

**YARMOUTH
SPRINGS
ETERNAL
PLAY BOOK..**



We'd love to see and hear
about your experiences!

If you've taken part in any of the
activities in this booklet and would
like to share them on social media,
please tag in [@YarmouthSprings](#) or
[#YarmouthSpringsEternal](#)

**YARMOUTH
SPRINGS
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Genevieve Rudd

A Noticing Walk

Being around nature is essential for our wellbeing, it helps us feel connected to something bigger and reminds us that we are also part of nature too!

If you live in an urban area, you might feel like there isn't much nature to enjoy. Yarmouth Springs Eternal took inspiration from the nature found in Great Yarmouth. This included flowers sprouting from the old wall, spiders making webs in the shopping centre, and doorsteps brimming with wild plants.

I was first inspired to develop the project during photo-walks during Lockdown in Spring/Summer 2020. I was often feeling overwhelmed and unable to process the situation, so I would take myself out on daily walks to take photos of the things I noticed. In particular, I took photos of plants growing through the cracks of the pavement.

To me, self-seeded plants (or 'weeds', as some people call them) are tough, resilient and beautiful. They are a symbol for blooming in life despite difficult circumstances. They show us that beauty can be found anywhere, even in alleyways, car parks and concrete jungles – nature always finds a way!

How-to:

I'd like to invite you on a photo-walk in an urban or town centre location.

Capture plants that are growing in unexpected or overlooked places.

Pay special attention to the edges of pavements down low, but also remember to look up! Sometimes wild plants can be found growing up high on rooftops and guttering.

You'll need:

Camera phone or camera



Mark Cator

Walking with
'Wild Life on a Tidal Water'
Saturday 17th April 2021

Water is the town of Great Yarmouth and rightly most people head for the beach or the sea but if you aim west to the inland estuary of Breydon then there is nature as wild or as quiet as the weather you walk to. In the freezing of winter, in the heat of the summer, this wilderness can instil a mood, and a space to roam, that is all yours.

The sounds and the words those sounds conjure, either to be felt on the day or seen by another a century before, took us to Breydon Water's shoreline and the images and words of the pioneering 19th century photographer, Peter Henry Emerson. As we filmed and recorded his words through our voices, Emerson's experience briefly became our experience. While the patterns of human life have changed and nature has adapted with a resigned shrug the landscape and the "sea-stained" town of Great Yarmouth are still here to be experienced, from shoreline to shoreline.

To walk into any space, rural or urban, and record the words of a writer or poet, or those of your own, allows the viewer and the viewed to be seen in an unexpected way. This way of presenting the self and its immediacy pushes the individual to occupy that space and the space to briefly occupy them.

Back in the studio, with the aid of a roll of paper and graphite sticks the Yarmouth Springs Eternal community group expanded this into a 30ft mural of an imagined shoreline and set about etching as many words, drawings, doodles, graffiti, markings, as time would allow before the tide came in and the lights went out. The outcome was an astonishing abundance of style, texture and pattern that mirrored the complexity and enjoyment of nature.

Tip: Never feel you don't have a voice or a reason for it to be heard.

You'll need: Mobile phone, still air, a good voice, notebook and pencil, paper and graphite and a little piece of Peter Henry Emerson in your pocket (optional)

Location: Breydon Water

Time: All time ... day or night



Georgie Manly

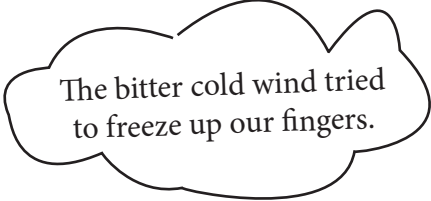
Experimental Nature Drawing workshop

You'll need: paper, something to lean on like a clipboard, scissors, pegs, charcoal, glue stick

Find a place in nature which interests you

Let yourself be attracted to a plant

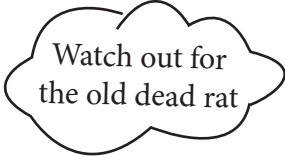
Paper on clipboards, draw what you see,
close up, scientifically, from memory, in words



The bitter cold wind tried
to freeze up our fingers.

Draw with scissors, paper pushed into tree cracks,
pegged to plants, flat coloured shapes look back at you

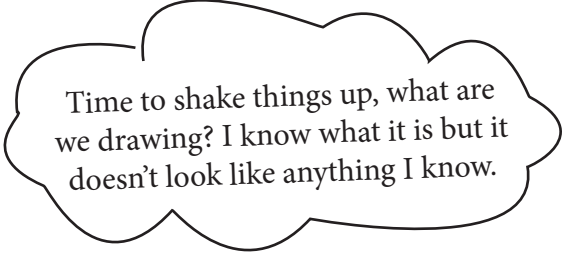
Collect some plants, sticks, leaves



Watch out for
the old dead rat

Make an arrangement, use all you have, walk around it,
shapes up close, far away, hanging, propped up

Find a viewpoint. Draw your scene, scale it up
on a large sheet, charcoal, inks, overlap it



Time to shake things up, what are
we drawing? I know what it is but it
doesn't look like anything I know.

