



02 NEWS UPDATE FEBRUARY 2024

**Simple
Reflective
Spaces**
Pause. Wait. Engage.

“THAT WAS A LOVELY WAY TO RELAX.

THANK YOU VERY MUCH FOR BRINGING THIS FOR US TODAY.”

WELCOME to the next instalment of the Simple Reflective Spaces newsletter. I did promise that these newsletters wouldn't be a regular event and I've been true to my word, but I felt it was time to update you with what's been going on with the Step Out of the Traffic installation since August 2023.

VERSION 2 of Step Out of the Traffic was completed during August 2023 with all the necessary tweaks and changes that come after a trial, including some new light weight speakers!!

Installation number two was at **ROGER ARDEN COURT** in Bootle in September 2023. This was a different venue than the one in Bootle Strand as the installation was part of the over 55's residents lounge, but the “pop up” nature of the installation worked a treat. The third installation was a different one again as it was on line as part of the **WOVEN CREATIVE GROUP** which I'm a part of. Not much physical setup but a great deal of testing and tweaking of the settings on Zoom.

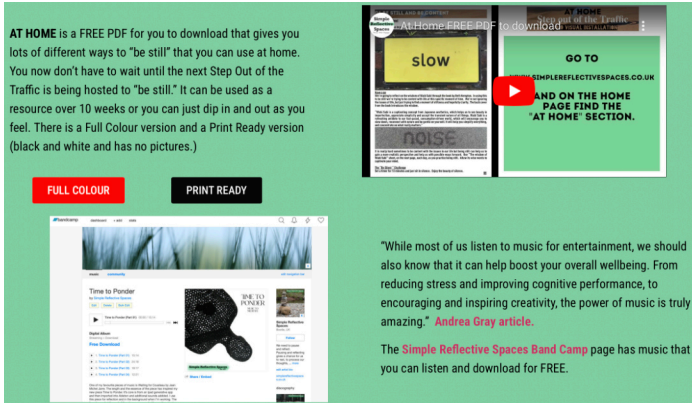


“IT'S LIKE AN ART INSTALLATION.”

[SIMPLE REFLECTIVE SPACES WEBSITE](#)

The website has had an upgrade with the introduction of **AT HOME** which is a downloadable resource giving more ways to “be still” that you can use yourself. It's available in “Colour” (with visuals) and “Print Ready” if you want to have a printed copy handy.

Also added is a link to the **BANDCAMP MUSIC** which gives you lots of free music to download and use in your own times of stillness and quiet.



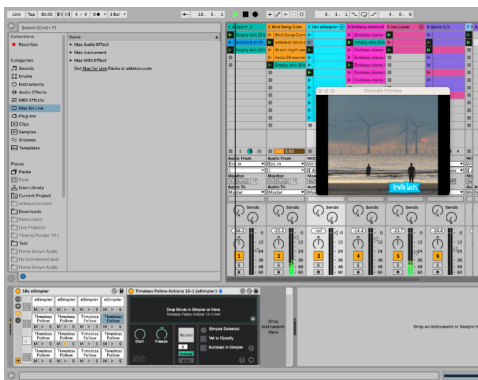
“THANK YOU FOR MAKING A SAFE SPACE TO ENCOURAGE A MOMENT OF PEACE. I REALLY ENJOYED THE TIME OUT.”

Installation number four was at the **WALTON LIFE ROOMS**. Again a very different space to work with and in fact needed the least amount of kit as the library area had it's own contained space, and being able to use the ultra comfy seats, really added to the space.

It has been great to meet and work with so many people and to start to develop relationships which I hope will grow in the future. Whilst it genuinely isn't about numbers, there have been 92 people who have been through the installation, which is so encouraging. **THANK YOU** to everyone who has facilitated and attended the spaces.



SO WHAT'S NEXT? - There are one or two possible conversations in the pipe line regarding hosting in other venues which is exciting but the main news is the start of a new installation. It has the working title of **PAUSE** and the very early thoughts are a space that combines quotes on pausing, that have personally impacted me, with nature and drone footage and a musical soundscape that uses four independent speakers. It's envisaged that this will loop every 30 minutes and people can just join and stay as long as they want. I have been exploring some new practical aspects using the Ebosuite video program (which runs in Ableton Live) and “follow actions” which randomly generates the the order that video and audio plays meaning that no two installations will be ever be the same. This is exciting and challenging at the same time too. Watch this space.



Thank you so much for your support.

Pete