

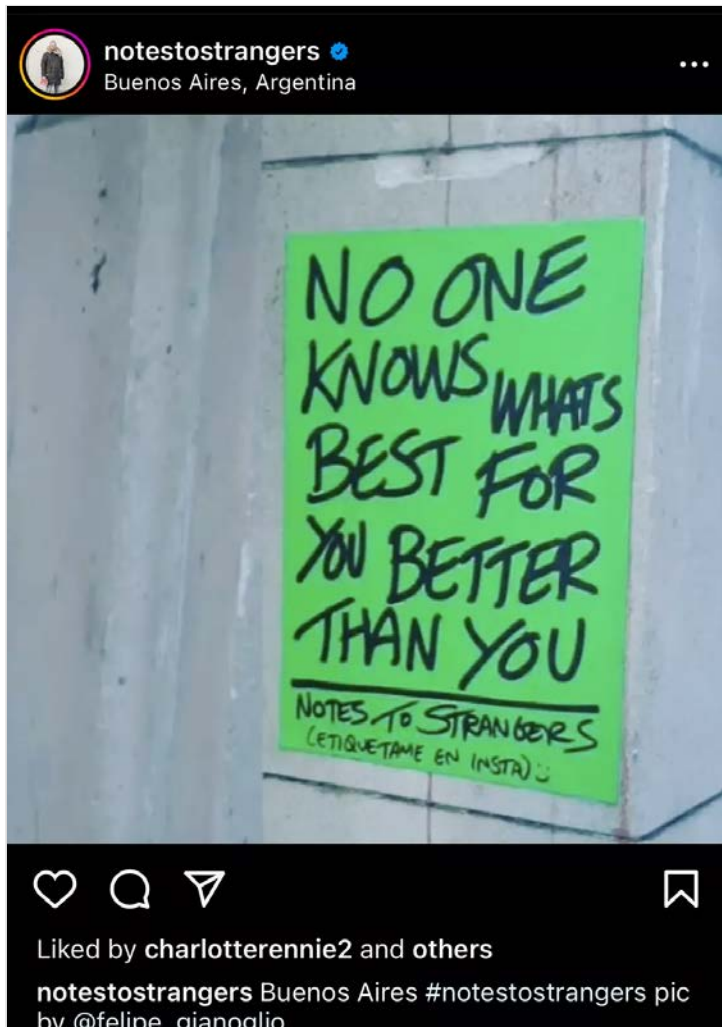
# caring for carers

BrainStorm Board for THE NATIONAL CARE INDEX team

JULIA TRUDU OCT 12, 2022 03:07PM UTC

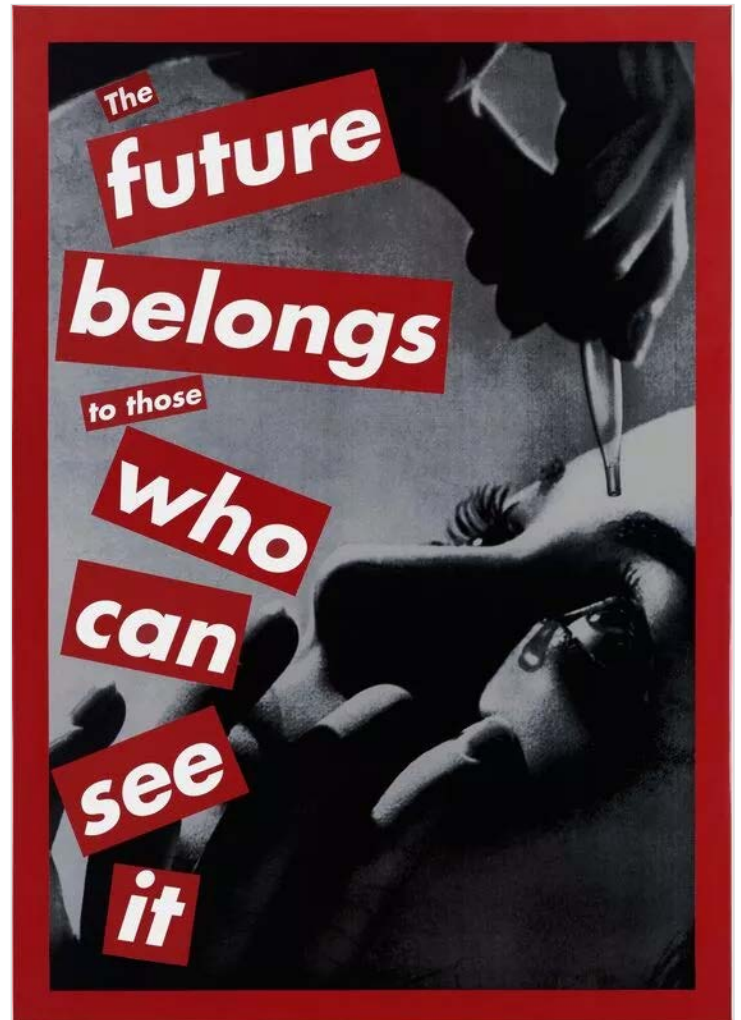
BETH WILLIAMS NOV 16, 2022 01:28PM UTC

## Notes to Strangers - guerrilla artist



BETH WILLIAMS NOV 16, 2022 01:26PM UTC

## Untitled (The future belongs to those who can see it), 1997, Barbara Kruger - visual inspo



BETH WILLIAMS NOV 16, 2022 01:23PM UTC

## 5 ways Jenny Holzer brought art to the streets - Tate article

excerpts from article:

### '1. LANGUAGE

American artist Jenny Holzer is best known for her thought-provoking, text-based installations and her creative use of electronic technology. Whether seen on billboards, T-shirts, cups, condoms, or in a gallery, her work asks us to consider the words and messages that surround us in the information age!

### '2. COLLABORATION

*I was so relieved to stop, not just for sheer laziness, but because I was able to expand what I could do when I work with other people.*

Throughout her career, Holzer has worked with many artists and activists from different backgrounds. She was part of

Collaborative Projects (Colab), a group of New York City artists. This collective championed access and inclusion and created work in response to the political issues of the late 1970s and early 1980s. In 1985 she brought her *Truisms* to life in a different way, working with choreographer Bill T. Jones on the dance project *Holzer Duet ... Truisms*. In this performance, the actor Lawrence Goldhuber recited a text by Holzer while Jones danced with and around him.'

