

***What We
Carry,
What We
Share***



*‘Together we
must move
like waves.’*

*Have you
observed the
ocean?’*

(brown, 2017, p16)

Introduction

This zine is a collective work by CSM Changemakers, Climate Advocates and Collaborators. Content is drawn from primary and secondary research, workshops, and critical dialogues conducted between 2024-2025.

In this zine you will find:

- What We Carry, What We Share
- Collective Institutional Re-imagining
- Feeling Fuzzy
- Den Building
- Conflict
- Poetics of Care
- Student Feedback
- Care & Emotions
- Performing Medicine
- Somatic Awareness
- Assess Yourself



Encounters

- Ethical Table: Lange, S. (2023). UAL Education Conference.
- Performing Medicine: Gravagno, M. (2025).
- Poetics of Care: A Festival of Creative Health (2025)

Cite Us Right!

CSM Changemakers x Climate Advocates (2025), *What We Carry, What We Share*, Central Saint Martins, University of the Arts London.

Zine Methods

The zine is designed to be non-linear after the preliminary pages.

Collected during a workshop with students on the Creative Unions Unit, you will find responses from current CSM students (2024-25) throughout this zine. We have responded to their thoughts on what they: offer, value and wish for in collaboration. Occasionally you will find a blank prompt, which is an invitation to share your own collaborative intentions. (E.g. I wish... / I value... on this page)

I wish...

I offer... technical support

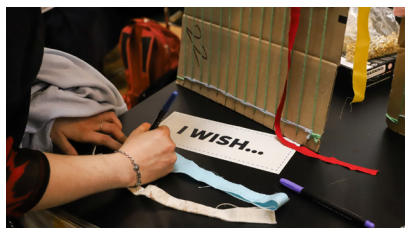
I value...

What We Carry, What We Share: Creative Unions

As part of the *Creative Unions launch event*, led by *Kieran Mahon*, Kiki designed an activity for us to run outside the auditorium at Friends House. We invited students to choose a ribbon, and respond to the attached prompt. The prompts were “I value...”, “I wish...” or “I offer...”, all in relation to their intentions going into their collaborative unit. (Zheng, 2025)

Once completed, participants wove their ribbon into a communal loom, and were invited to take one in return. This act of exchange allowed participants to reflect on their intentions while also engaging with the perspectives and offerings of others.

“The format of the workshop was designed to help students think about collaboration in a way that went beyond simply what they might get out of the unit. It encouraged them to see collaboration as a process of building something together with others—of forming a community.”



“We find that in the initial stages of a collaborative unit, students are tunnel visioned by their task – rather than inviting empathy and conversation with their peers.”
- Charlotte

/ value... inclusion

/ value... active listening

/ value... complexity

/ value... Ecological thinking

/ value... Connection

/ value... ~~relax~~ time

value... boundaries (stay away from me)

/ value... Fun

/ value... MANNERS, SPENNESS,

/ value... COMMUNICATION

value politics and having to work on it.

value... collaborative spirit

/ value... SPONTANEITY.

ethics, respect, interdisciplinary nuances

Collective Institutional Re-imagining

I wish... for equal co-operation

Kiki's research culminated in film screenings and workshops, which questioned how hierarchies are assumed and perpetuated in institutions like universities. Through these interventions, Kiki explored the collaborative systems of care that hold an institution together.



How'd You Like an Institutional Embrace? (Visual Essay) Service Human (Collaborative Documentary)

'Focusing on baristas and cleaners, these pieces uncover the essential yet often overlooked acts of care that quietly hold the university together. After the screening, we'll discuss the critical themes these films raise: outsourced labor, institutional infrastructure, systemic failures, and the glimmer of radical hope found in everyday care. Additional reading materials will be sent prior to the event for more contexts.'

Word BUZZZZED: Reimagining Institutional Documents Through Collage Poetry

'Who decided that question belongs on an ethics form? We're hacking UAL's risk assessment bureaucracy with poetry. Come dissect loaded language like "offence", and imagine what responsibility could look like beyond compliance.'



Feeling Fuzzy

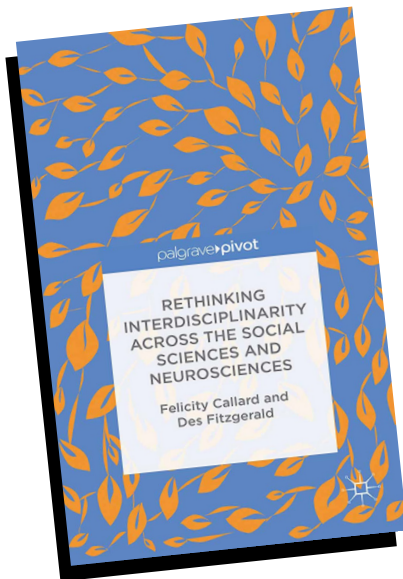
I value... spontaneity

Collaborative work, particularly interdisciplinary work, is emotional as it is hard intellectual and methodological labour.

