

Self-Guided Wandering-Loitering

Thank for your interest in completing your own self-guided wandering and loitering experience for the Woolwich Wandering project.

Getting started: Have a quick browse of this guide [audio format available], which includes a selection of 9 tasks that are prompts, invitations and provocations to get you thinking about resting, pausing, loitering and stillness in public spaces.

Start with Task 1 (settling in), and then pick from the other tasks as you wish. It is your time, so it is up to you how you do it. **I would love for all participants to finish with the final task 9: Creating a Care Manifesto for Woolwich on page 5.**

What is a Care Manifesto? The care manifesto aims to capture what Woolwich means to you, what you care about, and would like to change.

Documenting your discoveries: At the end of each task you are asked to "document your discoveries". Record your findings in any way you like. Write them down, draw them, make an audio recording, type them into your mobile device, take pictures....

Once you have completed your wander, please share your discoveries with Lizzie digitally (email, WhatsApp etc) or if you have documented by hand, please arrange a time for Lizzie to collect them.

How long should I spend on the wander? Up to you. You could spend 30 minutes or a whole day exploring and making discoveries about where you feel able to pause and be still in Woolwich.

Where shall I wander? Up to you. Please try to stay in and around Woolwich, in publicly accessible spaces.

Do I do this alone or with other people? Up to you. If other people join you and want to contribute to the Care Manifesto or other aspects of the project, they will also need to sign a consent form. Just get them to contact Lizzie to arrange this.

Lone walking and safety. If you are walking alone, it is advisable to walk during the day time, carry a fully charged mobile phone, and let someone know where you are going and how long you will be. If you use WhatsApp, the 'share your live location' function is an excellent way of sharing where you are on the go.

Where should I pause/rest/loiter? Up to you. You might chose to go to places you normally hang out, or try new places. The point is to think about where you feel you can legitimately stop for short or longer periods of time, and what type of 'resting' you do when you choose to stop there. In short, where feels accessible and where doesn't feel accessible for you to break on your journeys?

Keep it light, have fun, be creative and I look forward to hearing all about it.

Lizzie [Contact details: 07881508057 / forte1@roehampton.ac.uk]

1. Tuning in your body, mind and senses before you begin.

Find a comfortable position to rest in. This could be sitting, standing, lying down etc.

- **Breath** – close your eyes. Focus on your breath for a few moments. Notice the rise and fall all of the chest. Take three deep breaths in and out, then return to your natural breathing pattern.
- **Thoughts** – close your eyes. acknowledge any thoughts that come and go.
- **Body** – close your eyes and scan your body from head to toe, noticing how it feels today.
- **Sounds** – close your eyes. what can you hear? What sounds are near? What sounds are far away?
- **Smells** – close your eyes. what can you smell?
- **Sensations** – close your eyes. how the air feel around your body? Still, moving, warm, chilly, humid, damp, fresh?
- **Sights** – open your eyes, can you locate the sounds, the smells that you identified with your eyes closed?

Questions

- What have these sensory tasks told you about this place?
- Does this place feel different or the same?

Document your discoveries.

If you want to you can repeat these sensory tuning in exercises in different places that you pause and rest.

2. What do you need in order to rest and pause in public?

When you think about Woolwich and where, why, how you might need to pause and rest, what do you need?

- | | |
|-----------------------|------------------|
| • Comfort | • Light |
| • Accessibility | • Shade |
| • Safety | • Warmth |
| • Security | • Breeze |
| • Company of others | • Food and drink |
| • Privacy | • Something else |
| • Quiet peaceful time | |

Document your discoveries.

3. Find a place...

During your wander, you may wish to pause in public spaces and think about the following prompts...

Find a place...

- of comfort
- of safety
- of joy
- of connection
- that nurtures you
- that empowers you
- that makes you feel big
- that makes you feel small
- for meeting others
- that welcomes you
- that rejects you
- that makes you feel invisible
- that makes you feel exposed

Go to those places if you feel able to do so. How do they feel?

Document your discoveries.

4. Spaces: Where do you rest in public?

What are the features and characteristic of public spaces that invite or discourage opportunities to rest?

Go and explore:

- Built environment vs natural environment physical features
- Human made sounds (voices, music, building work...)
- Natural sounds (e.g. bird song, water...)
- Smells
- Light and shade
- Temperature/weather
- Atmosphere (e.g. peaceful, busy, social, commercial etc)

What are the spatial and sensory characteristics that invite rest or discourage rest?

Document your discoveries.

5. The Body: Resting positions – how do you rest in public?

Using the everyday movements below, as you wander and rest, think about the position of your body in the places you choose to stop.

- walk
- sit
- stand
- lie down (front, back, side)
- kneel (1 knee, 2 knees)
- perch
- lean (front, back, side)

Think about what physical structures and surfaces support and discourage these positions of the body?

Where are the resting invitations?

What is an anti-rest space and why?

Document your discoveries.

6. Rest Actions: What do you do when you rest?

- Nap
- People watching
- Eating/drinking
- Phone call
- Reading
- Socialising
- Watching entertainment
- Creative activity (e.g. writing, drawing, photography...)
- Thinking/reflection
- Day dreaming
- Something else?

Experiment with different rest activities.

Document your discoveries

7. Relationships: With whom do you rest?

- On your own
- With others (strangers? people you know?)
- With pets

Think about proximity: Do you want to be close by or far away from other people while you rest?

Document your discoveries.

8. Time: When do you rest and for how long?

Is it a planned or spontaneous pause or rest?

What has led you to planning a pause or rest?

What prompts a spontaneous, unplanned stop?

- Tired
- Hungry
- Thirsty
- Buy something
- Chat to someone
- Watch something/someone
- Listen to something/someone
- Touch something
- Other sensory stimuli

How long do you spend there?

What time of day is it?

Document your discoveries.

9. Care Manifesto for Woolwich

One of the aims of this project is to create a series of statements to be collated into a Care Manifesto for Woolwich. Lizzie will send this Manifesto in an Open Letter to Royal Borough of Greenwich, and exhibit the Manifesto in an Exhibition at The Woolwich Centre Library, Friday 25th to Sunday 27th November.

Task a: Think about the things you care about. This can be in relation to yourself, other people, Woolwich and the world more broadly.

I care about...

Task b: Write Care Manifesto statements. A Manifesto can be about what you care about, what you want to protect, add, change, remove. Thinking about Woolwich NOW and in the FUTURE, write down as many words/statements as you like for the Manifesto.

Here are some prompts

- What do you care about right now? What is important to you?
- What you love about Woolwich
- What you want to protect in Woolwich
- What you want to change or add to Woolwich
- What you want to remove in Woolwich
- What are your thoughts on the future of Woolwich?

Woolwich Wandering



Getting to know the people, places & spaces you care about