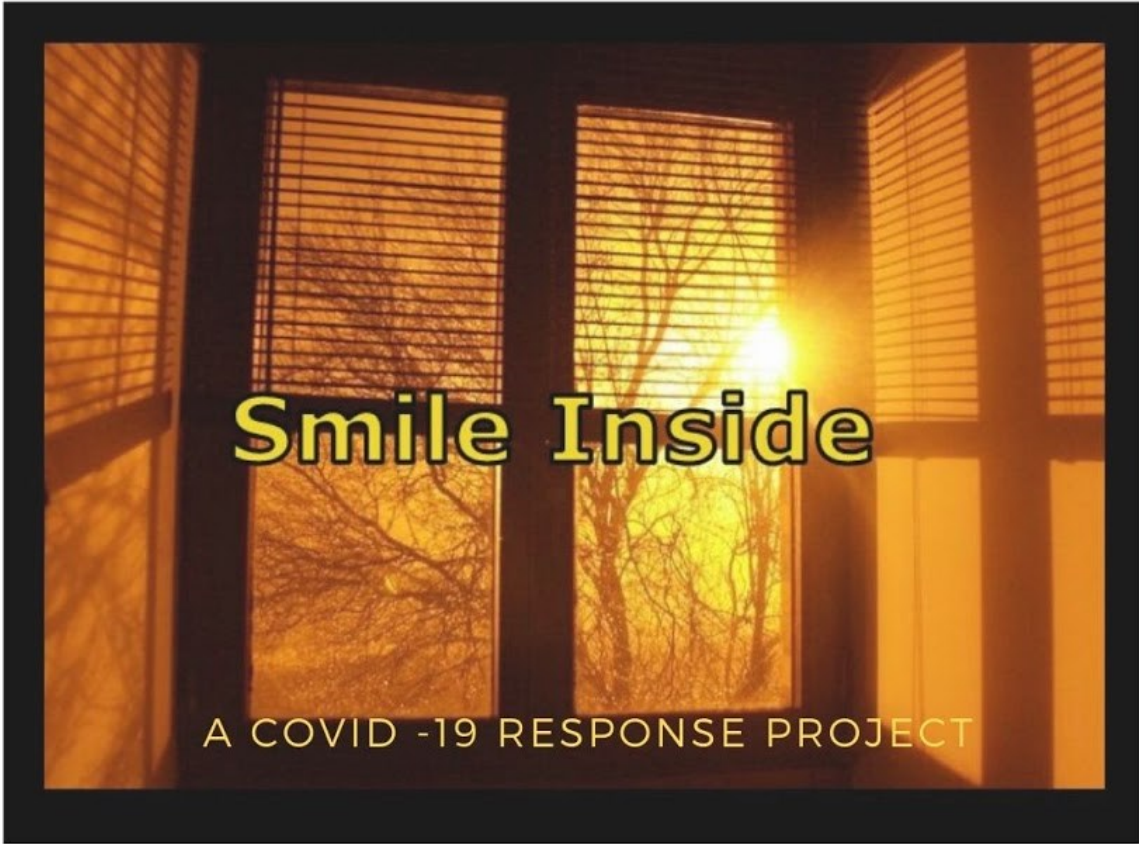




iid.org.uk
iidconsortium@gmail.com
insta:iid_dance

Inclusive Intergenerational Dance



We have been collecting stories from older people isolating in Woking.

iID would like to invite people in Woking to creatively respond to the older people's stories we have collected. This could be a painting or drawing, a sculpture or animation, dance, song, music or poem. We would like people to photograph or record their work and email it to us so we can print it and send it to the story teller to help them to feel connected, heard and empowered. We would like people to keep their originals to exhibit or perform at the celebration when social distancing comes to an end.

How you can be involved in making more people Smile Inside?



1. Select a story that you find inspiring.
2. Create a piece of art, this can be in any art form you fancy.
3. Take a photo or film of your art and email it to **iidconsortium@gmail.com** giving us consent to share your art work on our website and social media.
4. If you are in the image and under 18 years old, ensure you have your parents consent to share.
5. IID will send a copy to the person who wrote the story and this will make them Smile Inside once again.
6. IID will put your work on our website, Facebook page and Instagram page.
7. We will invite you to our exhibition, where you will see your art work and the work of others.



What kind of art can you do?

drawing, animation, sculpture, dancing, film, collage, poetry, junk modelling, photography, haiku, spoken word, decorate the story, song



DOT

I've Got Three!

