

Constellations Residency: Greenwich Park at Home workshop Transcript

0:01 Leah Clements

So I'm Leah. Anyone who doesn't know me, I'm an Artist-in-Residence in Greenwich Park at the moment. I have been since January, and I will be until the end of June. And I've been using my residency here to try and connect with other disabled, clinically ill, neurodivergent, deaf people, who people who have mental health problems, and anyone else who has access needs, but might not identify with those terms. I'm disabled myself, and it's been about trying to kind of help other people connect with the park who might not be able to so easily as other people. And in my practice I'm really interested in "access adjustment as artwork", so not just as an add on at the end, but as something that can be artwork in itself. And one of the things I'm most interested in within that is audio description, which is usually an access point for blind or visually impaired people. But I'm kind of leaning into it a bit deeper and thinking about how can we actually also translate other senses and other experiences to people who may not be able to do it themselves or can't be there in the moment. And also, how can we kind of have these moments to kind of be together and sort of slow down, and when we focus on one thing at a time, like what else can we notice that we would normally miss. And we're doing that here together today, and anyone who might be watching back online afterwards can kind of participate in the moment out of time, but still with us in that kind of quick time, like outside of timeless way that a lot of us who have chronic illness experience the world. Yes, so it would be great to hear from you. You might not want to talk, or you might want to talk and not share your screen, your camera, rather. If you don't want to say hello, then you can skip, maybe by putting up a hand wave emoji, or however else you'd like to indicate. It's just briefly to just say hello, maybe share your name, and it'll be good to hear why you're here today. Maybe what you hope you'll get from the session, or if you prefer, just something that's been on your mind, like, that can be profound, or that can be, you need to get some laundry powder. It's just to check in and say hello. So, if we go through, obviously we'll have a different view, because since we're not all in the same room, I'll go through in the order I can see it, so you're up first. If you'd like to say hello, and if you wouldn't like to, then maybe you can just do us a little emoji or something. Okay...or no response - that also works. *[Laughter]*. Next in the line that I can see is Gemma.

3:32 Gemma

Hello, so I'm joining from Southampton, and I'm joining today because I've been interested in your practice Leah for a while and I'm disabled and neurodivergent myself, so I guess I'm just kind of interested to see what unfolds today.

3:55 Leah Clements

Thank you. I just saw your message, if you would still like to, and you can work out how to turn your mic on. Then, then just let us know. Otherwise, I'll, I'll just move on. Yeah, I can hear you, I think. Oh no, I can't hear any speech. There was a kind of like background noise. Okay, I think can everyone else hear the same thing as me? There's kind of like ambient noise, but no. Yeah, I think we're having trouble hearing you. Sorry about that. Perhaps you can come back in at the end. Thank you for trying. Claire, you're next in my line up.

4:52 Claire

Hi, I'm Claire. I'm from Norwich. I feel like most days I feel guilty because I want to try and get outside more for my wellbeing, and I feel like I don't quite manage it, and often that's because of, you know, tiredness or just being busy and family life, so, and trying to juggle the two of those things. So yeah, I'm hoping that today will be a nice exploration from my settee.

5:28 Leah Clements

Thank you. Nafeesa, you're next in line. I think Tahira might be with you as well.

5:38 Nafeesa

Hello, I'm Nafeesa. Yeah, Tahira is my sister. She's logged in from another account. Yeah, so we're from Putney. We've attended one of your earlier events, which was about smelling, which we really, really enjoyed. So, really glad to be back. Thank you.

6:00 Leah Clements

Welcome back. Tahira, you are next in my line.

6:05 Tahira

Yes. Hello, as my sister said, really enjoyed your previous event, and sometimes, because of our visual impairments, it's hard to attend in-person meetings or events, especially if far away. So, it's really nice that we're able to sort of access nature from home.

6:23 Leah Clements

Thank you. Mim, you're next.

6:30 Mim

Hi, so I'm Mim, and I have chronic illness. I've been between bed and housebound for three and a half years living at my parents in North West London. And yeah, so I don't get to access much of the outside world, and one of the things that I do to feel connected is if I ever have visitors, which is quite like infrequent, I asked them to bring me bits of the earth, bits of stones like twigs or bits of seaweed or flowers, and so this felt really, I felt really connected to this. And yeah, I think a lot of the spaces that I'm in online don't - in like the sort of disabled and chronically ill spaces - it's never really about the outside, it's always sort of about the inside of our own lives. So this was really like good to have that access.

