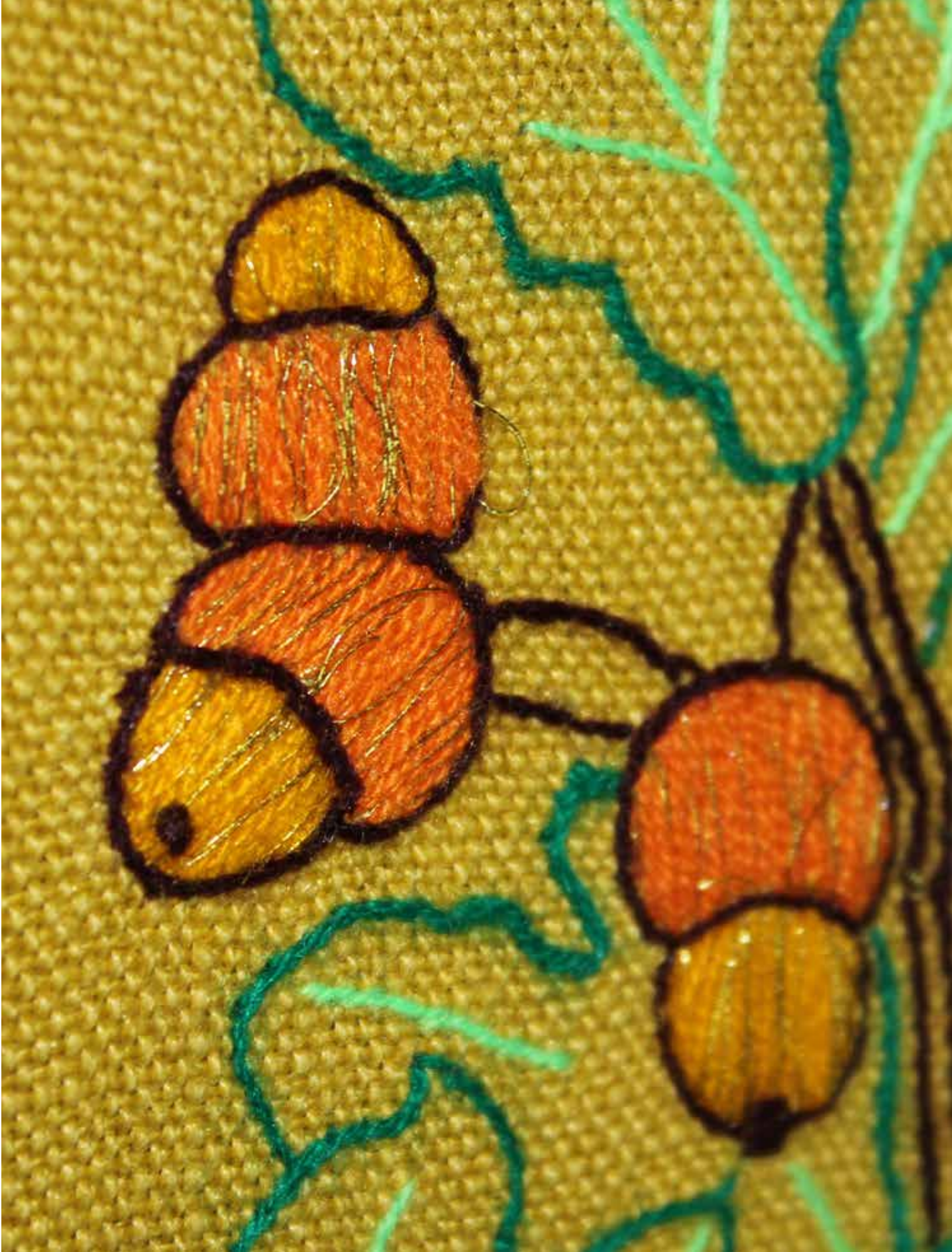


# Threads









# Why can't I remember

When I developed PTSD (Post-traumatic stress disorder) and dissociative disorder, I only ever remember feeling fear and confusion. Now I dissociate when under stress or during periods of depression, sometimes for a few hours, sometimes for a day or two. When I am coming back to the present, I struggle to get my mind back in working order and I go through various stages.

These pictures are an attempt to portray aspects of my mind which are part of my mental absence. The small silk shapes represent individual thoughts and memories.