My first one is going back right down 40 years to when my grandson was two. We went to Bournemouth and we were going onto the beach and he ran. He'd never walked properly but he just ran and ran along the beach. He had red welly boots on as well but he just ran! I told him that it's always stuck in my mind.

Another was when I was working in McLaren's. My job was a supervisor of the canteen. We had 3 buildings that were all McLaren's but they had different things in them and I was the supervisor to run these places. I was a teenager when I got the job. When I was giving up after 18 years, they took me out and I went in a formula 1 car through the village, through Woking, to the place where the army people test their transport, that's just outside Woking.

I went around 200 mph speed and I was holding my breath.

You know it was something that made me laugh and I did enjoy it.

When you first start you're laying halfway along the car and you're kind of on your back rather than your bottom and as you start it it was coming up gradually and then you're off.....

That was a shock to me because I didn't expect it to go so fast and then we went all around, in fact we went around twice and then we had photos taken.

Another was in Italy, sitting in St Mark's Square, we sat and listened to the music, the church was the other side of us and I was with my daughter. She had a bad cold, she lost her voice and she was under the doctor for about a month or so. He said "I can't do anymore for Patricia, you must get her out into the air".

So I went that afternoon, I went to Guildford to the travel agents and I explained that my daughter had been ill and I wanted somewhere that was going to be nice weather. I decided there and then to go on the new ship that was going to Italy and Patricia came and when I told her she was pleased.

The only thing was I left my husband at the port and he was watching the ships sail out to sea and he said to me afterwards he wished he was coming with us. But the trip we did was lovely and Patricia got much much better.

There's so many places I've been to, I've got stuff stuck on my fridge, on both sides, stuck on magnets, I've got loads of them there.



DEREK

Oak Apple Day

I've got a big photograph that was taken back in the 50s and it's about 30 to 40 people on this photograph and I use my memory to see if I can still remember the names of those people in that photograph. I remember most of them and every time I think of them I remember they all had different characters and different ways.

It's a press photograph because the press were always taking photographs of the event.

I was in my 30s then. I've got photographs going back years because my father was involved with it you know and my brother. Well the whole village was, it was, you know, the event of the year. I go down and I visit it every year. There is a tradition that the people in the village must go up to the forest and they must cut oak bells from the tree and they must decorate their houses with them. Then some of them take them to Salisbury Cathedral where they are met with the Bishop and they are laid on the altar of Salisbury Cathedral.

The forest was called Grovely Forest. It's a part of Lord Pembroke's estate.

Years ago, well before my time, they actually used to march in position to Salisbury Cathedral for six miles, it used to start at 3 in the morning all the villagers would be up in the woods cutting their bells before sunrise. You had to walk. The whole family would go and I remember doing it as a child, it was the highlight of the village and all the old farmers used to save up their money all year round because there was a beer tent that was open all day. For the children it was like a sports day, sports in the afternoon, dinner for the grownups and tea later on for the children like sandwiches, cakes and orange squash.

I don't suppose they'll be doing it this year.

I look at the photo everyday and see all my friends but most of them are dead now, it's a very happy memory.

I miss going down, and it's on a Friday this year, May 29th.





MARGARET

Chatting to people

It's more of a thought than a story.

It's more emotional, you know how films used to look it brings back a nice memory. We used to watch the same ones every week. They would kind of role into one.

Also when you see, well not that old, but the streets we used to have.

The different shops and things like that and it wasn't just supermarkets.

I remember going out shopping and getting your local bread and then going next door and getting potatoes and it was more friendly than running round the supermarket with a trolley.

You know, I used to enjoy that.

You always went to different shops to get your stuff from different places, it was quite nice, you know, sort of friendly. It was more friendly than running round the supermarket with a trolley.

Now you just whiz around the supermarket. It's quite different, it was a nice thing because you got chatting to people and they would tell you how to cook a pork chop if you didn't know and now you just buy it and hope it's got the instructions.

The friendliness has gone in a way, so some say it is still around so it might come back. You never know, whether it will go back in time a little bit, it will be interesting to know.

So that's the human contact finished for the day and that's what you miss, having a natter with someone. I miss talking to people the most.

It's what you miss that makes you smile, but also cry.





RUTH

Evacuation

When I was evacuated I remember having to drink boiled cabbage water. Oh how I hated it!

