



# CREATIVE CARE KIT

BEING THE CHANGE



## CREATIVE CARE KITS

is a collaborative project by Greater Manchester Combined Authority and the following cultural and voluntary sector organisations from across Greater Manchester, who have come together to respond to the Covid-19 crisis:

42nd Street  
The Blair Project  
Bolton Libraries and Museums  
Brighter Sound  
Bury Art Museum  
Community Arts North West  
Castlefield Gallery  
Cartwheel Arts  
Contact  
Manchester Craft and Design Centre  
Creative City  
Fareshare  
Farnworth and Kearsley Events  
Food Foundation  
Future Everything  
Gallery Oldham  
GM Arts  
GM iTHRIVE Arts and Mental Health Innovation Programme  
Link 4 Life  
The Lowry  
M6 Theatre  
Manchester Urban Diggers  
Manchester Nature Consortium Youth Panel  
NCS (National Citizen Service)  
Paradise Works  
People's History Museum  
The Proud Trust

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Read Manchester  
Reclaim  
Royal Exchange Theatre  
Salford Culture and Place Partnership  
Science and Industry Museum, STEM Ambassador programme  
Tameside Metropolitan Borough Council  
The Met  
The Turnpike  
Venture Arts  
Walk the Plank  
Waterside  
Whitworth Art Gallery  
Working Class Movement Library  
Young Manchester

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## Welcome to your Creative Care Kit: Being The Change

You've received this Creative Care Kit as a gift to help you with the challenging times we are all facing. These kits are a joint effort by a group of arts, voluntary and health organisations in Greater Manchester that have come together to support young people, particularly those who may find it difficult to get online.

During the first months of the pandemic, many young people – like the rest of the population – experienced the boredom, isolation and anxiety brought about by months of lockdown.

As we move into autumn and schools, colleges and some workplaces open up again, Greater Manchester is coming together to talk about how things can – and should – be different in the future.

By creating these kits, we wanted to support young people's creativity, their mental and physical health, and ensure that your right to be heard remains as strong as ever. This second edition builds on that goal, with a focus on the kinds of things young people can do to make a difference, promote change for the better in their communities, and discover and develop their passions.

The kit is divided into three themes: Being in the World, Being Myself, and Being the Change. In each section you'll find activities, hear the real life experiences of young people, and learn more about how you can get involved.

These kits are part of our commitment to keep young people updated on what's on offer in the city-region and to help you to make the choices that are right for you. Together with work on our Young Person's Guarantee, spearheaded by Olympian Diane Modahl, and our pioneering Our Pass scheme, we're taking action to support young people through the challenges they face.

I'm inspired by the contributions young people have made to this project, from Ryan's description of setting up a youth-led foodbank to George's excellent zine pages. I hope that this book inspires you too, and gives you some ideas about how you can get involved and make a difference for our city-region.

For many young people, life today isn't what they expected it to be a year ago. But as well as acknowledging missed opportunities and disappointment, we also have a chance to do things differently for ourselves and our wider communities.

This kit is full of ideas, stories and activities, which at the very least will help you pass the time, and may even inspire you to be the change you'd like to see in the world.

### Andy Burnham



We would love to get your feedback, hear your ideas and see what you make or do. You can use social media to do this:

 @GM\_Culture

 gmcreativekits

#GMcreativekits

You can also email us at  
CultureTeam@greatermanchester-ca.gov.uk

# YOUNG PERSONS GUARANTEE

## The Young Person's Guarantee: how young people in Greater Manchester are shaping their futures in spite of COVID-19

**Hi, my name is Olivia!** I am delighted to be part of the youth advisory group forming a guarantee that will offer all 11-30 years a sense of significance, importance and reassurance that, their problems **HAVE BEEN HEARD AND THEY WILL BE SUPPORTED!** Whilst I am thrilled to be a member of the youth advisory group, I also recognise the accountability it entails as I feel a huge responsibility to ensure young people of Greater Manchester are supported in all aspects of their lives.

I have recently graduated from the University of Liverpool and have struggled during COVID-19 with gaining employment and also mentally in adapting to life post-university. Some of my friends, like me, have struggled with feelings of insignificance and worry, being the first time in their lives that they have no plan of what their future looks like, fuelling anxiety and low self-esteem. Being sent home from university to be so isolated away from university friends and home friends also exaggerated loneliness and sadness - a dangerous 6 months for people suffering with mental health. Leaving university was not only an experience that felt like a loss of friends and direction but also a loss of support, whether that was career advice or mental ill health support. Likewise, friends in full-time employment have found the shift to working from home claustrophobic and stressful without the environment of their offices and their colleagues' friendly faces. Moreover, school children have been incredibly down, bored without their friends and out of school activities, all with a mixture of lack of motivation and worry surrounding their education.

As part of the Staying Well Team, I think it's really important to let all young people know about the existing services on offer in Greater Manchester and also to ensure services are accessible, purposeful and used.

Along with six other members of the youth advisory group that are supporting this theme, I will be involved in ensuring these priorities are met through discussions with health services and organisations. As a group, we will gain knowledge of what currently exists and provide recommendations of how these services could develop further to support young people's mental health. We'll also be setting up campaigns to promote services to all young people. Additionally, we will ensure young people feel safe and confident that safety measures are being followed in all education settings.

### Staying Well

The theme Staying Well focuses on listening to the needs of the youthful population of Greater Manchester expressed through consultations and surveys and has established three key priorities that will help a variety of ages including:

- Ensuring school pupils feel safe and secure
- Increasing accessibility to mental health services for those outside of education
- Offering opportunities and accessible information for all ages to engage in social action



# YOUNG MANCHESTER AND YOUTH SOCIAL ACTION

Young Manchester is a charity that was created to support children and young people (you!) in Manchester by bringing extra funding into the city to create extra opportunities to help

you thrive. Many of these opportunities are through youth social action, which is funded by the #iwill campaign.

## What is Youth Social Action?

Youth Social Action relates to activities that you can do to make a positive difference to others or your environment. This could be campaigning, volunteering or fundraising. Youth social action is 'action taken to create positive change', which is based on six core principles.

### Focus

We focus on youth social action as we know that many of you are keen to contribute more to your communities, whilst shaping your own futures – we call this a 'double benefit'.

## Challenging

Stretching and ambitious as well as enjoyable and enabling

## Embedded

Accessible to all and well integrated to existing pathways to become a habit for life

## Reflective

Recognising contributions as well as valuing critical reflection and learning

## What does great youth social action look like?

The #iwill campaign identifies a set of six principles which define great social action

## Progressive

Sustained and providing links to other activities and opportunities

## Socially Impactful

Have a clear intended benefit to a community cause or social problem

## Youth-led

Led, owned and shaped by young people's needs, ideas and decision making

Since we began working with #iwill, we have supported nearly 10,000 children and young people like you, to access opportunities to take action for positive change, for themselves, their peers and their communities.

Young Manchester will continue to work with local organisations and partnerships to create new and exciting social action opportunities for you!

**Together we can make Manchester the 'City of Social Action'.**



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# BEING IN THE WORLD

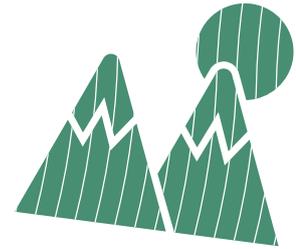


# MANCHESTER NATURE CONSORTIUM YOUTH PANEL

The Manchester Nature Consortium (MNC) is made up of individuals from environmental organisations who are responsible for planning the annual Manchester Festival of Nature. The group includes people from the Lancashire Wildlife Trust, the National Trust, Action for

Conservation, City of Trees, the RSPB, Chester Zoo, the RHS, Manchester City Council, the University of Manchester, Manchester Metropolitan University, the Woodland Trust, the Conservation Volunteers, Manchester Museum and Moors for the Future.

In 2020 the MNC welcomed six passionate young people aged 12-17 from Greater Manchester, to the MNC Youth Panel. The Youth Panel is responsible for ensuring the Manchester Festival of Nature is exciting, accessible and inclusive to young people from all backgrounds and for getting other young people involved. We're excited to introduce you to the panel, hear why they are passionate about taking action for the environment and share their favourite ways to connect with nature.



Nature is important to me because it reminds me that day-to-day activities such as school and exams are not the only things that are important in life. I also enjoy nature as it allows me to feel safe in a place that is not going to judge or make comments about me and accepts me for who I am. I like to experience nature by going for long walks and taking photos of nature that I see along the way. Finally, I like to view all of the different animals that are in my local area both with bird feeders and bug houses and by using my camera trap.



I've always loved nature and the environment since I was younger. Natural scenery has always topped industrial landscapes for me, and there really is nothing better than a nice walk through a wildlife-filled area; just me and my dog. The sights, sounds and smells just really are my idea of paradise and I fear that without it everything vital would be lost.



What first inspired me to care for the environment was watching nature documentaries with my family when I was young; since then I have been intrigued to understand how everyone can help nature. I try to do small actions every day to connect with nature and also help the environment (even if it is ever so slightly). I try to avoid red meat and do some form of activity outside. I also re-use items like bottles and bags and repurpose old items in the garden to create something new. It's important for young people to take action for nature because we are the ones who can change the world for ourselves and the next generation to come.



I'm Grace I volunteer as a youth urban ranger for the National Trust. I am so passionate about taking care of our natural environment and the thing I love most about being on this panel is seeing people my age with similar interests and taking action together.

GRACE



The reason I care about nature is simple: I want to keep seeing it around me. I want to walk into a forest and see its canopy full of leaves. The reason I care about the environment is because I want to keep the nature around me alive. Being a young activist holds a great deal of importance for our ecosystems. We, as the new generation, need to take care of both ourselves and our environment.

MATEI



Hi I'm Eve! I believe nature provides great calm for us. I love going out for walks to relax, and it's really rewarding working with the MNC Youth Panel as an activist for protecting the environment. The natural environment is so complex; different species are interconnected in so many ways we still don't understand and it's vital for us to respect their space, needs and growth just as much as ours!

EVE



## GET CREATIVE

### Get buzzin' for the bees

Did you know there are 270 species of bee found in Britain? Bees are incredibly important pollinators and our food system relies on them. Did you know that bees use the position of the sun to navigate? Their eyes are very sensitive to light so they can detect the direction of the sun even in poor weather. Here's how you can help the bees:

- Grow plants with nectar and pollen. Bees especially love blue, purple and yellow flowers.
- Keep your weeds! Even weeds such as dandelions provide pollen and nectar for bees.
- Try making a bee nest. Queen bees hibernate throughout the late autumn and winter and they need a safe home for this. You can use simple household materials to create a bee nest and ensure bees have a safe place to spend the winter!

### Try a sit spot in nature

A sit spot simply involves going outside, finding a place in nature to sit and taking in your surroundings using all your senses. You can look at the plants, trees and birds around you, listen to the sounds of the landscape or notice how the ground feels around you. Sit spots can be done almost anywhere, anytime, and work best when you do them somewhere you can visit again and again. Sit spots can help improve your awareness to the world around you, make you more creative and help bring peace to a busy day. Give them a try!

### Get creative in nature

The natural world has inspired countless poets, artists, musicians, writers and photographers over the years – now it's your turn. Visit your favourite place in nature and get creative. You can sketch or paint (don't be afraid to do something more abstract!), practice your photography, write a poem, short story or a song, or even record a podcast about what nature means to you or how it makes you feel. Remember, the best art comes from the heart so be proud of what you produce.

## BEE FRIENDLY

Why not 'bee friendly' and create a collage bee that can be displayed in the autumn at our bee exhibition? Tameside Culture are installing an amazing bee house and swarm of crafted bees to raise public awareness of their importance

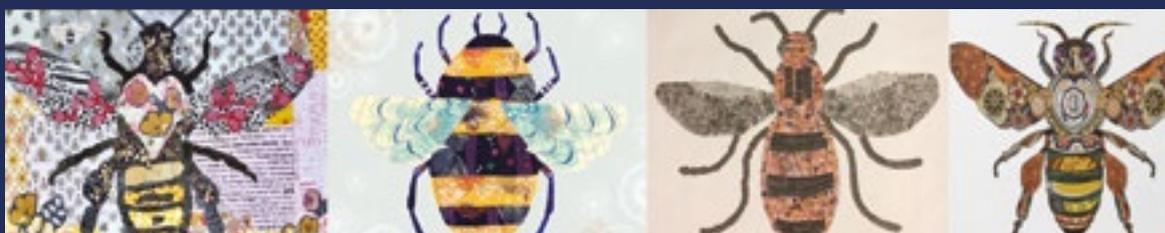
in pollinating our food crops. You can deliver your finished bee to the Local Studies Library on Cotton Street East, Ashton and be part of the project.

You can use this template as a basis for your creation, adding your own designs.

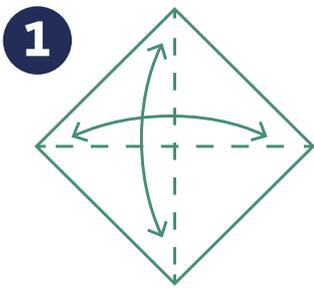


**NEED SOME  
INSPIRATION?**

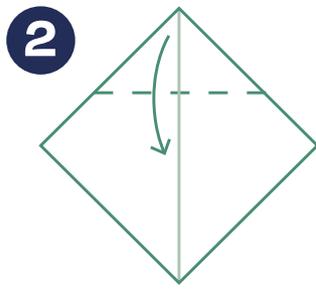
Here are a few examples to get your creative juices flowing.



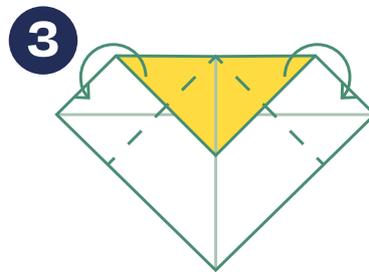
# Make an origami bee!



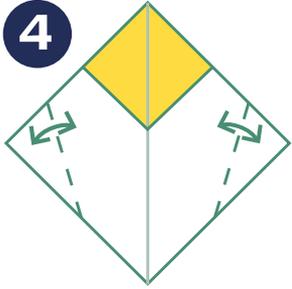
1 Start with a square piece of paper, fold in half to make creases and fold back.



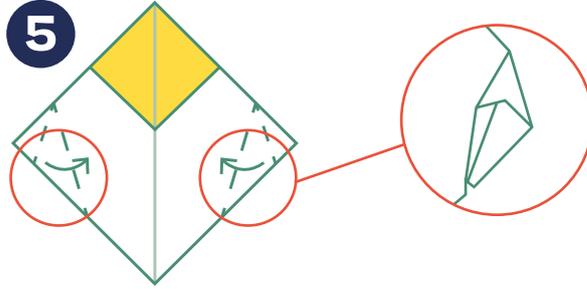
2 Fold in the dashed line.



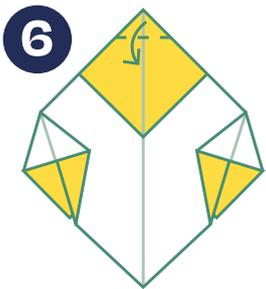
3 Fold backward in the dashed line.



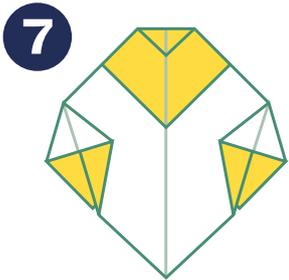
4 Fold to make creases and fold back.



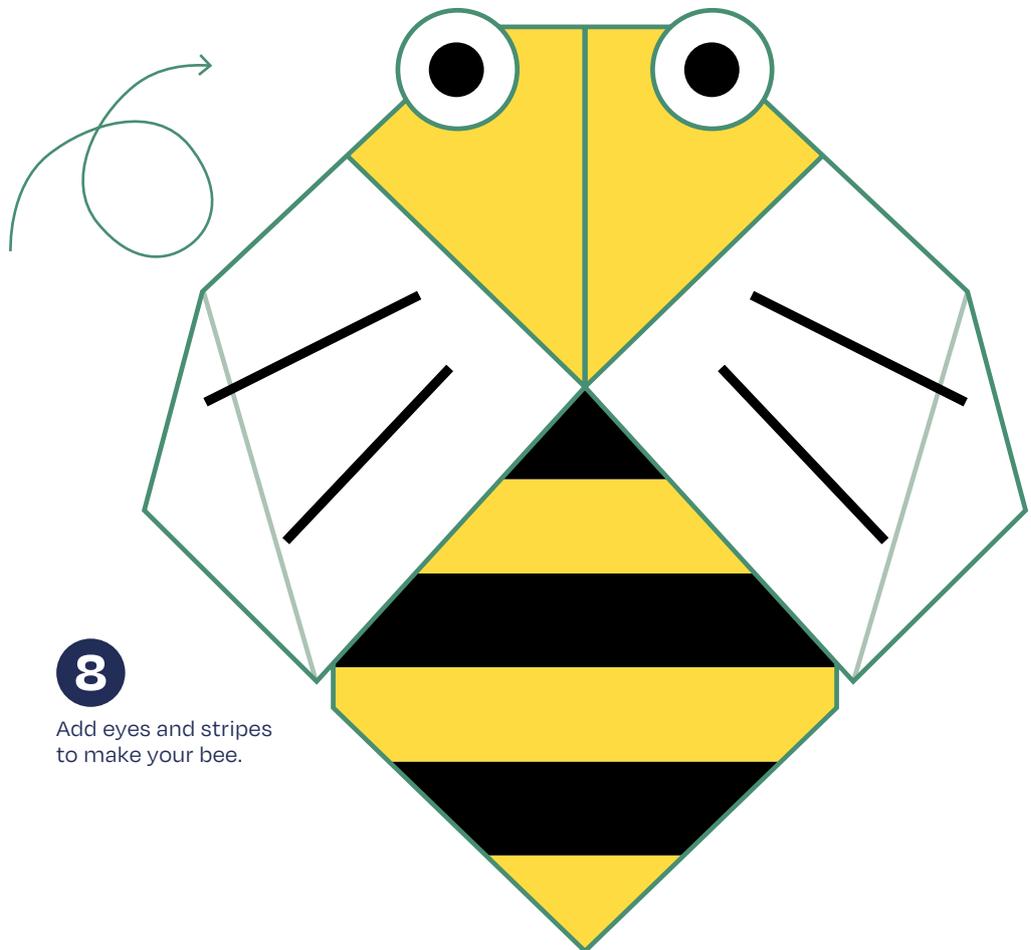
5 Open then highlighted part and flatten.



6 Fold in the dashed line.



7 Turn over.



8 Add eyes and stripes to make your bee.

# THE STORM

The Storm is set in a future world where climate change has not been tackled successfully. In the face of much more severe and frequent extreme weather events; failing agriculture; rapid degradation of the natural environment,

with many species endangered; global food shortages; natural disasters; crumbling infrastructure with society starting to breakdown, The Storm's main character, Frankie battles to achieve simple things.



'The Storm' by Nicola Schofield is a single voice play and is M6 Theatre's response to the uncertainty and anxiety surrounding the issue of Climate Change.

In the play, much of what we take for granted in the 2020's is threatened or lost. Society is separated into 'zones'. This is to manage resources but also to know where people are, in the case of frequent dangerous weather.

In the play, we meet Frankie. She's been away, tree planting and working on a rewilded farm with an environmental group called Upstream and is about to cross zones to return home. Frankie has had to stop to fix her broken bag.

A storm is due. A big one. But Frankie's sure she's got time before it hits.

As payment for some extra work, she's been given some eggs and a really old book. This is great because it means she can make her 5 year old sister, Kiki, a birthday cake and give her the book as a present.

On the next page is an extract from the script.

## TRY THIS!

### Creative Writing

The impact of climate change in our monologue meant there were many animals which became extinct. Think about any other animals which you'd miss or other aspects of the environment which might be affected due to climate change e.g. beaches, ice caps, forests. Imagine you're in 2050 and describe this world you have imagined and the impact it has on life in a short monologue.

Imagine Frankie was able to travel to 2020 and speak to us. What do you think she'd like to say? Any advice she'd give us or any warnings?

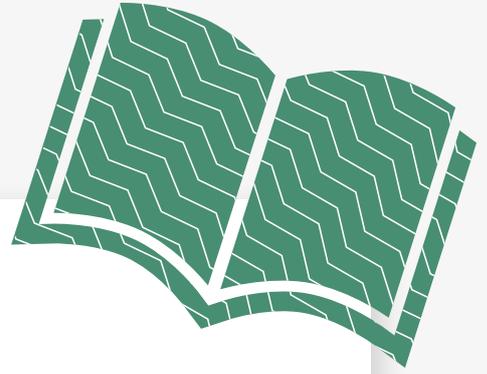
### Performance

Learn and perform the script extract. In our production, this section was underscored by some gentle, moving music. Can you find some music to underscore your own performance? Try a few options to see the effect it has on the way you perform the script.

### Take Part:

In the play, Frankie works hard, planting trees. The Woodland Trust are offering FREE TREE PACKS for schools and communities. Why not get planting?! Or get in touch with your local council asking them to commit to plant more trees and to protect the trees you already have.

If you would like to read the full script, please call M6 Theatre on 01706 355898 or drop us an email on [admin@m6theatre.co.uk](mailto:admin@m6theatre.co.uk)



Frankie picks up the book.

**Frankie:**

Sandra gave me this for our Kiki.  
Kiki will love this!  
She's never seen some of these animals before,  
I'll have to explain they're a bit like the Dinosaur,  
They used to live here but they're extinct now,

*Frankie opens the book.*

This is an Orangutan, they lived in places like  
Borneo it says. They lived in the trees,  
But the forests kept getting cut down,  
Mum remembers them, films of them,  
The Orangutans would stand on the diggers trying to stop them,  
They'd swing through the branches, sometimes with their  
Babies on their back, you'd think you'd want to help them,  
Wouldn't you?