Feeling fuzzy explores the “important roles that these often ill-understood and often ignored affective states play in shaping the topologies and logics of interdisciplinary research”.

“how eruption of unexpected - and superficially unimportant - moments of affect can be diagnostic of important lines of conjunction and contestation within interdisciplinary spaces”

(Callard and Fitzgerald, 2015, p126)



***Embrace the
bewilderment,
follow the
potential dead
end, explore
the junction
rather than
wait for the
green light.***

“Focusing on ‘regulation’ has also been a way of for us to think against the grain of mastery and frankness in the interdisciplinary scene; it has, in particular, helped us to move beyond the stentorian banalities of ‘truth’ and ‘power’ in writings on collaboration - and thereby to think about how interdisciplinary life might be lived through less conventional ethical and philosophical practices.”

(Callard and Fitzgerald, 2015, p127)

Plot your journey of emotions through a collaborative project/task...

I wish... to enjoy the process

I offer... tranquility

“how acknowledgement of affective bewilderment while in interdisciplinary spaces is easily misconstrued as either a deliberate or unwitting removal from the terrain of the political.”

(Callard and Fitzgerald, 2015, p115)

Den Building

I offer... Listening and openness

Pestling Mortar, The Good Rice Gallery

As a group, we've been exploring ways of caring for each other in creative spaces. For Rose, care is acknowledging ourselves and those around us as whole and complex; tending to our bodies, our senses and our less tangible expressions. Rose has been facilitating den building workshops this year, reflecting on what this kind of care can look and feel like in practice. In the workshop space, a step towards this is creating a calming, grounding sensory environment through diffusing essential oils. To invite more fluid, embodied forms of expression, Rose has reflected on expanding communication past verbal methods.



Den Building at The Good Rice Gallery (PH: Charlotte Young)

I value... openness



I wish... to be open to ideas

Passing an object (the first item to be placed on the den) between us, we tell it about a memory or person that makes us feel safe. We speak quietly and cover our mouths so those around us only understand what we're saying through how it fills our body. This is a beautiful moment of collectively witnessing each other envisioning safety and how it feels.

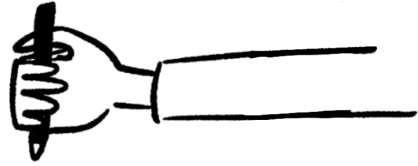
"Rose led a workshop at the start of a community-driven exhibition that I co-organised with a group of artists at the Good Rice Gallery in Euston... As we sat together and began to connect, something unexpected happened—there was a genuine openness that emerged as we shared our thoughts and collectively built the den. The workshop became emotional. Through this shared vulnerability, I found myself empathising deeply with others in the group... This experience underscored for me how vital space and time are in fostering successful collaboration. When people are given the conditions to feel safe and seen, empathy and care naturally follow."
- Charlotte

I offer...