**Coming out of a period of memory loss, I cannot focus. The black centre identifies an inability to think, whilst being aware of lots of thoughts and memories jostling at the edge of my consciousness. They are prodding (and failing) to get in.**







The background is a complex, abstract composition. It features a variety of colored rectangular patches in shades of pink, red, orange, yellow, green, and blue, some of which are layered on top of each other. Overlaid on these patches is a network of thin, dark, intersecting lines that create a sense of depth and complexity, resembling a tangled web or a map of interconnected paths.

# Confusion

Any stress which brings about dissociation, anxiety, depression or panic causes me to become very confused. All my thoughts and memories are there, but they overlap and repeat themselves constantly, which stops me focussing on any single thing. This picture seeks to show what is happening – the individual thoughts and memories are a jumble. The overlying lines are attempts at trains of thought which can't be accessed, adding to the overall confused state.









# Panic

**When I become overstressed, panic starts. The fight or flight mechanism kicks in and I am flooded with adrenaline. I can't think, can't remember, can't speak. I feel completely overwhelmed as if surrounded by fire.**



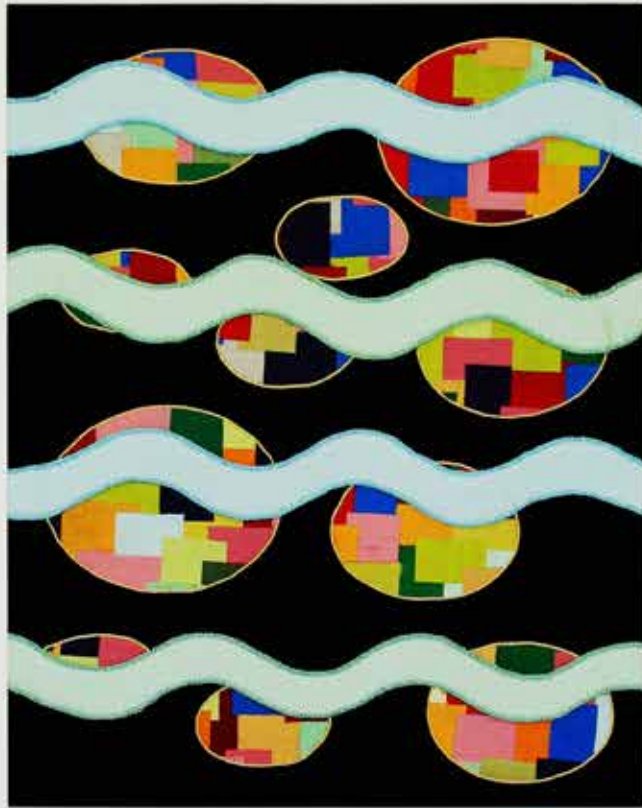






# Dissociation

**When I lose my memory,  
everything else still functions.  
A psychologist told me that  
my brain carries on, but the  
main parts lose the ability  
to communicate with one  
another. In effect, it can't cope  
with what is going on, so takes  
a break. This is a simple way of  
looking at a complex problem  
which the five blocks describe.**







# The calm after the storm

**This is the most desirable state when worries recede and all seems well in my world. The ovals are floating thoughts without pressure with gentle waves of calm lapping overall. How wonderful if this could be a permanent state.**















# All things flowering

**From being tiny I gardened  
with my green-fingered dad.**

**A country man who had been  
through Dunkirk and the  
whole of WWII, then Korea,  
and been injured in both.**

**He came home via Japan and  
never wanted to travel again.  
His garden was his art gallery  
where he grew a profusion  
of flowers (and vegetables at  
mum's insistence).**

**He encouraged my brother and  
me to grow anything we liked  
in our own little plots and  
never complained – even when  
my nasturtiums reappeared  
every year in the potato plot.**





















The background of the entire page is a green fabric with a fine, woven texture. There are several embroidered floral designs. On the left side, there is a partial view of a flower with white petals and yellow centers, outlined in brown thread. On the right side, there is a larger flower with light purple or lavender petals, also outlined in brown thread. Below this flower, there are some yellow embroidered dots. The text is positioned in the center-left area of the page, overlaid on the green fabric.

