

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



1

00:00:00,000--> 00:00:01,948

Hello to everybody

2

00:00:01,972--> 00:00:06,668

and thanks for all your
greetings in the chat.

3

00:00:06,692--> 00:00:09,228

I've already seen a
couple of familiar faces.

4

00:00:09,252--> 00:00:10,628

Hi, Sue. [laughs]

5

00:00:10,652--> 00:00:13,748

Hope everyone's doing well

6

00:00:13,772--> 00:00:16,343

on this Thursday afternoon.

7

00:00:17,790--> 00:00:20,428

So, welcome to
today's event, everyone.

8

00:00:20,452--> 00:00:24,388

This is How I write – in
conversation with Grace Quantock.

9

00:00:24,412--> 00:00:26,308

I'm Hetty Saunders.

10

00:00:26,332--> 00:00:28,348

I'm a freelance editor
and a writing coach

11

00:00:28,372--> 00:00:30,428

specializing in non-fiction.

12

00:00:30,452--> 00:00:32,348

My background is in academia.

13

00:00:32,372--> 00:00:35,000

I have written a
biography of the writer

14

00:00:35,000--> 00:00:37,948

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



J.A. Baker called

"My House of Sky".

15

00:00:37,972--> 00:00:40,588

For my audio description,

16

00:00:40,612--> 00:00:43,948

I am a white woman

with mid-length brown hair

17

00:00:43,972--> 00:00:47,027

and I'm wearing a blue

and white striped jumper.

18

00:00:48,000--> 00:00:50,325

This event is part of our

19

00:00:50,349--> 00:00:55,828

#SoAatHome Spring/Summer

2026 programme.

20

00:00:55,852--> 00:00:58,548

It is a free event

for everybody.

21

00:00:58,572--> 00:01:00,588

If you could afford to,

22

00:01:00,612--> 00:01:04,108

please consider donating to the
Society of Authors Access Fund.

23

00:01:04,132--> 00:01:06,598

This provides grants
to authors so that

24

00:01:06,622--> 00:01:10,548

travel, subsistence, childcare
costs and access needs

25

00:01:10,572--> 00:01:12,588

aren't barriers to authors

26

00:01:12,612--> 00:01:17,068

when they're taking part in
events, residencies and retreats.

27

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:01:17,092--> 00:01:19,868

We would love a
minimum donation of £5

28

00:01:19,892--> 00:01:21,503

if you're able.

29

00:01:22,000--> 00:01:23,628

And the links,

30

00:01:23,652--> 00:01:27,000

the link to donate is
posted in the chat now.

31

00:01:27,000--> 00:01:30,828

You can also help the
Society of Authors Access Fund

32

00:01:30,852--> 00:01:33,468

by making a purchase
on our virtual bookstore

33

00:01:33,492--> 00:01:35,028

at Bookshop.org,

34

00:01:35,052--> 00:01:37,000

and that link will also
appear in the chat.

35

00:01:37,000--> 00:01:42,748

And you can find all of the books by
writers taking part in our events programme

36

00:01:42,772--> 00:01:45,108

this year on that link.

37

00:01:45,132--> 00:01:46,308

Um...

38

00:01:46,332--> 00:01:49,908

which is appearing
right now. [laughs]

39

00:01:49,932--> 00:01:52,548

So this session is going
to be about 45 minutes.

40

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:01:52,572--> 00:01:57,068

It's going to include a

10 minute audience Q&A

41

00:01:57,092--> 00:02:00,028

as well. So get your

questions ready.

42

00:02:00,052--> 00:02:02,331

If you would like

43

00:02:02,356--> 00:02:04,388

to use captions,

44

00:02:04,412--> 00:02:07,188

please do turn on the

closed captions option

45

00:02:07,212--> 00:02:10,908

to give yourself

some live subtitles.

46

00:02:10,932--> 00:02:15,000

The button is at the

bottom of the Zoom call.

47

00:02:15,000--> 00:02:16,788

It's the show captions button.

48

00:02:16,812--> 00:02:18,628

Uh...

49

00:02:18,652--> 00:02:21,078

And this event is being recorded

50

00:02:21,102--> 00:02:24,188

and it will be available on

the SoA's Resources page

51

00:02:24,212--> 00:02:27,428

on their website and

on their Vimeo channel,

52

00:02:27,452--> 00:02:29,148

and both the links for those

53

00:02:29,172--> 00:02:31,256

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



will be in the chat as well.

54

00:02:33,000--> 00:02:36,188

If you have any questions,
do post them in the Q&A box.

55

00:02:36,212--> 00:02:37,628

You can post them anonymously

56

00:02:37,652--> 00:02:40,348

or you can also just post
your general comments

57

00:02:40,372--> 00:02:42,155

in the chat box as we go.

58

00:02:43,000--> 00:02:48,018

And I would like
to introduce you to

59

00:02:48,042--> 00:02:49,948

today's guest, Grace Quantock.

60

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:02:49,972--> 00:02:54,148

Grace is an anti-oppressive
psychotherapeutic counsellor,

61

00:02:54,172--> 00:02:55,918

advocate, and author of

62

00:02:55,942--> 00:03:00,440

Living Well with Chronic Illness: Write
your own roadmap to healing in tough times.

63

00:03:00,465--> 00:03:02,388

She helps marginalized folk

64

00:03:02,412--> 00:03:04,868

to live well with pain,
illness and trauma

65

00:03:04,892--> 00:03:08,000

without disembodiment,
burnout or blame.

66

00:03:08,000--> 00:03:10,788

Grace! It's great to see you.

67

00:03:10,812--> 00:03:13,188

I hope you're doing well and

68

00:03:13,212--> 00:03:15,308

give us a little intro.

Where are you today?

69

00:03:15,332--> 00:03:18,388

Who are you with? And

what's your space like?

70

00:03:20,813--> 00:03:24,148

-Thank you so much. It's delightful

to be in conversation with you again.

71

00:03:24,172--> 00:03:27,231

So, for my audio

description, I am

72

00:03:27,255--> 00:03:29,588

a [inaudible] woman

with dark [inaudible]

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



73

00:03:29,612--> 00:03:32,000

tied back hair, with
[inaudible] glasses.

74

00:03:32,000--> 00:03:35,588

[Elsa] Hi, Grace, sorry. Your
sound is just a little bit funny.

75

00:03:35,612--> 00:03:37,628

-Oh, apologies.

76

00:03:37,652--> 00:03:39,428

[Elsa] Perfect,
that's much better.

77

00:03:39,452--> 00:03:40,588

-Is that better?

78

00:03:40,612--> 00:03:43,308

Thanks very much.
And I'm wearing a

79

00:03:43,332--> 00:03:47,068

yellow and pink dress

80

00:03:47,092--> 00:03:49,508

with shapes on it

81

00:03:49,532--> 00:03:51,428

and white lines between them.

82

00:03:51,452--> 00:03:55,585

Thank you. So I am in

the valleys of South Wales

83

00:03:55,610--> 00:03:58,548

and I am in my flat today.

84

00:03:58,572--> 00:04:00,428

It is sunny-- It's been sunny

85

00:04:00,452--> 00:04:04,028

for two, count them,

two days in a row.

86

00:04:04,052--> 00:04:06,028

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



It is very exciting.

87

00:04:06,052--> 00:04:08,668

And I am with two of my dogs.

88

00:04:08,692--> 00:04:10,068

I am with Wilfie,

89

00:04:10,092--> 00:04:11,628

who is in the crate at the back.

90

00:04:11,652--> 00:04:13,908

He is my medic alert dog

91

00:04:13,932--> 00:04:16,028

and assistance dog in training.

92

00:04:16,052--> 00:04:17,908

And then I'm also

with Peregrine,

93

00:04:17,932--> 00:04:20,148

who is, um, retired.

94

00:04:20,172--> 00:04:21,468

He doesn't do service work,

95

00:04:21,492--> 00:04:23,508

uh, or therapy work now,

96

00:04:23,532--> 00:04:25,268

and he, um...

97

00:04:25,292--> 00:04:27,571

He has canine
cognitive dysfunction,

98

00:04:27,595--> 00:04:29,000

he has dog dementia.

99

00:04:29,000--> 00:04:32,028

Um, but he's on a new
medication, so he's staying...

100

00:04:32,052--> 00:04:35,708

He's a lot calmer, and

they both have, um...

101

00:04:35,732--> 00:04:37,828

bones that have
been stuffed with

102

00:04:37,852--> 00:04:40,148

what I believe is a
banana-chickpea mixture.

103

00:04:40,172--> 00:04:43,308

So hopefully that will
be keeping them quiet,

104

00:04:43,332--> 00:04:45,388

but if you hear a
tiny bit of gnawing,

105

00:04:45,412--> 00:04:47,628

please know that's
what you are hearing.

106

00:04:50,000--> 00:04:51,028

-Amazing.

107

00:04:51,052--> 00:04:54,455

Well, um, I wish I had one
of those right now as well.

108

00:04:54,479--> 00:04:55,508

[laughs]

109

00:04:55,532--> 00:04:59,000

Sounds wonderful.

110

00:04:59,000--> 00:05:00,948

Banana and chickpea,
classic combo.

111

00:05:00,972--> 00:05:04,268

So give us a little...

112

00:05:04,292--> 00:05:09,185

a little introduction to
your sort of writing routine.

113

00:05:09,209--> 00:05:10,468

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



What do you have around you

114

00:05:10,492--> 00:05:11,628

when you're writing?

115

00:05:11,652--> 00:05:14,000

You know, what are you having

116

00:05:14,000--> 00:05:15,438

in your space?

117

00:05:15,463--> 00:05:17,308

-Sure, sure, absolutely.

118

00:05:17,332--> 00:05:20,948

So my writing routine...

119

00:05:20,972--> 00:05:23,668

It doesn't really necessarily
have a space linked to it.

120

00:05:23,692--> 00:05:26,108

I think it's linked to me,

rather than to a space.

121

00:05:26,132--> 00:05:27,508

So, I'm at a desk

122

00:05:27,532--> 00:05:29,348

and I do see clients here,

123

00:05:29,372--> 00:05:30,958

but, you know, when I'm writing,

124

00:05:30,982--> 00:05:33,788

I write a lot via dictation,

125

00:05:33,812--> 00:05:36,948

um, so I sometimes will write,

obviously, dictating into the phone

126

00:05:36,972--> 00:05:38,308

and lying down.

127

00:05:38,332--> 00:05:40,000

Um, I write, um...

128

00:05:40,000--> 00:05:42,708

when I'm moving a lot

129

00:05:42,732--> 00:05:45,708

and so, you know,

130

00:05:45,732--> 00:05:47,748

when I think about

a creative routine,

131

00:05:47,772--> 00:05:50,708

it's more my relationship

with the creativity,

132

00:05:50,732--> 00:05:52,710

rather than something that is

133

00:05:52,735--> 00:05:53,988

a space.

134

00:05:54,012--> 00:05:56,908

I'm very careful in that

I don't want to set it up

135

00:05:56,932--> 00:06:00,828

where there is a space I have to
go to and a ritual that I have to do,

136

00:06:00,852--> 00:06:02,908

because if I set that up,

137

00:06:02,932--> 00:06:05,388

then I may not be able
to access that at all times,

138

00:06:05,412--> 00:06:07,668

depending on how well
I am or how sick I am,

139

00:06:07,692--> 00:06:10,000

and what my pain is like,
and how things are going.

140

00:06:10,000--> 00:06:12,268

So instead, what I try to do is

141

00:06:12,292--> 00:06:17,108

have a relationship

with it that's to do with my

142

00:06:17,132--> 00:06:19,028

thinking and moving process.

143

00:06:19,052--> 00:06:21,205

So I've never really had

a dedicated writing space.

144

00:06:21,229--> 00:06:24,508

I've always kind of

had to fit it in around

145

00:06:24,532--> 00:06:27,468

other things that I'm doing,

like, for example, you know,

146

00:06:27,492--> 00:06:31,000

waiting for the train, as a disabled

person, often, unfortunately,

147

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:06:31,000--> 00:06:33,628

people wouldn't put the ramps
down or they would forget me.

