

ISSUE ONE



ALL
CUT
UP



Made in the
artistic
workshops

Zine-Making Workshop: Stories of Loneliness and Substance Use

This collective zine was created as part of the Festival of Social Science 2025, for the event 'Zine-Making Workshop: Stories of Loneliness and Substance Use'. It was a collaboration between the NIHR Maudsley Biomedical Research Centre (BRC) and the McPin Foundation, supported by the Economic and Social Research Council (ESRC).

The workshop took place at Peckham Levels on Tuesday 4th November. Organised by Jonathan Crabtree and Dr Mariana Pinto da Costa, and co-facilitated by a team of peer mentors with expert lived experience and Ioana Simion from Artizine UK.

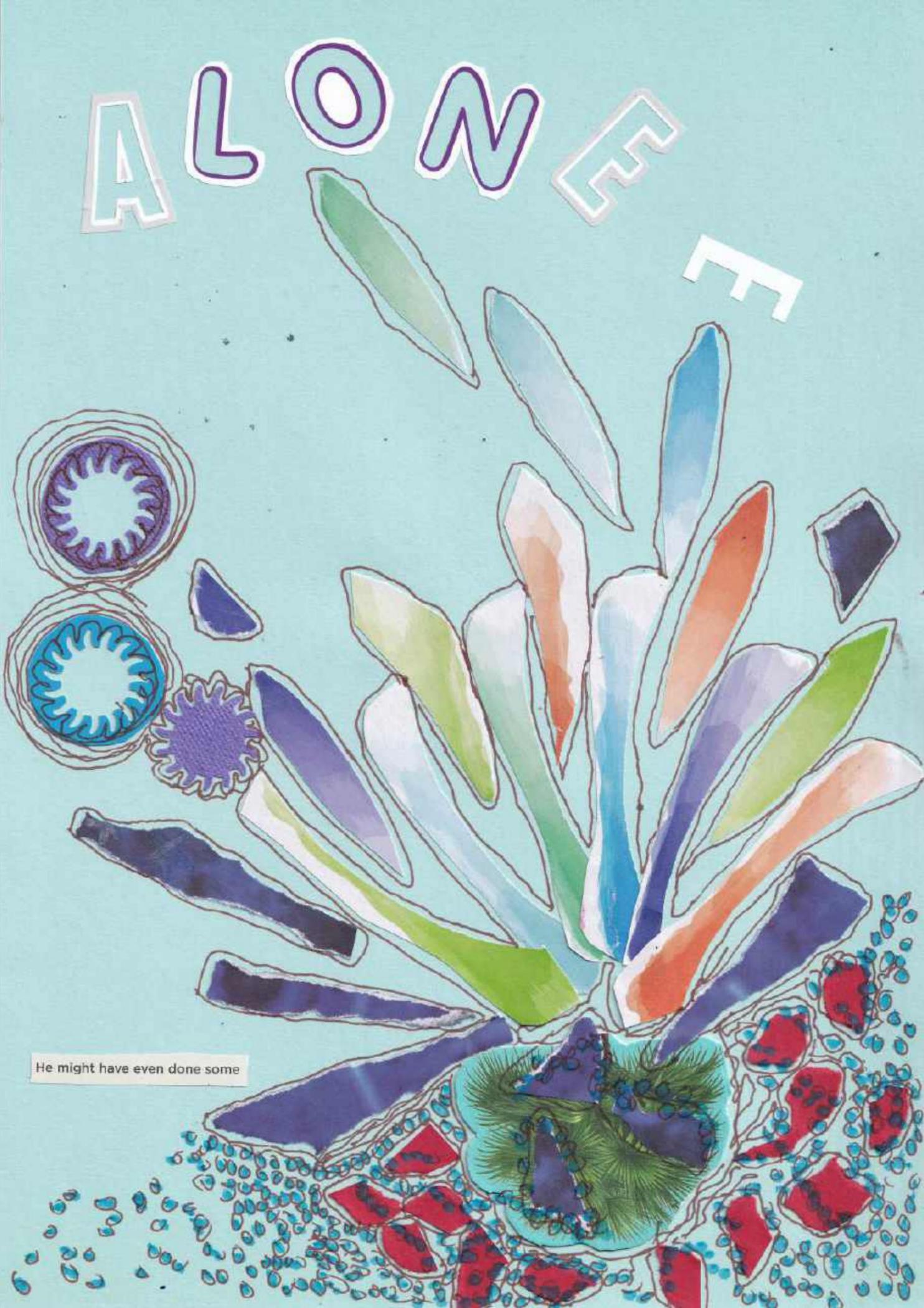
The workshop was inspired by new research from the NIHR Maudsley BRC exploring the relationship between loneliness and health among people with substance use disorders. The event sought to share these findings in an accessible and creative way. Bringing together science, art and lived experience, creating a space for connection, creativity, and conversation.

Ioana from Artizine UK introduced participants to the history of zine-making, highlighting its roots in self-expression, activism, and storytelling, and emphasising the power of creativity to connect people and share experiences.

