**17.05.21**

**so from the answers you provided, I can see you live in a flat that’s provided by the Council, is that right?**

Yeah, that's right,

**and could you sort of describe what you're building is like to me please?**

I'm. It's a U shaped block. Yeah yeah with 3 houses, three Blocks of 3 on each side, three and then another three on top and then a block of three on the bottom of U. Yeah it's got a garden in the middle which is really nice and people tend to their plots. It's like I got it here 'cause I was over 50 so it's sort of designed for older people, right right? It's quite nice. It's on the entryway from the (local church) Yeah, yes, it's really really quite pleasant.

**It sounds nice.**

I thought “I’ve had a right result with this”, so you know. Yeah, I had housing problems for 13 years before that, I probably deserved it so.

**Can I ask where where you before you got in here?**

I had a really acrimonious divorce in. 2003 yeah. Like a really nice place up in Chingford with my family, so just a succession, drifting through private rental places and the homeless shelter. Mainy non emergency accommodation and it was sort of you know. Nightmare after nightmare. Basically yeah, that sounds pretty much like about 2014 and it's been marvelous so.

**Brilliant, brilliant and you mentioned that that's shared garden people people tending to their plots what? What does that? What's that sort of look like? And how do you use that space?**

I'm afraid I very rarely, do it. It's got a line in the middle and then outside each of the flats at the bottom. Some people take enormous care to to get their their place night and the other ones are more shambolic, right? I look, I know it says I look at it a lot and it's really not know it's there, yeah? I'm on the I'm on the top floor, so I don't actually have a plot there, so so there's not much to go down there for myself. If you see what I mean. Yeah, it's just like people had to look out window in the lounge, and you know to be able to look out.

**I mean, what seems like an obvious question, but what? What sort of pleasure do you take from that? Or what benefit do you see from from looking at that big green?**

Hum. It's just. I'm done. If I stop it, I have. I think one of the things that interested me about doing this project and everything think a lot about nature and right and everything. When I had my place in Chingford before I bought it because it was right up next to the edge of Hanel forest in forest. Yeah, I mean, I've been up near Hainaut Forest and I had a dog that I used to take her everyday. And even though I didn't know the words. For it I used to. I just love or used to love like Forrest. What they now call it. Forest bathing right?

Yeah, the joy of just taking the dog out, going for a long walk in the in the. Forest and stuff. I'm waiting still, it's not something now because of my health so much, but it's really, really important to me. And I have this thing that I read once where. Somebody said. The reason the tree is beautiful is because you can. It's it's beauty is fractal. You can look at the tiny scale and it's really pick up a leaf and you can see the joy of that. Or you can pick up a branch with with the way the leaves are. Look at the the bark and then you can look at it from a distance and it looks like green and the leaves are at freedom. Shaving foam, yeah, as Dylan Thomas once said, you know, yeah, yeah. And I think it's fascinating concept because it it it works, should work with architecture as well. That's why some poses a much more beautiful building than. Canary Wharf

**yeah, I've read about this. I caught him with his name. He said that it's like one of those, like chaos mathematician like in the…**

in the chaos book, yeah, yeah, yeah. That is, that was kind of important to me in in, in dealing with a very rare, so I I think that there's sometimes the I'd like to want feeling better. You know, to have Flowers and shrubs and blossoms in fall season there, and I will go out, count nicely. Roses or stuff like that or. Things to bring back into the flat, yeah. It's it's a. It's not. It's a weird space because if you had a ground floor flat, I'd be a lot more intimate with it. Yeah, you know you can go down there and it again. It's not if you want to somebody or something like that. It's not the idea here, because you're sort of in a Gallery. Everybody looking at you. Yeah, my my girlfriend who used to live it. We split up now but when she was here she didn't want to go out there because of the people looking at it. Yeah, she didn't really like the space because of people looking down on you. Very much. As an exhibit. I think this is probably one reason why I haven't engaged with it as much as I could have done. I'm not much change this summer. Yeah with me.

**That's interesting, thank you. I mean, you've mentioned you mentioned nature. A couple of times there in the sort of you know, The Walking in the forest and the vegetation and everything. Is this really so? Sounds like a silly question, but what? What does that word mean for you nature? What? What does that entail?**

Anything with like chlorophyll in it. Stuff like that, yeah. I also really like. Clouds, clouds, sunsets, sunsets and sunrises. So anything to do with that? I've met also for me as well. I can't really obsessed with like my plants in the last couple of years in house plants in the flat again, that's really that's really important to me as well. So those three things I think. Yeah we can make cheap anything before for then so yeah all those like. Elemental like weather. Sort of things really weather. Again, any just when you see the birds flying over, yeah. That’s what keeps me here. I will come across an invoice when I watch for sure.