THE FUTURE OF COLLABORATION

Emotional Intelligence

Bewilderment



Data Analysis

Visual Essays

Interview Skills

Feeling fuzzy

CARE

Ways of working

Ethics

Zine Making

Toolkit

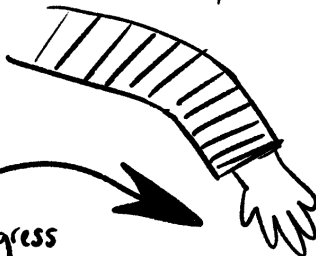
COMMUNITY

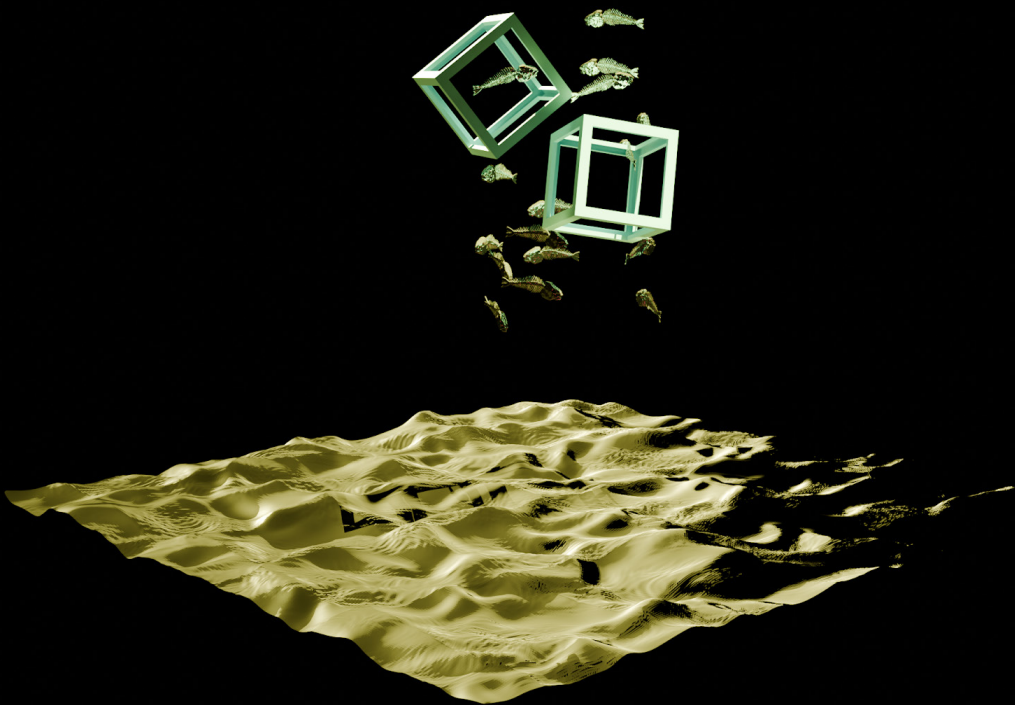
Oppressive Pedagogies

DIALOGUE

Teaching to Transgress

Representation

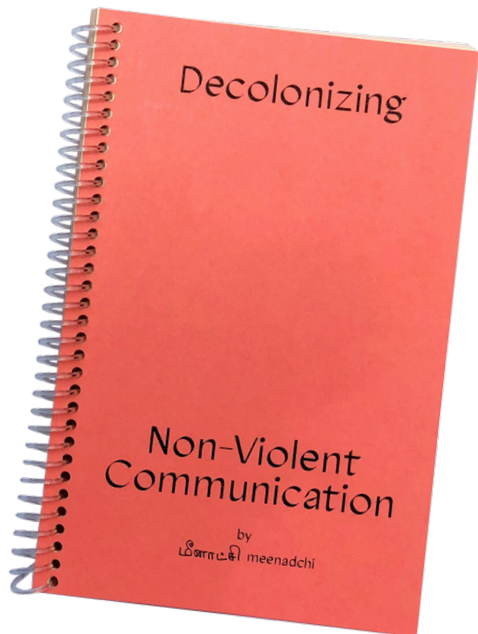
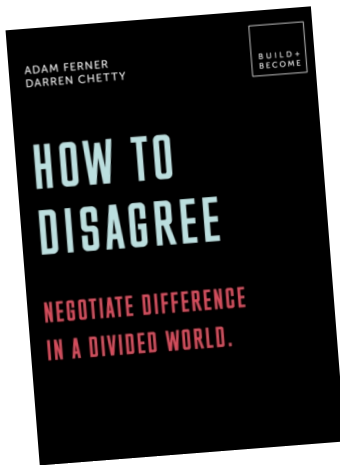




Conflict

‘Dialogues aren’t the kinds of things you can ‘win’, but when they go well, they produce knowledge and understanding for all parties.’ (Ferner and Chetty, 2019, p33)

‘Rather than assuming we know all there is to know about a topic, it can be important to reflect on how knowledge and ignorance inform our deliberation. What is it that we’re invested in not knowing? What might someone taking part in our conversation know that we don’t?’ (Ferner and Chetty, 2019, p36-37)



I value... respect

I offer... a different perspective

'Anger is one such emotion that is frequently locked away and denied. The result is a struggle to communicate anger in healthy ways and difficulty distinguishing between anger that serves and toxic anger. Anger that serves is like a flame. It is forward-moving and it is bright. When it is acknowledged, it dissipates quite quickly.'

(Meenadchi 2023, p56)

- 'Empathy ears in: Slowing down and taking time to check in with our bodies, our feelings, and needs. "I notice when I hear my roomie say that I'm messy, I get a lot of tension in my neck and chest. I feel stressed and a little afraid. I think the needs coming up are for consideration and care."
- 'Empathy ears out: Offering empathic guesses and care outwards. "Are you pissed about the dishes because it's messing with the sense of respect and support you want in our home? Would you like to see that I see how tired that leaves you feeling?" This is an example of language you may want to code switch. Find the language that centers body sensations, underlying feelings, needs, and the truth of someone's experience. Don't speak in ways that are not true for you. If you are offering a guess as to how someone might be feeling, make sure to ask a question and don't make an assumptive statement.' (Meenadchi 2023, p64)

I wish... to learn more

Poetics of Care

I wish... for us to rise and shine

I value... ecological thinking

Poetics of Care (2025) was a creative health festival at CSM curated by Kate Keara Pelen that gathered artists, researchers, health practitioners and community leaders to facilitate workshops, performances, displays, critical dialogues, and digital and hybrid spaces. The festival asked: How might creativity help us imagine new ecologies of wellbeing in times of crisis? Our encounters with the festival felt warm and illuminating; our contributions to the programme felt purposeful and connecting.



