

Making The In**visible** Visible

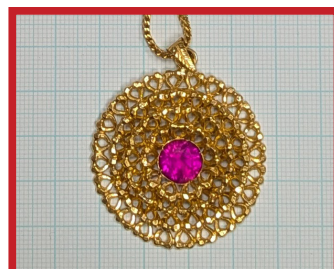
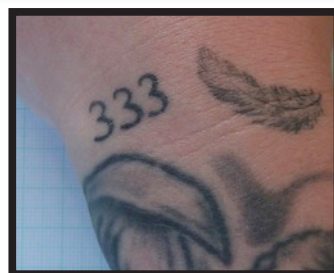
By Eric MacLennan and the Collective Effort

Transcripts from interviews

Making The Invisible** Visible** shines a light on the small things in life that we take for granted, using everyday objects to reconnect us with friends, nature and our home town.

These are *transcripts* taken from interviews with 7 local community groups in and around South Shields.

Some of the text remains colloquial and informal honouring the original wording used in the audio recordings. Other voices and gestures appear in italics.





Auntie Emily Photo Frame

So this is a photo frame that I got just after my auntie passed. She had two photo frames above her bed. This one and then one of her and my brother from the same day. So a couple of months after she passed, me and my brother got given these frames to keep for ourselves.

So I've decided, like, I'd decorate the top of it with her name and all that. I think I would've got it about five years ago now. She died about 5 and a half years ago. I was always quite close with my auntie, like, I'd do everything with her, I'd always be like, well, when am I next going over? and all that sort of thing

And I looked up to her quite a bit.



Blue Pyrex Gravy Boat

I'm Janette. This is my mum's gravy boat, or sauce boat I suppose, and it's Pyrex. Pyrex of course created them: it was made in Sunderland, which is where I was born and my mum and dad were both born as well. But this was always on the table on Sunday, dinner time. And, it represents home, but it also represents how hard mothers worked, which is part of the story. Um, it's quite small for a gravy boat, and I think sometimes it was probably the mint sauce boat or something else, as well.

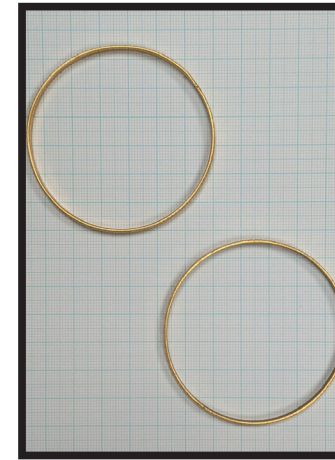
I mean, we had a lovely upbringing and my *mam* - and she was my mam, actually, she wasn't my 'mum' in those days, I grew up with a *mam*, which is kind of an important part of the story - and when I was about 11, she actually became a teacher, she started

going back to college and she became a teacher, so she worked full time from when I was about 11, but then she was also responsible for all the housework and so on, because that's what mams did.

Um, and Sundays must have been one long day of work for her. Because when we - when my mum and dad had a bit more money, became a bit more affluent, she'd do treat Sunday breakfasts, you know? So she might cook a proper Sunday breakfast with, you know - sausage and black pudding and bacon and things. And then, you always had Sunday dinner at dinner time. So there was the full roast and Sunday dinner, and everything had to be done from scratch in those days, roast potatoes, whatever, you made it all. And then some sort of pudding for afterwards, which also had to be made - like apple crumble or something.

And then, not always, but quite often, she would bake at teatime and there'd be - you know - corned beef pie or something, or maybe custard tart. You know - to be baking as well! And looking back, we just accepted that at the time; that was Sunday. It was all about lovely food and, you know, being at home and stuff.

It was a whole day of slog, wasn't it, if you were a woman in the 1970s, it was a whole day of work! So *that* [the gravy boat] sort of represents, you know, it reminds me of my mum who, you know, she was my best friend, really, you know, I was her little shadow. Um, and it also reminds me of, you know, how much effort and work she put into... to making a lovely life for us.



Bracelets for Special Occasion

I like this. When I go to a party I use this. And this one. I like the...

Would you like to speak in your own language and then we can translate? If that's ok?

A friend then translates... It's something she wouldn't usually wear, so obviously when she goes to occasions, parties, or something, where you want adorning and it makes her feel special.

Where did she get it? It's from a local shop. A local Asian shop.

All the time I use this one (*in my hand*).

Thank you.



Bracelet from Mum

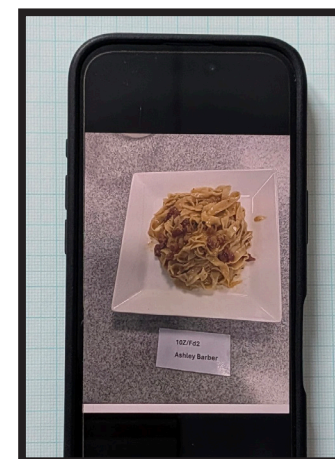
I brought this bracelet today because it belonged to my Mum. My Mum passed away a few years ago, and this is one of the things that I have kept from her.

To other people, it might look like just a bracelet, but to me, it's much more than that. It reminds me of my Mum, her love, her strength, and all the memories we shared together, even when we bought this bracelet together. Whenever I hold it or look at it, I feel it, I feel connected to her.

It brings me comfort, especially on difficult days when I miss her most. Over the last few years, my life has changed a lot and I have gone through some very challenging times. And this bracelet reminds me where I come from and the people - the people who

helped shape me into the person I am today.

So for me, it's not just a bracelet, but a symbol of love, of family and a bond that continues even after someone is gone. That's why it's such a meaningful object to me.



Carbonara

I chose to speak about cooking because ever since I was little I wanted to become a chef and I picked Hospitality and Catering for my GCSE options and it's just been like really fun making new meals and that.

My favourite dish to make is making Carbonara from scratch, because I make it for me and my family sometimes.



Cyprus Fridge Magnet

This is a Cyprus fridge magnet. Cyprus is a pretty important country for me as my grandparents live there and have for over 6 years.

As a result of this, I don't get to see them as much as I'd like to, but this magnet helps remind me of them - even when they're thousands of miles away.

We've always been close, me and my grandparents, so being able to recall my past memories with them with just a magnet is pretty special. I only get to see them once a year, so this magnet helps us stay close when I'm not with them.



Framed Friendship and Fairy

Okay, my name's Jeanette and my object is my friend Pauline of 60 years. Um, sadly, she passed away in November. She used to always buy little gifts whenever you did anything for her. Um, so she bought that so I put it in a frame ages ago and I saw this little fairy stroke Angel in a church fete, so I bought that and attached to it.

Um, I think when you've known someone so long. She was like a sister I never had. Uh, together through marriages, divorces, sickness, whatever. Um, and she was always so caring. And I was with, when her mam was ill and passed, when her husband was ill and passed, when her dad was ill and passed, and sadly, I saw a Pauline on the Saturday, and she passed away on the Wednesday night suddenly, um, and due to the length of time, everything took

you weren't allowed to see her. Um, because it was three weeks later on things deteriorated, obviously. But I spoke to her through her closed coffin, but I think a part of me will always be sad, because I couldn't have been there for her.

And hopefully this way, by remembering her, I'll be able to in time, think of all the good times and the other things were shared because some of them were hilarious, obviously some of them are sad. But she was always immaculately dressed, honestly, she never went out without her makeup, jewellery, she wouldn't even answer the door unless she was fully made up it's just the way she was.