7:41 Leah Clements

Thank you for that. Maelisa?

7:47 Maelisa

Hi, yeah. My name is Maelisa, and I'm coming to you from Edinburgh right now, where I usually live. I'm thrilled to take part. I've followed Leah's work for kind of a while now, and I'm really interested and fascinated by it, and like to echo what everybody else said. I'm disabled and chronically ill, and it's so nice to be able to be in like a community environment like this, but also experiencing nature in a different accessible way, that yeah, I don't also often get to do, yeah. Thank you.

8:29 Leah Clements

Thank you. Alisa?

8:33 Alisa

Hey, my name is Alisa - pronouns she/her, and I think I'm.. I was drawn by the first line of I don't remember exactly where there was something like "to experience the place from wherever you are", and I think I have like a professional interest in it, because I work with walking. And in most, in quite a big part of my practice, it's about creating walks across distance and walking at the same time in different places because of a lot of contexts where I'm coming from, quite often it's there are like political or border reasons which don't allow people to access each other places and be together with some of my friends. So I come from a bit more of that sort of side into the interest of how to experience places across distance, so I think, yeah, this was the line that drew me into it. So I was excited to see how you take that. Yeah, just curious...

9:36 Leah Clements

Yeah, thank you. Malik? Okay, I will read out your... if I can open the chat. Wow, it's okay. That, yes, it was just being slow. Do I not know how to do that? Um, one second. Sorry, my screen is jumping around. Okay, I've got it. I'll read this aloud. "Hi, I'm Pakistani Master of Fine Arts, and I am deaf from Norwich, obviously. So, yeah, I would sign, but I'm not fluent in BSL. Glad you did put closed captions and typing instead." Thank you, Malik. "I've been doing printmaking and oil painting, abstract nature, which comes from my memory." Oh, that's so interesting. "I have been doing this type for four to five years, so yeah, I thanked Claire for inviting me here. My survival artist, my practice comes from my memory based on nature." That's really interesting. Thank you, Malik. And Aysesu? You're going to skip? Can you put an emoji if you'd like to skip? Okay, I think, think maybe she can't participate. Ellie?

11:20 Ellie

Hi, my name is Ellie. I am also a disabled artist. I was really grateful that Leah, you had an online workshop, because I have been trying to join the others, but been too ill to. So, yeah, I was really excited for today to actually, yeah, to experience a park, because I also live in South East London, so I used to go to Greenwich Park a lot, but haven't been since I was diagnosed, so yeah, thank you.

12:00 Leah Clements

Thank you. Um, would you like one last chance to try? Okay, I think either.. I think, yeah, I think it's not working if you're trying, okay? So let's begin. So some of you will have received Greenwich Park at Home packages, some of you will have.. that's

okay, don't worry, we'll be talking throughout. So if you do manage to make it work, then you can do it that way. Otherwise, you can always type in the chat. Yeah, and some of you will have managed to gather together some of the things on this. Some of you may have none of the items at all. So, if you have none of them at all. I'll kind of invite you to use this as a kind of exercise to it was really interesting what Malik was saying about memory, because I think not everyone here will be chronically ill, but that's kind of where I'm coming from, and from me, I think being able to use that capacity for memory, but also kind of imagination, and you know, like being able to kind of experience a secondary sort of like taste and touch and smell. And those things by just kind of activating it in your brain is a resource that I find really useful at times when I've not been able to leave the house or leave my bed. And also just to kind of hold this collective moment here together. So we'll be kind of talking about what we're experiencing, so if you don't have any of the things, you're also, you might want to talk about what you are experiencing anyway. But otherwise I think it may be useful for you, I hope to kind of listen to everyone else's descriptions, or read the captions, of course, if you're not listening. Yeah, so what we're going to begin with is if everyone's got their lemon balm. So I'm holding it up to the screen, but if anyone - some people are not necessarily able to see - is there anyone who could describe this for somebody who can't necessarily see what I'm holding up? Like, how would you find this in your pile, like by the touch or by something else?