### '3. TECHNOLOGY

For Holzer, technology is a tool that can convey her ideas to a much wider audience. She often uses light projections and LED signs in her work. The LEDs borrow technology traditionally used in public advertising and warning signs. Through these screens, she can make sure that her art is displayed in the places "where people look"

### '4. ART IN EVERYDAY LIFE

Holzer builds a more intimate relationship with her viewers by creating art that exists outside of traditional art spaces. She wants her work to be something that you just happen to notice while going about your everyday life. She is not interested in work that can immediately be read as art. In this way, her work is similar to graffiti. When art is located on the streets, it cannot be ignored.'

### 5. POLITICS

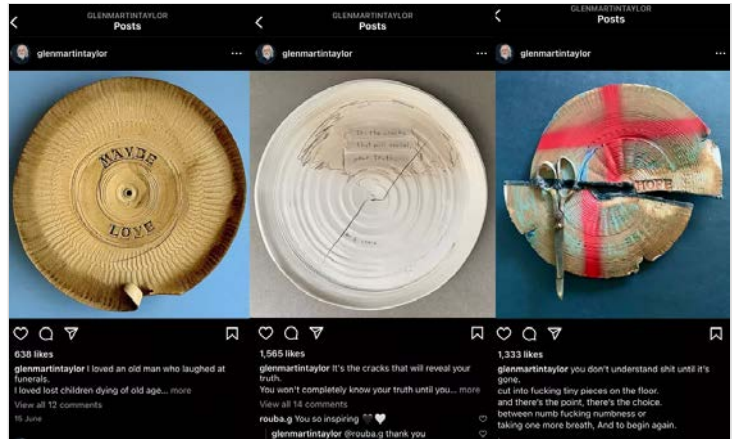
'The line between activism and art is blurred in Holzer's work. Almost all of her art is political in tone. It asks questions about our roles in society and the differences between public and private life. Through her choice of statements and the minimal way she presents them, Holzer takes herself out of her artworks. They are no longer personal. They are not her words but a shared voice or many voices.'