I must admit I miss her terribly and I hope wherever she is she is happy. That's all I need to say. I don't think I can say anymore.

She was always buying little phrases. *Sorry, could you read it out? Or would that be too much? I can read this out. That's Pauline. Sorry, I knew I would be like this. Having a friend like you has helped shape me into who I am today. You've been there for all the big and little dramas in my life. And with you, I've laughed more than I have. With anyone else ever, you built me up and in brackets and knock me down when I need it. And I know you will always be honest with me.*

So that's the frame there.



Dharmachakra

Okay, thank you so much for giving me an opportunity to share this experience and the beautiful thing I have in front of me.

Actually, this is a gift given to me by the prime minister of Sri Lanka, a friend, a monk who was actually watching me before my marriage. I was going to temple every day, so I have a habit before going to office, I used to go to temple. So, he comes across so many people every day and I don't know, he was watching me and I was also watching him. He was in a yellow clothing and bald, a very heavy, studied man.

So I thought I, why is he watching me? I say, I must not stay, and I go. So one day he asked me about myself, and I shared that I'm going to get married soon. And he said, I've watched you pray and coming. I said, I'm thinking about my parents and said I don't want to lose my parents and there's nobody to look after them. My brother did love marriage so I'm very protective for my parents and I don't want to, go ahead, but it's time to get married. And I'm just praying for my parents every day. So he said, don't think about them. They have their life, you have to start your life and you have to give birth to someone, a new life. It's a chakra.

So this is a Dharmachakra. Life goes like this. And second thing, he said, always do good things. You're a good lady and always do good, because whatever you do, it will come back to you. So it had always been harmony with all creatures, so you can see it has a fish symbol of light turquoise. Tortoises and other spiritual symbols. So whatever is there in the world, it's all one, like creatures, like trees, people, nobody is different.

We all share same feelings. Whenever we are sad, we cry. Whenever we are happy, we feel good. We laugh. So across the world, if you see life Africans are like black, English and white, we are British. So we have difference like for, you know, our culture, our skin tone, but the feelings across the globe is same.

So he said, I will give you something. So on Full Moon Day, they made some prayers in, region of Bihar. Bihar is the state of India, a very spiritual state. So all the monks, like more than 2,000 monks, you know, collected there, and they did all prayers. So they distributed these gifts to some special people.

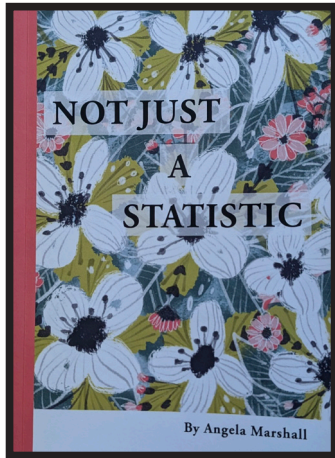
So that monk bought it for me, and he gifted me, chanted all mantras on this, and then he gifted it to me. So then after I got married in 2017 and I came to UK - since then I've never been to India. This is the gift I keep and I promise that after two, three months, I'll come back to India after honeymoon, we are going for honeymoon to UK, but I am still here!

(A long honeymoon!). It's been a year in UK and I just, you know, just keep it with me in my prayer room. And I always say, check this and I just pray with it. And I remember that monk. He made my mind for marriage. He made me free from the worry of my parents - what will happen to them once I'm married, I'm gone then how they will manage and all that - so he gave me a life lesson that it's a life is a like a chakra, like a wheel.

Your parents gave you birth, you have to give birth to someone. You have to carry on. And always do good, whatever you give to society will come back to you. So I always make sure that I will not hurt anyone. So I do take care of that thing, that I'm on this earth, and none of the person like any insect or any human being should get hurt from my side, no.

My existence should not be creating any hurt to anyone.

So I follow these two things. *Wonderful.*



Book

So I'm Angela Marshall and I hummed and harred about what to bring today, because I thought it had to be something small and every day. And then when you said the making the invisible visible I thought that well both of them would do that whether it's disability or whether it is miscarriage and pregnancy loss.

Both are very invisible things, and I went with the miscarriage and pregnancy loss because I have a book. So if you don't mind, I'd like to start with the poem from the book, if that's okay. And I hummed and harred about which poem to do and I'm going to do the one which is called Not Invisible because I feel like that works with the topic.

So, Not Invisible.

*I never told you I was pregnant, that there was a baby on the way
There wasn't anything visible because I simply didn't say
I didn't have a baby bump, something you could see
I never told you, of the child I carried - the mother I was about to be*

*And now, the baby has gone, there is nothing that remains
Nothing to say that they were here, just the lingering pain
But if you were to look closely and find what I tried to hide,
You will see, they did exist, they were real and then they died.*

*I don't have any photographs, nor any clothes or shoes
But I do have my memories and those I cannot lose.
And of course there are the dreams and names for a girl or boy
Maybe there's that book I bought or the perfect little toy.*

*And if I were to show you the box that is under my bed
You'll see the vest, I thought they'd wear and all the books I'd read.
So, I can see it clearly the way in which they should have been
And all these things I've listed are ways on which they were seen,*

*Miscarriage is not invisible it is very much real.
Something we should talk about and something we all can feel.
So please don't shy away from my loss or pretend it didn't exist
Because they will always be my baby and they will always be missed.*

So that was a poem that I wrote, one of many poems that I wrote around miscarriage and pregnancy loss. And the story started really with our first pregnancy. So, our first pregnancy was - well my daughter's 17 now - so 18, 19 years ago and I went into that pregnancy as you do full of hope and you know, pregnancy equals a baby and we learnt the hard way that pregnancy doesn't equal a baby. We lost that first pregnancy.

And this is a photograph is a bear that my husband bought me so this is basically what I came home from hospital with, and this bear means like, I've still got this bear and this bear's older than my eldest daughter but this bear means so much because both my daughters have adopted it and taken it to bed and sleep with it, so much so that I can't get it back because my youngest daughter who is 12 at the moment it's currently in her care and every time I take the bear back because I want, it finds its way back in her bedroom.

So um, so that's what I that's what I left hospital with for the very first time.

So the book came around after the third loss probably. I'd started because I write poems. That's, that's what I do. I write poetry and after my first loss, I didn't really write um, I didn't really write anything. I kind of went from that loss to being pregnant with my daughter and that had its challenges. I suffered from severe personal depression because it was meant to be a rainbow pregnancy. It was meant to be, you know, straightforward smooth sailing and it just wasn't um But in my head, that's what I deserved. So I had severe postnatal depression, I really struggled and that took a long time to sort of get over that and have our second daughter. Um, and then after the losses, I started to write poetry. And, somebody was like, you know, you should put together in a book. And like I think like, you know, it'll if it helps somebody else, then you should put together in a book.

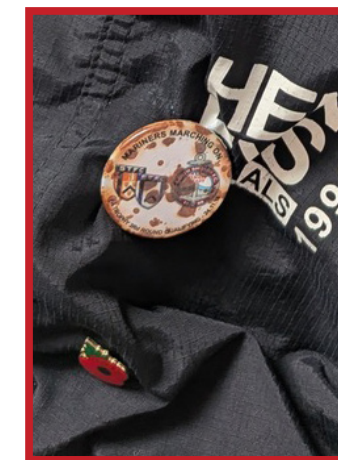
Around about the same time, I'd written a short play. That was performed at the Arts Centre in Washington and actually won an award in the one act play festival. I won the Adjudicator's Award for I think the message that it was trying to convey, but also between me and my husband, we also wrote a short play for the dads as well because I think dads get forgotten um, in pregnancy loss.