15:03 Maelisa

I can go and give it a try, if you want. It's really, really delicate and really thin, and kind of mine is like pressed, and it has little sort of squiggly veins around the back of it, and mine also has a tiny little thin stem still attached to it, and if you kind of brush it up against your hands, it makes a little like papery noise, if that makes any sense.

15:36 Leah Clements

Yeah.

15:37 Maelisa

Yeah.

15:38 Leah Clements

Yeah. If I put that in, I don't know where my mic is but...

15:45 Maelisa

...is it picking up?

15:46 Leah Clements

can you hear it? I think Zoom filters out that sort of noise, actually. [*Laughter*] Yes, exactly. So it's this like green leaf, so hopefully everyone's got theirs or their equivalent, and this is lemon balm. So, can somebody, somebody else want to share what it feels or smells like?

16:18 Nafeesa

I can go next, so it's, it smells a bit lemony or a bit citrusy, and usually we make tea with it, so just makes me feel really calm when I smell it. And also, yeah, really calming.

16:48 Leah Clements

Mm, and I think what the most strongly strong activation for this is, if you just like anyone who's up for it, have a little nibble, because then these are all dried, unless you've got fresh at home, but as long as soon as you have a little nibble, there's a really strong flavour still. Hey. Has anyone had a had a bite? [*Laughter*].

17:25 Gemma

The one I have is fresh, and so the way I can kind of smell it the best is if I just gently rub between my fingers and kind of roll it and I'm hoping it's lemon balm. [*Laughter*]. But yeah, I thought it is. I've made a tea with it, actually, as well. So it's definitely a herb.

17:57 Leah Clements

You made a tea with it today?

17:59 Gemma

Yeah, just before.

18:02 Leah Clements

Yeah, that's one of my suggestions for afterwards, but yeah, in the chat says, "although it is lemon, lemon smelling, it's quite a washing up liquid scent of them." Tahira, you have your hand up.

18:19 Tahira

Yeah, I wanted to say that it's got the smell isn't very strong, even when I pressed it in my fingers a bit, like I could smell it a bit more, but when I tasted it, it felt like the taste came alive, and it was quite surprising. I didn't imagine the taste to be that strong, especially the scent was so weak, but yeah.

18:44 Leah Clements

Yeah, I agree. The dried version is so this, you can hardly smell it, but then as soon as you put it in your mouth, it's like zing. [*Laughter*] Did anyone else try it? And could you have a go at describing the taste, if anyone has?

19:10 Maelisa

Yeah, I agree, the texture is - the scent isn't like I couldn't. I was like, for a minute, I was like, am I not smelling like, is something wrong that I couldn't smell anything, but then when I had two, when I ate some of one, it then really like expanded, but also the texture of it in your mouth is really like interesting. I think I mean, I'm not used to eating just like a tiny bit of dried - of dried leaf, but it really like, yeah, it like expands sensorially.

19:41 Leah Clements

I agree, we have another message from "maybe we're talking about different lemon balms." Okay, yeah, I don't know how many species there are in in that bracket. Okay, let's move on to our next item, so we have this long grass, so I'd like to ask you to, if you're comfortable, try kind of stroking it against your cheek, which is often more sensitive, even than fingertips, because it's a very delicate sensation. It's not wheat, Malik, it's.. it's just a type of grass, but it does.. I think it does look like wheat. Would anyone like to describe that sensation?

20:41 Tahira

I would say it's very, very ticklish. [*Laughter*]. It's so ticklish, I can't even impair it. Maybe I'm just a really ticklish person, but it's so, yeah, really, really, and it's so fine as well yeah.

21:02 Aysesu

It looks like something a horse would eat, but I would love to feel the softness in my cheek.

21:10 Alisa

It has like a very long after feeling, like even when you touched and you take it away, it's still like there.

21:18 Maelisa

I was just gonna say that. I touched it, it was like it's been like 30 seconds now, and it's like still ticklish, or you know, yeah.

21:28 Leah Clements

Yeah. Sorry, go on.

21:31 Alisa

I'm wondering what taste it has?

