

# Walk-Rest Research Workshop –Thames Path & Woolwich Town Centre

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: Saturday 1 October, 10:30-10:45**

**Meet location:** First Choice Café, 51 Hare Street Woolwich, London SE18 6NE

What 3 Words location - <https://what3words.com/rounds.agrees.dine>

**Workshop start time: 10:45**

**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: 12:45 ish**

**Walk route:** This walk route includes mainly pavements in public and privately own public spaces, and some green spaces. Terrain includes footpaths and some green space and we will use pedestrian road crossings. Please contact Lizzie in advance if you have any access requirements.

The predicted route is:

- Meet at First Choice Café on Hare Street
- Cross the road to the Thames Path
- Visit Maribor Park in Royal Arsenal Riverside
- Take No 1. Street to South Circular.
- Cross road to the Town Centre.
- Explore Beresford Square, General Gordon Square and other locations as time allows.
- Finish for a cuppa at Coffee Lounge (General Gordon Square) or other local eatery as agreed by the group.

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.