So this is obviously this represents sort of, it's an achievement. But what it's also got that my friend drew for me, which if I was ever to get a tattoo, this would be what it would be. It's the very first thing in the book. So, it's probably the only picture that I'll ever have of sort of all of my five pregnancies um, because I'll never get a picture where I can kind of put them together.

So it says:

***'there are those who sprout their roots and grow,
there are those who spread their wings and fly'.***

So the two flowers are my two daughters and then the three butterflies are the three pregnancies that we lost.



Grandad's Coat and Mariners Badge

It means quite a lot to me, because before he passed away he used to love going to football games. And every time he went, he took this specific coat.

I used to go to said football games - it's why I'm a Mariner - however, because of, because of how he's passed away, I can't go to football anymore.

So, I believe that the coat itself is just a reminder of how even when you're not there, they're still there in some way or manner. Like, either it's in your heart or something like that, or just, like, as a little item to remember them by, and it's just little things that they used to have, used to own, used to do daily, you'll just like, remember.

You won't remember - well, you will remember some of the big things - but will mostly remember the little things in more extreme detail.

Which is why they become so important to you in the future and why keeping these things always make you happy and proud of it.



Great Grandma's Dressing Table

This is my dressing table.

It was originally my great grandma's.

She was born in 1899, and I've got a feeling in the dressing table dated from around 1916. It's far too big for my bedroom, but when I lost my mam, this thing had come right through the generations, and there was no way I was going to part with it.

I, as a kid, first in my great grandma's, then my grandma's, and then my mam's, looking into this, dressing table, looking into the mirrors, and sort of seeing myself in another world and in another era. It was also great for posing in front of as I grew up.

And it kind of represents all the generations of my family in one place, and it's like a repository for those things as well.

So on the dressing table, I've got my step granddad's pocket watch. And I've got a composite photo that my mam pulled together into a photo frame on the left of the image, there's a picture of my dad, top right is my grandma, my mam, and bottom right is my great grandma.

My grandma was such a character. She was just absolutely amazing. She was she had quite a tough life, but she was a huge personality, well read, and fierce drinker, always interested in human rights and animal rights as well, as she used to look after any stray cats or dog that she could get hold of. She was just a marvellous woman.

And there were also images there of my late partner, Dave, who I travelled the world with, and there was one point in Madeira when we were working there as musicians, where we went up to this balcony in the mountains and he loved the site of nature, so what he decided to commune with it. It's one of my favourite images of and even though it's a bit rude...

After that, of course, came my wonderful daughter, and there's a lovely picture here of my mam and my daughter when my daughter was about three or four at a birthday party, and the look of joy in my mam's face is great. You can't see my daughter, but she was really cute. And the fairies all over the dressing table, they are from my daughter's collection. She outgrew them, and now they are a non binary person, and they would never even engage with anything so girly. But I keep those fairies because they're a memory of how she was at that time and at that age, and the person they've become in a different way now, and I love them just as much.

Meanwhile, also on the dressing table, there's something very relevant to today, which is it's a piece of work from the Glass Centre, which my mum was given as a retirement present when she retired from working as an administrator at Newcastle University. And I think it's quite poignant because it was her retirement present, and I took this photograph on the day when the announcement was made definite that the glass centre was closing. So yeah, this whole the whole thing about this dressing table is the way it puts me in touch with all of my family and all of the moments there. And I suppose the big story is that we were a very small family made up of mostly only children because none of us had much money. And so the things that we had got passed down very, very holistically from one generation to the next.

So I've got this rather magical sort of totem living in my bedroom.

My name is Jude, by the way.



Fisherman Figurine

So, when I was younger, we used to always go on holiday every summer, but it was always to caravan sites up and down the country, like, holiday sites. And this one year we went down to Cornwall.

I think it was Cornwall. I can't remember it was somewhere down south and like a fishing village or something like that. And we purchased a wooden figurine of a fisherman, and it was a one piece carving, and he was in an orange like cagoule jacket with a little pipe and a little beard.

I can't remember where it came from. We took it to my nana because my granda on my nana's side was a fisherman and who died when I was very young, one, maybe, I never remembered who he was.

So this obviously sort of figurine stayed with me nana for about 20 years and then when she passed it went to my dad, and it's now still at me dad's house. Now the little pipe's broken off and it's got a little bit of BluTak in where he used to have a cocktail stick.

And so it has that memory of all the stories that people used to tell about my granda, who was a fisherman, even though this guy, just bare in mind, never looked like the guy in the wooden carving either. But then also has the memories of me nana as well. Then obviously my dad a little bit now, I suppose, as well. And now, obviously it's orange coat, the paint's faded a little bit, and I think I even attempted to find out where it was made at one point, as it I had a little sticker on the bottom but I couldn't figure it out.

It's just a sentimental object, I think between me, even my sister, as we'd say, "That's Granda Bobby, that", whenever we seen it.

And it still sits on a shelf, in the spare room in dad's house, to this day.



Little Black Torch

It's my Little Black Torch. Can everybody hear? Yes.

I've had this about eight years. It's unremarkable. It doesn't cost much. Two pound. But just before Covid I started having trouble with my eyes. And every evening, when I tried to go out, I couldn't see - I got like blindness.

So I got my little torch out. And it just saw me all the way through Covid and afterwards - I still use it. Although I've had my cataracts removed, I still can't see in the dark. I don't have carrots!

So, this little torch has been to Scotland, up in the Highlands. It's been to London. It's been to Portsmouth. It's been to the Isle of Wight. And it resides in my house. And when I go out at night, it's always with me. It's my little friend. So, I keep it where I keep all my valuables, all my jewellery. In my drawer. This is where my torch stays. So if I'm burgled, do you think that they're gonna take my torch? I think they probably would! But that would break my heart.

So it's my best friend.



Gold Pendant from Dad, Deep Pink Heart

OK, so 35 years ago, I walked into a Gold Shop with my father and my mother, and my dad says “Pick an item, pick a gold item”. It was an Asian jewellery shop. Go in. And I was like, my dad’s asking me to wear jewellery, gold jewellery, I don’t like jewellery, you know, I don’t want it, but, anyway, in the end, I must have pointed to, this pendant and chain and he must have thought, well she’s chosen that, let’s buy it.

And that’s what he did, he bought it for me, and I’m thinking, I’ve never wearing gold, I don’t like gold, at the time, I didn’t appreciate it at all. And then, obviously, gradually over the years, my mum used to buy gold, because us Asians, we do like our gold. And she started a collection, but this one was specifically, what my father bought for me. And 15 years ago, he passed away. And then, my mum passed

it down to me when she was giving away her gold, she gave me my chain and my locket. And I looked at it and it just meant so much more than when it did as a child, you know, a 10 year old.

So that’s it really, it’s like the memories of my dad within there and I appreciate it a lot more. And, looking at it - I don’t wear it on a daily basis - but sometimes I’ll open up my jewellery box and I will wear it because it reminds me because life is busy as it is, you know, family, jobs, everything, and, you kind of, your parents are there, the memories of your parents are there, and they’re with you, but when I wear that chain and every time I look at it reminds of me and my Dad and it reminds me to say a prayer for him as well.

