

Royal Museums Greenwich, commissioned Artist, Nicole Morris, to work alongside a group of women from HER Centre, SOLACE and the Aaina Centre, responding to the new tapestry, *Feeling Blue*, by Alberta Whittle. The project, *Navigating My Sea*, ran for a period of two months, working together as a group, dying yarn from which they learnt to weave. Alongside their weaves they used creative writing to explore how colour connects to feeling. The resulting weaves and poems were then given to Stuti Bansal who responded to the work through animation.

The process of a dialogue between artworks and women, mimicking the rhythm of a weave and the sea. In and out, in and out.



Happy

Tired

Energetic

Enthusiastic

Relax

Worried

Overstated

Jealous

Envious

Grumpy

Angry

RED

Red smells like apples
in grandmas garden.

Red taste like strawberries
in the sunny summer day.

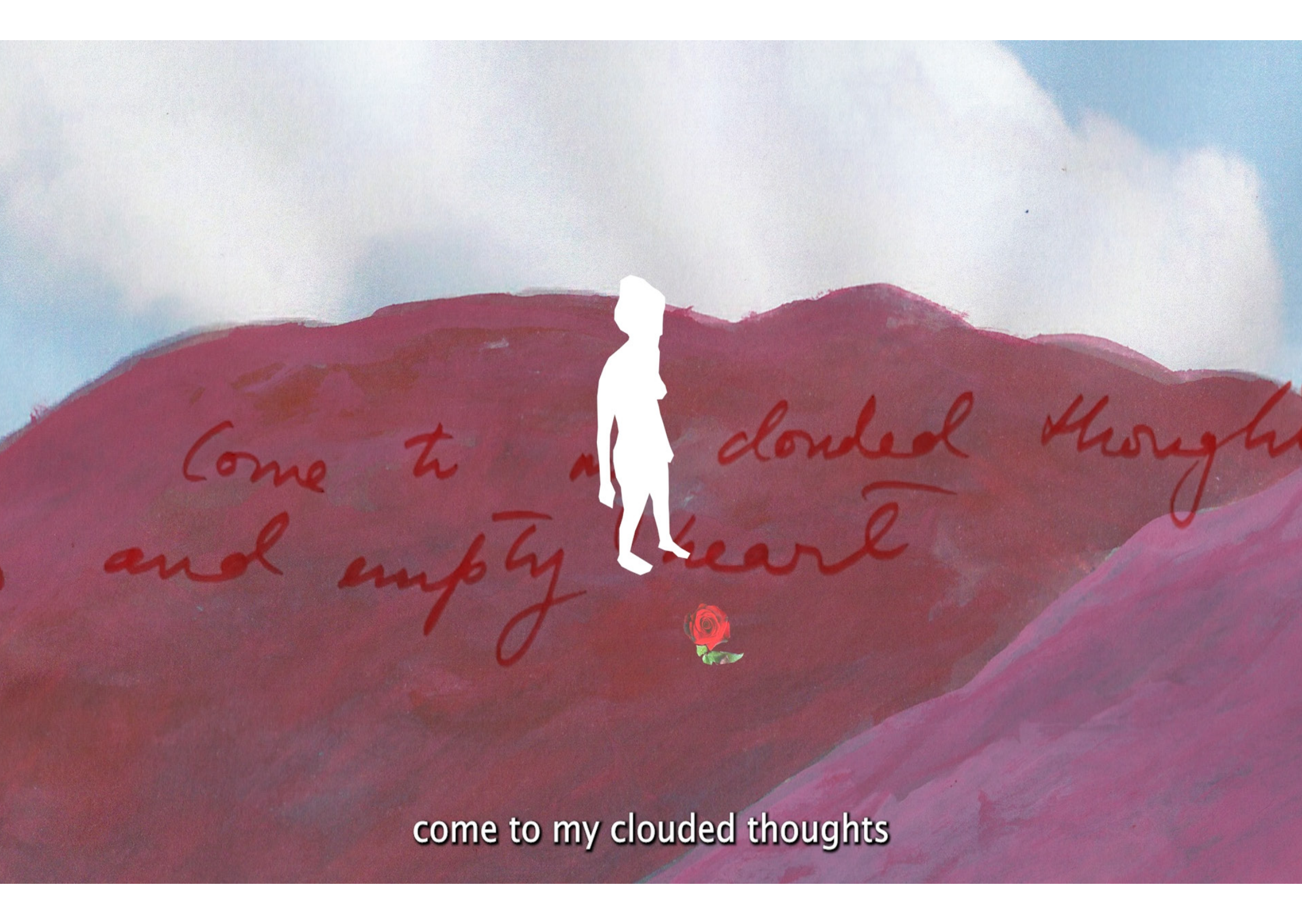
Red is juicy like cherries

Red is beautiful like,
poppy flowers in meadow.





