

TRANSCRIPTION FOR SOCIAL AGENCY.

Track number 1 - Becky

Becky: I love holidays, Blackpool, Llandudno, Rhyl, Prestatyn. Prestatyn and Rhyl mainly for the food *laugh*, but for Blackpool and erm Llandudno mainly because of the, the views. It's My favourite memory, it's because its where my erm Aunty Norma err used to live with me uncle Anthony and it was a house and I loved that house, I think it had six or five bedrooms and it always made me feel excitement when I went there and I wished I'd lived there sort of thing. Now the house is a bit weird at the top, because the top looked more like a flat, because they had a flat at the top and then they had a house at the bottom kind of thing, so when we went in to the house you'd obviously go up the stairs and then there's rooms and then there's another stair and then once you go up there there's a flat and I liked that flat, like your own private little nook. I mean people can come up and visit like but you just would want to be on your own sort of thing sometimes. But if I won the millions *laugh* or me parents do, I would have asked them to if I could get me that house, that would be one of my wishes.

Track number 2 - Dodge

Dodge: Previous to Covid I feel like I'm in a much better place, I'm more relaxed now I was stressed I was working it was all about work and *deep breathe* meeting targets and being tired and cold and wet and horrible and being bullied and shouted at by people I work with and stuff like that, but now I'm just, I look to the positives now, all the great things that happen every day, every time I wake up, when I wake up I think wow another, another great day again ahead, whereas before It was like shit, not another shit day, and I'm reading a lot more erm I'm watching more erm I started watching YouTube videos to learn, the wonders of the world, the just curiosity, I wake up with a different thought every day I think ooo I wonder how that, I'll go on YouTube or something and research it *laugh* or google even, I can do my own thing, just relax.

Track number 3 – Rhys

Rhys: Bit angry, moody, stressed like not relaxed at all, I didn't know what to do, then my dad was like 'oh do you wanna listen to music', so I listened to music and it helped. It's in the body it makes me more relaxed and chilled and then I just go with the flow. Like if there's like feeling really anxious my eye starts twitching then it makes me wanna think its building up, then if I hold it in too long then I kick off, go out somewhere, smash things and then that's it, then I lost it. It started with anxiety, then anger, cause I be holding it in and they say don't hold the anxiety in it will make you angry. If its anxiety I will be like ill play music, play like classical music, play guitars and piano they actually brings it back down to being happy, relaxed, calm and that's it.

TRANSCRIPTION FOR GROWTHPOINT.

Track number one – Andrea.

Andrea: Nature, gardening, going out, jigsaws, keeping busy, thinking positively. Animals sleep, medication. Music, art, singing. Crafts, faith, going to art groups, meeting new people, abstinence. Drugs don't work they just make it worse, roll the dice, move forward, climb the ladder, roll again, slide back down. To get to the end of the dark tunnel would be ace, you just have to keep going and remember, sometimes there are no maps.

Track Number Two – Lisa.

Lisa: Recovery is a very fine balance, it's hard as hell, its letting go of the person I was and accepting who I am now. It's a journey of self-love and no one's journey is the same and no ones destination is the same. Recovery never ends it ebs and flows, it's not the weight of what you're carrying, that's unbearable it's the length of time you have to carry it. Recovery is about balance, finding yourself and developing self-awareness, it's about saying no to things that don't serve me well and about being strong enough to put boundaries in place, it's about being able to do what I used to do before I became unwell, It's about getting back on track and being happy.

Track Number Three – Zoe.

Zoe: We are all healing and recovering from the Covid pandemic, we lived in such fear, grief and bereavement caused so much stress it turned my world upside down. Recovery is just about trying to hold everything together even the mundane things. It's about accepting that recovery is my life now, grant me the serenity to accept the things I cannot change, courage to accept the things I can change and the wisdom to know the difference. Coming to Growthpoint feels like being in a place of non-judgement, without the support groups, I think I would be dead, I'm discovering who I am and the game is changing and you know, anyone worth remembering didn't live a life of ease. Life is not about finding yourself it's about creating yourself, it's not what you do that holds you back, it's what you think you are, Live every moment and laugh every day.

TRANSCRIPTION FOR ASHA.

Track Number one – ASHA Coffee.

The sound of Turkish coffee being made.

Track Number Two - ASHA Pop tune.

Music plays, an upbeat pop tune, a male voice starts to sing part way through the song.

Track Number Three - ASHA Prayer.

Prayer sang by a female voice.

TRANSCRIPTION FOR B-ARTS VOLS.

Track Number one - Evie and Tracey.

Evie: It's a huge step putting all this down on paper and it makes me feel a sense of vulnerability, but hopefully this story will help others and for them to have the courage to ask for help. To move forward I have to move on myself, time to heal and recover, it takes courage, effort and time. It's about talking to someone you trust, which gives me the chance to feel safe. I finally came out the other side and I feel like myself again, I took control to find out how to get past and come to terms with this terrible heartbreak.

Tracey: Emancipate yourself from mental slavery, none but ourselves can free our minds, Bob Marley. A healing space, empathy gifted from the lyrical melody of a song. Escaping the need for explanation, to feel good enough, slipping between the strings of a guitar disappearing, the steel on my fingers, my voice merging with a tangle of notes, meaning an expectation cease, there is only now. I'm worst at what I do now and for this gift I feel blessed, Kurt Cobain.

Track Number Two – Hannah and Carl.

Hannah: Live as well as your dare, be as busy as you can.

Carl: Doing activities in your local area.

Hannah: See as much as you can of the friends who respect and like you and of those acquaintances who amuse you.

Carl: Exercising, relaxing in the bath.

Hannah: Make no secret of low spirits to your friends but talk of them freely, they are not always worse for dignified concealment.

Carl: Be with your pets, talk to your social worker.

Hannah: Don't be too severe upon yourself or underrate yourself, but do yourself justice.

Carl: Doing poetry's, puppeteering, acting, can help.

Track Number Three – Sue and Selim.

Sue: Keep the rhythm going, focus on the beauty around you, keep a place in the sunshine. Tune in to your inner voice, tune out the chatter, project your energy, sometimes self-care is saying no to others, listen to the sound of your own breath, hug a tree.

crickets and birds nature sound

Selim: I broke all the chains going home, with a stranger who has the same blood as me. *sound of rain* Morning rain washes our faces, *sound of dogs barking* dogs barking accompany us, as if the hill gets higher with each step. *Sound of birds* Robins wonder who the local strangers are, the fresh bread smell welcome us at the gate *sound of a gate opening* and knocking door *sound of someone knocking on a door*, the warmest hug, tea is ready *sound of spoon stirring in cup*.