That’s really important for me, and why I appreciate it even more is that when I was on holiday 10 years ago, I lost it. You know, I didn’t lose it. It actually was nearly stolen, because I got mugged, kind of, it got ripped off and it flew... that’s another story itself, but, it got ripped off.

I was asleep. I got ripped off and the locket had fallen onto the bedside. I was obviously... I found it eventually on the bed, just the locket, but not the chain, the chain had been stolen. So that just reminded me that my dad never left my side. He was always there.

And, you know, when I came back, I had to buy another chain and put it on there. So it’s there, it’s there. And I do wear it more often than I used to.

And it’s just to say that my dad’s there and I appreciate him more, I think, that I’ve lost him now. I wish I did when he was alive, but, it’s my memory.

And that’s why I love to wear it all the time now.



Gold Chain to Remember my Sister

(Translated into English)

So this piece is important to me because my sister loves it and I wear it all the time to remember her.

She is my strength and my primary source of support.

Family means so much to me because I have been away from my own family for sixteen years.



Hungarian Scout Tablecloth

My story, which I’m quite proud of, is that in 1997 we took 18 scouts to Visegrád in Hungary. They’ve been over to us, as a trade-off in 1994. They joined our Gang Show which is a performance by Scouts and Guides. And they came over.

They did their National dances and in 1997, we were invited back to them for our summer camp.

So I’m quite proud that I was part of it. The youngsters had to raise their money to travel, to fund themselves. We did all sorts of things in those days, raising funds. This is one of the tablecloths that I bought and I’m quite pleased now, with the Ukrainian Community, they come to our church and they have their Feast.

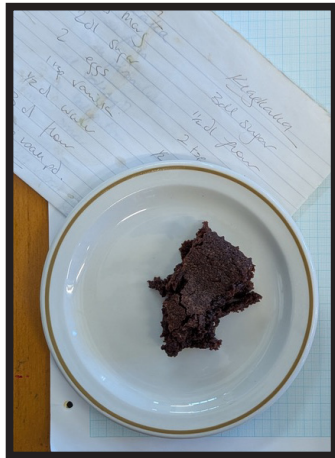
And I bring out my table cloth after sitting 30 years in a cupboard! It comes out now when they come because it’s colourful and they have similar flowers, And the other things are from Visegrád was where we stayed. Most of the scouts were from Visegrád and so we stayed with the families part of the time.

Which was interesting. We had to encourage them to eat anything they were given. So of course, I suppose it was a bit like a continental breakfast, you had cheeses and hams for breakfast. On Camp, there was a big cauldron that they kept going 24 hours a day and it had fruit tea in it, and it was absolutely delicious.

It’s not the same over here. And then we went to Lake Balaton. Well, we studied in the monastery right up on the top floor of this Monastery and the bells would be going off through the night.

We had to encourage the boys not to stare. Because it was natural bathing there! So, yes - it was quite interesting. And also they were told not to speak English because we - It’s for the Hungarians only - but the bathing area where we were. So they said don’t speak English. Keep stum! Sometimes you might get thrown out, and one of the other interesting things was as we were getting off the aeroplane There were all these guards with their rifles.

But, yes, we had quite an interesting time. The alarms were going beep beep beep all the time because obviously Scouts have a Scout belt and we forgot that! So everybody had to take them off. That’s, that’s my story.



Kladdkaka

So this is my object, and it's just a rather tatty looking object, it's a recipe - well, two or three sheets, torn out of a notebook. Just like you would ordinarily have at college with two or three [counts] oh five recipes on it actually. But if you look closely at it, you see that it's some of it is a little bit sticky where it's had butter splashed on it and it's quite faded. And if you look at it carefully, you'll realise that it's not measured in ounces or grams. It's measured mostly in decilitres and it has things like vanilla sugar on it, which is not exactly common around here (though you can buy them in "Ahmeds"... quick shout out there for them!) And this is a reminder, for me, of the time I lived in Sweden. So, when I'd done my degree, I didn't really know what I wanted to do... And I saw an opportunity to... (my father always used to say, "I've paid for you to

do two degrees and then you want to be an au pair!") ... I saw an opportunity to go and work in Sweden with a family and in a university town and I decided I was going, literally decided and moved in about 10 days flat. And I did go kind of as an au pair but really just as family company because the kids were old enough really to be left on their own, they didn't really need a lot of au pairing anymore.

So I did some research at the University but I also got involved in one of the "nations". At university in England, you usually have one student union - unless you're Oxford or Cambridge, when you have colleges where things happen, kind of in a college. Well, in Sweden, in Uppsala and Lund, that's a bit like Oxford and Cambridge and I was in Uppsala. So instead of one Student Union, they have a union type building for every one of the regions in Sweden. Which has local food delicacies, the regional papers and things like that. And if you're a foreigner, you don't have a nation to belong to, so you either join Uplands, which is for Uppsala or Stockholm because that's kind of standard 'incomers' place. And so I joined Stockholm's Nation and on a Sunday afternoon, I would go and work in their Cafe. And so that's where I first learnt properly how to bake on a mass scale.

And one of the things that I did as a standard cake, every single week was a thing called Kladdkaka. And it's what Swedes have as birthday cake. So when it's your birthday in Sweden, you get Kladdkaka in bed with cream on it. It's called sticky cake so you can get it in the UK, you can buy it in an Ikea Cafe and if you go to London to one of the Scandinavian restaurants and cafés there.

Actually, when the Scandinavian Kitchen Cafe closed in Covid, the girl who ran it (who's actually a Dane but we'll forgive her that!) wrote a cookbook. And so you *can* actually find the recipe for this these days - because of course, these tatty pages predate of the web - now you can Google and go "I like that cake, how do you make it?". Um so you *could* find it now but this is *my* secret recipe and it's going in my funeral booklet. I won't share it with anybody. I keep saying it. When I die you can have it. It'll be in my funeral booklet!

I don't eat chocolate cake particularly but it is the cake that I still make occasionally, usually as a gift because if I make it for a cake stall, nobody wants to buy it because it looks horrible! It looks like I forgot to put the baking powder in! But that's because it's made with plain flour not self raising flour and it's not supposed to rise. You're supposed to need a fork but people don't realise that - it's one of those things where if you know you know and people come along and they like go past that and then they come back and they go "Is that *the* cake?" and then it's gone and other people are saying "is it brownie?" No. "Is it chocolate cake? It doesn't look very good." Believe me. It's chocolate cake. And there are two of them for us to share today.



Merchant Navy Cap Badge

This is the remembrance of my life. (*gestures to the badge*)

At seventeen I served my time in the shipyards as an Engineer and I left at nineteen in 1950 at time of the Coronation. And I went to sea. And this was my uniform to the parade. Starting as a Junior Engineer and progressing to a Chief Engineer and retired as a Chief Engineer when I was 62.

So it brings lots of memories. My first trip, I went around the world three times.

Started in New York. Well, I started in London. It was a Victory Ship, a Wartime Ship. Called a Victory Ship - very good ships they were. And off I sailed. And I went around the world three times. Not coming home at all. We left our home for New York. And then from

New York, we just sailed West first for 18 months and I never came back and kept going round and round various ports all over the world.

I came off the ship. I got my seconds ticket. And I joined the company called The Guinea Gulf Line and the Guinea Gulf Line was the gulf of Africa. That was a British colony, then. John Holtz was the big trading company out there and I was there.