I know it was good for me because of the vitamins it contained.

I used to get cross because I couldn't have butter and jam on my bread at the same time. It was one or the other every other day.

A coat was made for me out of the camouflage material that soldiers had to wear on their motorcycles. It may have been warm and waterproof but it was certainly not fashionable for a 10 year old.



CARMELLA

On the Phone

I am on the phone all the time, I've got family around the world ... all the time, so many phone calls.

I got a few from Italy.

Always connected somehow, every single day, on the phone all the time, keeping connected.

Keeping busy with that, then I do the cooking and then spend time on the phone... yeah yeah its good Carla, Rossela, Ina all chat to me on the phone ... chat with friends and all of my family, it's a lot. A lot of time on the phone!





PAT

Finally Flour!

I was sitting out in my back garden, when I heard a noise by the back gate. I went to investigate and there was my neighbour's 10 year old grandson, grinning from ear to ear as he struggled with a 15 Kilo bag of flour. I opened my neighbour's gate for him.

Sometime later my neighbour came round with a lemon drizzle cake which was delicious. In the meantime my neighbour had bagged up the flour into 1 Kilo bags for sale.



Gwen

Sea Cadets

We were Sea Rangers and went on the sea and on the canals. The lady that ran it lived in Woking and we lived in Maybury. We would go on boats at Send because that's where the local boats were. We did that for about 5 years when I was a teenager, I joined when I was about 14.

We had plain skirts, white blouses, ties, not ties that boys wear but they had kind of a thing around the back of the neck and we tied it at the front. We had red woggles and a black scarf.

I had a lot of fun as a teenager.

When I married, my mum wasn't very happy, but a few years later when my other sisters were married, my mum said "You know Gwen, I didn't want you to marry your Jack but he's my favourite son in law," and I was so chuffed.

I knew she didn't approve of it because he had been engaged twice before and they all fell through but it worked for me. I loved his mum and dad, they were very elderly when they had him. He had a much older brother and he had one sister and two brothers much older than himhe was a lovely husband and we had two lovely children, a boy and a girl.





PAT

Neighbour's Children

I went out of my front door that other day as I was curious to see what my neighbour's children were doing. Along with help of their mother they were putting up some bunting which they had made. Naturally the children were quite excited.

I asked them why they were doing it and they replied for the NHS. It really made me smile to see what the children had done. There were pictures of rainbows, hearts and 'hold onto hope' on the bunting flags.



Brenda

Postman's Surprise

I went to pick up the post and there was a package awaiting me. I couldn't make out the post mark so very tentatively I opened it. As I lifted the contents out, I saw that it was a tea towel.

No ordinary tea-towel though.

Imagine my surprise and delight when I opened it out. Yes, it was a wedding invitation. Yes! You heard correctly, a wedding invitation. No doubt you want to know who is getting married? Well, it's my granddaughter in October.

What a great surprise and I'm still smiling!





IRIS

My Son

My son's always doing things that are making me laugh, when he was little he was a little monkey always doing tricks and things like that.

It makes you feel a bit sad sometimes but other times it makes you feel sort of quite happy. When he was smaller we used to get him ready for bed and everything else like that, then he would wake up and play around for about an hour and then he would go off to bed. Then, when he got older we would creep around the house with the lights off because he would wake up standing in his cot and cry, screaming and screaming. Well I don't know if that's happy or not but he was a little terror. He used to sleep standing up with his head in my lap believe it or not.

My little grandson..... I can see my son in him as well. His looks and his cheeky grin as well and it often makes us laugh when I think about that.





STEPHEN

Robots

One of my hobbies is reading. I particularly enjoy science fiction and I have done from an early age. One of my favourite authors is Isaac Asimov who writes about robots. In these books the robot is subject to the rules.

The first is not to harm humans.

The second is to obey humans but it must adhere to the first rule as well.

The third is to protect its own existence without breaking the other two rules.

Naturally these rules can cause complications.



VERA

Bird Watching

Everyday I watch the birds in my garden through the french windows.

I regularly feed them and then of course the birds know this. If I'm a bit late then the birds come and bang on the window with their beaks and call to me until I put out food on the table.

I have to make sure the magpies and pigeons don't steal the food from the little ones. A number of baby birds that have hatched from the nest in the bush. It is so lovely to see them. I think there are 6 baby blackbirds.

A robin is also a regular visitor.





