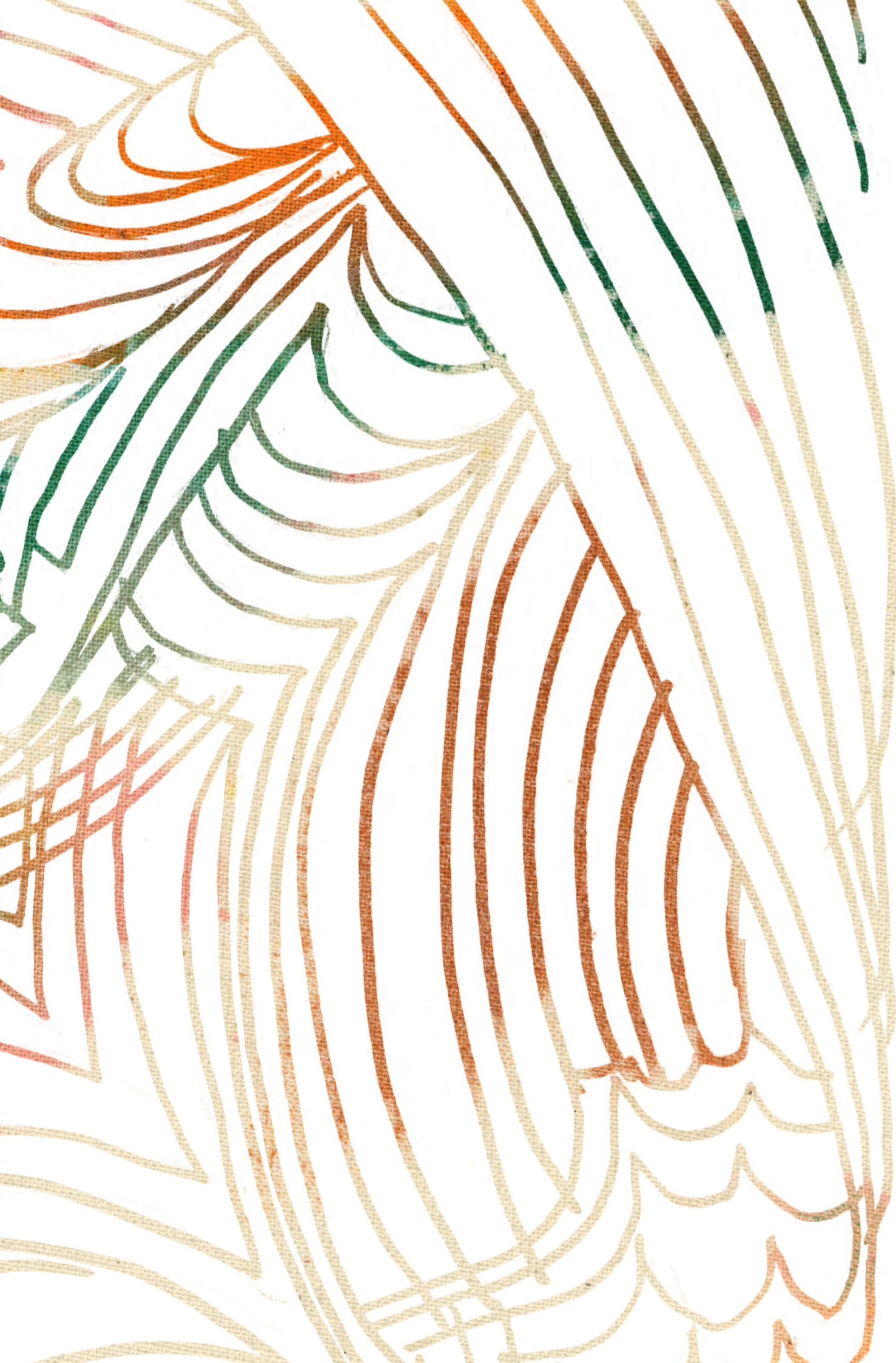


Navigating my Sea



Navigating My Sea was established by Royal Museums Greenwich in 2020 in response to current statistics, which show that women in the Royal Borough of Greenwich have a lower life expectancy than in many of the boroughs across London and areas of the UK due to different social determinants of wellbeing.

This programme has been developed in partnership with the Her Centre, a Woolwich based charity who specialise in empowering women to move away from abuse and forward with their lives; and in partnership with Solace, a centre whose aim is to prevent violence and abuse as well as providing a service to meet the needs of survivors.