*Turns the page.*

Polar bears, we have a snow globe with a polar bear in,  
Kiki loves shaking it, seeing the snow falling,  
They kept losing their homes too, in the Arctic,  
Dad told us the ice kept melting as the temperature got higher,  
The polar bears depended on the sea ice,  
it looked so beautiful as well.  
All that snow and ice, maybe cause not many humans  
Lived there they just didn't see what harm it was doing?

*Turns the page.*

Ah look at this. I like Wolves.  
Kiki worries I'll meet one when I'm with Upstream.  
I said they're in forests in America, not here.  
There's a famous park in America, Yellowstone Park.  
And years ago they let the wolves go back there.  
It changed the park, the Deer didn't roam cause they  
Were scared of the Wolves, but it meant in parts grass grew,  
Trees got bigger and that helped the birds and it meant  
The Bears had berries to eat off the trees.  
Nature's clever isn't it?  
At least Kiki will know some of the animals are still here.

*She finishes the book.*

I wonder how the animals feel in a storm.

# WRITE YOUR OWN SONG

Here, Natalie shares her top 3 methods for writing vivid, engaging song lyrics. Paint a picture with words.

If you're interested in getting involved and learning how to write songs with others, then get in touch with Brighter Sound! (details on p.26)

Natalie McCool is a singer, songwriter, multi-instrumentalist and visceral front woman. She has picked up a fast growing support base of fans and critics alike with her truly innovative and beautiful take on pop music. She has performed extensively across the UK with two headline album tours under her belt and has played shows at major festivals worldwide.



This challenge was set by  
**Natalie McCool**

Natalie facilitates songwriting sessions for aspiring young musicians with music charity Brighter Sound.

Follow Natalie on Instagram:  
[@nataliemccool](https://www.instagram.com/nataliemccool)

## 1 Do it in your sleep (literally)

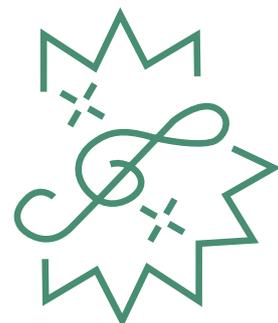
Let's reinvent this method by reversing it. Instead of writing down your thoughts when you wake up, try writing them down at the end of the day, before you sleep. Try thinking about the environment and how it's important - to you. Are there any issues you are aware of that you feel strongly about - and want to support or change for the better? Relaxing and focussing before you sleep is an effective time to get some words down on paper, because your mind will be busy processing your thoughts and opinions - which you can later use as a jumping off point for really meaningful & direct lyrics.

## 2 Use a photo, film or book

Passionate about the environment? Try using a news article on this theme as a spring point for your song concept or lyrics. It could be an eye catching headline from the TV / newspaper / magazine, a striking or controversial phrase, or even a caption of someone's opinion - get researching, see what you find and how you can use it!

## 3 Use everyday conversations

Think about any conversations you've had with friends and family about environmental issues, or maybe school work you've done. Look back at the different things people said, their different opinions - did you agree with them? Why not use these discussions and ideas as a starting point for your song theme? You could even pick one phrase and use that as your starting point!



# PLAYING FOR TIME

Earlier this year, music charity Brighter Sound commissioned two young artists to create new music inspired by the global climate emergency.

Tasha and Sian talk about their passions, why they care about the environment, their experiences of being commissioned to write music, and why they think music is a really good way to raise awareness of important issues and inspire change in people.

My name's Tasha, I'm an actor-musician, songwriter, composer, and somebody that loves her planet. Climate change means everything to me.



## Our voices need to be heard

The people meant to be helping us have their heads stuck in the sand, or they simply choose to ignore it. It's become the job of younger generations to amplify the dangers and risks of what will happen if we continue down this path. The path chosen for us by large companies and world leaders. Our voices need to be heard. We need people to realise and understand what will happen if we don't do anything.

The Playing for Time commission was a great opportunity for me to express my feelings, and explore myself as a composer. I wrote a ten-minute piece split into three parts, with each part representing a different emotion: fear, anger and hope. Creatively, the piece is really different to my usual style. I'm very much a songwriter who uses lyrics to describe thoughts. When I began the process, I really struggled to write lyrics that truly reflected everything I felt about the topic. So I tried composing something purely instrumental. This became a sort of domino effect, leading me to create visuals to go with the music, and then realising parts of it would work even better by incorporating live theatre!

Recording the music in a professional studio gave me the opportunity to meet some really talented musicians from the industry. I was also able to play with stuff I don't usually have the chance to, like sitar, clarinet, violin, and video editing!



This challenge was set by  
**Tasha Dowd**

Follow Tasha on Instagram:  
[@TashaDMusoUK](https://www.instagram.com/TashaDMusoUK)



Music is such an amazing universal language to communicate with people. You can use it to convey and discuss so much without saying a single word. If it's a topic you're passionate about, it shows. You can feel how much the writer cares when you listen to their music. Working with instrumental music was great for me as I didn't have to worry about words, I just knew my thoughts and feelings were being expressed.

If you want to create work about something you're passionate about, do it! I really recommend doing your research, figuring out exactly what you want to express (and why) first. After that, just play around with it! Whether it's a drawing, a song, or a piece of poetry - what you create is important. Whether you share it for the world to see, or keep it to yourself - you'll still have developed as a creative!



**TRY  
THIS!**

## Tasha's challenge

If you own an instrument, try and write a song with it... but use that one instrument to create as many non-vocal sounds as you can! Slap, fingerpick, strum, tap and use more than just the obvious parts of your instrument to create sound. You might find there's a lot more you can do with it than you assumed!

If you don't have an instrument, why not try making one from anything you can find in the house? A box of cereal, rice in a box, elastic bands round a mug, milk bottles with different quantities of water. You might find there's a lot more you can do with it than you thought!

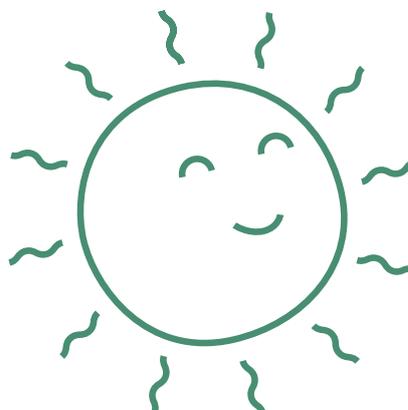
# PLAYING FOR TIME

My name's Sian. I am a 19 year-old spoken word artist and singer-songwriter, born and raised in Manchester. I use my creativity to express myself about real life situations and society today and that's what my work will always consist of.



**This challenge was set by Sian Clarke**

Follow Sian on Instagram:  
[@SianTheVisionary](#)



## Can I be a voice for the planet?

From being small I've always had a love for the Motherland, God's beautiful gift. As human beings we take things like the planet for granted. That's why I am beyond happy to shed a light on how serious climate change is. Being able to spread an important message creatively is the ultimate win for me.

As a musician and spoken word artist, I wanted to create something that allowed both sides of me to shine, so I decided to create two pieces – one song and one spoken word piece. After doing my research the main challenge was 'How can I fit in all of this information?' It was hard to be selective, but I took away what was most powerful to me. My work is about talking about the world as a whole. It's about how time is running out and if we don't solve this now, we're all finished!

It's about how people can be small-minded in situations like this, they don't like to listen or see the vision of change. The spoken word track is just me, my voice – focusing on the power behind what I'm saying. The other is a song I've collaborated on with my friend who is a producer. The beat is uplifting – you can vibe to it – something that will stick in your head. Simple, but catchy!



## GIVE IT A GO!

### Sian's challenge

I challenge you all to be passionate! I challenge you all to take a stand in something you believe in but never thought you would have had the courage to do.

Be the good in the world. Be the change you want to see in the world because there is still time for a new, better world. I have had so many influential people be a part of this particular journey of mine from God, my mentor Nicole, my partner, family and best friends. They inspire me to be a representation of something positive in this world. With support and belief the possibilities are always endless.

# MAKE YOUR OWN RECYCLED PAPER BEADS

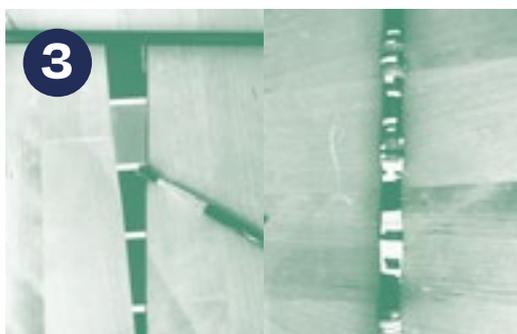
Our planet has a finite amount of natural resources so it is really important to recycle and re-use materials when we can.

Using scrap paper in craft projects is one way to do this but can you think of any more ways you can re-use scrap materials?



Along the top of your paper, measure every 3cm.

At the bottom of your paper, mark 1.5cm in from the edge and then mark every 3cm from that point.



Paint some glue onto your paper from about 3cm down the triangle

Carefully roll the paper around a pencil, with the glued side outwards, adding glue until the whole triangle is wrapped around the pencil.



Draw lines between the marks to create thin triangle shapes.

Cut the triangles out.



Once the beads have dried, use some more glue to varnish them.

**GET  
CREATIVE**

## What you need

- Scrap Paper
- PVA Glue
- A paint brush
- A ruler
- A pen
- A pencil

# FABRIC OF PROTEST

We are taking inspiration from placards made for Manchester's first Youth Climate Strike in February 2019. Think about why nature is important and what we can do to protect it.

What image or words can you use to show this? Take time to consider your relationship with nature through textiles.



1

**GET CREATIVE**

## Collage

Cut shapes out of fabric and paper and experiment with different ways to put them together to visualise your message.



3

## Embellish

Now cut shapes out of recycling materials to make sequins and embellishments. Make a hole with a needle then stitch onto your work.



2

## Stitch

Use different techniques to stitch together and decorate your piece.



4

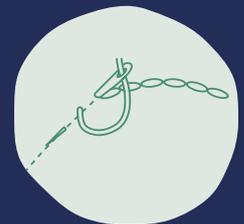
## Words

Use felt tip pen or crayon, stitch with thread or cut words from paper or fabric materials.

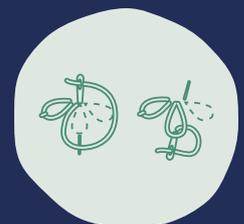
## What you need

- Yarns and threads
- Sewing needle and pins
- Scissors
- Fabric: old clothes, bed linen
- Paper: magazines, wrapping paper
- Recycling: yoghurt pots, sweet wrappers

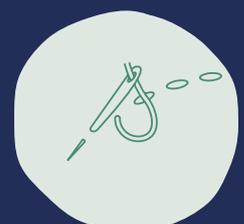
### Back stitch



### Half chain stitch



### Running stitch



# THE MINDFUL PARK



Slow down for a moment and use your senses to explore a park or green space near you. Think about how it is now then imagine what it might be like in 2220.

## YOU WILL NEED:

A pen and paper or a phone so you can write or record your notes, feelings and responses.



## CHALLENGE

Choose a spot in a park where you can safely sit, stand or lie for five minutes.

Once you are settled set a timer for five minutes, then close your eyes and focus as much as you can on what is happening around you.

It can help to think about your surroundings in terms of your senses.

After five minutes open your eyes and write down or record everything you can remember about how the park felt when your eyes were closed.

Use the prompts we have provided to help you write down your ideas. Now do the activity again but imagine you are in 2220

## SENSE PROMPTS:

I can touch...  
I can see...  
I can hear...  
I can smell...  
I can taste...  
I feel...



Creative practitioner  
Ros Norford developed  
this page with her collaborators  
Aliyah Hussain  
Anna Horton Cremin  
Liz Postlethwaite  
Designed by Kitty Hopking

This is one page of larger pack which has been commissioned by Rediscovering Salford and Suprema Lex funded by the Arts Council England to explore Salford parks and to think about what we would like our future to look like. To download your full pack <http://bit.ly/3k8eGeR>

# BECOME A FOOD WASTE WARRIOR

Did you know 1/3 of the world's food is wasted!?  
We are here to invite you to help us fight the war  
on waste!

## What is Gleaning?

Gleaning means to collect something from somewhere.

Traditionally, people would harvest the produce left behind in the field from the farmers' harvest. The Gleaning Network is a team of volunteers dedicated to gleaning 'waste' food and feeding people. The 'waste' food is perfectly edible but for different reasons is left uneaten.

## Some examples of waste food are:

### Gluts

When a crop grows really well due to excellent weather conditions, the price of the crop drops or 'falls out of the bottom' because the market is flooded with the same item. This means that it's not worth the cost of labour to harvest.

### Wonky Veg

Supermarkets reject vegetables and fruit from farmers that don't 'fit' to their strict standards, they can reject whole crops if they are too big or too small. The farmers then have to plough the veg back into the field to grow the next crop, wasting thousands of vegetables on every farm in the country.

### Lack of labour

There simply isn't enough staff/people or time to harvest the fruit and veg before it is over ripe.



### These illustrations were made by Lulu Heal

My work often explores the space between wakefulness and sleep. I'm inspired by textures found in nature, skateboarding the city at night, the chaos of moving water and your distorted reflection in a puddle.

Follow Lulu's work on instagram @Lulu\_Heal

## Time To Go Gleaning!

It's pretty shocking to hear about food waste, it can also be a bit upsetting, especially knowing that people are going hungry across the country.

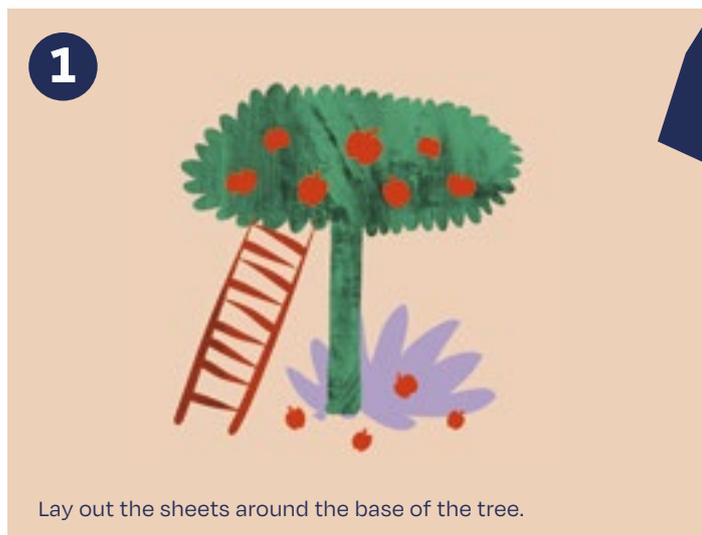
But don't worry, gleaning is something you can do in your local community right now, with very little equipment.

Next time you go on a walk to the shop, the countryside or to visit someone, keep an eye out for apple and other fruit trees such as plums, pears and damsons in peoples front gardens, parks and green spaces.

Go with a friend or family member and either post a note or knock on and ask if they would like you to pick their apples.

### What you need

- A large sheet, maybe an old bed sheet or towel
- A stick, maybe a broom or mop
- Baskets/boxes/sacks/bags
- A sturdy step or chair (and someone to spot you)!



**GIVE IT A GO!**

2

Use the long stick to shake the tree, you can even shake branches with your hands.

3

Reach higher up by standing on the step/chair. Make sure it is on an even floor and your gleaning partner is holding the chair/step and watching so you are safe.

4

Pick out any rotten and damaged fruit, they can ruin a whole batch if left in.

5

Pick up the sheet at each corner and pour into your storage containers.

6

Making sure you lift correctly, take the fruit home (and make some apple butter!)

7

Share your fruit in your community!

**ALWAYS REMEMBER**

### Health and safety

This is a great thing to do for your community, but there are some things you must think about before you start gleaning.

- Don't go into strangers' houses. You can chat in the garden and you never need to enter the house to glean. Make sure you check local Covid-19 guidelines in your area to make sure you keep safe.
- Find a gleaning buddy, it's much safer to work with someone else.
- Watch your head! Apples falling from a height can be a bit heavy, look up and watch where the fruit is on the tree and try to predict where they will fall.
- Lift heavy boxes carefully, bend with your knees, share the load with someone else and make sure the containers are intact. Only lift what you can, don't overexert yourself. Try and get a trolley or wheelbarrow if possible.
- In hot weather, take water and wear sunscreen, in bad weather, wear appropriate waterproof clothing and shoes.

# MAKING APPLE BUTTER

Make your gleaned apples into a delicious apple butter! This takes a while so get comfortable and enjoy watching the apples change from pieces to puree and then to a tasty paste.

## What you need

- 2L saucepan
- Wooden spoon
- Jam jar
- 25 ml of water
- 1/4 teaspoon citric acid

## Ingredients

- 5 apples (approx 1kg)
- 50 gm sugar
- 25 ml of water
- 1/4 teaspoon citric acid

**GIVE IT A GO!**



For the apples, you want to use a sweet variety such as Gravenstein, Granny Smiths, McIntosh, Red Delicious or Gala.



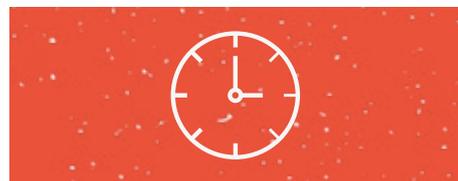
Peel the apples and cut them into quarters. Cutaway the seeds and any hard centre.

Roughly cut the quarters into 2cm sized pieces.



Place all the ingredients into the pot, put on the stove with medium heat and stir everything together.

You want to slowly cook the apples until they have lost most of their moisture. Take your time and stir throughout.



Do not leave the pot unattended to avoid burning the apples.

This takes a while so get comfortable and enjoy watching the apples change from pieces to puree and then to a paste. As it cooks you will notice the colour starting to change from white to light brown.



Once the apple mixture is dry and starts to stick to the bottom of the pan, it's ready. It should reduce to 1/4 of its original size.

Transfer into a clean jar and store in your fridge for up to 2 months.



It's a great addition to porridge, you can spread it on toast or serve it with some roast pork. Good luck and happy cooking.

## WHAT IS FARESHARE?

FareShare is the UK's longest running food redistribution charity. They were born out of the belief that no good food should go to waste,

especially when people are going hungry. This belief is as central to their work now as it was 25 years ago.

• **24,074**

Tonnes of food redistributed to charities

• **57.3 mil**

Meals equivalent provided to vulnerable people

• **1,500**

Volunteers

• **933,178**

Number of people per week supported by our charity members

• **10,962**

Charity and community groups helped

• **£14.1 mil**

Estimate value of food to charities

### Ready, steady, cook!

To mark this year's World Food Day – we want you to make a meal using only the ingredients you have in your house. Rummage through the cupboards and root around in the fridge. There's no recipe card as everyone's meals will be different!

### TRY THIS!

Don't forget to post photos of your meals with the hashtag #WorldFoodDay.

To find out more about how to make the most out of your food, head to: [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

# YOUTH ACTION - END FOOD POVERTY

Do you know the footballer Marcus Rashford? He is a 22-year-old Manchester United and England striker who is using his time off the pitch to campaign to stop child food poverty in the UK. In the summer, he won a successful campaign

to get the Government to extend free school meals to pupils over the summer holidays. He is now asking the Government to do three things that will change the lives of millions of children and families.

## The three things Marcus Rashford is asking the Government to do are:

- Give Free School Meals to more children
- Make sure children don't go hungry during the holidays
- Increase the value of Healthy Start (which gives low-income pregnant women and children up to the age of 4 vouchers to spend on fruit, veg and milk)

## What action is Marcus Rashford taking?

Marcus Rashford has spoken about his own experience of using a food voucher scheme as a child. He is encouraging others to share their experiences too. He has been sharing these stories on his social media channels.

He has also written letters to Members of Parliament and the Prime Minister asking them to act. He has been working with The Food Foundation to gather reliable evidence and hear from young people about their experiences.

The Food Foundation is a charity with a mission to ensure every child in the UK can access and afford good food. It champions Children's #Right2Food and works with young people to ensure their voices are heard. You can see the young people's #Right2Food Charter on the next page. Find out more at: [www.foodfoundation.org.uk](http://www.foodfoundation.org.uk) or on Twitter @Food\_Foundation.

## What is food poverty?

Many children and young people in the UK struggle to get enough to eat and the Covid crisis has made this much worse. Food poverty, or food insecurity, can affect children who don't get free school meals, or parents on a low income, or those who have lost work during Covid.

In the last six months, 14% of parents have experienced food insecurity. There are 2.3 million children living in these households. They may have eaten smaller meals or less healthy meals, skipped meals or gone a whole day without eating.



## Take action now – Sign Marcus Rashford's petition

Marcus Rashford has launched an online petition calling on the public to support his campaign. Please sign the petition and share with colleagues, friends and families.

Don't forget to share on twitter using the #ENDCHILDFOODPOVERTY hashtag.

Find the petition by searching: [bit.ly/endchildfoodpoverty](https://bit.ly/endchildfoodpoverty)

### Top tip!

Make sure you personalise your letter before you send it – add your name, age, as well as your own views and story, then why stopping children going hungry matters to you. You can send the letter by post and also by email.

