Laurent John ([00:08](https://www.rev.com/transcript-editor/Edit?token=vUF9t5zAorzm7IaqjZclwRc01iPcAf6e1IYOniAZTN6CiJxcEzez1g9cBRLYsQXiBG9Tlqwi0qYqzWooHdoPwh53QtE&loadFrom=DocumentDeeplink&ts=8.74)):

Do you remember back in early 2020 when the self-improvement posts started to spring up? There were the sourdough starters, the banana breads, poems. I planned to write a whole load of songs, I think I wrote one. It was as if given a gap in normal life, we'd rushed to find ways to fill it, to prove we were still productive, still functioning.

Laurent John ([00:35](https://www.rev.com/transcript-editor/Edit?token=-dhHCTK0q6xFebhe_ASKydCFr-XTMAwGALA8YxjDTrheDqwuw5Y6TVCSSe8xbYyn7DhMKMu0UIfXRVZSDTNrOAs4qbU&loadFrom=DocumentDeeplink&ts=35.97)):

One of the other trends that took off over lockdown was roller skating. A viral video of a jam skater called Oumi Janta dancing in her skates in the bright Berlin sunshine propelled it into the mainstream. But for artist Tyreis Holder, roller skating wasn't an Instagram craze, it was a lifeline.

Laurent John ([00:58](https://www.rev.com/transcript-editor/Edit?token=1pi416VS6n47xsByAHm3RPbP4uWY8htj2UCI0BpSb4ViT1kNc665jBEEBfN0zmDS87KMc0oMF_8axSJAaZ-GkfxS7pI&loadFrom=DocumentDeeplink&ts=58.92)):

Tyreis is one of the artists in residence at Somerset House who primarily works in textiles and spoken word. Here, she explores the history of skating within the black community of London. Talking to elders who have been skating for over 30 years, as well as young women putting on all-female skate events in the capital. In this tender portrait, she reflects on how skating is opening up a new way of connecting with her family and processing grief.

Speaker 2 ([01:43](https://www.rev.com/transcript-editor/Edit?token=Qe7OkpkuhDSuQ6u43t-me_6otjXFCAsDCLM1uQBo9sm1qD0O-HhWfIsTGrIB6bMzoQshQo3DQ3fALvNk6pCodIakn2k&loadFrom=DocumentDeeplink&ts=103.91)):

With skating, you don't have to put on a show, it's just for you, like dance, like art, it's a way to express yourself and a way to feel comfortable.

Tyreis Holder ([01:53](https://www.rev.com/transcript-editor/Edit?token=W_6oo687V5_4xzsLSERGKC7LsUa_JO4c8HDMaeIa1K77Mc_U8HmJFbEizqQcEmu557gthBepHK2DFiGy5_5wkPM7_u4&loadFrom=DocumentDeeplink&ts=113.75)):

Well, skating has changed my life. Oh wow, honestly, so many things have happened for me with skating.

Speaker 4 ([01:59](https://www.rev.com/transcript-editor/Edit?token=IKl917VS77vWFrdghwTjsX-5VcSxYUG6xQvjHms-9vRoIhli5t-lm9sM-YIPYr85NKwpB5hBKxanaM63nqMNb2MD0T4&loadFrom=DocumentDeeplink&ts=119.44)):

The troubles are gone, when you're on your skates, the troubles are gone.

Speaker 5 ([02:02](https://www.rev.com/transcript-editor/Edit?token=Uz4JHe0dpN41amh2Hm7j6YIpZ4Ly22yrtNuFAGMqBS0YqVM5VKRe5m1FtMhZGYgP-ZM3cZM8kSE-v0JOH0ZRTwr9kU4&loadFrom=DocumentDeeplink&ts=122.86)):

I mean, skating for me is beautiful, it frees my mind.

Speaker 6 ([02:09](https://www.rev.com/transcript-editor/Edit?token=GpCSjjJM_HWAgXasMP5V5q6-rsmAZ-4LtNFvkBDHvusBK3kCM3e-PG7AwfTOdW6jfZe1VKdppNr4sjUdRgytCaohwZ0&loadFrom=DocumentDeeplink&ts=129.13)):

Ask how many people that roller skating saved their life during the pandemic, because they were so damn depressed, and their only release was skating. Ask them.

Tyreis Holder ([02:25](https://www.rev.com/transcript-editor/Edit?token=tldHUvJi9QWmFBvOWIsyNpWyFY1pE4uU71rLVg5iTisQBGeBqM3LJlOhjUjSnALdiRlEPpJ-kwBvd6HoiK0k66gvaw8&loadFrom=DocumentDeeplink&ts=145.17)):

Two, three, four. So my name is Tyreis Holder. I'm a artist, poet, visual storyteller, textile designer, life-lover, life-liver.

Tyreis Holder ([02:37](https://www.rev.com/transcript-editor/Edit?token=dgq0lGkEsqOVBS_t2tRyxM0h2yFKVIcU5BNacG-fcqNKxuuhLSwWuFXM4LAqBBBh8dHFF_ZIuHPJSHr4yf5-SBGaNDw&loadFrom=DocumentDeeplink&ts=157.57)):

One, two, three, four. Honestly, skating is actually one of the best things to happen in my life. One, two, three four. One, two, three four. So the skating I do is roller skating, I do specifically quad skating so that's the four wheels. This is crossovers, is where you are just, you're skating forward and you step in. So cross over this way, cross over that way, cross over this way, cross over that way.

Tyreis Holder ([03:06](https://www.rev.com/transcript-editor/Edit?token=wQWWQosI9guz3-QmZG0wyEChqLVIog-dUMU_gHm96WewS_mU-LwGHl84jhANnAbmxdcrD7iOf71BXTfjlCH5nUzT7ik&loadFrom=DocumentDeeplink&ts=186.05)):

I've always wanted to skate but my parents were a bit reluctant because I was a very clumsy child. Rightfully so, I was always fooling over and they're like, "You're going to break up yourself." So I said, "Okay." And then yeah, obviously, the pandemic hit and I just had a lot more free time and I decided just to put my skates on and go. So the one move I've been trying to do a lot more is with that one leg. So step it back, forward, back.

Tyreis Holder ([03:30](https://www.rev.com/transcript-editor/Edit?token=YeKJ3rQN9XTTFOjnseAKwl-qoG9hGZNwLd6MB88JHg5NwyuUzt88CC4emyDHXItgcVUeJROmX7sDm0B_K0_VLa6W5mA&loadFrom=DocumentDeeplink&ts=210.27)):

Skating has helped me to fall in love with process a lot more than outcome. I'm someone where sometimes I just want to get things straight away. And skating, it does not work like that. So I've been practicing my spins a lot lately. You literally just have to keep trying and trying and trying and you have to keep falling and falling and falling.

Tyreis Holder ([03:47](https://www.rev.com/transcript-editor/Edit?token=3l1YATtO0ETMuCW6CM0ZDMoInsfAm95TgLqk762XoK23_SuYXILgJPQ3m2L0VRyoAsg8s4WsA80XGmw_qFcfi_tvESo&loadFrom=DocumentDeeplink&ts=227.81)):

Four, five, six. Oh.

Tyreis Holder ([03:52](https://www.rev.com/transcript-editor/Edit?token=hm9q9HKWh5knqlgvbSN8iXvldT9yVzMzU2rshCYwkHiFMR7SWBJQysRnaPAJsHiFVSuMveHvoLEADehciJAdVq4aZf4&loadFrom=DocumentDeeplink&ts=232.1)):

I just fell. This is the reality. But when you get it's so amazing. It's so good. It's just so good.

Tyreis Holder ([04:13](https://www.rev.com/transcript-editor/Edit?token=o3jk4Cq1OL3s3hbU6FL-9xqGVvFxxz9193lVBnE_eD6WiDSOmRUe9tcF5ap2Id4IJQfzCDaig4aPl275yiCgnrzoAJw&loadFrom=DocumentDeeplink&ts=253.39)):

In that moment when I'm skating, it's just like all my worries just go away.

Tyreis Holder ([04:22](https://www.rev.com/transcript-editor/Edit?token=AstmXzhZNGvvtJaW8w3xlgIvZlCi467PkkHWgxsVUTFpHHvaW8Ir-MiD0nX4k3-iFwrQ9H0YUN6Fhq_F6Zb0KuMeDr4&loadFrom=DocumentDeeplink&ts=262.4)):

And that also translates into my art practice as well. I think for a little while I fell out of love with the process of making. I was just making, just to make or making, because I want to have the outcome, I want to have an exhibition. I think skating has helped with that, thinking about the process and taking time with it and not trying to rush things.