This project offered online activity for women from the Her Centre and Solace during the COVID-19 lockdowns between 2020 and 2021. The first set of 6- week workshops were led by Health and Wellness practitioner Rosemary O Donohue connecting to the body and sensations through Biodynamic Breath work and Trauma release.

The following series of creative workshops were led by Artist Nicole Morris and explored techniques of drawing, writing and batik.

This publication archives these creative workshops and acts as a timeline for this period of reflection. The participants of this project were Kat; Anna; Claudia; Merhawit; Erone; Elena; Vicki; Cara; Lou and Chrystal.

Across the 6 weeks the women moved from the

Past,

Present,

to the

Future

tense through the objects in their homes. Techniques of batik were explored, a layering process, that can either preserve or erase the time and image before...

In the words of Vicki,

‘You don’t have to leave the past behind, just bring what you want with you’.

Each week conversation became integral and offered a framework to the making as well as wellbeing of the group. Participants were invited to draw objects and write letters, all the time transitioning through tenses both visually and verbally.

Reflecting on the stuckness of the past participle, Anna exclaims,

‘Do Done Did – its stuck – you can’t move from there. You pronounce it differently but you can’t change it’.

Later she reclaims the future:

‘When something doesn’t exist yet you have the potential to mould it into what you want it to be, I can turn the path of my life’.

We hope that this timeline can offer other people comfort in knowing they are not alone and they are in no way stuck. In the words of Cara,

‘You weren’t to blame, nor were you a bad person. The waves you had to ride were what helped you to become who you are today.’