# TRY THIS!

## What can you do to help?

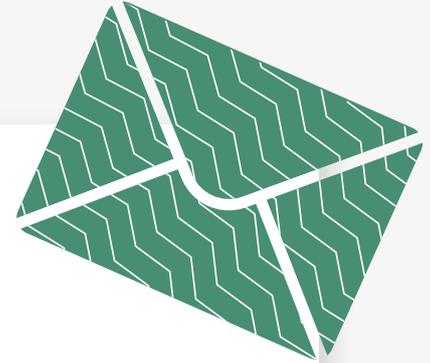
Young people can help raise awareness about the issue of food poverty. You can share your views directly with the Prime Minister, or your local MP.

We've drafted a letter on the opposite page that you can adapt and send to the Prime Minister Boris Johnson. You may also want to send it to your local MP. To find your MP's name and address you can simply type your postcode into this website: <https://members.parliament.uk/FindYourMP>.

## Why is it important to write to politicians?

The Prime Minister and his Government have the power to help and we need to persuade them to act. Politicians are elected to represent the views of the public and as a young person you represent a future vote, so your opinion counts too. You can help persuade them to take action. Writing a letter will only take a short amount of time but can really make a difference.

Address your envelope using the same layout that you used at the top of your letter. You could also email your letter to [boris.johnson.mp@parliament.uk](mailto:boris.johnson.mp@parliament.uk)



The Rt. Honourable Boris Johnson, MP  
Prime Minister  
Office of the Prime Minister  
10 Downing Street  
London SW1A 2AA

(DATE)

Dear Prime Minister,

I am [age] years old and from [Manchester]. Marcus Rashford is from Manchester too and recently he's been campaigning to End Child Food Poverty by expanding Free School Meals, Holiday Programmes and the Healthy Start Scheme.

It is really important to me that you listen to him and help children and young people who are struggling to get enough food during this pandemic.

This is because...

[ADD HERE REASONS WHY YOU HAVE DECIDED TO SEND THIS LETTER – it may be because you are on Free School Meals and know how important they are, because you live in a family where budgets are tight and you visit a food bank or get help with food some other way, because you know what it is like to be worried about getting enough food, or because you have friends who you think might be struggling. Perhaps you might like to tell the Prime Minister what your life is like and why this means that all children getting enough food is important to you?].

I know that 14% of families with children have experienced food insecurity over the past 6 months. There are 2.3 million children living in these households who have been affected. This is much higher than it was before the pandemic, showing that things have got really tough, really quickly for families during this time. Many have had to eat less healthy food, eat smaller portions or even skip meals.

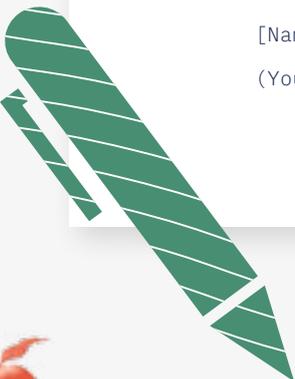
I think that no child deserves to go hungry and I hope you agree. It is scary to think about how many children might struggle at school because they are not getting enough to eat, or end up being unhealthy when they grow up because they didn't get nutritious food to eat when they were young.

Every child, no matter what their background or what school they go to, has a #Right2Food and we need your help. Please can you now make the changes that Marcus Rashford is asking for?

Yours sincerely,

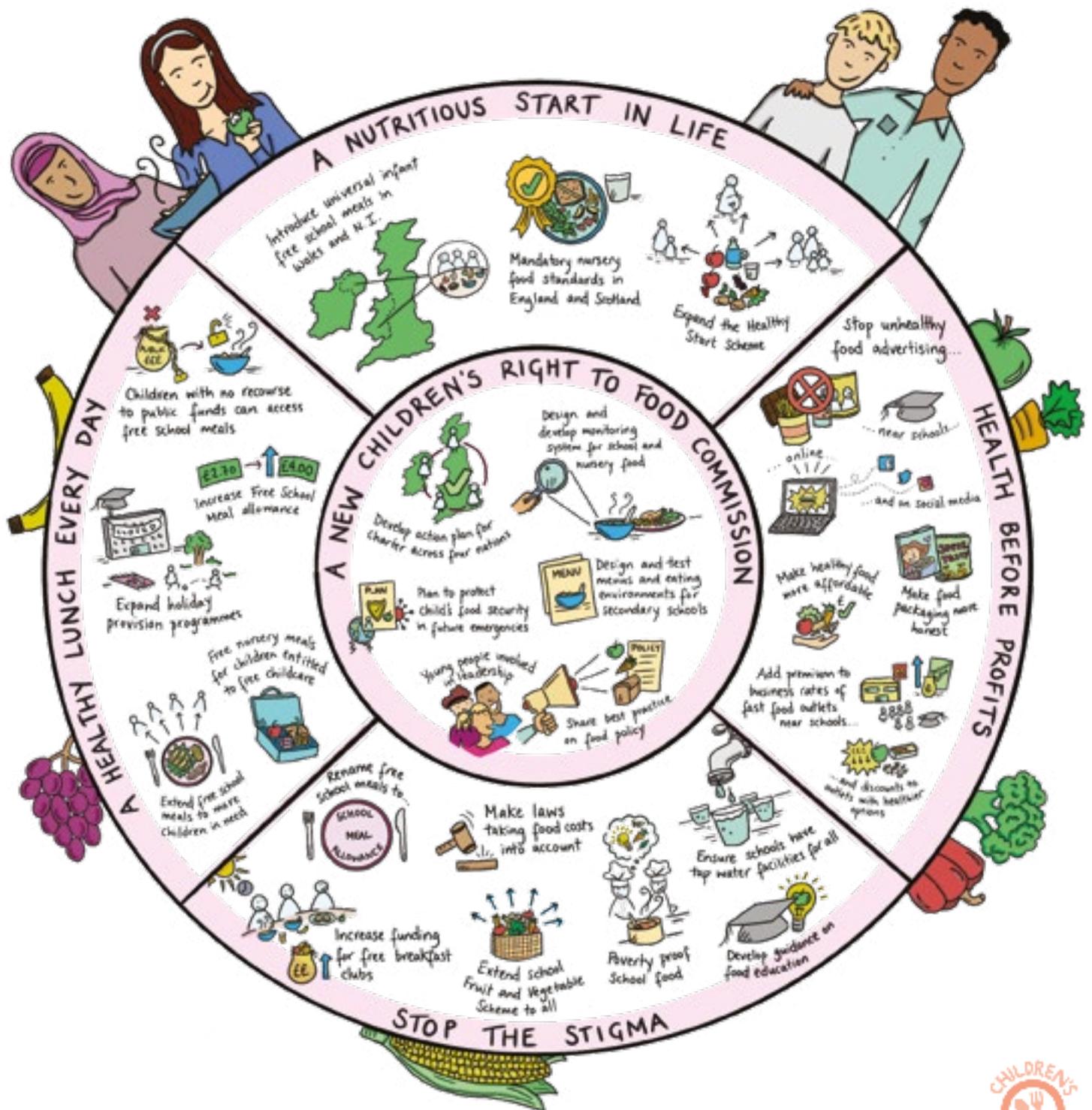
[Name]

(Your own address if you want the Prime Minister to reply.)



# CHILDREN'S #RIGHT2FOOD CHARTER

A plan to tackle children's food insecurity and inequalities in obesity and protect every child's right to food.



# SETTING UP MY OWN FOOD BANK

My name is Ryan Bromley, I'm 16 and the proud owner of Farnworth & Kearsley Events Team. I would like to tell you my story about how I set it up.

In June 2019 I asked the local councillors if I could become the events coordinator for Farnworth & Kearsley, and they said yes!

I saw there was a demand for events in the area, as quite a few people said there weren't many events happening. Once I heard these complaints, I decided action was needed - so on the 1st July 2019, with the help of three very good mates, Callum Chatfield, Conner McMullen and Charley Wray, Farnworth & Kearsley Events Team was formed.



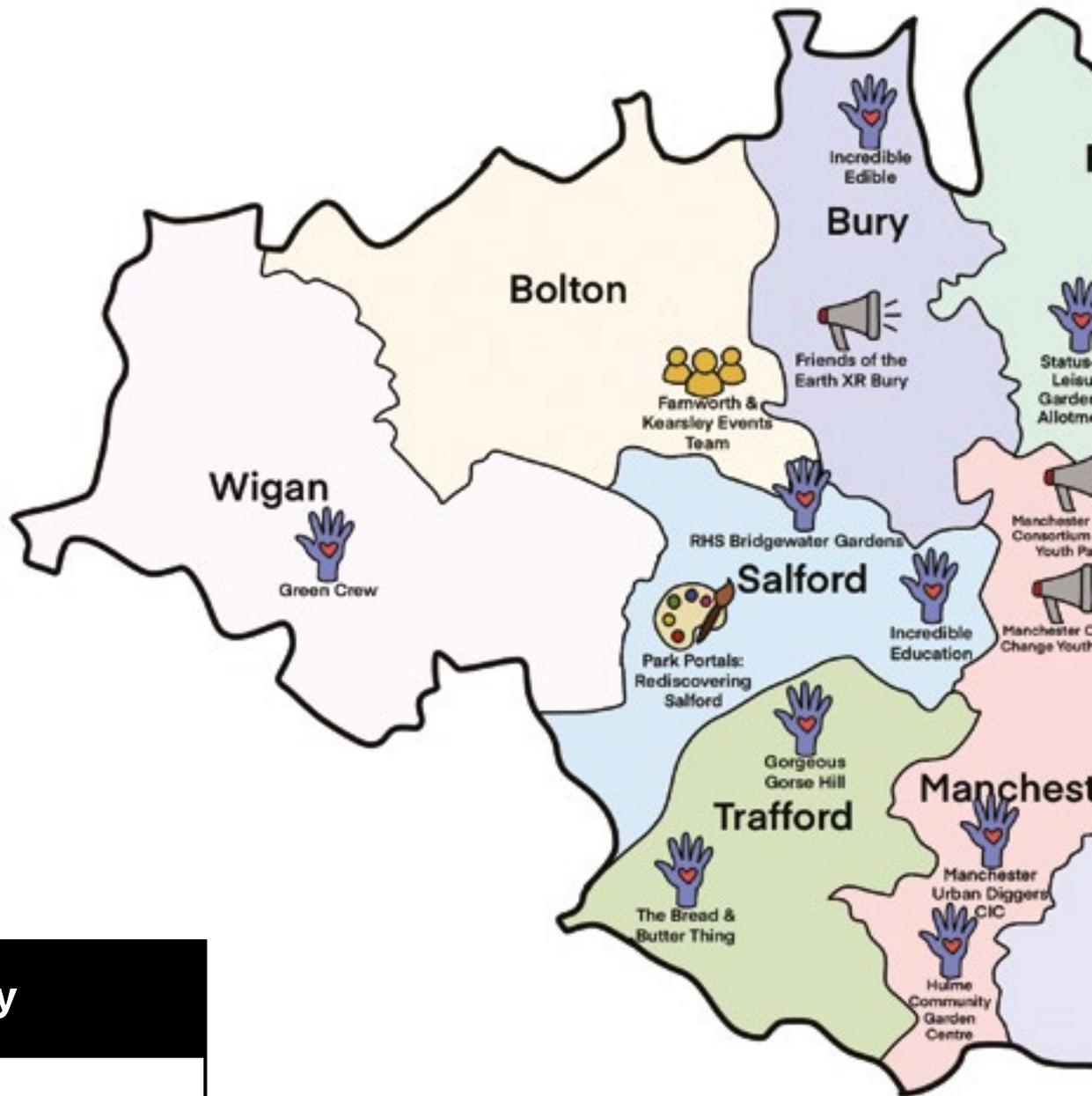
About 2 months after we set up, we were approached by a residential centre to come on a free weekend away for 12 people. This was an amazing experience for us all. We then started doing monthly markets until sadly due to Coronavirus we have had to pause all events. On April 22nd 2020, we set up as a company limited by guarantee, giving us non-profit status.

A month after lockdown was imposed, our volunteers started to get bored. I figured the best thing to do was to set up a food bank / food parcel delivery service for the elderly/vulnerable. We then decided to focus more on our aims by helping those families in poverty. Our local Morrisons store assisted massively with donations of food.



I really hope other young people like myself can do something similar for their community. My advice is to get assistance from your local councillors. We found setting up a food bank quite challenging at the start but as it progressed it got easier.





## Key



**Volunteering**



**Social**



**Activism**



**Creative Activity**



## Happening across Greater Manchester



### Groundwork

Working with local communities to improve their local environment whilst also reducing inequalities. Contact: 0161 220 1000 or email [greatermanchester@groundwork.org.uk](mailto:greatermanchester@groundwork.org.uk)



### Sow the City

Urban food growing project with volunteering opportunities across Greater Manchester. Contact: [info@sowthecity.org](mailto:info@sowthecity.org) or phone 0161 465 6954



### Brighter Sound

Opportunities to engage with music at any stage of your creative journey from producing to song writing and performance. Contact: 0161 546 5334 [www.brightersound.com](http://www.brightersound.com) / @BrighterSound on Facebook, Twitter and Instagram.

## National



### Food Foundation: Children's Right2Food Campaign

A national charity coordinating the Children's #Right2Food Campaign to ensure every child in the UK can access and afford good food. Contact: [www.foodfoundation.org.uk/childrens-right-to-food-campaign](http://www.foodfoundation.org.uk/childrens-right-to-food-campaign) @CR2FCampaign or zoe.mcintyre@foodfoundation.org.uk



### Fareshare

Reducing food waste is one of the easiest ways to combat the environmental issues associated with the utilisation of surplus food. Instead of ordering a takeaway, try using up some of the contents of the fridge. You can also make sure you're storing foods in the right way to make them last as long as possible and give you longer to eat them!

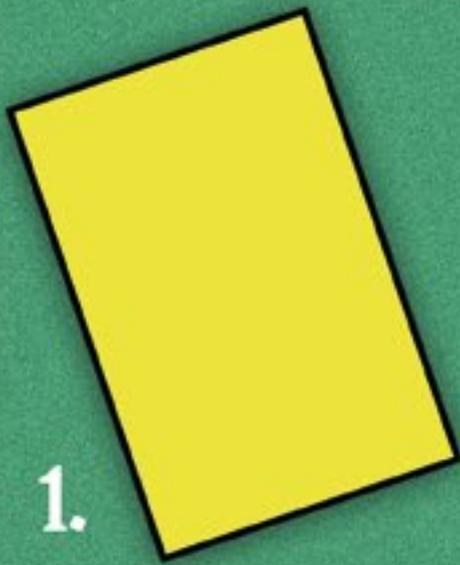
If you'd like to get further involved, you can volunteer with FareShare (all volunteer's must be 16+). You can call them us on 0161 223 8200 option 6 to speak to someone or find out more via their webpage.

## ORGANISATION INFORMATION

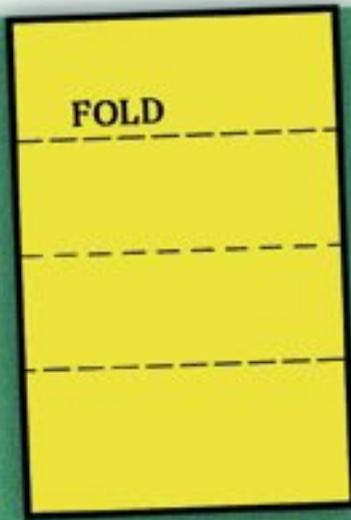
Social	<b>Farnworth &amp; Kearsley Events Team</b>	Bolton	Foodbank set up and run by young people. Also run local events. Contact: <a href="https://www.facebook.com/fkeventsteam/">https://www.facebook.com/fkeventsteam/</a>
Volunteering	<b>Incredible Edible</b>	Bury	Incredible Edible create community gardens and are always looking for volunteers in Bury. Contact: <a href="mailto:jean823foster@btinternet.com">jean823foster@btinternet.com</a> or phone 0161 761 0046
Activism	<b>Friends of the Earth XR Bury</b>	Bury	Open access action groups for all ages. Contact: <a href="mailto:climateactionbury@gmail.com">climateactionbury@gmail.com</a>
Volunteering	<b>Hulme Community Garden Centre</b>	Manchester	Volunteering for all ages. Contact: <a href="mailto:volunteering@hulmegardencentre.org.uk">volunteering@hulmegardencentre.org.uk</a> or 0161 227 8198
Volunteering	<b>Manchester Urban Diggers CIC</b>	Manchester	Volunteer, exercise, relax, socialise with a diverse group of people & ages and learn how to grow your own fruit & veg. Contact: <a href="http://www.weareud.org/volunteer">www.weareud.org/volunteer</a> <a href="mailto:hello@weareud.org">hello@weareud.org</a> or phone 07538860488
Activism	<b>Manchester Climate Change Youth Board</b>	Manchester	Bringing together 13-28 years olds who are passionate about ensuring Manchester plays its full part on climate change. Contact: <a href="mailto:info@manchesterclimate.com">info@manchesterclimate.com</a>
Activism	<b>Manchester Nature Consortium (MNC) Youth Panel</b>	Manchester	MNC youth panel helps to organise and deliver the Manchester Festival of Nature Contact: <a href="mailto:emma@actionforconservation.org">emma@actionforconservation.org</a>
Volunteering	<b>Lees ECO hub</b>	Oldham	A green community garden space encouraging development of eco friendly practices including resources for local young people, gardening and growing advice, cookery, and edible gardens. Volunteering opportunities for 16+. Contact: <a href="mailto:alan.price@live.co.uk">alan.price@live.co.uk</a> or phone 07807 409 498
Volunteering	<b>Oasis Community Farm</b>	Oldham	A range of projects for young people to get involved with in the Hollinwood area. Contact: <a href="mailto:a.smyth@oasisoldham.org">a.smyth@oasisoldham.org</a> or 0778 611 0914
Volunteering	<b>Status4all Leisure Gardens and Allotments</b>	Rochdale	A youth allotment run by a youth and community worker where you can learn skills and grow your own produce. Activities including gardening, arts and crafts and cooking and baking. Contact: <a href="mailto:status4u@live.co.uk">status4u@live.co.uk</a> or 07342110803
Volunteering	<b>Incredible Education</b>	Salford	A range of activities including gardening and forest school. Contact: <a href="mailto:judith@incredibleeducation.co.uk">judith@incredibleeducation.co.uk</a>
Volunteering	<b>Park Portals</b>	Salford	Rediscovering Salford worked with local artists to create resources for you to explore the environment, future, and your local green spaces to download your park portal to future follow <a href="https://bit.ly/3k8eGeR">https://bit.ly/3k8eGeR</a>
Volunteering	<b>RHS Bridgewater Gardens</b>	Salford	A new spectacular 154-acre garden opening in May 2021. There is a programme of community, social and learning activities for people of all ages. Contact: <a href="mailto:bridgewaterfeedback@rhs.org.uk">bridgewaterfeedback@rhs.org.uk</a>
Volunteering	<b>Woodbank Community Garden</b>	Stockport	Get involved in gardening and food growing. Contact: <a href="https://woodbank.org.uk/community-garden/">https://woodbank.org.uk/community-garden/</a>
Volunteering	<b>Operation Farm</b>	Tameside	Activities around the enjoyment of food and growing. Community events, courses, learning session and activities. Over Autumn you can get involved in Young Operation Farmers Group harvesting fruit from community orchards in return for fresh, healthy apple juice. Contact: <a href="mailto:ali@operationfarm.org.uk">ali@operationfarm.org.uk</a>
Volunteering	<b>Hattersley BIG Garden</b>	Tameside	A community garden with something for everyone. Including gardening and general maintenance such as building walls. Contact Dominic: 07908 565355 or <a href="mailto:hcbgproject@gmail.com">hcbgproject@gmail.com</a>
Volunteering	<b>Gorgeous Gorse Hill</b>	Trafford	Community led group working together to improve the environment using gardening and arts. Contact: <a href="mailto:gorgeousgorsehill@gmail.com">gorgeousgorsehill@gmail.com</a>
Volunteering	<b>The Bread and Butter Thing</b>	Trafford	Volunteer opportunities with local hubs who pack and distribute surplus food to local people, in a food pantry model. Contact: <a href="https://breadandbutterthing.org/">https://breadandbutterthing.org/</a>
Volunteering	<b>Green Crew</b>	Wigan	Activities for adults with a learning disability and / or mental health condition. We focus on people's abilities. Contact: <a href="http://www.greencrew.org.uk">http://www.greencrew.org.uk</a>

