



MEDIA RELEASE

For immediate release

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Use your phone to capture and share a moment of stillness

Monday 8 June: Highbridge-based artists **Leila Browning** and **Nadja Mcdevitt** are inviting locals to film and share those precious moments of stillness we find in our Covid-19 affected worlds. Their artistic project **Moments of Stillness** is one of the five commissioned projects for the Creative Arts Under Lockdown programme commissioned by **Seed**.

Can you take a moment to stop? Take notice? Listen? And hear what is going on around you during your daily exercise? Or maybe take a moment in your garden? Or on the way to the shops?

Nadja Mcdevitt said "In these unprecedented times we have all learnt to adapt quickly to the challenges and changing circumstances, it is essential that we take some time for ourselves. We would like to ask you to do this; in this moment of stillness can you capture what this looks like to you. Using your phone or camera, film whatever catches your eye for up to one minute and share your video with us, just as it comes. If any words or thoughts come, please share these with us too."

Leila Browning added "Taking some timeout for a moment of stillness, gives a sense of mindfulness which is helpful for our individual wellbeing. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."

Participants are asked to film in landscape orientation and keep to the current government guidelines staying 2m apart. Please do not include people in your videos. The artists will collate material and create a short film for everyone to enjoy.

Moments of Stillness is one of five projects commissioned by Seed, the Arts Council England funded Creative People and Places project for Sedgemoor. The projects are led by local artists and groups who will deliver creative activities that will engage, support and creatively connect people in Sedgemoor during the Covid-19 lockdown.

media release

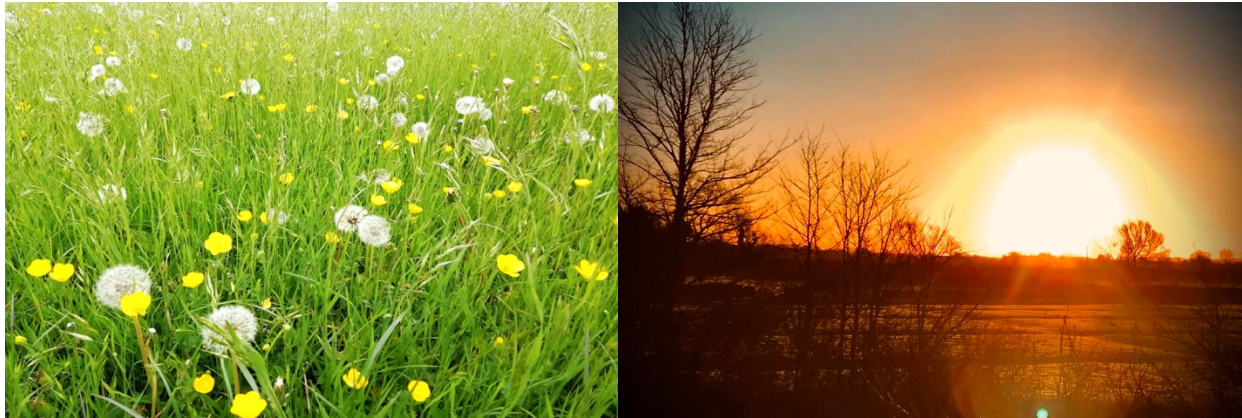
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To find out more and participate please visit our social media pages.

Facebook: Moments of Stillness. Instagram: moments.of.stillness

When posting to our social media pages please include the first three characters of the postcode where the image was taken and the hashtags **#creativelivesunderlockdown** and **#momentsofstillness**

IMAGES



Full size Images to accompany this release can be downloaded via:

https://drive.google.com/open?id=1WfUoCn43t35L7oDNqglS8_xV92ZnbDDu

Seed Sedgemoor

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Seed is a Consortium of local organisations comprising:

Homes in Sedgemoor,
Community Council for Somerset,
Bridgwater Senior Citizens Forum,
Somerset Film; and
Bridgwater Town Council.

We believe that arts, culture and creativity are not elite activities, but should be an ordinary part of everyday life, created by, with and for the people. This can be achieved in partnerships with artists in all forms of the creative arts, working in response to the collective imagination and reflecting the things that are important to the communities of Sedgemoor. We seek to make creative arts, culture and heritage part of everyday life in Sedgemoor by growing new opportunities for its people to participate, create and celebrate.

Seed is part of the **Creative People and Places** programme, initiated and funded by Arts Council England through the National Lottery. Creative People and Places is about more people taking the lead in choosing, creating and taking part in art experiences in the places where they live. There are 30 independent projects, each located in an area where people have traditionally had fewer opportunities to get involved with the arts. Between 2013-2018 Creative People and Places projects have reached over 3 million people, 89% of who do not regularly engage in the arts.

If you would like further information about Seed, this announcement or to arrange an interview please contact Scott O'Hara via scott@seedsedgemoor.com or on ph. 07484 820672

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