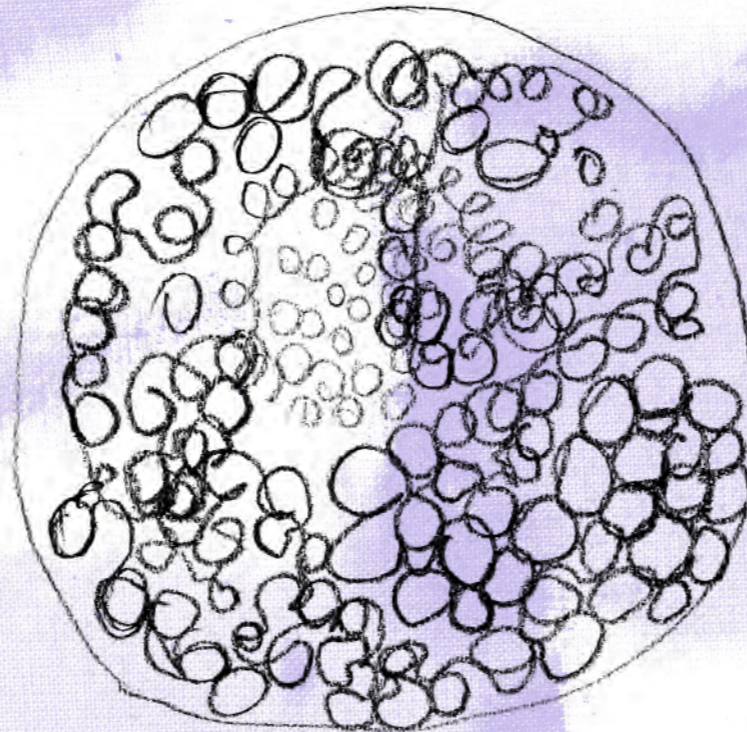
Past



by Vicki



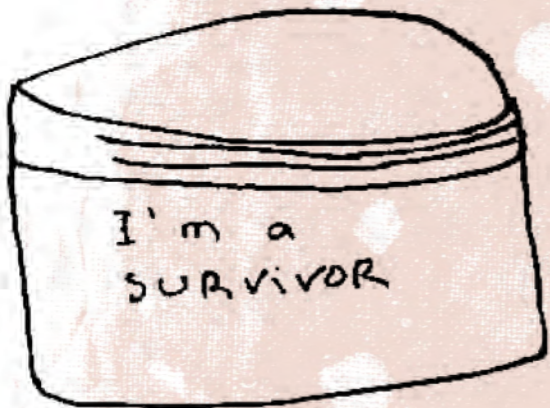
by Lou



by Elena

by Anna

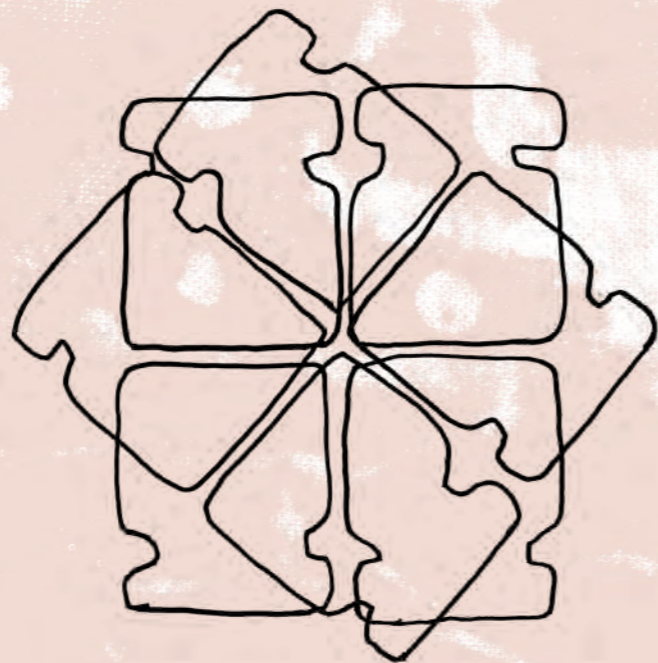
Present



by Claudia



by Vicki



by Cara



by Anna

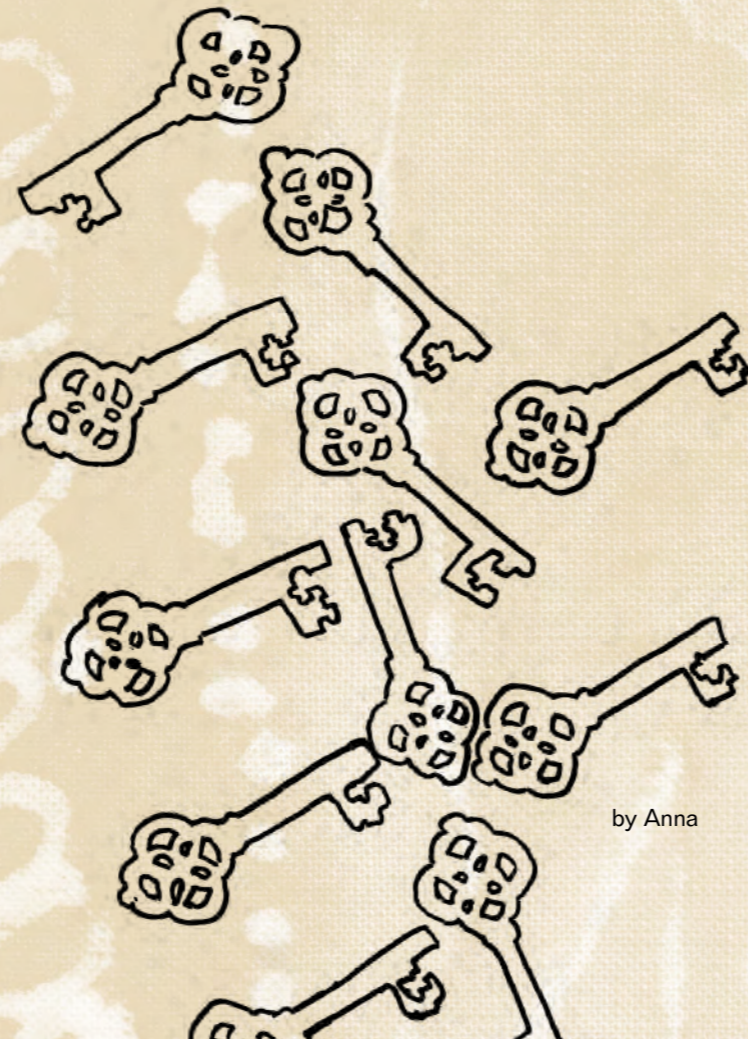
Future



by Elena



by Vicki



by Anna



by Cara

Each week participants were invited to write a letter, which moved from one tense to another. Here are a selection of these letters, read aloud by some of the participants.

Click each letter to access its audio file!