# BEING ME

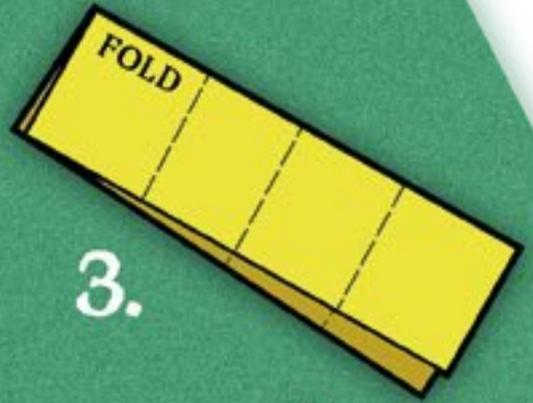




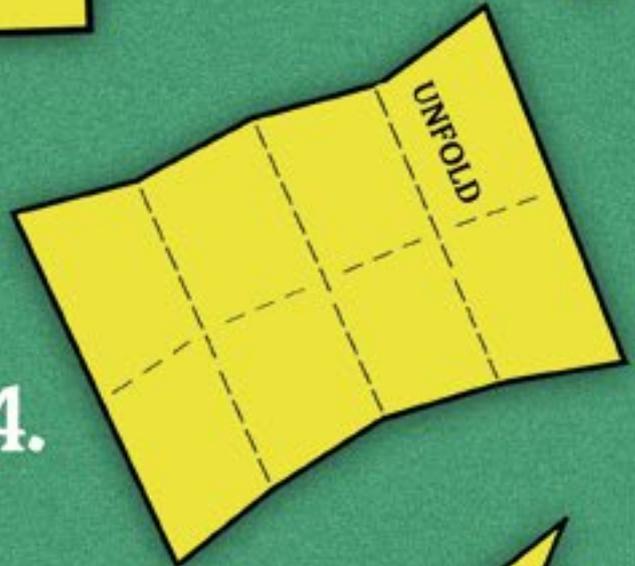
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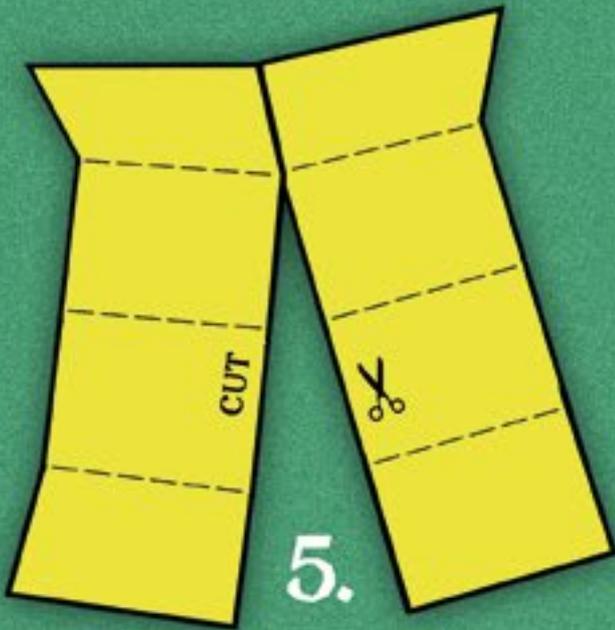
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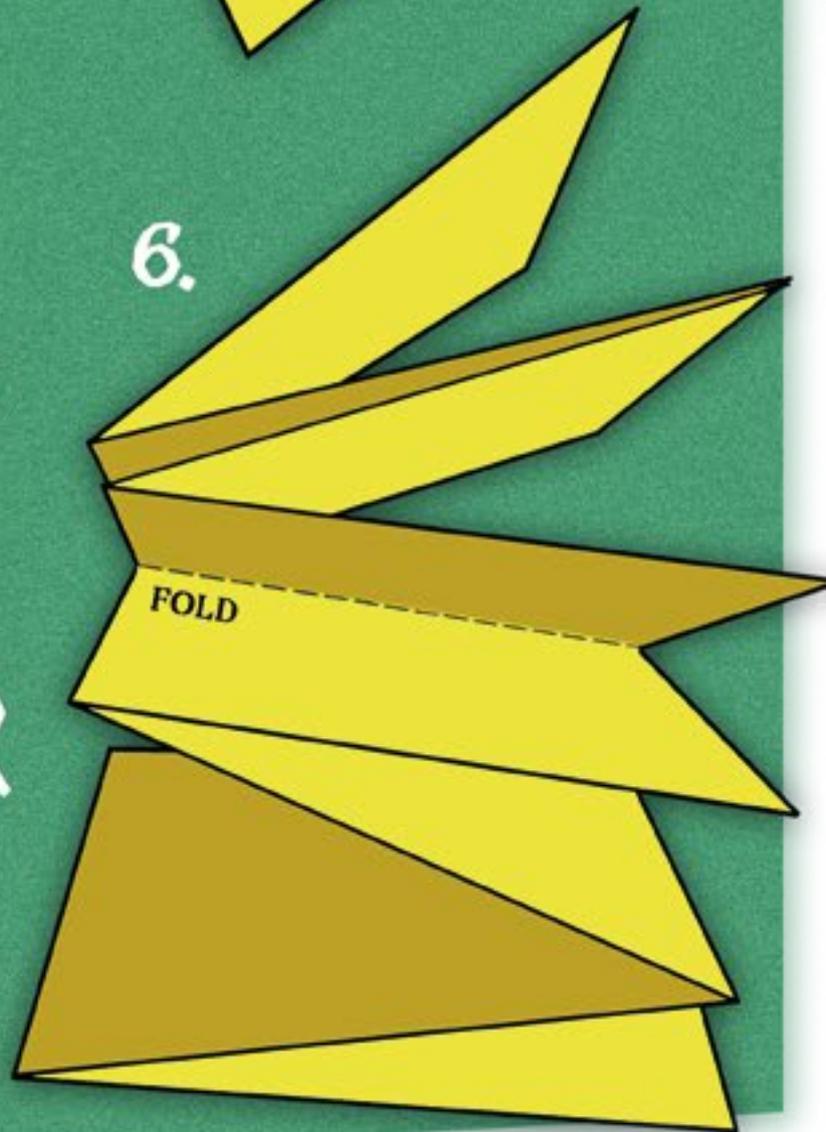
CUT



5.



6.



make your own  
**TROUSER  
BOOK**



CASTLEFIELD  
GALLERY | AGENCY

**What is a trouser book?** Trouser books, or zines, are a simple style of concertina book made from one sheet of paper. Zines are defined as noncommercial, often homemade or online publications, usually devoted to specialised subject matter. Zines can be a localised rebellion against corporate media: a way to make your own culture and protest consuming the one force fed to you - or it could just simply be a way to have fun and express an interest you have in a new creative way.

**Why make one?** Bookmakers and artists often use a type of bookmaking to interrogate a subject linked to the style; caterpillar binding for a field guide, Japanese stab binding for a holiday photo album. Creation of a book with 'trouser' in the title is a great way to start making zines about body positivity. In recent years, zines like London based Polyester and newcomer The Fat Zine use the power of publishing to interrogate society's perception of our bodies, particularly those of women and queer people. Getting your feelings out there, whether it's published or kept private, can be a way to reclaim your body and process different emotions you have attached to it. How could you use a trouser book to think about your body? What makes you proud of your body? Make a top 8 list of things you like about yourself, one for each page. Consider what makes it unique. Make a list of things your body has helped you achieve. Write a critique of the media messages that have made you feel bad about your body before. Imagine a world without them. What would your existence be like without a body? Can you imagine a future where humans don't have a physical form? You can even just think of something simple like drawing a tongue twister or party trick you can do on each page. Follow the tutorial to your left: there will be three double page spreads, plus a secret spread in the middle. Your body is yours and so is the art you make.

## YOU WILL NEED:



This work sheet was created by artist and bookmaker George Gibson, commissioned by Castlefield Gallery. Gibson's work 'Otherkin' is featured in Castlefield's exhibition Soft Bodies in autumn 2020.

[gggibson.co.uk](http://gggibson.co.uk) @georgegracegibson

At Castlefield Gallery, we make new art possible. We support artists in Greater Manchester and beyond, helping them develop their practice and their careers, and to find ways not just to make art, but to make a living. We do this through: our gallery, and its free exhibitions and events that are open to all; through the tailored careers support offered by our 200-strong artist Associates scheme; through the provision of low-cost studio space; through commissions; and through collaboration with universities. For 35 years, we have supported young artists, graduates and established artists, connecting them to each other, and to our international network of curators, arts organisations, artists and collectors.

[castlefieldgallery.co.uk](http://castlefieldgallery.co.uk) @castlefieldgall

# BEGIN THE WORLD OVER AGAIN

Working people have always struggled to get their voices heard. The Working Class Movement Library is a treasure trove with records of over 200 years of organising and campaigning by ordinary men and women. @wcmlibrary

## Radical Thoughts and Actions for Radical Times

In partnership with arts organisation Walk the Plank, we are creating a series of six podcasts about significant aspects of the Library's collection and the thinking behind them, exploring parallels with our contemporary situation and what the future might look like. The podcasts will be ready to listen to in November and more information can be found here: <http://www.wcml.org.uk/BeginTheWorldOverAgain>

One of the podcasts focuses on why now is the time to instigate a change against institutionalised racism, linking Black Lives Matter with Moss Side member of the Communist Party Len Johnson. Johnson (who was of mixed race) was denied the opportunity to fight for championships in Great Britain because of the colour bar that existed in boxing at that time. The word search is a brief introduction. Another podcast features the 1945 Pan African Congress in Manchester community leader and activist Olive Morris, who studied at Manchester University.

These activities, which explore identity and heritage, have been created by Danielle (Lae) Carbon Wilson and Carla Henry.

**TRY THIS!**

### Hidden Heritage

- 1** Think of a person you know who may be older than you (they don't have to be).
- 2** Take some time to talk to that person. It could be someone from the area you live in or have lived in.
- 3** Ask them about an event or an inspirational person they think that you may not know, or have ever heard about.
- 4** Ask your chosen person to tell you all they know about the inspirational person or event. This can equally be a famous person, or someone who is not known about or well remembered. It could be someone who has made a difference to your life, the people around you or the area you live in or have lived in. This person could be a parent, grandparent or someone who cares for you or inspires you. This person can be someone who has made a great impact in the area you live in, or is from the area you live in and has made a great impact anywhere in the world.
- 5** Write down or record your findings in any form you wish. This might be a poem, a song, a collection of words, a conversation between you and the person you find out about: an observation of what you discover, or your personal thoughts and feelings surrounding the themes and ideas that arise. Use whichever form you wish to collect and create a written or oral version of your findings.
- 6** Share what you write or record with someone you feel may not know the person you have found out about.



## From Moss Side: For Morris

Hello, my name is Carla and this is my first published poem. It is about someone I had never heard of, even though she worked and set up important Co-ops in Moss Side, Manchester where I was raised. My friend told me about her and challenged me to write something down.

On finding out more about this amazing woman, I discovered some personal connections, which you can read about in the poem below. I started writing the poem by collecting information about her life and thinking about her connections to my own life, my personal heritage and the place where I grew up. After finding out about her, I felt like she had almost been part of what was my Hidden Heritage.

So, the activity on the previous page is to challenge you to write something about someone who you feel has been 'hidden' to you, until now? Someone connected to your personal heritage? Someone who you never knew existed or weren't taught about? Someone who has made some kind of impact in the area you live or in the way you live your life today? So, have a go at finding out, writing down or speaking out, about a person you never really knew anything about before now.

Jheeeeeeeze. Olive Morris  
What would you say bout Boris  
Wid him chat bout victimisation  
How him a try fi part/fi we nation  
27 years  
Too short  
Olive Elaine Morris  
You brought/with you  
From Jamaica/St Catherine  
Age nine  
Da fire fee expose da bloodclart swine  
Who still to dis day a put dem knee pon  
We neck  
Try tek way fi we speech  
Try keep we fi dem pet  
Den when we raise/dem want fi call we fret  
Dem arrest you fi stepping out of ya lane  
Fi try save a diplomat brother/dem beat ya all de same  
"That's the right colour for your body," they said  
Though they left you with bruises  
Cha!  
Still Morris refuses/to shut up di mowht  
To hold back di fire  
Fi Morris she only did lift we up higher  
When da paraffin heater did left we fi dead  
March/Morris/March to da housing instead  
Left people Pitney/fi da housing fi look after  
Told dem  
Change tings/we nar teck dem home/to disaster

She made tings happen  
Show we how fi run da show  
Come from London to Manchester/Moss Side/to blow  
Jhezze Olive Morris set up committee and co-op  
A black Panther movement/a dat how she grow up  
Left school before qualifications give out  
A economics and social science degree  
A dat she about  
Left us her legacy in 1952  
Olive Elaine Morris /  
We  
Pour  
Libation  
Fi  
You  
Even though they didn't chose/your face fi de pound  
Thank you for helping us stand/on this here ground  
You were born in St Catherine just like fi me daddy  
Died of the same cancer dat trie to take me Mammy  
Olive/Elaine/Morris /  
Fi da homeless  
Fi da women  
Fi da black power you stood  
For your sake and sacrifice /  
Olive/Morris  
WE come good  
Rest in Power  
Olive Elaine Morris  
1952 - 1979

From Moss Side: For Morris  
Written by Carla Henry

When Maxine Peake sent me a text asking if I had heard of the amazing Olive Morris, I hadn't, but immediately felt connections. Born in St Catherine like my dad, Olive died age 27 of the cancer my mum was diagnosed with. She set up organisations for change in Moss Side where I was raised and moved with Linton Kwesi Johnson, whose work helped me survive through university. Maxine asked if I would write something, so I offer up this text as a thank you to a woman I should have known about. Her birthday is June 26.



Carla Henry

# LEN'S LEGACY

Len Johnson was a Communist Party member who was also a talented and successful boxer but was denied the right to fight because of the colour bar that existed in the country at the time.

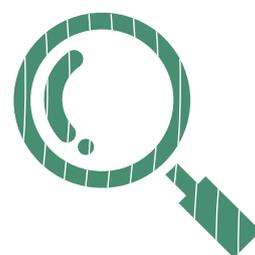


C T J M B W N F D F K D T F E  
N O S N M C U M R R L S D A F  
V U M I D D L E W E I G H T G  
T R R M V A K W U N T V S H M  
F C E T U I M E A G S H E E U  
Z I X V B N T C T I M B G R K  
R P O L I T I C I A N X U I D  
E M B X B R Q S A P K E L C F  
E R I R F J I Q T M W R B C B  
N E M A N C U N I A N W P J Q  
O D N O I P M A H C X C Y Z D  
I A V W H G Q G V U Y S I U U  
P E D T Q Z Q H F X X K I H R  
M L I F N H Y M W F M D G G F  
M O B W Y C K H S R E W S A K

ACTIVIST  
BOXER  
CAMPAIGNER  
CHAMPION  
COMMUNIST

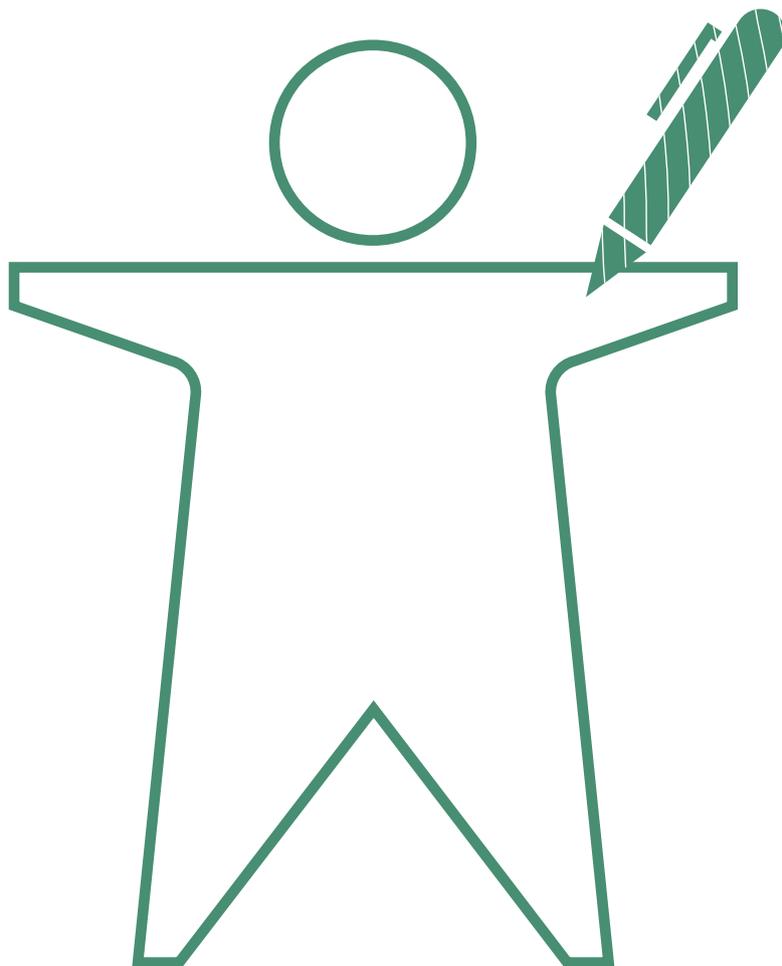
DRIVER  
FATHER  
FIGHTER  
LEADER  
MANCUNIAN

MIDDLEWEIGHT  
PANAFRICANIST  
PIONEER  
POLITICIAN  
SON



# DISOBEDIENT BODIES

Have a think about your different characteristics and identities. Inside the outline write how you see yourself and on the outside describe how you imagine the world sees you. Feel free to decorate the silhouette.



This challenge was set by  
Danielle (Lae) Carbon Wilson

## Freewrite

What parts of your personality would you consider disobedient? Either because they have gotten you into trouble, they seem to be contradictory, or they don't fit into societal expectations.

Now, circle the traits you like about yourself. Remember, disobedience to the status is how pioneers like Len and Olive were able to make a change in the world!

**GIVE IT  
A GO!**

# MY AUTISM JOURNEY

Fatima Kasmi explores what it is like to be an autistic person

Autism is a neurological condition that impacts how a person views the world.

Everyone is unique and so is the way our brains are wired.

Autism is a Spectrum. Not everyone with autism shows all the traits of autism or the same level as other autistic people. Autism differs from person to person. It can mean someone has a short attention span, sensory needs or anxiety.

The way an autistic brain is wired is different from a non-autistic brain. So autistic people connect with the world differently from non-autistic people. Autistic people learn, feel and communicate in a different way.

Sometimes when the brain and the senses don't communicate well the person can become confused and/or overwhelmed. But often they can't say how they feel out loud. They may seem okay but they need some support and consideration.

This can make things we think are easy difficult for an autistic person. But it can make an autistic person very good at something which people think is difficult.

Autistic people can develop unique coping mechanisms that may seem strange to you. But it may mean they are having a hard time, so don't get cross with them, ignore them or mock them. Autistic people are not ill or broken, they have a unique view!



Created by  
Fatima Kazmi

# BREAKING STEREOTYPES

Gender identity is how a person feels, it is extremely personal and complex. In our society there are two commonly recognised genders, male and female (also known as gender binary) and these are usually based

on someone's anatomy (the genitals they were born with). However, gender isn't about someone's anatomy, it is about who they know themselves to be.

There are many different gender identities, including male, female, transgender, gender neutral, non-binary, agender, pangender, genderqueer, two-spirit, third gender, and all, none or a combination of these.

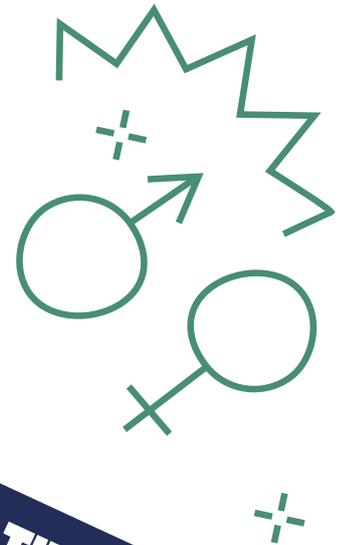
## Breaking Stereotypes

- 1** Find two adverts that are for a similar product but directed at a male audience and female audience. For example; you might find two adverts for shaving products.
- 2** Take two pieces of paper, on one write the word 'MALE' and on the other write 'FEMALE'
- 3** Take one of your pieces of paper and adverts – this should be the same gender on your paper as is in the advert. Write down all words that come to mind when you look at the advert. Think about the terms they use to describe the product, what colours have they chosen? Are there people in the advert? If so, who do they represent? What is the advert subconsciously saying to the reader about male and female roles and how they should behave?
- 4** Do the same for your second advert.
- 5** Now compare your papers – is there a big difference between the adverts? Is one more appealing to you than the other? Does the product do the same thing but the text, colours, images and context change dramatically?

**TRY THIS!**

It is always up to us as individuals to decide how we identify, and how we express our gender. It's important to remember that gender, just as sexuality, can be fluid and although we may identify one way now, it may change in the future.

Despite the many varied roles individuals play in today's world, some people still judge others based on how they think people 'should' act according to the clothes they wear, their interests and gender they identify with.

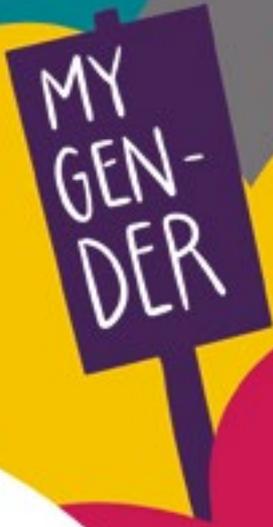


## Questions to ask yourself

- 1** Is it fair for us to judge someone based on society's stereotypes of gender?
- 2** Have I ever judged someone because they didn't fit with the 'normal' for that gender?

Gender, sexuality and representation can all be extremely difficult topics to understand. If you need help you can find lots of information and support from local organisations such as The Proud Trust. (see p.40 for details).

**THINK ABOUT IT!**



My gender is  
A movie  
Bright with technicolour and action  
Never black and white

My gender is  
A lion  
Whose roar soars and fascinates at the same time  
I am vulnerable without my pride

My gender is a zebra  
Though I seem to blend into the crowd  
Of black and white  
If you look closer, you'll find that my stripes have  
Never been seen before

My gender is  
A mountain  
Climbing takes determination, nothing but a faded map  
for Guidance  
But I have a team behind me, and soon the clouds  
Will clear and show me the peak

My gender is  
A library  
Somewhere full of stories and information about me  
Old labels gathering dust in the back of a shelf

My gender is  
A brick  
Thrown by people like me, who began a movement  
A symbol of a broken past being repaired

My gender is  
A riddle that makes you laugh when you finish it  
Because the answer was in front of you all the time

My gender is an ocean  
That people shy away from with fear  
Although nothing's as  
Scary as driving the boat that capsizes in a storm

My gender is  
A dance  
Where I can wear what suits my performance  
But clothes won't stop  
People saying my moves are wrong

My gender is  
A festival  
I can scream and cheer and sing my lungs out  
And I have no regrets when I wake up with a sore throat

My gender is  
A coffee shop  
Where one day I order an espresso  
Then a week later, I'll come back for a hot chocolate.