KEN

Model Making

I've been inundated with requests to make sure I'm kept busy during lockdown.

I've lost count of the number of clocks, fancy boxes and various creations I've made. I had to search for a picture of a sea horse and then the request started to flow again.

I was so surprised to have to make a shark for my great granddaughter as she knows a song about sharks.

There is certainly not a dull moment.



HEATHER

Dancing on Tables

My mother and sister worked as volunteers at Woking YMCA during the war. Their job was to set up a mobile canteen at Woking Station for the troops on their journey to Portsmouth.

My mum pushed the trolley to the station with the urn on top and the tin mugs clanking as it went.

My sister worked in the muggers whilst my mum poured the tea in the mugs.

Meanwhile I was left to amuse myself. I remember being encouraged to dance on the tables which I loved and a feat I willingly performed in exchange for baked beans!





CHRISSIE

Birthday Tea

What a lovely surprise on my birthday during lockdown.

I had a delivery of a cream tea with all the trimmings. There were little sandwiches, scones, cream and jam, lots of little cakes including a meringue.

All I had to do was sit down and enjoy it... after making my cuppa to go with it.



EILEEN

Childhood Memories

I was born in the Isle of Man and our house was situated between two internment camps. This house was built on the side of a hill. I remember we had to go out through the bedroom windows to the garden or face a climb of 20 or more steps.

There was a scullery with a gulley running round the edge. I played cricket with my father in the scullery. We used an upturned bucket for wickets. The scoring was unusual, e.g. 6 if the mangle was hit on the far wall.

I lived on the Isle of Man during the war. One day a consignment of bananas came to the island. It was about the time of my fifth birthday. Mum made a jelly and put in pieces of banana. Of course, I had no idea what the bits were nor did my friends. The banana was left in our dishes.

I often visited a farm with my father. There, along with the little boy who lived there I would often played hide and seek in the barn. On one occasion my father joined in and nobody could find him. Eventually he was found asleep under a bale of hay!





IAN

Canal Banks

The other day I went along the towpath from St Johns to Woking on my motorised wheelchair.

It was absolutely lovely, seeing all the vegetation growing along the canal banks.

Even though there were a lot of people about, everyone was keeping their distance and there was many a cheery "hello."

It really lifted my spirits and made me smile.



JESSIE

Looking Out the Window

Every morning when I open my back door I see a wonderful sight. There are geraniums and lavender bushes in the raised bed opposite. The bees love the lavender and I just stand and watch them, it's great to see.

If I look out of my front window, there is grass and a few apple trees.

The birds frequently visit and again a lovely sight to see! The birds are pecking away at the grass and the trees gently blowing in the breeze. It is really uplifting and it is making me smile every day.





PATRICK

Missing Passport!

It was 1972, my wife Jenny and I were driving around North America, we had reached Laredo and were heading to the border to cross into Mexico. It was getting late so we stopped at one of our usual cheap motels for the night, the cheapest we could find. We got up the next morning, we in were in no particular hurry as we could cross the border any time, we packed everything up and got ready to leave and I said "Jenny I can't find my passport".

We looked everywhere, I had it the previous evening but now couldn't find it. We knew we couldn't get into Mexico without it, we looked high and low, tore the room apart but we could not find it. In the end we gave up and decided we would have to drive straight up the West Coast to Canada to try to get to a British consulate in Vancouver to get a replacement. I took the suitcases to the car and ready to leave I grabbed my jacket from the back of the chair, low and behold as I put my right arm in the sleeve, there it was, the passport, the passport was stuck in the sleeve of my jacket, would you believe it. Just sitting there. We headed off to Mexico, crossed the border and headed up to Mexico City and then on down to Acapulco which was wonderful.

Mexico City was great we stayed in a very old hotel, one of the oldest in Mexico, it was a unique hotel you drove in the entrance past reception straight into the garage, it was very unusual. It was famous because D.H. Lawrence stayed there for several months while he was writing his 'Women in Love' book, which of course became a famous film. From Mexico City we drove down to Acapulco, I was driving an extremely old Ford Comet Car, half way down I had to change the thermostat in the car because Mexico City is very high and of course Acapulco is at sea level. When we got there we stayed in a motel on top of the highest hill with the famous Acapulco sign on the top!

So we enjoyed our time there and then set up the other side of Mexico back up to America. It was very pleasurable, all of it, good times, which made me happy.