Den Building Workshop with Rose

(PH: Tika Sufyan)

Our Zine Workshop (PH: Tika Sufyan)



I offer... communication

Student Feedback

I offer... collaboration

I wish... to have a collaborative project

This project, developed through a partnership between CSM's Climate Advocate and Changemakers Programmes, focuses on understanding and enhancing the student experience of collaboration within the university.

We observed that while collaboration is present—both within the curriculum and through adjacent opportunities—the institutional structures often lack the support systems necessary to hold the care and sensitivity required to bring diverse groups together.

While we acknowledge that many of these challenges are rooted in systemic issues, it remains essential to develop frameworks that enable all students to feel supported—especially when engaging with differing ethical perspectives. This case study draws on responses from 30 CSM students across undergraduate and postgraduate courses, who reflected on their experiences and creative practices. The dataset, compiled at the start of the project, was designed to better understand how students are encountering issues related to collaboration in the curriculum.

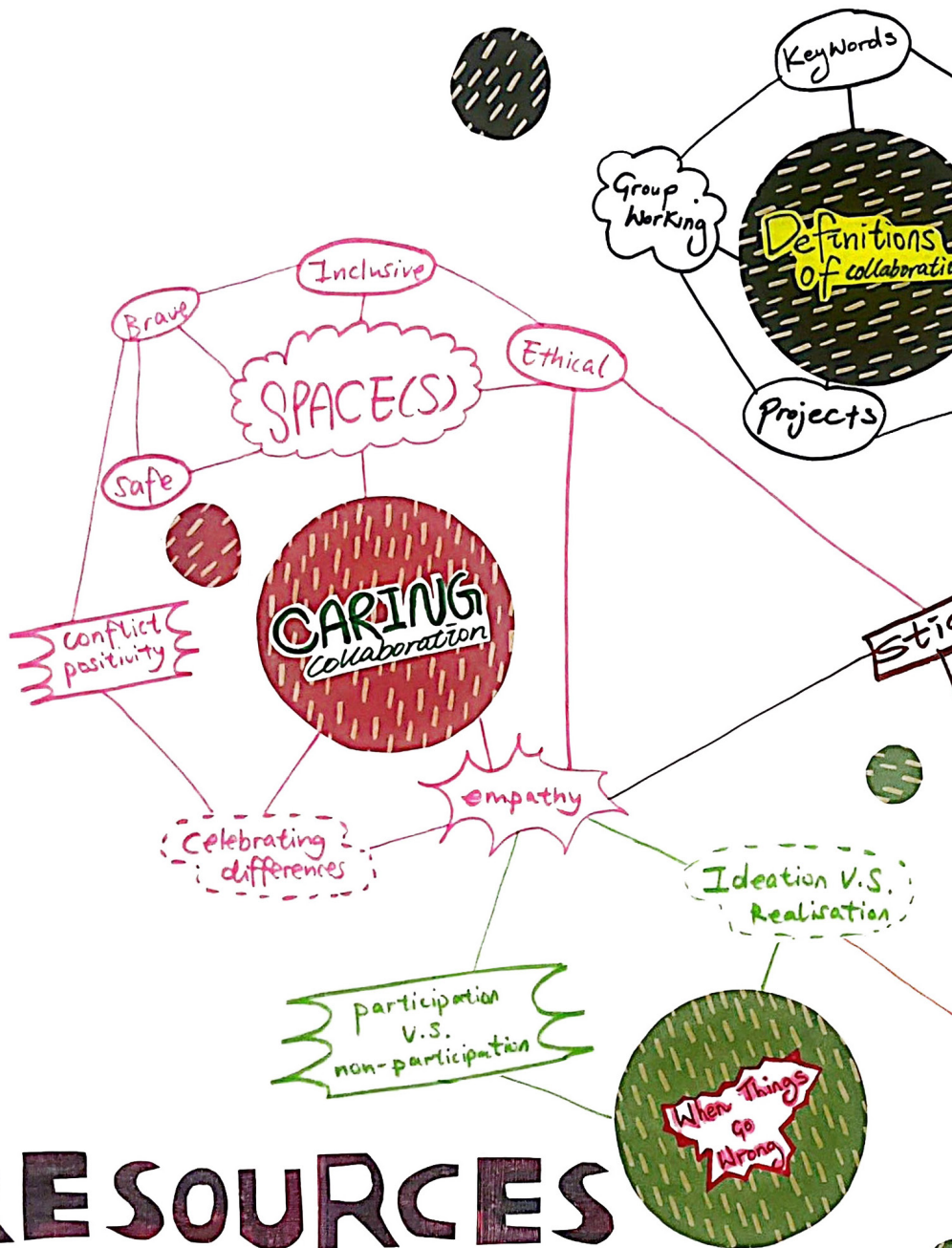
Method: We conducted an anonymous online survey to understand student experiences of collaboration. The survey included open-ended and quantitative questions, with a £5 canteen voucher offered as an incentive.