148

00:06:33,652--> 00:06:36,548

So, and so the actual
one version of this book

149

00:06:36,572--> 00:06:38,897

was written almost
entirely while

150

00:06:38,922--> 00:06:41,230

being abandoned on
train station platforms

151

00:06:41,254--> 00:06:44,336

or left on the train when the ramps
don't come and they leave you on the train

152

00:06:44,361--> 00:06:46,251

and the train pulls off
when you're still on it,

153

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:06:46,275--> 00:06:48,955

and you're like "goodbye station
that I was supposed to get off at,"

154

00:06:48,979--> 00:06:49,979

as you whizz forward.

155

00:06:50,003--> 00:06:52,748

And so it's very much around

156

00:06:52,772--> 00:06:55,000

my relationship with
the words, what I..

157

00:06:55,000--> 00:06:56,798

how I kind of tune into that,

158

00:06:56,822--> 00:07:00,000

which also actually really
helped, because, um...

159

00:07:00,000--> 00:07:03,251

It's difficult being, like,
missed as a disabled person.

160

00:07:03,275--> 00:07:05,948

It's difficult when you see the
bus slow down to the bus stop,

161

00:07:05,972--> 00:07:08,348

and then they see you, and
then they speed up to go past you

162

00:07:08,372--> 00:07:09,688

because they don't want to stop,

163

00:07:09,712--> 00:07:12,068

because they don't want
to do the ramp. And so...

164

00:07:12,092--> 00:07:14,638

it's also, you know,
difficult sometimes around

165

00:07:14,662--> 00:07:17,285

people's intrusive
questions around disability

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



166

00:07:17,309--> 00:07:19,108

or your body when
you're outside.

167

00:07:19,132--> 00:07:21,508

A lot of people--
Wheelchair users get asked,

168

00:07:21,532--> 00:07:22,908

"can you have
sex?" Apparently...

169

00:07:22,932--> 00:07:24,108

I have never been asked that,

170

00:07:24,132--> 00:07:26,414

but I'm the only person I know
who hasn't been asked that.

171

00:07:26,438--> 00:07:29,758

I don't know what it is about me, maybe
it's just, like, my resting death stare face

172

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:07:29,782--> 00:07:30,988

that sort of puts people off.

173

00:07:31,012--> 00:07:32,828

But I've been asked, like,

174

00:07:32,852--> 00:07:34,228

can I have babies?

175

00:07:34,252--> 00:07:36,318

Um, you know, like,

will I ever walk again?

176

00:07:36,342--> 00:07:38,548

What's wrong with me?

What do I do with myself?

177

00:07:38,572--> 00:07:39,628

Um...

178

00:07:39,652--> 00:07:43,000

Quite a lot of

questions about suicide.

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



179

00:07:43,000--> 00:07:44,508

Some terrible,
terrible comments.

180

00:07:44,532--> 00:07:46,788

And so...

181

00:07:46,812--> 00:07:48,588

to tune into my work

182

00:07:48,612--> 00:07:51,068

is to remind myself
that I have this,

183

00:07:51,092--> 00:07:52,348

that I'm linked to this,

184

00:07:52,372--> 00:07:54,228

and that I'm
carrying this with me,

185

00:07:54,252--> 00:07:57,652

and it also kind of indicates to people I'm

focusing on something, don't interrupt me.

186

00:07:57,676--> 00:07:59,428

That doesn't always work, but

187

00:07:59,452--> 00:08:01,351

if every time I go out,

188

00:08:01,375--> 00:08:04,285

I get, like, 15 to 20 intrusive
questions about my body,

189

00:08:04,310--> 00:08:07,000

it really helps me
to be able to be, like,

190

00:08:07,000--> 00:08:09,948

I don't have time to
mess with their nonsense.

191

00:08:09,972--> 00:08:12,111

I am gonna process that

192

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:08:12,135--> 00:08:14,908

when I'm safe at home
and can express it.

193

00:08:14,932--> 00:08:16,622

And for now, I'm going
to turn my attention

194

00:08:16,646--> 00:08:18,388

back to this
thing I can control,

195

00:08:18,412--> 00:08:20,348

which is the words on
the page in front of me.

196

00:08:20,372--> 00:08:23,748

And so that's kind of
when I turned back to that.

197

00:08:23,772--> 00:08:25,828

-That's great. That sounds

198

00:08:25,852--> 00:08:27,868

incredibly useful to have that

199

00:08:27,892--> 00:08:30,388

mental space to be able to

200

00:08:30,412--> 00:08:33,068

occupy and move into.

201

00:08:33,092--> 00:08:36,425

I can't believe people ask those questions. That's extraordinary.

202

00:08:36,450--> 00:08:39,178

-It's really common and actually there's a great campaign

203

00:08:39,202--> 00:08:42,348

by Dr Amy Kavanagh called Just Ask, Don't Grab,

204

00:08:42,372--> 00:08:44,868

um, because the other thing that happens is, um...

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



205

00:08:44,892--> 00:08:47,988

So content warning for
mention of non-consensual touch.

206

00:08:48,012--> 00:08:50,188

A lot of people grab you.

207

00:08:50,212--> 00:08:52,000

So like I've been dragged

208

00:08:52,000--> 00:08:54,108

off buses I wanted to stay on.

209

00:08:54,132--> 00:08:56,468

I've been dragged the
wrong way across a road.

210

00:08:56,492--> 00:08:57,708

Um...

211

00:08:57,732--> 00:08:59,478

And...

212

00:08:59,502--> 00:09:04,308

A lot of men try to find
out if you're paralysed

213

00:09:04,332--> 00:09:06,028

by touching your legs.

214

00:09:06,052--> 00:09:09,068

But of course, that's not
how we assess paralysis

215

00:09:09,092--> 00:09:11,000

and they are not my doctor.

216

00:09:11,000--> 00:09:12,708

So they have no
reason to touch me.

217

00:09:12,732--> 00:09:15,508

But, of course,
there's unfortunately...

218

00:09:15,532--> 00:09:17,148

That happens a lot.

219

00:09:17,172--> 00:09:19,908

And it's a lot for many

220

00:09:19,932--> 00:09:22,228

visibly and invisibly disabled
people, and of course,

221

00:09:22,252--> 00:09:25,228

if you are visually
impaired, then it's, you know,

222

00:09:25,252--> 00:09:28,188

can be predated upon
potentially more, because

223

00:09:28,212--> 00:09:29,948

they assume that
you can't notice.

224

00:09:29,972--> 00:09:32,868

Um, and so, yeah, there's
been a lot of campaigns

225

00:09:32,892--> 00:09:35,836

about disability hate crimes,
about non-consensual touch,

226

00:09:35,861--> 00:09:39,668

and about what Dr Kavanagh
calls helping harassment,

227

00:09:39,692--> 00:09:43,108

which is when the person acts
as though they are helping you,

228

00:09:43,132--> 00:09:45,588

but they are
actually using it as a

229

00:09:45,612--> 00:09:47,428

subtle form of harassment.

230

00:09:47,452--> 00:09:50,358

Like following you,
offering you help,

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



231

00:09:50,383--> 00:09:52,503

but they're following
you for miles

232

00:09:52,528--> 00:09:53,918

and you don't
want to be followed.

233

00:09:53,942--> 00:09:55,912

And they're not showing
any signs of wanting help,

234

00:09:55,936--> 00:09:57,468

you are just
existing as a human,

235

00:09:57,492--> 00:09:59,108

but as a disabled human.

236

00:09:59,132--> 00:10:01,428

Um, so, hello, Wilfie.

237

00:10:01,452--> 00:10:04,000

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



Uh, so, yes, it's, um...

238

00:10:04,000--> 00:10:06,428

We shouldn't need to
do this, and of course, I...

239

00:10:06,452--> 00:10:07,791

like everybody

240

00:10:07,815--> 00:10:10,108

would like to access and
believe we have the access

241

00:10:10,132--> 00:10:12,268

to have time to write and focus.

242

00:10:12,292--> 00:10:17,108

It's just, for me, it hasn't been
something that I kind of had to have.

243

00:10:17,132--> 00:10:19,308

And I guess the other
thing I do as I write is

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



244

00:10:19,332--> 00:10:21,588

I move around a lot
when I write and think,

245

00:10:21,612--> 00:10:22,828

because I'm hyper-mobile.

246

00:10:22,852--> 00:10:27,000

I was born very premature. I
was born at 32 weeks in the 1980s.

247

00:10:27,000--> 00:10:29,468

Um, so I was very, very tiny.

248

00:10:29,492--> 00:10:31,308

And so basically no furniture,

249

00:10:31,332--> 00:10:33,468

apart from my own
wheelchair, fits me.

250

00:10:33,492--> 00:10:36,388

So I kind of constantly shift

and you'll see me shifting.

251

00:10:36,412--> 00:10:38,348

I constantly shift and move,

252

00:10:38,372--> 00:10:42,348

because I can't

kind of sit in furniture

253

00:10:42,372--> 00:10:43,948

in the kind of traditional way.

254

00:10:43,972--> 00:10:46,388

And so there really

isn't a way in which

255

00:10:46,412--> 00:10:49,988

I was going to sort of sit

at a desk and write with

256

00:10:50,012--> 00:10:51,708

my body being as it is.

257

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:10:51,732--> 00:10:54,988

But I do love the work of

Dr Katy Bowman, who talks...

258

00:10:55,012--> 00:10:57,708

Dr Katy Bowman,

who talks about, um,

259

00:10:57,732--> 00:10:59,988

movement nutrition, and

260

00:11:00,012--> 00:11:02,668

Sarah Selecky, who's a

fantastic Canadian author,

261

00:11:02,692--> 00:11:07,000

has a wonderful article called Be a

Mover Who Writes and a Writer Who Moves.

262

00:11:07,000--> 00:11:10,988

And the idea of really

challenging the idea that to think,

263

00:11:11,012--> 00:11:12,748

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



we need to sort
of sit at the desk,

264

00:11:12,772--> 00:11:14,191

and the quiet is
great if we can.

265

00:11:14,215--> 00:11:16,448

It's great if we get that, we
shall have access to that,

266

00:11:16,472--> 00:11:18,268

but if we don't
have access to that,

267

00:11:18,292--> 00:11:21,188

how do we still build a relationship
with the work and the words,

268

00:11:21,212--> 00:11:24,103

potentially utilising more
movement through that.

269

00:11:24,975--> 00:11:27,388

-That sounds like a
great piece of writing.

270

00:11:27,412--> 00:11:30,588

And yeah, really
wonderful to be able to

271

00:11:30,612--> 00:11:32,975

think about all the different
ways in which we can

272

00:11:33,000--> 00:11:34,868

access writing ourselves

273

00:11:34,892--> 00:11:38,000

and what actually really
works for us as well.

274

00:11:38,000--> 00:11:41,348

That's something that, um,
actually kind of draws me onto...

275

00:11:41,372--> 00:11:44,000

onto the next question.

276

00:11:44,000--> 00:11:47,188

So you talk about using writing

277

00:11:47,212--> 00:11:50,388

as part of your, um...

278

00:11:50,412--> 00:11:52,388

healing roadmap.

279

00:11:52,412--> 00:11:56,148

And I wondered if you could
tell us a bit more about that.

280

00:11:56,172--> 00:12:00,000

And, you know, using
writing as in that practice.

281

00:12:00,000--> 00:12:01,948

-Yeah, absolutely.

282

00:12:01,972--> 00:12:04,868

So the healing

roadmap in the book

283

00:12:04,892--> 00:12:08,788

is about creating
your own healing plan

284

00:12:08,812--> 00:12:10,108

that works for you.

285

00:12:10,132--> 00:12:13,000

So the idea is this isn't
a book where I tell you

286

00:12:13,000--> 00:12:16,868

"this is what I did to recover
and heal and get better,"

287

00:12:16,892--> 00:12:19,988

because I'm still unwell,
I'm still living with illness.

288

00:12:20,012--> 00:12:22,508

Um, I've lost your
picture, Hetty.

289

00:12:22,532--> 00:12:24,000

I don't know if that's just me.

290

00:12:24,000--> 00:12:25,000

But just double checking.

291

00:12:25,025--> 00:12:27,315

[Hetty] Sorry, the camera is
doing something very strange.

292

00:12:27,340--> 00:12:29,621

-That's okay, that's no problem.

-[Hetty] Please carry on.

293

00:12:29,645--> 00:12:32,508

These things occur. So...

294

00:12:32,532--> 00:12:34,948

Instead of it being a
book where I sort of say,

295

00:12:34,972--> 00:12:37,428

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



I did this and that, and if
you just do this one exercise,

296

00:12:37,452--> 00:12:40,028

or if you just do this magic
thing, you, like me, will be cured.