I got my seconds ticket. I got the chief ticket, I sailed with them as a Chief Engineer. Then I had a short break, I worked ashore for about 6-8 years. I had enough of who I worked for, I won't say who I worked for...!

I was at sea until I retired at 60. And that (*gestures to the badge*) brings back all my memories.



Oscar The Panda

So this is Oscar. Oscar came to me on my seventh birthday - so he's now forty something years old! My Uncle bought him for me for my birthday.

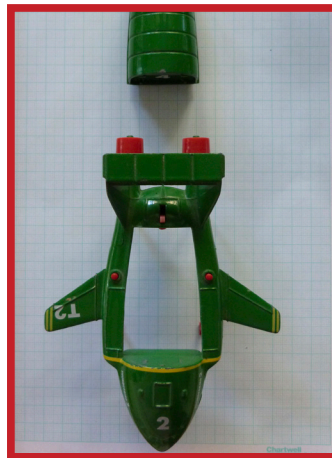
Once a month when I was younger, we used to go up to what is now the Gallery, but at the time it was SavaCentre and we went up every once a month and did a big shop, and it was always my mam, me, my brother and my uncle, and I used to sneak off with my uncle cos that was way more interesting than, like going with my Mam to buy stuff. And I found Oscar sitting on the shelf.

I can still remember the case he was in. It had black bases and it had clear plastic, he was just sitting there. He was a lot cleaner than

he is now! But like, he's just stayed with me forever and since, and it reminds me everyone. I used to think my uncle was my grandad because he was quite a bit older than my mam, but he played a really important part in all of our lives.

I'm doing that to his ears because under his ears was always the softest, cleanest part. As he got older - and it still kind of is - so it's an automatic thing now when I get Oscar to touch behind his ears.

Yeah, this is Oscar and he's been with me for a long time, and he'll be with me forever.



Thunderbird Four

That's right - Thunderbird 4.

Not Thunderbird 2

This item has not been incorrectly labelled! You read it right.

Thunderbird *Four* not Two.

This exhibition is called Making The Invisible Visible and this exhibit illustrates the point.

For those who know their Thunderbirds, Thunderbird Two can carry a number of different pods according to the emergency they are responding to. One of the well known ones is "The Mole" a drilling machine which can burrow underground to save people trapped below the Earth's surface.

On this occasion, the pod (number 4) contains Thunderbird 4 - a small nimble submarine in glorious yellow. Piloted by Gordon Tracy.

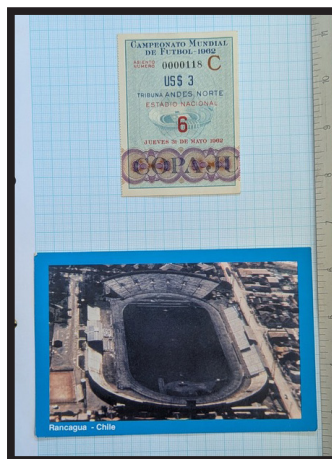
Length: 30 feet (approx. 9 meters), making it the smallest main craft.

Speed: 40 knots on the surface and up to 160 knots underwater.

Depth Limit: Operates safely down to nearly 30,000 feet.

Equipment: Fitted with high-intensity searchlights, cutting lasers, demolition rockets, and grab arms housed in the nose section

**A photo of this yellow submarine is displayed elsewhere in The Word.
See if you can find it?**



World Cup Football Ticket

I brought a football ticket.

It's not a particularly awe inspiring ticket. It comes from the 1962 World Cup in Chile. It's for a football match between England and Hungary on Thursday the 31st of May 1962.

During this game of football, I entered the planet!

I was born around about half time, when England were playing Hungary.

Years later, my father encouraged me to collect stamps, and I started collecting football stamps, but then wanted to collect a country, and it ended up that country was Chile.

So through collecting stamps, I've built up an interest in the country, the culture, the history, the geography, and last year for my 40th wedding anniversary, I was lucky enough to visit Santiago and a few other places.

The photograph that goes with it is the ground that England played at on the 31st of May 1962 in Rancagua up in the Andes



Pillow Made from Dressing Gown

My prized possession is something that may seem pretty little to some, but to me is rather sentimental. I don't normally talk about it much. It is simple really.

It's just a... it's a pillow, but it's like a small cushion with pink fabric and white ribbons around it, but what makes it rather special is that the material... that those materials are actually from an old dressing gown from my late Nana before she passed away.

And well, her death was like, it made the family really upset, me included, and I think it was - and - it was as a present from one of my aunties.

This pillow, that was made of her dressing gown, and so I have it...

I now have it perched on my bed next to my bed pillows so that when I sleep, I have someone watching over me. I kind of use it as like a something to like keep going for, like a symbol of... like a reason to keep doing what I do. Yeah, it's pretty nice.



Teddy 26

(Paul speaking on behalf of Christine)

My very first church was Saint Andrews at Roker. Well, I learnt singing in the church choir and found my faith. I then became a Youth Leader. I went on a Youth Training course to Minister Acres. I worked with somebody who was also on a Youth Training course from her parish. Three years later we got married.

And 41 years later she is still putting up with me?

When Saint Andrews had its Centenary in 2007, hundreds of these teddy bears were made. The tops were knitted by Rector's wife - each one's individually numbered. 26 was my mum's birthday.

The 26th of July. When my parents died we undertook the tradition started by Andy. Andy comes on holiday with us now, so mum and dad are always with us when we go on holiday.



Wooden Carved Toadstool

The object I have brought today is a wooden toadstool.

I bought this item from the shop in the library, The Word.

I chose it because it was made by local craftsmen in natural wood. The object is a reflection of nature - which I find appealing.

I often look at the item as it is on display.

And admire the workmanship. I feel I am supporting not only the craftsman but also the library too as it showcased the object.

My object has a natural beauty, which will be preserved for years.



3 of Spades Playing Card

About fifty years ago when I was walking home from school with some friends through a local park I noticed loads of scattered playing cards on the grass. Most were fairly close to one another, but there was one solitary one a good distance away from the others. It was face down.

For no reason that I can give, I declared theatrically to my school mates, "The 3 of Spades!" Pointing at the card I was now running towards.

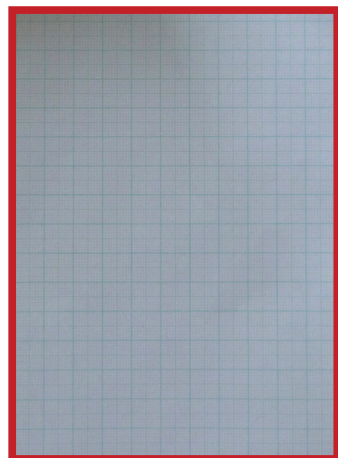
When I picked it up, I was shocked to find that it was indeed the 3 of Spades. My friends were dismissive, assuming (wrongly) that I must have set this up earlier.

It remains a moment in my life without any explanation.

Earlier this year, in May, I happened to be visiting a small town in the Netherlands called Tilburg. On leaving the train station walking through the town to my hotel I saw a solitary card (this time face up) greeting me like an old friend.... Yes, a 3 of Spades!

I was alone at the time, so couldn't share the coincidence with anyone, but I decided to keep the card on this occasion, thinking "yes, that's my card".

I have no idea if there is an invisible link between these events, all I can say is that it is now my favourite in the pack.



