



*This Is Me:*

*Revitalisation*

Virtual exhibition exploring 'Revitalisation'  
Submission deadline: Friday 13th May

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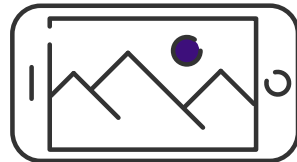
**Please note:** All photos of submissions will be displayed in the 'This Is Me: Revitalisation' online exhibition hosted on The ClementJames Centre's website. This exhibition is open to adults, children and young people. Therefore, all work submitted must be appropriate to be seen by viewers of any age. ClementJames reserves the right to withhold your piece of work from the exhibition if it is deemed unsuitable for all ages. This is at the discretion of ClementJames staff and will be handled on a case by case basis.

By submitting your work online, you give consent for your work to be shared in an online exhibition hosted by The ClementJames Centre and for your work to be shared on The ClementJames Centre's social media platforms including, but not limited to, Facebook, Twitter, Instagram and The ClementJames Centre's website as well as third party organisations for promotional purposes.

# How to get involved

Create piece on the theme of 'This Is Me: Revitalisation'! It could be a painting, sculpture, dance, junk model, recipe, poem...  
The options are endless!

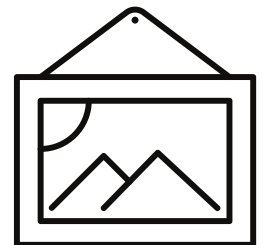
Take a picture of your creation  
\*include your name if you would like it to be shared alongside your work



Submit your work through this form:  
<https://forms.gle/6zLstp9RBxPvVhYd8>



See your artwork exhibited  
virtually with other participants  
from the CJ community!



*Revitalisation*: the process of making something grow, develop, or become successful again; the action of inspiring something with new life and energy.

# Inspiration

## Activity 1: Creative Writing

Try writing a creative piece to explore what revitalisation means or looks like to you. It could be a short story, a poem, or (if you have the time) a book!

There's no right or wrong way to write. Think about what revitalisation means to you and what or where makes you feel revitalised. If you're having some difficulty, maybe you could try recording what you want to say and writing it down afterwards?

*What does revitalisation mean to you?*

*When do you feel most energised?*

*Do places make you feel revitalised?*

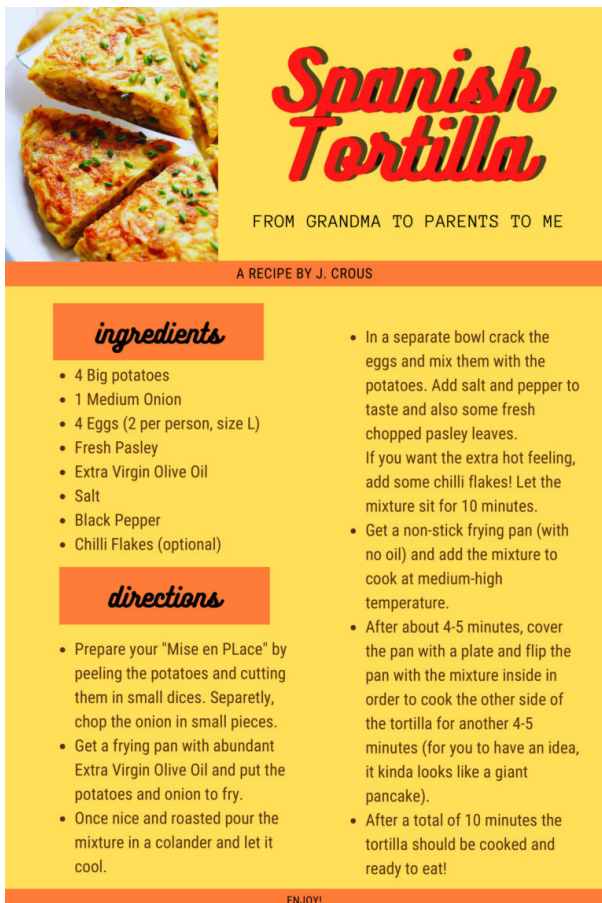
*Do friends, family and social connections make you feel revitalised?*

*Are you inspired by adaptation and renewal?*

## Activity 2: Recipe Sharing

Food gives us energy - it revitalises us everyday! Cooking, creating and sharing recipes is also a great way for us to be adaptable.

Try writing out your recipe and taking a picture of it to submit it to us. We'd also love to see your dish and hear why you've chosen this particular recipe. Maybe it's a sharing dish you'd have for a birthday or another celebration. Recipes are a great way to connect with and revitalise others - maybe you could call someone while you're making it or teach someone else to make it - virtually or in person!



