

ZINE AND HEARD

December 2021



A CELEBRATION OF RESILIENCE

The first phase of the Zine and Heard Art Project began in June 2021. Weekly art sessions (face to face) were delivered over a twenty week period, which offered the Bond Board's service users the opportunity to participate and develop skills in; visual art, smart phone film making, photography, music and magazine design.

The sessions also offered the opportunity for the participants to share their stories and experiences of life during lockdown. This resulted in this co-produced zine and a short documentary about service user Geoff's music studio, the Bond Board and his own creative journey.

The project was designed and delivered by three North West based socially engaged artists; Sarah Randle, Tony Mallon (www.digitintherib.co.uk) and Tony Reilly.

CONTENT

The Bond Board	4-5
Alison's Story	6-17
Tony's Story	18-27
Linda's Story	28-33
Geoff's Story	34-35
Lockdown Diaries	36-37
Carl's Story	38-41
David's Story	42-47
A Mother's Story	48-49
Andy's Story	50-51
David's Story	52-53
Siobhan's Story	54-55
Collages of Rochdale	56-57
Always a Rainbow After a Storm	58-59

THE BOND BOARD

- We deliver support, training and incentives to over 300 landlords and letting agents each year who provide homes for homeless and low-income households.



The Bond Board is a Greater Manchester homeless charity, established in 1993. Our vision is a safe, accessible, just and sustainable private rented housing sector for people on low incomes.

- We support at least 1500 homeless households per year to get housed or to maintain their tenancies.
- Over 500 formerly homeless households are settled in homes in the private rented sector with a Bond Guarantee from The Bond Board.

We are committed to listening and learning from the people we support. This project has enabled us to reflect on the talents, strengths, skills and resilience of our service users and to appreciate the value of the friendships and sense of community they have created at our fortnightly 'Quid's In' sessions.


A big thank you to everyone involved!



"I've been staying with family and friends. I don't want to stay in a homeless shelter. In those places you don't know who you're going to bump into"

Artwork by Alison



A black cat with bright yellow eyes is peeking out from a crumpled red fabric. The cat is looking directly at the camera. The background is a light-colored wooden floor.

"Since May 2021 my friend
has been looking after my
two cats, Cobey and Daisy
because I have no where
permanent to live"

“During lockdown I’ve been doing Anne Stokes’s jigsaws. I was bored. I’ve done 12 of them since this all started”





Ideas for if I ever get my own home

Collage by Alison



"Picked up keys for my new flat 2 weeks ago. Spent a week decorating. I have my cats and they now have a permanent home. It nice to have my stuff back. I forgot what I had"



"Been living here for 6 weeks now. I've decorated the whole flat. It's nice to do what you want now.

I recycled a wardrobe, painted it, used some temporary tattoo's. It's homely"

"Accessing services during lockdown was difficult because people were working from home and there was no physical interaction.

Otherwise it was quite good for me because there were fewer people around. Less hustle and bustle"

"I could connect with nature more, I could hear nature all around me"

Photograph by Tony





Happy Birthday Mask!

1 year old today

Bagels (blue pkt)
Weetabix
x3 sausages + Beans
x3 meat balls
4 pack sweetcorn
x3 minestrone soup
Titan bars x1
Jive bars x1
Choc uns x3 (brown pkt)
small choc buttons x3
Aldi own Kitkats x1
bourbons x1
Aldi oreos x1
Cat biscuits x2
Cat litter
Toilet roll 9 pack (quitted)
Kitchen roll 4 pack
sugar
Baby wipes x4.


"During lockdown my daughter and her family had to self isolate. Which called for me to do a 'Red Cross' food delivery. After all, we can't have the pets starving"



"Come on it's
gone 3 o'clock,
I'm hungry"

"I volunteer at the MIND
cafe three times a week.
She's waiting for the
gourmet scraps for her tea"



A young girl with blue eyes and pink cheeks, wearing a red shirt, is sitting at a wooden table. She is holding a large pizza on a foil tray. The pizza is topped with melted cheese, sliced tomatoes, and slices of ham. The background shows a wooden chair and a dark jacket hanging on a wall.