297

00:12:40,052--> 00:12:42,828

Now, I'm sure those
books work for many people.

298

00:12:42,852--> 00:12:44,868

They did not work for me. Now,

299

00:12:44,892--> 00:12:48,496

you know, so I wanted there to
be something that acknowledges

300

00:12:48,521--> 00:12:51,068

the different contexts,
because too often I've seen

301

00:12:51,092--> 00:12:57,000

ways of approaching healing and living

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



with illness and managing symptoms

302

00:12:57,000--> 00:12:58,588

make a lot of assumptions.

303

00:12:58,612--> 00:13:02,668

And that assumed you were
the only sick person in your family,

304

00:13:02,692--> 00:13:04,668

that assumed you
weren't a carer,

305

00:13:04,692--> 00:13:07,428

that assumed you had
safe access to green space,

306

00:13:07,452--> 00:13:09,908

that assumed you were
surrounded by non-disabled people

307

00:13:09,932--> 00:13:12,348

who sort of were gonna
help the brave sufferer

308

00:13:12,372--> 00:13:15,000

get back on their feet,
and then you're back to the

309

00:13:15,000--> 00:13:16,508

capitalist productivity.

310

00:13:16,532--> 00:13:18,948

I just... yeah, that's
not my life, though.

311

00:13:18,972--> 00:13:22,148

And I still still think that
deserves to be represented.

312

00:13:22,172--> 00:13:23,185

Um...

313

00:13:23,210--> 00:13:25,348

And so, you know, for example,

314

00:13:25,372--> 00:13:28,068

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



a friend of mine did some
work with a local library

315

00:13:28,092--> 00:13:31,708

because she realized that,
um, none of the children's books

316

00:13:31,732--> 00:13:34,016

depicted children
who lived in flats.

317

00:13:35,000--> 00:13:36,388

I said, why is that?

318

00:13:36,412--> 00:13:39,748

Why are all the family homes, three
bedroom houses? Detached houses?

319

00:13:39,772--> 00:13:43,105

Why? Why can't we show that
children live in all kinds of houses

320

00:13:43,129--> 00:13:44,908

and all kinds of

houses can be homes?

321

00:13:44,932--> 00:13:46,588

And can be happy family homes.

322

00:13:46,612--> 00:13:49,000

And I saw what

she said, I thought...

323

00:13:49,000--> 00:13:52,348

Actually, yeah, I don't remember any flats
in children's books when I was a child.

324

00:13:52,372--> 00:13:55,548

And why is that? Why

do we have that image?

325

00:13:55,572--> 00:13:57,628

And then why do

we perpetuate it?

326

00:13:57,652--> 00:13:59,028

And so...

327

00:13:59,052--> 00:14:00,452

I think it's similar
for well-being.

328

00:14:00,476--> 00:14:03,248

You know, why do we have a certain
image of what wellbeing looks like?

329

00:14:03,272--> 00:14:05,038

We could think, you know, it's...

330

00:14:05,062--> 00:14:07,051

We have the kind of
the stock images of it.

331

00:14:07,075--> 00:14:10,748

Like, somebody thin,
standing on top of a mountain.

332

00:14:10,772--> 00:14:14,445

Well, that might be it for you,
and if so, fantastic, great for you.

333

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:14:14,470--> 00:14:16,508

But it could also be
you playing video games

334

00:14:16,532--> 00:14:20,388

or it could be you, you
know, lying in bed writing.

335

00:14:20,412--> 00:14:22,508

It depends. It's...

336

00:14:22,532--> 00:14:24,468

It's accessing
what works for you.

337

00:14:24,492--> 00:14:26,068

And so in the healing roadmap,

338

00:14:26,092--> 00:14:27,988

the book actually supports you

339

00:14:28,012--> 00:14:31,348

through creating a
therapeutic journaling practice.

340

00:14:31,372--> 00:14:32,372

So...

341

00:14:32,396--> 00:14:34,188

When we say journaling,

342

00:14:34,212--> 00:14:36,588

often we kind of get, you

know, lots of questions about it.

343

00:14:36,612--> 00:14:39,388

You know, do I mean a bullet

journal, a gratitude journal?

344

00:14:39,412--> 00:14:42,428

What if somebody reads it?

Am I going to do it wrongly?

345

00:14:42,452--> 00:14:44,508

I have brain fog. I

hate my handwriting.

346

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:14:44,532--> 00:14:46,468

So we deal with
all of those things

347

00:14:46,492--> 00:14:48,988

and we do the therapeutic
creative journaling,

348

00:14:49,012--> 00:14:50,450

which is a self-compassionate,

349

00:14:50,475--> 00:14:51,748

trauma-informed approach

350

00:14:51,772--> 00:14:53,148

that I developed through my work

351

00:14:53,172--> 00:14:55,908

as a UKCP accredited
psychotherapeutic counsellor

352

00:14:55,932--> 00:14:57,188

and a journaler myself.

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



353

00:14:57,212--> 00:14:59,428

And it combines

therapeutic writing,

354

00:14:59,452--> 00:15:01,268

structured and freestyle,

355

00:15:01,292--> 00:15:03,148

to help you develop

your own practice

356

00:15:03,172--> 00:15:06,665

that fits your body, your

life, what's available to you.

357

00:15:06,690--> 00:15:07,748

And...

358

00:15:07,772--> 00:15:09,948

So I

359

00:15:09,972--> 00:15:13,188

really use this a

lot myself as well

360

00:15:13,212--> 00:15:16,148

in that one practice when we
just write down three things.

361

00:15:16,172--> 00:15:19,428

And the idea is that you just
have to start with those three things.

362

00:15:19,452--> 00:15:22,445

And of course,
often once you start,

363

00:15:22,470--> 00:15:23,828

more comes out,

364

00:15:23,852--> 00:15:27,265

but the minimum, the
kind of, uh, core of that

365

00:15:27,289--> 00:15:29,428

is just to put down
those three things.

366

00:15:29,452--> 00:15:32,068

And I do a lot of, um...

367

00:15:32,092--> 00:15:34,228

writing to myself.

368

00:15:34,252--> 00:15:35,748

So kind of in my text,

369

00:15:35,772--> 00:15:38,268

I will often leave

notes to myself.

370

00:15:38,292--> 00:15:40,988

I leave notes to future

self a lot of the time.

371

00:15:41,012--> 00:15:44,388

And I use what I call, and

we talk about this in the book,

372

00:15:44,412--> 00:15:45,948

the accordion method.

373

00:15:45,972--> 00:15:49,411

So, I use this in writing, in
daily routine, in speaking.

374

00:15:49,436--> 00:15:53,708

And the idea is that you figure
out what are the ribs, the bones of it.

375

00:15:53,732--> 00:15:56,388

Like an accordion, it's
kind of got the ribs in it.

376

00:15:56,412--> 00:16:00,588

And these are the key points, the key
moments, the things that must happen.

377

00:16:00,612--> 00:16:02,468

So you stick with those bones.

378

00:16:02,492--> 00:16:05,828

This could be part of my writing
routine, that it has these bones in it.

379

00:16:05,852--> 00:16:06,908

And then,

380

00:16:06,932--> 00:16:08,988

on a day I have more capacity,

381

00:16:09,012--> 00:16:12,188

I can expand. The accordion
can expand, I can do more.

382

00:16:12,212--> 00:16:14,308

And on a day with less capacity,

383

00:16:14,332--> 00:16:18,268

it contracts and I have,
but I've still done it.

384

00:16:18,292--> 00:16:21,431

I've still shown up with
it. I still have that routine

385

00:16:21,456--> 00:16:24,988

and that touchstone, even though

386

00:16:25,012--> 00:16:27,148

I, uh...

387

00:16:27,172--> 00:16:29,908

can't necessarily do the
same amount every day

388

00:16:29,932--> 00:16:31,348

or even the same every day.

389

00:16:31,372--> 00:16:32,548

So...

390

00:16:32,572--> 00:16:35,708

And at one time I could
expand, I could spend more time,

391

00:16:35,732--> 00:16:38,868

more depth, more
story, more detail.

392

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:16:38,892--> 00:16:41,108

As I say, I leave lots of notes.

393

00:16:41,132--> 00:16:43,138

I'm talking to my past
self, my future self.

394

00:16:43,162--> 00:16:45,668

I'm talking to my teachers,
I'm talking to the work

395

00:16:45,692--> 00:16:48,451

that I believe the work
is in conversation with.

396

00:16:48,476--> 00:16:49,945

Um...

397

00:16:49,969--> 00:16:51,508

I say sometimes
it's just, like...

398

00:16:51,532--> 00:16:54,355

I don't know more

here on the thing.

399

00:16:55,000--> 00:16:57,468

More here on the thing,
make more here on the thing.

400

00:16:57,492--> 00:17:00,588

And then I'll come back,
and a day in the future,

401

00:17:00,612--> 00:17:01,948

that will be the hook.

402

00:17:01,972--> 00:17:04,596

That will be the opening that
lets me back into the writing.

403

00:17:04,621--> 00:17:05,714

So it's not...

404

00:17:05,739--> 00:17:09,099

[Hetty] I think that's so important to be
able... Sorry, I'm still here. My video is...

405

00:17:09,123--> 00:17:10,693

for some reason

decided to stop working.

406

00:17:10,717--> 00:17:13,237

I'm so sorry. It's so unpleasant

just talking to a blank screen.

407

00:17:13,261--> 00:17:14,261

I'm sorry.

408

00:17:14,285--> 00:17:16,668

Yes, it's so useful being

able to give yourself

409

00:17:16,692--> 00:17:18,668

those little hooks

back into your

410

00:17:18,692--> 00:17:20,000

thinking and back

into your work,

411

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:17:20,000--> 00:17:24,351

and not... not worrying too much
about making it perfect in that first...

412

00:17:24,376--> 00:17:26,308

first run through,

413

00:17:26,332--> 00:17:29,000

because otherwise you
can never get back into it.

414

00:17:29,000--> 00:17:32,418

I love that accordion metaphor
as well. I think that's wonderful.

415

00:17:32,443--> 00:17:34,665

-Thank you, and
that's exactly it,

416

00:17:34,689--> 00:17:36,449

and I think also, you
know, at the beginning,

417

00:17:36,473--> 00:17:39,668

I used to compare my drafts

418

00:17:39,692--> 00:17:41,948

to other people's

published books

419

00:17:41,972--> 00:17:45,308

without realising that, of course,

they went through rounds and rounds

420

00:17:45,332--> 00:17:49,185

of drafts, of editors, of

copy edits, of typesetting.

421

00:17:49,210--> 00:17:51,268

And actually, I took

a fantastic class

422

00:17:51,292--> 00:17:53,108

with one of my mentors,

Cathy Rentzenbrink,

423

00:17:53,132--> 00:17:56,108

who does these brilliant Sunday

sessions that I highly recommend.

424

00:17:56,132--> 00:17:58,988

And, um, she showed us a draft

425

00:17:59,012--> 00:18:02,000

and it just changed my

life. I remember going, oh!

426

00:18:02,000--> 00:18:03,548

Oh, we can do that.

427

00:18:03,572--> 00:18:06,668

Oh, it doesn't have

to look like a book.

428

00:18:06,692--> 00:18:08,708

And of course, one of

my problems was that

429

00:18:08,732--> 00:18:12,228

some of my drafts, because I used to

work as a copywriter before I did this,

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



430

00:18:12,252--> 00:18:15,228

some of my drafts came
out quite polished looking.

431

00:18:15,252--> 00:18:17,105

And because they were polished,

432

00:18:17,129--> 00:18:19,108

it really hid

433

00:18:19,132--> 00:18:22,350

all of the
structural gaps underneath.

434

00:18:22,796--> 00:18:23,988

And that was a real problem,

435

00:18:24,012--> 00:18:26,988

because people didn't want to tear
into it, because it looked too polished.

436

00:18:27,012--> 00:18:29,908

But of course it had real issues

that really needed to be addressed.

437

00:18:29,932--> 00:18:32,245

And so I looked at

Cathy's in the class

438

00:18:32,269--> 00:18:34,631

and her work, and how

she shared this, and went,

439

00:18:34,656--> 00:18:35,828

oh...

440

00:18:35,852--> 00:18:39,205

Oh, I can just

make it really just...