BETH WILLIAMS NOV 16, 2022 01:06PM UTC

## Glen Martin Taylor - visual inspo

Makes his own version of 'kintsugi', a lot of his work discusses mental ill health and fixing things that are broken.



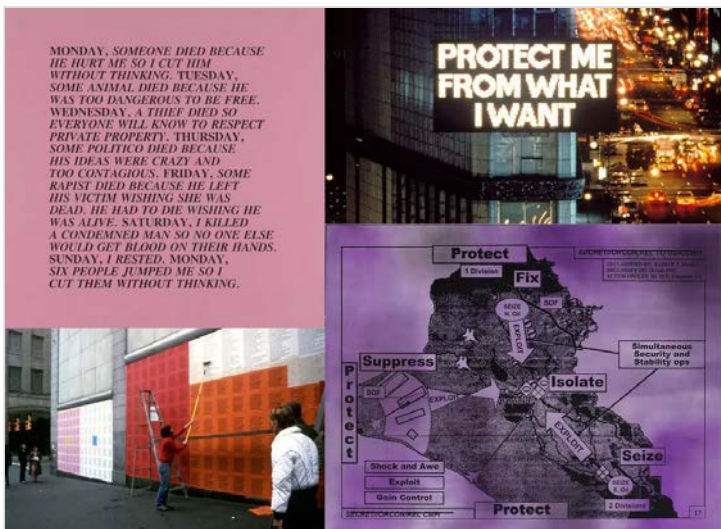
BETH WILLIAMS NOV 16, 2022 12:44PM UTC

## This Is Going To Hurt - season 1 episode 7

My suggestion on the video Cheryl asked for. I really enjoyed the raw reality of this series and how it shows the effects of a system in crisis on the patients and the staff.

trigger warning: references to suicide

context: Doctor Kay is at a tribunal (to potentially strike him off) as a complaint was made about a mistake he made that endangered the life of a mother and her baby. The junior doctor who assisted during that mistake has just taken her own life. The mistake was made understaffing and feeling pressured by admin to send home as many people as possible to free up beds.

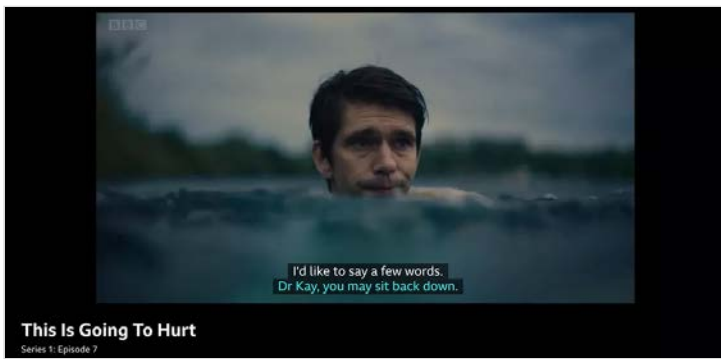


BETH WILLIAMS NOV 16, 2022 01:16PM UTC

## 'Abuse of Power Comes As No Surprise,' Times Square, 1982. Jenny Holzer

poster/sticker/etc. inspiration - gotta love my gal Jenny.





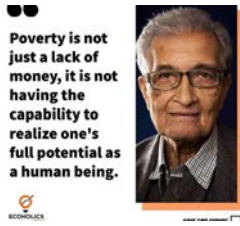
**This Is Going To Hurt**  
Series 1: Episode 7

this is going to hurt s1ep7  
2:36 video  
PADLET DRIVE

HARPEREET SANDHU NOV 16, 2022 11:30AM UTC

## Care in Economics

by ecoholicsforschool  
INSTAGRAM



HARPEREET SANDHU NOV 16, 2022 11:29AM UTC

## Ted Lasso



!!!! love ted – BETH WILLIAMS

HARPEREET SANDHU NOV 16, 2022 11:27AM UTC

## Studies on Care

by adamgrant  
INSTAGRAM

People are happier to help than we expect.  
Data: we overestimate how inconvenienced they'll feel—and underestimate how valued they'll feel.  
Asking isn't always a burden. It's often an opportunity to help others feel capable and useful.  
Seeking help is an expression of trust.