Tyreis Holder ([04:48](https://www.rev.com/transcript-editor/Edit?token=PFc68bCSatQeoAeD7VLf2ywqIv3TZRZXBGd_3XnJvoYSA4skRwcwESBFEWqErynUzjwyPuA5vDYpbj-hCE2d_lphMIk&loadFrom=DocumentDeeplink&ts=288.9)):

So my work. I use poetry as a stimulus to translate into garments and to translate into textiles. And I'm particularly concerned with how textiles functions as poetic language to heal trauma within black women and looking at black women and that experience of blackness and what it means to be black or what it means to exist as someone who is black and navigating colonial spaces is something that I look at a lot.

Tyreis Holder ([05:22](https://www.rev.com/transcript-editor/Edit?token=CwgkgM-FM4WsvX2u6-e39aHrjpae2igWhHeJKuGzVuut0wFCDvIMjlzhRMUP7W36TsKVNJrUVk0KM7hOI16OphMxGyw&loadFrom=DocumentDeeplink&ts=322.99)):

I'm really interested in seeing the history of skating, especially within London. Because I know there is a long history within it that has been erased and skating has always been a way for black people to really just free out themselves. And it's also been used as a form of resistance. I think when people think of roller skating that you just think of the U.S. culture, but there is a long history within Britain as well.

Robin ([05:48](https://www.rev.com/transcript-editor/Edit?token=RrGjkFxZoD2M3Tik4-qMzFIpSLXnZZ-g-ZTAApS93wAREFFQ_TdJuD886bHZuH7ikyzWkluLvbgt0z5kNDLcTtZ0LXc&loadFrom=DocumentDeeplink&ts=348.4)):

Hi, my name is Robin and I'm Tyreis' uncle. My experience of skating was from the early '80s. Whatever we did, we did it on our roller skates, basically. Because it was so new and early, I don't even think the police knew what to do. Because we used to skate on the road, big posse of us and they'd stop us and say, "You can't go on the road." And we'd say, "Well, we were just skating on the pavement." And another policeman said that we're not allowed on the pavement. So where can we go?

Tyreis Holder ([06:18](https://www.rev.com/transcript-editor/Edit?token=vvAbDvFNR-XkTI4P2iBvuhssP3xC9Wz-iU0RR3Bs90epMvY7ud7bu80rtVfrbXButKzFG7-4QiT5_si6-ljysFnfN8w&loadFrom=DocumentDeeplink&ts=378.86)):

People, I've noticed, especially in London, people don't like skaters. I think they like the idea of skaters. And when you see a trick and it's like, oh my gosh, that's so cool. But, no, and I think there's not many skate spaces in London.

Tyreis Holder ([06:36](https://www.rev.com/transcript-editor/Edit?token=6NhOX5hWEQuTDOC5nODupjZYxfvyPiMzR9tvMJnOc1yJ7V6RBmDUsGhU0Vjwonk3SQrYr37MhcSVyqCdh6B7RYKx-z4&loadFrom=DocumentDeeplink&ts=396.31)):

Right now, we're in Clapham Common at a Skate With Sis event, which is basically an all female event. And even to get into here, we've had to climb the fence because the gates are locked.

Danisha ([06:51](https://www.rev.com/transcript-editor/Edit?token=of10R7IDwpjocV80DmnREem42EyVsD8jkDe8ov08L5gDhQ2nJ-TmvkXRYK78C2ygkuc7aUG94GRxt-V6lbevmNrRXoU&loadFrom=DocumentDeeplink&ts=411.65)):

Hi, I'm Danisha. I'm one part of Skate With Sis, we're a duo. My skate partner's Katelyn and we basically are here to have fun and put on female events.

Tyreis Holder ([07:02](https://www.rev.com/transcript-editor/Edit?token=qBtQjhmxUKxIRCJyVT4l4R-h1syqVJ7nMY0E3jo0rOyc2VaqV_X42ZXLMewJPzS0dwB8jsPp7jqoKcp-hq70X5F3AnM&loadFrom=DocumentDeeplink&ts=422.05)):

I love that. I love that. So a big question I have is in my work, I explore this whole idea of Sis and what Sis means to me. I have a poem. I say, sis is tired. And I'm concerned about the coming together of black women. What does sis and sisterhood mean to you?

Danisha ([07:17](https://www.rev.com/transcript-editor/Edit?token=kbs-t2HtC_B0PfqPIxOk7OJB0yVH2ba2eXsZhjXEEpKgr7i2tpR_25ybMUTJvjlnG6nmE2q7WPdzhJnt1l9HoHgUdKE&loadFrom=DocumentDeeplink&ts=437.07)):

So sisterhood film me means, first of all, unity, because I feel like in our generation right now, we do a lot of that, especially in the womanhood. So sisterhoods is being supportive, having a united front and obviously just being empowered and empowering other girls around you.

Tyreis Holder ([07:32](https://www.rev.com/transcript-editor/Edit?token=T-KNZNN8-aJoRt-tYsjRF2ZcrAdn0fo57ighYi9AFiYtbFZPdGety-2OiL4WNWPBSkT0mHZZujbf8H65NX_AiM9rMZg&loadFrom=DocumentDeeplink&ts=452.84)):

That's so beautiful. And I love that. And what does skating mean to you? What is your relationship with skating and how has it changed your life?

Danisha ([07:42](https://www.rev.com/transcript-editor/Edit?token=kSt8voWB6WP9TPUv8OvAQ09LVRn3Fj_1F0vB7e0j8zd7LRpmG9TENVGL8nat8iDmXPjuyEuE17y_AfF1NZBHTDaPoUY&loadFrom=DocumentDeeplink&ts=462.15)):

Well, skating has changed my life. Oh wow. Honestly, so many things have happened for me with skating. And for me, the rooting of skating for me is freedom. And I know everyone says that but, honestly, I feel so liberated. I feel energised and I could do what I want, there's no time limit. And in terms of just my progression, I love seeing where I've come from, where I am now and where I'm going to go.

Tyreis Holder ([08:04](https://www.rev.com/transcript-editor/Edit?token=pl1tR3Y6vCcQedb-ohr17cSZAJWzTcvKqYpSRzlTE98cxBv6X7RStJBo4LQIzG_plAmDkXYon8TPCcEA75eAchSq2og&loadFrom=DocumentDeeplink&ts=484.16)):

Beautiful.

Tyreis Holder ([08:08](https://www.rev.com/transcript-editor/Edit?token=OqpJLaqvSDq-31dapJYdy406qkSjawyydyPvYJatbQ4yusiD-PURR3o0fb-qTTbAqWQ35Oz5Q7ajsv8eA5pVjt7XBtc&loadFrom=DocumentDeeplink&ts=488.28)):

When I look to you, I see me too. Two synergies, webbed energies, one place of home in me and you. We see zero opportunities for hatred. Same skin, different kin. Beginnings of beautiful brilliance.

Jan ([08:29](https://www.rev.com/transcript-editor/Edit?token=KkroSwFURxkbSXNngNmYvECmp-US9Dcy-UC6C729A1ekDI-JBYsizx4e6fQwaVZ-fAHFV1mClmlULn_m-QQp4vedo9Q&loadFrom=DocumentDeeplink&ts=509.13)):

Hey bitch.

Tyreis Holder ([08:30](https://www.rev.com/transcript-editor/Edit?token=oFehmLFDlMwtkTJ8BpCxXr6NwgpNfSwBTt_35fHWIwEeeB3VDEn20GVuKmfI9EdXp1bZT4Y5YaIZ0vNvwxh0qsjXkUU&loadFrom=DocumentDeeplink&ts=510.57)):

How are you?

Jan ([08:31](https://www.rev.com/transcript-editor/Edit?token=Nh2BXvvyjuMlEMB2U81Ggie643AVfZ3zL_8AUBPesx4mOkNUUPE9WCMcJIXtKL3bb799vcj29cJUoxHkm0UpBcImMwg&loadFrom=DocumentDeeplink&ts=511.06)):

I'm good. I'm good. I'm good, you?