21:34 Leah Clements

Oh, I have not tried that. [*Laughter*]. I don't know if I can recommend it, if anyone on their own back wants to give it a go, but I'm not instructing that. [*Laughter*]. The next item is this one, which is a sprig of lavender, and also I was going to say Nafeesa and Tahira, some of these we will already have been through in the smelling workshop, not all of the things, but the ones we have. If you ever have a thought about how different it is this time around, you know, the experience of doing it at home, for one thing, but also some things are dry where they were fresh before, then that would also be interesting to hear. But yeah, so this is lavender, so famous for its smell, obviously. But does anyone have anything to share initially? Like, what's the first, the most immediate thing about it for you?

22:47 Aysesu

I would say purple.

22:50 Leah Clements

Yeah. These haven't quite flowered yet. The flowers are purple, but these are like just before flowing.

23:00 Maelisa

Yeah, there's a tiny flower at the tip of mine, and I think my first instinct was to smell it, because it was lavender, but again, I can't really.. I think if I like rub it with my fingers, maybe I'll smell it, smell it better.

23:16 Tahira

Yeah, yeah, once I pressed it with my fingers, I can then smell it really well, and I wanted to share something that I think either you mentioned or one of the other who are leading the session last time, that if those who are able to see the plant, if they can see the at the bottom there is like a lightish colour, like greyish, and on top it's more sort of greenish, and so the reason that is the case is because the greyish part is the one from the last year's plant, and the green is what's been growing from the previous plant; from the previous sort of stem-ish, so that's why there's a colour difference. I just find that so beautiful.

24:00 Leah Clements

Yeah, thank you for sharing.

24:02 Claire

Interestingly, I might, my, I've just got some lavender. Oh, sorry, just got some lavender from outside, and so mine has got the same, the grey/silver at the bottom, almost woody feeling, and then the very alive part at the top, but the, it smells more alive at the top, smells slightly different, and feels very different. So, you've almost got the vibrancy of the new growth and the softness, and then you've got the strength and the sort of the woody.

24:39 Leah Clements

I don't know if I'm imagining it now.

24:41 Claire

Yeah, I did it again, and you definitely did with a slightly different smell.

24:46 Leah Clements

Yeah, I'll just read out what says, "If I could only grow one herb, it would be this. It's such a smell of my childhood. I love the scent and texture and colour contrast to here described." Has anyone else got anything to share before we move on to the next? Okay, so the next one is this [*laughter*], which looks like a ball of fluff. If any of you have a replacement, it will be cotton wool. So, what this is, is the flowers from a pussy willow. They flower in the, or they at least start growing in the colder months. So, this is kind of silky casing that keeps them warm through frost, and then it all kind of falls off in spring, and in Greenwich Park it kind of, there's a particular pathway that just gets covered in this, so if anyone would like to have a go at perhaps describing how it feels in your fingers? Is there anyone who's got the at-home kit who's got the same thing as me?

26:24 Maelisa

I do. It's really like unsettling the tension. I don't know, because I think if it was just cotton wool, it would be really pristine and like cleaned and manufactured, but this has like a bunch of like debris in it, so it's like textured, it's - there's like layers of texture, and if you kind of put pinch it with your fingers, you can feel even more of the sort of it looks, and when you look at it too, it looks like there's like a bunch of different ecosystems trapped in there, like it sort of picked different things up, and it's like, yeah, I mean, it's a very like dimensional texture that makes sense?

27:14 Leah Clements

Is there anyone who's got a cotton, cotton wool as a replacement?

27:22 Ellie

I do. I think it's definitely not, not the same. Is it's really nice to touch. Also, got on these flat cotton pads that have had to open up into like the middle bit of it, which actually is funny, because I feel like they're so, they're so like no cleaning clinical

these things, but actually, once you open them up and kind of like get the fluff out, they start to get quite messy.

27:56 Leah Clements

Yeah, it looks like kind of fun to do, actually.

27:58 Ellie

Yeah, but yeah, I do, I do know exactly, I can remember what they, the Pussy Willow feels like, and yeah, there's the difference between those like gritty bits in it, and then the softness of this is definitely, yeah, very different.

28:18 Leah Clements

Malik says, "I remember this feeling this would be similar to sheep wool." Says "I can't hear Ellie." Can you hear me? Was it just Ellie? Maybe not. I'll type in the chat. Yeah. yeah, you can also.. there were some bits that I managed to collect that were like pure fluff, or like almost pure fluff, which was like way more cotton woolly, and then there are bits where kind of the wind's blown into it, and it's kind of.. yeah, like Maelisa was saying, it's like collected all this debris. Okay, the next item is, if you have that at-home pack, it will be in a brown parcel, like this. This is sage, so it's a small green leaf that's kind of, it might be a bit curled over. Who would like to begin with sage?