My gender is  
Confusing  
Dangerous  
Beautiful  
Deafening  
Fluid  
Colourful  
Proud  
Unique  
Difficult  
Intriguing  
History in the making

My gender is  
Not defined by what I wear  
My gender is  
Not defined by who I love  
My gender is  
Not my choice  
My gender is Who I Am

**By KJ**

Transcriptions is a series of 12 pieces of poetry and prose  
in response to a call for submissions for trans and  
non-binary young people in 2019 from The Proud Trust.

[https://www.theproudsttrust.org/  
for-young-people/whats-on/transcriptions/](https://www.theproudsttrust.org/for-young-people/whats-on/transcriptions/)



**Mental health support in Greater Manchester: If you need help in a crisis, no matter what it is – we're here to help**

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed there's support out there for you.

**Find mental health support where you live**

[hub.gmhsc.org.uk/mental-health/in-your-area/](http://hub.gmhsc.org.uk/mental-health/in-your-area/)

**Local helplines**

If you feel you need mental health support, urgent or otherwise, you can contact your locality helpline or the mental health trust phone numbers in your crisis support plan. They will connect you to practical support with voluntary sector and statutory health and social care services

**24/7 support.** If you feel you need more urgent mental health support and don't feel able to contact your locality helpline for any reason please dial 111. They will link you to the right level of support that you need.

**Free digital resources**

**Shout – all ages**

With this 24/7 crisis text messaging service you can send a text message any time of day or night wherever you are – every conversation is with a human being.

Just text GM to 85258

- You don't need an app or data
- There's no registration process
- It's silent and won't appear on your phone bill
- Confidential and anonymous.

**Kooth - children and young people aged 11 to 18yrs**

You can:

- Chat to their friendly counsellors
- Read articles written by young people
- Get support from the Kooth community

[www.kooth.com](http://www.kooth.com)

**SilverCloud – aged 16yrs+**

Online programmes for adults to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure.

Instant access to self-help support:

[GM.silvercloudhealth.com/signup](http://GM.silvercloudhealth.com/signup)

**Living Life To The Full**

Living Life To The Full delivers online courses for people affected by low mood, anxiety or depression using cognitive behavioural therapy concepts. Available online and totally free of charge for Greater Manchester residents

Instant access to self-help support:

[hub.gmhsc.org.uk/mental-health/living-life-to-the-full/](http://hub.gmhsc.org.uk/mental-health/living-life-to-the-full/)

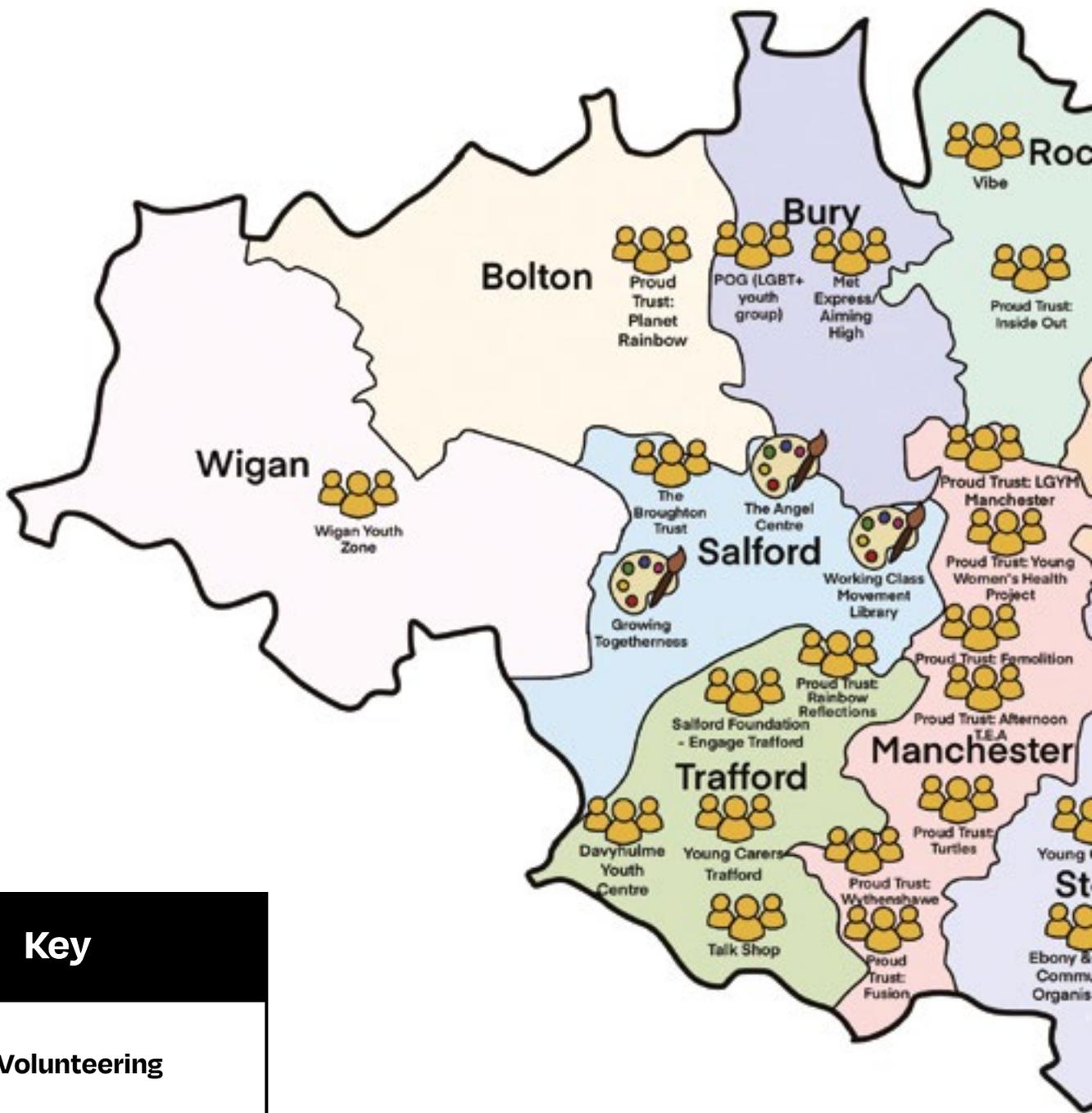
You can also find information, resources and other places you can get help and support on our website and information about your local mental health and wellbeing services [hub.gmhsc.org.uk/mental-health/covid-19-resources/](http://hub.gmhsc.org.uk/mental-health/covid-19-resources/)



**WE'RE  
STILL  
HERE  
FOR YOU**

Find out what mental health support is available in your area.





### Key



**Volunteering**



**Social**



**Activism**



**Creative Activity**



## Happening across Greater Manchester



### The Proud Trust

To find out more about all Proud Trust groups which offer a range of gay, bisexual, trans people or those questioning their gender or sexuality who are under 25 years old. Contact: Hebe Phillips- [hebe.phillips@theproudsttrust.org](mailto:hebe.phillips@theproudsttrust.org) or 07712 660 202



### Barnado's

Barnado's offer a range of groups from Art, Drama and Nature across Greater Manchester. Contact: [www.barnados.org.uk/what-we-do/services](http://www.barnados.org.uk/what-we-do/services)



### Greater Manchester Youth Network (GMYN)

Development programmes and drop-in activities to help young people transition to adulthood feeling skilled, supported and positive. Contact: [info@gmyn.co.uk](mailto:info@gmyn.co.uk) 0161 234 2950



### Starling CIO

Creative sessions for neurodivergent young people aged 13-25 (e.g. mental health, autism, ADHD, dyslexia). Contact: Katie on 07535473930 [katie@starlingcio.org.uk](mailto:katie@starlingcio.org.uk) or [www.starlingcio.org.uk](http://www.starlingcio.org.uk)



### Kids Of Colour

Support and activities including summer schools for young people of colour. Contact: [www.kidsofcolour.com](http://www.kidsofcolour.com) or [kidsofcolour@hotmail.com](mailto:kidsofcolour@hotmail.com)

## Our Pass



**Free bus travel and exclusive offers and experiences for 16 – 18 year olds in GM - go to [ourpass.co.uk](http://ourpass.co.uk)**

## ORGANISATION INFORMATION

Social	<b>POG (LGBT+ youth group)</b>	Bury	POG is a support group for LGBT+ young people, attendees must get in touch first to attend. Contact a.beesley@bury.gov.uk steph.meskellbrocken@themet.org.uk or 0161 253 6763 / 07894858934
Social	<b>Met Express/ Aiming High</b>	Bury	Met Express and Aiming High are theatre groups for learning disabled and autistic adults and young people. Contact a.beesley@bury.gov.uk steph.meskellbrocken@themet.org.uk or call 0161 253 6763 / 07894858934
Social	<b>Vibe</b>	Rochdale	Engaging young people in creativity to help build resilience. Members are encouraged and supported to work alongside professional artists and technicians to develop their creativity in whatever areas they choose, across the whole spectrum of the arts. Contact: stevecswct@gmail.com or 07870 951530 or www.vibecreativity.com
Social	<b>Rochdale Connections Trust</b>	Rochdale	A wide range of youth groups. Contact: www.r-c-t.co.uk or 01706 345111 or info@r-c-t.co.uk
Creative Activity	<b>Working Class Movement Library</b>	Salford	Visit our library's reading room which is open by appointment from mid-September. Contact: info@wcml.org.uk or www.wcml.org.uk/explorefromhome
Social	<b>The Angel Centre</b>	Salford	A community-based centre home to creative, educational and health focused organisations, including DIY Theatre and Garden Needs. To find out about activities available contact:theangelcentre.org.uk or 0161 710 1075.
Social	<b>The Broughton Trust</b>	Salford	A training, education, social support and also add talent matching with a mission of improving the life chances of Salford residents. Contact: 0161 831 9807 or office@broughtontrust.org.uk
Creative Activity	<b>Growing Togetherness</b>	Salford	Using Horticulture and the natural environment combined with Person Centred Counselling techniques, the Growing Togetherness gardens are a place to grow and connect with others. Contact: https://www.growingtogetherness.co.uk/ 07703 716 550
Social	<b>Ebony &amp; Ivory Community Organisation</b>	Stockport	Supporting and advocating on behalf of young people 5 – 18 years old, especially those from African and Caribbean descent and their families. Contact: contactus@eaicostockport.org or call 0161 477 1914
Social	<b>Young Carers</b>	Stockport	Supporting young carers in Stockport. Contact: www.signpostforcarers.org.uk/young-carers
Creative Activity	<b>Rising Stars NW</b>	Stockport	A social enterprise providing positive, creative activities and regular opportunities for young people to showcase their creative achievements. Contact: www.risingstarsnw.com/contact-us/ 01614259582   07972722320
Social	<b>LGBT Out Loud</b>	Tameside	A safe space for LBGQT people to come together, talk and participate in activities. Contact: diane.king@tameside.gov.uk or 07971599414
Volunteering	<b>Diversity Matters NW</b>	Tameside	Volunteering opportunities (aged 18 + ) as befrienders. Contact: 0161 368 3268 or info@diversitymattersnw.org.uk
Social	<b>Davyhulme Youth Centre</b>	Trafford	Loads of social activities including Davyhulme Youth Group, Sports, Saturday Challenge, Short Breaks for 11 – 18 years. Contact: Jon@sportworkdltd.co.uk or call 07539 851326
Social	<b>Salford Foundation- Engage Trafford</b>	Trafford	Mentoring programme for young people aged 8-18 (up to 25 with additional needs), for young people who are struggling with goal setting and/or anger management. Contact: engage@salfordfoundation.org.uk or Chris Hill on 07912 784 529
Social	<b>Talk Shop</b>	Trafford	A youth centre offering advice, support, information and activities to young people aged 11-19 (up to 25 with additional needs). Contact: talkshop@trafford.gov.uk or 0161 912 2453
Social	<b>Young Carers Trafford</b>	Trafford	Support and activities for young carers in Trafford. Contact: jules.kennedy@traffordcarerscentre.org.uk or phone 0161 848 2400
Social	<b>Wigan Youth Zone</b>	Wigan	Youth activities including sport, arts, holiday clubs and residentials. Contact: www.wiganyouthzone.org 01942 612061

# BEING THE CHANGE



# COMMUNITY MAPPING

Social Action is about making a positive difference in your community, and that can be done in loads of fun and exciting ways, however when planning to do a Social Action

project it is important to find out what is needed in your area, to ensure that you are going to do something that will really make a difference.

Conducting a 'community audit' or 'profile' is a way of coming to a better understanding of the resources and needs of the area in which you live, by looking and listening, by having preconceptions challenged and misconceptions corrected. It is about getting in

touch with reality. It is not simply about learning what makes the area tick, but about understanding the setting, and confronting the negative in order to change it for the better.



## Economic

Type of jobs available; levels of unemployment; what about housing; public services?



## Social

Who lives in the area (demographic); is it a growing population; what are the particular age groups, ethnicities etc?



## Political

Are people interested more in local or national political issues? Are there local campaign groups?



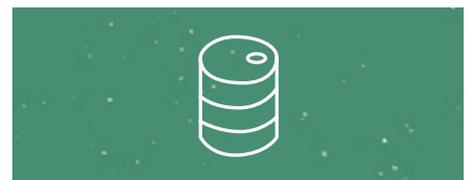
## Cultural and Creative

What is the cultural character of the area? Museums, Libraries, Cinema, Theatres?



## Religion

What is the religious character of the area? Different faiths, faith schools?



## Resources

What community resources are there? Places to go to, things to do?

## Step 1

### What do you know already?

Get a map (or draw one) of your local area and put a sticker or label where you live.

Ask some searching questions, such as those below, and label or write somewhere on your map the answers:

What resources in the community do you use? Sports, Arts, Drama, Scouts etc. (include them or list them)

## TRY THIS!

Which community figures do you know by name? (List them)

What charities & voluntary services are there, and what groups do they support? (Locate them on your map if you can, or list them)

You should also include major roads or other transport routes, major meeting places – post offices, shops, schools, leisure or health centres, hospitals, residential homes/housing.

## Step 2

### What can you do to find out more?

Note: always make sure you are safe when carrying out your research. Tell your parent/guardian where you are going, stay in public areas and where possible, go with someone else.

The first thing recommended is that you walk round the locality where you're going to be doing your project. Open your eyes and really look. How does it strike you? Warm and welcoming? Threatening? Cared for? Do people take pride in it? Or is it run down? Perhaps take a camera with you and listen too.

Ask neighbours and local residents about the issues that they feel are important in their areas by using:

- 1** Surveys – to gather more information; you should make sure that you are meeting a cross-section of the whole community and not missing out, for example, a significant ethnic minority.
- 2** Snowball interviewing – talk to key people in the community e.g. the local police officer, local councillors, head teachers and health visitors. As you talk to people they will often suggest others that it might be worth talking to – hence the term 'snowball interview'.
- 3** A forum open to local people can be a useful way of engaging with people about their area. Think about ways you might be able to do this whilst observing physical distancing, perhaps using social media?



## Step 3

### Now what?

Use the information that you have gathered to answer the following questions:

What are the pressing needs in your local area?

Who are the marginalised/most at risk?

What's going on already?

What is the area proud of/good at?

What resources does it have?

This should start to give you ideas of what Social Action is needed in your area.

This activity was created by NCS. Designed for 16 and 17 year olds, the NCS experience will give you a clearer idea of what you want from your future. On NCS, you'll mix with a new crowd, and take on fresh challenges together. You'll also get a taste for independence and pick up skills that'll help you smash your future goals. And if that's not enough for you, you'll also be given a platform to have your voice heard and pursue a passion project. Over 600,000 young people have already done NCS – want to join them? Visit [wearencs.com](http://wearencs.com)



## MAKE A MURAL

This is the site of a powerful graffiti piece by Case Maclaim which depicts a man in distress and is dedicated to a Manchester charity supporting disadvantaged adults.

What causes do you feel strongly about? What emotive mural would you create here to highlight that issue? You could use words or images.

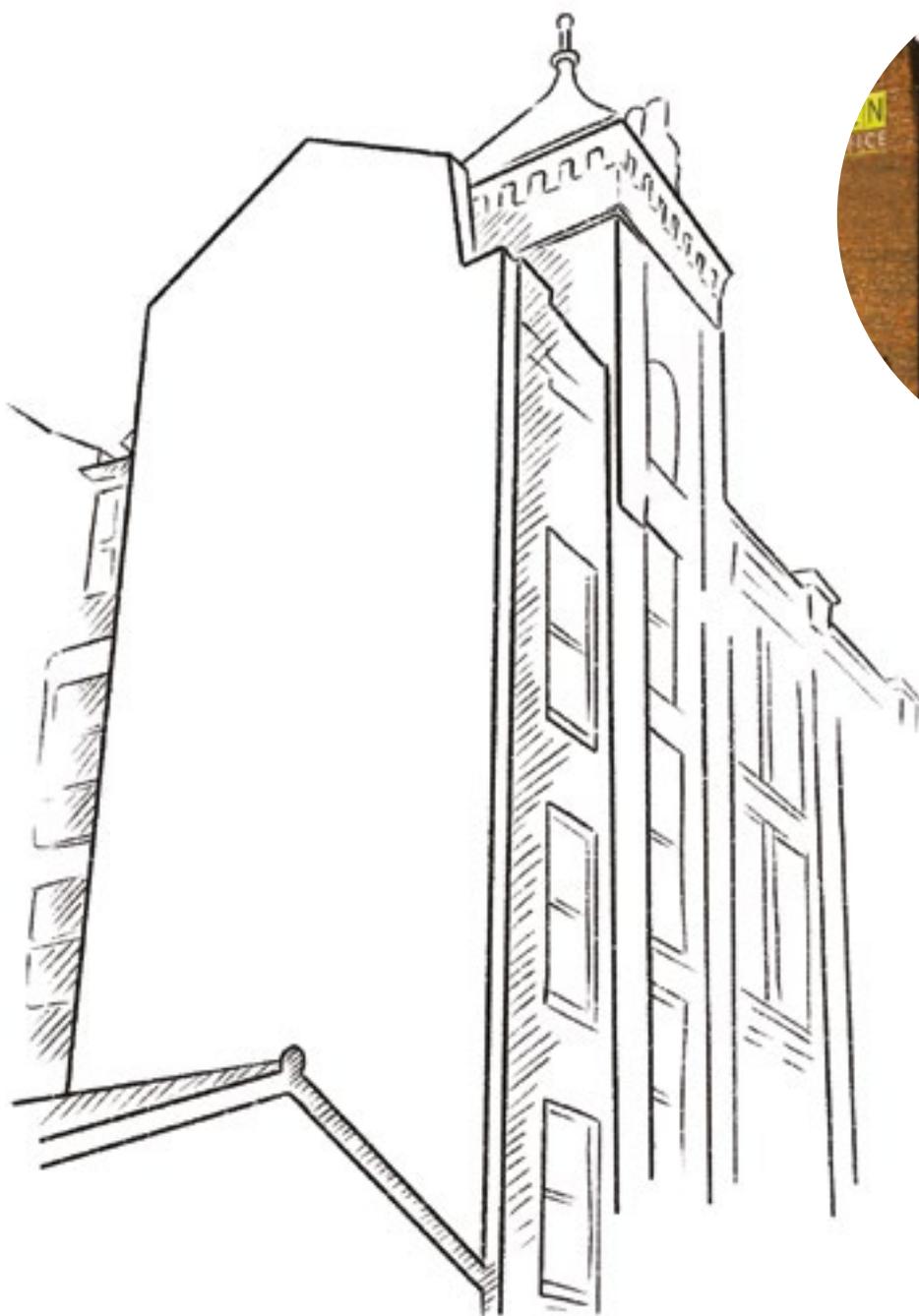


Photo by Henrik Haven

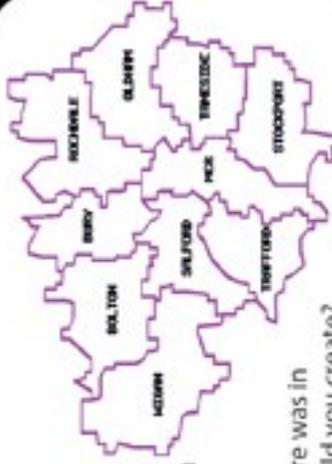
# this place [of mine]

## YOUR LOCATION

Hello Player 1, and welcome to this place [of mine]. In this world we're exploring how towns and local high streets are changing, from how they look, to what we do there. And right now we need your help!

What if the future of your town centre was in your hands? What kind of place would you create?

Play along to explore the world of today and journey into the future. Remember! In this place [of mine] there are no rules, just the limits of your imagination!



CIRCLE  
YOUR PLACE ON  
THE MAP



## YOUR MISSION

As our top local investigator, we need you to tell us about the towns of today. Go for a walk to your local high street and take a look around. Then use the box on the right to capture and reflect on what makes your town unique.

**HINT:** Don't forget your toolkit! Take a pencil and sketch out what you see – the people, buildings, things in the street. Or why not jot down your thoughts. What do you like about your high street? How does it make you feel?

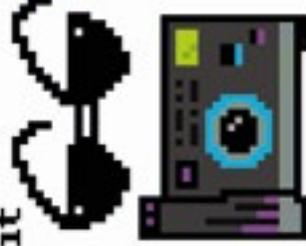
**pattern  
finder**

What patterns can you see on your high street?  
Draw a pattern in the box to the right .....