Tyreis Holder ([08:32](https://www.rev.com/transcript-editor/Edit?token=HWc-TH8PsYoGA7O88r8DS_7x-8HNzSX-f6K-5rsn0nvcRJvjJLLL7a1ClxWTXEYRTD-C7hSw9DsXuYZL3lpQdG4oCN8&loadFrom=DocumentDeeplink&ts=512.46)):

I'm good. I'm good, Jan. This is my twin sister Janise and I managed persuade her to get skates in 2020. And she's been out a handful of times but I'm really trying to get her back on the wheels, especially with me because it's going to be an opportunity for us to bond. Are you skating recently?

Jan ([08:48](https://www.rev.com/transcript-editor/Edit?token=2y88dTuDPFSsfjOqfm7qLDZ4pFHzZ2k-0ot4dL1wsFTn1ao6URrvA8s-fpH0PFsnhhhRY4fGb44OXoHB3vASS1Cj1bI&loadFrom=DocumentDeeplink&ts=528.59)):

Nah, not in the past week and a bit.

Tyreis Holder ([08:55](https://www.rev.com/transcript-editor/Edit?token=U9RVL2b-5nloCxTrdcLUEEwq0zYLac-tLru-Bd-TJW5_UaWlmj7PKs8GDH35TfJ5O0KSgdQbKmwN7ddW9xTIUjkN7To&loadFrom=DocumentDeeplink&ts=535.48)):

All right. At least I'm some practicing now. Skating has been a big source of my healing. It gives me an opportunity to find meditation, stillness, escapism, joy, and that's something I really want to bring to my family.

Tyreis Holder ([09:05](https://www.rev.com/transcript-editor/Edit?token=5O1KRChA-cJQ7ImIxoTp_GsbQaq7JyV3LB7HAyWtPNscuyVljDhf4n9sK_-CncDMChecldzVe7EhqIgMYz2TGrK8i0A&loadFrom=DocumentDeeplink&ts=545.2)):

You ready?

Jan ([09:06](https://www.rev.com/transcript-editor/Edit?token=8YFLIvXJXIUpWP3eja9f1INv9LOareCx8wvNXa6yeB0wCC8DA185qnhJQEREnJdLOwRhB4895EyMTTTTNl8xR5TsMM0&loadFrom=DocumentDeeplink&ts=546.07)):

Yeah.

Tyreis Holder ([09:06](https://www.rev.com/transcript-editor/Edit?token=kJd5lOaBju7LJ3-uyYYh9nKnMzl-60uWVUw7YPu3SFZjUBI_aPSjX5I9YVY5jqBrgghubFRUd9KwUr-TL86lMKmDthI&loadFrom=DocumentDeeplink&ts=546.83)):

All right, good. Let's go. Come.

Jan ([09:09](https://www.rev.com/transcript-editor/Edit?token=sL1MzBiPMIvBLoVCiYt2wYQA82u__bNEGlOgdajddklfMx4Q06iBEV_FClX618lkXfWJjaq3xuXauqjNVsBJnTcCbJg&loadFrom=DocumentDeeplink&ts=549.43)):

I think Tyreis is very... She's very smart and she's very artistic.

Tyreis Holder ([09:15](https://www.rev.com/transcript-editor/Edit?token=XwFvvd8RY6nJlfpFEqbSK9vZiuQDJ4zdgCPZVagreIoYW7g4nHxMLc3Oi6lLzusJ-wuubtFaK6NBtAEgJEvG4WXleHY&loadFrom=DocumentDeeplink&ts=555.27)):

I feel when we was younger, I think Jan was a bit more talkative than I was. I was very shy. I think, as we got older, I think that swapped. I think I'm a bit more talkative.

Jan ([09:24](https://www.rev.com/transcript-editor/Edit?token=wxPOt2IozpwYjovm9b2l-MhlFSphgSwpMmbJx4X11y3bNPtxWzqA1lQbO9PgadMq6vkwudH_PEbNi6jL46b1DEIJTWA&loadFrom=DocumentDeeplink&ts=564.97)):

Yes, she is.

Tyreis Holder ([09:25](https://www.rev.com/transcript-editor/Edit?token=UwxfZHEKLXfC8VTZah-C0bcyKIRZmCEJUIW8vyEjW8riBdeFclMSSqrZ8W8qP3XshNl3P9j63TxyzY49vgnQTLQ1FDE&loadFrom=DocumentDeeplink&ts=565.28)):

And Janise is a bit more reserved. I feel we have our twin banter. So from the outside, sometimes we'll talk to each other in away and my bro will be like, why talking to each other like that? It's like, don't you get it? We're twins.

Jan ([09:37](https://www.rev.com/transcript-editor/Edit?token=VVMUHz65Eg9uZgtHkmuZfN5RvwwjheAVR1uDGQwIUlHskqEb6QW0hqPddBoFREwEfiVHykajbVL1SDITqXGPnfWbXTg&loadFrom=DocumentDeeplink&ts=577.79)):

You don't understand, it's twin talk.

Tyreis Holder ([09:38](https://www.rev.com/transcript-editor/Edit?token=uZCedWWLYZ1t6HfN1hOszPkjTo352J7Cjk_FoO2CXeQSRGXkTpMhE4t3dOu3kNU5gBAXI189cLJ7oFyTYgoxyMlDZrA&loadFrom=DocumentDeeplink&ts=578.2)):

Yeah, we just talk to each other anyhow. All right, Jan, so do you remember what we learned last time?

Jan ([09:42](https://www.rev.com/transcript-editor/Edit?token=MgNJywqSdBKtY1zBON0cmAekRnBIfHiv8arWG9pDfVbUGMSvvnzHx0odg-xMzOkT3GOYwHJ3HR4VIPNov8boLrRzxXE&loadFrom=DocumentDeeplink&ts=582.83)):

Yes, V-shape.

Tyreis Holder ([09:44](https://www.rev.com/transcript-editor/Edit?token=rXv72Q0q99ooPOBrKXzsq01W5evWqlosOX_-NYu165eq_LNPbCXlVV04iISUA_XmBiAQWfV9Lp7biNRbWiYm5V40t-c&loadFrom=DocumentDeeplink&ts=584.46)):

Okay, cool. So basically-

Jan ([09:45](https://www.rev.com/transcript-editor/Edit?token=iHa40n2rlAEFVyW8ONxOJ5iKAFZ7jpvx2App4vG932lQ_M6msKyoBZmiWXm13qCQGox1n9ybJv_uqdi3_KBL2y2N8g0&loadFrom=DocumentDeeplink&ts=585.82)):

Bend low.

Tyreis Holder ([09:46](https://www.rev.com/transcript-editor/Edit?token=qJKNtd9NrX2uoufq8WLUH-tOYLQXFOFNzCMjPbtq5UyRO9m8zI4fZnpx_5PEaFxNqie0CfFePSQPdhjRevbG3tb1k0c&loadFrom=DocumentDeeplink&ts=586.86)):

Exactly, exactly.

Jan ([09:47](https://www.rev.com/transcript-editor/Edit?token=ECSAU2alq0L8LypMoqzxv0KwfLDp3hhPayrDcFaKDNSibqO9qTujFD17-L3PpfP4xtfHvalIOzhdQhdRPaZGZkTq_hk&loadFrom=DocumentDeeplink&ts=587.95)):

Not too wide.

Tyreis Holder ([09:48](https://www.rev.com/transcript-editor/Edit?token=MftU9k4TiI_aaqcNgvZJltIeV_-2pLHt67VeCLsgsTjaEB1dO-iZ2fonSZReucrzBETeKPva2HHozecfWTEpMPyU54M&loadFrom=DocumentDeeplink&ts=588.45)):

Exactly. Exactly. So you want to have your feet in a V?

Jan ([09:51](https://www.rev.com/transcript-editor/Edit?token=CCjDoXTClRnXE0xdFAC7mRNRFa8Ts5oMfqfp--9VVItTpBgv412AiaDjHzBJAzgJkbrPK_yxPsgBLR_VaolMVAtNBrk&loadFrom=DocumentDeeplink&ts=591.54)):

Yeah. Okay. Read.

Tyreis Holder ([09:53](https://www.rev.com/transcript-editor/Edit?token=ejn-MhCB3ajA5JzSojuUDad_Q8huTgY5RwK_0dfa67SNLOuTyetH4d_SUuNE_fdjWBdV7PKcMYkGArNbBc56N_wka7k&loadFrom=DocumentDeeplink&ts=593.21)):

I'm going to put my hands out.