Key findings:

The project revealed a strong student interest in interdisciplinary collaboration, with 83.3% identifying it as important to their practice. Students also shared several thoughtful and constructive ideas for improving collaboration at CSM:

- **Shared and Accessible Space:** Students expressed a strong desire for physical spaces that encourage informal encounters and interdisciplinary interaction. Suggestions included shared studios, open workshops, and better student union events to organically foster connections.
- **Skill Exchanges and Cross-Disciplinary Access:** A recurring idea was to embed skill-sharing opportunities early in collaborative projects—for example, giving fashion students access to woodwork, or architecture students access to sewing machines. One student reflected on a missed opportunity: “When collaborating with Bio Design, we couldn’t use the bio labs—it felt like key learning was missed there.”
- **Better Facilitation and Support:** Many respondents felt that collaboration would benefit from stronger institutional scaffolding. This included: Clear guidelines and frameworks, designated facilitators or supervisors, sessions on collaboration skills and more examples of successful collaborative models (e.g. through case studies or references to art collectives)
- **Incentives and Motivation:** A student proposed motivational structures such as competitions with rewards to increase engagement across disciplines: “Set up a competition that has a great prize that students would be interested in winning.”

I value... connection



RESOURCES
+
THEMES



Somatic Awareness

Here you can find some exercises to help you build presence and connection while working collaboratively.

I wish... for people to show up

Meditation

Group activity: please choose one person to read out these prompts.

1. Sit comfortably. Let your eyes soften or close. Take a deep breath in and slow breath out.
2. Feel each inhale like a gentle wave rolling in and each exhale like the tide pulling softly away.
3. Bring attention to your hands. As you inhale, slowly open your palms. Imagine them unfurling like a piece of seaweed, moving on the shoreline. As you exhale, gently let your hands close again.
4. Now imagine your whole body drifting on calm water. Each breath lifts and lowers you slightly. Let yourself be carried by this soft, ocean rhythm.

(Grover, 2025)



Following

Group activity: In pairs, one person closes their eyes and allows themselves to be guided by the other around the room. To be guided, they rest their fingers on their partner's forearm. The person guiding should explore different speeds, directions, and heights. Take it in turns to lead / follow and change partners at least once. (Grover, 2025)

Shoulder Sponging

Group activity: please choose one person to read out these prompts

1. Gently touch your neck and shoulders, noticing where there is tension.
2. Scrunch your shoulders up to your ears, choose a spot of tension and squeeze it, envisioning the area as a sponge which you are squeezing water out of.
3. Release your squeeze and your shoulder.
4. Repeat three or more times. (Elizabeth, 2025)



Sensory Awareness

Group activity: please choose one person to read out these prompts.

1. Close your eyes.
2. What can you smell?
3. What can you hear?
4. What textures can you feel around you?
5. Notice the temperature of the room, the temperature of the air as you inhale and how it has changed when you exhale.
6. How can you sense those around you? (Imren, 2025; Zaheer, 2025)

I offer...

I value... boundaries



Word E-M-O-T-I-O-N, written with fidget toys. Having something to twist, squeeze, or wrap around is a way to ground one's body. Great for neurodivergent folks when you have to sit through long meetings and pretend that you don't want to jump around. Everyone prefers it; some prefer silence rubbing into the fingers, while others might like it loud and snappy. It's hard to perceive unless you put things on the table. So next time you see someone fidgeting... they're not distracted. They're staying present.

I offer...

I wish... to meet new people

I value... care

I wish...



Word M-E-S-S-I-N-E-S-S, written with orange peels. It's messy. It's disoriented. It's fragmented and can fall apart easily. White webs of bitterness wrap around its sweetness. It comes in different shapes, sizes, and textures. Some peels still glisten with juice; others fray like old paper. It dyes your tongue and fingers. Once peeled, maybe share one slice with the person standing/sitting/fidgeting next to you. After all, mess shared is mess halved. (Or doubled. Depends on the day.)