## LEVEL ONE IRL

**pattern finder**

**toolkit**



## YOU MADE IT !

Congratulations, you've completed level one!  
Now close your eyes and project yourself into the future – an alternate reality where you decide what happens on the high street ..

## LEVEL TWO FUTURE TOWN

### YOUR MISSION

Sketch out your ideal town centre of the future. What does it look like? What can you do there? How are people having fun? You could invent a totally new place, or hack the high street you already know. **HINT:** Use the inventory below as inspiration to design different elements.

### SHARE YOUR DESIGN?



We're collating designs for our collective youth intelligence unit, if you'd like to either cut out the sheet and post it to FutureEverything, Federation House, 2 Federation St, Manchester M4 4BF or take a photo and email to [info@futureeverything.org](mailto:info@futureeverything.org)

### inventory



public art  
statues



social / play



nature  
environment



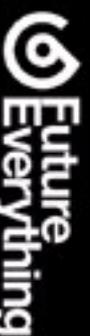
architecture  
buildings

### this place [of mine] is . . . .

Tell us a story about this future high street of your imagination. What changes have you made and why? How do people feel when they visit?

### who are we ?

FutureEverything is a digital and arts-led cultural organisation in Manchester, bringing people together to imagine the future. this place [of mine] is a new youth engagement programme for Greater Manchester, part of the Great Place scheme.



# UNWRITTEN

This activity has been designed by acclaimed Wigan poet Louise Fazackerley. Explore the power of writing as an imaginative tool for shaping the world around you.

**GET CREATIVE**

## Write an inspirational poem or short story

To get your ideas flowing, use the space below to brainstorm the world living its best life. What about the world right now makes you happy? What do you want to make better?

Try and be specific- for example, if you are thinking 'pollution', you could say 'not enough investment in electric cars' or 'too much plastic in seas' because it is more powerful! Your world could be 'round here' - the things you love/dislike about your street, area or community.

The future is unwritten.  
YOU are only about 15% written.  
You are like the first verse in a song,  
the first chapter in a book,  
the first episode in an unforgettable Netflix series.  
There could be any number of plot twists!  
You are the hero of your own story  
- and it's going to be a good one.

- Louise Fazackerley

photo credit Citizen Mace



This challenge was set by Louise Fazackerley

I write to share the untold stories of ordinary people. They deserve to be heard.



## Things I love about our world

## Things I wish I could change



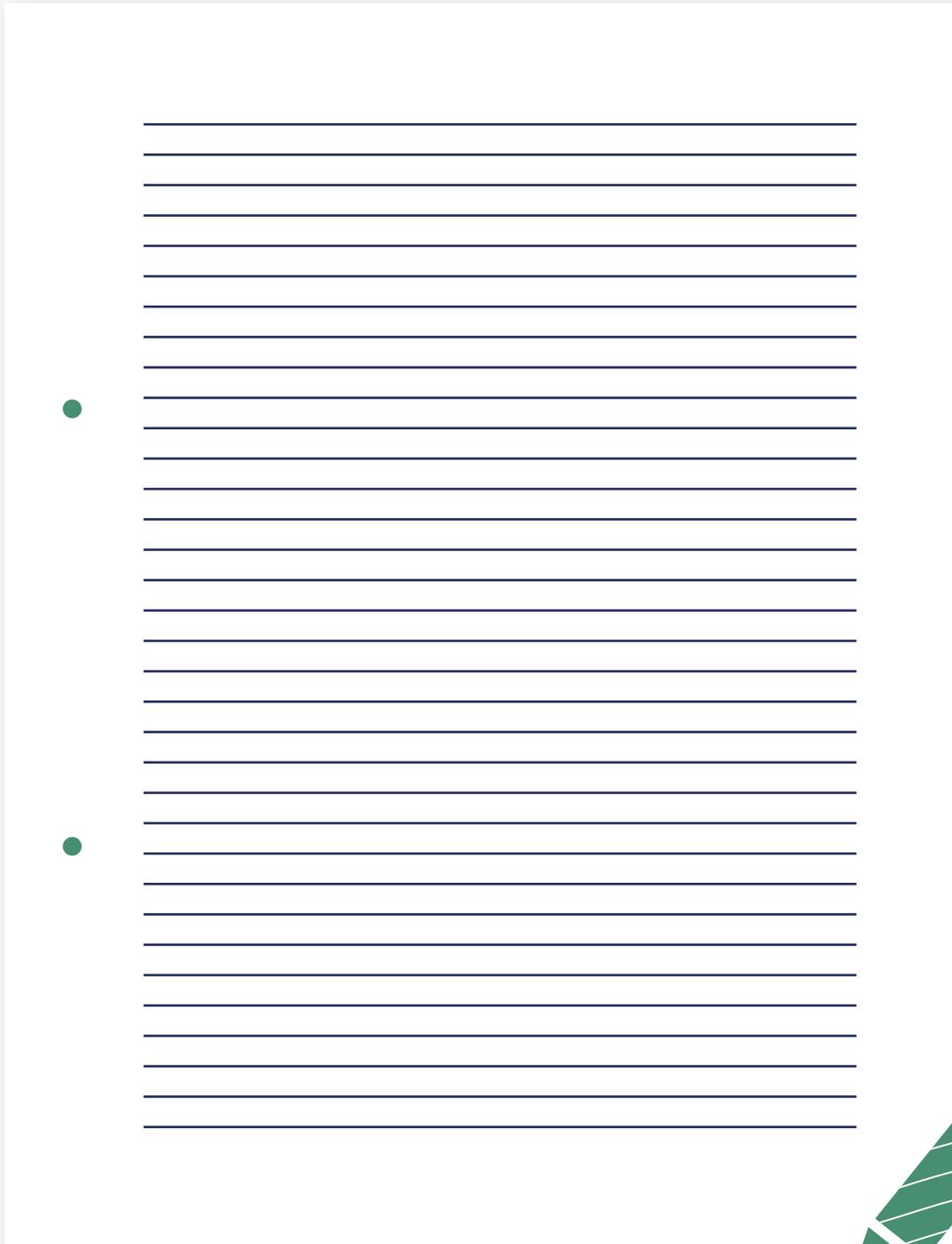
## The world would be a better place if I were in charge

Imagine a character who dreams of changing their world for the better. They might feel like there are a lot of obstacles in the way of achieving their goals. It will help your writing if you find some real-life solutions and advice for your character - ask at school or college, ask friends and family, or visit your local

library. For further inspiration you might want to research famous people who have achieved great things after setbacks.

Now to begin your writing! Start with the title *The World Would Be A Better Place If I Was In Charge* and use some of the things from your brainstorm and research. It's ok for your poem or story to be totally serious, or to be funny!

**TRY THIS!**



Once you've completed your poem or story, you can submit these to The Turnpike to be included in a book of writing by young people. Simply pop your work in an envelope (with your full name and contact information) and send it to: Unwritten Project, The Turnpike Civic Square, Leigh WN7 1EB or if you have access to the internet, email it to [hannah@theturnpike.org.uk](mailto:hannah@theturnpike.org.uk)

# PLAYFUL PROTEST

Created by People's History Museum, these three challenges are inspired by peaceful and creative ways people have tried to make the world a fairer place.

Many people have used protest to show they are not happy when something is unfair or causing upset or harm.

## Make a catapult and launch something at a homemade target

*Quebec, Canada 2001:* Protesters used a giant catapult to launch soft toys at a Free Trade Area of the Americas (FTAA) summit to protest against trade deals that would prioritise rich people.



## With a partner, build your own obstacle course and then see who can get round it the quickest

*Red Tape* is a term used to describe the long process and barriers people face to get something accomplished such as setting up a new business. This might include filling out a lot of complex forms and getting permission from many different people.



## What is the most creative way you can get a ball from A to B?

*Damascus, Syria 2011:* Ahmed Zaino released hundreds of ping pong balls down a street with words such as 'freedom' written on them. They were protesting against their president who allows the police to use violence against people who question the country's strict rules.



**THINK  
ABOUT IT!**

Using humour can help us to communicate about serious things because it can:

- Make yourself and others happy when you might be feeling upset or angry
- Make the things you are worried about seem easier to manage
- Help you to talk with people who disagree with you

# BLAIR PROJECT

The Blair Project is a trailblazing social enterprise based in Greater Manchester which taps into the climate change activism of urban youth, by providing opportunities for them to participate in the green tech revolution through the building

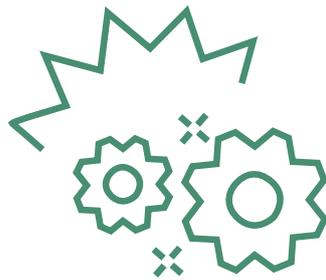
and racing of electric go karts. Our mission is to change lives. We inspire and empower urban youth to become the army of innovators, technicians and engineers needed to power a zero emissions future.

We use electric motorsport to spark their interest in careers within science, technology, engineering, manufacturing (STEM) and digital sectors.

We focus on encouraging and developing female, Black, Asian, Minority Ethnic and White working-class talent of all abilities. Diversity & inclusion in STEM is our core purpose. Through our ProtoEV STEM Challenge, youth teams (13 -19) learn how to retrofit and convert used petrol go karts into fully electric e-karts, which they get to test, and race to see which is the fastest and most energy efficient. Young people gain hands-on experience of using new technologies like 3D printing, computer aided design, electric propulsion systems and batteries and learn through tinkering and trying out new ideas.



**READ ALL ABOUT IT!**



## What does the Blair Project do?

We make learning fun and exciting! To ensure the widest possible reach, the competition is open to schools, colleges and youth groups, and can take place during the school/college day, or as an extra-curricular activity after school.

The Blair Project is the story of two Black teenagers, Nile and Blair Henry, who set out to challenge the elite world of motorsport and make it more accessible, inclusive and sustainable. Nile was just 18 years old when he founded the organisation. The inspirational duo from Manchester had to overcome huge barriers and setbacks as they set out to take on the goliaths of motorsport. It taught them how to be persistent, resilient and determined in the face of seemingly insurmountable odds. And their efforts have been rewarded.

They gained the Royal Seal of Approval from Prince Harry in 2016, and have just been awarded £4 million of central government funding to create a new Innovation Activities Hub in Hulme. It will specialise in rapidly upskilling and reskilling local residents and fast track them into hard-to-fill occupations requiring specialist technical skills within Manchester Science Park. The Manchester Innovation Activities Hub or MIAH for short is set to open in November 2020.

In addition, we also plan to train 20 x young people aged 18-24, who are eligible for the Job Kickstarter scheme in how to create online courses for the high growth EdTech market which is global and COVID resistant. Participants will learn how to design & upload engaging content onto a learning platform, improve the functionality and interactivity of the learning software and deliver continuous improvements through data analytics.



## How it works

The air flow created by the balloon causes a cushion of moving air between the disc and the surface. This lifts the CD and reduces the friction. This allows the disc to hover freely. Large scale hovercraft are capable of travelling over land, snow and water.

## TRY THIS!

## Make it an experiment

This activity is fun to do and designed to spark your imagination. Now try your hand at becoming a design engineer by performing a true experiment. You can try to answer these questions:

- 1 Does the size of the balloon affect the CD's ability to hover? Try using a smaller balloon and see what happens.
- 2 Does a helium balloon work better than an air filled balloon?
- 3 Do larger discs make a better hovercraft (plastic picnic plates, old record albums)? What did you discover?

1

First, take a small piece of tape and cover the hole of the CD. Using your pin, poke about six or seven holes in the tape. This will simply slow down the airflow so your hovercraft can float around longer.

2

Next roll the Blu Tack into a sausage shape and press it around the edge of the bottom of the bottle lid.

3

Push the bottle top down onto the middle of the CD, on top of the tape so that it sticks to the CD & tape with no gaps for the air to escape, except through the hole in the CD.

4

Blow up the balloon reasonably full, but not completely, and then twist the bottom round several times (so the air doesn't come out while you're attaching it to your hovercraft base)! Don't tie it.

5

Make sure the bottle lid is closed, before stretching the neck of the balloon over the pop-up portion of the cap. (This is usually easier with 2 people). Untwist the balloon.

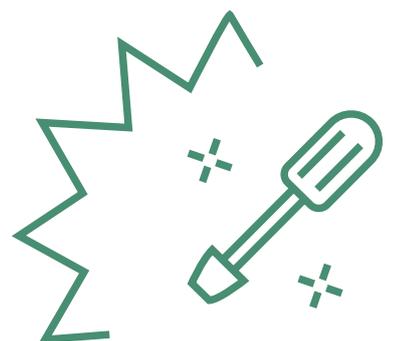
6

That's it! When you're ready to commence hovering, simply put the craft on a smooth surface and pull the bottle lid into the open position. Push your hovercraft gently and watch it glide!

### What you need

An old CD or DVD disc

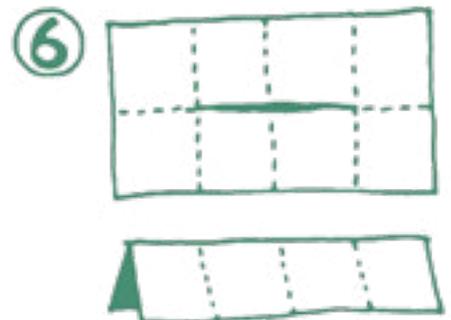
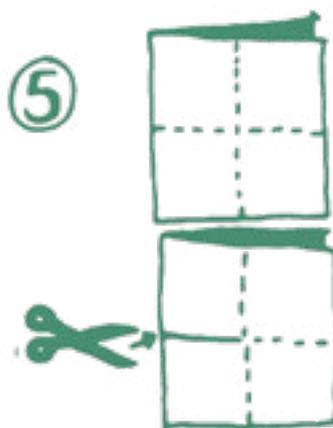
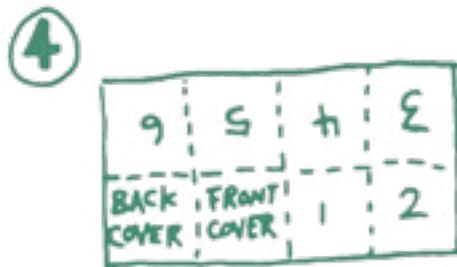
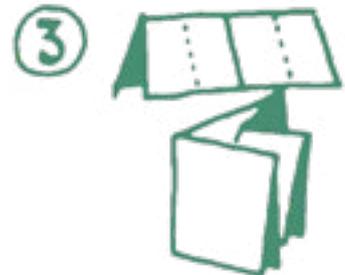
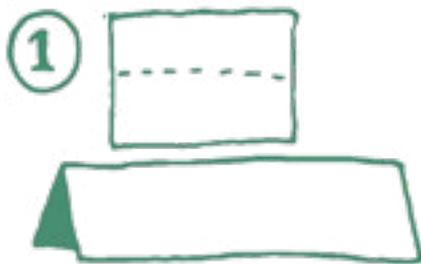
- 1 x pull-up bottle lid (such as on a liquid soap or water/sports drink bottle)
- 1 x 9" balloon
- Sellotape
- 1 x pin
- 1 x blob of Blu Tack



# THE LITTLE BOOK OF PROTEST

Are there things that you feel strongly about in the world around you? Why not get creative and express yourself in your own little book of protest.

Using a single piece of A4 or A3 paper we will show you how to make a neat little fold out book, which can open up into a poster or larger piece of art.



**GET  
CREATIVE**

## What to do

- 1 Take a sheet of A4 or A3 paper, fold in half longways.
- 2 Fold the strip in half.
- 3 Fold from each end so they meet in the middle.
- 4 Now open up the sheet of paper and with a pencil lightly note which page is on which section.

- 5 Fold the paper in half so it is square, then from the fold out cut along half of the crease.
- 6 Open up the sheet again and there will be a slit in the middle then fold again as you did in stage 1.
- 7 Hold each end together and by slightly pushing to the middle it should pop out into a diamond shape.
- 8 Then close it all together to create your book!

**The cover** Give your little book of protest a title to make it your own.

**Page 2 and 3** Do a mood drawing and write down the things that put you in that mood.

**Page 4 and 5** Write your own protest song or poem and illustrate it.

**Page 6 and 7** LISTS... create a playlist of positive songs? Write a small list of what you can maybe do to help change things? Small things can make a big impact

**Back Page** Design a banner or placard.

On the other side you could do a protest poster and make it bold and colourful to get your point across.

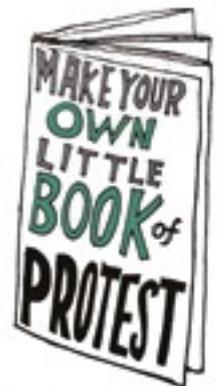
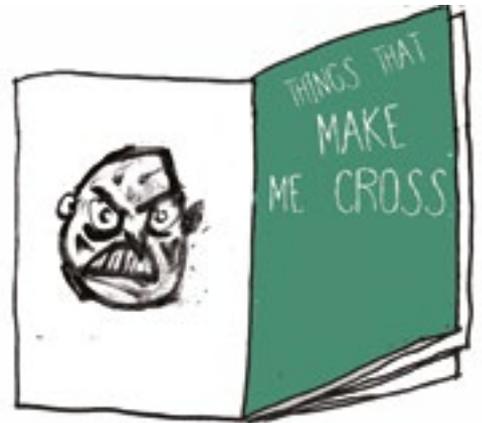
Other ideas, you could use the poster side as a doodle de-stress page that can be filled with doodles, patterns, colours, collage or words?

When you finish your book don't be afraid to share and show it to others. You might find others that feel the same as you!

**NEED SOME INSPIRATION?**



This activity and illustrations were created by Lee Crocker



Now you've made the book you can unfold it to get creative and fill with your ideas. Even if you've never drawn or painted before. Have a go and have fun being expressive.

It's your book so do what you feel like! Maybe think about what you want to say and what you are passionate about?



## WHO CARES CAMPAIGN

For over 9 years The Lowry & Salford Young Carers have co-created films, theatre, exhibitions and learning resources to help identify hidden young carers and raise awareness of young carers' needs.

If you are a young carer, don't stay hidden. If you need help, ask. You don't have to do this alone.



### Hi, I'm Jade, a young carer from Salford...

A young carer is basically someone aged 17 or under who looks after anyone with a disability, illness or addiction. I care for my dad who uses a wheelchair and my brother Will who's deaf. Looking after them is rewarding but it's sometimes difficult...

And everything that's happening with Coronavirus is hitting us hard...

Basically services that normally support me aren't running like normal. I've been talking to my mates. We've written a message to other young carers and a message to adults & professionals. But we need your help to spread it...

You can find out more here:  
[www.whocarescampaign.co.uk](http://www.whocarescampaign.co.uk)



### My name is Connor.

I'm part of The Who Cares Campaign.

We're campaigning to raise awareness about young carers across the UK. At the Who Cares Campaign, we're making a short video but we need your help...

We are asking young people across Greater Manchester to make an #ICare photo. We will then edit them all together and release them on Twitter/Facebook/ Instagram. We want to do this to raise awareness and show adults that YOUNG PEOPLE CARE. Would you like to get involved?

Find out how on the next page.

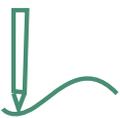
## Hey! Want to do something cool to support young carers?

We are asking young people across Greater Manchester to make an #ICare photo. We want to do this to raise awareness and show adults that YOUNG PEOPLE CARE.

# TRY THIS!

- 1** Write #ICare on a big piece of paper in BIG CHUNKY LETTERS (so everyone can see)
- 2** You can also share your creative #ICare banner in your window
- 3** Get your phone and take a photo of yourself holding a sign that says #ICare. You can also do a picture, personalised art image or video if you prefer.
- 4** Pop your photo on Twitter/Facebook/Instagram and tag @WhoCaresAction - we will give you a ReTweet/Share! You can also tag our friends at @The\_Lowry and @GaddumCentre and @LungTheatre
- 5** Before you put your image online, check with your parent/guardian and confirm they are happy for you to participate in the project

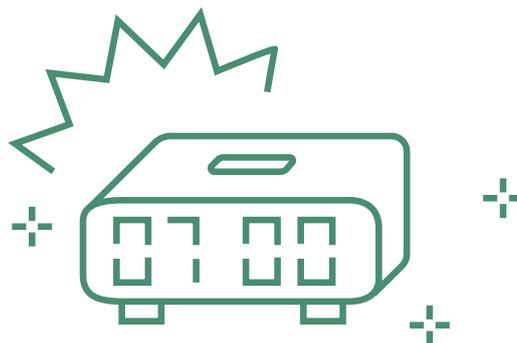
Write your sign here



## BEING A YOUNG CARER

My name is Caitlin, I'm 19 years old and I care for my mum. Being a carer can be difficult and tiring at times because you are taking on this responsibility to help take care of a person

when they are in need. You can do this in various different ways, as being a carer is different for everybody.



Carers provide a range of support physically by: doing the cooking and cleaning, sorting medication and helping with personal care. These are only some of the jobs a carer may do depending on their situation.



It can sometimes feel overwhelming to see my mum in pain and you need a lot of time to help another person when they need it the most, whether that is a family member or friend.





I hope that these photos help show the difficulty of caring in the sense that some people may not get the chance to have a break from caring.

