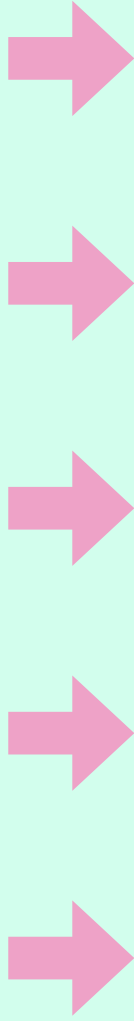


OPEN FOR

CELEBRATING  
ANNIVERSARY



# THE R&D PROCESS

## An introduction

Co-curators **Josephine Gyasi** and **Roseanna Dias** have been researching and developing a new programme and process for exploring creativity and care at **Knowle West Media Centre**. This zine documents some of the activity and conversations taking place from January - April 2021 to develop the Creativity + Care programme principles, aims and design.

## Scoping, Setting intentions and Mapping

Conversations with **Martha** at **KWMC** to set the scope of the R&D. Working together to define what we want to do through this work and how we want to practice. We started developing our design principles.



## The next two phases of the programme are...

1. Creativity + Care Programme
2. Feedback Loops

We work in cyclical ways, and want to continually embed feedback and learnings into what we do. This will be an important part of our programming and speaks to the transparency we want to nurture in our work.

## Phases within our Work

Whilst collaborating on this R&D we have identified that we have been moving through the following phases and it felt important to mention these. These may also be elements we integrate into the programme:

- Phase 1 - Explore and Play
- Phase 2 - Refine and Learn
- Phase 3 - Share and Laugh



## Designing co-creation processes and principles

### Asking questions like:

How do we want to work with people? What will the space and the experience be like? How can we weave creativity in? How do we hold space gently? How do we make space for others to share their practices? Who do we want to invite into the room / process with us? What do we want to learn from each other? What prompts do we want to share ahead of, during and after the group session? How do we form the invitation?



## Group co-creation session

Gathering artists in an online co-creation session to explore the potentials and possibilities of this programme. Cultivating ideas, encouraging free flowing movement and discussion, embedding our thought process into our practice and seeing what blossoms from these seeds.



## Reflection, Synthesis, Programme Design

We are in the **Reflection and Synthesis** part of this. We gathered everyone's reflections in different forms and mediums, in whatever way worked best for them. We reflected on the session, the Jamboard, we annotated the transcript of the group session. We wrote a poem synthesising some of our takeaways.

The next stage is designing the details of the programme - we are asking questions about creating resources and creating spaces - and what feels most relevant now, and most achievable.



# BEAUTIFUL QUOTES

"The process has been quite profound in a lot of ways and there's a sense of pride in all of us for carving this new way of being and I really see the potential for something like this becoming a blueprint for other spaces"

- RAQUEL MESEGUER

"Everybody receives love in different ways. And so we were thinking about expanding that concept into creating care languages."

- ELSIE HARP

"So often we go through life holding our breath. And so it's just taking that moment to say I deserve to fill my lungs with air"

- JAE TALLAWAH

We spoke a lot about "expectation" - of ourselves, of others, of the work, and how that relates to your energies, capacities and desires to be creative. Being clear about expectations is key"

- ROSEANNA DIAS

"It was just the conversation I needed. All of this just feels like what the programme should be."

- GRACE KRESS

"It's not zoom fatigue - it is a lack of care in the way that people are holding zooms, so thank you so much for holding a zoom that is full of care & joy."

- JAE TALLAWAH

"As curators we are caring, but we also need care. It's so important to practice what we preach."

- JOSEPHINE GYASI

"One thing I've learnt is to create the container and equip people with the tools... at some point you can step back and be like, cool, what's going to happen in this space organically? And allow it to grow, with checkpoints along the way."

