

# MORAY WELLBEING ZINE PROJECT



In these challenging times Moray Wellbeing Hub has been working on creative and innovative ways to connect us. Made possible by kind support from The Wellbeing Fund, over the last few weeks, they've been busy putting together their first Zine! What is a Zine you may ask? A Zine is a small, self-published, non-professional magazine. By the people for the people! You may have also come across a similar format known as a Fanzine. A rough and ready publication made with love and soul.

The idea and thinking behind the Zine project is to create a judgment free space to explore issues surrounding mental health in a creative,

brave and sometimes irreverent, challenging way through scribbles, photos, writing, poems, drawings & doodles (as long as it is suitable for all ages).

For Issue 1, a call out was made to the expanding network of over 250 Moray Wellbeing Hub Champions. A Champion is someone who has a lived experience of mental health issues and wants to harness the power of these experiences to create positive change for themselves and their communities. As we all have mental health - this opportunity is open to anyone that lives in Moray. During the COVID-19 situation, Moray Wellbeing Hub has seen quite a large increase in Champions which is really inspiring and demonstrates the scope of the human resource that we have here in Moray.

The Champions were contacted through the different networks within Moray Wellbeing Hub. Phone, email and their recently set-up and highly effective digital 'Slack' channel which acts as an easy to use and friendly central hub for communication and conversations. As an organisation, they've had to quickly adapt to using the power of technology to keep us all connected during these times. Another solution has been to use 'Zoom' video conferencing to deliver online courses, meetings and virtual get-togethers. Once again proving to be a fantastic and accessible tool.

From the start of the Zine project it was made clear that you don't have to be a 'writer' or an

'artist' to submit content to the Zine. It's just about making something collaboratively and creatively expressing ourselves in whatever way we feel. True to the values of Moray Wellbeing Hub, there is no right and wrong. Just a willingness to be proactive and be part of something and is as much about the process as the end result.

***"When I heard about the Zine, it took me a bit of time to get my head around what it was all about. When I finally dropped judging myself and allowed my creative side to take over I had so much fun being playful in different ways, taking photos, creating unusual shapes with objects, connecting more with nature, supporting me to feel grounded. A real simple way for me to start expressing through different***

***mediums. Thank you for coming up with such a creative idea for us all to get involved."** - Jean*

Moray Wellbeing Hub are delighted to say that after a little bit of a slow nail-biting start, the submissions started rolling in! From photography, poems, writing, drawings and recipes - there has been a fabulous, eclectic range of creative material from the Champions. These have all been collated to form Issue 1 of the Zine which will be available sometime in August 2020.

To find out how to get your hands on a copy (the plan is to have a downloadable digital version and a small amount of hard copies) please visit [moraywellbeinghub.org.uk](http://moraywellbeinghub.org.uk) and check the News section or alternatively keep an eye on their social media channels. On their website is also information about how you can sign-up to become a Champion.