29:32 Aysesu

I have something to say.

29:33 Leah Clements

Yeah.

29:35 Aysesu

I was in the hospital for quite a while, so now I am at home resting and every day we're burning sage at home.

29:51 Leah Clements

Can you smell it now?

29:56 Aysesu

I can't smell it right now, it's usually. At night, that we burn sage when everyone's gone, it's a nice activity to do. It's bonding, and it smells good.

30:14 Leah Clements

So, there's like a ritual attached to it as well. Can anyone smell the dried sage at home, or maybe somebody's got fresh sage even.

30:31 Gemma

Yeah, I have some of the fresh sage. I think it's an apple sage variety. It's kind of got variegation, like, so it's green, like three shades of green, I suppose, of really pale, almost like magnolia green, mid green, and a dark green. Again, I think it's part of my chronic illnesses, I don't have much smell, so even when I'm trying to kind of get the smell from it, I can't smell it very much, but I remember how it smells, and even tasting it, it's very fluffy, the leaf is very fluffy and no, I can't really taste that.

31:29 Leah Clements

What do you remember from the smell of it?

31:31 Gemma

I think it's the dried mint, like, so we drink dried mint tea every night, and that, that's definitely stronger, and I can, I can taste it, and it's calming.

31:53 Leah Clements

Thank you. Oh, Tahira.

31:58 Tahira

For me, I am. I don't know. It makes me think of, like, a pizza. I don't know, I don't, I don't know why it makes me think of that. I never, I can't remember ever making pizza and putting sage on it, but I don't know. The smell just seems to go in my mind really well with it. Yeah, it smells tasty. [*Laughter*]

32:23 Aysesu

It reminds me, I also cook with sage as well. I've just made a ravioli with sage.

32:32 Leah Clements

Oh nice. Yeah, I think Nafeesa and Tahira, we were in the smelling workshop, we were talking about it. I think somebody said "it was meaty or something, and it's just maybe an association more than the actual thing itself. I grow it in my garden. I like brushing it. I've never burnt it, but I'm definitely going to try that." Thank you for the idea.

33:00 Nafeesa

For me, I think I quite like the texture, and I'm quite enjoying, like, flattening it out, because it sort of rolled itself in towards the stem, and I think it's quite therapeutic, just holding it in your hands and just stroking it.

33:19 Leah Clements

That's lovely. Thank you. Has anyone got any other sage thoughts before we move on?

33:27 Alisa

I realised that I had to look up translation of it because it didn't like make sense until I knew what it was in my language, like I haven't really used it much, and it's not very much part of like where I grew up. But yeah, it's interesting how sometimes language like helps to relate more, because before like I don't really know this, but now that I know the Russian word, I can have more like relationship with it, sort of, and now I will know what it is.

34:02 Leah Clements

Yeah, yeah. That's so fascinating. How language changes things, isn't it? That you didn't know what it was, and now you know what it is, even though we've been kind of describing it. Yeah, okay. The next item is this thing, which is goose grass, and if you don't recognise it, you might know it as, I guess, it would often be described as a weed at Greenwich Park. There are places, I guess, where it would be weeded, but there are also places where it's left to grow wild, and it has a very particular sensation on your skin. Has anyone want to begin with describing that?

34:59 Nafeesa

I think it's a bit scratchy on the skin, and your fingers sort of get stuck in it, and it's a bit sharp as well. I think I'm not sure whether it was this walk I experienced in the last one, where we were feeling grass, and we felt there was, but I feel like once it gets dried, it gets even more sharper, maybe just to protect it from wildlife or something, but yeah.

35:27 Leah Clements

Yeah, no, we didn't have this in the, in the last workshop that we, that was just like the most common variety of grass in the UK, and even that was a bit sharp, but this is sharper because it is designed to be like this, and I think it maybe is even sharper when it's not dried.

35:49 Maelisa

Yeah, I think you can imagine also what it's like to have it in like a collection, and it might brush up against your skin and be really even scratchier, but it's really sturdy, and it's like joined together at these different points, like, like joints, and in like a kind of sturdy way, like if you maybe tried to pull it apart, it wouldn't necessarily give that easily, but yeah, that's what I noticed too.