441

00:18:39,229--> 00:18:40,988

It doesn't have to have

the shape of a book,

442

00:18:41,012--> 00:18:43,028

it has to have the

shape of my thinking.

443

00:18:43,052--> 00:18:46,287

And I can follow that thread
to get to a book in the future.

444

00:18:46,312--> 00:18:48,068

[Hetty] It's so
useful, isn't it,

445

00:18:48,092--> 00:18:50,988

to be able to see those
early drafts from other people.

446

00:18:51,012--> 00:18:53,245

Because so often
we're so used to only...

447

00:18:53,269--> 00:18:55,505

only seeing, like you
say, the most polished

448

00:18:55,530--> 00:18:57,348

version of something

449

00:18:57,372--> 00:18:58,628

that's been through

450

00:18:58,652--> 00:19:01,348

multiple, multiple

edits and editors and

451

00:19:01,372--> 00:19:05,839

it's almost impossible to believe

that this thing that we've written could...

452

00:19:05,864--> 00:19:10,000

anyone else's writing could possibly

have looked quite so bad at some point.

453

00:19:10,000--> 00:19:14,000

-Yes, yes,

absolutely, absolutely.

454

00:19:14,000--> 00:19:17,348

-Actually, that also helps bring

me on to the next question,

455

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:19:17,372--> 00:19:19,908

which is about...

456

00:19:19,932--> 00:19:21,828

Uh...

457

00:19:21,852--> 00:19:24,388

You know, it's really

important, I think, I think

458

00:19:24,412--> 00:19:25,828

it's important when

we're thinking...

459

00:19:25,852--> 00:19:27,788

when we're writing and... and

460

00:19:27,812--> 00:19:29,668

thinking about our writing

461

00:19:29,692--> 00:19:32,668

and how it can sort of reach

as many readers as possible

462

00:19:32,692--> 00:19:35,428

with all the different kinds
of needs that they have.

463

00:19:35,452--> 00:19:37,348

And I was gonna...

464

00:19:37,372--> 00:19:39,468

We've talked about this
a bit before in the past

465

00:19:39,492--> 00:19:40,748

and it was so interesting.

466

00:19:40,772--> 00:19:43,268

I really wanted you to
talk a bit about it today

467

00:19:43,292--> 00:19:45,548

because when you
were writing this book,

468

00:19:45,572--> 00:19:48,388

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



and then sort of during its
design and its production,

469

00:19:48,412--> 00:19:51,108

could you tell us a bit more
about how you went about

470

00:19:51,132--> 00:19:53,388

making it as, you
know, really inclusive

471

00:19:53,412--> 00:19:56,595

and accessible for all kinds
of readers and their needs?

472

00:19:56,620--> 00:19:58,416

-Yeah, absolutely.

473

00:19:58,440--> 00:20:01,708

And, you know, I started in the
background of having designed my website

474

00:20:01,732--> 00:20:04,028

for people who

might be accessing it

475

00:20:04,052--> 00:20:06,908

from all different experiences
and lived experiences.

476

00:20:06,932--> 00:20:09,772

And so I, firstly, as I say, you
know, I wrote it with the understanding

477

00:20:09,796--> 00:20:11,868

that my readers are
not sort of this, like,

478

00:20:11,892--> 00:20:13,268

an idealized reader.

479

00:20:13,292--> 00:20:15,188

They're real people

480

00:20:15,212--> 00:20:17,458

and they're going to have
different bodies and diagnoses,

481

00:20:17,482--> 00:20:20,000

energy levels and relationships
with medical systems.

482

00:20:20,000--> 00:20:23,308

Cultural backgrounds,
financial realities.

483

00:20:23,332--> 00:20:26,588

And I write a little bit about
what we call the boots--

484

00:20:26,612--> 00:20:28,868

what I call the bootstrap
wellness narrative.

485

00:20:28,892--> 00:20:32,468

So this idea of sort of, you
know, an individualistic approach

486

00:20:32,492--> 00:20:34,788

to wellness that you pull
yourself up by your bootstraps,

487

00:20:34,812--> 00:20:38,068

which assumes we all have
access to the same resources.

488

00:20:38,092--> 00:20:41,634

And the book explicitly does
not make that assumption.

489

00:20:41,659--> 00:20:45,668

It acknowledges different
realities and different experiences.

490

00:20:45,692--> 00:20:50,588

Um, but I had a real experience

491

00:20:50,612--> 00:20:52,748

in terms of the production,

492

00:20:52,772--> 00:20:55,428

because when, uh...

493

00:20:55,452--> 00:20:57,068

when we got to the cover,

494

00:20:57,092--> 00:20:59,108

I had been... My publishers
gave me a great tip

495

00:20:59,132--> 00:21:01,868

and said, save examples
of covers that you like

496

00:21:01,892--> 00:21:03,908

and covers that you don't like

497

00:21:03,932--> 00:21:07,188

so that we have a sense of
where to go with something.

498

00:21:07,212--> 00:21:10,388

So they really wanted to base
it on the idea that it's a book

499

00:21:10,412--> 00:21:13,428

that has journaling in it and
kind of has some handwriting,

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



500

00:21:13,452--> 00:21:16,188

kind of hand-done elements
on it, which I really liked.

501

00:21:16,212--> 00:21:19,431

And the first covers
came back, and...

502

00:21:19,456--> 00:21:21,428

I looked at them
and I thought, okay.

503

00:21:21,452--> 00:21:23,548

And how I work, I
kind of sent them off

504

00:21:23,572--> 00:21:26,788

to, um, friends and said, you
know, and family members and said,

505

00:21:26,812--> 00:21:30,068

can I get your experience
as somebody who's dyslexic,

506

00:21:30,092--> 00:21:34,000

as somebody who's visually
impaired, registered blind, colour-blind?

507

00:21:34,000--> 00:21:39,000

And, at the first time
nobody could read the covers.

508

00:21:39,000--> 00:21:42,428

I think one cover
said "Kron Ron It."

509

00:21:42,452--> 00:21:46,000

And I was like, yeah,
that's not gonna work.

510

00:21:46,000--> 00:21:48,068

Because I...

511

00:21:48,092--> 00:21:51,668

Again, because of course I've done
copywriting, I've done like website design,

512

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:21:51,692--> 00:21:53,908

I was assuming, and
that was my mistake,

513

00:21:53,932--> 00:21:57,028

from a perspective of, of course
we're going to be designing,

514

00:21:57,052--> 00:21:59,348

taking into account
people who are colour-blind,

515

00:21:59,372--> 00:22:01,092

taking into account
people who are dyslexic,

516

00:22:01,116--> 00:22:02,391

who are visually impaired,

517

00:22:02,416--> 00:22:06,268

who are autistic, who might have
a sensory processing difference,

518

00:22:06,292--> 00:22:08,308

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



and I was kind of... I

was so embedded in it

519

00:22:08,332--> 00:22:10,782

that I thought, well, of course
that's what's going to happen.

520

00:22:10,806--> 00:22:12,588

And so we had a meeting,

521

00:22:12,612--> 00:22:15,228

and you know, I went
away and looked at the data,

522

00:22:15,252--> 00:22:18,468

and what I think
many of us don't realize

523

00:22:18,492--> 00:22:22,108

is there are two... over 2 million
people in the UK live with sight loss

524

00:22:22,132--> 00:22:25,988

and 6.7 million

people are dyslexic.

525

00:22:26,012--> 00:22:29,000

So, the dyslexic number,
that means there's, um...

526

00:22:29,000--> 00:22:33,548

It's 1 in 10, according to the NHS, have
some... have some degree of dyslexia.

527

00:22:33,572--> 00:22:36,748

Women make up more than
half the people with sight loss.

528

00:22:36,772--> 00:22:38,828

People from certain
ethnic minority backgrounds

529

00:22:38,852--> 00:22:41,628

face greater risk of the
leading causes of sight loss,

530

00:22:41,652--> 00:22:45,000

and of course, this book

would not only be on the

531

00:22:45,000--> 00:22:48,548

printed cover. It would also be on the
eBook cover and the audiobook cover.

532

00:22:48,572--> 00:22:50,708

So it really, really matters

533

00:22:50,732--> 00:22:52,868

for people to be
able to access it.

534

00:22:52,892--> 00:22:56,588

So we went back, I convened a
focus group, we really showed people

535

00:22:56,612--> 00:22:59,151

the different things. The
designers were really generous

536

00:22:59,175--> 00:23:01,000

and worked with
me for a long time

537

00:23:01,000--> 00:23:04,268

to make sure, and now I
really do love the cover.

538

00:23:04,292--> 00:23:07,948

The spine actually matches the colour
of my wheelchair, which I super love.

539

00:23:07,972--> 00:23:09,628

I also just got a kayak,

540

00:23:09,652--> 00:23:12,268

um, and it also matches
a kayak, which is amazing,

541

00:23:12,292--> 00:23:14,268

because it's a Facebook
Marketplace kayak,

542

00:23:14,292--> 00:23:16,588

which is, like, I just had to
take what colour was there.

543

00:23:16,612--> 00:23:18,548

So I was very excited
that it all matches.

544

00:23:18,572--> 00:23:21,852

So we are going to have to get a picture
of me and the book in the kayak very soon.

545

00:23:21,876--> 00:23:24,000

And then we had the typesetting.

546

00:23:24,000--> 00:23:26,868

Typeset got in touch, just
sent me the typesetting,

547

00:23:26,892--> 00:23:28,382

and said, "how does
this look to you?"

548

00:23:28,406--> 00:23:30,548

I said, "it looks great,
it looks like a book."

549

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:23:30,572--> 00:23:31,668

And I said, "this is

550

00:23:31,692--> 00:23:34,828

British Dyslexia Association
guidelines accessible, right?"

551

00:23:34,852--> 00:23:36,000

And she said, "what?"

552

00:23:36,000--> 00:23:39,748

And I said, "what? What
do you mean what? What?"

553

00:23:39,772--> 00:23:42,000

[laughter]

554

00:23:42,000--> 00:23:43,708

So...

555

00:23:43,732--> 00:23:47,788

So this is just another example
of where I hadn't communicated.

556

00:23:47,812--> 00:23:50,668

And I had sort of assumed,
of course we're all using

557

00:23:50,692--> 00:23:53,228

the British Dyslexia
Association guidelines, right?

558

00:23:53,252--> 00:23:54,252

No.

559

00:23:54,276--> 00:23:55,944

No, we were not.

560

00:23:55,968--> 00:23:57,868

So, just so we know,

561

00:23:57,892--> 00:23:59,544

um, Verdana and Arial

562

00:23:59,569--> 00:24:02,689

are among the most accessible fonts,
although there may be some newer ones now.

563

00:24:02,713--> 00:24:04,828

I need to update
my reading on it.

564

00:24:04,852--> 00:24:08,548

The British Dyslexia Association
has dyslexia-friendly style guide,

565

00:24:08,572--> 00:24:10,000

um, and, you know,

566

00:24:10,000--> 00:24:13,028

actually I did find
out the publisher,

567

00:24:13,052--> 00:24:17,188

part of their parent company, had
done amazing work and won awards

568

00:24:17,212--> 00:24:21,548

for their inclusive and accessible
and neurodivergent-friendly publishing,

569

00:24:21,572--> 00:24:23,308

but I didn't know
that was there.

570

00:24:23,332--> 00:24:27,228

And I didn't pull into it, and I forgot to
do what I always recommend people do,

571

00:24:27,252--> 00:24:31,068

which is Google company
name and inclusion policy,

572

00:24:31,092--> 00:24:33,988

accessibility policy,
PDF, in quote marks.

573

00:24:34,012--> 00:24:36,268

And I didn't do it, so
I redid all the work.

574

00:24:36,292--> 00:24:39,053

And what I should have done was
look to see the work was already done.

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



575

00:24:39,077--> 00:24:40,077

And so we...

576

00:24:40,101--> 00:24:42,108

[Hetty] So useful

to know as a tip

577

00:24:42,132--> 00:24:44,171

for how to find this stuff,

578

00:24:44,195--> 00:24:45,348

because it...

579

00:24:45,372--> 00:24:49,025

You know, like you say,

otherwise you can end up doing it

580

00:24:49,049--> 00:24:50,266

all yourself twice, you know?

581

00:24:50,291--> 00:24:51,296

-And then it gets missed,

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



582

00:24:51,320--> 00:24:53,748

because it doesn't necessarily
go into institutional memory,

583

00:24:53,772--> 00:24:55,052

Maybe it does, maybe it doesn't.