Reflect on what you have done so far

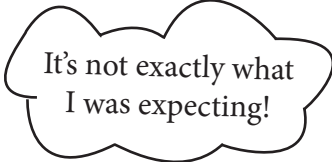
New piece of paper, new energy

Move to a different viewpoint, swap your
drawing with someone else. 1 minute to draw then pass it along

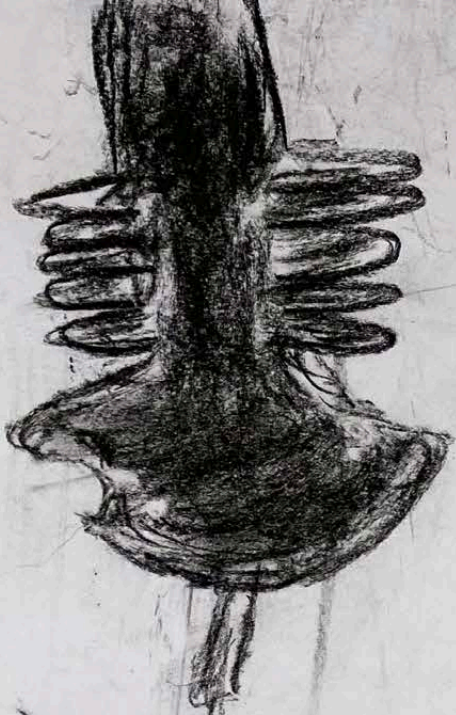


Is this a workout?

Cut up sections/ shapes and stick to your first artwork.
Stand back and take a look at your art. Does it surprise you?



It's not exactly what
I was expecting!



Gia Leboeuf Mawusi

Creative writing

Writing is a way of expressing ourselves, describing emotions, thoughts, feelings, life, things, nature, people and events that resonate with and within us. Writing can be cathartic, painful, emotional, but it can also be a fun journey of self-discovery.

You can try the following exercises on your own or with other people. Start with a warm-up and then move onto the other exercises.



Warm-up activity: 5 Senses

How-to:

Write 5 sentences about things you have felt, smelled, tasted, saw and heard since you woke up until this present moment.

Exploring deeper:

If you want to explore more of the senses you can have the following variation. It will take longer, so give yourself some time to consider.

- 1 Place your hand on a piece of paper and draw around your fingers
- 2 Think about five things you have done since you woke up using your hand
- 3 Write five sentences using these prompts, starting 'With this hand I...'
- 4 Share your sentences and thoughts, if you feel comfortable to do so

A walk on/in town...

Pick up a place to go for a walk. I'd recommend following the route from Great Yarmouth town centre to the Great Yarmouth Medieval town wall, near Time & Tide Museum

You'll need:

Paper

Pencil or pen

5 strips of paper (cut from A4 paper)

How-to:

- 1 Before you go for a walk, label each of the five pieces paper with these five categories:

People, Buildings, Things/Objects, Feelings, Nature

- 2 When you're walking, take your time and stop to notice things around you. You might like to find a place on a bench or on a patch of grass to think about the following:

What can you hear, see, smell, taste or touch?

Who is around?

How do you feel?

Notice the ground beneath you, the grass, the wind, sun, rain, the colours...

- 3 Write notes on your paper strips in words or sentences

- 4 When you're back at home, look back at your notes. Maybe you could select particular words or sentences to create a poem about your walk?
-

Behind the wall...

On our Yarmouth Springs Eternal community walk/workshop in Spring 2021, we visited Great Yarmouth's Medieval town wall for inspiration for creative writing. You could choose this wall, or another old wall, to do this activity.

Listen to the history behind the wall by spending some time with it. Imagine life behind the wall, and think about the people who helped to build the wall:

What do they look like?

Where do they live?

What are their wants, their flaws?

Were they local people, or travelling city dwellers or country folk?

What are their stories and motivations? Hopes? Fears? Dreams...

Explore these ideas, let your imagination run wild, and tell a story about the people behind the wall...

Kaavous Clayton

Make A Miniature Sculpture Garden

Explore the natural world around you and gather some of it together to create your own sculpture garden. Find four or five small natural objects that you like the look of. They can be stones, sticks, leaves, shells; whatever takes your fancy.



Find a small bowl, plate or tray that will be your miniature garden space. Fill it with sand or earth to create a base to put your chosen objects in.



Place your objects in the container until you find an arrangement that you like.

Look at ideas from flower arranging and ikebana, classical gardens, formal gardens, sculpture gardens and zen gardens.

Imagine you are the size of one of the objects and are walking around your sculpture garden looking at the objects at another scale.