**I associate different flowers with particular places and people. I draw flowers in the Botanical class in Core – the most tranquil time of the week. I also draw in friends' gardens and special places. I have taken some of my special favourites, developed them into embroideries (in Peruvian wool and gold thread on linen). Each is something special to me and a brief description of who, where or why is attached to each one.**





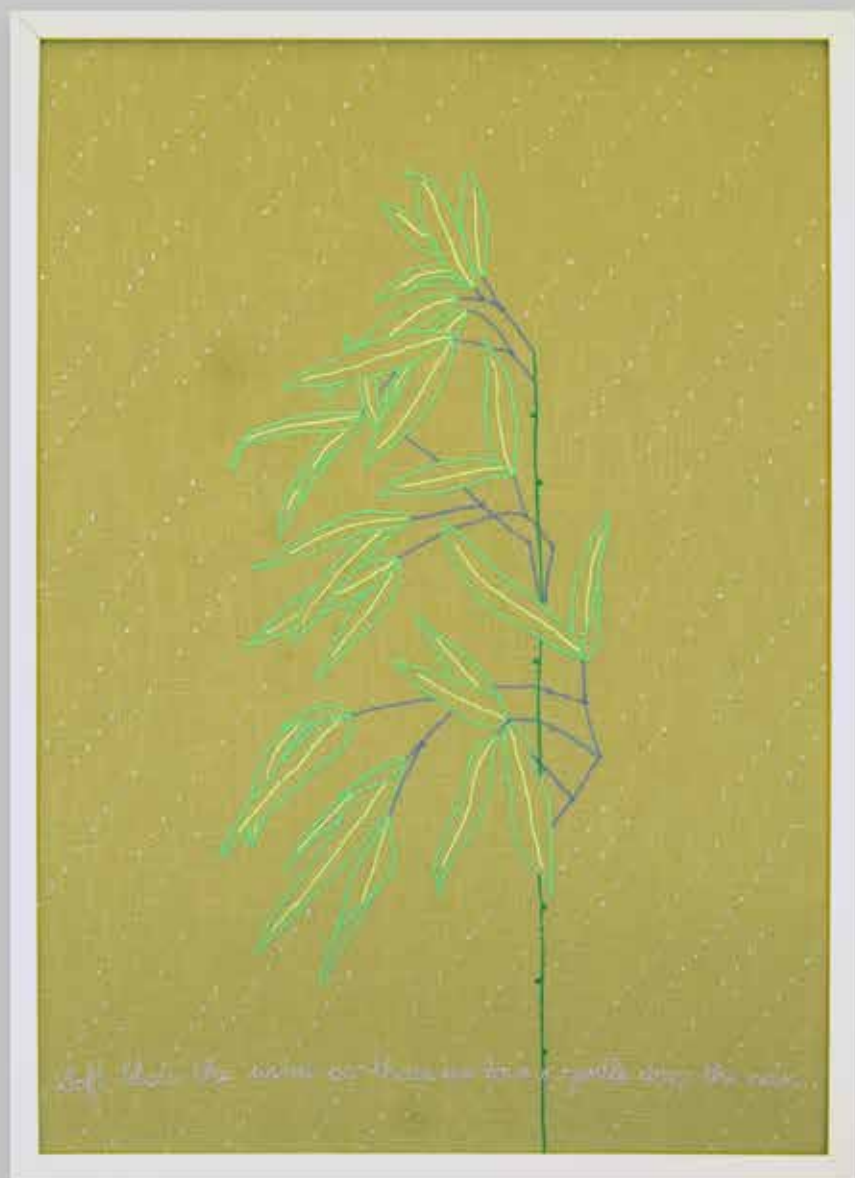












Soft, like the wind as there is no wind, gentle as the rain.