584

00:24:55,076--> 00:24:58,348

Actually, the publisher are being
brilliant, and actually, when my agent

585

00:24:58,372--> 00:25:00,257

negotiated my contract,

586

00:25:00,281--> 00:25:02,868

they were actually re-updating
their standard contract.

587

00:25:02,892--> 00:25:05,585

And they actually based
the standard contract off mine,

588

00:25:05,610--> 00:25:07,508

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



because my agent had negotiated

589

00:25:07,532--> 00:25:09,508

to make it more inclusive
and more representative

590

00:25:09,532--> 00:25:12,028

of disabled and
neurodivergent people. So,

591

00:25:12,052--> 00:25:15,068

they're brilliant. It's Orion
Spring, they're a brilliant publisher.

592

00:25:15,092--> 00:25:16,588

They're really, really, um,

593

00:25:16,612--> 00:25:18,628

looking to use this
as an opportunity

594

00:25:18,652--> 00:25:21,000

and kind of learn
and develop this.

595

00:25:21,000--> 00:25:22,868

So they've been fantastic.

596

00:25:22,892--> 00:25:25,958

It's just that example of the
moments when you meet something,

597

00:25:25,982--> 00:25:28,188

and being so embedded
in inclusion work,

598

00:25:28,212--> 00:25:31,188

didn't think to say. And
of course, I should have.

599

00:25:31,212--> 00:25:33,188

And so when we
kind of figured it out,

600

00:25:33,212--> 00:25:34,588

we were then able to meet there.

601

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:25:34,612--> 00:25:38,000

So the book is done by British
Dyslexia Association guidelines.

602

00:25:38,000--> 00:25:39,028

And honestly,

603

00:25:39,052--> 00:25:43,000

to be honest, that's almost been
the biggest feedback from readers

604

00:25:43,000--> 00:25:46,308

has been how readable it is.

605

00:25:46,332--> 00:25:49,465

So many people have have
emailed and got in touch and told me

606

00:25:49,489--> 00:25:52,348

"this is the first print book I've
been able to read in decades.

607

00:25:52,372--> 00:25:54,685

What is different

about this book

608

00:25:54,709--> 00:25:56,418

and why aren't

all books like this?

609

00:25:56,442--> 00:25:59,000

I am in tears. I can read.

610

00:25:59,000--> 00:26:00,348

I can read books.

611

00:26:00,372--> 00:26:02,868

I... why can't I read the others?"

612

00:26:02,892--> 00:26:06,185

And I think that's a much wider
question for publishing, because...

613

00:26:06,210--> 00:26:07,460

[Hetty] Absolutely, absolutely.

614

00:26:07,484--> 00:26:09,823

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



And all the stuff, it's
like, it doesn't just...

615

00:26:09,847--> 00:26:11,628

It helps everybody,
you know, it makes it...

616

00:26:11,652--> 00:26:15,000

it makes it more... it makes it
easier to read for everyone.

617

00:26:15,000--> 00:26:17,148

-This is it. When I went
to record the audiobook,

618

00:26:17,172--> 00:26:20,228

the audiobook producer
looked at the book on the tablet

619

00:26:20,252--> 00:26:22,548

and went, "whoa,
what's different here?"

620

00:26:22,572--> 00:26:24,952

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



I said, "oh my god, is there something wrong? What's wrong?"

621

00:26:24,976--> 00:26:26,585

And he said, "no."

He said, "normally,

622

00:26:26,609--> 00:26:28,969

often books are really difficult for people to read out loud

623

00:26:28,993--> 00:26:31,628

and that we often have to do a lot more... it takes a lot longer."

624

00:26:31,652--> 00:26:34,598

He said, "what's different about this one? It's really readable.

625

00:26:34,622--> 00:26:36,000

What have you done?

626

00:26:36,000--> 00:26:37,708

They're not normally like this."

627

00:26:37,732--> 00:26:40,428

I said, oh, "it's
dyslexia guidelines.

628

00:26:40,452--> 00:26:42,948

It's easier for me to read."

629

00:26:42,972--> 00:26:44,230

And I realised, you know,

630

00:26:44,255--> 00:26:46,615

I was like, oh yeah, this is
why I read everything on Kindle

631

00:26:46,639--> 00:26:49,668

is so that I can adjust it and
make it readable for myself.

632

00:26:49,692--> 00:26:52,508

And, you know, so my
advice to writers is really

633

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:26:52,532--> 00:26:55,988

to check your publisher's
existing accessibility policies,

634

00:26:56,012--> 00:26:57,868

cite them, ask them

635

00:26:57,892--> 00:27:00,566

to make it as
inclusive as possible.

636

00:27:00,591--> 00:27:01,668

Because, you know,

637

00:27:01,692--> 00:27:04,868

there have been campaigns about
sort of like getting children reading,

638

00:27:04,892--> 00:27:06,108

not enough people are reading.

639

00:27:06,132--> 00:27:08,000

Why aren't people reading?

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



640

00:27:08,000--> 00:27:10,908

If we are excluding at least

641

00:27:10,932--> 00:27:14,000

one in ten of our readers,

642

00:27:14,000--> 00:27:16,068

why are we doing

that as authors?

643

00:27:16,092--> 00:27:18,748

That doesn't sound like

the thing we want to do.

644

00:27:18,772--> 00:27:20,468

Particularly if, sort of,

645

00:27:20,492--> 00:27:22,212

there have been various

government campaigns

646

00:27:22,236--> 00:27:24,000

that are sort of, like,

get people reading.

647

00:27:24,000--> 00:27:25,908

And I'm always a bit

648

00:27:25,932--> 00:27:28,908

suspicious of anything that

649

00:27:28,932--> 00:27:30,788

puts the onus on somebody else.

650

00:27:30,812--> 00:27:33,508

It's sort of saying, "parents,
read more with children."

651

00:27:33,532--> 00:27:35,588

Great, I'm sure that
would be wonderful

652

00:27:35,612--> 00:27:37,628

if they have capacity
and support to do that.

653

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:27:37,652--> 00:27:41,228

But as writers, what can
we do to influence that?

654

00:27:41,252--> 00:27:43,388

What can we do
to make it easier?

655

00:27:43,412--> 00:27:45,068

We can donate books potentially,

656

00:27:45,092--> 00:27:46,908

we can write inclusive stories,

657

00:27:46,932--> 00:27:49,857

we can put our words out into
the world, but maybe we can also

658

00:27:49,882--> 00:27:53,148

make sure they're
as inclusive and

659

00:27:53,172--> 00:27:55,868

accessible to

people as possible.

660

00:27:55,892--> 00:27:58,972

And that's... I'm always looking at what
are the levers that are in our control.

661

00:27:58,996--> 00:28:00,668

What's under our agency?

662

00:28:00,692--> 00:28:02,028

And if ever I start saying,

663

00:28:02,052--> 00:28:03,308

well, you should do that,

664

00:28:03,332--> 00:28:05,431

I always try and check
myself and go, oh...

665

00:28:05,456--> 00:28:08,388

Well, maybe they should
quote-unquote do that,

666

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:28:08,412--> 00:28:09,788

but what's my part?

667

00:28:09,812--> 00:28:10,988

And am I doing that already?

668

00:28:11,013--> 00:28:13,453

And if I'm not doing that, that's
my next thing to get on that

669

00:28:13,477--> 00:28:15,823

and make sure I'm doing that
before I speak to anybody else

670

00:28:15,847--> 00:28:17,000

about what they're doing.

671

00:28:17,000--> 00:28:18,988

Uh, so yeah, it's, um...

672

00:28:19,012--> 00:28:20,283

But honestly, it's, um...

673

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:28:20,308--> 00:28:22,628

It's been like when I did my
TEDx talk. I did a TEDx talk

674

00:28:22,652--> 00:28:24,708

and most of my feedback
from people who knew me

675

00:28:24,732--> 00:28:26,148

were, "you look amazing,

676

00:28:26,172--> 00:28:27,852

why don't you look
like that all the time?"

677

00:28:27,876--> 00:28:31,156

I was going, "it's because I've got makeup
on. It's because I had a makeup artist.

678

00:28:31,180--> 00:28:32,948

It's because I had
a makeup artist!"

679

00:28:32,972--> 00:28:36,348

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



Like, I'd gone up at 3 and a BBC
makeup artist did my makeup, that's...

680

00:28:36,372--> 00:28:38,628

And I had lighting.

That's why I look like that.

681

00:28:38,652--> 00:28:41,271

And I was like, what about
what I talked about in my talk?

682

00:28:41,295--> 00:28:42,295

And they went,

683

00:28:42,319--> 00:28:45,279

"you talk about that stuff all the
time. You didn't stop going on about it.

684

00:28:45,303--> 00:28:47,423

We know about all that
stuff, but you looked amazing."

685

00:28:47,447--> 00:28:48,468

And I was like, "okay."

686

00:28:48,492--> 00:28:50,268

And it was not the
same, but with the book,

687

00:28:50,292--> 00:28:53,868

the biggest feedback was how,
um, accessible the writing is.

688

00:28:53,892--> 00:28:55,828

I was like, "and what
about what I wrote about?"

689

00:28:55,852--> 00:28:58,745

And people were like, "sure, sure,
sure, it's good, but I could read it!"

690

00:28:58,770--> 00:29:00,348

Which is what...

691

00:29:00,372--> 00:29:01,788

I'm slightly exaggerating.

692

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:29:01,812--> 00:29:03,508

People were very
happy with the content.

693

00:29:03,532--> 00:29:06,428

People were very generous with
their feedback, but it was just a...

694

00:29:06,452--> 00:29:07,948

I was taken aback

695

00:29:07,972--> 00:29:11,188

at how much difference it
made for people and how

696

00:29:11,212--> 00:29:14,371

emotive it was for
people to realize that...

697

00:29:14,396--> 00:29:16,028

that they can read,

698

00:29:16,052--> 00:29:17,932

but we as an industry

have been publishing books

699

00:29:17,956--> 00:29:18,978

that they can't read.

700

00:29:19,003--> 00:29:20,748

[Hetty] It is... It's just so...

701

00:29:20,772--> 00:29:23,908

It just kind of hammers

home how important it is to

702

00:29:23,932--> 00:29:25,748

do this stuff, and, and...

703

00:29:25,772--> 00:29:28,388

you know, be able to communicate

704

00:29:28,412--> 00:29:30,108

with readers in a

way that's effective

705

00:29:30,132--> 00:29:32,868

and easy and efficient,

706

00:29:32,892--> 00:29:36,000

and yeah, it's sort of...

707

00:29:36,000--> 00:29:39,000

It feels pretty basic, and it's
very easy to forget, isn't it?

708

00:29:39,000--> 00:29:40,000

-Yeah, yeah.

709

00:29:40,000--> 00:29:42,188

[Hetty] Okay, so I think I'm
gonna... I'm gonna ask you

710

00:29:42,212--> 00:29:44,748

one more question, one
final question, and then

711

00:29:44,772--> 00:29:47,708

we can move to a reading.

712

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:29:47,732--> 00:29:49,293

Actually, let's just
go to your reading.

713

00:29:49,318--> 00:29:50,618

Let's have your
reading, I think.

714

00:29:50,642--> 00:29:52,788

I think that's-- And
then we can have the

715

00:29:52,812--> 00:29:55,000

audience Q&A after that. So...

716

00:29:55,000--> 00:29:56,000

go for it.

717

00:29:56,000--> 00:29:57,948

-Thank you very much.

718

00:29:57,972--> 00:29:59,668

So I am reading from

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



719

00:29:59,692--> 00:30:01,868

Living Well with
Chronic Illness,

720

00:30:01,892--> 00:30:03,468

which is the UK edition.

721

00:30:03,492--> 00:30:04,668

We have just had

722

00:30:04,692--> 00:30:06,988

the US edition come out
a couple of weeks ago.

723

00:30:07,012--> 00:30:08,268

It has a different title.

724

00:30:08,292--> 00:30:10,408

It's called Reclaiming
Wellness with Chronic Illness,

725

00:30:10,432--> 00:30:12,868

but it's the same book

but updated for the US.

726

00:30:12,892--> 00:30:14,588

Um, so...

727

00:30:14,612--> 00:30:18,148

Living well can feel

impossible when we're hurting

728

00:30:18,172--> 00:30:20,238

and we just want to feel okay again.

