



Arts and Memories at St Barbe

Designed by the Learning and Engagement Officer at St Barbe Museum, these activity packs are created to reach out to those who are unable to visit the museum in person but still wish to enjoy our cultural programme.

In order to do this, internal and external sources are used in a way that capture the attention of people with dementia and their families/carers but are accessible to all, from younger to people.

Inspiration is taken from the exhibitions and displays at St Barbe Museum and Art Gallery. We believe that art, heritage and culture are valuable tools that can be used to help develop a sense of wellbeing and to combat social and emotional isolation.

A new activity pack will be produced every 2 weeks. Get in touch with our Learning and Engagement Officer by emailing her at the address below and she will put your name on our mailing.

Help us in our goal to bring Arts and Memories to you, share this Activity Pack with those you think might enjoy it and don't forget to feed your thoughts back to us.

For any information and to receive future Activity Packs please email:

paola.palma@stbarbe-museum.org.uk

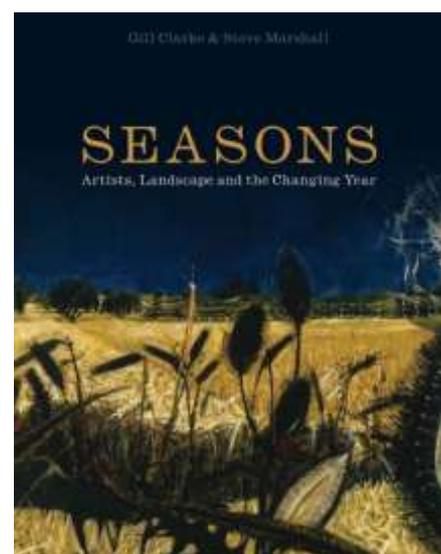


Figure 1 Catalogue cover of our current exhibition: Seasons

1. About the current exhibition Seasons: Art of the Unfolding Year

Starts: September 11 - 10:00am

Ends: January 9 - 4:00pm

This autumn sees the opening of a unique exhibition celebrating seasonal change as portrayed by British artists over the last 100 years. The seasonal cycle has long been a source of inspiration for artists, writers and musicians but in recent times our mainly urban and digitally focused society has become increasingly remote from the natural rhythms of the year.

At a time when nature is threatened by climate change, pollution, development and declining fertility this exhibition serves as a timely reminder of the joys and critical importance of nature's cycle. It will also resonate with those for whom lockdown provided an unexpected opportunity to connect once again with the onset of spring.



Drawn from private and public collections including Tate, British Council and the UK Government Art Collection the exhibition explores changes in the landscape, plants that leaf, flower and fruit at particular times, wildlife that is prominent in different seasons, customs and folklore, the farming calendar, weather and gardens. It also touches on the way changes in farming practices, urban development and climate change are affecting how we experience seasonality today.

Artists featured include John Nash, Eric Ravilious, Clare Leighton, Gertrude Hermes, Graham Sutherland, Alan Reynolds, Laura Knight, Duncan Grant, Charles Tunnicliffe, John Minton, Kurt Jackson, Keith Grant, Carry Akroyd,

2. Focus on Autumn: 'The season of mists and mellow fruitfulness'

This Activity Pack is centred around the **Autumn** season.

The concept of autumn in European languages is connected with the harvesting of crops; in many cultures autumn, like the other seasons, has been marked by rites and festivals revolving around the season's importance in food production. Animals gather food in autumn in preparation for the coming winter, and those with fur often grow thicker coats. Many birds migrate toward the Equator to escape the falling temperatures. (Britannica.com)

Steve Marshall, Exhibition Curator at St Barbe Museum and Art Gallery, expresses the significance of this season presented in our exhibition, in an article published in *Artists & Illustrators* (October 2020) with the following words:

