

**INCLUSIVE PARTICIPATORY ZOOM SESSIONS**

# **CREATIVE WRITING FOR WELLBEING**

**AUGUST – OCTOBER 2020**



**2020 was a year dominated by the Covid 19 virus outbreak.** Like many organisations in the field, our live events – inclusive participatory music workshops – normally running in three locations across London, were forced temporarily to close down.

The Creative Writing for Wellbeing Sessions formed part of our response to the crisis. In order to maintain contact and to provide alternative ways of connecting with our volunteers and participants, we had quickly adapted in March 2020 to instigate sessions run via the Zoom internet facility.

Generous funding later in the year from United Way UK enabled us to offer this three month provision of 2 workshops per week which produced 12 pieces of creative writing, with accompanying illustrations and an on-line audio-visual presentation featuring music, soundscape and narration of the poems and prose produced. 85 people took part over the period, with weekly attendances averaging around 25 – 30.

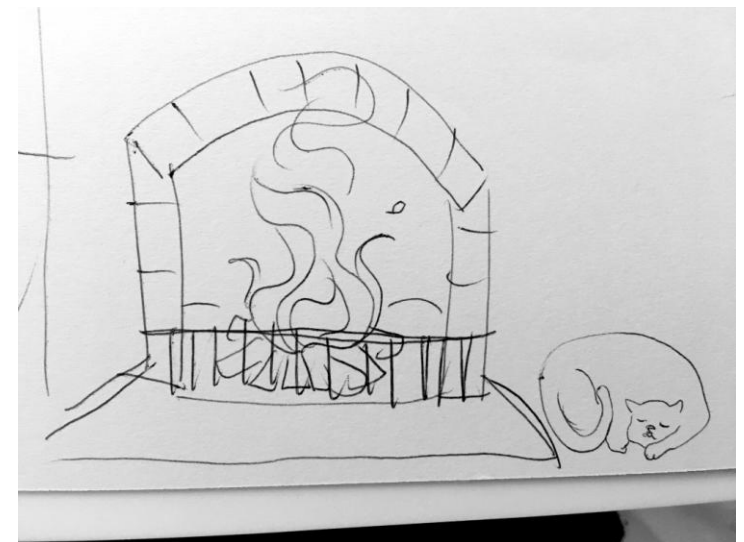
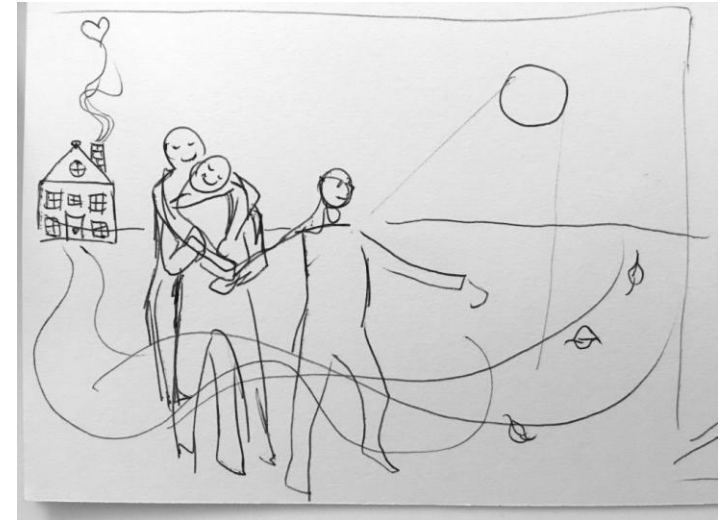
Each week the creative process consisted of an initial, open, zoom session. This facilitated discussion and expression around the impact of the virus and concerns about its effects like lockdown and social distancing, as well a chance for social interaction, and general conversations about how people were coping, and emotions or memories arising.

We managed and recorded the sessions carefully so that every participant was able to give input and stimulus, reactions and thoughts. All contributed to the creative endeavour, whether by gesture, speech, sound, or showing drawings or items from their environments.

The raw transcripts of the sessions were then redacted to de-personalise the contributions and edited slightly to provide a coherent basis for progression.

Each week we asked for potential writers who wanted to do further work to receive this text and to produce poems or pieces of prose based on it, generally generating 3 - 5 pieces in response. We then held a second zoom meeting to look at all the submissions, and as a group choose the one we wanted to include in the final compilation.

These were then sent to our illustrator (who had been selected from a small group of people who offered work in the first week). After final editing and selection from sketches we then compiled and formatted the finished texts and illustrations for inclusion in the audio-visual presentation.



## CREDITS

### Session Contributors

Lulu, Sadia and Peter

Ricky, Patrick, Sharon and Jane

Hatice, Alev, Kezia and Yaya

Lisa, Luca, Loretana, Gino, Maya, Luigi and Barbara

Tina, Paula, Aly, Esther, Rose and Cynthia

Suzie and Anabel

Olamide, Georgetta, Julie, Charles and Toyia

Iona, Sayano, Charlie and Zofia

Gevohn and Lizbeth

Leon and Olu

Audie

Kristina, Crista and Koshi

Andre and Tina

Sophie and Evalina

George and Adrien

Sophia and Victoria

Martha, Paula and Maureen

Peter and Craig

Judith and Arnold

Oliver

Julie

Arthur

Frederic

Pam



### For Joy of Sound:

#### **Lead Host Facilitators**

William  
Morgan

#### **Co-Hosts and Transcribers**

Elizabeth  
Chris  
Gala  
Anna

#### **JOS Volunteers**

Vesna, Charlie, Hossein,  
Nico, Terry

#### **Final selected writing by:**

Shenan  
Wendy  
Ferisa  
Felicia  
Chris  
Morgan

#### **Illustrators:**

#### **Main Illustrator:**

Sophie Skach

#### **Contributing Illustrators:**

Barnie, Christina, Katie

#### **Audio-visual presentation by:**

Marky D Smith

#### **Narration by:**

Katerina Jugati  
Matthew Coulton