HARPEREET SANDHU NOV 16, 2022 11:26AM UTC

## Global Care : Citizen Responsibility



HARPEREET SANDHU NOV 16, 2022 11:25AM UTC

## Care in Film. Media Care, Narrative Care, Human Care, Editorial Care

Short Film presented by New York Magazine . I don't hv the language to say this correctly, but we need more media and stories around humour and love around all the spectrums of human existence.

by newyorkermag  
INSTAGRAM



Dark humour is also the way of my family. Hell yeah for disabled people talking about their joy as well as their pain.  
– BETH WILLIAMS

# Poster / Copywriting inspo

by radicalemprints

INSTAGRAM



# Kindness, Care + RED CROSS

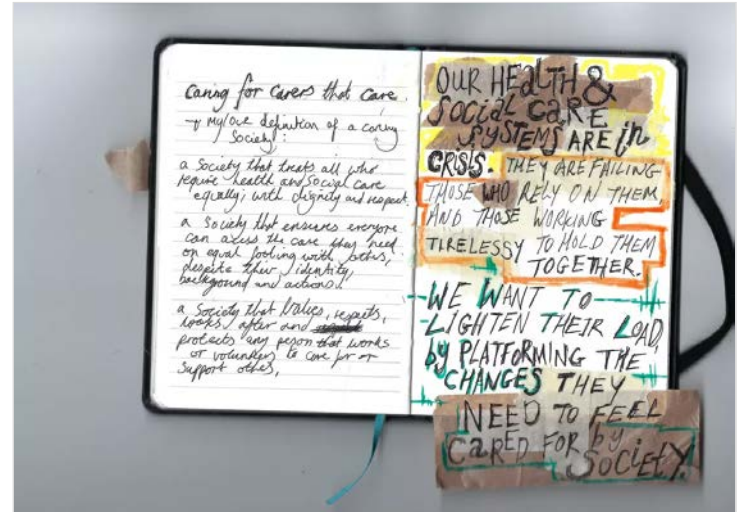
## Eleven artists, two questions and one shared act of kindness

The artists behind our Kindness Will Keep Us Together posters tell us about their inspiration

BRITISH RED CROSS



# Notes I made after last meeting



# Caring for Carers that Care.

another tweet from @doc\_bipolar - couldn't fit it with the other screen shots!

alt text:

screenshot of tweet reading: 'Why is it so hard for us to admit we are off sick because of mental illness?'

Shame.

Fearful of people finding out

as though drs are supposed to be able to just get on with it.

Anything other than that seemed like failure.'



## Caring for Carers that Care

From a Bipolar paediatrician that works for the NHS. A carer who also receives care for their own health - another reason why carers and cared for cant be separated, they often overlap.

This came on my timeline earlier and it captures so much of what we are talking about. A heartbreaking reality, and suggestions for change.

alt text:

tweet 1/5:

"The NHS relies on the self sacrifice of its staff.

But its staff are breaking.  
As a doctor, I broke.

If you care about the NHS, here are 3 things you must know'

tweet 2/5:

'1. Guilt

"Can you stay late today? Can you just see this extra patient? Can you come in on your day off?"...

I couldn't say no.

A culture that breeds guilt.  
Fear of putting myself first.  
Burdening colleagues.  
Letting patients down.

So I'd agree to everything.

Then I broke.'

tweet 3/5:

'2. Validation for going above & beyond

The more I did, the more I was told I was a great dr, the more my colleagues liked me.

I came to believe that giving yourself to medicine made you a dedicated dr & a great colleague.

Then I broke.'

tweet 4/5:

'3. Prioritising our patients

I would skip lunch, stay late, work relentlessly to ensure everything was done for my patients.

