



ACCESS



BOUNDARIES



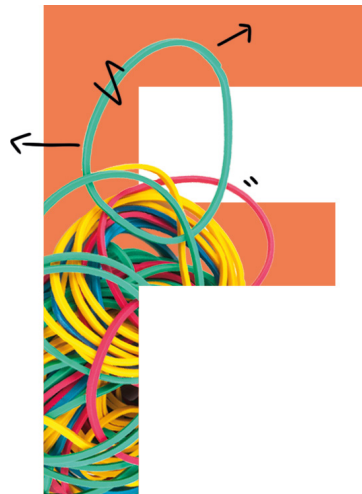
**COLLECTIVE
CARE**



DIALOGUE



EQUIP



FLEXIBILITY



GROUNDING



HONOURING

A

ACCESS

What should be considered to create access for all?

Think about how much an access budget would be and what that would allow?

"ACCESS IS LOVE"

Mia Mingus

B

BOUNDARIES

What are your personal and professional boundaries and working styles?

How can you communicate these to others?

"You don't have to be everything for everyone"

Roseanna Dias and Josephine Gyasi

C

COLLECTIVE CARE

What do you need to feel cared for?
What can you do to care for others?
These become your guiding principles.

"We need to learn how to practice love such that care for ourselves and others is understood as political resistance and cultivating resilience."

adrienne maree brown

D

DIALOGUE

Where are the opportunities for meaningful dialogue?
How can you enable people to offer their authentic opinions and listen to others?

"Allow artists and curators to share with you what their needs are and work with them to make sure they are met throughout the duration of their time"

Daniel Edmund

E

EQUIP

How are you ensuring that everyone is equipped to do the work that they need to do?

*What resources do you have?
What useful tools do you have?
What people could support you?
What's missing?*

"Create the container and equip people with the tools. Whatever happens there, you have to just let it happen, you know. It will come together."

Raquel Meseguer

F

FLEXIBILITY

*What is the balance between flexibility, fluidity and structure in your methods.
How can your processes meet everyone's needs?*

"If you feel like you're losing control you're probably co-designing...and this is a positive space to be in"

Carey Robinson

G

GROUNDING

What makes you feel grounded?

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

Roseanna Dias and Josephine Gyasi

H

HONOURING

How can we honour who is in this space?
READ THE QUOTE
How do you honour the things Wendell talks about in your process?

"Good work involves much giving of honour. It honours the source of its materials; it honours the place where it is done; it honours the art by which it is done; it honours the thing that it makes and the user of the made thing"

Wendell Berry



INTENTIONS



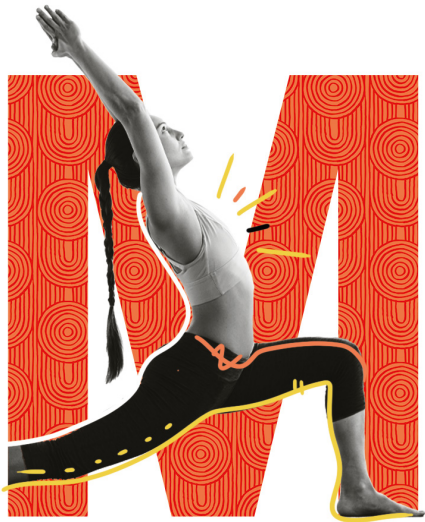
JUSTICE



KNOWLEDGE



LISTENING



MOVEMENT



NOURISHING



OPENNESS



PLAY

I

INTENTIONS

What happens when we focus on intentions and the process, rather than outputs?

"We need radical honesty-learning to speak from our root systems about how we feel and what we want. Speak our needs and listen to others' needs"

adrienne maree brown

J

JUSTICE

What change are you most passionate about making?
Are you working towards something that creates social justice?

"Justice is what love looks like in public"

Cornell West

K

KNOWLEDGE

What are you doing to share what you're learning?
Can you do more?

"The emphasis placed on recognising contributions, skills, knowledge, experiences and insight is empowering - creating ways for us to connect more deeply and is reflective of one of the most important collective care practices."

Grace Kress

L

LISTENING

What helps you to listen actively (with all of your attention)?
What does it mean to truly listen to others, without judgement or agenda?

"I'm letting go of pretending I'm in control"

Kavitha Rao

M

MOVEMENT

Express a movement sequence that makes you feel good
(dance, stretch, walk)

"We want to rebuild new ways, new ways of being, exploring creativity in clearings, able to move around, sit up, or lie down"

Roseanna Dias and Josephine Gyasi

N

NOURISHING

What practices, spaces, objects, things make you feel nourished?
How could you share some of this with others in this process?

"People are what matter. They are not a means to an end, but an end in themselves"

Daisaku Ikeda

O

OPENNESS

What does transparency mean to you?
What opportunities are there to break down existing barriers between you and others in the process?

"Paying attention is a form of reciprocity with the living world, receiving the gifts with open eyes and open heart."