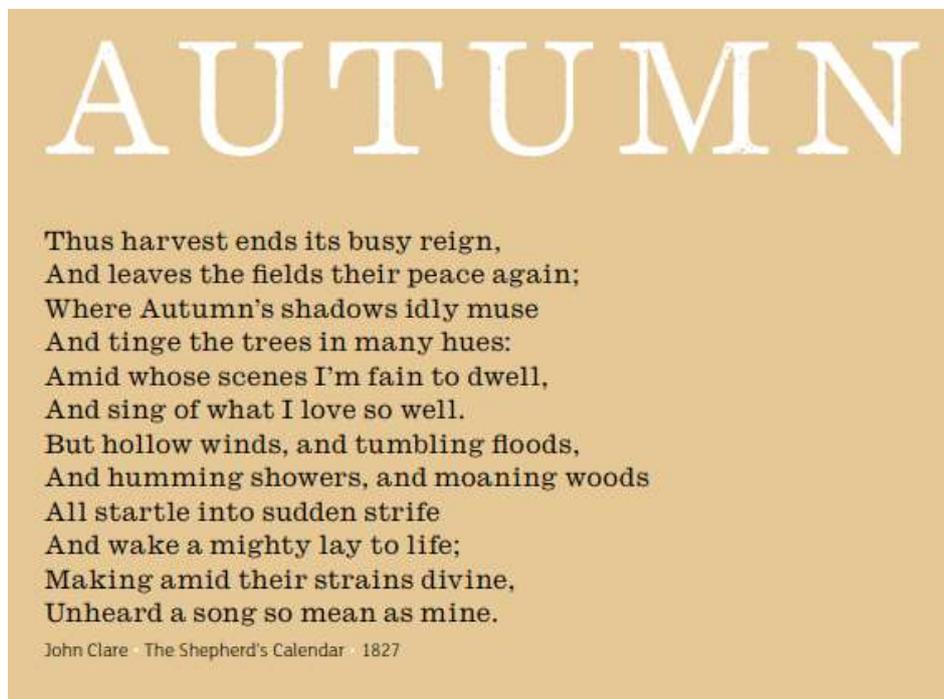
'Autumn is sometimes seen as a time of plenty and ease after the harvest but it is also the harbinger of winter, marking an end to growth and fruitfulness. The splendour of turning foliage precedes the fall that will expose the bare and apparently lifeless forms beneath. In this sense it is often felt to be a melancholy season when corn fields are reduced to stubble, flowers wither and days shorten. For the birds it is a time of arrivals and departures as swallows and swifts leave for warmer climes while redwings and fieldfares (as portrayed in Carry Akroyd's vibrant screenprint) reappear. For the artist the colours of autumn transform the landscape once again offering a spectacular new vision quite different from the greys and browns of winter or the acid greens of spring. British artists' responses to this spectacle have largely been marked by a muted palette that perhaps matches both the national climate and character and is typified by the approaches to their landscape subjects of Alfred East, Paul Nash or Ivon Hitchens. On the farm the harvest marked the end of the agricultural year but Michaelmas on 29 September ushered in the new one. Ploughing was the big job for the season changing the complexion of the countryside once again. The quiet nobility of the ploughman's horses and the job's association with autumn and the aftermath of the harvest has made it a somewhat romantic and wistful subject for many artists. But there is always cause for optimism as their work in turning the soil was preparation for the next year's sowing so that the whole cycle could begin once again.'

All activities in the following pages are a journey through the senses, a journey in the amazing nature that makes everything so vivid and mellow: colours, scents and smells, shapes and activities in the animal and human world.

The material used in this pack has been collated from different sources: exhibition material and catalogue prepared by Gill Clarke and Steve Marshall, internet searches and the creativity of all those who contributed in the preparation of this Activity Pack, including St Barbe Museum and Art Gallery's volunteers. The *Forget-Me-Not* picture on the first page of this pack was kindly donated by keen gardener Annie Pope. *Forget-Me-Not* is a small blue flower represent remembrance and is long associated with dementia.

Should you wish to learn more about The *Seasons* Exhibition, you can find catalogue available to purchase in our museum' shop.

We hope you can immerse yourself in the appreciation of this amazing season.



3. Activities

- The Autumn List

How many activities specifically happening during the Autumn season can you list?

Think about the countryside, the animal world, or even think about what we do every year in preparation for this season: the list can be very long. We have started it, can you find three more? Do you know

what activities the words below are referring to? If in doubt, find the description at the end of this activity pack in Section 4.

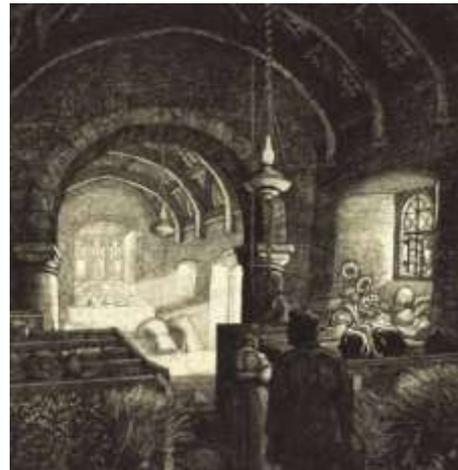


Figure 2 1930 / Robin Tanner. Harvest Festival. Stuart Southall Collection

Harvest	
Threshing by hand	
Pannage	



Figure 3 Stuart Southall Collection • image reproduced by kind permission of The Estate of C.F. Tunnicliffe

Do you have any memories associated with any of the words above? Or perhaps you have a picture

that represent a specific moment of time many Autumns ago.