**I have also used  
plants to illustrate  
favourite lines from  
traditional songs  
and sayings.**

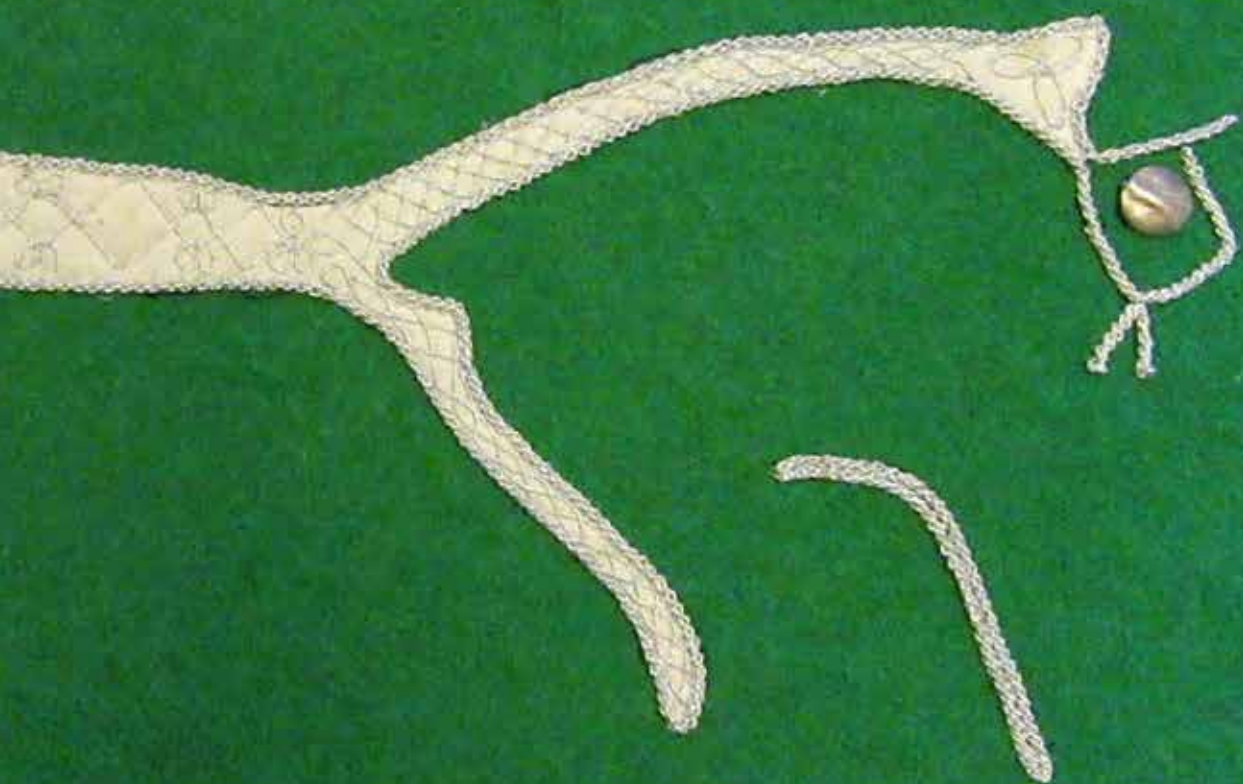


# Childhood memories



**These pictures are based on things I saw and heard in childhood. The pheasants on the thatched roof which scared away the witches; being roundly scolded for bringing mayflower into the house; believing in the magic of the White Horse in Uffington where we often picnicked and played.**