Jan ([09:54](https://www.rev.com/transcript-editor/Edit?token=mcW9iM1M7wPe6Dm4J8M_9jo15f3fd91g5lDbpKdINFwKQGKmSS-UXTRsUuxtMOezjuFB_MeZXCcjnS9kWRO2DjccfOM&loadFrom=DocumentDeeplink&ts=594.11)):

All right, cool.

Tyreis Holder ([09:54](https://www.rev.com/transcript-editor/Edit?token=JU_Rqck15KcryAiXsriEnxlM2WsjX1LXsDMUjUzRzXZqaVIdo79R54m-dtFn0WTLvChzwMTAUvDlpWd981DwIyFGw2s&loadFrom=DocumentDeeplink&ts=594.49)):

Yeah? You good?

Jan ([09:55](https://www.rev.com/transcript-editor/Edit?token=xS-fHJNiemVE71AeeBsZ4DvaRToU-I2kVy4mqMprCaoRI4WPAQyACm8b6YbMidtFapXPW-eHUSKVgV3-uKi00z450xw&loadFrom=DocumentDeeplink&ts=595.93)):

Yeah.

Tyreis Holder ([09:56](https://www.rev.com/transcript-editor/Edit?token=oIB62aMxloQ9F-BRcNbpy-HqhCqQNyU2VKKW5GTmuh-ekgzcNPHT4fkXHmLpa_9JiMd-m8FcSagzmscJzu3UrxeU8TQ&loadFrom=DocumentDeeplink&ts=596.53)):

Ready?

Jan ([09:57](https://www.rev.com/transcript-editor/Edit?token=llWAJwfY5G9MW0JKJ84KOA1Z7qEcYtYo2onOSeEW1NrXzv0X8q53hA2vOhVse-v4P644SuOJDI7l0hPIht406z1NwTY&loadFrom=DocumentDeeplink&ts=597.26)):

And... Yeah, I'm ready.

Tyreis Holder ([09:58](https://www.rev.com/transcript-editor/Edit?token=rPSoeAlFBu1gQ_O-VDtU1AzrZzKZAxoTtHrnfuhgTur8FmWiyKc1z6bNTBP8m6lDdLv3TwDgN_OuX8AYicUuxEQ8O9o&loadFrom=DocumentDeeplink&ts=598.94)):

Right, three, two, one.

Tyreis Holder ([10:03](https://www.rev.com/transcript-editor/Edit?token=n68WE3ET-orXrpQJ86SKzKSA_vVyjtBlEkNgkflrWu2xL16ifLUQ5TF0E-3TGtXtaUxlkxQDVGHIGlnnYUGevOM_D74&loadFrom=DocumentDeeplink&ts=603.26)):

Same skin, different kin. Beginnings of beautiful brilliance. But bluebirds find new herds and call them a flock. Two words, her new verbs and find peculiar places to dock. Shallow waters, auto filters of a hand picked look. Lapsy, Daisy, Life's brazy attitude, Wilters worries to a stop. We hop from meaning to meaning. Feeling for freedom. Don't you see my ladies where a quartet forever. Find freedom goat from a grandeur gauntlet together.

Jan ([10:34](https://www.rev.com/transcript-editor/Edit?token=fRzIF0OBJtFcBMzI3s0QCkL4k87BvboG88qJ5O_kq6lJdvTDEV5_yECVLhCs05mNJdwBTGnmmJUwFxqfXTHaxQbiuO0&loadFrom=DocumentDeeplink&ts=634.99)):

Oh, that's a bit easier, actually.

Tyreis Holder ([10:36](https://www.rev.com/transcript-editor/Edit?token=3v-soHCHHfv7lKwVaf0ckD_YighYAXe5yzZg5wu8b_5AVb0muW1p-YzVXsq2hAdjLJwWaTJY5MI65RM2YTVAkih7qME&loadFrom=DocumentDeeplink&ts=636.4)):

Easier?

Jan ([10:37](https://www.rev.com/transcript-editor/Edit?token=_w7ae3nJChecyk1GkYYsBlMLBXqx786SXEhun5xnU4BC6x0YjBIrITRJtai5kTbF7DX_1Af2RYG8hplV1V4v3p76mM8&loadFrom=DocumentDeeplink&ts=637.01)):

Yeah, left first.

Tyreis Holder ([10:38](https://www.rev.com/transcript-editor/Edit?token=DiWyoP3Jy62idKJgFCmZl07TdpVj3jGkW1iwFXsX6WbAGcgpa4mra0FTv0tOKeXkGtHODylsstSyRp5o8Zmo9D0-c6g&loadFrom=DocumentDeeplink&ts=638.11)):

When I look to you, I see me too.

Tyreis Holder ([10:41](https://www.rev.com/transcript-editor/Edit?token=LVb9DmTTgeRBzFARkNNvPGudb3QM6aOCfsPmL1g9X8bvWs0XeaU4Vx3451TRkFGx6GzBcUPMRJNARA9dWHa3Wd2YjdE&loadFrom=DocumentDeeplink&ts=641.68)):

There you go. There you go! Sorry, so I put you off. Sorry sis.

Jan ([10:44](https://www.rev.com/transcript-editor/Edit?token=9BFnIkRaBeNKm9w66xnklIlb2VsVT70W33Lgu4YHSzBXAYqAnegaft8cT8T7ocV73lyxb1dq0IGOw_-Q-uVH9szx_ac&loadFrom=DocumentDeeplink&ts=644.65)):

It's all right.

Tyreis Holder ([10:44](https://www.rev.com/transcript-editor/Edit?token=DzG8yS3QJD9jaSctgAo_mTUn3K70u0Et-1EHJ9brAW-pT4DoVCWV6WQBSQPq6RwT-gkCoB4_Wx5A6i6N_9sJ8rGithQ&loadFrom=DocumentDeeplink&ts=644.65)):

So I got gassed, I'm sorry sis. Sorry. Sorry. I'll be quiet. I'll be quiet, yeah. All right.

Marilyn Fontaine ([10:56](https://www.rev.com/transcript-editor/Edit?token=pk1KZNq8Xs4nNqDfNkEKpl8whGkM6jruLMb2H5ehIKhImHx4tW0XmyViUWNN6M9WUubA73cR6P36r2Vfhf5gRQtSN-U&loadFrom=DocumentDeeplink&ts=656.1)):

Okay. So I'm in Marilyn Fontaine, I'm a creative life coach and I'm also an artist specialising in heritage work, women and their stories.

Tyreis Holder ([11:19](https://www.rev.com/transcript-editor/Edit?token=2NDBlE6b7S1SNBD6-qAhZRBQN4RM9REaegV2VTQC4Hj81I_JlE4mnyOJxJSHNQ6gcsoEpeg0YQ0j1S1K9FTEawW1xo0&loadFrom=DocumentDeeplink&ts=679.28)):

I came across this striking image of a group of black skaters in Beatty Park on an Instagram account called Quad Skate Dad. And one of the ladies in that photo is wearing these yellow and orange leg warmers, these big glasses. And I was like, who is that? Who is that in that picture? And it was Marilyn. I really wanted to speak to her about what it was like back in the day, because there is a lack of documentation of black skating history. I just want to know how you got into skating. What was your journey with it?

Marilyn Fontaine ([11:47](https://www.rev.com/transcript-editor/Edit?token=Uqj9EmsXekXvlJ_fltFS04fvd1928LUyNmPT2sBFGDxznD0bG-r_SuGr6bf46AFm5oMZOvnyBjC_F3HFrsw_ubEvQ1A&loadFrom=DocumentDeeplink&ts=707.87)):

I must have been on Pirate Radio, there was a roller rink going to be open. Now, we didn't know nothing about roller rinks. I knew there was one in North London, but I was 17. So I went and got skates, white skates, red wheels. And we went to this roller disco. It was 1983 or '84. And me and my cousins and my two sisters. For me, all I could explain it was that it was waves, but it was going backwards and people that looked like me. So I'd never been to a mostly black space like that to do with anything other than family parties. And so that was upper cutting for a skate. And I hadn't seen any of it like it before.