"I was getting my granddaughter involved in the cooking of her pizzas. This was during lockdown and ever since we do it on a regular basis. It was nice to get involved in her making the food. The pizza tasted fantastic!"

"I heard about the Bond Board from a friend. I didn't know they existed. Two years ago I came to one of their coffee mornings at St.Andrews Church I received a lot of help and support regarding my financial circumstances.

They helped me get on the housing list for a bungalow"



Photograph by Linda



Photograph and artwork by Linda





"You don't realise what skills you have, when in lockdown you find out. I restored the coffee table, painted the bathroom, painted and tiled the kitchen"



"Geoff has worked tirelessly on the Zine and Heard Smart Phone Film Making sessions. Using his new skills, Geoff has cut a documentary about his music studio, the Bond Board and his own creative journey"




You can view Geoff's documentary at:

https://youtu.be/Cxcu_nWrDe0

LOCKDOWN DIARIES



A Curlew bird with long, mottled brown and white feathers and a long, straight, dark bill is standing on a mossy, grey rock. The bird is facing right, and its head is slightly turned towards the camera. The background is a blurred green, suggesting foliage.

"At the beginning of lockdown in March 2020 I went bird watching at Shawforth, Oldbetts and Green Withens Reservoir. I saw buzzards, Curlews, Jacksnipes, Swallows and Swifts.

I would spend about 5hrs at each place"

"During the first lockdown I went out on my hybrid bike. This photo was taken on the bridge at Wilsden. This the Burnley Line on my way through Todmorden towards Hebden Bridge.

The gym was shut due to Covid. I was really down, rock bottom. Once I was on the road my spirit lifted. When you're on the crag you feel free"



MY RECIPES DURING LOCKDOWN

STARTER

by David

LEEK AND POTATO SOUP

4 medium potatoes

1 small leek

1 onion

2 pints of vegetable stock

Salt and pepper



METHOD

Place your stock onto boil

Wash, peel and cut potatoes into 2cm cubes

Wash under cold water to remove all starch

Peel and thinly slice onion and leek

Wash under cold water to remove any dirt

Place onion, leek and potatoes into the boiling stock

Cook for 25mins, then turn down heat

Simmer for 1hr, adding more stock if required

Season with salt and pepper

Serve with warm crusty bread

Serves up to 4-6

“... I COOK TO
GIVE SOMETHING
BACK, TO
PEOPLE THAT
HAVE HELPED
ME...”

MAIN

Serves up to 4

VEGETABLE CRUMBLE (V)

CRUMBLE

200g 8oz flour

100g 4oz butter

Salt and pepper

FILLING

1 red pepper

1 green pepper

2 onions

4 mushrooms

2 corn cobs

½ tsp english mustard

3-4 tbs olive oil (any oil will do)

WHITE SAUCE

100g (4oz) flour

100g (4oz) butter or margarine

1ltr milk

Salt and pepper

METHOD

Rub all together gently until you have a nice sandy texture for to top your vegetables.

Remove seeds from both peppers and roughly chop.

Peel and roughly chop mushrooms and onions.

Place sweetcorn in hot salted water and cook for 20-30mins.

Drain corn and mix in with other vegetables.

Add oil to large frying pan and gently cook all the vegetables on a low heat for 10-15mins.

Add mustard in half way and mix in lightly.

Salt and pepper for taste.

Place butter in a heavy bottom pan with milk.

Add sieve flour slowly and mix in well until all flour is cooked into a Roux.

Remove from heat and add milk little at a time

Mix well until you have a smooth sauce.

Add salt and pepper for taste.

Place sauce all over the vegetables and mix in a little.

Place into a large ovenproof dish and spread over your crumble mix evenly covering all the vegetables.

Bake in hot oven 180-200°C for 40 minutes until lightly coloured.



DESSERT

LEMON MERINGUE PIE

METHOD

Take care not to over beaten.

Cream the egg, sugar and butter mix for a few seconds.

Gradually add flour and a pinch of salt.