Present

Past

Future

01

A letter from my past self to my present self

03

A letter from my present self to my future self

04

A letter from my present self to my future self

02

A letter from my future self to my past self

05

A letter from my future self to my past self

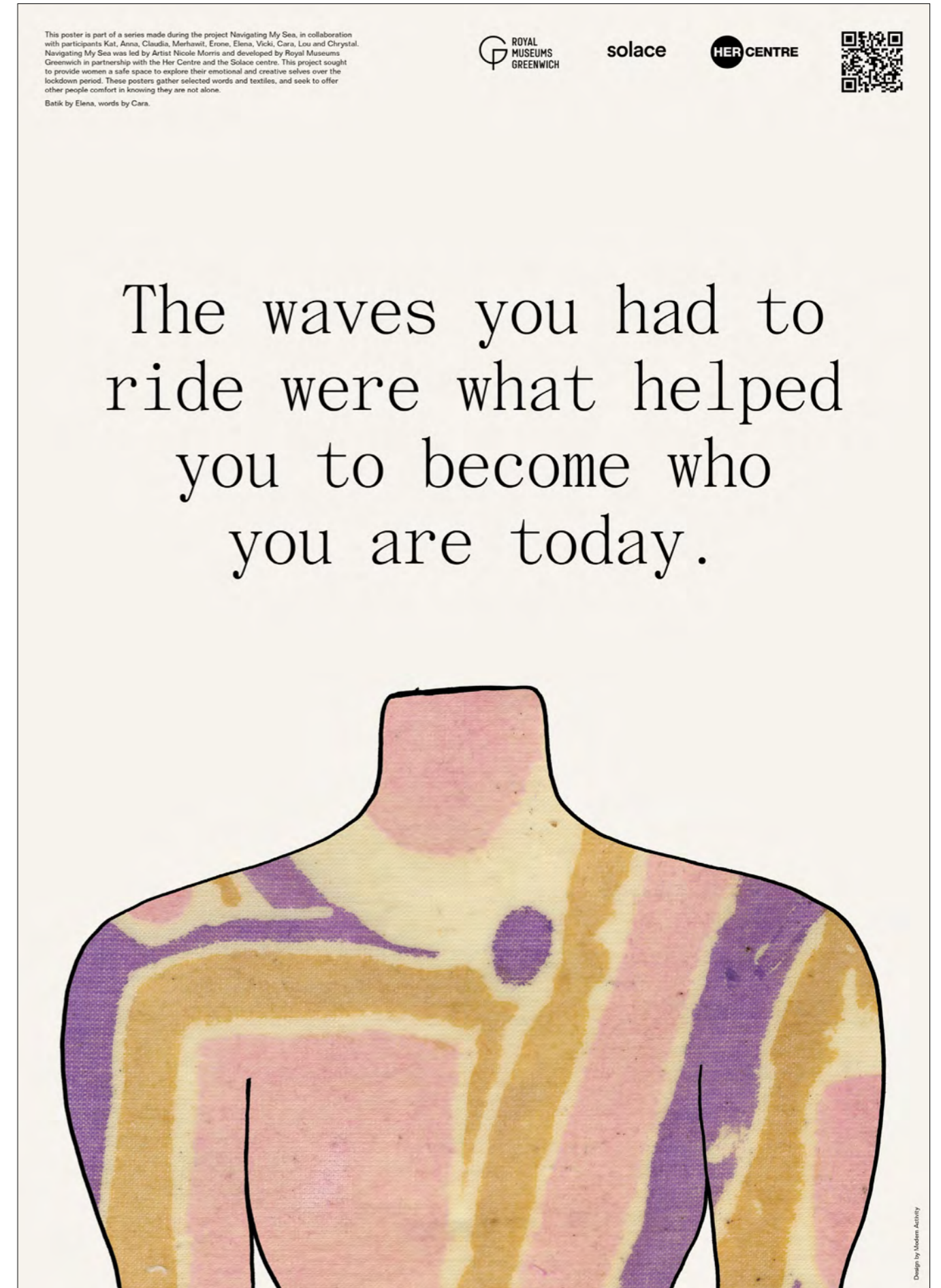


Batik by Elena



Batik by Elena

An accompanying series of posters will be on display in the safe houses of the participants as well as in the partner centres: Solace, Her Centre and Royal Museums Greenwich.



This poster is part of a series made during the project Navigating My Sea, in collaboration with participants Kat, Anna, Claudia, Merhawit, Erona, Elena, Vicki, Cara, Lou and Chrystal. Navigating My Sea was led by Artist Nicole Morris and developed by Royal Museums Greenwich in partnership with the Her Centre and the Solace centre. This project sought to provide women a safe space to explore their emotional and creative selves over the lockdown period. These posters gather selected words and textiles, and seek to offer other people comfort in knowing they are not alone.