Tyreis Holder ([12:36](https://www.rev.com/transcript-editor/Edit?token=KZv8553qpCYcOnb0xZTBjWL6EsBYumfZ9vMG4JD-9bGn6HEBiVMuoaCaTX2C7BIgyZim-ECV10H2MpKZdBD3Yhm3IbI&loadFrom=DocumentDeeplink&ts=756.81)):

I think that's such a beautiful introduction. Because I know my first time, really... Well, my first time putting on skates was in my garden. So it wasn't anywhere near as picturesque, transformational. But, yeah, I just wanted to ask, what do you think are the differences between back then and now when it comes to skating?

Marilyn Fontaine ([13:01](https://www.rev.com/transcript-editor/Edit?token=lxxHCZe9bQBlgtPQK7iCx5aJfPiJvZKq6bmCQcECbe27rnGTGffndVSLUUM9nGNIpu16Djqaq7NviunMQllImROoQlk&loadFrom=DocumentDeeplink&ts=781.07)):

I think at the time we didn't use the social media. So we didn't have that. I've got loads of pictures, we had pictures. I think we just got down and did it. I do wonder, when I see people record so much, are they really enjoying skating. I think that's why our anxieties are high because we are being a third person to our experience. I know I'm start to get deep, but that is the truth. And skating is saving a lot of people but I wonder is the fact that desire to constantly share that on social media, is that a double edged sword?

Tyreis Holder ([13:40](https://www.rev.com/transcript-editor/Edit?token=FEF5-K4SFSrkp_-KFOEnLOC3Iq8IgkuOPXYA26Oed6-9nolkmRlB95UBrtuM8Smis3S4FOprvlimSU_zE2CLCb9wbyk&loadFrom=DocumentDeeplink&ts=820.8)):

Yeah, I think that's a really good point. I think you put it really beautifully as well. And also I find that when the camera's there, it changes how I skate. It's like my body knows it's there as much as I try to say, ignore it, just skate and try to capture.

Marilyn Fontaine ([13:54](https://www.rev.com/transcript-editor/Edit?token=TJAKTdTa9tf5iMCA5S8PpS001wgdvhSSlXuKl6iwPhK0RGlj47SUL6M_I76vEOM2ZIfP1_s-waG7BbcEXzARguNzT3I&loadFrom=DocumentDeeplink&ts=834.3)):

Yes.

Tyreis Holder ([13:54](https://www.rev.com/transcript-editor/Edit?token=mBhg1yHQdK-JfaVgMg26gj6OfLk1jR8RQZNV6h7mHreFdyYkDq9oqOsBDiAndqBjz2c5GmR2lhIk6_0pQTiMumN1FMo&loadFrom=DocumentDeeplink&ts=834.59)):

My body knows it's there. And you also mentioned about the history of skating. And yeah, I think that's something I've noticed that it's not really documented, I think, British skating. I think there's definitely a big problem with things not being archived, lost stories. And I think our history having to survive orally, through storytelling and whether it's very important, I think to us and our culture. I think there's definitely a need for these things to be archived. And I think that's from the young generation to you, I think that's what I'll ask.

Marilyn Fontaine ([14:25](https://www.rev.com/transcript-editor/Edit?token=_Daf6rCJjkCsRucsgdt8ecTnYCp29tTYxvcxhcgpBM76wRyaDQV7Da2pYgfkGcO_qXA9wgXgS_6oK6hiTMVCojduTp0&loadFrom=DocumentDeeplink&ts=865.91)):

Exactly, Yeah.

Tyreis Holder ([14:28](https://www.rev.com/transcript-editor/Edit?token=dsl1dL8uwGrefDRPjR6XAmTZCe7jxy2KtPzX1tM05EbXpsJWRNAFJwCg8o0ZsiyR3pFDunVMSvHVJUwCab7HKQZSdS0&loadFrom=DocumentDeeplink&ts=868.28)):

All those pictures scan them in.

Marilyn Fontaine ([14:29](https://www.rev.com/transcript-editor/Edit?token=IO-0WpKCRvLyqTldUHlDTZBSLHntJ7A7oydxAyPjYEbP3tzyEMCmQuoLr8G0m6-0fjZx3YZKAd4ZZNhMbrQdRLydxcI&loadFrom=DocumentDeeplink&ts=869.62)):

Well, they are because we are doing cataloging stuff now and getting things, getting stories out and documenting what happened, just so we can see a history because skating not only impacted people, it impacted the music, culture and fashion. Honestly, it was one of the best times.

Tyreis Holder ([15:04](https://www.rev.com/transcript-editor/Edit?token=3rP0GZ5hTphWLK40tWwevPthW-9qlQNhzQ7nCiTJjl59B-WqfnG4aUUW1yiaNn0otA6X2xYrbWjwPdbK2EhzIaQVNW0&loadFrom=DocumentDeeplink&ts=904.49)):

You know that moment when you got it?

Jan ([15:07](https://www.rev.com/transcript-editor/Edit?token=QXqnUylu0-7mW7LXoWMwhBLHVji0MwktG_xUKJoYVX4vYafiwnF7DNrF5epQZYp3S3OETk4OBpIu0ixGN2f8AyEiJ8g&loadFrom=DocumentDeeplink&ts=907.36)):

Mm-hmm (affirmative).

Tyreis Holder ([15:07](https://www.rev.com/transcript-editor/Edit?token=TY2BvVlR-5YGalhVd4rIaOBOtjYXgkvjw3WVwe7FdK6emSUXsKX1h20Uv0xV9Mn2sewtaqSHewTuDQ-LnsnDhrgzHtw&loadFrom=DocumentDeeplink&ts=907.67)):

How did that feel?

Jan ([15:09](https://www.rev.com/transcript-editor/Edit?token=EwqBGxcq_gLBblwokCf8JQeHIYbu0Mde5FLMZAuCe1skgIZYx-i8gSEQeXzwpG6BTNL82KntStUZnvpczZo04QB5o30&loadFrom=DocumentDeeplink&ts=909.14)):

I felt like I've actually she something, so I'm getting there. I know I can do it, it's just a fear. I feel like with my eyesight and stuff like that. Because obviously I can't really do certain things, when I'm going out, for instance, I can't just go on a scooter and start riding on the people and all. Or go on a bike and start riding it, I can't really do that. So I feel like this is as close as I can get to actually doing stuff outside.

Tyreis Holder ([15:31](https://www.rev.com/transcript-editor/Edit?token=PiudyDzbcAo8Uwf6aOTZsdCxsdf_MZKDbo8H_PG2DTU7faCrSU_FD4FhofSAfviSqLxXzgpzpQBvifawECHQvg63uPE&loadFrom=DocumentDeeplink&ts=931.81)):

Janise has an eye condition called retinitis pigmentosa, which means she can struggle to see in low light conditions. And she doesn't have a peripheral vision, also known as tunnel vision. It does have a practical impact on her daily life. And sometimes I do worry that it can be quite isolating for her.

Jan ([15:46](https://www.rev.com/transcript-editor/Edit?token=90BaEBEiXNQCE2vgAxGYLz4wlk5Kd-UQ2kU5yN2e3K7uVdnQwG9GYJSZplRpgZRs3ZjaNu4OviN5h97C_OZ0DL6-olk&loadFrom=DocumentDeeplink&ts=946.24)):

Pretty much, every day I suffer from anxiety. So I feel like me doing this roller skating, I feel like it will help me to get out a lot more and try to meet new people and everything.

Tyreis Holder ([15:56](https://www.rev.com/transcript-editor/Edit?token=JQU3SDSJ8UgAW7T9AWqlx2IMmSeD02J4Bg5VI0jSUH695GnSEfjPUt6tALKXXAGY-TNp8e-7fQrDn4ZhIn2i6RXDrD8&loadFrom=DocumentDeeplink&ts=956.85)):

Well, obviously I was pressuring you for time to get skates, but what made you get to skates?

Jan ([16:01](https://www.rev.com/transcript-editor/Edit?token=PZqncKShebYmu8aq2jOqI5N6p4wB70m6MoP-g2ac0__VZ2AKWg54PPInMC9m0ufo1zP89YRCTypx1OqN5TRWTCmYfKY&loadFrom=DocumentDeeplink&ts=961.36)):

You know what? I feel like it's not because everybody else is starting to roller skate, it wasn't that, see that. It's, more or less, I was like, you know what, I'm going to give it a go because Mom's able to do it as well. Mom liked to do roller skating from a young age. And, obviously, she really wishes that she could have roller skated up to however old she got. But, yeah. I just feel like I was, more or less, not just doing it for myself but, more or less, doing it for mom as well because she was unable to do it and I'm able to do it, but I'm not doing in it.