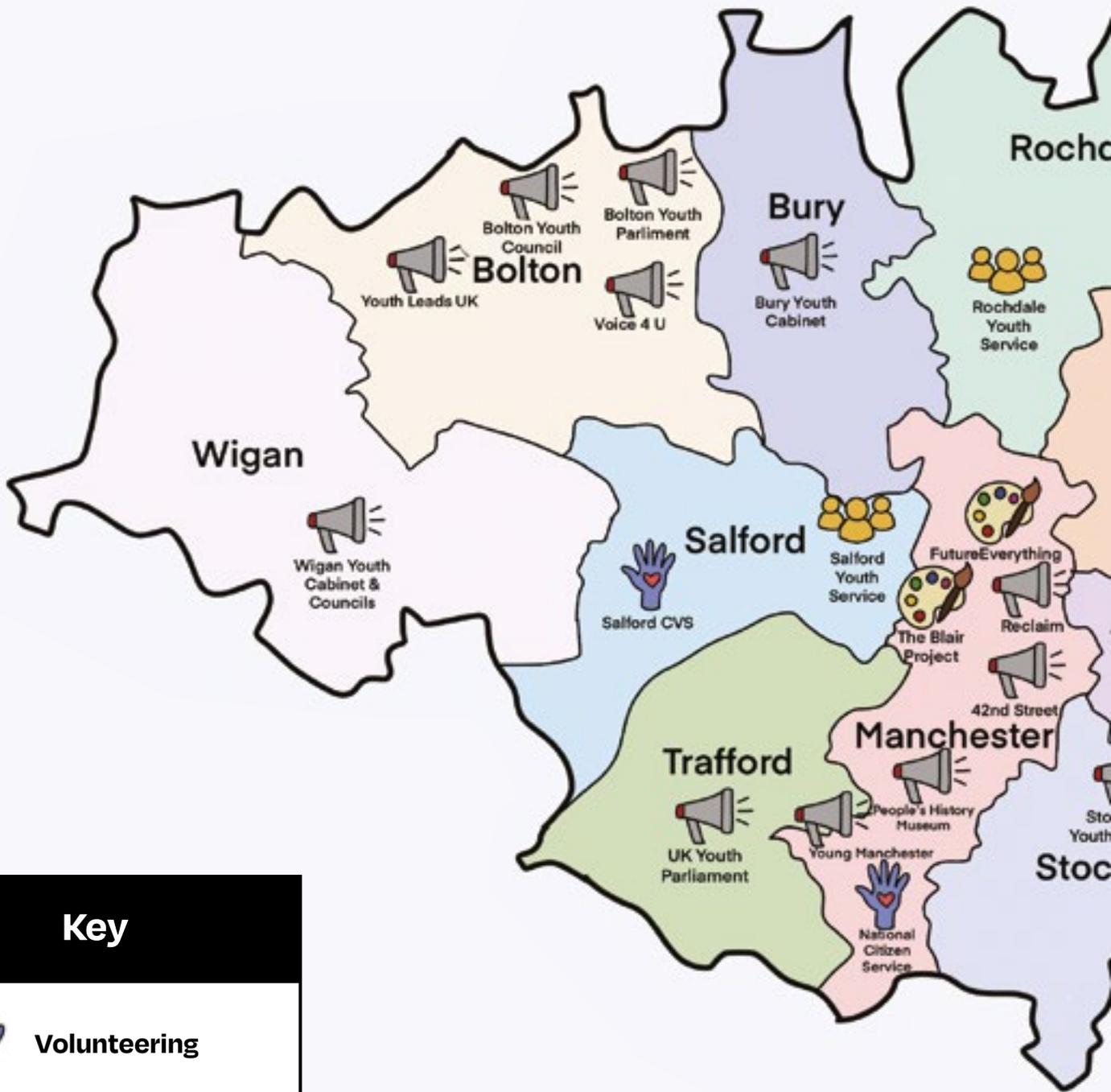
Carers also provide emotional support by comforting whomever they care for and giving them reassurance. The downside of being a carer in my circumstance is watching someone you love going from being a healthy and independent person to relying on my help on a daily basis.



I am happy that I am here to provide all the support and understanding that my mum needs in order to look after her, like she has done for me my whole life. I have taken some photographs to give you a bit of a visual insight into what it's like being a carer and what our day-to-day lives consist of.



Caitlin is a recent winner of 42nd Street Young Carers Photo Competition and kindly wrote a blog about the piece for us.



### Key



**Volunteering**



**Social**



**Activism**



**Creative Activity**



## Happening across Greater Manchester



### National Citizen Service

Opportunities for 15-17s across Greater Manchester.  
Contact: [www.wearencs.com/contact-us](http://www.wearencs.com/contact-us) ncs\_partners@growthco.uk or phone 0800 197 8010



### Young Manchester

Working closely with local and community organisations and children and young people across Manchester.  
Contact: [enquiries@youngmanchester.org](mailto:enquiries@youngmanchester.org) or [www.youngmanchester.org](http://www.youngmanchester.org)

## National



### #iwill Campaign

A campaign to make participation in social action the norm for young people under 20. Opportunities and tips to help you get involved on their website. Contact: [hello@stepuptoserve.co.uk](mailto:hello@stepuptoserve.co.uk) or [www.iwill.org.uk](http://www.iwill.org.uk)

## Our Pass



**Free bus travel and exclusive offers and experiences for 16 – 18 year olds in GM - go to [ourpass.co.uk](http://ourpass.co.uk)**

## ORGANISATION INFORMATION

Activism	<b>Youth Leads Uk</b>	Bolton	Youth Leads supports young people age 12-22 to enrich their skills, reach their potential and influence change. We do this through peer-led programmes of volunteering, social action projects, learning experiences and by amplifying the voice of young people with decision makers. Contact: info@youthleads.uk or 0330 1200 619
Activism	<b>Bolton Youth Parliament</b>	Bolton	Youth MPs are elected every 2 years as part of a democratic process, they are elected to be the voice of young people in Bolton, they work in partnership with councillors, voluntary organisations locally, regionally and nationally to ensure that UK Youth Parliament campaigns are being developed in Bolton. Contact: boltonyouthmps@bolton.gov.uk / 01204 332323
Activism	<b>Voice 4 U</b>	Bolton	Voice 4 U is a Children in Care Council for young people aged 11- 18 who are looked after in Bolton. They meet regularly to discuss issues around young people who are looked after and work with decision makers. Contact: ciara.steele@bolton.gov.uk or text 07813 692583
Activism	<b>Bolton Youth Council</b>	Bolton	Bolton Youth Council is a group of young people aged 12- 18 years old meeting on Tuesday evenings and working towards regional nationally and local campaigns. They are the voice of young people in Bolton. Contact: ciara.steele@bolton.gov.uk, text 07813 692583
Activism	<b>Bury Youth Cabinet</b>	Bury	Youth voice for Bury, engaging in council decision-making and local democracy. Contact: steph.meskellbrocken@themet.org.uk a.j.tomlinson@bury.gov.uk or 0161 253 5133 / 07894858934
Creative Activity	<b>The Blair Project</b>	Manchester	Get involved in ProtoEV, make and build things, have fun turning your ideas into reality and make new friends . Contact: www.theblairproject.org or info@theblairproject.org
Creative Activity	<b>FutureEverything</b>	Manchester	FutureEverything will soon launch the 'this place [of mine]' online platform where young people, aged between 13-19, can come together to have conversations and create future visions for their local high streets. Contact: www.futureeverything.org
Activism	<b>People's History Museum</b>	Manchester	Vital Voters project. Under 18 with something to say? Create a 3 minute campaign film and be in with a chance of winning an iPad! Contact: https://phm.org.uk/vital-voters/future/ to find out more. Competition closes Friday 18 December 2020
Activism	<b>RECLAIM</b>	Manchester & Salford	A youth leadership and social change organisation using our experience and platform to support and amplify the voices of working class young people. Contact: info@reclaimproject.org.uk or Becky Bainbridge on 07739 752348
Activism	<b>42nd Street</b>	Manchester	A range of individual therapeutic support, learning opportunities, groups and creative activities, encouraging you to find your voice, develop new skills, have fun and demonstrate that you can manage your mental health and wellbeing to achieve your full potential. Contact: www.42ndstreet.org.uk theteam@42ndstreet.org.uk or 0161 228 7321
Social	<b>Oldham Youth Service</b>	Oldham	The youth work team provide support for nurturing youth voice and involvement of young people in school councils and local democracy. chris.lewis@oldham.gov.uk 0161 770 3121
Social	<b>Rochdale Connections Trust</b>	Rochdale	A range of youth groups. Contact: http://www.r-c-t.co.uk/ 01706 345111 / info@r-c-t.co.uk
Social	<b>Rochdale Youth Service</b>	Rochdale	Provision for young people aged 11- 19 in youth centre. We offer a range of health, sports and wellbeing activities for young people. Contact: 01706 926090
Volunteering	<b>Salford CVS</b>	Salford	Volunteer opportunities in Salford for 16+ call the volunteer centre to discuss your interests. Contact: 0161 787 7795
Activism	<b>Stockport Youth Council</b>	Stockport	A group of young people who aim to represent the voice of young people in Stockport. We work with local schools, youth groups and forums and Stockport Council to make sure that young people and their views are heard. Contact: steve.davies@stockport.gov.uk / 0161 474 5785
Activism	<b>Tameside Youth Council</b>	Tameside	A group of 13 -18 year olds from across Tameside who come together to influence local decision makers on the issues they consider important and act as the voices of young people in the borough. Contact: Melissa Hopwood on 0161 342 3799 or melissa.hopwood@tameside.gov.uk
Activism	<b>Action Together</b>	Tameside	Provide information and opportunities to get better connected to what is going on in the local community. Contact: 0161 339 2345 or info@actiontogether.org.uk
Activism	<b>UK Youth Parliament</b>	Trafford	Opportunities for 11-18 year olds to use their elected voice to bring about social change through meaningful representation and campaigning. Youth parliament meets every Wednesday at Talkshop in Sale. Contact: tombland@gorsehillstudios.co.uk or 07585277702
Activism	<b>Wigan Youth Cabinet and Youth Councils</b>	Wigan	Young people campaigning to make things better for young people in Wigan borough. Contact: tyssweb@wigan.gov.uk or 01942 487076

# THIS SUMMER



**CONTACT**



# The Lost Summer

**Summer is so often the time of new milestones and experiences, but during COVID-19 our lives have changed and adapted. Many people have seen best-laid plans and life visions alter. Here is a creative task to record some of those memories.**

**We want you to write about this summer (what has happened, what you *wished* would have happened) or reflect on a previous summer (maybe your summer was not lost as you had a fantastic time)!**

**Please write this as a poem, story, or a letter to a lost summer.**

**Dear Lost Summer...**



**This page was designed by  
Rose Sergent**

Rose Sergent is a visual artist and designer and has created this page for Contact Theatre as well as the cover and maps in this book. Her artwork often focuses on highlighting societal disparities for ill/disabled people through bright and bold digital art. She also produces Drawn Poorly Zine which explores the reality of living with illness/disability.

**To submit an entry for Contact to read, and showcase, please post the work to: Contact, Oxford Road, Manchester, M15 6JA, or email: [roxannemoores@contactmcr.com](mailto:roxannemoores@contactmcr.com)**



Elli Kypriadis Sidney created this monologue as part of Royal Exchange Theatre Young Company Writers. They asked the young writers to create

monologues inspired by themes of human connection, joy, kindness and compassion to improve mental health during this difficult time.

## Slow Cooking

by Elli Kypriadis Sidney

She's an eyeful, Doubtfully insightful. Orange smoke dancing by the cooker, she sings along, Out of tune melody weaving into steam, it's tidal.

In our one bed slow cooker.

In here we've found escape, As days blend into ultramarine, into orange, into rum cake.

- As the pin pricks purple out of scores on our record player, Pouring indigo into our ears. Purple full, from canal to drum.

As photo stuffed boxes leave remnants of rubber on the tip of my tongue.

As we wait. By the cooker.

Heat pushes red against our blue front door, Forcing itself out onto discordant streets, Seeping under skirting boards it creeps out from underneath our sheets. There's anarchy outside But we're cooking in peace.

I find my plans once again in the heat of her back, Our raucous August rises in the rum cake we bake, We uncover rowdy pubs in the bottom of our glasses. And stand bare, without schedules. Allowing our minutes to morph into moments.

Microscopically colossal.

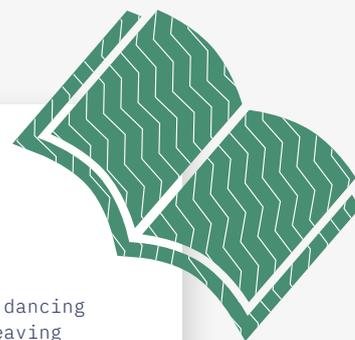
- This Instant-History. This Live-Streamed-Textbook.

Who knew that to make history you still need three meals a day?

With our violet palms, pan hot, I savour slow cooking with her. I bathe in this ultramarine and orange and rum cake.

Because like all things, this won't last forever.

This sacred cave where we are sharing spices and stories. This deep blue, This unpredictable territory.



# FESTIVAL OF HOPE

Curated in collaboration with visual artist Tina Dempsey, Festival of Hope Young Producers in Bolton collected stories of hope from people across Greater Manchester to put together their 'Share Hope' gallery. People aged from 14-74 got involved!

They share messages of love, loss and some of the ways of overcoming struggles in our life. These stories are there to connect us through our shared experiences and to remind us that we actually have so much in common when it comes to our ideas of hope.

## Rekindled Hope

Author aged 16

I was recently diagnosed with epilepsy after having several seizures over a few months. Since then, the immense support I have gained from family and friends has rekindled my hope for a future where I don't have to be afraid of the possibility of seizing at any time. They have stood by me and with them by my side I have finally managed to reclaim my freedom, just in time for lockdown to begin :)

## Sharing Their Stories

Author aged 17

The other day the topic of university came up in the group chat I'm part of on twitter, and I instantly started feeling stressed - getting ready for uni, picking my course, preparing my application and all that stuff have been pretty anxiety-inducing for me. But even though getting ready for that change was so intimidating, all of my friends who've already been to uni instantly made me feel better and more relaxed by sharing their stories, giving me advice and really making me feel like this was something I was actually capable of. It refreshed me with the knowledge that there are people who understand my nervousness and that asking for help when you feel like you need it can make everything so much more okay.

## Sunrise

Author aged 16

I went to watch the sunrise for the first time. I am the type of person that stays awake into the early hours of the morning, so during this whole quarantine I have seen the sunrise everyday but never without the obstruction of my blinds. Me and my friend went to the top of a hill in my village and sat and watched the sunrise. The sight of something as simple as the sun coming up, which happens everyday, gave me a sense of hope. Even just walking there was a great, but weird experience as everyone was still sleeping. Everything was so quiet. It reminded me that there still is hope and beauty in the world even if sometimes it doesn't feel like there is.

## The Time For Action Is Now

Author aged 57

A meaningful event that brought me hope, the global climate strike.

Friday 20th September 2019 was a day like no other. Young people all over the world called for leaders to act on climate change and I was in Bolton to support that call. The weather was perfect for cycling into town and lingering to chat with friends, but it was unnaturally hot for September. The skies above us and the air we breathed seemed to speak with us of climate change.

Crowds gathered beneath Bolton Town Hall clock. The time for action is now. There was free food, speeches, banners and singing. I was with people who believe in our future. We were calling together for our leaders to make change happen. We all set our mobile alarms to 1.00pm.

The countdown began. Our phones rang in unison and we all lay down. In towns and cities across the country people did the same. We had joined a mass die-in, showing our fears in the midst of our hope.

I first saw Greta Thunberg on YouTube, speaking to world leaders at a UN conference. The stark simplicity of her message was having an impact. Bolton Council declared a state of climate emergency and for the first time nobody denied that the problem of climate change was in the hands of humanity.

This year has shown that social change can happen swiftly and profoundly. The fear of disease has kept us apart, we have had time to reflect on what is really important: friends, neighbours, carers and the natural world in parks, gardens, woodlands and fields. I see hope in every young child whose face shines with joy at simple things that cannot be bought, a wild flower, a bird's song, the clouds and the wind. In this I sense a new awakening.

**READ ALL ABOUT IT!**

To see all the stories go to [www.festivalofhope.co.uk/bolton](http://www.festivalofhope.co.uk/bolton)

## EXPRESS YOURSELF WITH CHOREOGRAPHY

This summer has been a rollercoaster of emotions, hasn't it? Try choreographing a dance that helps summarise how you've felt over this time.



**This challenge was  
set by Yelena**

Yelena Lashimba is a Manchester creative. She's been involved in setting up and running Creative Community events and activities at Longsight Library.

### TRY THIS!

#### Posing challenge

Write a list of 10 words that describe some of the ways you've felt this summer, e.g. 'calm', 'musical', 'bored'.

Now for each word think of a pose that represents that feeling. For example, Yelena felt 'strong' and her pose for this is the drawing above.

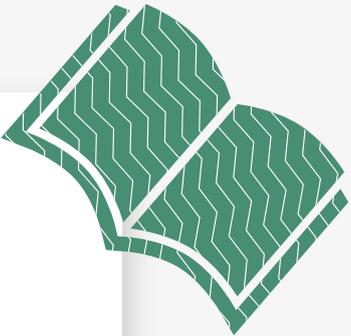
Then put all of those poses together in time with a song that you've enjoyed listening to this summer. Move from one pose into the next.

Move your whole body and try to capture the energy of the song with the speed and style of your movements.

# UNTITLED BY OSMAN ALI

My name is Osman Ali. I am from Sudan. I wrote this letter to Sudan and all the world. From when I was born, until now, the war has continued between the main two ethnic groups. When I left Sudan, I got to know people from other ethnic groups. I pondered deeply and asked:

*Why don't the different groups unite and be a tolerant, loving society, coexisting without exclusion to others? I hope we can all live according to the principle of humanity. We are all human and there is no difference between us.*



I want to say  
to three types  
and  
three colours  
of black, white and red.

I want to say that  
They must respect each other  
and must live  
on the principle of  
human rights;

I want to say  
Because in this world  
We cannot live  
black or white or red  
in this world alone;

I want to say  
The right to life  
and  
living in a guaranteed dignity  
of all people in this world  
is something that  
nobody should steal

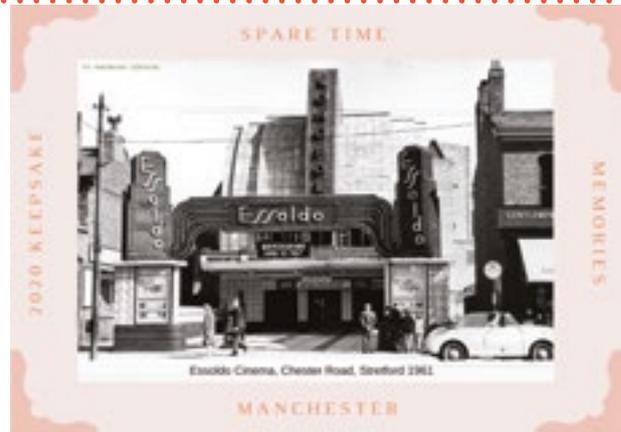
Osman attended CYA@HOME (CAN Young Artists at HOME, Manchester.)  
For more information on CYA's new projects, visit [www.can.uk.com](http://www.can.uk.com)

## Keepsakes

Archives+ based in Manchester Central Library invite you to create your very own keepsake postcards to fill with your memories of the summer. We've shared 2 photos from our collections in the postcards below, to illustrate some of the things you may have missed during this period, such as meeting up with friends or going out to the cinema.

On this sheet is a blank postcard for you to cut out and decorate. You could make a collage, create a drawing or add your own photograph to share your summer story. Sharing memories can bring friends and families closer together, finding common ground and gaining an insight into each other's life stories.

cut along this line



NAME:

2020 KEEPSAKE

MEMORIES

Place your own photograph in this space or make a collage/create a drawing of yourself, where you live or your favourite thing you do.

MANCHESTER

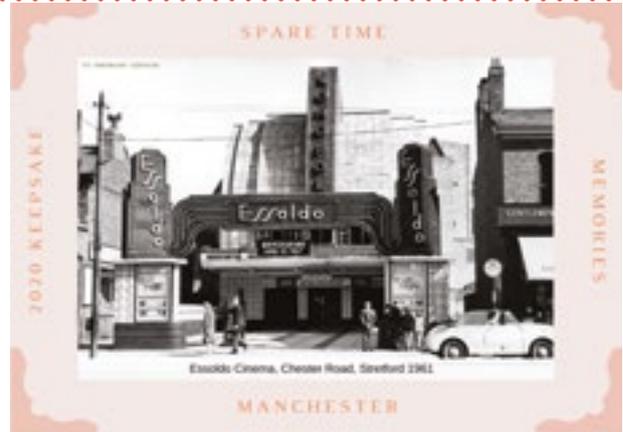
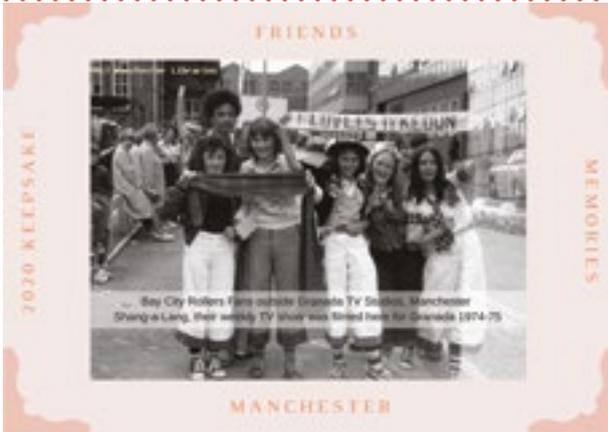
cut along this line

On the large blank postcard below, think of a question you would like to ask of someone reading this in the future.

Perhaps they will compare their experiences to your summer of 2020.