Others seemed to do the same, as though it was expected.

Then I broke.'

tweet 5/5:

"The culture in the NHS must change.

We need to:

- role model setting boundaries
- teach doctors to say no
- encourage them to leave on time
- banish the guilt

Because a sustainable career in healthcare needs boundaries.

END'



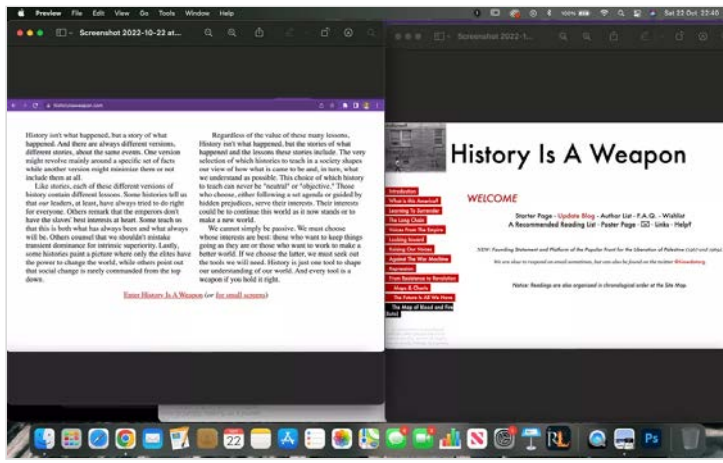
## History Is A Weapon

Major content warning for graphic images related to violent discrimination including: police brutality, lynching and torture during war. - images don't come up immediately but are included on individual pages.

Again, not specifically related to Caring for Carers that Care, but because I love how History Is A Weapon presents so much information and resources in way that is really easy to navigate - not the fanciest website but you could def get sucked into reading for hours.

I was thinking on how Harpereet mentioned (I think it was in the email you sent :) ) uploading all the responses to questionnaires online. I think if we get consent to publish the questionnaires (anonymously if thats what the respondents want) we could organise them online in a similar way if, alongside the visual representations created as a response.





BETH WILLIAMS OCT 22, 2022 09:55PM UTC

## Riot GRRRL zines

Not related to caring society topic but wanted to share because how the movement used zines could be useful.

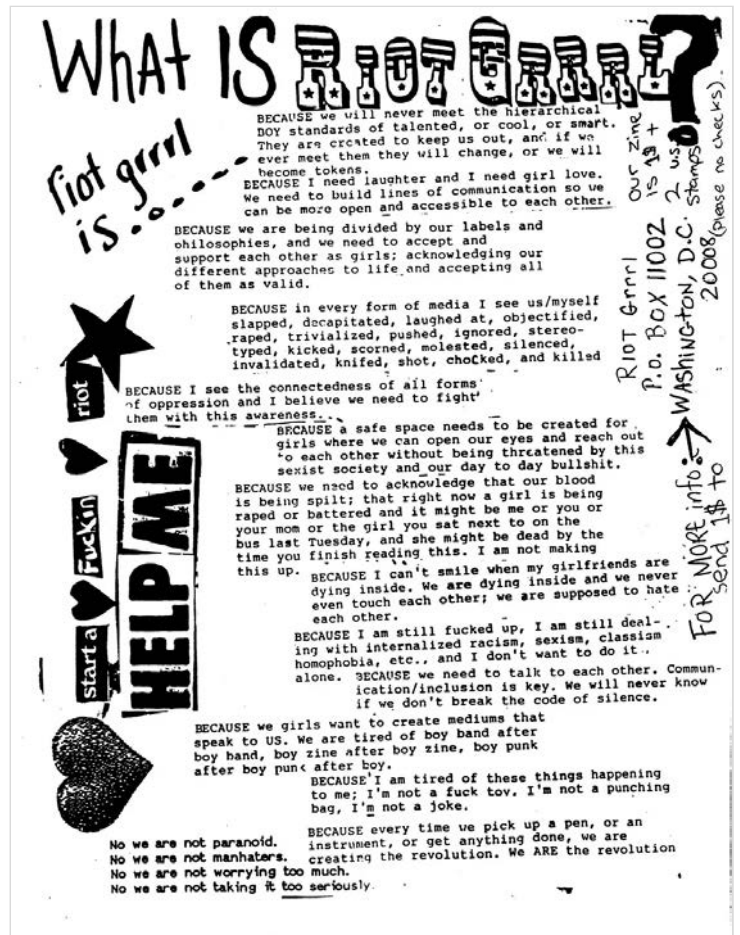
Riot Grrrl (1990's) is an offshoot of 3rd wave feminism and problematic when it comes to representation (super white, super cishet, etc.). But I think what the movement did with zines was interesting though! They were all made by people photocopying and mailing pages - any one could make one or add to them. They included their address and create mailing list to exchange the zines they created. They have lots of different ideas, statements, images, dreams, grievances etc. cut and pasted together.