Tyreis Holder ([16:38](https://www.rev.com/transcript-editor/Edit?token=k3w8D8VSAEdP2rPbVtds95x5FbFT96llA2qLtuYGChyu7DKSGz4NKM_22yWrSkTH-oGoOjNEwXVbVQMLLJpeELBRU88&loadFrom=DocumentDeeplink&ts=998.18)):

I remember when I was younger, I used to see these pair of roller skates in the cupboard, they were white with these red wheels. And used to be, oh, that's so cool. And they belonged to my mom and she used to tell me stories of how she used to skate when she was younger, in her childhood years with the metal skates she used to attach to her shoes. I was like, those are death traps. And yeah, it just really inspired me to want to actually begin skating. And I used to show her skate videos of me and she used to be so impressed, which I'm really glad. Unfortunately, she passed away late 2021. And my world just stopped.

Tyreis Holder ([17:14](https://www.rev.com/transcript-editor/Edit?token=rh1gxLyn0p1Eh7etPd865JaZPiO8SIgkIifumT8QgXlg4Os4cl88cFx_QEXKZ8tNeIo06bm42ZXgkkz4ilt7WMDPwxs&loadFrom=DocumentDeeplink&ts=1034.36)):

Skating is the only thing that has kept me grounded and skating is the only way that I've been able to feel anything, really.

Tyreis Holder ([17:21](https://www.rev.com/transcript-editor/Edit?token=eWBkDU6Wh2K6ECiI4-1eENVjS-MT2ikqiz3DffocR70DHZvJm47UCmk4YMNkcvgtChinsd-8FDCzGuVGjQxoayDjHYI&loadFrom=DocumentDeeplink&ts=1041.84)):

I had a really nice moment, I was out here, I was playing my music. The sky was like this, it was kind of dreary. And when that song came on, you should have seen how the sun starts shining. It's shining, shining, shining. And I said, yeah, yeah, yeah, my mom likes the song. So I was out here and I was like, "Oh Mom." I said, "Yeah, you like the song, isn't it?" And then the sun just kept shining. So I was like, "Okay, cool. I'm going to slip the next song, yeah?" I put next song, the song went away. I'm like, what the fuck? So that was good selection, I was in good selection.

Jan ([17:57](https://www.rev.com/transcript-editor/Edit?token=uI0wdwxomP7e-I78ip5y-mPpJGIkQPysoqNiwyB-sbPC7rmUJCQj60F3WIE751NEO-152iNznvlrWp5vxckCUtnAHT0&loadFrom=DocumentDeeplink&ts=1077.16)):

Yeah, she didn't like the next song you picked.

Tyreis Holder ([18:16](https://www.rev.com/transcript-editor/Edit?token=6qr_jQnmQ0_yLrTJnZes-tIraEF2C8RyazChi4ktClSQ2RcNmPeCnKG-erGrqwQjAMFUy84RjHJe7UdP6zssJBiLM4w&loadFrom=DocumentDeeplink&ts=1096.99)):

Yeah. Skating really has become a massive part of my life. Now, when you see me a lot of time, you see my skates over my shoulder. Skating saved me. It did. Yeah, I've met some amazing people through skate. I've made new friends through skating.

Speaker 15 ([18:29](https://www.rev.com/transcript-editor/Edit?token=85_fRlj3hY1w-tp377Po0dxJHcl0T2x-9Mp30YobaKh9vry1nt9qdw-DZjeMl4AYapQB6MoNpT6O4QjdO6ZOy23EngM&loadFrom=DocumentDeeplink&ts=1109.61)):

You do it, you get lost in it. You forget that you're doing it.

Speaker 7 ([18:32](https://www.rev.com/transcript-editor/Edit?token=SXKladeqfgMR1oD8qzS8J0GA_9Wvvgahobk-6YsdKmyQFuj0u2tkVVo7N_vIz95w-aejRJJhB2zabPjkKEgl8ngFBak&loadFrom=DocumentDeeplink&ts=1112.53)):

You look amazing. Thank you, so do you.

Tyreis Holder ([18:36](https://www.rev.com/transcript-editor/Edit?token=vqQY3Edt7_S2dZE8NDV4qoQ423L3An8WjBOyQPy_fvAeW9sU1gMgFgWHZpS3sbsNRo2xug-a8KxcdU0BlKGMI-NvQZE&loadFrom=DocumentDeeplink&ts=1116.12)):

Is there parties?

Speaker 4 ([18:36](https://www.rev.com/transcript-editor/Edit?token=4plyfanVYC9t-EakCldFONtIlaih4r3WdRAskna51ImaMCmrLrFGc0WzAhnOLs5w6Mll50EY_pRf2tQVWYxk42-nH0k&loadFrom=DocumentDeeplink&ts=1116.96)):

Hello?

Tyreis Holder ([18:40](https://www.rev.com/transcript-editor/Edit?token=JnP8fIaygUu90r1N1gOfKGsY34zrtZd5rhZhCSahVDWcuYKoAYIVP1SabN33QIZI1kP30WeQWwDtOPabemwAF4wGqEU&loadFrom=DocumentDeeplink&ts=1120.53)):

I think skates tend to be quite open to let you in and be like, "Let me teach you this." Or, "Let me show you this." If you want to make it smooth, put the weight in your toes. So you here. Now, when you're back here, you put the weight in your toes, lean it forward.

Tyreis Holder ([19:02](https://www.rev.com/transcript-editor/Edit?token=e38AwY95WSocLvZmwtG_uA-IdaFtrNGGZ4SvDDUH51Wi10JrSYLYk_a0ICvDXHU94LTkUsvJ9w4Pc1bNWtir3nrNVV4&loadFrom=DocumentDeeplink&ts=1142.94)):

I bought some pieces there because I didn't know if you wanted to engage with some of the work I do.

Marilyn Fontaine ([19:06](https://www.rev.com/transcript-editor/Edit?token=snfDq6moF3u56xNqtiiS3SYF3fV5JdPQo9EiP4sutgtH40rxkhwfNFbvGRMMswylla0xz41JdXCXKYjwkSnFV_fYB-s&loadFrom=DocumentDeeplink&ts=1146.05)):

Yes.

Tyreis Holder ([19:08](https://www.rev.com/transcript-editor/Edit?token=3nWG49htpYA1mOP3qRcHiqglhZpKFCla_pfP7cm1DyO4lsXiUWVxC4M6TN-CG6FeDUE7rgAd6hk4PbwiMcK_ZgRKwzM&loadFrom=DocumentDeeplink&ts=1148.05)):

So I just brought a section of the tufted rug.

Marilyn Fontaine ([19:10](https://www.rev.com/transcript-editor/Edit?token=mo6J7REu9OSrBEXPscRVEuH45Eit5c1r3yIk9_vifcoeQf89CMCQ0uBQ-yfExckLNxvTJm4AgzyOhuKcLzdqDiiGHpc&loadFrom=DocumentDeeplink&ts=1150.86)):

What this is, what are these? Because you've got colours of blue, green, white, orange, red, yellow. It's just so vibrant and beautiful. What do these represent? If you don't mind me asking.

Tyreis Holder ([19:22](https://www.rev.com/transcript-editor/Edit?token=mz6KJlfbpf-dhsjLJebAgq_l4DR2hG68fY4JF3QK0PBQS0DekFr9YNYZdGrj5AynSdx4Q3cfQxwCMrCQmg8HxB1ttRM&loadFrom=DocumentDeeplink&ts=1162.05)):

Yeah, no worries. So the piece was called Dun Dunnah and it was just exploring the position of a black woman navigating the change in states of 2020. I graduated uni at that time and I was assaulted with all this digital trauma to do with George Floyd and then the Black Lives Matter movement. And I was using this piece just to navigate all that confusion. Also, my mental health, my mental wellbeing, just everything, basically.

Marilyn Fontaine ([19:49](https://www.rev.com/transcript-editor/Edit?token=J2e0RqXmxsYhMK3Ua9AG28H_ysqqzSiDoH7sPc8PHh-2TgvQ98yaa7DejU6LgoZ3VJ9tGjR8jCV9JxqeigJUxt1bAb4&loadFrom=DocumentDeeplink&ts=1189.58)):

That's amazing. That is really... wow.