36:24 Leah Clements

Yeah, it's true. It's kind of modular, and like the leaves are where the joins are.

36:28 Maelisa

Yeah, exactly, exactly. And yeah, it's like a little like robot, not robot, but like Frankenstein piece of grass. *[Laughter]*

36:38 Aysesu

...like stick land.

36:40 Maelisa

Yes, exactly. Yeah.

36:43 Leah Clements

Oh, Malik says, "actually, I have eaten it, but I don't know if this is the same thing I put Indian goose grass in salad, and it was very nutritious." My God, that sounds amazing. But was it spiky, Malik? I'll just wait for the captions to catch up. Oh, in the meantime, I'll say this. "Oh, he says no, that.. ah, they're boiled." Okay, yeah. I guess I guess you can like have nettle tea and stuff, and then there's this thing taken out of the net. Okay, that's so interesting.

37:26 Claire

I've now realised why Malik and I are friends, because I've eaten it too. *[Laughter]* I think I call it.. hang on, I've got mine here from the garden. Is it? Does it look like that when it's...

37:40 Leah Clements

Yeah, yeah, it looks very different, doesn't it?

37:43 Claire

We call it sticky weed, and it's a, it's a really amazing lymph tonic. So, as I had cancer in the lymph, it was like one plant that I really felt an affinity to, because it helps clear the lymph nodes and cleanse the body, so I felt like it was my friend for quite a while, and I had to nibble little bits of it whenever I could, and you can put it in ice cubes, and it's really nice at a gin and tonic, which probably isn't good, but...*[Laughter]*

38:13 Leah Clements

Oh...

38:17 Claire

...add a bit of vegetable where you can.

38:19 Leah Clements

I didn't know we were gonna get that from today. *[Laughter]*. Mim says...

38:25 Claire

...and you get the cucumber bit for taste as well.

38:28 Leah Clements

Okay, yeah, yeah. Sorry, I didn't. Why didn't I ask, what is the taste? Cucumber-y, did you say? Oh, sorry, you're muted, Claire.

38:41 Claire

Sorry, yeah, it just came in on the chat that it tasted like cucumber, and it has got a very cucumber-y taste.

38:47 Leah Clements

Oh, yes, sorry, yeah, Mim says "I fuse it with water overnight. It tastes similar to cucumber." Yeah, I did not know that. You are all brave, it's apparently it was the inspiration for Velcro, this plant, because it gets stuck to you as you pass by, and animals as well, and then it will unstick as it brushes against other things, and that's how it reproduces. So the next thing is this, which is lamb's ear, it's a very small, just snap to mine, because it's dry. It's a very small leaf, it's very fluffy. And I think the most outstanding feature is the feel, so would somebody like to begin to describe that? Ellie says, "we used to call it sticky bud when I was little." Is that the goose grass, or the, yeah, the goose grass, I think? He has anyone got a lambs ear at home? Sorry, Nafeesa, are you about to speak?

40:06 Nafeesa

Yeah, so for me it feels like felt that I used at school, like I'm sure you could just cut it up if you had like a big sheet of it and then make something that you like. It's so nice and soft, and it's really, it's really calming to feel on one side, I think. I noticed that maybe it's plain, but then on the other it sort of got like lines to - like as a leaf, so it's quite beautiful. I think it's silver or something, so it's quite nice, actually. I think it dried up really, really nicely.

40:43 Leah Clements

Yeah, it is silver, isn't it? And it looks like it's kind of covered in frost, I think. It looks like something dangerous to eat. Yes, it does. I actually don't know. I don't think it is dangerous to eat, but I wouldn't recommend eating it. [*Laughter*] I think it's quite

different when it's dried as well. It stays just as soft, but when the leaf itself is also soft, then it.. I think that's why it gets the name lamb's ear. It's almost like warm, it's.. and it's like really flexible. But I've just snapped mine now, because it's dried, but it has kind of retained that that soft surface. Has anybody else got one at home?

41:28 Alisa

Yeah, and I imagine, like what he said about the other one, that it probably also works as a transporter of other seeds, because mine has, like, several other small seeds inside it already like stuck, so yeah.