**TRY THIS!**

cut along this line



NAME:

2020 KEEPSAKE

MEMORIES

MANCHESTER

Place your own photograph in this space or make a collage/create a drawing of yourself, where you live or your favourite thing you do.

cut along this line

# BEING REFLECTIVE



## EXPRESS YOURSELF: STRENGTHS

Start thinking about all the amazing strengths you have! Write your name in the middle of the page. Now set a timer for ten minutes and illustrate the page around your name – draw little pictures

that represent your positive characteristics, your interests, the people you love and your favourite things. Add colours if you can.



## Your community needs you!

Imagine you are a superhero and create a comic strip about helping your community to solve a problem.

You can decide what the problem is. It could be something that bugs you in real life, or you could make up something silly. Think about your strengths when designing your superhero self.

**TRY THIS!**

# WHAT COLOUR REPRESENTS YOU?

Have you heard of Outsider Art? At the Whitworth we have one of the largest collections of Outsider Artists in the UK – the Musgrave Kinley Collection with over 1200 artworks by over 120 artists.

## How does this painting make you feel?

Does it take you to a familiar place? If you were in this picture and closed your eyes, what could you hear, smell or taste?

Pearl Alcock is part of the Musgrave Kinley Collection. She was an exceptional colourist who was creating with oil paint, pencils, crayons, felt tips and acrylics. Pearl called her paintings 'Mood Pictures', which are abstract and atmospheric.

These artworks were collected by curators Monika Kinley and Victor Musgrave over 30 years. They didn't want to collect bland contemporary art. Instead they were interested in strikingly original artworks produced by self-taught artists who faced barriers to accessing the 'mainstream' artworld, sometimes due to mental health conditions, physical or learning disabilities.

### Can anyone be an artist?

Do you have to study art to be an artist?

At the Whitworth, we believe there is no one way to becoming an artist. If you want to make art or be creative, just do it.

Patterned Fire, 1987  
Acrylic

Gifted to the Whitworth  
by the Musgrave Kinley  
Outsider Art Trust in 2010



**GET  
CREATIVE**

### Make your own abstract art

Using everyday drawing materials such as felt-tips or pencil crayons create an abstract picture to capture your mood. If you are feeling content, you may want to use warm colours that work well together; you may feel a little worried creating

small shapes within shapes where the colours are similar to express that emotion. Think about the marks, shapes, colours, textures and scale that you use to sum up your mood today. Pearl Alcock often worked at night enjoying the silence that surrounded her. Does your mood change according to the time of the day?

# CREATING FUTURE REALITY

Visualisation is a really useful tool to help you to recognise what you need to focus on in order to make change, and make the world a better place!

What do you want the future to look like?  
What does reality look like now?  
What do we need to make the future a reality?

**Using only visuals (no words, letters or numbers) use the space below to depict what reality is like now.**

**This could be:**

The reality of a specific topic (e.g. the environment, politics etc).

The reality of your life (e.g. what you are doing, your relationships etc). The reality of a place (e.g school, your town, the world etc).

Then, again using only visuals (no words, letters or numbers), use the space below to depict what you would like the future to look like.



The best version of the future - what are the best things about this future?

Your future self - who do you want to be, how do you want to feel?

What will this future mean for other people?

You could draw, create a collage, use emojis, or paint to create this reality - however you want to create it is up to you.

**THINK ABOUT IT!**

**Once you've finished creating your reality and future vision, take a few minutes to think about (and write down):**

- What the main differences are between the reality of now and the vision you have for the future.
- What the barriers are to you achieving your future vision.
- What solutions there may be to overcoming those barriers.

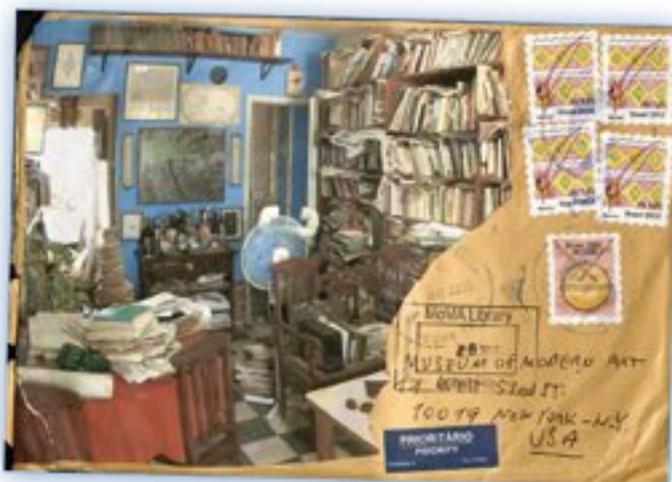
- Who you may need to help you achieve your vision.
- The strengths you already have that you can build on to achieve your vision.

Hopefully this exercise will help you to think about and plan for the future that you really want, let us know if RECLAIM can do anything to help you achieve it! Find out how to get in touch with RECLAIM on page 60.

## YOU WILL NEED:

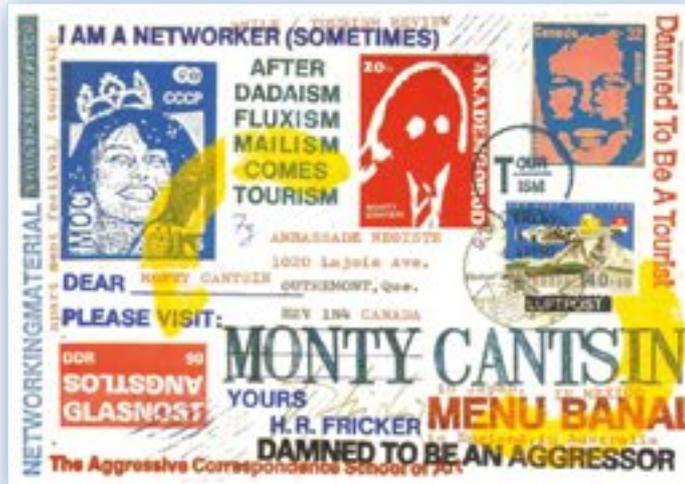


+ any extra art supplies.



This work sheet was created by artist and bookmaker George Gibson, commissioned by Castlefield Gallery. Gibson's book work 'Otherkin' will be featured in Castlefield's upcoming exhibition Soft Bodies, opening September 16th.

gggibson.co.uk @georgegracegibson



At Castlefield Gallery, we make new art possible. We support artists in Greater Manchester and beyond, helping them develop their practice and their careers, and to find ways not just to make art, but to make a living. We do this through: our gallery, and its free exhibitions and events that are open to all; through the tailored careers support offered by our 200-strong artist Associates scheme; through the provision of low-cost studio space; through commissions; and through collaboration with universities. For 35 years, we have supported young artists, graduates and established artists, connecting them to each other, and to our international network of curators, arts organisations, artists and collectors.

castlefieldgallery.co.uk @castlefieldgall



Top: Mail art delivered to the Museum of Modern Art Library in New York, exhibited there as part of *Analog Network: Mail Art, 1960–1999*, curated by Jennifer Tobias.

Middle: Mail art envelope showing artist stamps by H.R. Fricker, 1990.

Bottom: Mail art envelope by Chuck Welch, aka Cracker Jack Kid, 1984.



CASTLEFIELD  
GALLERY | AGENCY

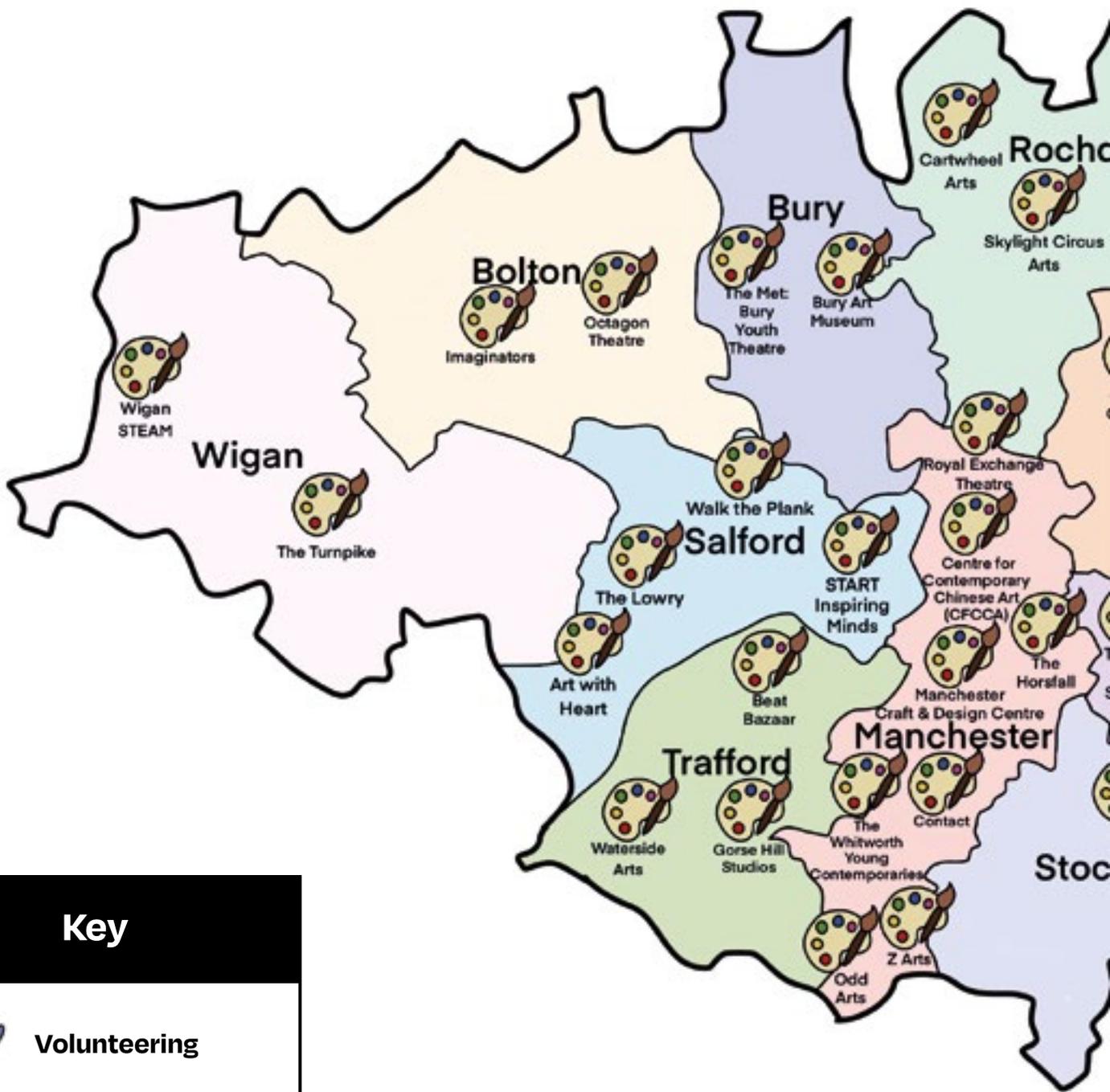
POST  
YOUR  
OWN

# MAIL ART

**What is mail art?** Mail art, sometimes referred to as postal art or correspondence art, is an art movement dating back to the 1940s when artist Ray Johnson began experimenting with it. The process is defined as small scale works that are posted out to a recipient by an artist. These works often take the form of postcards, or decorated envelopes, containing works made from a range of media such as paper, drawing, poetry, collage and rubber stamps. Mail art by definition is anything with artistic intent that can be put in a package and sent via your local post office.

**Why would you make it?** During this pandemic, it's been easy to feel alone – whether you've lost someone close to you, are spending time inside shielding, or just feeling too anxious or overwhelmed to socialise. Though modern technology has had us all zooming and Skyping and HouseParty-ing, there's still something unique about physical touch, reading your loved one's handwriting or sticking up your granddaughter's drawing on your fridge. While working from home, many people have found joy in checking the post; opening letters is the original old school contact from the outside world. Unfortunately our post is often unnecessary online shopping, bills or Domino's coupons. Starting your own mail art club could resolve this need to spend no more than a stamp costs to send and receive postal presents. Postal art can bring joy not only to your mail box, but to the ones you love, helping you reconnect and building a bridge between your homes.

**Where could you send it?** Think about your family – do you know anyone who is shielding? Who, as galleries reopen, can't get out to visit art themselves? Bring it to their doorstep! You could call a friend and ask for their address. Mail art can be sent back and forth, or forwarded on to new participants. Can you think of a game you can play through the postal service? Libraries and museums sometimes have collections of mail art. Wouldn't it be great if your contribution to the history of mail art could be archived? Salford Zine Library collect DIY publications – could you make one bound inside an envelope? Zines and mail art are intrinsically linked, having similar ideals of do-it-yourself, punk publishing and creative freedom. Who do you know who would appreciate getting something special through their letterbox this week?



### Key



**Volunteering**



**Social**



**Activism**



**Creative Activity**



## Happening across Greater Manchester



### Community Arts North West

CAN Young Artists co-design projects with 13-18 year olds. Opportunities to learn performance skills, create new work, mentor and develop leadership for all ages. Contact: [www.can.uk.com](http://www.can.uk.com)



### Young Identity

Writing and performance workshops for young spoken word artists, musicians, actors, Rappers/MC's aged 13-25. Contact: [www.facebook.com/YoungIdentityMCR](http://www.facebook.com/YoungIdentityMCR) or [enquiries@youngidentity.org](mailto:enquiries@youngidentity.org)

## Our Pass



**Free bus travel and exclusive offers and experiences for 16 – 18 year olds in GM - go to [ourpass.co.uk](http://ourpass.co.uk)**

## ORGANISATION INFORMATION

Creative Activity	<b>Imaginers</b>	Bolton	Volunteer opportunities for 14-21 year olds to help develop and deliver family friendly activities including crafts, storytelling and seasonal special events. Contact: 01204 332225 or central.library@bolton.gov.uk
Creative Activity	<b>Octagon Theatre</b>	Bolton	Take part in groups and workshops, perform or volunteer with us. Contact: 01204 520661 participation@octagonbolton.co.uk or www.octagonbolton.co.uk
Creative Activity	<b>Bury Art Museum</b>	Bury	Opportunities to work with professionals, be involved in projects and get experience of the creative industries. Contact: www.burycreatives.co.uk or katie.burycreatives@gmail.com
Creative Activity	<b>Bury Youth Theatre</b>	Bury	Youth Theatre specialising in devised theatre and creative expression for young people aged 9-15. Contact: steph.meskebbrocken@themet.org.uk or phone 0161 253 5133 / 07894858934
Creative Activity	<b>Centre for Chinese Contemporary Art (CFCCA)</b>	Manchester	Volunteering and creative opportunities for young people 16+ Contact: hello@cfcca.org.uk or 0161 832 7271
Creative Activity	<b>Contact</b>	Manchester	Contact is a theatre and arts venue that places young people people at the decision-making heart of everything we do. At Contact, young people aged 13-30 genuinely lead, working alongside staff in deciding the artistic programme, making staff appointments, and acting as full Board members. Contact: www.contactmcr.com
Creative Activity	<b>Odd Arts</b>	Manchester	Drama Drop for 9-13yrs and The Platform (drama sessions) for 14-19yrs. Contact: info@oddarts.co.uk or 0161 226 1912
Creative Activity	<b>Royal Exchange Theatre</b>	Manchester	Opportunities for young people aged 14-21. From one-off courses with our Young Collective to a year-long training course in performing, writing or making theatre. Contact: 0161 615 6719 or royalexchange.co.uk
Creative Activity	<b>The Whitworth Young Contemporaries</b>	Manchester	A group of young people aged 18-24 who connect art, ideas and communities. Contact: @whitworthyc
Creative Activity	<b>The Horsfall</b>	Manchester	Gallery and creative space for young people 13-25 exploring creativity and its role in reflection, wellbeing and youth voice; various groups and ways to get involved Contact: Rod.Kippen@42ndstreet.org.uk or call 07823349237
Creative Activity	<b>Manchester Craft and Design Centre</b>	Manchester	Visit the shops, open studios and exhibitions. Participate in workshops and events. Contact: www.craftanddesign.com contact us@craftanddesign.com or phone 0161 832 4274
Creative Activity	<b>Gallery Oldham</b>	Oldham	Exhibitions, workshops, talks and activities for all age ranges. Arts Award for young people aged 11+. Contact: galleryoldham@oldham.gov.uk or 0161 770 4653
Creative Activity	<b>Jubacana</b>	Oldham	Youth-led percussion and performance group for ages 8-18 based in Oldham, inspired by the music of Brazil, Africa and South Asia. Contact: www.jubacana.com or info@jubacana.com
Creative Activity	<b>Oldham Theatre Workshop</b>	Oldham	Youth theatre in Oldham supporting young people from all backgrounds to create theatre based on contemporary topics. Contact: 0161 770 3240 or otw@oldham.gov.uk
Creative Activity	<b>Peshkar</b>	Oldham	Participatory arts organisation working with young people, including digital programme.
Creative Activity	<b>M6 Theatre</b>	Rochdale	Watch performances, take part in workshops and gain 'behind the scenes' work experience. Contact: 01706 355898 or www.m6theatre.co.uk
Creative Activity	<b>Skylight Circus Arts</b>	Rochdale	Circus sessions for all ages and abilities: martine.b@skylightcircusarts.com 01706 650676 https://skylightcircusarts.com
Creative Activity	<b>Cartwheel Arts</b>	Rochdale	Activities include community gardens, video projects, zines, campaigns, banners, graffiti projects and wall art. Contact: vicki@cartwheelarts.org.uk 01706 361300 www.cartwheelarts.org.uk
Creative Activity	<b>Touchstones Gallery</b>	Rochdale	The 'Our Changing Planet' Exhibition is open until 24th February 2021 and explores how we can all work together to protect our future planet. Contact: 01706 924928 or www.link4life.org/centres/touchstones-rochdale
Creative Activity	<b>The Lowry</b>	Salford	Programmes including: Youth Voice, a new programme for Salford young people aged 13-18 who are interested in making change happen. Youth Employability & Skills for young people aged 13-19 from Salford who are not in education, employment or training. Sessions for Looked After Young People, Young Carers, Young Parents, Young People in Sheltered accommodation or who face other barriers. Contact: getcreative@thelowry.com
Creative Activity	<b>Walk the Plank</b>	Salford	Although we are not open to the public, but have a look at our website to see what we do www.walktheplank.co.uk. If you'd like to pop in for a chat and visit us at Cobden Works contact: info@walktheplank.co.uk

Creative Activity	<b>START Inspiring Minds</b>	Salford	Creative projects aimed at improving skill and confidence for all ages. <a href="https://www.startinspiringminds.org.uk/">https://www.startinspiringminds.org.uk/</a>
Creative Activity	<b>Art with Heart</b>	Salford	Art with Heart are an award-winning Salford based company who design and deliver theatre performances, workshops and people-led creative projects for community groups, arts organisations and schools across the UK. Contact: <a href="mailto:artwithheart.org.uk">artwithheart.org.uk</a> <a href="mailto:hello@artwithheart.org.uk">hello@artwithheart.org.uk</a>
Creative Activity	<b>Arc</b>	Stockport	A range of arts and mental health projects for young people, including regular MusicSpace group. Contact: 0161 480 7731 or <a href="mailto:info@arc-centre.org">info@arc-centre.org</a>
Creative Activity	<b>Global Grooves</b>	Tameside	Future Leaders programme and arts activities for all. Contact: <a href="http://www.globalgrooves.org">www.globalgrooves.org</a> or phone 0161 870 6895
Creative Activity	<b>Tameside Local Studies and Archives Centre</b>	Tameside	Uncover stories of Tameside's past with a focus on social history. Activities include cataloguing images, creating stories from photographs, curating online exhibitions as well as recording life during the coronavirus pandemic. Contact: Rob on 0161 342 4242 or <a href="mailto:localstudies.library@tameside.gov.uk">localstudies.library@tameside.gov.uk</a>
Creative Activity	<b>Vale Sounds by Bangdrum CIC</b>	Tameside	A training and venue development programme for 16-21 year old musicians, promoters, and technicians. Contact: 0161 273 7827 or <a href="mailto:hello@vale-music.co.uk">hello@vale-music.co.uk</a>
Creative Activity	<b>Waterside Arts</b>	Trafford	Artful Playground Musical Theatre Class for 11-16 year olds. Contact: 07932 674 962 or <a href="mailto:info@artfulplayground.co.uk">info@artfulplayground.co.uk</a>
Creative Activity	<b>Gorse Hill Studios</b>	Trafford	Alternative Creative Education, Youth Clubs, Art, Digital, Music & Drama programmes, mentorship schemes and more. Contact: <a href="mailto:Hello@gorsehillstudios.co.uk">Hello@gorsehillstudios.co.uk</a> or phone 01618666356
Creative Activity	<b>Beat Bazaar</b>	Trafford	Creative and cultural projects & experiences for young people including music making, digital arts and media. Contact: <a href="http://www.beatbazaar.org.uk/projects/">www.beatbazaar.org.uk/projects/</a> <a href="mailto:info@beatbazaar.co.uk">info@beatbazaar.co.uk</a> or phone: 0161 232 6087
Creative Activity	<b>Wigan STEAM</b>	Wigan	Creative projects and workshops using STEAM tech and tools. Contact: <a href="http://www.wigansteam.co.uk/contact-us">www.wigansteam.co.uk/contact-us</a>
Creative Activity	<b>The Turnpike</b>	Wigan	Workshops and projects with artists. Volunteering and workplacement opportunities for 18+. Contact: <a href="http://www.theturnpike.org.uk">www.theturnpike.org.uk</a> <a href="mailto:hannah@theturnpike.org.uk">hannah@theturnpike.org.uk</a> or phone 01942404469