Figure 4 Gwen Raverat, The Threshing Machine. 1930

If you are happy to share them with us, we would love to hear from you. Your memories are precious to us too.

- [Cut, Colour and Be Amazed by Nature!](#)

The New Forest is one of the best places to see the falling autumn leaves. They change from bright green to kaleidoscopic nuances of red, orange and yellow, brown.

So why not put your shoes on, a warm coat and venture out into the garden or a park, in the Forest or, if you cannot go out, stay in your slippers by windows and look out.

If there is a garden bench nearby, sit down, take few moments to breathe in the Autumn misty air, look everywhere around you, the leaves are falling, the acorns are dotting the path at the oak's base, the conkers are there asking to be picked up.

If you can, collect different shapes of leaves to take home where you can put them together in your personal autumn bouquet, or maybe you can glue them on a paper plate and make a lovely garland to hang on your door as a celebration of this amazing season.



What are your favourite shapes and colours?



If you cannot go out, cut and colour the leaves in the next page. You can use different materials you have in the house to colour them, such as coffee grounds, carrot peelings, beetroot slices, lemon zest, used teabags and so on.

There is not a right or wrong way to do it.

Just follow your imagination and your love for nature. Look out of the window and look back to your memories. Close your eyes and breathe, is the colourful Autumn inspiring the artist in you?



- Music for your ears: Raindrops Keep Fallin' on My Head by B. J. Thomas

The perfect Autumn song with a happy tune! This song was written by H. David and B. Bacharach for the *Butch Cassidy and the Sundance Kid* movie (1969). It has an uplifting tune and lyrics which describe the attitude of one of the characters who philosophically managed to overcome his troubles with the realisation that "it won't be long until happiness itself will greet me."

So, we dare you to sing as if nobody is listening!

*Raindrops are falling on my head
And just like the guy whose feet are too big for his bed
Nothing seems to fit
Those raindrops are falling on my head, they keep falling
So I just did me some talking to the sun
And I said I didn't like the way he got things done
Sleeping on the job
Those raindrops are falling on my head, they keep falling
But there's one thing I know
The blues they send to meet me
Won't defeat me, it won't be long
Till happiness steps up to greet me
Raindrops keep falling on my head
But that doesn't mean my eyes will soon be turning red
Crying's not for me
'Cause I'm never gonna stop the rain by complaining
Because I'm free
Nothing's worrying me
It won't be long till happiness steps up to greet me
Raindrops keep falling on my head
But that doesn't mean my eyes will soon be turning red
Crying's not for me
'Cause I'm never gonna stop the rain by complaining
Because I'm free
Nothing's worrying me*



If you wish to sing along with the music, please follow this link:
<https://www.youtube.com/watch?reload=9&v=hziG9Nr6KHU>

- Brain Tickler

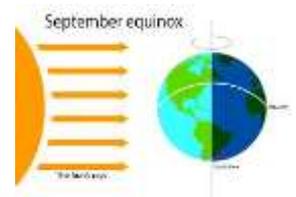
We have chosen few words to represent the Autumn season and have hidden them in the Word Search Quiz. Can you find them? Please note, words can be found looking downwards, upwards, or diagonally. If you need a little help, have a peek at the end of this Activity Pack in Section 4.



Autumn

A	N	A	P	I	S	I	S	E	E	X	E	R	H
M	N	E	S	A	O	E	M	C	V	N	S	O	U
Q	H	I	C	S	L	T	I	P	I	S	O	M	I
C	H	O	P	P	N	P	R	S	U	L	N	H	E
P	P	P	P	P	S	S	N	I	L	A	E	A	P
S	A	A	C	H	E	S	T	N	U	T	S	R	I
T	E	P	E	P	N	P	T	I	H	L	X	V	P
E	P	U	M	P	K	I	N	P	I	E	O	E	I
E	E	E	E	S	T	N	N	S	V	A	N	S	O
T	N	A	K	P	X	E	S	L	I	V	I	T	T
P	S	S	N	E	S	C	E	E	P	E	U	P	S
N	A	R	A	S	S	O	C	A	T	S	Q	R	I
T	S	I	I	U	S	N	O	E	P	S	E	C	M
P	E	N	C	A	E	E	P	A	I	V	S	O	H

PINE CONE
 APPLES
 CHESTNUTS
 PUMPKIN PIE
 LEAVES
 MIST
 HARVEST
 SPICE
 EQUINOX



Please note that all images have been downloaded off the internet.