- DANIEL EDMUND

# KEYWORDS AND THEMES

ACCESS - MULTIPLE  
ACCESS POINTS, ACCESS  
DOCUMENTS AND  
PROCESSES

COMMUNITY

FLEXIBILITY

HEALING

CONNECTION

FREEDOM

BREATHING AND  
MINDFULNESS

SELF-GENERATING -  
SELF-SUSTAINING

VULNERABILITY

SAFE SPACES AND  
BRAVE SPACES

LOVE LANGUAGES -  
CARE LANGUAGES

EXPECTATION

REFLECTION

BOUNDARIES AND  
CONTAINERS - PROTECTION  
AND SAFETY



What are  
your care  
languages?



I think  
my care  
languages  
are...

## COLLABORATIVE CONTRACT OF CARE



Just like  
connecting  
with nature,  
creativity &  
care is a gift  
that we need  
time and  
space for



we grow stronger together

We are constantly learning and growing



# OUR LEARNING IN QUESTIONS

Start here by asking:  
What does love  
in action look  
like when ...

we create practices of  
**COLLECTIVE CARE**

What does love  
in action look  
like when ...

the priority is the experience for

**ARTISTS**

**PARTICIPANTS**

**CURATORS**

we focus on  
**INTENTIONS**  
and not  
**OUTPUTS**

we practice  
**WHAT WE PREACH**  
embedding care  
**THROUGHOUT**

we centre things that  
**MAKE US FEEL GOOD**  
and imagine  
**SANCTUARY**

we build  
**EMOTIONAL**  
**CREATIVE**  
**SPATIAL**  
capacity

we understand  
**CREATIVITY AS**  
learning

we create  
containers with

**TOOLS &  
RESOURCES**

?  
we have  
**SHARED &  
SPECIFIC**  
duties or care

**DUTIES  
of  
CARE**

What does love in  
action look like when ...

?  
we understand that  
**ACCESS = CARE**  
we have

**ACCESS RIDERS**

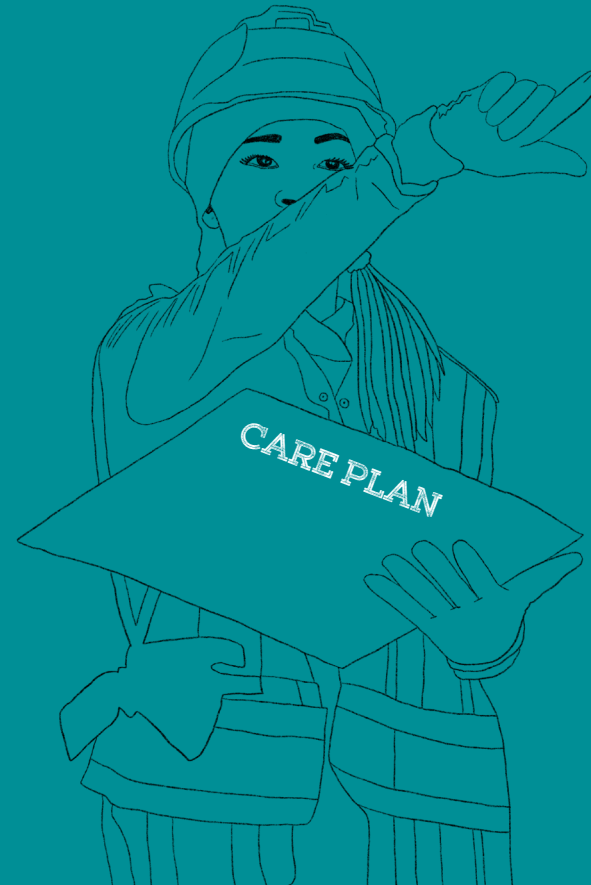
**CREATIVE CARE  
COORDINATORS**

**LINKS TO  
MENTAL HEALTH  
PROFESSIONALS**

**TRAUMA INFORMED  
PRACTICES**

**WRAP AROUND  
PASTORAL CARE**

**PEOPLE  
CONSIDERING THE  
IN-BETWEEN**



What does love in action  
look like when ...

