



Restless Participation Day

Walking Abbotsbury-West Bay (9.5 miles) with creative wellbeing activities along the way and a Creative Action at West Bay

12th August 2018

Restless is an arts activism project for survivors of trauma including childhood abuse and domestic violence. The project uses walking and creativity to speak up, protest and stand in solidarity against abuse and violence.

Restless is led by artist Viv Gordon who is a survivor of childhood sexual abuse. She says “Restless uses the idea of walking in a challenging landscape as a metaphor for abuse survival and the imagery of the sea as an inspiration for activism – the sea never gives up, it just keeps on coming no matter what. Now we are finding our voice as survivors – there is no stopping us – we are restless for change”

The project kicks off with Viv and her friend, producer and ally Sarah Blowers walking the 86 mile Dorset stretch of the South West Coast Path between 7th-13th Aug 2018. They will be blogging everyday. You can follow their journey on social media

Website/Blog: <https://www.vivgordon.com/blog>

Twitter: @VivGordonMFD

Invitation to participate

We are inviting survivors and allies to join us for the day on 12th August. You can join the whole day, meet us at lunchtime or join us at West Bay.

We will be gathering at Abbotsbury Car park, Rodden Row, DT3 4JL at 10.30 am. We will be wearing Restless project T shirts to help you find us.

There is a car park in the village – the charge for the day is £3.50

We will stop for lunch/rest/swim at Burton Bradstock between 12.30 and 2pm. There are shops, cafes and pubs here to buy refreshments.

We will aim to arrive at West Bay at 3.30. The Creative Action will start at 3.30 for about an hour. We will gather together and Viv will lead us in some simple symbolic activities that affirm the strength of our community and express our rejection of abuse and violence. If you would like to share a short song, poem or similar please get in touch.

The X53 Bus returns to Abbotsbury from The George, West Bay on Sundays at 16.50 and 18.45 with a journey time of approx. 20 minutes

<https://bustimes.org/services/x53-weymouth-bridport-axminster?date=2018-08-12>

We will be joined by film maker Barney Witts who will be documenting the day. We take safeguarding very seriously – if you prefer not to be filmed and/or need to maintain anonymity please let us know and we will ensure that your wishes are respected.

What should I bring?

- Comfortable shoes
- Waterproofs
- Sunscreen/sunhat
- Swimming stuff if you want to swim
- Water
- High energy snacks
- Packed lunch
- Money for Parking/Lunch/Ice cream
- Tissues

More information here:

<https://www.southwestcoastpath.org.uk/walk-coast-path/trip-planning/what-take/>

Will I be asked to talk about my experience of trauma?

No. No-one will be asked to talk about their reasons for joining our protest walk. It is likely that some people will want to share their experiences but there is no pressure to do so. The idea of the day is to value each person equally and the courage and commitment it takes to attend an event like Restless.

What support will be available on the day?

Restless aims to be a mutually supportive, respectful and empowering event. It is likely that participants will feel moved emotionally at some point during the day. For this reason, we are encouraging people to attend with an ally where possible. We will also have signposting information available for participants to seek support after the event.

What are the costs of taking part?

Participation in the walk and the Creative Action is completely free of charge.
Participants will need to cover the cost of their own travel, parking and refreshments.
We regret we are unable to contribute to participant expenses.

Please let us know if you are coming so we don't leave without you and get in touch with any questions about the day.

Contact:

After 1st Aug - Sarah on 07967494244 or sarahablowers@gmail.com

Before 1st Aug - Viv on viv@meanfeetdance.co.uk