**Thank you and So what I mean, if you think about about the last couple of days, what sort of things have you have? You notice that or what kind of interactions with nature of your head?**

Well, this is. This is where the things are bit difficult 'cause I'm sort of. I've had a. Interspersed, but over the last 20 years or so I've had quite bad bouts of depression. I'm slipping into one at the moment, so it's that is very. You know it makes me not wanna deal with my plants as much as I should. Certainly not wanna go out and I've got the COPD which I've developed as well, right like this going out. So again, I'm kind of a lot of my interaction with nature is almost nostalgic, right? But I do need to start doing more. You know, getting out and going out? Yeah, so I'm in this kind of like weird. Situation where? I really want to do more with nature and go out. I mean in the last few days everything would have been as logo like for the local shop. There's a little green there. Yeah and I was there and you know, try and just sit down, look at the grass, look at the tree. And I'm trying to sit and be mindful. As much as possible. Yeah, I something I find so much easier to do outside again. Just seeing a little bit of chlorophyll. It’s better than sitting inside the flat.

**Yeah yeah, thank you. Thank you for you know, talking freely about this stuff as well.**

I think it's important for your. To your project. Away from that, I was really interested. I saw on like I social media that someone that they're doing a. A project for people with mental health down at the wetlands. It might have been at Barnes or Hammersmith. Yeah, so it's like almost a prescription. Go out there and for that and it's like some of the results have come back he's raised. People's well being by like 1 degree. I really I really feel you know, I really feel that yeah. Yeah, I'm kind of. I talk to myself. I'm going to get in touch with like the British Lung Foundation to try and address more with my COPD and do something about this because it's if you go out walking. Yeah, it's really difficult. It's so horrible to feel breathless and. I think people have seen and and and things like that, but if you press on with it a little bit becomes less. Distressing. Yeah, so difficult. Say right I'm gonna go out for a walk and get yourself a bit of nature and whatever knowing that that first fit. Will be. Yeah. And that's why it's important to. To be able to have your house, plants and. See all those other things you know this? This green space, absolutely. To be aware of the seasons changing, you know that nothing. That's again, that's why my. Interaction with nature limited, but it was just nice to see the seasons changing and things like that, yeah?

**Why does that? Why? Why does that? Why does that feel like it's important to be connected to that for you?**

It's it's something I don't know, just something I've I've always notice than. Uhm? I mean just a silly thing, but these flats we look southeast toward Stratford. Yeah, now I've got some really nice. It's quite a lot of trees on that view. So in the. In the summer. You can just see all these beautiful trees in in. In leaf. If it's windy you can see them like wave and everything else so you get this effect of. You know from a distance it looks like shaving foam on top of you. Yeah. In the winter, when all the leaves are gone. You can see more and more of this like the skyscrapers just going up, but it is, you know, just like filling the world with these boxes that are not homes and just investment vehicles. Yeah, really fucking upsets me. Yeah, you know, these things really upset me, so it's nice and again you can see the season. That's when the season is just. I just think it's. If you look back too. But there is a little bit this is not the kind of like method thinking it was some sort of like. Ideal. Human state. Someone did the Noble Savage or something weird. Our species was at one with nature. Yeah, I mean. I don't know whether they were happy or happier or. They certainly died a lot younger, mostly 'cause of their teeth or things like, you know. I'm not trying to say everything was marvelous, but at one stage we were at shoot, you know, we were aware of nature. Yeah, it was vitally important for me to to live, eat and survive and stuff, and you know, you look at Stonehenge and the stone so you know that they're all. Predicated on the changing of the seasons. So there's this. There's something with it. There's something within the human psyche or soul that makes it really important still. And I think it's nice to be aware of that. And in Intune with it somehow,

**yeah. I guess it's kind of, I mean like you say with these flats is you know it's a financial thing rather than a thing about living, but there's so so sort of weird. There's still some person on the other end of it who's decided to do that to the skyline. I don't know. OK, it's just like.**

I don't even know if it's this one. This one evil person is by network and it's just a network of chances, right? Yeah, I mean this is this network of chances and and it's a global net. If that's what's really upsetting about, it's it's global. It's just all that all the Saudi money from all over the world it's been sunk into the London property market. Yeah, at the. To the detriment of of nature. I mean, you know it's like London is such a was so blessed with London have a beautiful the greenest city there is. And it scratch you just been chipped away from. Looking down. You know, cutting down trees in in streets and that it's just all three little. Suburban avenues they have these beautiful trees and they've been cut down. There's not one evil person doing that, but just the. For Saturday. Don't know. I've ranted myself into inarticulacy there so.