**Spanish Tortilla**  
FROM GRANDMA TO PARENTS TO ME  
A RECIPE BY J. CROUS

**ingredients**

- 4 Big potatoes
- 1 Medium Onion
- 4 Eggs (2 per person, size L)
- Fresh Parsley
- Extra Virgin Olive Oil
- Salt
- Black Pepper
- Chilli Flakes (optional)

**directions**

- Prepare your "Mise en Place" by peeling the potatoes and cutting them in small dices. Separately, chop the onion in small pieces.
- Get a frying pan with abundant Extra Virgin Olive Oil and put the potatoes and onion to fry.
- Once nice and roasted pour the mixture in a colander and let it cool.
- In a separate bowl crack the eggs and mix them with the potatoes. Add salt and pepper to taste and also some fresh chopped parsley leaves. If you want the extra hot feeling, add some chilli flakes! Let the mixture sit for 10 minutes.
- Get a non-stick frying pan (with no oil) and add the mixture to cook at medium-high temperature.
- After about 4-5 minutes, cover the pan with a plate and flip the pan with the mixture inside in order to cook the other side of the tortilla for another 4-5 minutes (for you to have an idea, it kinda looks like a giant pancake).
- After a total of 10 minutes the tortilla should be cooked and ready to eat!

ENJOY!

## CHEF ALEKS' COD & POTATO BAKE

### Ingredients:

- 1 kg of Potatoes
- 500g of Cod
- 100ml of Oil
- 2 Bay leaves
- 2 Onions
- 250ml Cream
- 300g Grated Cheese
- 2 cloves of Garlic
- Coriander (to taste)
- Salt (to taste)
- Black Pepper (to taste)



### PREPARATION METHOD:

Cook the cod without salt and Potato in different pots. When cooked, shred the cod and cut the potatoes into thin slices. On a low heat put the potatoes and chips into a frying pan and add the oil, onions, chopped garlic. Add the bay leaves and let it sauté slowly. Season with a pinch of salt and black pepper powder.

Put all the ingredients in a baking tray or Pyrex dish in several layers, evenly interspersed. Add the cream, and lastly, cover with grated cheese. Bake in a preheated oven (200 degrees) for 40 minutes and when it is ready, garnish with coriander or parsley.

Aleks Ramos (Sunday Class, Clement James)

## Activity 3: Collage



We love collage at ClementJames! It's such a simple and sustainable way of creating a wonderful piece of art.

To take part in this activity, you will need the following (but feel free to mix and match your resources):

- Paper, magazines, newspapers, fabric, scissors and glue

1. Have a look through magazines and newspapers to find images and/or words that resonate with you. What images and words do you associate with revitalisation?
2. Cut or rip them out and start to arrange them on your sheet of paper.
3. Then, when you are happy with your arrangement, stick them down.
4. You might want to add texture. If you have any fabric, you can use this to do so.

Remember! There's no right or wrong way to make a collage. It's something personal to you and can look any way you want it to look.



Connection by Asma Boutaghras



Motivation by Sidrah

## **Activity 4: Recent Revitalisation**

We've all been looking for ways to revitalise ourselves after an oftentimes stressful few years finding our way through the pandemic. Why not use this as inspiration for your revitalisation piece? Maybe you could display a new hobby you've found or write a story, song or poem about what has gotten you through the uncertainty of the pandemic and helped you to revitalise!

Whether it's meditation, sports, or spending time with others or yourself; wherever you have found your revitalisation we'd love to see it in our exhibition!

## **Activity 5: CREATE!**

There's no right or wrong way to approach this piece. Maybe you saw this and thought of something else you'd like to create - maybe it's sewing, painting, drawing, singing or dancing! Maybe it's something not listed. Anything goes as long as you're highlighting what revitalisation means to you.





LAUGHING FAMILY ENERGY FOOD  
FRIENDS ART CHALLENGES MEMORIES  
SUNSET EXERCISE RELAXING FAITH  
YOGA GAMING NATURE SINGING  
DANCING PAINTING BAKING SHARING  
PARKS VISUALISATION PRAYING JOY  
SLEEP ZOOM REMINISCING SECRETS  
THE INTERNET CAMPAIGNING SOCIAL  
MEDIA THE SEA TRAVELLING PLAYING  
HELPING READING LISTENING CARING  
USING MY PHONE WRITING CREATING  
MEDITATION SPORTS WALKING  
PHOTOGRAPHS TRYING NEW THINGS  
THE GARDEN PARKS VOLUNTEERING  
LEARNING SMILING FOOTBALL BEING  
PART OF SOMETHING BIGGER THAN  
ME PATTERNS MAKING DECISIONS  
FEELING EXCITED STORYTELLING

*What does revitalisation mean to you?*