41:45 Leah Clements

Oh, you are you still talking about the sticky first?

41:48 Alisa

No, this one, but it also has like I can't see, but they're like small seeds that got stuck to it.

41:54 Leah Clements

Oh, really?

41:54 Alisa

...attached to it. So yeah, just imagine that maybe it also with this like soft things that it can catch other seeds, but maybe, or maybe it was just this one.

42:07 Aysesu

I think it does. I have the sage in my hand, and I think it does. I feel like it's the same one.

42:17 Gemma

I've got the lambs here in my hand, and if I feel like it's so pliable, so you can move the leaf, because it's quite a long leaf I have, and it just moves really sinuously long ways, and then, and you can fold it on itself, and it's just like it feels like the leaf

itself is so fine, but the fluff is the main bulk of it, so yeah, it's just, just feels so nice, and the stem too is fluffy.

43:07 Leah Clements

Yeah, I think it feels a bit animal as well.

43:15 Maelisa

Yeah, I was going to say I don't know what a lamb's ear feels like, but immediately it's like a feels like a very accurate name. It feels like cartilage, but like thin, but mine's not too dried out. I have the at-home kit, but it, it, yeah, it feels almost like disturbingly, like, like animal creature, like it's got like a, like a, like a weight to it, and like a thickness with the fur, so yeah.

43:46 Leah Clements

Disturbingly animal. [*Laughter*]

43:50 Maelisa

Yeah, Sorry. [*Laughter*]

43:52 Leah Clements

Um, Ellie says "it reminds me slightly of sage leaves." Yeah, that's something else, said that didn't they? It's they're very similar, like shape and size, and even the corners of it are like ruffled in the same way. The edges, perhaps they're in the same family, although I don't know that they are. Has anyone else got anything else to say about the lambs here before we move on? No one, no. Okay, okay. The next one, Nafeesa and Tahira don't give away its other name yet, so you should have this one if you've got the at-home kit, and if you can try smelling it before you open it, if you haven't already opened it, because it's quite strong, and then perhaps we can open it and take a closer look, and maybe the smell will kind of come out as well, so. Would anyone like to give describing that smell a go? Oh, I didn't give its name, I said don't give away its other name, and I didn't give its first name, so it's called a snap dragon flower, because when it's not dried, if you pinch it, it's apparently snaps like a dragon's face.

45:37 Ellie

This is out of memory. Yeah, I do remember it being quite sweet smelling. I don't know, I could be wrong. Yeah.

45:54 Leah Clements

Yeah, I think it's sweet. Aysesu says "I think we call it Karan Phil in Turkish." I'm probably murdering that pronunciation. Sorry. And Malik says this, "I expected this too." Yeah, it's.. I think it's got a really particular smell. The so do either of you remember Nafeesa or Tahira what the other name for it is, which, like, describes the smell, basically.

46:30 Nafeesa

So I can't remember, but my memory smelling it, I maybe it is one, maybe for some reason it smells like cotton candy, you know, candy floss to me, and so like delicate, and I think I just love to eat it, but I don't think it's recommended.

46:52 Leah Clements

Candy. Okay, yeah, it's so.. what it's the other name for it is the custard flower, because it's supposed to smell like custard, which I think it does, but I think somebody in the smelling workshop also described it as like vanilla smelling, which makes sense.

47:20 Aysesu

Is it dry?

47:23 Leah Clements

Dry? Yeah. Is there anyone at home who hasn't got it? Who, if I hold this up, might want to try and describe what you can see.

47:42 Aysesu

I see a human with the heart in it, but the little hands and the skirts and the chakra hearts, and it can fall, but it's delicate, but it's strong, but it could snap quickly.

48:09 Leah Clements

I'll turn it around. That's the back. I did not have an equivalent for that. If I, if I did, I probably would have said, bring some custard, but then I think that gives the game away a little bit, and also quite a strange thing to have a semblance on your desk or in your bed.

48:31 Claire

I went outside and got a Snapdragon leaf.

48:33 Leah Clements

You have it, okay?

48:35 Claire

Just the leaf, but it's really interesting hearing you talk about how sweet and vanilla-y it is, because the leaf is pungent, sort of stringent, and it almost - I would describe it as smelling like green metal, so it's very different, not vanilla-y at all.

