

# Fresh Arts Creative Writing Group

thoughts inspired by  
Rinko Kawauchi's photographs

**ARNOLFINI**  
EST. 1961



**NHS**  
North Bristol  
NHS Trust

# ABOUT

Fresh Arts is the art programme for North Bristol NHS Trust at Southmead Hospital. Their social prescribing programme, Arts on Referral, supports patients living with long term chronic conditions to better manage their health and wellbeing through the arts and creativity activity.

Since 2019, they have been offering their own follow-on group for patients who take part in their creative writing programme.

In their regular creative writing sessions, the group explore themes which help to unpack meaning and find commonalities within their lives and experiences through gentle, guided activity.

This transcript is a collection of the group's thoughts, poetry and writing in response to prompts (written below) inspired by Rinko Kawauchi's series of works titled *Illuminance*, *ALA*, *Ametsuchi*, and *M/E*, exhibited as part of *Rinko Kawauchi: At the edge of the everyday world* at Arnolfini, 19 October 2024 - 16 February 2025.

## PART I

What question(s) do you feel Rinko is asking through her work?

How do you feel in response to Rinko's work that you've seen so far?

## PART II

Write about something that is small and special

Write about something that changes shape, such as when one prepares an apple.

Is there a story that unfolds in these images?

Write in response to the quote: What brings meaning to your every day?

# PART I

**Trish** I'm burning boxes in a field bordered by brambles  
Soot and ash curling high over hedges  
Breathing upwards.  
My rubbish.  
Grains of it.  
Forming in glaciers I have never seen.

**Zoe** **Blessed Life - All together**  
**しあわせな じんせい - ぜんぶあわせて**  
**Siunattua elämää: kaikki yhdessä**  
Curiosity piqued.  
Space given..... Enabled art.  
A space to be and be seen.  
AILA όλοι μαζί  
Safety in the most unexpected moments,  
places of great beauty.  
Joy, succour,  
shiny earth insight, surrendered.

Playfulness ignited with an illuminating flash of awareness.

**Emma** AILA  
Small images  
Writ large  
Displayed as droplets in a cloud

**Cath** We grow, we move, day by day  
We sail, we swim, year by year  
We fly, we swarm, moment by moment

**Elena** "I'm sort of repeating what you said about the connection of the small and large in the artwork, the small and large in our world and how small things like art, actions and thoughts can impact the bigger things, and the beauty of both the small and large in our world."

- Anne** Opening a window/door to another existence  
Cool  
Not looking at, but looking through and into  
Step through, arm out pushing an invisible door  
Breathe cool air, feel it, feel it brush across the skin  
Really feel  
In another dimension  
To walk, to stop, to look, to really look  
And to bring back from that existence to this, to ours,  
to mine, to dance between there and here
- Graham** Rinko is asking us to see the mysterious and beautiful  
in small, everyday places and things. She is asking  
how we can learn to see in new and unexpected ways -  
see intimacy in the large and greatness in the small.
- Colin** The Japanese landscape and culture are very different,  
with a long and proud sense of place and tradition.  
Continued renewal of buildings and landscapes is  
their way of preserving the sense of the past.  
New and old co-exist harmoniously and seamlessly in  
buildings and gardens, which blend into each other.  
Rinko's images capture different aspects of her  
existence and context, so reward careful  
observation.
- Donna** A glimpse into life on earth  
Blessings of being alive, even in the banal moments of  
life and finding the wonder in them  
The juxtaposing of wonder and banal  
thought

## **PART II**

### **Colin**

Compact, durable, strong, light, functional, elegant and minimalist.

Use it for: fixing a bike; cutting bread & cheese; opening a beer; trimming unruly undergrowth; all sorts of practical things when out and about...

The pocket-sized stainless steel multi-tool is an invaluable travelling companion.

Don't leave home without one!

### **Graham**

Why I find myself alive here and right now – Rinko's work inspires a sense of a timeless moment. Whether painting or photography, the unanswerable question of here and now is expressed in experience of a timeless moment. A moment captured in space time, a moment when the eternal merges through the cracks of experience and speaks to us. There is no answer as the question is its own reply.

### **Trish**

The apple –

I cut with purpose to bite down on sweet tart flesh. I save the core for the blackbird, one with a broken leg that comes at teatime. Conker brown seeds drop willingly. Grains on the draining board. A world in a careless speck. A mother tree in white blossom wash down the sink.

### **Emma**

The peeled and halved apple

Classic still life

The flesh tarnishes once cut

The seeds exposed no longer wrapped in their protective tissue

However vulnerable they appear; the flesh must wither and rot before the seeds can be retrieved and seed again

Birth, death, rebirth

Eve in the garden some might say.

## Anne

So many different ways to see  
Light is placed but we can choose  
A gentle invitation to quietly consider what we have  
before us  
Residue  
The light through the prism does not split  
crumbs of the earth, spiral, shrinking to infinity  
The tell-tale curl of the apple peel leaves behind fruit  
and seeds

## Elena

"I was talking about the pebbles and stones in the  
snow, not knowing what it is, whether it *is* pebbles in  
the snow or comets in the sky... and how the  
sun reflects everything – it can either reflect  
or the lack of it can bring darkness. It can be big,  
it can be small, and there are different forms of it  
in the sunset and the sunrise, and the warmth of the  
sun but also the harshness of it through things like  
sunburn."

## Donna

What brings meaning to your everyday  
The coolness of the breeze  
Birdsong surrounds me  
Grounded with a weight to the land  
Connected  
Constant flow of movement  
Chi energy running through me  
A connection to earth and to all nature around me  
A connection to self  
The blending together, a smile forms

## Zoe

Small is special.  
It settles in the palm of your hand.  
Like awareness, it e-x-p-a-n-d-s.  
Like a grain of sand, the whole world encompassed,  
uncored,  
complete in its vast universe of blue-green  
opportunity....  
The earth is my garden.

My garden is my heart.  
Tiny and vast,  
soft animal body like strength.

## **Cath**

The apple tree bough split and fell whilst we were away. Overloaded with apples its bounty became its downfall. Hundreds maybe thousands of apples cover the garden, and I am juggling bruised and spotted windfalls day by day. The whole place smells of cider. But inside each bruised and spotted fruit is a five-pointed star. So I peel and slice and core and blanch and freeze and cool and stew and pulp and liquidize and mash freeze again.