

MANIFESTO



Care is not just a feeling; it is action, process, practice, impact.



- Tian Zhang, A Manifesto for radical care or how to be human in the art

Focus on what resonates with you. But, if you feel a desire to run from something in the moment, try to think about sitting with your feelings and examining them.

1. CARE AND DISRUPTION

Asking to work with embedded care is fundamentally disruptive. How can we reduce fear around this to encourage disruption?

2. RELATIONSHIP

Usually there is a transactional relationship. How might a brief / partnership / working agreement centre care rather than talking about it in silo?

3. CHANGE

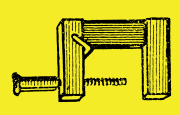
All systems need review in order to centre care. In what ways can we use what we have more usefully? How can we communicate if systems are not fit for purpose? How can we start again?

> prompts to travel with from People United's Care Lab by Suzanne Alleyne

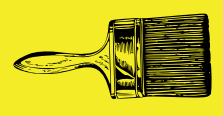
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CARE?
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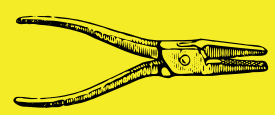
The most anti-capitalist protest is to care for another and to care for yourself. To take seriously each other's vulnerability and fragility and precarity, and to support it, honor it, empower it. To protect each other, to enact and practice community. A radical kinship, an interdependent sociality, a politics of care.
> Johanna Hedva, quoted in 'Breaking the Fall: exploring care through creative collaboration'



WHAT TOOLS DO YOU ALREADY HAVE ACCESS TO?



HOW MIGHT YOU USE THEM DIFFERENTLY?



HOW MIGHT WE SEPARATE THE TENSION OF SOMETHING FROM THE DESIRE TO "FIX" THE TENSION?

"Care is service work. It is maintenance work - we are maintaining ourselves and our practices so we can keep going, so we can function, so we last and endure."

> Toni-Dee Paul



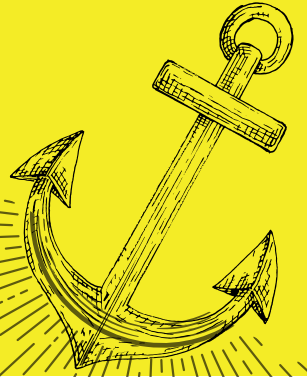
WHAT ARE YOU HEARING?
How might your curiosity feed your practice of care?



HOW DO YOU ANCHOR YOURSELF?
What do you need to prioritise to stay afloat?



WHAT DO YOU KNOW NOW THAT YOU DIDN'T KNOW BEFORE?
Where are your perceptions gaps? How do you meet them?

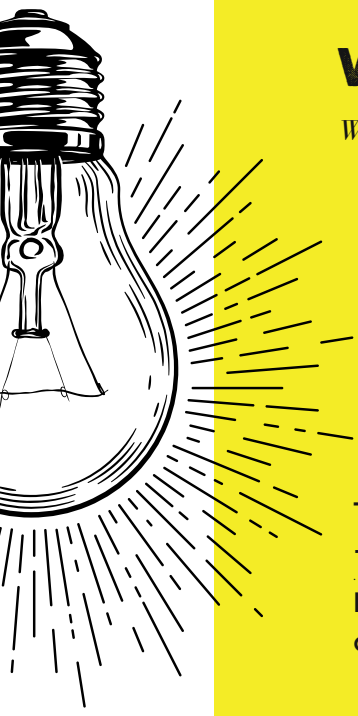


July 18, 2023 @ Contact Theatre



WHAT YOU PAY ATTENTION TO GROWS...

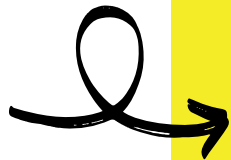
What would you like to pay more attention to?



The circulation of care can be thought of in terms of ecosystems – as complex and interconnected networks of giving and receiving



If we want to commit to and invest in the co-creation of more healthy ecosystems of care then we need to find ways of articulating and valuing our reciprocal needs. How do we create the conditions in which this is possible?



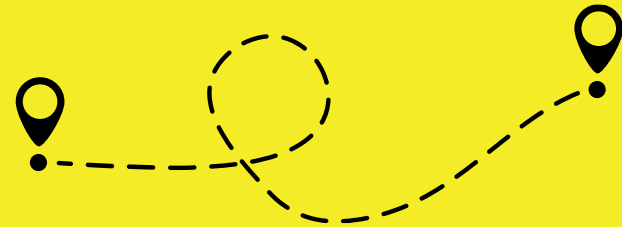
WHO IS DOING WHAT? WHERE? THAT YOU CAN LEARN FROM?

IF WE ARE AIMING TO CO-CREATE A SPACE OF CARE FOR EVERYONE IN A PROCESS, WHAT WOULD HAPPEN IF WE STARTED WITH "I DON'T KNOW..."?

What don't you know?



WHAT CAN YOU SHARE?

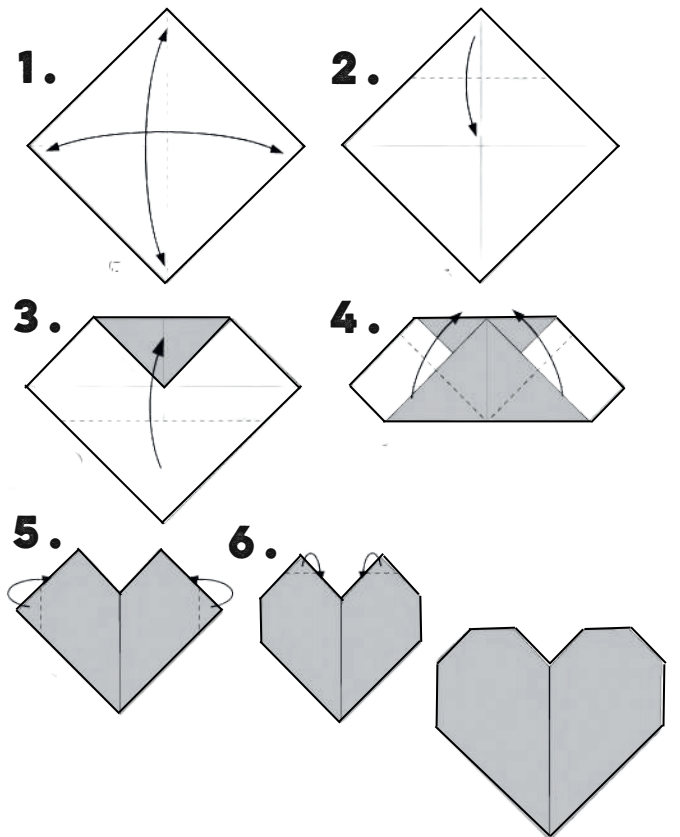


IF TRADITIONAL HIERARCHICAL SYSTEMS RESTRICT THE GROWTH AND FLOW OF CARE ECOSYSTEMS, WHAT ARE THE ALTERNATIVES THAT WE NEED TO BUILD TOGETHER?

What is your role in this?

WHAT IS HARMONY FOR ONE MAY BE DISCORD FOR ANOTHER

Who gets the care and at what cost to others?



Care Personally; don't put people in boxes and leave them there

> Kim Scott, Author of Radical Candor