Drawing on the insights and lived experiences shared throughout the day, participants created pages exploring themes of mental health, connection, and recovery. Each participant was supported to create two zines: one to take home as a reminder of their journey, and a collective zine that brought together everyone's stories, ideas, and artwork.

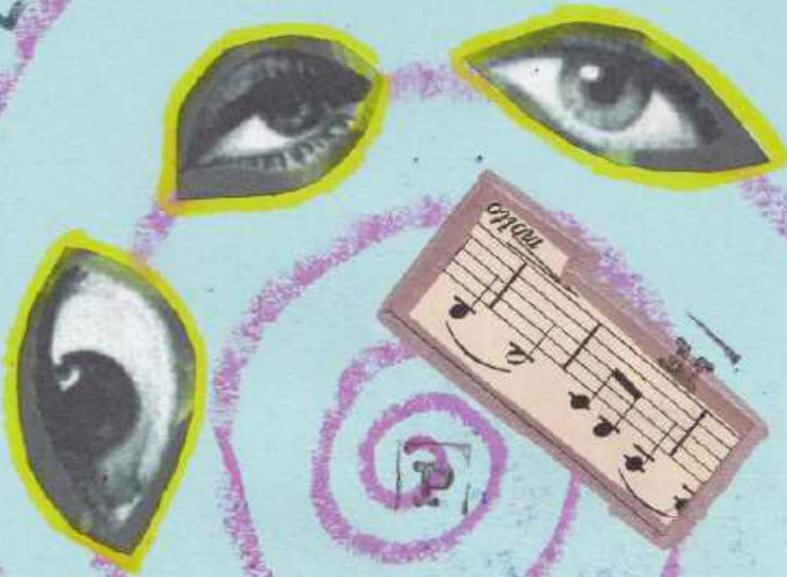
We would like to thank everyone who took part in this event. Together your creative reflections showcase how art and expression can transform experiences of loneliness into connection, and how sharing stories can foster resilience, understanding, and a sense of belonging for all. We hope this encourages thought provoking conversations.





TO LOVE AND TO BE LOVED IN RETURN

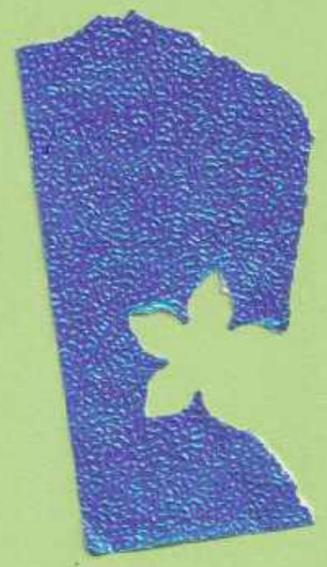
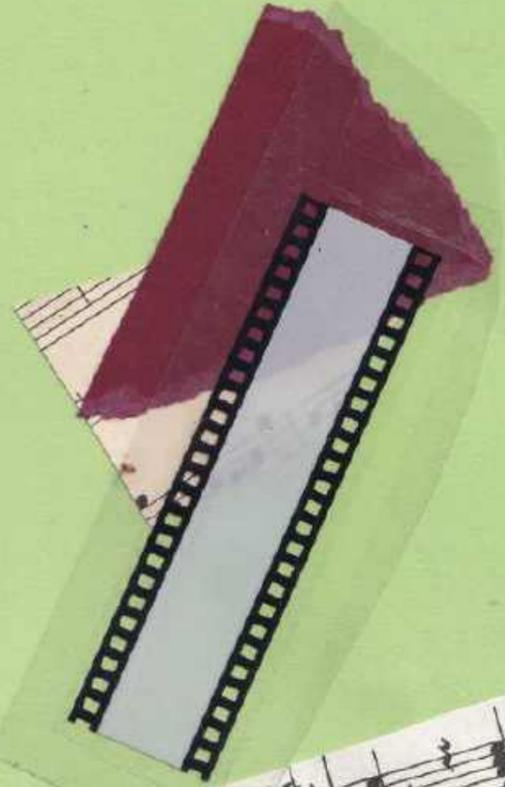
WHAT MAKES ME HOT (SPIRAL INTO LOVEINESS).



FUN

Family

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YOU'RE A GEM



DEAR DEREK
(MY FAVOURITE PATIENT),
I ASKED IF WE COULD CONTACT
YOU IN SIX MONTHS,
YOU SAID YOU WOULDN'T
BE AROUND BY THEN.

I ASKED IF WE COULD TRY
A FAMILY MEMBER IF WE
COULDN'T REACH YOU,
YOU SAID YOU HAD NO ONE.

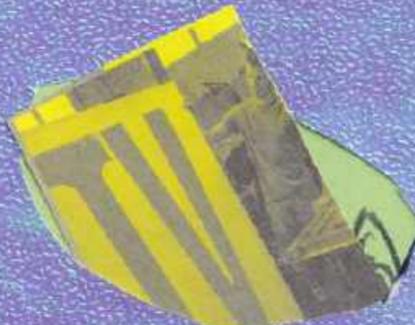
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an
k
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I OFFERED A CONSENT FORM
YOU WROTE ME A POEM
I HAVE IT FRAMED ON MY WALL
I HOPE YOU'RE HAPPY
I HOPE YOU'RE ALIVE.