Mix lightly until smooth and allow to rest in fridge for 30mins.

Line in flan ring tin

Bake blind for 30mins.

Bring water to boil then add sugar, zest and juice of lemon and cook.

Add lemon syrup and thicken with corn flour and 1tsp of water.

Remove from heat, add butter, egg yokes and whisk well until thick.

Place in fridge to cool then place in your pastry case.

Leave to set in fridge.

Whisk egg whites and castor sugar until you reach the peak stage.

Pipe onto your lemon curd on pastry case and bake in oven until meringue just colours.

Serve hot or cold.

PASTRY BASE

200g 8oz sugar paste

1 egg

50g 2oz sugar

125g 5oz butter or margarine

200g 8oz of self raising flour

Pinch of salt

FILLING (LEMON CURD)

125mls (¼ pint) cold water

100g 4oz sugar

25g 1oz cornflour

25g 1oz butter

1 lemon

1-2 egg yokes

MERINGUE

4 egg whites

200g 8oz caster sugar

8 portions

"During lockdown I home schooled my son and gave him structure. Trying to have any routine during lockdown was next to impossible. During this time we went to homeless accommodation. You didn't know you were coming or going. I found out I was pregnant, it was a struggle to attend hospital.

If I didn't have a my little boy I don't how I would have got through it. My boy has been my rock. Through lockdown you felt like a superhero, you had to be a mum, a teacher and a best friend.

During lockdown everything was closed, our only options was to go for walks in the woods and make our own fun. Here my son came across a mini river and lots of broken wood and crates. He decided he wanted to make a bridge.

We went for a walk two weeks ago and eights month later the bridge is still standing. My son thinks he's helping the world and he is"



AFTER



"During lockdown I felt isolated and low, I was crawling the walls. After speaking to my daughter she suggested that I do something with my garden.

I'm a builder and I needed a project to keep me occupied. I recycled and up-cycled my garden at the side of my flat. I found an old fence that I used to create the flower bed and decking. I had an old bed in my flat that I didn't use so I upcycled it to create the fence.

I worked on the garden everyday for about a month, it was good to have a focus and kept me going throughout the lockdown.

It took about two days. People are amazed that I only spent £20 to do the whole garden"

BEFORE





Photographs by David

"Lockdown was a relief. We've polluted the world but we needed a sigh of relief. Not only for me but for the planet.

I trained at home in my flat doing weights - kettle bell.

I helped my neighbours and my mum with their shopping and having a chat to see if they were ok"

"This is the view from my masonite window. I feed badgers, foxes and squirrels.





"At the beginning of the first lockdown I gave birth to my little boy. We weren't able to attend any mother and baby sensory classes or have a baby shower with friends and family. We couldn't even visit Aunty Rachel for snuggles.

My mental health depleted and I wasn't able to go to work.

I went on regular walks with my children around Castleton Village. Connecting with nature gave us all a sense of normality as there was nothing else open.

Coming out of lockdown really made me appreciate the time I could spend with friends again.

I impressed myself with my home teaching skills. We learnt about history which wasn't my favourite subject at school but we really enjoyed it.

I learnt I was able to multi task being a new mum, a teacher, a cleaner and a cook. My daughter told me I was the best teacher which made me feel really proud".


Collage by Anne



Photographs of Rochdale by Tony



Collage by Linda

A child's drawing of a rainbow with white clouds at the bottom. The rainbow is composed of several distinct bands of color: blue, green, yellow, orange, red, and purple. The colors are applied with a soft, painterly texture. Below the rainbow, there are several white, fluffy clouds. The background is a solid blue color.

"Here is some art that my daughter has done and the meaning of this art is there is always a rainbow after a storm (covid 19)"

“Bit anxious about meeting up indoors but shouldn’t have worried. I got food, assistance and a potential new pastime. Now I feel great. Thanks for a warm welcome back”. Project Participant.

To learn more about the project and the lessons we learned from it, please see the embedded research report by Dr Katy Goldstraw BA MSc pgchpe PhD [HERE](#).