Invisible Object

This is an invisible object. I wonder what *you* are thinking of when you look at this invisible object?

When I was young, there used to be...I don't know if it was true or not... but I heard that people were making tins of 'London Fog' and 'Scotch Mist' and that these were being made to be sold. This was in the 1960s.

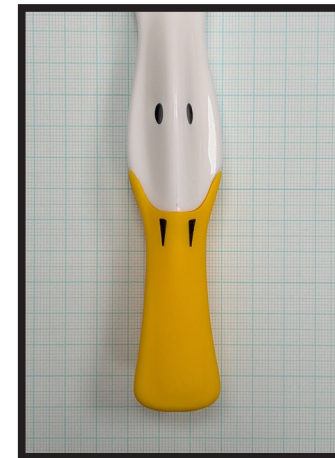
And I once heard the story that the *Mona Lisa* was stolen from the Louvre in 1911 and that the police produced lots and lots of postcards showing photographs of the painting to try and help recover it.

These photos made the painting even more famous and before it was eventually recovered, more people than ever started going to the gallery to look at the empty space where the painting had once hung. More people than had visited when the painting was on the wall!

They weren't just looking at an empty space, they were looking at an empty space with a story. So, it's interesting to consider what we look at when we go to an exhibition. Sometimes its the spaces in-between that are the most interesting.

Often its the people. I hope today you see some interesting people and have nice encounters.

Keep a look out for the unexpected, like this invisible object.



Toast Tong Duck

I got this object for Father's Day. Not this year. Last year. From my lovely son. If it hadn't come in a box, I wouldn't even know what it was... it looks like a duck.

But the box it came in described it as I thing I never even knew existed "Toast Tongs", so if you have guests, and you're not allowed to touch the bread you use this!

The reason I love it is my son knows I like funny things and objects that have faces in them.

This object is both.

It makes me smile and it reminds me of his love.



Harrods Label

This is a Harrods label. I think it might be from one of my Dad's ties. Sadly I lost my Dad a couple of years ago. I've kept most of his ties. He had some very nice ties. This is presumably one that had a soup stain on it or something... but em, I'm originally from Scotland, my Dad was a baker and we moved down London for his work when I was three. We lived above the bakers shop. As an only child, I remember thinking it would be nice to have a brother. And I asked my mum if I could have a brother... an elder brother. She explained that would be difficult! But a few years later, her younger brother came down to London and stayed with us. So, in a way I did get an elder brother, uncle Ronnie. Ronnie got a job at Harrods, so we'd take trips up to this big posh shop and sometimes go to the sales

and that's where we started getting ties for my Dad.

So this object, although the tie is now gone, I still keep it because it reminds me of my uncle Ronnie and also my Dad, Billy. I think one day, I'll stitch it onto a piece of my clothing.



David and Franco Necklace

Hi. I bought this when my second boy was born.

I put the name of both of my sons in this heart.

I wear it every day with me. Everywhere.

I wear this when I think I need to be okay for my sons.

I need them and they need me.

It was a difficult time when my son was born, and I feel this very special for me.

This heart.



Mum's Silk Scarf

Yeah, I got my Mum's scarf and it's like handmade. She used to make these crochets by her hand and also this one, it's all handmade, and she used to wear it on special occasions.

And it's very precious for me.

Yeah, because I lost my Mum when I was eight, maybe seven years old. And this is what I have from her. And I don't have much memory of her, but whenever I see this scarf, I remember while she was sitting down, like doing the crocheting by her hand and like, but she was not wearing it all the time.

She was saving it for the special occasions.
That's why it's quite new.

And whenever, I want to wear this, it's like they wear it like this. (demonstrates how it is worn).

Whenever I want to wear it, it reminds me of, I wish she would wear it a few more times, because she was saving it for special occasions, not wearing it.

It's silk?

Yeah, it's like pure silk.

And she washed it with her own hands and with soap..

So this really, I have really quite an attachment with it and I can smell it.

And also on some special occasions I wear it with my traditional clothes, and it's really nice. And it's really special for me.

It reminds me of my family. Although it makes me sad, but at the same time, I feel I am lucky that I had that much time spent with her.



See if you can
imagine what this
object looks like...

*Can you make
it visible?*

Forgotten Teapot

So, my idea or my object is an old aluminium teapot, bought probably in the late 1960s, and it was used to go on holiday, holidays to the seaside when everybody sort of made a sand table with a... tea towel on top and there was boiled water free.

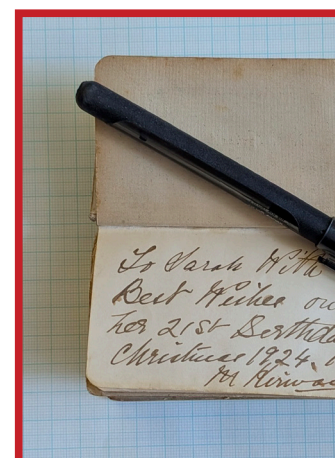
Everyone, that's what it was for.

So you took a teapot and you got your boiled water and you had a pot of tea on... at the seaside.

But it wasn't just used for that. It was family get togethers, where all the aunts and uncles came, and so it was used then to accommodate all of the people who were our guests, and for whatever reason, it fell into my hand, and I've got it and it's like.. in a dark and dismal place now, you think it's been confined to solitary,

confinement and, (laughter) you know!

So... so it's just battered, it's been well used, it's been part of the family, and now I've ended up with it, and that's basically it.



Prayer Book

Hello, my name's Carol. The item I've brought today it, it's religious, but I'm not religious and I think it's more to do with the person it belonged to who was my grandmother and our life really. It was something I was lucky enough to be asked if I'd want any mementoes and I decided this would, I would have it.

How it survived, I do not know. Um, she was given it for her 21st birthday. She was born on Christmas Day and it was given to her 1924. She was 21. So, I don't really know how it survived. She was born a Catholic. She married a Protestant. And the days when she married obviously, husband ruled and she never, she couldn't follow our religion.

I'm not saying she didn't always, but she couldn't have – she used to say when I was able to ask questions and I was old enough and I said, 'oh well you're Catholic do you not go to church?' 'No, I'm a wooden Catholic' she would say 'I'm a wooden Catholic'.

She was 28, I think when she got married and sort of in their 30s by the time she was having her four children. Um, during the depression when a husband went off to find work and left, she went on her own and I think that's mainly why I think it symbolises the strength of women her in particular to be left with four children and basically no money. I think it's just a prayer book. I presume it's Catholic prayer book. As I say it's got a cross inside.

She didn't really have many possessions, very, very little, I just couldn't believe how it had survived.



Russian Doll

You may or may not have seen these before, but these are known as Russian dolls. So, inside here (*opens*) here's a smaller one. And inside here, (*opens*) there's an even smaller one. And when I grew up in the 80s at my house, my mum had a bigger one of these and it was on our shelves in the lounge and she bought it when she went to Moscow in 1979, she's a Philosophy Teacher.

And so in our house was this sense of this much bigger world that I did not, and was yet to understand. And we talked a lot about being part of a of a big world, even then back in the 80s.

And then in 2014, I was invited to go to Moscow to do a piece of work, do a project and I bought this as an acknowledgement of what became like a family lineage of my mum going to work in Moscow

for her world in Education and Philosophy and me going to Moscow in my world of Art and Ideas and us being connected.