48:55 Leah Clements

Yeah, that sounds really different. Okay. the penultimate thing is the soil, so I'd like you to try and touch it, but if you do have an aversion to that, or you just don't want to get your hands dirty, then then you don't have to. Your description of the fur was beautiful. Thank you. Oh, that's to me. Thank you. Yeah, who, who has some soil that they would like to describe?

49:50 Maelisa

I do. It feels kind of similar, though, a lot messier to the, to the cotton, the pussy willow cotton, and, yet it has so much different mine, at least has like finer bits of soil towards that that had collected towards the bottom of the bag, and then bigger bits at the top. But similarly to the to the to the cotton, it has like other bits in there, like a few rocks and mulch, and there's one bit of soil with like moss growing out of it or something in mine, so again it's like a sort of encaptured ecosystem in this one sample, but it is messy and it kind of smells really, really earthy. This one feels like it smells stronger than the other ones to me. But, yeah, it's really interesting to feel. I don't, I don't do that a lot.

50:52 Leah Clements

Yeah, I feel like some of these things take you back to childhood, when you were more involved.

50:59 Maelisa

Exactly when you would feel the soil. I mean, it's something maybe I should still do, but I don't. I haven't done it in a while until today.

51:06 Leah Clements

Yeah, I was originally going to ask you all to like pour some water in there and get really involved, but we're quite low on time now. So I will just briefly touch on the final one, and then I'll leave with final thoughts, because I don't want to push anyone's energy, so the final thing we have is mint, and I think I'll ask you to do the same in a way as we've been doing throughout once this call ends, or once you have some energy back after this call ends, and another thing you can do once you've tried kind of looking and smelling, is you can, if you like, you can put it into a cup and pour some hot water on it, and drink it as a tea. And this particular variety is chocolate mint, and so it's supposed to smell like chocolate. I don't think it tastes much like chocolate, but the smell, but so I'll end there. So, yeah, the final thing I wanted to leave you with was I was thinking when I was developing this workshop about accessing the park at home, and I was thinking about my own experience of being chronically ill and not being able to leave the house very much at times, and one of the things that I have found a really useful resource is dreaming, so being able to visit other places somehow without actually leaving the house. And so I would just like to invite you all to try to dream about the park tonight if you like to. You can leave that invite where it is and not take it up, but particularly if you are having trouble getting out, that you could try to, as you're drifting off to sleep, kind of recall some of these smells and tastes and textures and descriptions of them, and kind of situate yourself within the park with all those things, and I have made a video that is just, I think it's seven minutes long, and it's just got some still shots from different locations in the park, but I think Jack, you could, if you've got a moment, you could share in the chat, but we can also send it afterwards by email if you'd like to refer back to it, so you can, if you like, you can watch that and kind of combine those things with what we did today to try and dream about the park. There's an audio described version as well, for anyone who needs it, or you can just come back to it and watch it when, when you need to just kind of see and hear the park. Yeah, so thank you so much for joining. If there's any very brief comments or questions just before we wrap up, then say so now. Now's your chance.

54:14 Nafeesa

Really quickly for the second thing that we looked at, the grass. I had, I had a thought, which I wanted to share. I was just thinking, like, you know, with my eyes closed, imagining it, if it was in the field. I was thinking of, like, gushes of wind, and how beautiful it would look like waves. So I thought I should just share that with others, just in case it's nice for others to imagine as well.

54:41 Leah Clements

Yes. that was beautiful. Thank you. Malik says that "mint is a perfect touch for biryani. Thank you. So many recipe suggestions. "We call it Pakistan dish. Without it, the dish was incomplete. Mint is one important for a touch or sprinkle on Pakistani dishes is more like", sorry, I'm gonna mispronounce this, "Dhaniya", sorry, I'm dyslexic.

55:11 Tahira

It's, it's Dhaniya, it's coriander.

55:14 Leah Clements

Okay, but sour, okay, thank you, Ellie says, "thank you so much for the workshop." Yeah, okay, Malik said the same thing. Thank you. Yeah, thank you so much, everyone. Yeah, we'll follow up with those forms, and yeah, please do keep in touch. I really have enjoyed it a lot. It's been really lovely sharing all of this with you. Thank you so much for coming. I hope you've enjoyed it.

55:44 Maelisa

Thank you.