

IN
NEED

Cure

F

W E S T

G O D

A N G E L

H A V E

S A Y

This is a campaign.

This work has become a bit different from what I started out with, as one lockdown turned into another, into another. One thing that comes up regularly when talking about how do we (radically) care for ourselves, one another, our communities and the earth - is to make space.

This space takes on lots of forms. From metaphorical: such as pausing. To physical spaces to gather, to talk in, to creating things in, to call a home, to meet new people in. Then we have action spaces where we can feel cared for - and to have the space to care for others.

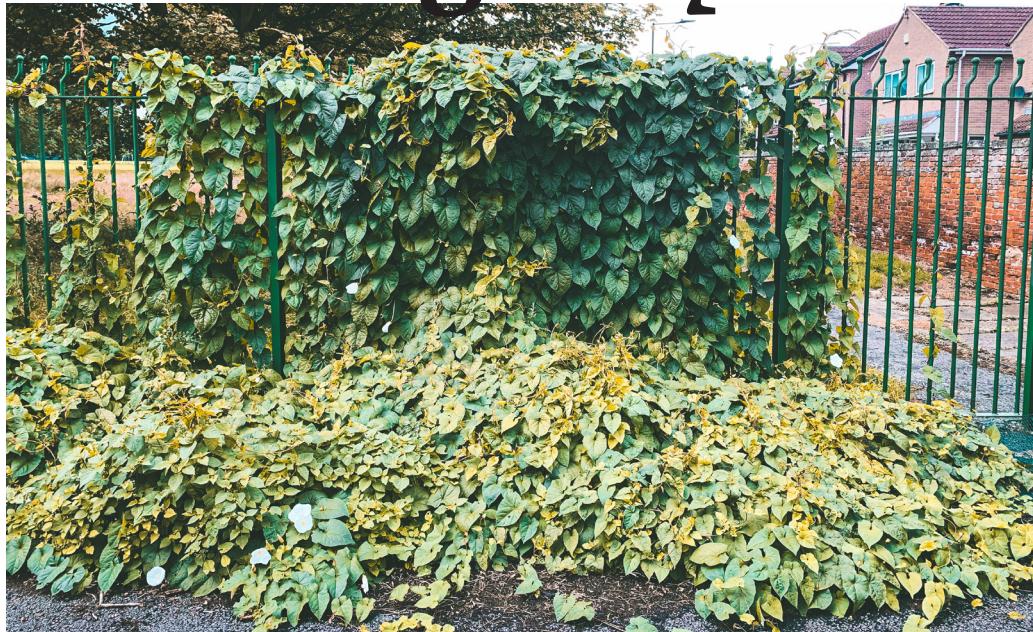
I've noticed that despite this immensely difficult time of uncertainty, loss and hardship, many people have been able to find courage and comfort by imagining and talking about how things might be, or will be in the future.

This zine is a tool to do that. It invites you to share your thoughts on hope and being hopeful. On fighting for better care, for creating a space to think, and grieve, and dream. There are no wrong answers, just a set of ideas & things to help us create our own version of what radical care is, and how we could do it, or look out for uncaringness.

To make space for the stuff that matters.



Caring Beyond





Reasons for Burnout

(IN)VISIBILITY LEADING TO HYPERACTIVE COMPARISON:

passivity and (in)visibility locking together to invite comparison and create a debilitating scarcity mindset. Comparisons leading to feelings of inadequacy, inferiority, or fear of failure. Constant self-reproach and self-aggression.

ACHIEVEMENT CULTURE:

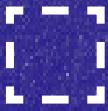
believing that identity and safety are only available through high- or culturally established - achievement.

IMPOSTER VIBES:

This leads onto imposter syndrome. Especially when working in an area new to you, or where you're a minority. This can affect anyone and everyone - but people from working class, women, POC, those with disabilities, LGBTQ+ backgrounds are more likely to experience it due to the way that institutions do not value the culture or understand the affects of these intersectionality's - allowing for potential silencing.

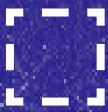
HAMSTER WHEEL:

Feelings of futility - practices of short sightedness, not giving people recognition/value for their work/time/noticing them - generates the feeling that previous successes will vanish or that progress doesn't stick, so effort never accumulates or pays dividends.



THE WORLD IS BURNING:

World weariness triggers self-dependency, creating a feedback loop that can only end in burnout.



AUTHENTICITY MOULD:

pressure to be oneself, but to adapt/distort that self to ensure achievement, status, or safety.



