



We Grow Together

*A collection of writing, drawing and
photography by Upmo students.*



Upmo presents *We Grow Together*, a project by Upmo students. This pamphlet was created with a group of students to interpret the themes of the exhibition through writing, drawing and photography.

For this ambitious student-led project, Upmo students have contributed by creating a tree which started as a recycled tube. These were then decorated during workshops using a variety of techniques and materials. With over 100 trees in the installation, together they will create a bright forest, while each stands individually with the artists' story, creative style and interests represented. In creating this, students discussed ideas of touch and community, as both individuals and a collective.

We Grow Together incorporates audio visual elements that create a sensory experience. As

you navigate through the trees, you may even spot an imagined creature or two. The sensory installation includes projections by our photography students, a new soundscape to accompany the artwork and, on the opening evening, a vibrant light installation.

During Covid-19, we all collectively experienced the absence of touch and took solace in exploring outdoors. This is a celebration of the resilience of our student community during a difficult period, when Upmo was unable to operate an in-person service, as well to reflect on this challenging time through art.

Upmo is a charity that provides support and opportunity to adults with learning disabilities and autism throughout Edinburgh and the Lothians.

When I walk through a forest

I see the bright green summer leaves sway
back and forth softly as the gentle warm
breeze blows through the branches.

I hear birds singing as I walk through the
rustling leaves on a mild sunny morning.

I smell fresh colourful flowers that bloom
gracefully and beautifully on a early spring
morning.

I feel the warm spring breeze as I slowly walk
through the blossoming forest.

I see the flowers flourishing slowly and
gracefully the feeling of texture that nature
creates in these beautiful colourful flowers.





Flowers of all colours
bluebells, blossoms and roses
but the sky above is grey
the mist flows through the trees.

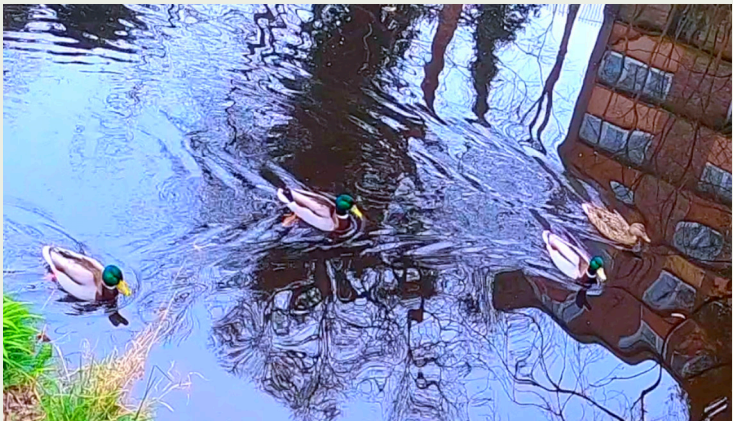
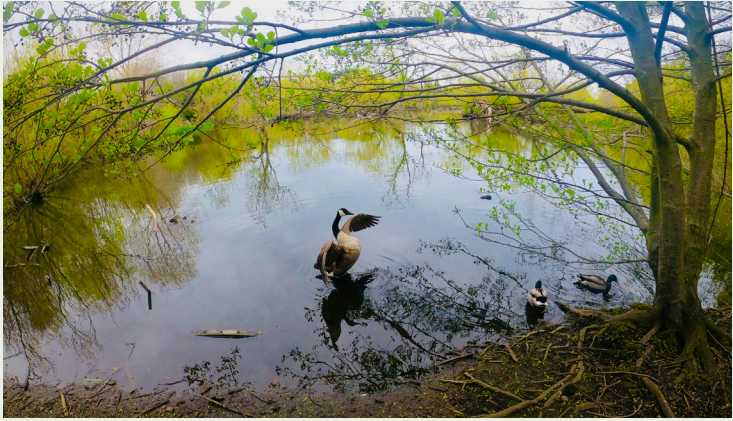


In the forest, a horse grazes in a clearing
It gallops and neighs as it sees its friend the
magical unicorn
They trot away happily into the trees
Off to smell the fragrant flowers.

Mr and Mrs Fox explore the forest floor
they hunt for wild strawberries

I feel relaxed and tranquil,
We watch the fairies perform a ballet dance.
The sun shows her face in pools of light
through the trees.

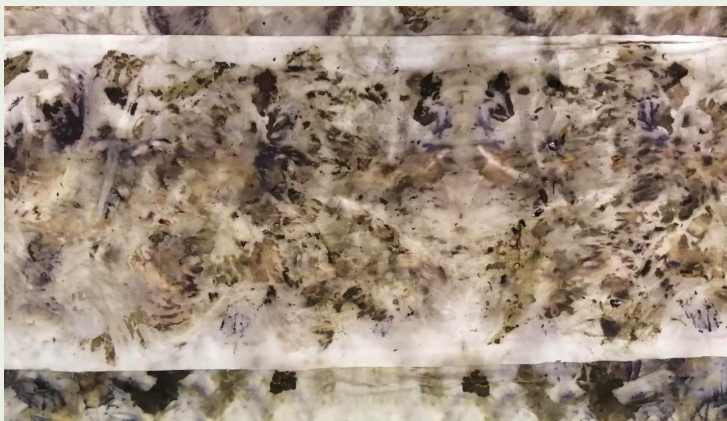
The queen bee flies past,
She joins us for a cup of tea.
A rainbow appears,
We all sit and enjoy some toast with honey.



happy wee ducks
munching away
gentle run of the waterfall
sun reflecting on water
ripples, flickering through the trees
rainbows and light flares flutter
splash and drip.

the warmth of the sun
colour of the sky
calm of the water, clear
jagged rocks in contrast with
ripples of water.





The tired flamingo sits in the tree and gives
me a wink.

A hopawoofcorn hops alongside a flowing
river, as Daisy the fairy rides on her back.

Through the leaves we see a tiger gazing
at us from a distance.

We scream!

Then laugh because it's a happy tiger.

Take a pause, hear all the birds tweeting.
It is peaceful under the gorgeous sunshine.

A lizard scuttles playfully up a tree, holding
his bow and arrow.

He goes off to find Tarzan, to force him to
go to his dentist appointment.





Family, missing them
Happy memories at the waterfall,
on the boat.

Thinking about it most of the time.

The fairies and pixies forage for jellybeans in
the soft shade of the sunflowers.

They hear of a treasure chest, hidden in the
forest.

And they have the map!

We wish our friends good luck, as their trails
of magic dust fade into the distance.



With thanks to the students who contributed to this pamphlet: Alisha, Colin, J, Jemma, K, Katie, Kuba, Lauren, Matty, Niamh, Rachel, Ruby, Stef and Yraina.



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