729

00:30:20,263--> 00:30:22,468

Living well with pain

730

00:30:22,492--> 00:30:24,468

might seem like a

contradiction in terms,

731

00:30:24,492--> 00:30:27,428

but for many of us, escaping

the land of chronic illness

732

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:30:27,452--> 00:30:30,000

is a reality we're
continually striving for.

733

00:30:30,000--> 00:30:32,908

However, it may well
be proving more difficult

734

00:30:32,932--> 00:30:34,388

than we had imagined.

735

00:30:34,412--> 00:30:35,508

After all,

736

00:30:35,532--> 00:30:38,908

if getting well were as simple
as following our doctor's advice,

737

00:30:38,932--> 00:30:40,548

we'd all have done it long ago

738

00:30:40,572--> 00:30:43,828

and be spending our days
enjoying meaningful work we love,

739

00:30:43,852--> 00:30:46,000

hiking to pretty waterfalls,

740

00:30:46,000--> 00:30:48,745

reading novels and eating

big dinners with friends,

741

00:30:48,769--> 00:30:52,000

or whatever we

most need and love.

742

00:30:52,000--> 00:30:55,188

But really, many of us are

confused and overwhelmed

743

00:30:55,212--> 00:30:57,548

because we haven't got

answers from our blood tests yet

744

00:30:57,572--> 00:30:59,988

and we still can't make

dinner without fainting

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



745

00:31:00,012--> 00:31:02,388

slash pain flaring

slash collapsing.

746

00:31:02,412--> 00:31:04,000

Delete as appropriate.

747

00:31:04,000--> 00:31:06,148

If we're managing to keep up,

748

00:31:06,172--> 00:31:09,708

we're pushing so hard we barely

have time to take care of our deadlines,

749

00:31:09,732--> 00:31:13,000

much less our

relationships or our hair.

750

00:31:13,000--> 00:31:15,668

It can feel like trying

to run through thick mud

751

00:31:15,692--> 00:31:17,988

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



and there's nothing to
show for all our effort.

752

00:31:18,012--> 00:31:21,788

Somehow, the more we
push, the less we can move.

753

00:31:21,812--> 00:31:24,000

And we're running out of energy.

754

00:31:24,000--> 00:31:25,748

Maybe we're panicking,

755

00:31:25,772--> 00:31:29,348

but we get out of breath just
walking to the coffee machine.

756

00:31:29,372--> 00:31:32,228

And we're relying on
coffee more and more,

757

00:31:32,252--> 00:31:35,000

though it's not working
like it did before.

758

00:31:35,000--> 00:31:37,668

Perhaps we're terrified there's
something drastically wrong,

759

00:31:37,692--> 00:31:41,000

a life-threatening illness
that doctors are missing.

760

00:31:41,000--> 00:31:44,148

Or that, actually, that
other doctor is right.

761

00:31:44,172--> 00:31:46,148

It is "just stress",

762

00:31:46,172--> 00:31:50,108

that somehow we've lost the
ability to cope with anything

763

00:31:50,132--> 00:31:52,000

and now we're falling apart.

764

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:31:52,000--> 00:31:54,948

It's not only that our life
is splitting at the seams,

765

00:31:54,972--> 00:31:57,428

but our joints aren't
working any more?

766

00:31:57,452--> 00:32:01,668

Skin seems to have forgotten it is
supposed to have elastic qualities,

767

00:32:01,692--> 00:32:04,148

and emotions now boil over when,

768

00:32:04,172--> 00:32:07,268

for example, the supermarket
is out of the only nut butter

769

00:32:07,292--> 00:32:10,000

we're A not allergic
to and B can afford.

770

00:32:10,000--> 00:32:14,508

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



Thinking about the possibility
that we're just doing adulting wrong

771

00:32:14,532--> 00:32:16,005

feels like drowning,

772

00:32:16,029--> 00:32:17,988

because we're trying so hard,

773

00:32:18,012--> 00:32:19,828

but it's not working

774

00:32:19,852--> 00:32:23,000

and no one's told
us how to get it right.

775

00:32:23,000--> 00:32:26,628

We're worrying our worth--
about our worth as a human

776

00:32:26,652--> 00:32:30,028

on top of finances,
relationships, work deadlines,

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



777

00:32:30,052--> 00:32:32,028

caring for loved ones, and

778

00:32:32,052--> 00:32:35,668

that sick, jealous grief

feeling that engulfs us

779

00:32:35,692--> 00:32:37,828

when we see photos

of our friends' lives,

780

00:32:37,852--> 00:32:40,000

or even photos of our life

781

00:32:40,000--> 00:32:41,268

before this,

782

00:32:41,292--> 00:32:42,494

whatever this is.

783

00:32:42,518--> 00:32:45,588

So we keep scrolling

or watching Netflix

784

00:32:45,612--> 00:32:47,428

and stay in a slump on the sofa

785

00:32:47,452--> 00:32:49,548

because there's

nothing left in us to give

786

00:32:49,572--> 00:32:51,188

and we have no idea

787

00:32:51,212--> 00:32:54,000

which direction

to even try and go.

788

00:32:54,000--> 00:32:55,308

I want you to know,

789

00:32:55,332--> 00:32:59,148

whatever type of pain, illness

or struggle you are dealing with,

790

00:32:59,172--> 00:33:01,201

you are not in it alone.

791

00:33:01,226--> 00:33:04,268

You are not alone

in finding this hard.

792

00:33:04,292--> 00:33:07,348

It's been called an

epidemic of chronic disease.

793

00:33:07,372--> 00:33:10,868

There are 16 million

disabled people in the UK

794

00:33:10,892--> 00:33:12,508

and since 2019,

795

00:33:12,532--> 00:33:14,828

there's been a 41% increase

796

00:33:14,852--> 00:33:19,000

in people leaving work due to

health problems and disabilities.

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



797

00:33:19,000--> 00:33:20,708

In 2021,

798

00:33:20,732--> 00:33:24,188

there were 4.3 million referrals
for mental health conditions,

799

00:33:24,212--> 00:33:26,228

including anxiety
and depression,

800

00:33:26,252--> 00:33:28,000

according to NHS Digital.

801

00:33:28,000--> 00:33:30,068

Many, many folks

802

00:33:30,092--> 00:33:33,855

are feeling overwhelmed and
unprepared for illness and pain.

803

00:33:33,880--> 00:33:34,948

After all,

804

00:33:34,972--> 00:33:38,308

none of us have been
taught how to live like this.

805

00:33:38,332--> 00:33:42,148

Growing up, I never saw
examples of people living with illness

806

00:33:42,172--> 00:33:45,068

beyond tragedies,
miracle cure stories,

807

00:33:45,092--> 00:33:48,000

and tales about brave sufferers.

808

00:33:48,000--> 00:33:49,228

I don't know about you,

809

00:33:49,252--> 00:33:51,988

but I am not any of those
characters.

810

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:33:52,012--> 00:33:53,708

Thank you.

811

00:33:54,000--> 00:33:58,000

[Hetty] Thank you so much
for that, Grace. Really great.

812

00:33:58,000--> 00:33:59,948

Great section of the book to

813

00:33:59,972--> 00:34:01,468

draw us into.

814

00:34:01,492--> 00:34:03,000

Um...

815

00:34:03,000--> 00:34:06,508

I wondered, uh, so we've got--
we've got a few questions from

816

00:34:06,532--> 00:34:10,068

the audience in the Q&A boxes.

817

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:34:10,092--> 00:34:11,508

I will start with

818

00:34:11,532--> 00:34:15,000

the first one that

we had from Sammi.

819

00:34:15,000--> 00:34:17,188

Sammi's interested in

the subject of burnout.

820

00:34:17,212--> 00:34:20,000

They're currently writing

their memoir surrounded

821

00:34:20,000--> 00:34:24,388

by late diagnosis

of autism and ADHD,

822

00:34:24,412--> 00:34:28,000

and giving talks as well

on the subject nationwide.

823

00:34:28,000--> 00:34:29,188

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



Their question is,

824

00:34:29,212--> 00:34:31,828

how best to choose

an agent who gets you

825

00:34:31,852--> 00:34:33,468

as there is so much choice

826

00:34:33,492--> 00:34:35,628

and want to work with someone--

827

00:34:35,652--> 00:34:37,788

wanting to work with someone

who has the same passion

828

00:34:37,812--> 00:34:40,000

to help people

with their writing?

829

00:34:40,000--> 00:34:44,028

How did you go about

choosing an agent who gets you,

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



830

00:34:44,052--> 00:34:46,428

who got you and
understood your passion?

831

00:34:46,452--> 00:34:48,194

-Yeah, great question.

832

00:34:48,219--> 00:34:50,468

Well, I was very lucky because

833

00:34:50,492--> 00:34:54,628

I found my agent when the Good
Literary Agency was happening.

834

00:34:54,652--> 00:34:58,348

So there was a literary
agency that was dedicated to,

835

00:34:58,372--> 00:35:01,158

uh, to doing this,
supporting people

836

00:35:01,182--> 00:35:05,771

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



who are marginalized, under
represented in the literary world.

837

00:35:05,796--> 00:35:07,828

And so that was much easier,

838

00:35:07,852--> 00:35:09,240

because if the
agent worked there,

839

00:35:09,264--> 00:35:11,311

you knew that they were
committed to that fashion.

840

00:35:11,336--> 00:35:14,028

The Good Literary
Agency has now closed

841

00:35:14,052--> 00:35:17,228

and my agent has moved
on to another agency, but...

842

00:35:17,252--> 00:35:19,788

what I would do is

look at the type of books

843

00:35:19,812--> 00:35:21,708

that you want your
book to sit alongside,

844

00:35:21,732--> 00:35:25,308

or the kind of books that you
feel the author has that passion,

845

00:35:25,332--> 00:35:27,428

and then I'd check
out who their agent is.

846

00:35:27,452--> 00:35:29,308

And then I'd look up that agent

847

00:35:29,332--> 00:35:30,932

and see if they have
a current wish list,

848

00:35:30,956--> 00:35:32,400

if they're open for submissions.

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



849

00:35:32,424--> 00:35:35,748

Do they have a wish list of what
they're looking for for submissions?

850

00:35:35,772--> 00:35:37,548

And also, have they published?

851

00:35:37,572--> 00:35:39,388

Who have they helped to rep

852

00:35:39,412--> 00:35:41,348

and who's published
in the last three years?

853

00:35:41,372--> 00:35:45,000

And are they people who are
aligning with where you want to be?

854

00:35:45,000--> 00:35:46,348

Because if you're looking,

855

00:35:46,372--> 00:35:48,000

you don't necessarily

want somebody who's

856

00:35:48,000--> 00:35:51,151

representing somebody
who's exactly the same as you,

857

00:35:51,175--> 00:35:53,548

because there might be a
bit of conflict of interest there,

858

00:35:53,572--> 00:35:56,588

but if they are somebody who

859

00:35:56,612--> 00:35:59,988

they're representing the books
that you feel the passion of

860

00:36:00,012--> 00:36:03,228

and you see doing what you
want your book to do in the world,

861

00:36:03,252--> 00:36:04,868

I'd say that's a
pretty good guide

862

00:36:04,892--> 00:36:06,418

to somebody who's going to be

863

00:36:06,443--> 00:36:08,628

speaking to you on

that. And of course,

864

00:36:08,652--> 00:36:10,452

you're going to have a

conversation with them.

865

00:36:10,476--> 00:36:12,268

And if they offer

representation,

866

00:36:12,292--> 00:36:13,552

then you're going to be able to

867

00:36:13,576--> 00:36:15,548

have a conversation

almost like a little interview

868

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:36:15,572--> 00:36:17,828

and check out and actually
ask those questions. You know,

869

00:36:17,852--> 00:36:20,228

what are you
doing to ensure that

870

00:36:20,252--> 00:36:21,543

this is represented?

871

00:36:21,568--> 00:36:23,795

What are you... how do
you support your authors?

872

00:36:23,820--> 00:36:25,668

What are you doing to

873

00:36:25,692--> 00:36:28,388

demonstrate the passion
and to change the industry?

874

00:36:28,412--> 00:36:30,868

Like, I'm very lucky,

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



my agent, you know, um,

875

00:36:30,892--> 00:36:33,028

uh, supports

under represented authors,

876

00:36:33,052--> 00:36:36,628

speaks on panels, you know, does

specific campaigning in the industry,

877

00:36:36,652--> 00:36:39,262

has won awards, just specific

campaigning in the industry to

878

00:36:39,287--> 00:36:41,868

work to make it more

representative and inclusive.

