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Where I am - Community Writing Project

As part of Book Week Scotland (15-21 November) we're inviting people across the islands to celebrate and explore their connection to place through walking and writing.

Guidelines:

Before you set off on your walk think about the place you want to go. What draws you to this place? Is it somewhere familiar? How accessible is it to you? Are you going by yourself or with others?

Your walk can be for any length of time and can take place on any date up till 21st November.

On your walk take time to observe what's around you. What do you notice? Listen out for sounds as you go, these could be birds, water, wind, cars...

Do you notice any smells?

What can you see?

How does your body feel in this place?

If your mind starts to wander try and bring it back to the present moment. Tune in to a particular sound, this could even be your own breath.

As you walk allow these sounds, smells, sights to come to you. Just observe what is going on, you don't need to actively search for them.

You may find your pace slows as you start to consider what's around you.

At the end of your walk take some time to note down what you noticed. This could be as a list or a series of sentences, however you want to capture your experience at that time.

Shortly after your walk take 20-30 minutes to read back through your notes and rewrite these as a longer piece of text. You could start with describing the kind of day it was. For example, 'It was cold and the clouds lay heavy across the sky'.

Think about how you felt at the time, was there anything you immediately noticed? For example, 'my skin, tight against the cold, felt alive'.

Is there anything else you noticed? A bird call in the distance, the smell of seaweed...

If you'd like to share your writing or just discuss your experiences of doing this activity there will be the opportunity to meet online via zoom on **Sunday 21st November, 2-4pm.**

Contact alison.stockwell@cothrom.net or go to <https://www.eventbrite.co.uk/e/aite-tickets-191638956277> to join.