A whole movement of protest and campaigning sprung out the zines.

a few quotes from the website in the source:

'Not only musicians but also activists, these groups of grrrls held support group meetings, safe spaces to discuss their aspirations and dreams as well as their assaults and traumas.'

'The riot grrrl revolution was not without its critics, however. An offshoot of third-wave feminism, the scene was criticized for its lack of representation and intersectionality, as white women, often from privileged backgrounds, comprised much of the arena, discounting both women of color and trans\* women. As the movement grew, these demographics voiced their opinions through zines and bands of their own, combatting the toxic exclusivity that would negate the movement's purpose entirely.'



BETH WILLIAMS OCT 22, 2022 09:14PM UTC

## BARNETT COHEN - Paintings

I've been thinking a lot of how stickers are such a great form of activism, I've used them a lot in my personal projects. Barnett Cohen makes this awesome pieces out of activist stickers - so bright and colourful but shows the scale of the need for change in society. Thought it would be cool to share with you all.





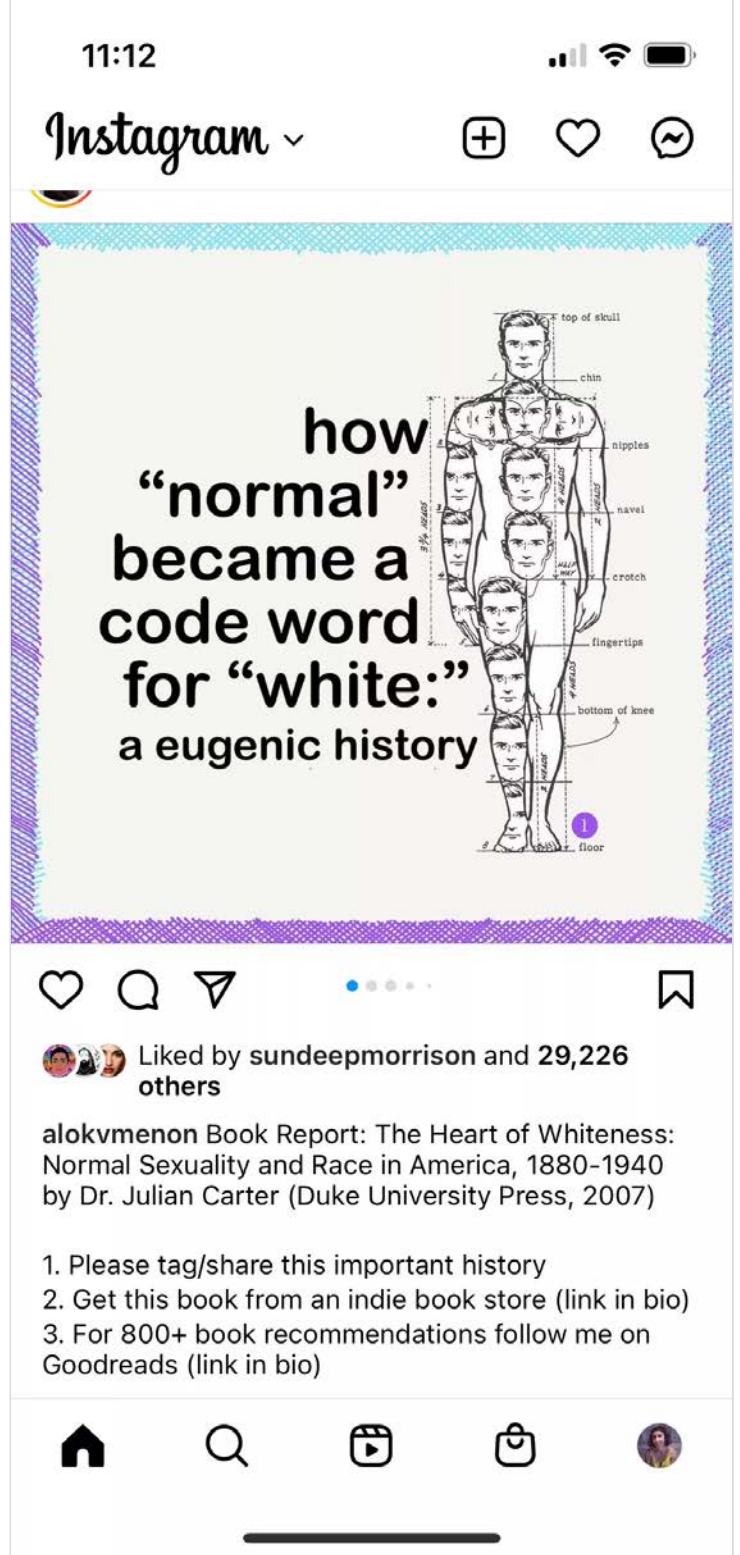
# Societal Structure

Via Alok Menon



# Pedagogy of Care

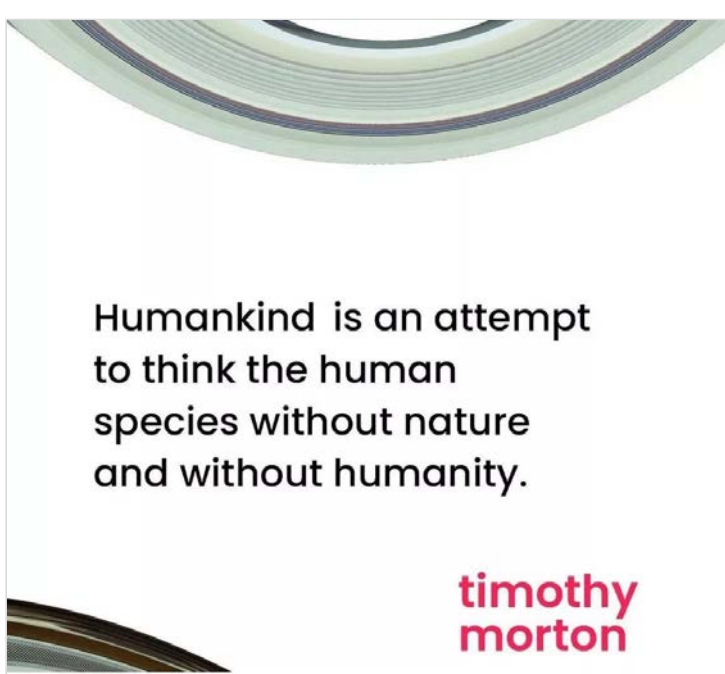
Via Alok Menon



*definitely going on my to read list! The graphic is really powerful too. — BETH WILLIAMS*

# Culture

Via Timothy Morton ( TechFuturist)



Humankind is an attempt to think the human species without nature and without humanity.

timothy morton

BETH WILLIAMS OCT 18, 2022 08:27PM UTC

## Looking at whats out there in the UK care systems and who is trying to change them - kind of a Literature Review (but basically my rabbit hole of research)

- o What is already happening to change current culture of care?
- o What campaigns are running, by who and for who?
- o What research has been done by others that can help us?
- o Who controls quality go care?
- o Where can we fit ourselves in?

main themes: building partnerships between providers and users, the government sucks and wont pass anything that doesn't fit their agenda, people just want to be heard, general publics lack of knowledge of what care is and how it's provided.