Robin Wall Kimmerer

P

PLAY

When was the last time you spent time playing?
*How did it feel?
How might you create more space and time for play and exploration?*

"Pleasure activists believe that by tapping into the potential goodness in each of us we can generate justice and liberation, growing a healing abundance where we have been socialized to believe only scarcity exists."

adrienne maree brown



QUIETNESS



REFLECTION



SANCTUARY



TRUST



UNDERSTANDING



VALUED



WRITING



FAILURE

Q

QUIETNESS

Are there spaces for stillness and quietness within your practice?

READ THE QUOTE

Find a place to sit still, in peace, set a timer for 3 minutes.

"Another world is possible. She is on her way. On a quiet day I can hear her breathing."

Arundhati Roy

R

REFLECTION

Where are the spaces for reflection in your work, both as an individual and with others?

Can you be reflecting more?

"We build in reflection time"

Josephine Gyasi and Roseanna Dias

S

SANCTUARY

What does sanctuary mean to you and those you collaborate with?

"The sanctuaries we imagine involve all of our senses"

Roseanna Dias and Josephine Gyasi

T

TRUST

What do you think the link between trust and vulnerability is?

"Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are"

Brené Brown

U

UNDERSTANDING

What role does 'understanding' play in your process?

"We base our relationships on mutual respect and recognition"

Josephine Gyasi and Roseanna Dias

V

VALUED

How are you valuing yourself and others?

"Valued - Seen, Heard, Paid"

Grace Kress

W

WRITING

How can writing help us process things that are beneath the surface?
Write non-stop for three minutes about something that feels important to you right now.

"We are living now inside the imagination of people who thought economic disparity and environmental destruction were acceptable costs for their power. It is our right and responsibility to write ourselves into the future"

adrienne maree brown

X

FAILURE

What is your relationship with failure?

"To be truly visionary we have to root our imagination in our concrete reality while simultaneously imagining possibilities beyond that reality"

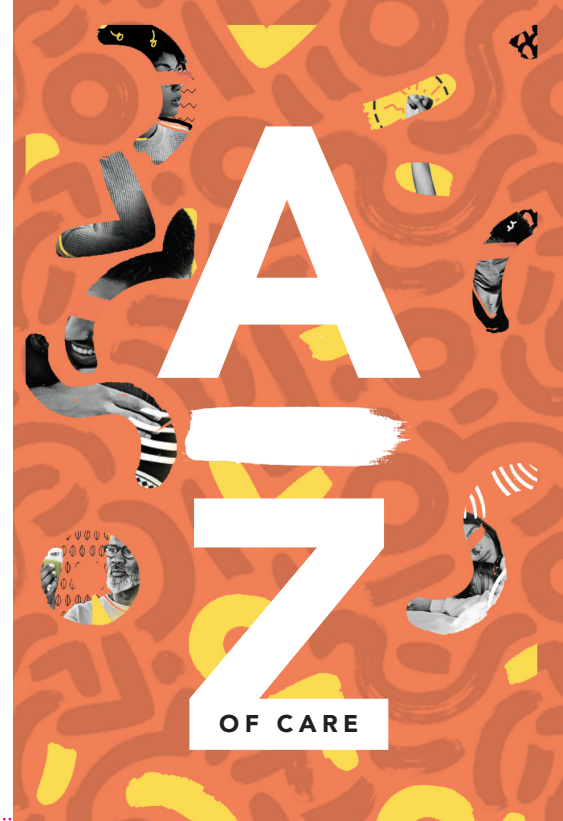
Bell Hooks



YOU



**ZZZ
[SLEEP]**



OF CARE



KWMC
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Y YOU

As an organiser, taking care of others,
how are you taking care of you?
Like, really?

"When we offer care to ourselves we are
better resourced to care for others, who
are then in return resourced to care for us"

Elsie Harp

Z ZZZ [S L E E P]

What does resting look and
feel like to you?
*How can you build this into
your process more?*

"Care MUST be reciprocal for not only
participants but the producers too"

Jae Tallawah

PLAY

These A-Z cards are here for you.
Designed as a tool to seed new
thoughts and grow deep
practices of care

"How do we learn to do this love work
of collective care that lifts us instead of
abandons us, that grapples with all the
deep ways in which care is complicated?"

Leah Lakshmi Piepzna-Samarasinha

**We invite you to play
and create your own
Care Languages.**

HOW TO

**In this pack of cards you will find
questions, prompts, quotes and
suggestions**

Each of them can be interpreted through
reflection or activity (drawing, writing,
talking, performing, thinking) and can be
done individually or within a group setting.

For example,

You can spend from five minutes up to an
hour noting down your thoughts in any way
or medium that you choose.

Resources you may need:

Timer, pens, pencils, notebooks, a space,
music, beanbags, internet connection.

The quotes you find in these cards
are from a mix of activists,
thinkers & co-creators involved
in this project -you can find more
information and the source of these
quotes by scanning this QR code.



A - Z

Made by
Josephine Gyasi (KWMC) and
Roseanna Dias (Studio Susegad)
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as part of the Creativity+Care programme

**Thank you
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who helped develop these cards:**
Daniel Edmund, Elsie Harp, Grace Kress,
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Leyla Moazzen, Martha King,
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"We are dreaming up a blueprint for the
future: one where care is recognised as
universal, reciprocal and central"

Josephine Gyasi and Roseanna Dias