# LOVE IN ACTION

*by Roseanna Dias and Josephine Gyasi*

Concepts and words developed following a group co-creation session with Daniel Edmund, Elsie Harp, Grace Kress, Jae Tallwah, Martha King, Raquel Meseguer exploring Creativity + Care, a KWMC programme.

## LOVE IN ACTION

What does love in action look like?  
What does love in action feel like?  
When the priority is the experience?

For artists, people and curators too

We focus on intentions, not outputs  
We practice what we preach  
Embedding care throughout  
Mapping our terrain, preparing the soil  
What we plant is up to us all

## LOVE IN ACTION

How do we create processes where we shift things  
Dissolve structures and rebuild them?  
Embryonic and expansive  
Elements that are solid and contained  
Elements that are porous and co-created  
Centering things that make us feel good  
Imagining a sanctuary that makes us feel good

The sanctuaries we imagine involve all of our senses

We want to rebuild new ways  
New ways of being  
Exploring creativity in clearings  
Able to move around, sit up, or lie down  
Chase the sun through leaves  
Bask in the shade of the trees  
We create these containers with tools and resources,  
with our communities  
Allowing what happens to grow, organically

Spaces that rewrite the rules of a space, for a time  
Our shared queendom  
Opportunities to disconnect from normative culture  
Reconnect with what we want to bring in  
Explore quieter ways of being together

Taking a moment to say I deserve to fill my lungs with air

What happens when we're given that level of space?  
That quality of space

That space, in time

Duties of care are shared and specific  
They weave together individual and collective needs  
Access riders, creative care-coordinators  
Paths to trained professionals  
Knowing what to do whilst we're healing  
Pastoral care that's easy to find  
Connection even when we are not together

You don't have to be everything for everyone

To care for you is to care for me  
We share practices of care  
Devolving care gives us strength  
How do we shift but maintain this connection  
This new accessibility the pandemic has driven?  
Capacity does not just mean time  
It's emotional, creative, spatial  
It's flexible and fluid  
A concept we need to refine

Creativity is learning

About ourselves and about others  
Our creativity is sometimes spawned from stress  
How do we create outside of this?  
Find new dynamics which serve this process?

Love languages become care languages

How we want to give and receive  
Express our support, articulate our needs  
We are learning about our individual edges  
Our boundaries and barriers  
Understanding where we begin and end  
Where we align with others  
How we interrelate and connect

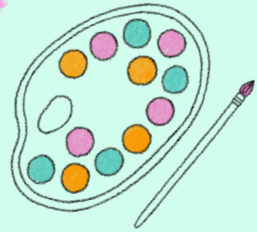
Communities of care are circular, non-linear  
Evolving, when we listen to ourselves and each other  
Self generating  
Self sustaining

## LOVE IN ACTION

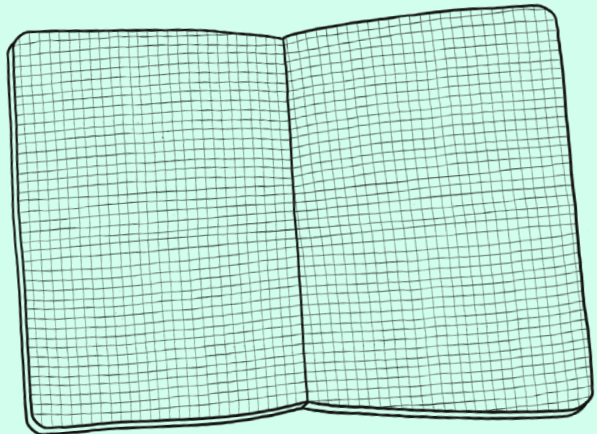


# CREATIVITY AND CARE

THE PRACTICE OF CREATING  
TOGETHER IS AN ACT OF  
COLLECTIVE CARE



TIME AND SPACE TO REFLECT  
ON IDEAS & THOUGHTS



**SHELBY x**  
**KWMC**★  
KNOWLE WEST MEDIA CENTRE



Commissioned by KWMC.  
Find out more at [www.kwmc.org.uk](http://www.kwmc.org.uk)