

ZEST at Home



Your Responses

Welcome to Week 8 of Zest at Home!

This week's Zest activities have encouraged us to let our minds wander to different places whilst we stay at home.

Clare and David in Canterbury made this inspiring collage titled 'Surreal Journey.'

Inspired by Week 2 activity 'Cut and Place,' this piece is like a map, tracing a route to places shown as snapshots or memories.



Writer Victoria Field (Vicky) who led Zest sessions last year, is working with a few Zest participants, one-to-one, to create poems over the phone. Here is a snippet of a really beautiful poem by Betty in Hythe.

Beauty's Glance

He worked out at Evenwood, rode a motorbike.
Even though petrol was rationed, he managed to get some,
and off we went – Scotland, South of France, Monte Carlo ...

Oh, it was lovely and sunny, so bright that my anorak,
once bright blue, faded to grey.
My mum worried of course – especially when a policeman
knocked on the door one day.

Turned out he was only asking the way.
Twenty five pounds to go to France!
You could buy a bedroom suite for that, she'd say!

Highlights

This week was Grant's penultimate Zest session. In Dover we spoke about favorite holiday destinations and where one might venture to now, if it was possible to travel. Frances chose Indonesia, which she described as a magical place and Norma spoke fondly of a trip to Barbados!



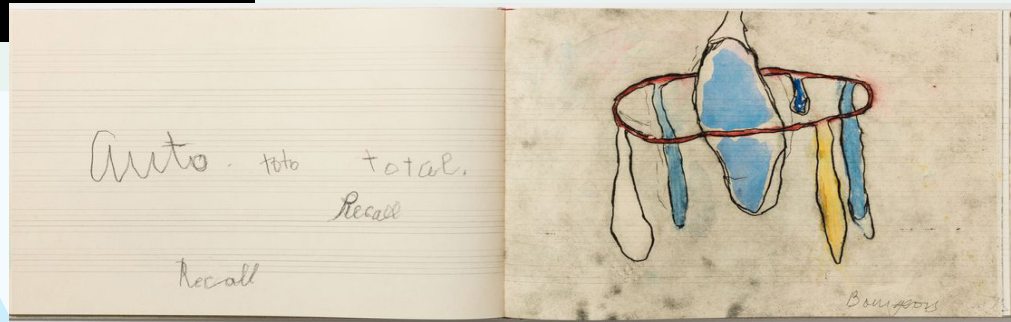
Food for thought

I often think of art as a way we can travel to different places, through ideas or images allowing new ways of seeing our everyday.

Artist Louise Bourgeois kept journals including sketches and notes about her experiences and memories.

We hope you enjoyed Week 8 of Zest at Home. Please continue to share images by emailing zest@brightshadow.org.uk and find more on www.myzest.org.uk

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Journals

Activity: Create a journal to creatively document the everyday.

Time: 30 mins (ish)

You will need: paper, pens/pencil, scraps, newspaper/magazine and scissors

- 1) **Fold** sheets of paper to make a booklet or reuse an old book or notepad. Try using a combination of different types of paper for your pages e.g. old packaging, newspaper. Decide on how to decorate the front cover.
- 2) **Use** your journal to collect and express thoughts, feelings, memories and ideas. Be creative - you could include a daily sketch of your breakfast or write a poem inspired by a walk. Perhaps stick in receipts from your recent shop or stickers from your fruit or veg!
- 3) **Keep journalling!** By continuing to add to your journal you create an amazing picture of your experiences over time. Take a photo of a favorite page and share it with us if you can.