

WASHING LINE EXHIBITION

A simple way to create an exhibition in your street, community or even at home! Use your own washing line in your garden, and invite neighbours to showcase their artwork or set up your own washing line in a local community space.

Simply set up your exhibition by tying the washing line or string to different anchor points and hang the artwork up with clothes pegs. Cut off any excess line or string.

Pick a theme relating to The Long Lost Year. You could use the conversation starters in this zine and invite people to share their photos, artwork, poems or written stories.

scissors

washing line or string

pegs

What you'll need...

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EPISTLE POEM

A poem written in the form of a letter

Many of us have lost people we've loved during the pandemic and not been able to say goodbye as we had hoped. Take a moment to honour their memory and your connection with this Epistle Poem template.

Write an epistle poem from your loved one back to you. Use details from your first poem, but use the template below to help extract a little more information that your chosen loved one has managed to get hold of somehow (they are so crafty!).

Write an epistle poem to your chosen lost loved one. To help, ask yourself these questions: How have they inspired you? What would you like to ask/tell them?

Dear.....

It is so lovely to hear.....

Well done for.....(what have you done that warranted congratulations that your loved one wasn't here for?)

I am so proud of you for.....(what challenges did you overcome along the way?)

Try not to.....(what is something you are trying to let go of doing?)

Keep on.....(what are you trying to continue doing?)

Love today and always.....

You can write your own format or use the templates

Dear.....

I want you to know.....(what do you want to tell them? Perhaps how you are keeping their memory alive or something that has happened you would like to tell them?)

I always remember how you.....(what did you admire about them? What fond memory do you have of them?).....it makes me.....(how did it make you feel? What did it inspire you to do?)

I've never told anyone this.....(tell them something you keep to yourself regarding their passing)

When I feel alone I.....(what do you do to feel connected to your loved one?)

Thank you for.....

Love.....

You can write your own format or use the templates

Task 1

Task 2

About The Long Lost Year

The Long Lost Year project is a collaboration between Local Trust, The Loss Project and RIOT SOUP to offer residents in Big Local areas the chance to find creative ways to reflect, honour and share their own stories of loss and hope from the pandemic.

For more creative ideas to open up conversations of loss - in all its forms - as well as top tips for running groups, self care and how to support someone experiencing grief, check out The Long Lost Year Resource Pack.

Thank You

Thank you to everyone who has been involved in The Long Lost Year project, joined our workshops and generously shared their artwork and stories from the pandemic in the exhibition. Thank you to our project partners and collaborators:

- Local Trust** - Helen Riley, Ellie Suttle, Rachel Crews, Grace Bremner
- The Loss Project** - Steph Turner, Carly Attridge, Claire Henry
- RIOT SOUP** - Asma Istwani, Salma Istwani, Di'mond Sharma-Joseph
- Dispel Art** - Alison Curry
- Belinda Latimer Designs** - Belinda Latimer
- The House With The Blue Door** - Sarah Palmer
- Big Local Broad Green** - Richard Tait, Catrina Lynch, Lauren Ashley-Boyd, Sedley, Jonathan
- Willam Morris Big Local** - Chrys Christy, Constance Smith

The Long Lost Year

Bringing the Long Lost Year to your community

CONVERSATION STARTERS

Here are some conversation starters you could use to open up conversations about loss in your community or family. They could also be themes for creative workshops to reflect on The Long Lost Year.

You could always use some of the pre-recorded workshops from artists from The Loss Project and RIOT SOUP created for The Long Lost Year project to help guide you through sharing your story visually - find them on Local Trust's YouTube page

We want to honour...

We keep what we've lost alive by...

We've found humour in...

We remember by...

We want to make space for...

What we long for is...

We want to let go of...

What's been forgotten is...

What we hope for is...

We've gained..

We're angry about..

The hardest part for us has been...

Something unique about our loss is...

We've cherished...

We don't want to ever forget...

What we want the world to know about loss is...

Have a go at this
mindful drawing
exercise

BEFORE & AFTER COVID

*Don't worry about making this perfect.
The most important thing to do is think
about what has changed for you,
make creative decisions,
and enjoy the mindfulness
of mark making and colouring.*

What to do:

1. Draw around your hands or use the template above. How you position them on the page is up to you, but be sure that they don't overlap.
2. Left hand - the left hand outline represents your past; what your hands used to hold, before Covid.
3. Right hand - the right hand outline is your present/future; what your hands hold now and what the future might look like for you post-Covid.
4. Your hands don't have to be holding something or somebody in a physical way. Just reflect on what things – good and bad – your past life enjoyed. Use words and colours to fill in the hand outline. If you feel confident then add some shapes or images. Think about how your life has changed. Use words, colour or doodles.
5. Once you've reflected on your past, move on to your right-hand outline. This needs to be about the things or people you enjoy in your life now, even if they might feel small or insignificant. Make the most of them by writing about them in your hand. Add colour, pattern, shapes.