beautifully calling me



Come to my clouded thoughts
and empty heart

come to my clouded thoughts







tiny treasure , from my lovely daughter



magnificent and bold as she glows in the morning sun



an epitaph to my mother

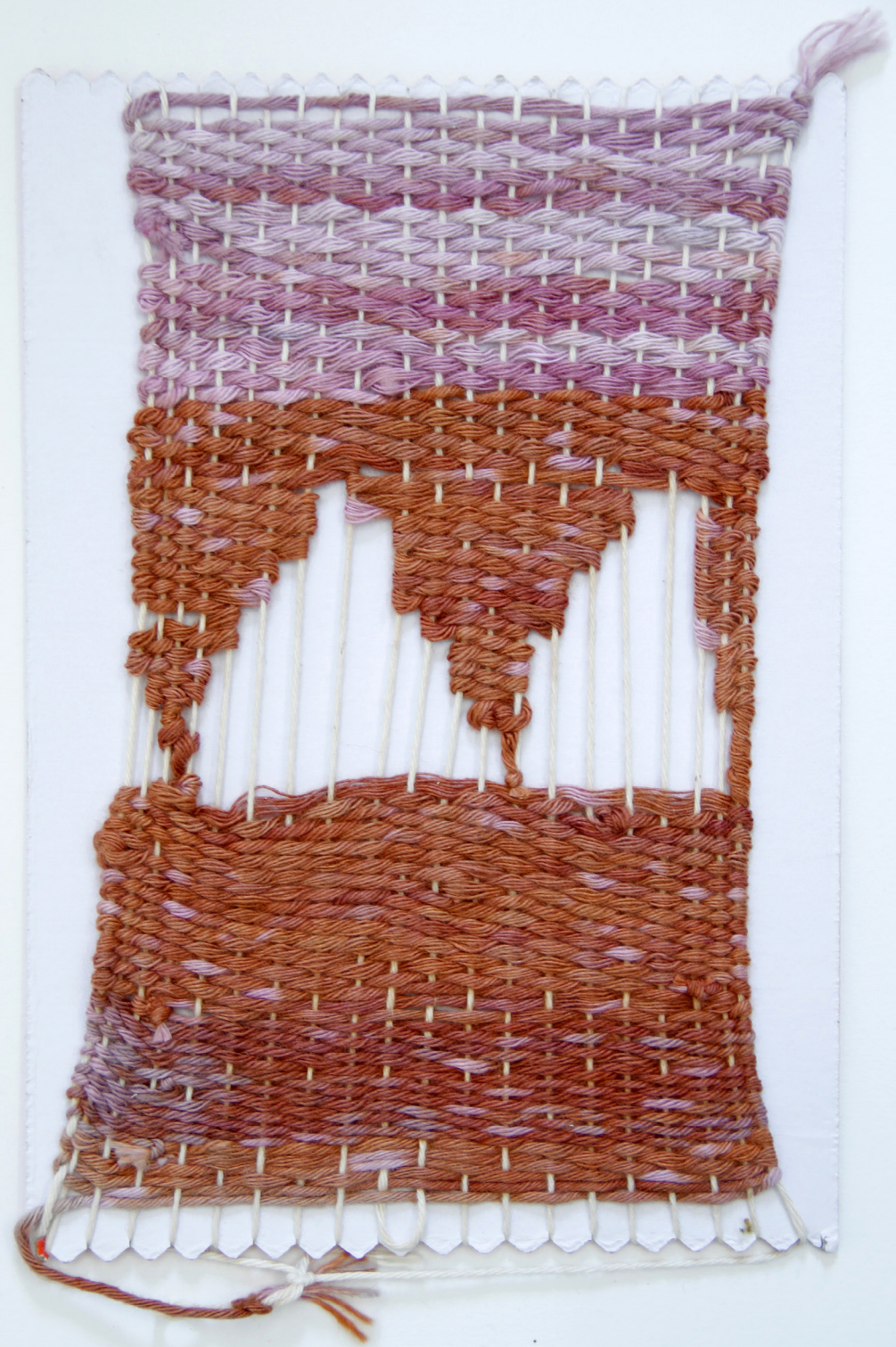


Amber is the memory of the old love story

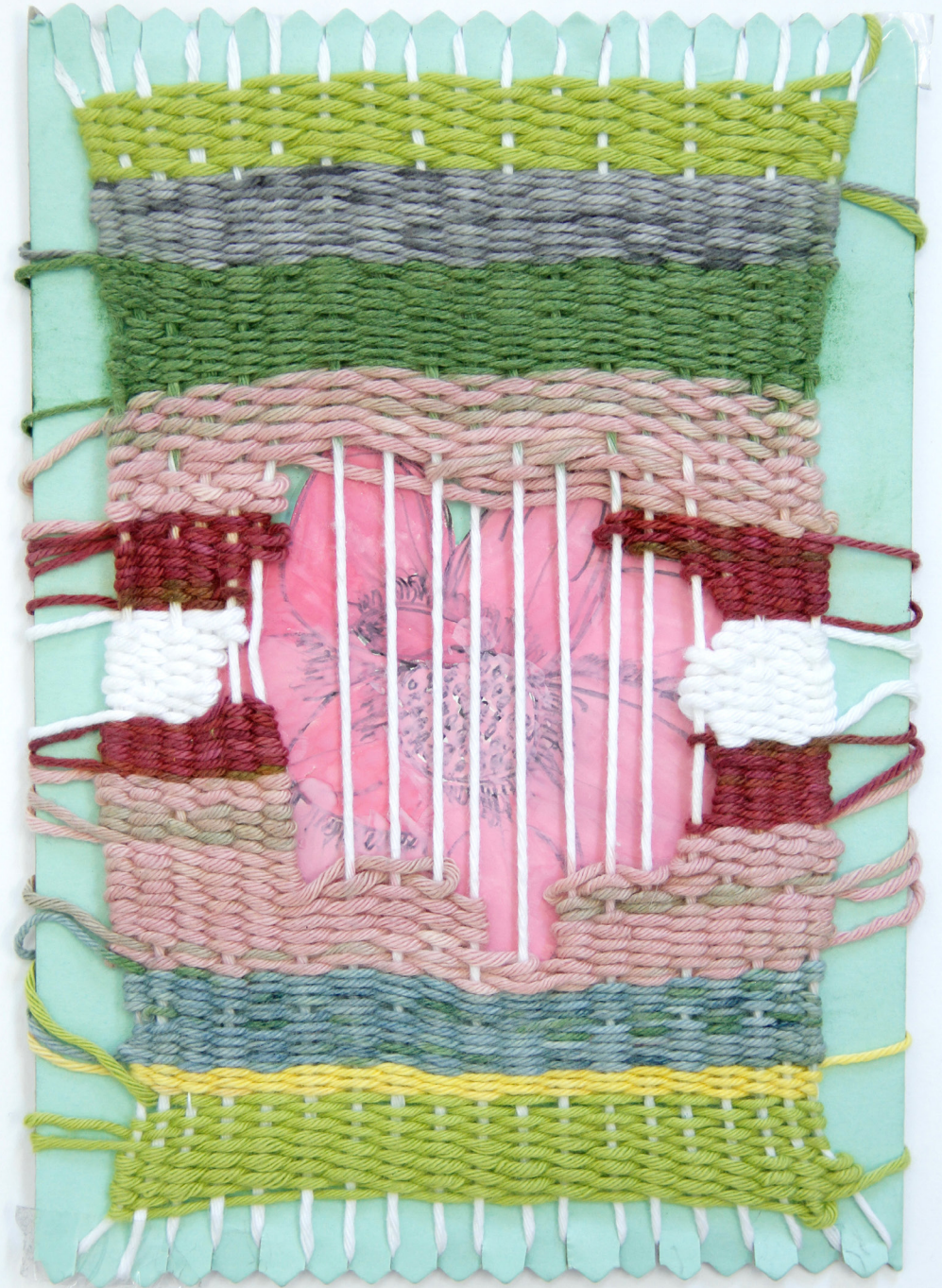


Red dangerously fierce
Strong fiery tempting within
Beautifully calling me

Come to my clouded thoughts
Raised emotions and empty heart
Inside my wandering soul
Many days have come and go
Searching for that alike soul
On the edge of a crimson cliff saying
No more worry, I am here



Magnificent and bold as she glows in the morning sun.
And sways and swings in the springtime breeze, full of fun,
Gloriously proud, delightfully pink,
Notoriously beautiful and with a coating that feels like mink,
Only making a brief appearance each year yet,
Large and vibrant, devoid of fear,
Inexcusably stunning and giving of love,
An epitaph to my mother, for all of the above



Bright gold pearls
Round and shiny gifted by my daughter
Around my wrist
Colourful and pretty
Looks nice
Everyday, every night
Tiny treasures from my lovely daughter



I love the four seasons of the year. Each has its own cheer! Winter with its cold frosty mornings where I ignore the alarm clock's warnings.