Genevieve Rudd

If you've enjoyed going out and about with our guided activities, you might like to capture all your experiences in a nature map of your local area. Your nature map could be shared with a friend, or even better, take someone out on your own personal nature walk using your map as a guide!

Think about all the activities you've taken part in that highlight nature in your local area. Perhaps you've noticed tall trees, colourful plants, flying birds or tiny insects...

How-to:

1 Start by thinking about the nature you've spotted recently. You could write a list, talk with a friend, or look back at recent photos or drawings

2 Draw your local area as a map, which means imagining the location from above like a bird's eye view

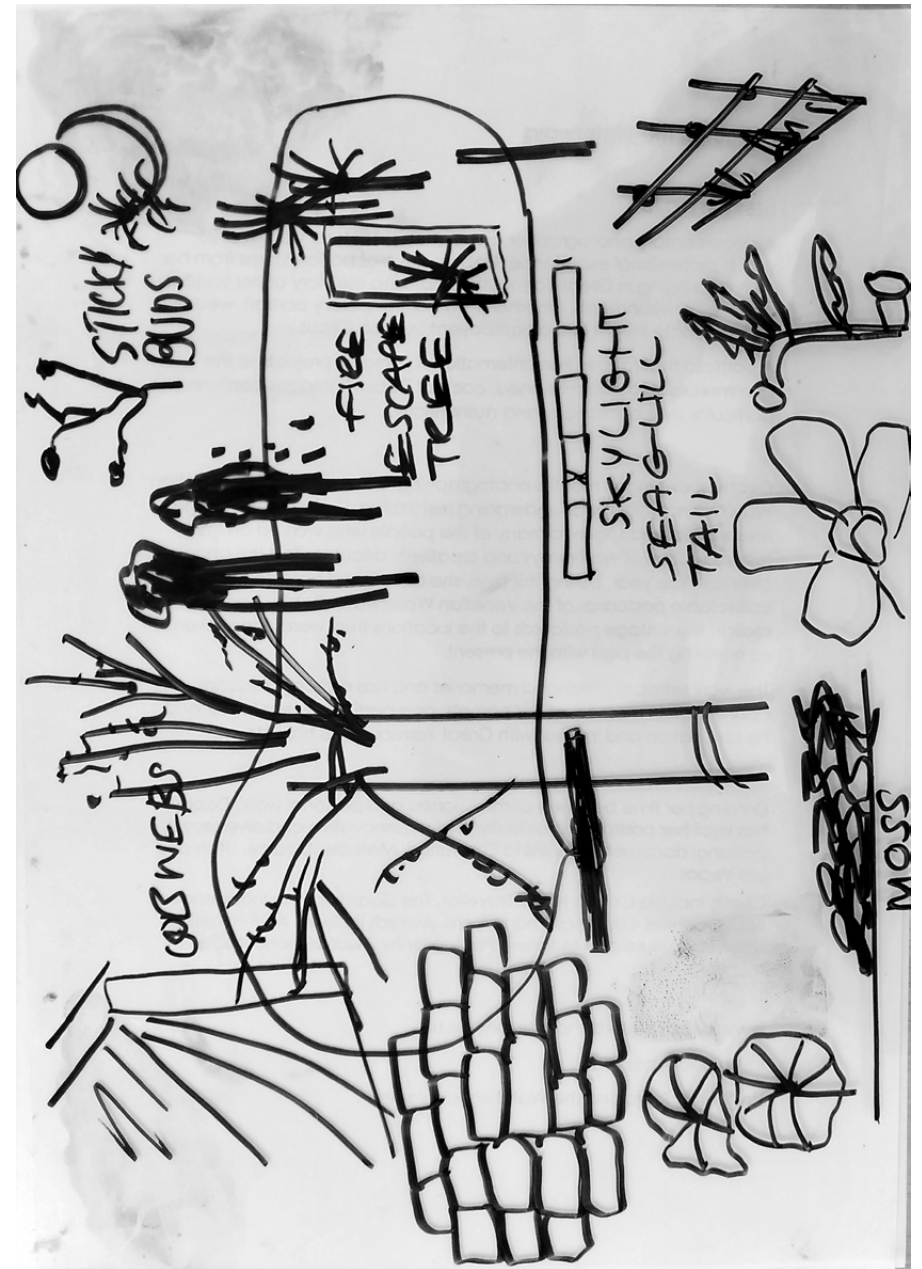
3 Think about the symbols you'll use to represent the different parts of your map (look up 'OS map key' online for inspiration).

How will you represent...:
Trees; Flowers; Buildings; Roads, train tracks or paths... or anything else you want to include?

4 Add the symbols to your map, including your own special nature highlights. For example, a favourite tree or a place you spotted an interesting bird or plant growing

5 Take your map with you on your next walk. As well as noticing the changes of the season during the year, you might also notice that at different times of the day the wildlife or habitats might change

Use the blank pages at the end of this booklet to draw your own maps





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