GLADYS

Moving and Making

I am happy to be using my hands, we have a saying 'Angels wings are made by hand', the reason or meaning is the angel is in me, not flying over us. Using your hands helps to keep you in the right position in yourself, it creates expectations without limits, positive expectations. I cannot change what is happening but I need to be careful to look after myself, using my hands helps this. It is why I miss the group and why I am grateful for it, movement and making are important in our culture. Help us to be in the moment, it can't be before and can't happen after. Dance helps to connect the inner and the outer or two modes of myself for creativity. This is important to me as I don't get this opportunity to express myself especially as English is not my first language.

It's also good to laugh, there was an Austrian Hungarian man he said "with one joke I laugh 4 times, the first time I laugh to show I understand, the second time I translate it, the third time I understand everything and then I laugh again"

I met the padre, the pope when he came to Paraguay, they, the country, they gave him a Tree of Life, I wanted to make a Tree of Life, I am making a dancer and I have finished my head, making these are important to me.





iid.org.uk
iidconsortium@gmail.com
insta:iid_dance

Ideas of what you can create.....

Create a Poem

Poetry doesn't have to follow any structure or rhyme but here a few ideas of different structures you might like to try.

The Haiku is a poem of Japanese origin described as photographic capturing an instance in time. Ideally it should create the emotion felt, not describe it and should be written in the present tense like it's happening as you read it. The structure tends to be 5-7-5 syllable .

Example:

*No Common Language
Scrabbling for words
Smiling connects us*

An acrostic poem is a type of poetry where typically the first letters in a line spell out a particular word or phrase. *Example:*

Poetry helps paint the picture
Orders thoughts, ideas and images
Electrifies the senses
Melts our hearts

Limerick a 5-line poem where the first, second, and fifth line rhyme with each other and the third and fourth line rhyme with each other (AABBA). Also, make sure the first, second, and fifth line have 8-9 syllables and the third and fourth line have 5-6 syllables.

Example:

*There was a young Lady from Leeds
Who swallowed a packet of seeds
In less than an hour
Her nose was a flower
And her head was covered in weeds.*



iid.org.uk
iidconsortium@gmail.com
insta:iid_dance

Here are some possible questions to help you think about and structure your poem:

Line 1: Think of three words or short phrases that describe the atmosphere

Line 2: What is happening?

Line 3: Describe one detail (colours, textures, what someone is doing, what you imagine they are saying/thinking)

Line 4: Does the story remind you of something something in your own life or someone you know, or something that happened

Line 5: Describe another detail from the story

Line 6: How does it make you feel?

Line 7: Choose one strong word from your last line and use the same word again in another sentence

Line 8: Is there anything in your own life/experience that you can connect with the story?

Line 9: Is there anything that you see a bit differently or has changed now?

Make a film,

an animation, a stop motion. You could record a poem or write a script and involve your whole family in the production, you could incorporate costumes and props.

Create a Collage

A collage is a piece of art made by sticking various different materials such as photographs, pieces of different colour paper, newspaper and magazine cuttings, small objects (flowers, grass leaves, pasta, beads, feathers) or fabric on to a backing sheet. They can be a collection of images on a theme or be placed to create a new image or pattern.

Create a Display or still life and photograph or paint it.

This could be a collection of items from nature, your home or made objects or a mix of lots of different things, you could create a table top display or arrange the items in a jam jar, or box like a theatre scene. When it is complete you could photograph it or paint it as a still life and/or glue the items into the box or onto card to create a lasting display.



iid.org.uk
iidconsortium@gmail.com
insta:iid_dance

Create a sculpture

This could be a living sculpture made up of your family members, seeds planted or plants grown to create an image or a sculpture made out of recycled objects, nature or clay, plasticine or playdough.

Create a Painting or picture

No materials? Then maybe you would like to take inspiration from Maria's zoom classes using materials from around the house and garden, like paprika and nail varnish! Maybe you can take inspiration from the story to help you identify materials? Ear buds and sponges can be good painting tools. Your picture could be created in bread or on a cake!

Create a dance or sing a song

This could be a dance improvised to music you feel is connected to the story or you could choreograph and plan it, you don't have to use music silence can be a powerful tool.

Maybe sing a song the story makes you think of, or write and perform your own.

**Remember
to take a photo/film,
include your name and
the name of the story
that inspired you
and send it to**

iidconsortium@gmail.com

We will be sharing everything on social media so please make sure you have permission.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**