Performing Medicine

I value... collaborative spirit

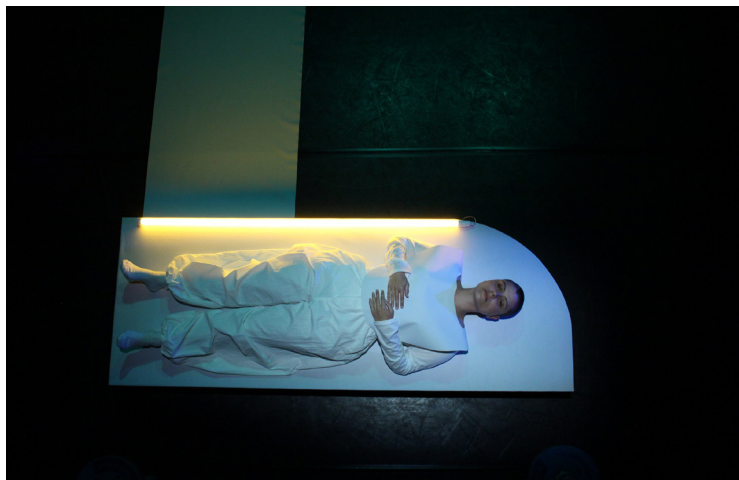


Project developed by Facciocose (PH: Monika Litzinger)

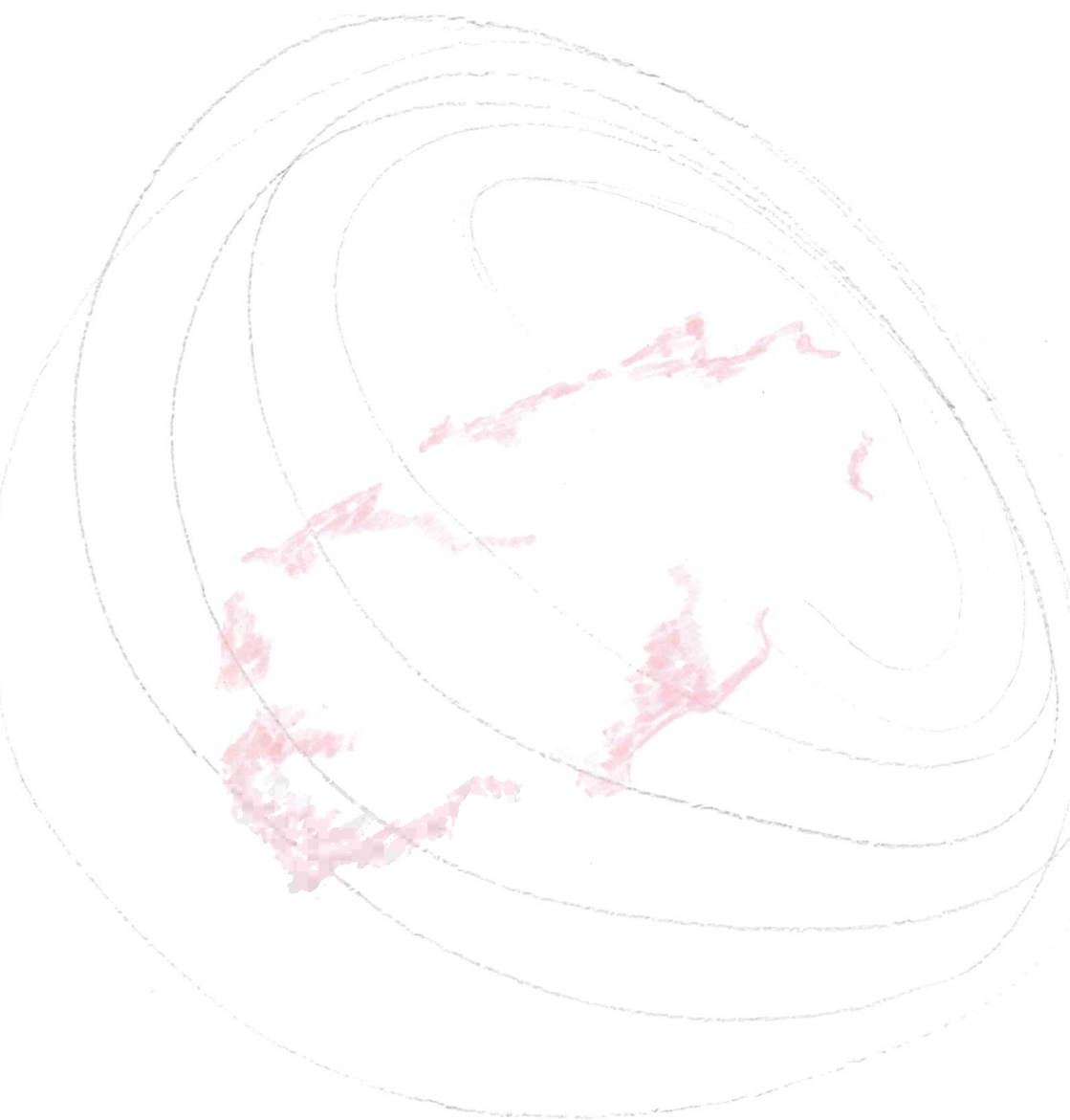
I offer...