But interestingly, now it sits on my shelves in Newcastle, and it makes me feel a little peculiar because I'm not quite sure how I feel about how things are panning out in the world at the moment and in Russia and our place in the world. So, it was a prized idea that has become more complicated for me, and perhaps is a visual representation of life is a bit complicated and going with the flow of that is understanding what it is to be alive on this little rock.



Jade Jewels from China

Shall I stand up? *No, it's okay.* I'll just stay sitting.

Well, I was very lucky. I would say when I was forty-five, I was able to go away with my husband to different countries because he worked in the far East. And these objects, I bought in a place called Dalian in China.

We did two years there. I've got another piece of jewellery, but I've lost the chain. But what I want to say is... It was a third world country when I was there, you know, but this stuff was really cheap and reasonable. But I had the privilege of doing the Great Wall of China, walking up the steps, and believe me, nobody could do that, even today, because there's over a thousand steps. I did a few because I was younger then. I did maybe three quarters and my

daughter was with me and my husband, he was off work on holiday.

And believe me, it's a wonderful experience. But there... I don't know what to call them, and, you know, the green coats?.. the people track on you, all the time, walking, walking.

Guards, maybe? They're like a guard, yes, exactly.

Guards. They're very, very strict.



Egg Spoon

Okay, well, I'm Sue, and I've brought this in which I doubt, anybody really knows what it's for. It's actually something that my mum has had for I don't know how long probably since she was married. I'm 78. So it's quite old you know, it'll be about it'll be at least 80 years old this and I think it might have been made by my Grandad. I don't know if you've ever been able to buy one in the shops.

It's actually for putting boiled, an egg into a pan when you want to hard boil them and then for getting it out again, it's such an amazing efficient little thing that I don't know why they don't sell them but they don't - I've never seen one in a shop anyway.

So this sits in my knife and fork and cutlery draw and every time I use it it makes me think about me mum and my mum was a really lovely woman and I wish if I get to be half a good as mum as her, then I'll have cracked it and you just have to ask my children, whether I did or not.

But, of course I had five and she only had me. She would have loved to have had five but she couldn't have anymore after me. So, um, yeah. So it is, you know, it's really something that brings back memories. Every time I use it or every time I see it in the draw, and I know that at least, one of my daughters wants to have it then I don't need it any longer? And I've got a picture of my mum and who was called Elsie and she's holding my granddaughter who's also called Elsie. Um, when she was about uh, three years old and it was probably in this photo was probably taken maybe two to three months before my mum died at 93, And I really miss her.

I remember my mum using it all the time. We always had we had we sort of have very quite regimented meals if you know what I mean.

So, we always had a boiled egg and a piece of grapefruit on a Sunday for breakfast. So, I can always remember her using it or all of all of those years. My grandad made it because he was, he was just good at making things, you know, he did all sorts of things.

Um, he actually spent some of his life in the Workhouse because his mum became a widow and she had quite a few children, she couldn't manage. And then she married... he was a butcher. On the basis that if I marry you, you can take my children out of the workhouse.

I don't know whether it was just my granddad who went, but my he was he was really clever and he got a scholarship to go to Grammar School, you know? I mean this was a really a thing when he was born in 1919. So basically, you know, kids who lived like in the East End of London like he did, um, didn't have didn't get to go to Grammar School. So, and it was quite a prestigious Grammar School as well. But then, when he got to be, I don't know, 11 or 12 this man said, no, you've got to go to work. You can't go to school to school anymore.

And he's and he's he, you know, he really felt it because actually, you earn less than the scholarship. So they were worse off, especially as he had to pay to get the travel and for a lunch and things like that. So, they actually worse off than they would have been, if they kept, if he'd been kept.

So, he always had this big chip on his shoulder, but he did all sorts of things like.

He did Music Hall apparently and he was only about 5'3 and he wanted to go in when he took him about four times before they would accept him to join up for the First World War because he was too short.

Um, and but he worked for Rolls-Royce and also he went on working after he was up until he was 70 something, because he designed Pasteurising Machines for bottles and apparently one things you say all those youngsters that come in from University are supposed to be good at engineering and stuff and they would design things and it would knock the top of the bottles and things like that.

So, you know he was always in his little shed doing something or other so I wouldn't be at all surprised if he made that.

And what was his name?

His name was, Ted. Edward. Ted.



Wooden Flower

So I'm Ros, and this is my object - a little wooden flower. And it lives on my shelf where I go on Zoom calls you know like in front of it along with a few little precious objects so um and I haven't actually read what the date on it. So it says 'Ros. Happy birthday 94. All my love Emma.' With two kisses.

So, so in 94, I would have been Uh, what's that? 34 and so, I've got some pictures, like of me and Emma and this flower. And it looks like we're snogging but we're not, we're just kind of pretending behind this flower so I'll just passed them around so people can see.

So you know, my little flowers, sat on my shelf for you know for years - it's come around with me for nearly 32 years. And I thought

it was just about Em, right? I called her Em. So I thought it was just about her, you know, it was like that friendship and then when I got it, you know, got it or started thinking about it, it opened up this, like vast, like world that I was in at that time.

So, Emma and I were friends and I was partners with Cath at the time. And, so that's a picture of me and Cath. Another picture of me and Cath. Um, And her family sort of, I felt like they sort of like semi-adopted me, you know, because I wasn't close to my family and it was, you know this was like a you know, a chance for me to you know be in a kind of like just an ordinary you know, messy family.

You know what I mean? You know, it's not like they were perfect or anything. Um, so there was Nora the mum. So that's Nora and that and our friend, Pam, um, and the, um, two of the kids Maureen's kids, Stacy and David. So I knew them from being very little and then there's some other pictures of me and me and David, there's various ones of us being silly.

Me looking very grumpy with Stacy. And then, and then that sort of like family almost became bigger because it was, in the time when, AIDs was kind of quite well, it's still prevalent, but it was always, you know, like sort of like the crisis around was like very much in the forefront, you know.

And obviously being a lesbian it's like being you know, I was friends with gay men and it was the situation that what was happening to them, and I became a buddy - did this training to be a buddy - to support people that had AIDS or were ill with AIDS.

And it was a lovely couple Andrew. And, um, sorry. Andrew and Tony who became friends with and there's a picture here of Tony. Like it just looks like he just absolutely adores me in this picture. It's just absolutely wonderful picture. And, and we were there was a whole group of us when Andrew died.

We sort of like had a vigil, you know, we stayed with him. He died at home and we stayed with him. And, it was it was like really hard to leave the room. Sorry. Um, I didn't know this was here. Um, that is how I'm feeling very emotional because that's something else.

So it's like I'm close to tears anyway, walking around like you know.

Joy say shall I give you a hug and I was like oh will that make you cry? I said no, I'm all right in this moment. So and so yeah so we were um you know, we stayed there. He has this bed in the living room and we all stayed around and they had someone put on some whale music because he liked whale music.

And then when he did die, someone opened the window, you know, the idea that your spirit goes out the window.

Then we carried on like, seeing Tony and he was so generous, you know, he was always taking us all out for meals. And so, there's lots of kind of, like, pictures of us being at meals because we're you know, we were always at meals with him.

And then our other friend, Pam, and she was just like, a happy quirky character and she was always crashing a car never hurt anybody that's why I remember that she was always crashing her car. Um, and, it says, one of that's Pam in the middle me for being very daft and Stacy when she's grown up a bit.