879

00:36:41,892--> 00:36:43,888

And so they're the kind

of things you can look for

880

00:36:43,912--> 00:36:45,188

and that you can ask about.

881

00:36:45,212--> 00:36:46,618

And I wish you luck with that.

882

00:36:47,765--> 00:36:49,348

[Hetty] Yes, it's so important

883

00:36:49,372--> 00:36:52,668

to be willing to to sort of
push agents as well, right?

884

00:36:52,692--> 00:36:55,948

And... and get them to

885

00:36:55,972--> 00:36:59,545

answer questions, your
own questions, as well as...

886

00:36:59,570--> 00:37:02,508

You know, you know,
feeling... feeling obliged to them,

887

00:37:02,532--> 00:37:04,348

as it were.

888

00:37:04,372--> 00:37:06,988

And making sure
that you're within this--

889

00:37:07,012--> 00:37:10,908

a stable, their stable of
other writers who you feel

890

00:37:10,932--> 00:37:14,948

you'd be comfortable with, and are
people who are also in your kind of..

891

00:37:14,972--> 00:37:17,148

you know,

892

00:37:17,172--> 00:37:20,348

sense of... sense of
passion and that kind of thing.

893

00:37:20,372--> 00:37:24,708

Great. Okay, so next
question from the audience.

894

00:37:24,732--> 00:37:27,068

Sue is interested

895

00:37:27,092--> 00:37:30,428

in the metaphorical references

896

00:37:30,452--> 00:37:31,908

as a way in for readers

897

00:37:31,932--> 00:37:33,976

that you've used in
your writing, Grace.

898

00:37:34,000--> 00:37:36,028

And she wonders whether

899

00:37:36,052--> 00:37:38,468

autistic readers could
struggle with those

900

00:37:38,492--> 00:37:39,908

or find them more challenging.

901

00:37:39,932--> 00:37:42,000

How do you deal with that?

902

00:37:42,000--> 00:37:45,508

-Absolutely, and so I

try and make sure that

903

00:37:45,532--> 00:37:49,548

I have some in the text for people who

might be very visual or conceptual thinkers

904

00:37:49,572--> 00:37:53,028

and need those, but that they

aren't the only ways I explain things,

905

00:37:53,052--> 00:37:54,468

that there are other ways in

906

00:37:54,492--> 00:37:56,708

for people for whom

they might not work.

907

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:37:56,732--> 00:37:58,548

And I do say in the
beginning of the book,

908

00:37:58,572--> 00:38:00,908

you know, not everything is
going to work for everybody,

909

00:38:00,932--> 00:38:03,131

so please take
what works for you.

910

00:38:03,156--> 00:38:05,068

Um, you know,

911

00:38:05,092--> 00:38:07,865

if I could, I think I would
do a version where,

912

00:38:07,889--> 00:38:10,969

you know, we could have different versions,
people with different experiences,

913

00:38:10,993--> 00:38:13,393

and you could read something
beautifully personalized to you.

914

00:38:13,417--> 00:38:15,549

And hey, maybe there's
a digital version that exists

915

00:38:15,573--> 00:38:16,991

in a digital future
of publishing

916

00:38:17,015--> 00:38:20,108

where you can pull in your identities
and your preferences and your needs,

917

00:38:20,132--> 00:38:24,000

and will end up with a book that is
developed and designed for your specific

918

00:38:24,000--> 00:38:26,948

requirements that will kind of
magically download to your tablet.

919

00:38:26,972--> 00:38:28,290

I would love to see that,

920

00:38:28,314--> 00:38:30,000

not involving AI.

921

00:38:30,000--> 00:38:33,348

I mean, I would... I mean, I would
be writing multiple versions of it

922

00:38:33,372--> 00:38:36,948

and you could sort of say, "I
need this, this, this, this, and this,"

923

00:38:36,972--> 00:38:39,908

and then that would be the one
that would kind of filter into you.

924

00:38:39,932--> 00:38:41,351

As we're not there,

925

00:38:41,375--> 00:38:43,308

what I am trying
to do is, you know,

926

00:38:43,332--> 00:38:45,828

get this out and get it
to people in a way that

927

00:38:45,852--> 00:38:49,108

I'm hoping is the most
likely to be able to support.

928

00:38:49,132--> 00:38:51,148

I, of course, did
have beta readers

929

00:38:51,172--> 00:38:55,418

across different disabilities,
neurodivergences and experiences,

930

00:38:55,443--> 00:38:59,268

and a sensitivity
reader as well.

931

00:38:59,292--> 00:39:03,268

And I obviously edited
and improved the book

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



932

00:39:03,292--> 00:39:04,748

based on people's feedback.

933

00:39:04,772--> 00:39:07,388

And it absolutely isn't
going to work for everybody.

934

00:39:07,412--> 00:39:10,000

And I'm really aware of that.

935

00:39:10,000--> 00:39:14,428

And I suppose I'm not trying to make it
work for everybody. There's no kind of

936

00:39:14,452--> 00:39:16,988

demand from me
that it kind of has to,

937

00:39:17,012--> 00:39:19,748

as much as this is an
offering. This is one option.

938

00:39:19,772--> 00:39:21,108

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



But of course, for some people,

939

00:39:21,132--> 00:39:25,000

books don't work, but they might want
to access my newsletter, my videos,

940

00:39:25,000--> 00:39:28,948

courses I've run, and
other ways of working.

941

00:39:28,972--> 00:39:32,148

And so, my hope is that,

942

00:39:32,172--> 00:39:35,308

while there are
those references,

943

00:39:35,332--> 00:39:38,548

they are not the only
way and the only shape,

944

00:39:38,572--> 00:39:41,228

and that there are other
ways for people to access,

945

00:39:41,252--> 00:39:43,000

if those don't
land for them.

946

00:39:43,000--> 00:39:44,000

Thank you.

947

00:39:44,000--> 00:39:45,628

[Hetty] It's a great question.

948

00:39:45,652--> 00:39:49,000

And yeah, you do an
amazing job in the book of

949

00:39:49,000--> 00:39:53,468

providing lots and lots
of different options, and

950

00:39:53,492--> 00:39:57,000

you're very generous with
readers and and saying,

951

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:39:57,000--> 00:40:00,188

"don't worry about doing
this if it doesn't work for you,"

952

00:40:00,212--> 00:40:02,000

because I think
it can be like a...

953

00:40:02,000--> 00:40:03,000

the...

954

00:40:03,024--> 00:40:05,788

the impulse towards feeling
like we have to do stuff, and if we...

955

00:40:05,812--> 00:40:07,828

if we're not doing it
or not doing it right,

956

00:40:07,852--> 00:40:09,628

it's something that
you address in the book.

957

00:40:09,652--> 00:40:14,028

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



And you say very much, this
has to be a personal approach

958

00:40:14,052--> 00:40:17,508

and, you know, it
might be wrong for you,

959

00:40:17,532--> 00:40:19,668

but it's about figuring
out what's right.

960

00:40:19,692--> 00:40:22,348

So for the individual.

961

00:40:22,372--> 00:40:23,546

Um...

962

00:40:23,571--> 00:40:25,148

Just got another question.

963

00:40:25,172--> 00:40:27,988

So this is from Maya.

964

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:40:28,012--> 00:40:32,165

You mentioned trauma and
many people with chronic illnesses

965

00:40:32,189--> 00:40:36,228

do find it traumatic to feel invisible
or ignored by health professionals

966

00:40:36,252--> 00:40:38,000

and the wider world.

967

00:40:38,000--> 00:40:41,308

Trauma often blocks us from
speaking openly about our

968

00:40:41,332--> 00:40:43,468

experiences, even
if that openness

969

00:40:43,492--> 00:40:45,748

might help us find
community and acceptance.

970

00:40:45,772--> 00:40:49,748

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



Do you have any suggestions for
resolving this conflict in ourselves?

971

00:40:51,000--> 00:40:53,000

It's a very good question.

972

00:40:53,000--> 00:40:55,188

-Yes, that's a very
good question.

973

00:40:55,212--> 00:40:57,068

So I do have scripts in the book

974

00:40:57,092--> 00:41:00,628

that talk about how
to talk to your doctor

975

00:41:00,652--> 00:41:03,788

or your medical team
if you have trauma

976

00:41:03,812--> 00:41:06,948

and if you're trying
to disclose something

977

00:41:06,972--> 00:41:09,868

or touch on a topic that
might be activating for you,

978

00:41:09,892--> 00:41:14,000

and so we do have
scripts that support that.

979

00:41:14,000--> 00:41:16,508

And I think, um, it's...

980

00:41:16,532--> 00:41:19,068

This sounds like a little...
a little wider question

981

00:41:19,092--> 00:41:21,868

about resolving the
conflict within oneself.

982

00:41:21,892--> 00:41:25,788

I think, you know, this is often
a long and challenging journey.

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



983

00:41:25,812--> 00:41:27,348

My hope is that, of course,

984

00:41:27,372--> 00:41:29,708

through the journaling practice,

985

00:41:29,732--> 00:41:31,658

it may be supportive

986

00:41:31,683--> 00:41:33,588

to be able to figure out, um,

987

00:41:33,612--> 00:41:37,708

what is blocking and potentially
with therapeutic support,

988

00:41:37,732--> 00:41:42,000

if accessible, to
be able to find

989

00:41:42,000--> 00:41:44,068

spaces that are safe enough

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



990

00:41:44,092--> 00:41:47,828

or ways that can be shared that are, um...

991

00:41:49,227--> 00:41:50,428

[sighs]

992

00:41:50,452--> 00:41:54,108

how to share enough

to be able to find

993

00:41:54,132--> 00:41:55,708

some community and acceptance.

994

00:41:55,732--> 00:41:56,908

Because in my experience,

995

00:41:56,932--> 00:41:58,868

often with speaking

around trauma,

996

00:41:58,892--> 00:42:01,828

it can feel very

withheld and very cut off,

997

00:42:01,852--> 00:42:05,000

and then suddenly if

we start talking about it,

998

00:42:05,000--> 00:42:06,948

we can sort of get

flooded with memories

999

00:42:06,972--> 00:42:08,948

and so it can

all sort of flood in

1000

00:42:08,972--> 00:42:11,000

and sort of pour out.

1001

00:42:11,000--> 00:42:13,428

And so there...

1002

00:42:13,452--> 00:42:15,788

We're looking at, you

know, how we titrate

1003

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:42:15,812--> 00:42:19,188

or how we find
enough of something

1004

00:42:19,212--> 00:42:22,188

to be able to, and we work
with our window of tolerance.

1005

00:42:22,212--> 00:42:25,748

We talk about that in the book, we
talk about titration of discussion things.

1006

00:42:25,772--> 00:42:29,000

You know, I put a lot of my work
that I do therapeutically into here.

1007

00:42:29,000--> 00:42:31,348

But I'm very aware that
the book isn't a therapist

1008

00:42:31,372--> 00:42:33,548

and the book isn't
me as a therapist.

1009

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:42:33,572--> 00:42:37,000

So, it does have to
function as a book.

1010

00:42:37,000--> 00:42:40,508

And, um, so I,

1011

00:42:40,532--> 00:42:42,508

you know, really support
people reaching out

1012

00:42:42,532--> 00:42:44,348

and getting support as needed,

1013

00:42:44,372--> 00:42:47,588

and potentially considering
what would create... what was...

1014

00:42:47,612--> 00:42:51,268

what would make a space
or a person safe enough.

1015

00:42:51,292--> 00:42:55,165

What would give you enough support to

be able to disclose enough of what you need

1016

00:42:55,189--> 00:42:56,668

to be able to get what you need

1017

00:42:56,692--> 00:42:59,468

without necessarily feeling
that you have to share everything

1018

00:42:59,492--> 00:43:01,068

or answer questions.

1019

00:43:01,092--> 00:43:02,545

People might have questions.

1020

00:43:02,570--> 00:43:04,563

But does it feel possible
to say, you know,

1021

00:43:04,588--> 00:43:05,748

this is what I want to share,

1022

00:43:05,772--> 00:43:08,308

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



and I won't be able to have
any further discussion on it.

1023

00:43:08,332--> 00:43:10,000

This is kind of
what I can do today.