- Music for your soul: a poem

***To Autumn* by John Keats (1795-1821)**

Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.



Who hath not seen thee oft amid thy store?
Sometimes whoever seeks abroad may find
Thee sitting careless on a granary floor,
Thy hair soft-lifted by the winnowing wind;
Or on a half-reap'd furrow sound asleep,
Drowsed with the fume of poppies, while thy hook
Spare the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cider-press, with patient look,
Thou watchest the last oozings, hours by hours.

Where are the songs of Spring? Ay, where are they?
Think not of them, thou hast thy music too,--
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-cricket sing; and now with treble soft
The redbreast whistles from a garden-croft,
And gathering swallows twitter in the skies.

You can also listen to this poem by following the link in the first of the two sources and click on this icon:



on this link:

<https://poets.org/poem/autumn>

John Keats

English poet John Keats was born on October 31, 1795, in London. The oldest of four children, he lost both his parents at a young age. Despite his death at the age of 25, Keats is one of the greatest English poets and a key figure in the Romantic movement. He has become the epitome of the young, beautiful, doomed poet. Source: http://www.bbc.co.uk/history/historic_figures/keats_john.shtml

- We will 'conker' you!



Figure 5 Autumn Fruits by Gertrude Hermes

Autumn fruits by Gertrude Hermes (1901-1983) celebrate the seasonal harvests of fungi, blackberries, teasels and conkers.

A conker is the seed of the horse chestnut tree (not the sweet chestnut tree where we get edible chestnuts from). It is a hard, brown nut but *Conkers*

is also the name given to a game played between two people at a time. Did you use to play this game when you were a child? Do you still remember the rules?



Once you have chosen the perfect uncracked, firm and symmetrical nut, made a hole in the middle, you need to thread a piece of string and tie a knot at the bottom (see picture above). Players must hit the opponent's conker in order to break it. Did you have a special way you prepared your conker? If you were a Conkers champion, we would love you to share your memories with us. Tell us your stories.

Roald Dahl was a big conker fan. He tells us in his book, 'Roald Dahl, My Year' that, '...a great conker is one that has been stored in a dry place for at least a year. This matures it and makes it rock hard and therefore formidable.'

Do you know that there is a World Conker Championship? Unfortunately, due to the pandemic, the 2020 edition was cancelled, but if you wish to take part in the 2021 edition, you can find the rules and further quirky information here:

<http://www.worldconkerchampionships.com/rules.php>

- Autumn Feelings

Autumn is the perfect time to start slowing down, take a little 'me' time, calmly sip a nice warm cup of tea perhaps reading a poem or an exhibition catalogue or listening to some soothing music. Life can be frantic at times, so we need to learn to look after ourselves and to remember what we like to do when time allows us, so why not make a 'wish list'? Perhaps visiting the new exhibition in town or meeting a friend in a nice coffee shop or even baking your old-time favourite recipe. The list can be very long but keep it in a place where it is visible so that you won't forget to look forward to achieving your dreams.

Can you describe how autumn makes you feel? Think of words beginning with the following letters:

L _____

E _____

A _____

V _____

E _____

S _____



- F is for *Forest Bathing*

If you watched *Countryfile* on BBC1 on Sunday 15th November 2020, you possibly have been mesmerised by the effect of Nature Bathing.

'The first thing you need to know is that forest bathing does not involve swimming costumes, or even water. 'Bathing' in this sense just means a fully immersive experience of woodlands.

Also known as forest therapy, forest bathing encourages frazzled urbanites to slow down, relax and engage their senses with the woodland around them: the sound of the wind in the leaves, the fragrance of fern and fungus, the play of dappled light on the forest floor'. (Source: <https://www.countryfile.com/go-outdoors/f-is-for-forest-bathing-mindfulness-in-nature/>)

Forests for escape

What is forest bathing?
This Japanese practice is an ancient process of relaxation, known in Japan as shinrin yoku.