So and then back to Emma. And I can't remember this lad's name but, you know he was a real queen flamboyant, you know, like sort of like, you know, on a night out. So there was like, you know, us just, you know, having a good time.

So from that flower this opened up like, oh my goodness, like all these like, this sort of like whole situation that I was in for about 10 years. Um, and it's like, absolutely, joyful to remember that. You know? Remember you know, sort of like the closeness, the toughness, the, you know, like the you know just yeah, all those things that we went through together.

And, yeah, so it's a it's been a real privilege to do it to think about that. So, thank you.



See if you can
imagine what this
object looks like...

*Can you make
it visible?*

Sunderland Season Ticket

Hi, I'm Jack and I'm just going to talk about my object, which is the old season cards that you used to get in football. This was about my first one in the 2003 2004 season.

If you just like... if you started going to the match now, you're going to understand that

It's just a digital card, whereas back then, it was a booklet, a really big thick booklet, which was white.. and it had nineteen tickets on for the nineteen home matches, and you weren't gonna lose it cause it took up the whole of your pocket, especially as a child.

But what it represented to me... because I spent a lot of time in hospital, as a child, in the RVI, which was across the road from a football stadium I didn't particularly like!

Seeing this ticket was the chance of a bit of freedom, you know, and this was my first season with it... I just used to enjoy going to the match with my dad, but it was it was... obviously the football was important, but it was more around, you know, the pre-match routine and having a burger at the same burger stand, walking to the ground in the same way, parking at the same place.

And, you know, it was... it became a ritual and you know, for the best part since then, you know, I've been doing that ever since. You know, and it's been taken away a little bit, you know, with the digital cards. But yeah, that's my object.



Angel 333

So yeah, so I've got a 333 tattoo. I decided to get it because I used to see it a lot. In fact, all the time and I see it regularly all the time now.

So, if you if you were to go online and research and type in 'Angel Numbers', each number will come up in a category, so like 111, 222, 333... Keep going along them lines, each number will give you a reason why you're seeing it. And if you've seen it, I tend to see this one a lot, 333, so I decided to get it as a tattoo and I look at it all the time.

It makes us feel good when I see it. It means that I'm being protected and I'm being looked after and watched out for from guardians up above.

Which makes us - makes me feel good. I believe in that sort of thing, so it makes us happy and makes us - it does actually make us feel protected.

It's really interesting to look and type it in. If you go online, if you go on Google and look up Angel Numbers, it gives you a definition of each thing. So if you want to see 444 a lot, 111, 222... I can be watching the telly or the time on my phone or when you're doing your air fryer, I'll just glance over and it'll be on 333 and I say, "Why?"

So, if anything comes up like that for you, yeah, there's a meaning, there's a reason.

That's what I believe. So, yeah.



Hand Weights

So, I absolutely love me weights. It looks like a metal bar with two heavy weights on the end. They're freezing cold when you pick them up and I love one in each hand and the weight of them pulls you down to the ground and keeps you grounded or you can stick one on your back, but the metal, the freezing cold metal is just perfect.

What else?

When did you first get into weightlifting?

Oh, God, years ago. About at least six, seven years ago, and I love it, it makes us happy, you come out there much happier than when you walk in. You feel like you don't want to do it, but you love every minute of it when you're there.

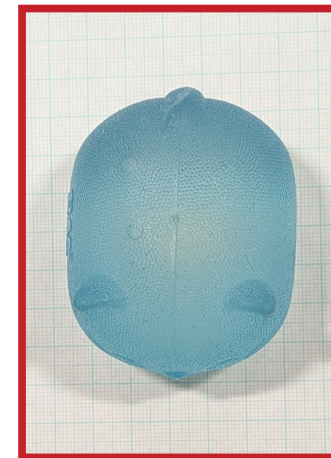
I love the place when I'm in there, but I just love the feeling of the weights, that push into the ground so hard and I just can't believe the feeling you get off it.

Yeah. Yeah, I just love it every time.

Yeah, that's about it.

That's great.

Thank you very much



Cat Stress Ball

This Cat Stress Ball I carry around with me. This one's probably the one that I think is the most important to me.

It's shaped like a cat and I think the reason why it's really important to me is that because I live with four cats in my house and I find that when they come and see me, like, they give us company.

They make me feel relaxed and make me feel like I can just wind down and calm down and like just chill out and get on with the rest of my day, with company and not feel so lonely... and they do that cause they like just to sit calmly on my lap.

I can stroke them and they fuss and it's just nice and relaxing for me to feel like I've got someone there that I can talk to, or like, or that will... they just make me feel calm when I need to, after, say we're living with anxiety. It can make me feel better after I've had like a really busy day.



Lightbulb in a Box

So my job is all centred around connection and people and ideas. And I was working in London and went to the Barbican. The Barbican is an enormous building for me, it's like a palace of ideas when new things come and people present their work and I was with my one of my best friends, and we were making a new piece of work and we were trying to understand both text and music together.

What I love about the object is when they take it home and it lights up the hallway, it reminds me that to have ideas you need to turn the light on and you need to turn the light off to be able to recharge - because it can't be on all of the time.

But I feel really safe in the future of the world - with especially women with enough brilliant ideas, centred around a bit of light to keep us all going.



Wooden Hearts and Glass Hearts

My name is Angela.

I brought a few objects and I think it was more from the point of view of Um, like you say, I feel when I read the pamphlet of what it was about and of a connection of what makes feel connected to other friendships, females, people in your life who've been in your life for a long time and brought a candle because for some reason, every time I light a candle, I just feel connected to people who were past and present in automatically makes us feel calmer.

And and I just yeah, makes me feel better.

Next thing I brought, I got this many years ago, probably about 12 years ago of a male friend who made them himself in the Glass Centre. They're very popular now but it wasn't when he originally made it and I have it.

I have a little tree on my desk I just, you know, it makes a smile every time I look at it on the desk.

This is something I got a few years ago from friend of mine for Christmas and it was just reasons why it sounds stupid, but it's all the things like 'You make me laugh. You accept me for who I am' all this kind of thing.

And I think only reason, I keep it there is, I think because a lot of the time I think all of us. I often talk to my sister and say like you know we always forget, we always think of the negatives.

We never think of the positives and so sometimes to read it, something that somebody's said about you every now and then kind

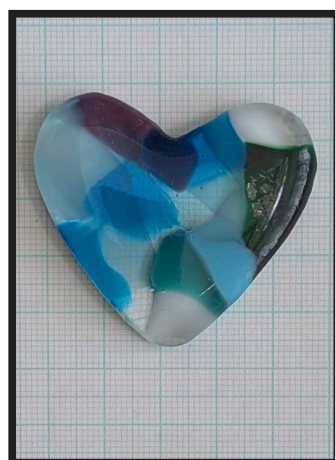
of you know, is a nice feeling I think.

Okay, then that person actually, you know, I bring some positivity and here's the good things about this kind of thing.

Um, and last but not least, this bracelet is about 40 years. Yes, she bought it for us (*gestures to sister sitting next to her*) and she got it, but it was five of us growing up and we all hated each other. Like, you do fight children in one house, you know?

And she was the first one of a stop work. Oldest, yes. And I think I may have been about 17 and I remember, you know, there's a lot of but you know, somewhat negativity at home that I blocked a lot out, but I always remember this is a very happy memory.

Happy memory from childhood kind of thing. Yeah, so yes my things.



Making The Invisible Visible

A special thank you...

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