"What we've learned from the past five years puts us in a better position for the future. Our new strategy combines this learning and experience and we've developed it with valuable contributions from the public, service providers and all our partners. It means our regulation will be more relevant to the way care is now delivered, more flexible to manage risk and uncertainty, and will enable us to respond in a quicker and more proportionate way as the health and care environment continues to evolve."

<https://www.cqc.org.uk/about-us/our-strategy-plans/new-strategy-changing-world-health-social-care-cqcs-strategy-2021>

**Responses to Bill:**

British Medical Association (trade union and professional body for doctors and medical students) response: Opposed the bill all the way - regressive  
<https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/integration/integrated-care-systems-icss>

Kings Fund (is an independent charitable organisation working to improve health and care in England, est. 1897): main issues - refusal to help workforces, regresses social care (majorly cuts funding pushes through by Treasury).

Positives: more discretion for local leaders, but relies on people working together.

*'It's an opportunity that leaves much discretion to local leaders rather than imposing a rigid one-size fits all that suits no-one. But this is just an opportunity - whether it is realised into actual benefits relies on the changes in practice and cultures that underpin a more collaborative, integrated system. That includes changes in national bodies such that they don't replace the permissiveness granted by parliament with their own rigid national blueprint. Most importantly it*

lit review? - kind of  
 PDF document  
 PADLET DRIVE

HARPEREET SANDHU OCT 13, 2022 04:13PM UTC

## Curiosity forcing Engagement

JULIA TRUDU OCT 18, 2022 08:27PM UTC

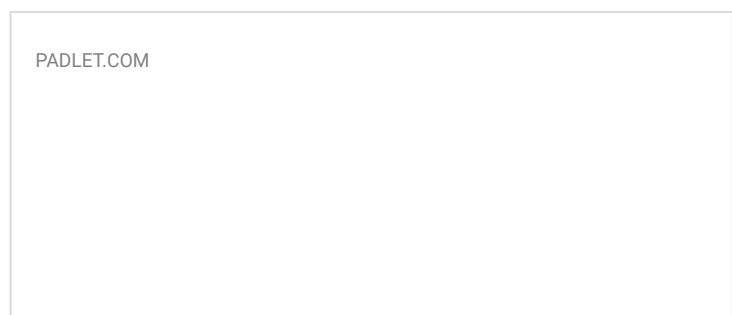
## 'This is going to hurt' BBC player series

TW:  
 suicide references  
 strong language  
 upsetting scenes

**This Is Going To Hurt**  
 Ben Whishaw stars in Adam Kay's raw, ridiculous rollercoaster diary of a doctor's life.  
 BBC IPLAYER



HARPEREET SANDHU OCT 17, 2022 05:54PM UTC



BETH WILLIAMS OCT 12, 2022 04:01PM UTC

## documentary list

### Will the NHS Care for Me:

Content warning: deals with neurodivergence, mainly downs syndrome but also other types like autism.  
 Trigger Warning: medical abuse, abuse, death, grief.  
 investigates why people with a learning disability are more than twice as likely to die from avoidable causes than the rest of the population. He hears from relatives who have lost loved ones prematurely, and from a mother on whose behalf the BBC went to court so she could speak publicly about her fight to get lifesaving care for her son.  
<https://www.bbc.co.uk/iplayer/episode/m001d39x/panorama-will-the-nhs-care-for-me?page=1>

### Undercover Hospital: Patients at Risk: major triggering warning for mental illness, abuse, self harm, suicide, restraint, death.

A Panorama undercover investigation has found evidence that a secure NHS psychiatric hospital is failing to protect some of its vulnerable patients. Secret filming reveals evidence of a toxic staff culture, patients being taunted and bullied, inappropriate use of restraint and falsification of important medical paperwork. Experts who have reviewed Panorama's findings have questioned the hospital's safety, saying the evidence suggests its core therapeutic mission is being corrupted.  
<https://www.bbc.co.uk/iplayer/episode/m001ckxz/panorama-undercover-hospital>

documentary list  
 PDF document  
 PADLET DRIVE