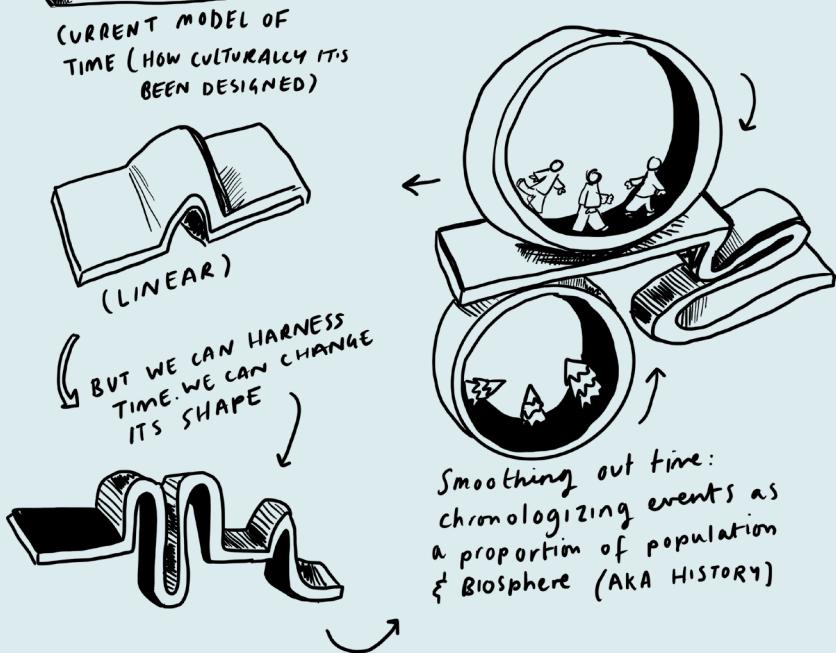
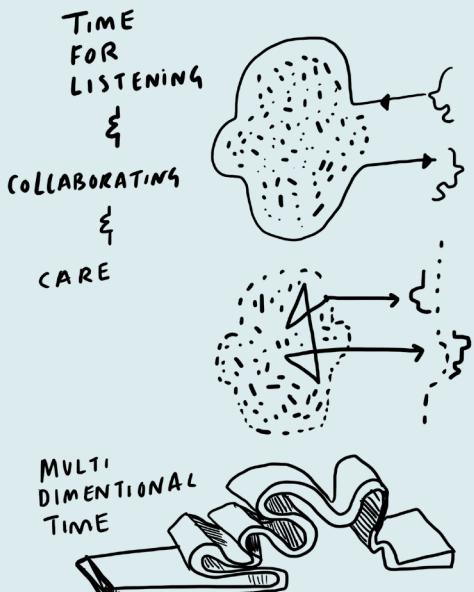
BULLSHIT TASKS AND META-WORK:

admin and management overshadows productive labour. Instead of being tired with one another (like a basketball team) we become tired of one another (like a marketing team). Tasks with tangible outcomes are naturally de-prioritized and people focus on meta-work that is incentivized.

To avoid burn out - tick each box that affects you and come up with a reflective plan to avoid these things that we have been brought up to accept as normal. **BUT THEY ARE NOT.**

YOU ARE NOT YOUR WORK, OR YOUR PRODUCTIVITY.

RECREATING TIME:



Meaning and care is not found
in the material realm ~ meaning
and care is what is left when
everything has been stripped away.

DECEMBER 2020

Everyone of us can play
a part of the system as
it is - or we can take
the first step to bring a
different world into being!

AUG 2020

THE WORD VOMIT INITIATIVE
PRESENTS



A Free Market Lesson Pack

DUCK NUTRITION 101
WVI X EMILY BUTLER



DUCK FEED SHORT COURSE

Why duck nutrition?

Picture this... It is post pandemic, your daily walk has become tradition, with your favourite part being the local pond- where you get to see the local ducks. Sometimes you take a couple slices of stale Warburtons for them as a treat. Most days, you see families throwing bread to your feathery pals. This well intended act can cause the ducks a whole host of problems. That is why The Word Vomit Initiative teamed up with Emily Butler (Fine Artist), to create a lesson pack addressing the issue. This page is a free taster of its contents!

What is so wrong with bread?

You wouldn't eat bread for every meal. Research suggests that bread is OK for ducks in moderation, but the Wildfowl & Wetlands Trust conducted some research that found the following:

- A bread-heavy diet can make birds physically weaker
- Ducks eating more bread were found less likely to forage for food when their bread source was removed.
- Bread has been implicated in contributing to ducks contracting angel wing

EMILY'S DUCK FEEDING TIPS!

Oats!

You can treat ducks to baby bear's portion of oats! Low sugar flapjacks, rolled oats & instant oats are also a hit!

Lettuce!

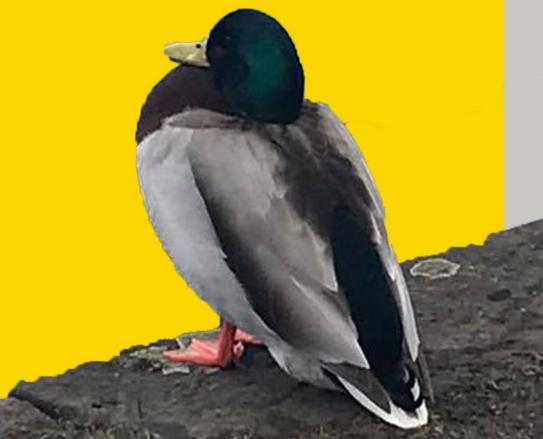
Thinking fresh? Ducks will hoover up any left over lettuce!