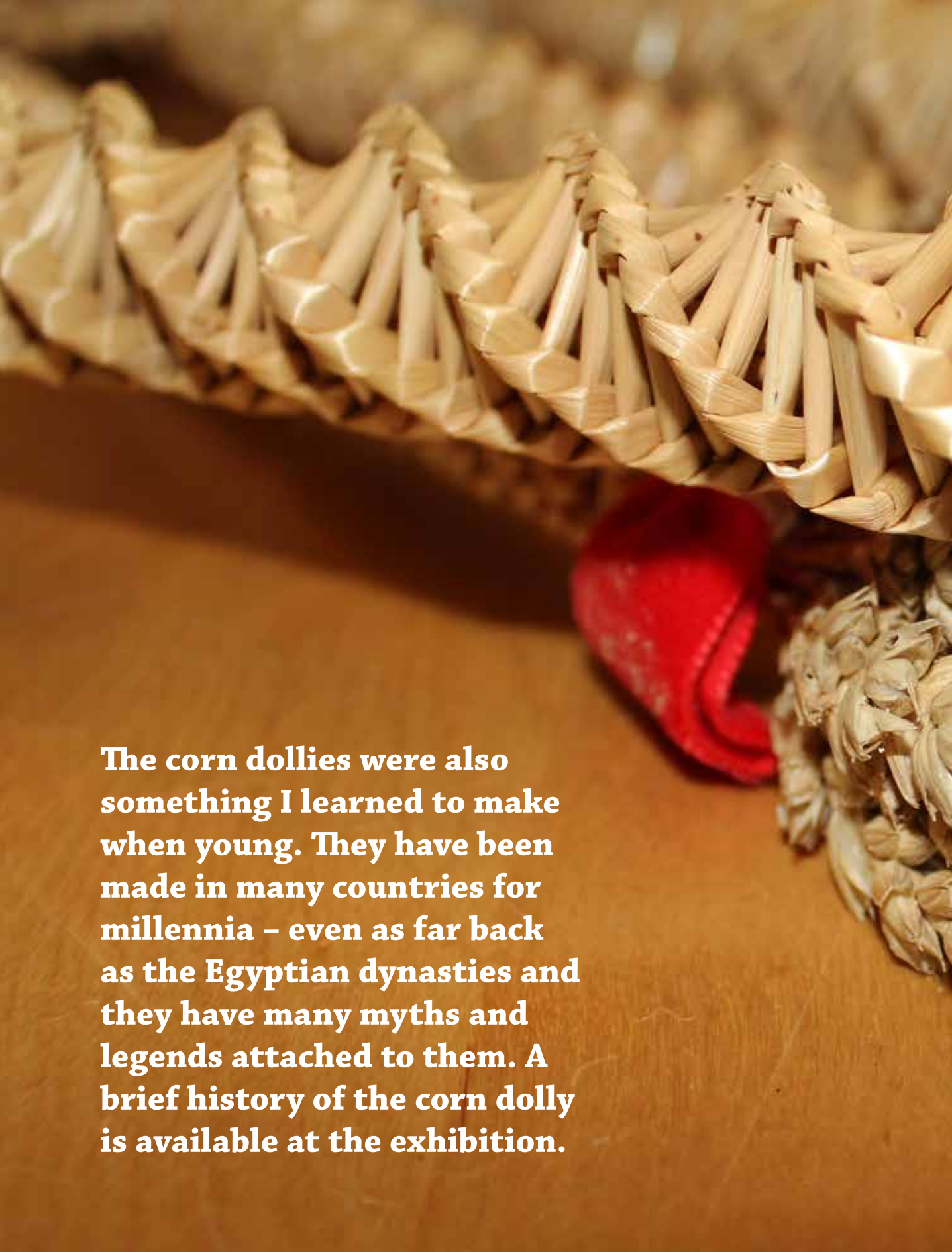












**The corn dollies were also something I learned to make when young. They have been made in many countries for millennia – even as far back as the Egyptian dynasties and they have many myths and legends attached to them. A brief history of the corn dolly is available at the exhibition.**















# **Ecclesiastical and heraldic embroidery**

**Gold and silver work are my passion and I have been lucky enough to undertake work in for several churches and livery companies. The photos are of an altar cloth too big to move, being 9' x 18'. The front shows symbols relating to St Lawrence and is in St Lawrence Jewry, the official church of the City of London; the reverse portrays the shields of all the livery companies which use St Lawrence as their mother church. The smaller items on display are a stole, burse and veil used for a specific church season. These are the ones used for advent.**











HELL  
is  
TRUTH  
seen  
Too Late





Vivienne was born in Faringdon, Berkshire where she lived until aged 18, when her parents moved to Pewsey, Wiltshire.

She trained to be a teacher of Art and Textiles at Durham University, before training in Management Services. She spent most of her working life in Organisation and Methods before moving to education, her last role being the Clerk to an educational charity. Throughout her life she has always made a wide variety of textiles for theatre, film, advertising, children's charity, churches and livery companies. She also enjoys assisting in an artist's studio.

Vivienne has many other interests including volunteering at Core Arts, music (she plays guitar and piano), gardening and British ancient history. She spends time in Lancashire and Latvia where she has very close friends.

She lives in London with husband Nick and son and his partner, Louis and Amanda.

**Core Arts exist to promote the artistic and creative abilities of people who experience severe and enduring mental health issues.**

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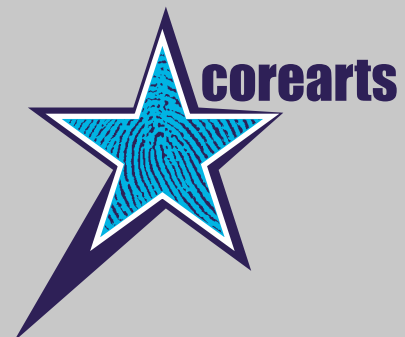
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Charity no: 1043588

Company no: 2985939



read and buttered the  
and jellies. Importantly, its  
medicinal qualities, part  
s high blood pressure

As a child I was scolded  
house - 'Get that out of the  
illness or death to a fam  
The smell is reminiscent of  
to earlier generations who  
until the funeral. We chi  
were made of hawthorn, a  
dared burn hawthorn, the

According to legend, Josep  
hawthorn into the ground