

Valerie Potter Film Transcript 2021

I was sitting in the train with my nose against the window feeling very bored and I saw a woman on the opposite platform, and she was embroidering. She was standing in the middle of commuters embroidering and I thought - that's it! That's what I want to do.

I do mainly embroidery, though I do a few drawings occasionally.

If we're talking about embroideries, most of the time they'll be in black and white because that's very dramatic and looks good on a wall, but every so often I get really fed up with black and white, so I'll throw another colour in instead.

I don't know really why I do them, but all I can say is they just happen really. The drawing seems to come ready done and when I think of it I have to put it down straight away, which is a bit difficult if you're going shopping!

I describe them as being therapeutic. Ironically, I can't draw if I've got a lot of stress on my mind. I would need to be back on my tablets, or something, to actually do the physical work of drawing.

This is a diary of what I think about in the window that I'm doing the drawing in, and this one is Schizo-pathetico. I have schizophrenia, so that's where the schizo comes from, and the pathetico comes because I'm bloody angry with myself.

'God came and went, he will not return for me alas.' That's what I feel sometimes, I sort of feel that God does sod all really.

And the other bit is: 'there is no God but the light streaming through the trees in the snow and the ash.'

That's a more peaceful thing, that's to end on a much more accepting situation really.