FULL HARVEST – NOTES FROM THE AUTHOR, ROSANNA LOWE

**MEANDERINGS**

*Meanderings* was written in response to a series of workshops, interviews and two rivertrips with members of Arts on Prescription. We made the gentle walk along the course of the Cuckmere River, from the village of Alfriston to the sea at Cuckmere Haven, where we explored both its famous meanderings and the artificial rivermouth. Along the way, we made a diversion to two amazing viewpoints – one at High and Over (above the Litlington chalk horse) and the second up the hill from Exceat Bridge (also visible from the Brighton to Eastbourne bus). We also walked a short part of the stunning clifftop coastal walk from Seaford to Beachy Head, focusing on the river estuary at Cuckmere Haven, with its famous coastguard cottages and the views of the Seven Sisters, and made a special trip to the beautiful beach at Hope Gap, only accessible at low tide.

The final story mixes some verbatim material from interviews with fictional text. A very special thanks to Ollie Barber and Odi Okaka Oquosa for sharing their very personal stories.

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And the rivers, of course. Always thank the rivers.