While medical institutions deem the link between the absence of helminths – a type of intestinal worm – in the human microbiome and the rise of autoimmune disorders inconclusive, numerous online communities attest otherwise. Surveying the world of DIY medicine, in particular the Helminth Therapy Support Facebook Group, Monika Gravagno used digital ethnography and performative research methodologies to explore the potential for active participation in matters of care and self-governance.

Performing Medicine is a participatory performance that challenges the hierarchical and theatrical relations of conventional medicine by drawing attention to the narrative dynamics of medical props, rituals, and languages of authority. The project emphasises the value of subjective experiences of illness to reconsider medicine as a collective effort.



I wish... for equal co-operation





Expression

I wish...

I value...

Here you can find exercises to help you arrive into collaborative projects and start practising as a collective.

Free-Writing

Decide on a period - between five- and ten-minutes works well - and for that period each write whatever comes to mind, with no filter. If you become stuck, you can re-write a single word over and over. This is not to be shared with other people, it is just for you. But - if you would like - a conversation at the end to share reflections can be good. (BA PDP, 2024-25)

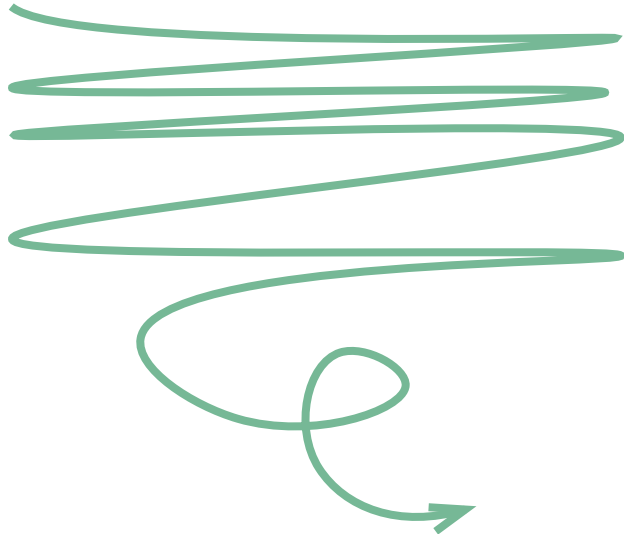


Table-top Collage

Each person gathers materials and objects which resonate with their interpretation of the key theme / idea of the project and use these to collectively create a table-top collage. Take it in turns or create simultaneously. (Grover, 2025)

Collective Mind Map

Set up a mind map on a big piece of paper (at least A2). Decide on a time between five and ten minutes and write simultaneously, adding independently and to each other's points. Agree on a method of emphasising a point which resonates with you, for example stickers, highlighting or underlining. (BA PDP, 2024-25)

Single expressions

In a circle, go round and take turns to express your thoughts, reflections and feelings on the topic / theme of your project. Each person can only say one word, make one noise or do one movement in their go. Don't rush, go around the circle at least three times. It is great to document these expressions and refer to them as a poem of sorts. (Grover, 2024-25)

I offer... empathy

Assess Yourself

'There is a conversation in the room that only these people at this moment can have. Find it.'

(brown, 2017, p37)

I wish... to have less fear

I value... inclusivity

As a group...

What is precious to you as a group in this project? *As a prompt, you could scan through the 'I wish for...' answers and see which resonate with you.*

What are our intentions for this project? How can we practice these? *For example, if you intend to listen well, you could decide that at each meeting for this collaboration you want to try 'Empathy ears in / Empathy ears out' (Meenadchi, 2023) from the 'Conflict' section of this zine.*

How will we navigate friction / conflict? *If you're not sure where to start, look at our engaging conflict section.*

How often will we meet? And when we meet, how often will we take breaks? *What capacity do group members have to meet?*

How will we reflect on our collaborative process? And how often? For example, you could schedule a reflective discussion every fortnight to discuss how the collaboration is going. What is working well and what could change for the better?

As an individual...

How will you individually reflect on your experience?

How will you take time to check in with yourself? For example, will you commit to regular reflective writing?

What is precious to you as an individual in this project? What is this project a unique opportunity for? What ideas or themes resonate the most with you?

What do you want to practice in this collaboration? For example, this could be a simple practice of self-care such as making sure you stay hydrated in the sessions, if you sometimes forget to drink.