**I suppose that's my key key to us, my next question. What I wanted to ask, we've sort of come up to the 20 minutes I promised. Is it alright?**

I'm happy, I'm happy to go home 'cause she this is a subject that interests you. Know I mean yeah, £20 will come in handy, but it was more like other. This interests me so I'm happy to if it helps you. I'm happy to carry on talking.

**Thank you. I mean I'll only be another like 5 or so minutes probably, but I don't. I don't wanna like, you know, cut off, that's alright, but I mean, I've. So I gotta bring it up, but the pandemic. How how is the strangeness of? Life over the past year. Change how you look or think about nature. If or has it at all.**

Oh it was fun. Just wondering, since when I was with my girlfriend last year and the pandemic was on and we were trying to go out and do some walking and going to maybe green, that's quite nice. Yeah, I don't know in like pre thinking this discussion with you. I was really interested in. We went out for a walk last year down the River. Lee yeah. Out tool to help them stay that way. And there was one point where I was. We were just down by the Riverside. There was nobody else about and. I literally didn't feel like I was in London. It was so. Everything was great. You know this chlorophyll thing. Everything was there there was. There were no apart from the traffic which there wasn't much sound off. But you know, you really could have been anywhere bucolic. Yeah. And then later on I saw that when the summer there was a big photo spread of where people have been down at one of the swimming spots there. Yeah, you typically about the Colombian community or something like that. They’ve been going down and swimming in the River and these you know, like marvellous pictures people enjoy themselves. Yeah, and I'm sitting there like him. There are some really really dodgy things in that River. Mention the rat urine, which is which is one thing, but there were some really, you know. So that’s one thing that happened, I think about quite a lot. Yeah, it's a beautiful spot. It could be like heaven on earth. Really could be heaven on earth, but whether it will ever be properly able to be. Reclaimed. With Peace of Mind, I don't know that is that was similar I thought was so similar to the pandemic for me. Where if if I was to get covid with the CEO PD, I'm probably dead. Yeah, under a lot, you know underlying conditions and that kind of thing. And again, it's probably not much risk of going of getting it was swimming in the River. But that tiny risk could be. Really serious consequences, yeah, and that was the same for like going out and you know when I was used to getting like walk along the canal which is which is really nice things to look at the house boats and and then you think I've got all these people like joking that next to me and it's hailing and stuff like this and it's trying to. I don't know. Translate trying to have a real rational look at your risk is I found very, very difficult. I'm not inhibited going out to the nature quite a lot. Yeah, I know. Yeah. Oh, it's funny. Like one of those risks.

**The covid thing is like. You know the virus nonhuman thing with the swimming- the pollution in the water is all from humans, if you thought about it rationally and thought about the risks. Yeah, and it's so easy to do if you're not intimately kind of connected with it. I don't know…**

That's interesting.

**That's pretty much all the questions that I thought I had for this week, right? So yeah, thank you very very much indeed what I wanted to do though, is to talk about the sort of next bit. So as as you hopefully know, it would just be taking, say a minimum of 10 photos, or it could be just reflections or whatever you wanted to contribute.**

I've got two or three, but I'm not taking. I'd like to use. Would that be? Does it have to be from now?

**No, no, not at all. Not at all.**

I've got a really nice one of the. Parakeets in the trees are really yeah, and I've got a couple of really nice. But you know, I've got this thing of. Sometimes I've had insomnia side, but woken up with this really nice pictures of sunrises and things like that, but I'd like to put in, yeah, I'd love to see in that small business. I would put some of my house plants in and things like that. Yeah, yeah, yeah, that all sounds brilliant by surprise so hard to get the pictures of those parakeets say don't sit still and they're green. They're actually there so I'll try, but it's like. I wrote a poem as well about him. He's like one of the best. I used to do. Spoken word poetry, right, well, little bit, and I'm OK with the depression that when I'm gone. But I wrote a poem about parakeets about 18 months ago, right? One of the best things I've written, so I'd like if I can find a way I'll send that to you as well.

**Yeah, I was just gonna ask and I see that it's like. It's how I relate to nature as well. If you see what I mean, you know I'm trying to say so. OK, that sounds amazing.**

I wish everybody would. For his generous with. I'm interested by your projects and when we get over this and in the. So interesting to hear more about it. Yeah, yeah, absolutely. I've I've definitely happy to talk through what I've what I've found. Find out from people. And so some work and stuff like that at the end of it.

I've had a poxy few days with my mental health so it's really nice to be able to look forward to doing this and. Talk about. Good positive things so yeah, thank thank you, you know.

**Well, thank you.**

Synchronicity and that sometimes so yeah. Sometimes, you know you can be believe in this kind of stuff, yeah? It's more you're more prone to that or feeling, you know if you're stuck in there. Just stuck in. Not so good anyway, so this will become clear.

**Alright, well let's speak in a couple of weeks and I’m really looking forward to it.**

Alright, thank you very much.