Tyreis Holder ([19:52](https://www.rev.com/transcript-editor/Edit?token=q4MRz2OMFJmEfodlrZHeoRoXO5G9giB7KBOAkC9btvc0votJGZUtJvm4GY3ibP8ufVqAR28XVAkzCNkXg1mDE5W9TKI&loadFrom=DocumentDeeplink&ts=1192.73)):

Thank you. I'm really concerned about textiles' role in healing trauma, specifically within black women.

Marilyn Fontaine ([20:01](https://www.rev.com/transcript-editor/Edit?token=EXuQX1PaX2GS19pZlhkjPNjBhKXXwtCwlvhbjIPYPUoabZWsGPf6Wb23DbC1OSy9WictTBfBt34bZ59fG1amymD6ynU&loadFrom=DocumentDeeplink&ts=1201.03)):

It's amazing because as an artist, that was my research with a weaver, it was called healing creativity and trauma. And it was very much about the intergenerational trauma. And I said this quote, "We are our ancestors' wildest dreams, but also their biggest nightmare." Because the fear of being exposed and the implications of exposing yourself as a creative, as an artist, as a woman, the fear of deaf fear of lynching, it's embedded in our generation. Just like you've got here on this cloth, but I think that this work, textile work, I think it's really important because you don't have to get it consciously. And this is where art is really important.

Tyreis Holder ([20:49](https://www.rev.com/transcript-editor/Edit?token=UXxJ-vCtyXjvm7j082Ddy6ec1DiAnmY04EvvFMt9-_feJfcBWdb6y_s41nWWXmKaXnQPJEj1u_XQbCJOMfmA8FqqQEc&loadFrom=DocumentDeeplink&ts=1249.34)):

I think it's really important as well. I think where skating comes into it also is a lot of the psychological trauma, a lot of that, and a lot of that trauma installed in the body and that manifests into physical health and problems as well.

Marilyn Fontaine ([21:03](https://www.rev.com/transcript-editor/Edit?token=1Kfdgq5OhmhwgfI2FFlCK-xEAlivJQ6q7mgM-dc28C2zk8fwiHyh8dkVsal9dFP45ArOEfmbLdHeGaP6M6RcvDW6YK0&loadFrom=DocumentDeeplink&ts=1263.43)):

Yes.

Tyreis Holder ([21:04](https://www.rev.com/transcript-editor/Edit?token=vJsOyi46Nzpcbnli0es2ygMgm8LfRXxIwkk60pF4kqt_tFuHMJGVZiZOY5JZjFcQ7bGpqk-KhhqaBACw_L7oBXqZxbw&loadFrom=DocumentDeeplink&ts=1264.46)):

And I think where skating comes in and being able to have that outlet to help the body and to really see ourselves. I think we don't spend enough time seeing ourselves. The system that we live in is not designed for anyone, to be honest, it's specifically, it's definitely not designed for black women. And having awareness of what that's doing to us and doing to our psyche and doing to our spiritual being as well.

Marilyn Fontaine ([21:32](https://www.rev.com/transcript-editor/Edit?token=1I9nFRQn8efii6MdORdG2cejIOQyE_Epk1C_L2V13QIWhBKDuxEmSDOdkUZEE9VlqYaxK3J3wwa8et2ZjvtVCg6MyoE&loadFrom=DocumentDeeplink&ts=1292.08)):

You've said what is really important for your generation and also what we've said in our generation. But, I feel like since Black Lives Matter, you've had more permission to be able to express that. Whereas we did but we were scared or we would say it and it came across too militant. But I think that it's current to what's going on with you guys. And going back to what you said about skating, what skating has done is what hiphop had done. Hiphop and dance, jive, soul dancing was a way of people, how everybody would... The oppressed on any level would release. And there's a saying in, I think the native American, when somebody's sick and they say, "Did you dance?" And they say, when people stop dancing, that's when they get ill. And I think that's the power of skating and this is, I wish, I hope podcasts like this will really help people and inspire people,

Tyreis Holder ([22:37](https://www.rev.com/transcript-editor/Edit?token=0e7J2sl37OHslGnDdfe4KhVPbnrzMPhEAdUyn77Ty0Jg6KQvAHKR_k_SJiSSIicSBxnB9CkWFvSkZ-4e2Hpm4bjkFaM&loadFrom=DocumentDeeplink&ts=1357.09)):

Amen to that. Amen to that.

Tyreis Holder ([22:39](https://www.rev.com/transcript-editor/Edit?token=2kCHzngQeRxThAqTxzJV7QuInRruvQ_q6z85ijCNP1xphsyxwCYpBT8DW2O_niFXBydbB9CXadMSGe2IGmwbyiaaatY&loadFrom=DocumentDeeplink&ts=1359.56)):

Since my mom passed, my dad has actually been coming out with me to skate to Crystal Palace Park. And even though he can't skate yet, just him being outside in the sun with the music going and just watching me skate, he'll record me. Sometimes I feel embarrassed but at the same time, it's really nice. And he actually said he feels really proud to watch me skate. And it just provided us a moment to get out and just find those little pockets of joy throughout the day.

Tyreis Holder ([23:15](https://www.rev.com/transcript-editor/Edit?token=yK298vR6s_qQeKf0yhcXWfKyxBTonhxxwoSLPGw5T_VXQLgR9BY3E6ghy2v_pAn1PD_zlnjdYrS5XmZBHX7V4VA4jAg&loadFrom=DocumentDeeplink&ts=1395.54)):

For you, it's just settle into yourself, let go of the fear and let yourself have fun of it. Yeah?

Speaker 4 ([23:22](https://www.rev.com/transcript-editor/Edit?token=k1baRHN6A6Ser-WzmZ-OeapmBaG-cEikO8FFNy5RyS7H0Xbr_3aN36Bvfqz3RkXaJ3R4BDq1FDLWhPT5URv_hXPZhfw&loadFrom=DocumentDeeplink&ts=1402.73)):

All right.

Tyreis Holder ([23:23](https://www.rev.com/transcript-editor/Edit?token=3Br1yUPjw2VtmrXkRa_qrWAG2jXybdp7C8V6xCFheYwbBYw9Jt0pHj73Ok3Gz90sWxv3yO3IM2HeZfzxKtUw3carjek&loadFrom=DocumentDeeplink&ts=1403.42)):

All right, ready?

Speaker 4 ([23:23](https://www.rev.com/transcript-editor/Edit?token=tpw0-w_Z-cmF8LULerB9UTwfK0w_vryYJvZq6aN9zrjeQr5zEeDtyknfUYWxxCb0VWXsREoDq_BtNXuZHkqZnSQV86g&loadFrom=DocumentDeeplink&ts=1403.87)):

Yep.

Tyreis Holder ([23:24](https://www.rev.com/transcript-editor/Edit?token=uM6jRt563caifvj4wgHJd_bFzyyGR-jen_yY1ruMNWQDB_zc83WDlqhqp2lApVJq4-z4Vmx5QgcwS7LzfLXbgFuLCEk&loadFrom=DocumentDeeplink&ts=1404.36)):

All right. Three, two, one, go. So hopefully in the summer we can all go out and skate and just have a good time.

Tyreis Holder ([23:34](https://www.rev.com/transcript-editor/Edit?token=w7a1bXbHWbD6tA-0jbCank71QqpTsnxKgsj3XAdb8VTLcvHdbuWPQb6UHmPVDoTDfdWmdFm2d0Cah36_pvpC3jW7LFM&loadFrom=DocumentDeeplink&ts=1414)):

The reason why I want to keep skating with you is because, come summer time, we can go out, the sun's shining, the music's going. And I feel like skating is such a good night moment to be together and reconvene and just appreciate each other's presence, you know what I'm saying?

Jan ([23:51](https://www.rev.com/transcript-editor/Edit?token=Gm8tYwIlmBCl_FQ_-JZo8Ig8fAXWcQmp0iWtWMY8ZHZpHpoKoR0auIR4-r_SixkEXJog0F_XSea0ve-RvBQsj5b5vFc&loadFrom=DocumentDeeplink&ts=1431.78)):

Yeah.