Tips for Forest Bathing

- Turn off your devices to give yourself the best chance of relaxing, being mindful and enjoying a sensory forest-based experience.
- Slow down. Move through the forest slowly so you can see and feel more.
- Take long breaths deep into the abdomen, extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.
- Stop, stand or sit, smell what's around you, what can you smell?
- Take in your surroundings using all of your senses. How does the forest environment make you feel? Be observant, look at nature's small details.
- Sit quietly using mindful observation; try to avoid thinking about your to-do list or issues related to daily life. You might be surprised by the number of wild forest inhabitants you see using this process.
- Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.
- Stay as long as you can, start with a comfortable time limit and build up to the recommended two hours for a complete forest bathing experience.

Where should I go to forest bathe?
With thousands of incredible forest locations around the country you're actually quite spoilt for choice. Visit forestryengland.co.uk to find your nearest forest.
Once you've found a destination that works for you, we recommend visiting outside of peak hours for optimum quiet time. Try bathing early on a weekend morning or on a weekday afternoon whilst the kids are school.

Who is forest bathing suitable for?
Forest bathing exercises can be great fun for adults and children alike and useful in teaching concentration and mindfulness, whilst also providing an excellent opportunity to learn from each other.
We advise adult supervision while practicing forest bathing with children. Watch out for brambles and stinging nettles.

Figure 6 Source: ForestryEngland.co.uk

4. Peeking Page

The Autumn List

In our Autumn List we wrote few names of activities that happen during this season. Here they are described for you and a picture from our current exhibition is also added in case you don't have the chance to come to the Museum when we open again.

Harvest

It is an important date in the British farming calendar as the crops grown for food and animal feed are gathered. The Harvest Festival celebrates this success.



Figure 7 Harvest Festival display at Lymington Baptist Church. 1912. St Barbe Museum and Art Gallery Collection

Threshing by hand

September on the farm would see the harvest mostly brought in, at least in the south. Threshing by hand once took up most of the winter but labour/saving machinery meant that this could now be done immediately. Workers came together to get the job done while the weather held.



Figure 8 Threshing at Flanders Farm, Hordle in the 1930s. St Barbe museum and Art Gallery Collection

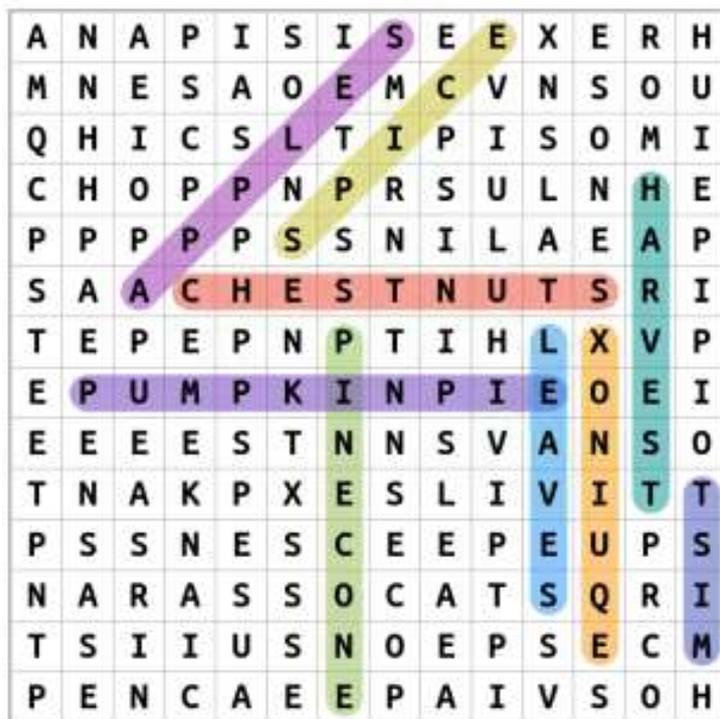
Pannage or 'Common of Mast'

Is the release of domestic pigs to roam in the Forest to forage for fallen acorns, which if left in large quantities are poisonous to horses and cattle.



Brain Tickler

How many words did you find in our Brain Tickler? Below they have all been highlighted for you.



We hope you have enjoyed our first Activity Pack. Let us know what you think!

The next Activity Pack will focus on Winter. You can contribute with any stories, pictures, ideas or memories you may have.

We look forward to hearing from you!

