

Walk-Rest Research Workshop – Woolwich Common and MOD Green Spaces

Thank you for signing up for a Walk-Rest Workshop with Lizzie

Here's some information to help you prepare for the workshop and support your participation.

Meet time: 10.20-10:30

Meet location: Bus Stop: Artillery Place / Repository Road. Behind the bus stop is Mallet's Mortar (a big black cannon), just off Greenhill Terrace.



What 3 Words location - [///index.photo.feel](https://what3words.com/index.photo.feel)
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Workshop start time: 10:30

Latecomers: We will be at the meet point for approximately 5 minutes for the workshop briefing before moving on. Please call Lizzie on her mobile (07881508057) if you are running late and she will direct you to the group's nearby location.

Workshop duration: 2 hours

Finish time: 12:10-12:30 (at Woolwich Common Community Centre)

Walk route: This walk route is through green wooded, uneven terrain and paved paths. Where terrain is not accessible for wheelchairs and buggies, there are footpath alternatives. Please contact Lizzie in advance if you have any access requirements.

The predicted route is:

- Meet at Mallet's Mortar (Greenhill Terrace)
- Wander down hill into MOD green space by the private fishing lake
- Wander across Greenhill into more MOD green spaces, towards Repository Road (uneven terrain underfoot. Accessible path option available)
- Walk along Repository Road to Woolwich Common
- Enter Common by Queen Elizabeth Hospital

- Take tree covered desire path through woodland (running alongside accessible footpath route) along the hospital side of the Common.
- At midpoint, turn left to cross mid Common on foot path.
- Follow path round to left to walk down other side of the common towards Ha Ha road.
- Cross Woolwich Common road into Nightingale Estate and walk to Woolwich Common Community Centre for a cuppa

NOTE: The nature of these workshops is to be responsive to participants suggestions and experiences, so we may deviate from this route at times, or miss some locations out completely.

What to expect

Wandering at a relaxed pace between places identified for pausing and resting. We will explore where we can rest in public (space), positions for rest (body), what activities are considered rest (action), who we rest with (relationships), how long we rest for (time) and what prompts/invites us to rest (sensory stimuli).

Lizzie will offer prompts and tasks for participants that might include: personal reflection, chatting, writing, drawing, gentle physical tasks with everyday movements such as standing, leaning, sitting, kneeling, lying down.

As we wander and pause/rest, we will be creating statements for a Care Manifesto for Woolwich. We will finish with a cuppa at a café, chat about any final issues that have been raised.

This is an artistic research workshop that is part of Lizzie's PhD project. More detailed information in the Consent Form. Please read this BEFORE attending. Lizzie will ask you to sign this on the day of the workshop and will bring printed copies.

What to bring - suggestions

- Comfy footwear clothes to walk and rest/pause in (options to sit, kneel, lie down, lean etc).
- Dress for the weather. Bring sun cream/hats, umbrellas etc if necessary.
- Mobile phone. We might use the photo function. There is an option to connect to Lizzie on text/WhatsApp to share photos/notes along the route.
- Light weight picnic blanket (for sitting on the ground)
- Water and snacks

What Lizzie will bring

- Printed consent forms for people to sign, first aid kit, anti bac, snacks, all materials for creative tasks such as paper and pens, picnic rug, padded seat cushions for body support on hard surfaces.