Tyreis Holder ([23:52](https://www.rev.com/transcript-editor/Edit?token=CeXEGkA-AAURCyJwKblNHz13uwrYkvrVDCV7ISWpvvCrlStzvPmI0HBUBF5f4KwXQe4Phg1-f2ngyVViCl_Yj9XVM40&loadFrom=DocumentDeeplink&ts=1432.21)):

And I think that's a big fear for me as well, appreciating people when they're here and appreciating each other's presence, especially with Mom, sometimes I wish I appreciated her presence a bit more. So I'm going to appreciate your presence more. So I show that I love you.

Jan ([24:10](https://www.rev.com/transcript-editor/Edit?token=7PsNCJGmQpHY5WOERtv7ewYcf_AC1oAWlSkx_3N7NGPSg4GzfV93V3-8baaJScFaGERXoxzAlwLC7LItcNxy4nLTlxY&loadFrom=DocumentDeeplink&ts=1450.26)):

I love you sis.

Tyreis Holder ([24:11](https://www.rev.com/transcript-editor/Edit?token=pUyBJqCMBnxJ390epwAgr4LL1EOBmUBfuCivKxDwUQHqurH9bOn0f-jEXM-NBcjWsaXYQhAGkzTfwBWYaW8oHegxJk0&loadFrom=DocumentDeeplink&ts=1451.01)):

Even though you get on my damn nerves, but I do love you. I love you a lot, so.

Jan ([24:19](https://www.rev.com/transcript-editor/Edit?token=7Jx6CrDgxM6Zmk7p1imTIOR4JAzpzknHZXLoKxoW4rzL4Ys9wB6RytFN2Co4hme_8v-p-Q9c26mc2YQXsQHbq7L6QEs&loadFrom=DocumentDeeplink&ts=1459.61)):

I'm not really talking much because you're fucking talking.

Tyreis Holder ([24:21](https://www.rev.com/transcript-editor/Edit?token=8DRXeNnfIvRhw6mZV5VrTpwaHs37NZUytfy71johBtRX7_IUYWHRMfzKRQdzJ_Zj2TEwPsjg8QwJKiJtGUxWlPtE9Lg&loadFrom=DocumentDeeplink&ts=1461.4)):

Anyway, you know I try anyway. Nevermind, you can listen to it.

Tyreis Holder ([24:22](https://www.rev.com/transcript-editor/Edit?token=Hv95NYWcFaD38LMFvC6Fn6GEWnvP0rS460zgEN_m0x0xyCcmPurw5vFXn64zx1INGDgAT0Ahuv0V4H9uukHgi4ECgNQ&loadFrom=DocumentDeeplink&ts=1462)):

When I look to you, I see me too. Similar reflections, perplexed in what we're truly here to do. To strive, to be alive, to merely exist as the other. My brothers, my sisters, my people.

Tyreis Holder ([24:41](https://www.rev.com/transcript-editor/Edit?token=n4OUelg8BEAdo8EsoOgAxGdojd39QVQpaBkfrM_xeHN9KvBjR7YE9lGUSB0ZSkqnBDJbWBvn9B-GUnr1LL3EDlN-cyk&loadFrom=DocumentDeeplink&ts=1481.81)):

There you go. There you go!

Jan ([24:42](https://www.rev.com/transcript-editor/Edit?token=h8QIfePkWHtt77nCTpTMLTIBcRBEzgLRITU7AddjcER0ztZHYtYQbv6evdhPPQIpijsTLwhcBhKQnmsl04MM71xBcmw&loadFrom=DocumentDeeplink&ts=1482.93)):

Yes.

Tyreis Holder ([24:43](https://www.rev.com/transcript-editor/Edit?token=_EfB5D5zafXfpYy3Te5TC_DWxIrR4BTtTRw-u6A8a8tsRoJpnK4iFLgckrNCE31hT_DYz9t-DajMp7wPOPUKjLO6gT0&loadFrom=DocumentDeeplink&ts=1483.32)):

You see that? You see that? You see that. That was good, you know?

Jan ([24:49](https://www.rev.com/transcript-editor/Edit?token=WShXywK3kq7stbHXNVoXlr1wNj1GyLgyWGi6O8COEj0mXPkENimdAAZFHCz96VyHYzAB4MGU_pvLrUF46gi6W70qtg0&loadFrom=DocumentDeeplink&ts=1489.07)):

Yeah, I know. It's big gas, isn't it?

Tyreis Holder ([24:50](https://www.rev.com/transcript-editor/Edit?token=2KCFnlKD19tQViUZihao7D-yQp86PHGwbWo_7vX_rcA3yLWNMZTKLYvfKWqD2p7CmAnFbFupz844ZzUigef3vCMTp0E&loadFrom=DocumentDeeplink&ts=1490)):

And it felt good, isn't it?

Jan ([24:50](https://www.rev.com/transcript-editor/Edit?token=lQdPJgjxP23CmsZH823YJyNQKOFsM8C9-gi_q50UQqmMrtsukHXCU6uPQjHGhbMBd-SCyUC7cTofAWWb429PREAv1Xc&loadFrom=DocumentDeeplink&ts=1490.89)):

Yeah.

Tyreis Holder ([24:50](https://www.rev.com/transcript-editor/Edit?token=tJnKcdS8WA4k0ZyflreKo-c5_-qx_jo3TwGErpO6ko83q73bGwZ1bS2fpZuKdd188K1zGdHnt-IT2QdF5kbQIEd2NeY&loadFrom=DocumentDeeplink&ts=1490.95)):

All right, see.

Tyreis Holder ([24:51](https://www.rev.com/transcript-editor/Edit?token=bnPUL-KskhdJC4MO1zqJ7Homd0Dc32SjzR-7aVQgEPk1LjNTE_5I1n3pc86P44HP7k-6w1kwaa6KYwDrCtNWkGTkUDw&loadFrom=DocumentDeeplink&ts=1491.88)):

I'm just here to be me and you're here to be you.

Laurent John ([25:17](https://www.rev.com/transcript-editor/Edit?token=2w969cPRig3Knk0v8EZZkP2tS6qBdp_O4cXNxXQMcBqXeRs0T7AXGmvc5KsrAi9OGb9vOgcpLZyRmteKCEWFEX4fcWY&loadFrom=DocumentDeeplink&ts=1517.79)):

So far, we've been primarily thinking about the idea of the process as a linear workflow. Your idea starts here and then you have the process and then out pops the piece. But, that doesn't allow for its meaning as a verb to process. And that's what I found striking in this episode.

Laurent John ([25:38](https://www.rev.com/transcript-editor/Edit?token=U3-TYFGRYh7mPMXOveKIfiu0BkaWz9Oh-oG9AXry1PK1DOouWd5Kd1LXZ6TJmIk4KOLkgeZVppTtrC6g49-MKoaq7yM&loadFrom=DocumentDeeplink&ts=1538.15)):

Skating is a part of Tyreis' practice in a way that isn't outcome orientated. It's practice as a way of processing life.

Laurent John ([25:46](https://www.rev.com/transcript-editor/Edit?token=0pvQwJMVAI_EwjjmhbB4BFfvXSFdDMPHu7AAINsI5vVy4lggQftfJGYugSfGsKHLyilPqVKr1LhAc4C3I1_AGuYT1Nw&loadFrom=DocumentDeeplink&ts=1546.16)):

When we started this series, we were going to follow artists as they explored one idea they were in the middle of. The plan was that along the way, we discover something profound about the creative process to understand how it all works. But now, looking back, it's quite clear to see that it doesn't all really work like that. The process is wildly different for every artist. And in reality, the process doesn't start and stop. An idea isn't born, it's continual. It's a process of collaboration. Then once it's out in the world, it starts a whole new process with you, the audience.

Laurent John ([26:44](https://www.rev.com/transcript-editor/Edit?token=GCDRKwHazDwgitMUcyxHuv4PM1Wa-9LMyYEyYR9RMpkJOMVHFyKPDuFNUEUnFotM01inTls70ZafnjjB-oOA5tnz4qk&loadFrom=DocumentDeeplink&ts=1604.44)):

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Laurent John ([27:09](https://www.rev.com/transcript-editor/Edit?token=eZh6Y_NV-2AkzHByJtTRvMAkPihHxgAJt66HI_hqRyzCMschUfA95VQO8C995PlXgz8lRjKbfPSSGS-1PdU262T2jbE&loadFrom=DocumentDeeplink&ts=1629.56)):

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