What wisdom from past experiences will inform you?

Reflect on the roles you take on when collaborating, or moments where you feel tension. How can this reflection guide your involvement in this project?

'Assessment for Creating More Possibility

- What are all of your gifts?
- Are you living a life that honors all of your gifts?
- If yes, how did you create all this possibility for yourself?
- If no, how can you create more possibility today? Tomorrow? This month? This year?'

(brown, 2017, p200)

I offer...

*'we may
learn from
spaces of
silence as
well as
spaces of
speech'*

(hooks, 1994, p174)



Ethical Table

‘The Ethical Table started in late 2022, with Adriana Cobo Corey reaching out to Silke Lange to collaborate on establishing a platform for furthering discussions, advancing agendas and developing curricula with a focus on ethics in creative practice: specifically architecture and spatial practices.

This collective approach created a constructive platform for exchange across the different participants, enhancing the quality and scope of the material generated throughout the workshops. Through setting up conditions for co-creation, participants developed mutual trust and respect during the first meeting, encouraging all to contribute with honesty and authenticity over the course of the project.’

The Ethical Table at ELIA Biennial Conference 2024, by Silke Lange

I value... mutual ethics

I wish...

I offer... organisation

I value... politics

I value...



“Silke discussed the Ethical Table alongside BA Architecture graduate Norah Dankwah. At the end of the presentation, we were invited to reflect on what we took away from the conversation. It prompted me to think about the importance of time in collaborative work—not only allowing space to build meaningful connections and understanding among collaborators, but also the time it takes to develop trust within the group.” Charlotte

Bibliography

I value... fun

brown, a.m. (2017), *Emergent Strategy: Shaping Change, Changing Worlds*, AK Press

Callard, F. and Fitzgerald, D. (2015), 'Chapter 7: Feeling Fuzzy: The Emotional Life of Interdisciplinary Collaboration', *Rethinking Interdisciplinarity across the Social Sciences and Neurosciences*, Palgrave Macmillan

Elizabeth, D. (2025), *Spacemaking as Sanctuary, Poetics of Care: A Festival of Creative Health*, Central Saint Martins

Ferner, A. and Chetty, D. (2019), *How to Disagree: Negotiate Difference in a Divided World : 20 Thought-Provoking Lessons*, Quarto Publishing Group

Grover, R. (2024-2025), *Student-Led Somatic Practice in BA Performance Design and Practice*, Central Saint Martins

Imren, J. (2025) *Sensory Foraging*, Pestling The Mortar, The Good Rice Gallery

hooks, b. (1994), *Teaching to Transgress: Education as the Practice of Freedom*, Routledge

Meenadchi, L. (2023), *Decolonizing Non-Violent Communication*, Third Edition, Co-Conspirator Press

Zaheer, J. (2025) *Becoming Fox*, Pestling The Mortar, The Good Rice Gallery

All workshop photos, illustrations, and student testimonials used with permission.

For a digital copy of this zine:



For our full list of resources:



I wish... to make friends

Acknowledgements

This zine was built with conversations, care, coffee-fuelled workshops, snacks (lots of SNACKSSS), doodles, disagreements, shared docs, and a lot of collaboration. Here's a soft spotlight on the beautiful brains and beating hearts behind it:

Charlotte Young - Our storyweaver and facilitator of MANY ideas.

Rose Grover - Brings care, somatic wisdom, and gorgeous, sumptuous dens.

Ava Sutherland - Curtain twitcher... made us feel fuzzy while in-designing a frenzy.

Jiaqi Kiki Zheng - Constellation-magician who makes tangible the intangible. Turns emotions into objects you can hold.

Kitty Jenkins - Re-linker of Docs, dry humour provider, expert question-asker.

Annabel Crowley - Fuelled by her Gemini rising - fluent in tangents and an articulate communicator.

Eden Bhutia - Data cruncher, expert surveyor and she Gets Stuff Done.

Monika Gravagno - Dream scaper. Theatrical facilitator and refiner of ideas.

Diana Yu - Organisational whizz. Food lover and food provider.

Special thanks to... Adam Ramejkis, BA PDP, Claudia Huxtable, Dionne Elizabeth, Hamish Mèk Chohan, Kate Keara Pelen, Kieran Mahon, Norah Dankwah, Renee Stewart, Rose Thompson, Silke Lange, Tika Sufyan, Zeinep Kudaikulova.

I offer... a sense of humour

AFTER

Speak up.
Slow down.
Meetings
are just extra
long
chats!

experiences

case-
studies

EMPOWER
MENT---

dialogue

CURIOSITY
&
possibility

skill exchange
training

Which?
came first?

Departments or
ways of thinking
& doing??

BEFORE



