be in a meadow
You can visit Hawaii just like that
And you don’t have to queue for hours
You don’t have to fly
Or spend a fortune
You put on this machine
And you are transported

(It can be for our age group too you know
It’s not just for the young!)

And imagine if someone was ill
Or couldn’t go out
But you could take them to
Their favourite place
And see the smile on their face

So, this is such a good example
Of a positive use of technology

But we’ll let you in on a secret
About travelling the world
You don’t have to leave Deptford to see the world
You don’t even need VR!
The other way is Deptford market
Where the world comes to you
In food, people, accents
You used to have to buy yam from the back of a van
And now it’s everywhere!
You can ask someone
How do you cook that?
And they’ll tell you
Food from China, Caribbean, Africa
everywhere

you can meet people who will chat and surprise you
yes, the world is here in Deptford
So, you don't have to go anywhere

(Although now we've had a VR taster
We would like to go to Hawaii
One day....)

Later, we asked- what is climate change?
And what can we do about it?

Well, said Lena. Climate change is a big topic
It can be a worry of course
The world is changing
the ice is melting
We've seen a lot of it over last couple of years
Wildfires in north America Australia
Floods in northern England
Caused by what we are doing
what we have done

We said:
The bees don't know what is going on with the weather
The insects are confused

Because of the closed down front gardens in Croydon
Even the water doesn't know where to go

There are too many cars

But we can learn from each other
And what our mums and dads used to do
Like grow things

In Africa, mum used to say
If you want a sweet potato
Go and dig one up
We didn't use pesticides
We didn't charge a fortune for organics
We just dug a sweet potato from the ground

We can grow stuff in window boxes too

Mum carried around tote bags
I thought that was embarrassing
But tote bags are back now, and plastic is out

We chatted about how the
Black country was named by Queen Victoria
because of the smog
And how in London in 1947 you'd have smog too
Black smoke
We were breathing it in
Cough cough cough
But you don't get it now
So that is better

Tania says : And even with such a big thing
as climate change
We can help each other
It can be overwhelming
knowing what to do

So we all ask ourselves-
what are the small things that I can do?
to make a difference?

We swap tips and ideas:
Reuse bags for shopping and not use plastic bags
Feed wild birds
Plant bee and butterfly friendly plants
Feed foxes and squirrels
Have wildlife reserves in our gardens
Buy veg from Deptford market to save on plastic packaging
Buy the wonky veg that others don't want
You get giant kiwis and tiny oranges
It's fun!
Take the bus or walk to get around
Liquidise our left-over fruit
And use it for plant food
teach the children where their food comes from

Take them to city farms
And get them to grow veg in schools
Be good ancestors for them

Education is power and here we are educating ourselves
When we talk to each other and share
that's how change happens
So, let's shop on the market
and tell people it's cheaper

They might be inspired
To do the same

There is
lots in the world now
that makes us hopeful
we know we are so lucky
this group has given us so much
It is like one big family
We learn about each other
Come to help each other and be together

Here
no one cares who you are
You give love and you get love
no matter who you are
so, it can be gloomy out there
but when we come together
there's a lot about hope

Nature is the same
Because we all know nature heals us
Soothes us
Comforts us
Accepts us
Loves us, whoever we are

And we know there is nowhere in the universe like earth
Perhaps there is nothing like us too

We are made of stars
Did you know that?
We are all star people, made of exploding stars
Amazing! You see
Here at Meet Me at
We learn something new every day!