

DAiSY Get Writing Micro-podcast: Week 9 - Spaces of hope

Hi, it's Jackie Wills again. The theme for this week is spaces of hope. And we can interpret that pretty openly.

And this week I thought, well, if I have a problem it can often be solved by walking. So for this week's writing exercise I want you to take something that is troubling you out of the house.

If you can't physically get out, visualise a walk you are familiar with. Identify the places on that walk that gives you a new perspective, calm you down, give you hope. You could start by drawing a very basic map and marking places, objects, landmarks and sounds on it.

Is there a fabulous view, a particular sound, a corner you stop at, a gate you like the look of, a statue you notice, or a place where you're particularly happy?

Now think about what happens to the problem when you walk? What do you carry it in - a rucksack or paper bag, a purse or a pocket?

Name your chosen landmark, plant, view, gate, object, sound - whatever it is that consoles you - as your place of hope and use that as a title.