Batik by Cara, words by Vicki.



solace



You don't
have to leave
the past behind
– just bring
what you want
with you.



Design by Modern Activity

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Batik by Vicki, words by Anna.



solace



When something
doesn't exist yet
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Batik and words by Anna.



solace

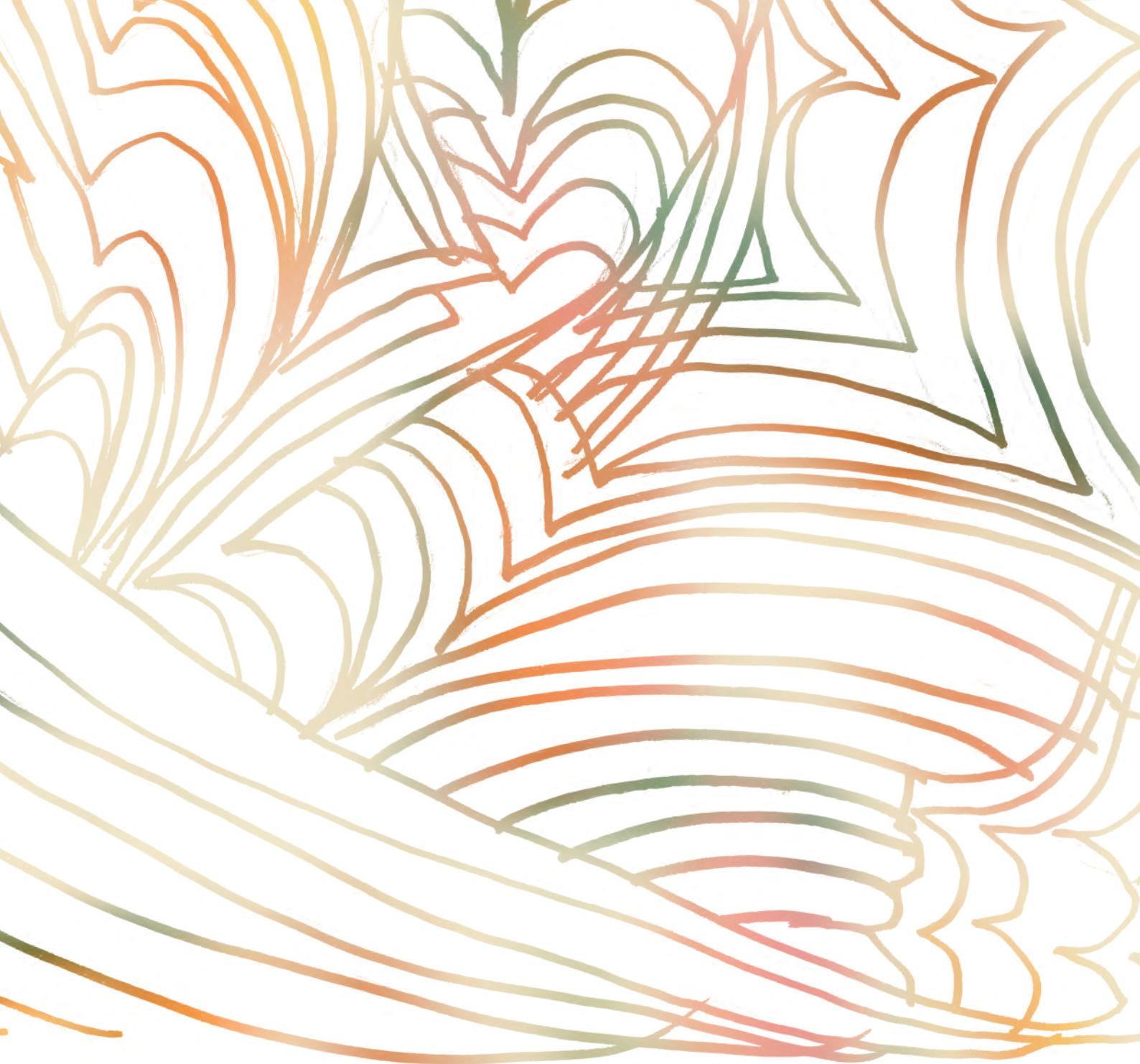


I am not
defined by
anyone or
anything.



Design by Modern Activity





Nicole Morris is an artist who uses textiles and film to explore methods of performance and collaboration across exhibition, education and community contexts.

nicolemorris.co.uk