Oh! But in Spring when the yellow daffodils dance and sing, my energy levels are in synch.

Come the summer heat, I love long walks along the beach, as it makes me feel upbeat.

But the crisp Autumn breeze with its colourful fallen leaves, reminds me that the four seasons are complete, and winter is getting ready to start its beat!

So round and round the cycle goes, spreading cheer as everyone knows.



Amber is sun drops in the sea
Amber is a piece of the old legend
Amber is memory of the old love story
Amber is a yellow bolt of Baltic Sea





It's a
hope to see
you lovely
ladies Again ♡♡

With thanks to the following women for their time, creativity and trust:

Alberta, Aurelija, Cecilia, Elma, Ivy, Julia, Laura, Maria, Nicole, Nikeshia, Padma, Stuti, Zarida and Zoe

The final film and small publication will be exhibited at Royal Museums Greenwich later this year.

Credits

Nicole Morris, Artist and Film

Stuti Bansal, Film and Animation

Aurelija, Laura, Maria, Nikeshia, Padma, and Zarida, Poetry and Voice over

With thanks to,

Elma Curran, Royal Museums Greenwich

Julia Ssenkooba, HER Centre

Ivy Jackson, Bella Miles and team, Solace

Zarida Kayani, Aaina Centre



The logo for Solace, consisting of a solid red square with the word 'solace' in white, lowercase, sans-serif font centered within it.