1024

00:43:10,000--> 00:43:11,000

Thank you.

1025

00:43:11,000--> 00:43:12,621

[Hetty] It's a bit of a
boundary setting.

1026

00:43:12,645--> 00:43:15,108

We're coming up to time,

1027

00:43:15,132--> 00:43:16,868

so I think we're
just going to deal...

1028

00:43:16,892--> 00:43:19,468

We'll have this final
question from Sammi,

1029

00:43:19,492--> 00:43:22,188

which sort of actually leads
on quite nicely from that,

1030

00:43:22,212--> 00:43:23,508

and then we'll wrap up.

1031

00:43:23,532--> 00:43:25,388

So a sort of..

1032

00:43:25,412--> 00:43:29,000

It's a quite hard to give a quick
answer to this question, Grace, but

1033

00:43:29,000--> 00:43:30,548

Sammi asks that...

1034

00:43:30,572--> 00:43:32,268

how to deal with...

1035

00:43:32,292--> 00:43:34,268

how do you deal with

trigger warnings in the book?

1036

00:43:34,292--> 00:43:37,388

If you're, you know, talking
about your own trauma,

1037

00:43:37,412--> 00:43:39,708

what do you do about trigger
warnings?

1038

00:43:39,732--> 00:43:41,268

How do you deal with that?

1039

00:43:41,292--> 00:43:43,628

-Okay. So I do content warnings.

1040

00:43:43,652--> 00:43:46,388

Oh, excuse me, I
actually do content notes.

1041

00:43:46,412--> 00:43:48,948

There's debate around
this in different communities.

1042

00:43:48,972--> 00:43:51,668

Some people don't
like trigger warnings

1043

00:43:51,692--> 00:43:54,132

on the grounds that they feel
it kind of diminishes something.

1044

00:43:54,156--> 00:43:56,628

And some research suggests
that actually once you have one,

1045

00:43:56,652--> 00:43:59,372

people then feel more compelled
to read it than they would otherwise.

1046

00:43:59,396--> 00:44:00,788

Some people feel

1047

00:44:00,812--> 00:44:03,428

that actually having
it allows them to

1048

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:44:03,452--> 00:44:06,388

take care of themselves, to
skip or to use it as needed.

1049

00:44:06,412--> 00:44:08,548

So I use content notes.

1050

00:44:08,572--> 00:44:12,268

And I, uh, you know, have a...

1051

00:44:12,292--> 00:44:14,108

just kind of a part at
the start of the book

1052

00:44:14,132--> 00:44:16,958

that obviously says we're
talking about chronic illness,

1053

00:44:16,982--> 00:44:18,578

we're talking about
pain and difficulty,

1054

00:44:18,602--> 00:44:20,668

it's going to have

activating parts.

1055

00:44:20,692--> 00:44:24,105

Obviously, I try and use a lot of
headings and subheadings and note things.

1056

00:44:24,129--> 00:44:25,708

I don't disclose, I think,

1057

00:44:25,732--> 00:44:27,908

a significant amount of
my own trauma in the book.

1058

00:44:27,932--> 00:44:29,068

That's not what it's...

1059

00:44:29,092--> 00:44:30,148

That's not the work of it.

1060

00:44:30,172--> 00:44:33,028

But when I have
shared, for example,

1061

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:44:33,052--> 00:44:34,108

pieces of my story,

1062

00:44:34,132--> 00:44:37,668

I do do a content note at the
beginning, I do a content note at the end,

1063

00:44:37,692--> 00:44:40,611

and I always make sure
I'm sharing it for a purpose.

1064

00:44:40,635--> 00:44:43,828

I'm very clear on why I'm sharing
it, it's not just cathartic to me.

1065

00:44:43,852--> 00:44:45,988

That would be for my
journal and my own therapist.

1066

00:44:46,012--> 00:44:47,908

And I always make
sure that I'm emphasizing

1067

00:44:47,932--> 00:44:49,788

people's agency
and their support.

1068

00:44:49,812--> 00:44:53,108

I've got to acknowledge the book
doesn't go really deeply into suicide.

1069

00:44:53,132--> 00:44:57,000

Um, it's because it's... not, um...

1070

00:44:57,000--> 00:44:59,291

[Hetty] That was
part of the question.

1071

00:44:59,316--> 00:45:00,428

-Yes, I'm sorry.

1072

00:45:00,452--> 00:45:04,428

Yes, it doesn't really go very,
very deeply into suicide as a topic.

1073

00:45:04,452--> 00:45:07,028

It does talk about serious
mental health conditions,

1074

00:45:07,052--> 00:45:08,868

but it talks about
them in the context

1075

00:45:08,892--> 00:45:11,188

of how we live
well and how we get

1076

00:45:11,212--> 00:45:13,000

and how we access
the support we need,

1077

00:45:13,000--> 00:45:16,108

even when there are
difficulties and barriers to that.

1078

00:45:16,132--> 00:45:18,788

And so, um, yeah, it's, uh...

1079

00:45:18,812--> 00:45:20,188

These are tricky topics

1080

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:45:20,212--> 00:45:23,470

and they're things that we are always
learning about how to do better with.

1081

00:45:23,495--> 00:45:24,518

Thank you.

1082

00:45:24,543--> 00:45:25,788

[Hetty] Thank you so much.

1083

00:45:25,812--> 00:45:27,508

We're going to wrap up now,

1084

00:45:27,532--> 00:45:30,068

because it's the sort of
come to the end of time.

1085

00:45:30,092--> 00:45:33,508

I'd like to say a really big thank
you to Grace for today's event,

1086

00:45:33,532--> 00:45:35,468

and thank you
all for joining us.

1087

00:45:35,492--> 00:45:37,308

And thank you to
Elsa for moderating.

1088

00:45:37,332--> 00:45:39,478

Very, very quickly,

1089

00:45:39,503--> 00:45:42,988

Grace, do you want to share
your exciting news from today

1090

00:45:43,012--> 00:45:44,071

about the book?

1091

00:45:44,096--> 00:45:46,468

-Yes, thank you,
good reminder. Yes.

1092

00:45:46,492--> 00:45:49,228

So I just found out today
the US edition of the book

1093

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:45:49,252--> 00:45:51,588

has actually now hit the

1094

00:45:51,612--> 00:45:54,948

top 100 bestsellers in
disability on Amazon.com,

1095

00:45:54,972--> 00:45:58,108

which apparently officially
makes it an Amazon bestseller,

1096

00:45:58,132--> 00:45:59,868

which is incredibly exciting.

1097

00:45:59,892--> 00:46:03,108

And it really is because of all the
people who have supported the books.

1098

00:46:03,132--> 00:46:06,000

I've just put a link in the
chat, which I'm hoping that

1099

00:46:06,000--> 00:46:08,028

Elsa can make sure is

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



shared in the group chat.

1100

00:46:08,052--> 00:46:11,348

And that's my little how
to support the book doc,

1101

00:46:11,372--> 00:46:14,988

which, of course, when
your books are out, come out,

1102

00:46:15,012--> 00:46:17,628

feel free to, of course, do
your own version of this.

1103

00:46:17,652--> 00:46:19,668

But I very much have, um...

1104

00:46:19,692--> 00:46:22,812

It's everybody who's shared and supported
about it that's got it to that point,

1105

00:46:22,836--> 00:46:25,532

and especially as it's so...
such a politicized book.

1106

00:46:25,557--> 00:46:29,268

Especially with the
current politics in the US,

1107

00:46:29,292--> 00:46:32,051

a book about marginalized
bodies and how they get support,

1108

00:46:32,075--> 00:46:34,258

I'm so happy that it's, um,

1109

00:46:34,282--> 00:46:36,826

that it's getting to this point
and reaching people who need it.

1110

00:46:36,851--> 00:46:37,851

Thank you.

1111

00:46:37,875--> 00:46:39,508

[Hetty] It is
absolutely brilliant, and

1112

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:46:39,532--> 00:46:41,428

I think that having the
how to support the...

1113

00:46:41,452--> 00:46:45,748

The how to support the
book doc is a great idea.

1114

00:46:45,772--> 00:46:46,908

Everyone should do one.

1115

00:46:46,932--> 00:46:49,108

It's absolutely fab and

1116

00:46:49,132--> 00:46:52,205

do... do go and have a look at it
and see how you can support Grace.

1117

00:46:52,230--> 00:46:54,868

So if you've enjoyed the event

1118

00:46:54,892--> 00:46:57,628

and you're not yet a member
of the Society of Authors,

1119

00:46:57,652--> 00:46:58,828

please consider joining

1120

00:46:58,852--> 00:47:02,988

with our special

#SoAatHome offer

1121

00:47:03,012--> 00:47:06,000

and you can get 20% off for

the first year of membership.

1122

00:47:06,000--> 00:47:09,308

Please use the code SOAA...

1123

00:47:09,332--> 00:47:13,788

Sorry. "SOAATHOME20".

1124

00:47:13,812--> 00:47:16,148

I'm sure that's available

1125

00:47:16,172--> 00:47:19,028

and Elsa can also

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



pop that in the chat

1126

00:47:19,052--> 00:47:21,000

so that you get it right.

1127

00:47:21,000--> 00:47:24,908

And, uh, we've got the...

1128

00:47:24,932--> 00:47:28,508

The next Society of

Authors' #SoAatHome event

1129

00:47:28,532--> 00:47:31,468

takes place on

Thursday 19 March.

1130

00:47:31,492--> 00:47:35,548

That's going to be the SoA's Poetry

and Spoken Word Group online social.

1131

00:47:35,572--> 00:47:40,522

For more, please head to

societyofauthors.org/events

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



1132

00:47:40,547--> 00:47:42,628

to book or check out
our events programme.

1133

00:47:42,652--> 00:47:45,588

And that will also be
posted in the chat for the link.

1134

00:47:45,612--> 00:47:48,588

And just a final reminder,

1135

00:47:48,612--> 00:47:50,828

this is an event
that's free for all.

1136

00:47:50,852--> 00:47:52,148

If you can afford to,

1137

00:47:52,172--> 00:47:57,000

please do consider donating to
our Society of Authors Access Fund.

1138

00:47:57,000--> 00:47:58,828

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



We'd love £5 or

1139

00:47:58,852--> 00:48:00,868

however much you

feel you can give.

1140

00:48:00,892--> 00:48:02,428

That would be amazing.

1141

00:48:02,452--> 00:48:05,524

And the link for that

is, again, in the chat.

1142

00:48:05,549--> 00:48:09,108

And you can also buy

our books at Bookshop.org

1143

00:48:09,132--> 00:48:10,828

and that will also go towards

1144

00:48:10,852--> 00:48:13,000

the Society of

Authors Access Fund.

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



1145

00:48:13,000--> 00:48:15,748

Finally, thank you

so much, Grace.

1146

00:48:15,772--> 00:48:18,588

Another big thank you to you and to

everyone who's joined for us today.

1147

00:48:18,612--> 00:48:21,168

I'm so sorry my camera decided

to stop working halfway through

1148

00:48:21,192--> 00:48:22,948

and I just could not

get it working again.

1149

00:48:22,972--> 00:48:23,988

These are...

1150

00:48:24,012--> 00:48:25,708

Sometimes you think

these things happen,

1151

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



00:48:25,732--> 00:48:27,788

but I really appreciate

1152

00:48:27,812--> 00:48:30,308

you just talking to a
blank screen, Grace.

1153

00:48:30,332--> 00:48:31,332

[laughter]

1154

00:48:31,356--> 00:48:35,631

-I could feel your presence and thank
you, everyone, for the great questions.

1155

00:48:35,656--> 00:48:38,456

[inaudible] for watching the live
recording, it's deeply appreciated.

1156

00:48:38,481--> 00:48:41,088

[Hetty] Yes, thank you for all the
wonderful questions, everybody.

1157

00:48:41,112--> 00:48:45,188

And do please continue the

#SoAatHome | How I write – in conversation with Grace Quantock
Thursday 5 March 2026



conversation on social media.

1158

00:48:45,212--> 00:48:47,068

You can use the festival hashtag

1159

00:48:47,092--> 00:48:51,000

#SoAatHome to carry on

1160

00:48:51,000--> 00:48:53,748

connecting and talking

about these topics.

1161

00:48:53,772--> 00:48:54,988

Thank you very much.

1162

00:48:55,012--> 00:48:56,012

Goodbye.