Rice!

Cooked or uncooked, ducks will dive for rice.

Peas & Sweetcorn!

Want to cut the carbs? Defrosted peas make a great snack. These keep our feathered friends healthy.



How to hold a grief gathering

1. Lay your hands on your heart and take some soft breaths. Notice the rawness or ripeness of your own grief.
2. Ask yourself "would I like to gather with others on this grief?" and "am I ready to gather others in this grief?"
 - If you answered "no" to 1 or both questions, tend to your own heart for a while, for as long as you need.
 - If you answered yes to both, continue.
3. List a handful of people you know who you think may be heavy with grief and who may want to be heard.
4. Find a date, where you have one and half hours to give. With some time either side so you don't need to hurry (6:30-8:00pm usually works well).
5. Send them an invitation to join. This could be a phone call, a text, an email or a letter.
 - Include what you're inviting them to, why you thought to invite them, a date, a time, and a location. The location can be somewhere in person or online.
 - Let them know that they can come as they are and that there's no need to prepare.
6. On the day, before you begin, remember your call together with others in grief.
Root yourself in this feeling.
7. Open the circle. Remind everyone, including yourself, that this is an invitation to hold and be held. We're not trying to fix anything, there is no agenda, there is no arc of progress. We don't need to rush to fill silences. You can speak or stay quiet. You don't need to share personal details if you don't want to. If you talk about this with others afterwards, omit names. All that is encouraged is tender listening.

8. Invite everyone to introduce themselves 1 by 1. Maybe their name and 2 words that describe how they're feeling right now. Don't rush this.
9. You may want to share a few words on what grief and brokenheartedness means for you, and then ask a question that is wide enough for anyone to answer. Like, "how easy do you find it to talk about grief?"
10. Allow the conversation to flow, meander, rest, leap back around and rest again.
11. You may want time for another question. It may be something you prepared or something that arises. Like "how would you describe grief to someone who doesn't know what it feels like?"
12. Keep an eye on the time. When you have 15 mins left, find a natural pause in the conversation. Allow each person to share something that may still be on the tip of their tongue or in the pit of their heart before closing.
13. Offer a moment to shake, to sigh, stretch or self-hold. One possible self-hold is laying with your palm across your forehead and another palm on your heart.
14. Thank them and praise them for their bravery, kindness, openness and vulnerability. Remind them, and yourself, to be gentle for the rest of the day.

You held a grief gathering. This is care for all.

Priya Jay

Grief is shapeshifter is an account of what it was like to hold a grief gathering.

HEAT ESCAPES LESS!

HIGHER
LEVELS OF
CO₂

MAKE it RAIN*

* (NORMALLY)

PRECIPITATION



CONDENSATION



SURFACE
RUNOFF



OCEAN



GULF
STREAM

It's not business as usual. It's not business

usual. It's not business as usual. It's not business as usual.

ALWAYS TIRED SUPPORT GROUP

POWER NAPS
to the people!

not business as usual. It's not business as us

as usual. It's not business as usual. It's not business as usual.

This is a zine about care - in all ways you can interpret it. Care is difficult to define, and covers many areas. In actions, how to make caring spaces, desires for caring systems, and what that might look like, and beyond. It is approached from different perspectives, with a multiple of different contributions (which I have turned into visual forms) from the residents of Doncaster, artists, friends, and strangers. It grew out of the Doncaster Creates birdsong commission that happened deep in Lockdown 1, in 2020.

This is just a very small collection from the many discussions we have had on care. The work also helped to raise nearly £1000 for Carcroft Bullcroft Memorial Foodbank. In many ways it seems to have changed into a yell for change, a memorial to those we have lost, and a way to try to listen to voices/emotions often unheard.

By doing this, the edges of my grief have begun to melt as I walked towards it and joined others in their walking. There is no better time to make a change than today.

Edited & designed by Sarah Smizz
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A massive thank you to all the contributors & talks that inspired or designed the material in this zine: Elicia Agar, Emily Butler, Mike Stubbs, Sacha Gray, YVAN care reading group, Priya Jay, Julie Walters, Frances Williams, Adwick & Carcroft ward residents, Laura Andrew, Vicky Prior, Helen Fisher, Anton Hecht, Lani-Mae Ball, Julie Grace, Leanne Hempshall, Allie J Carr, Juliet Farrar and to everyone who donated to Carcroft foodbank for an art sticker/Tshirt & shared the care campaign, and many more people. You are all awesome. Take care!