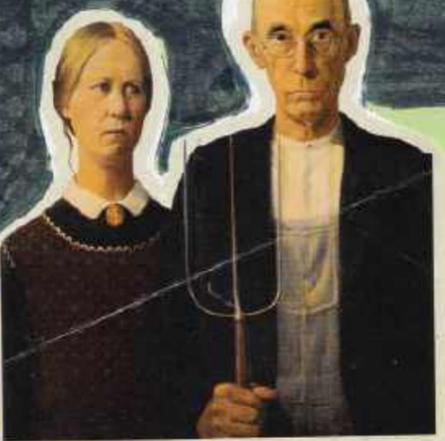


I WANDERED

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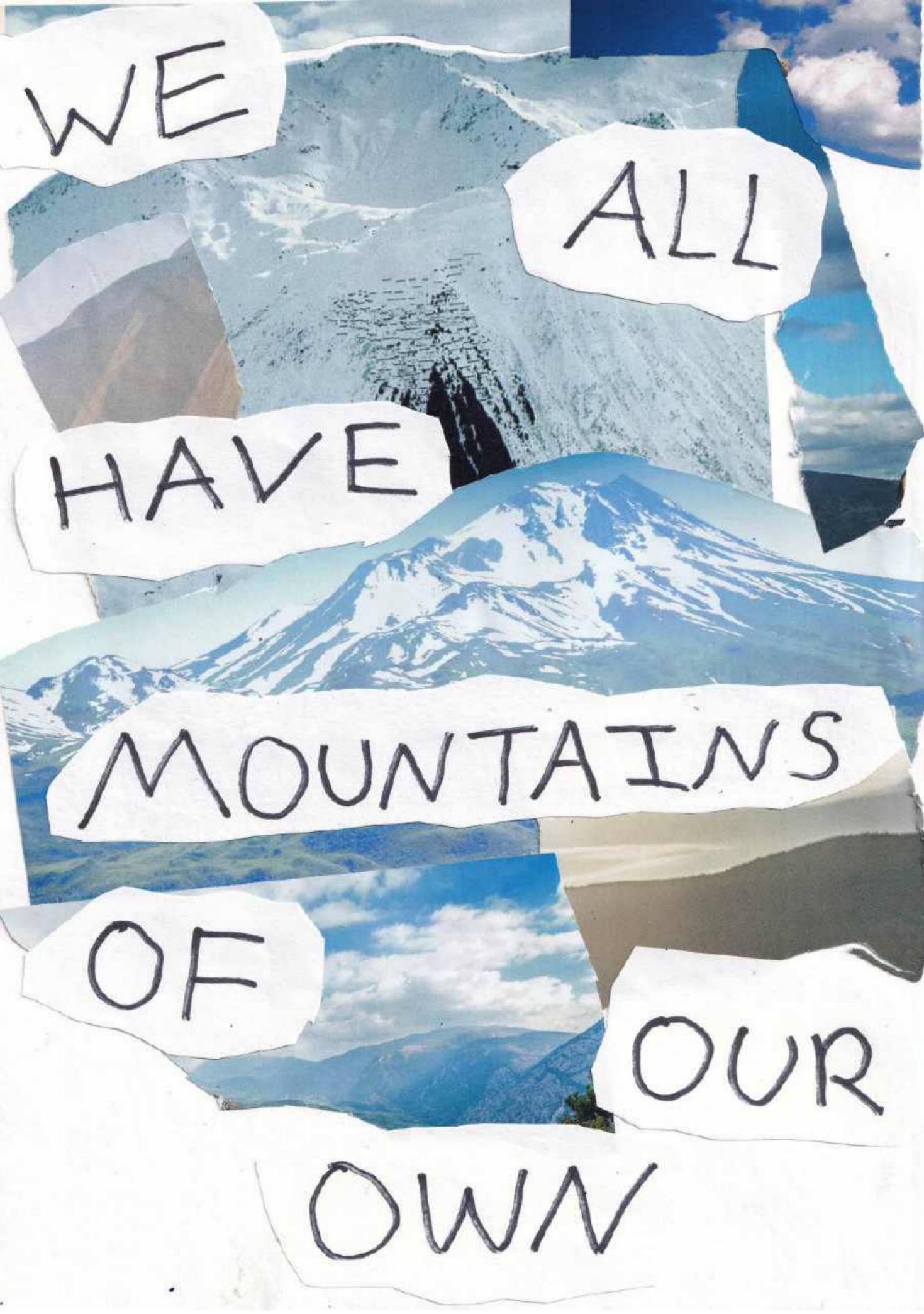
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falling in love
 like in Cinderella
 Movies?
 - Carol T.

\$500



Divinity

A hierarchy of nature



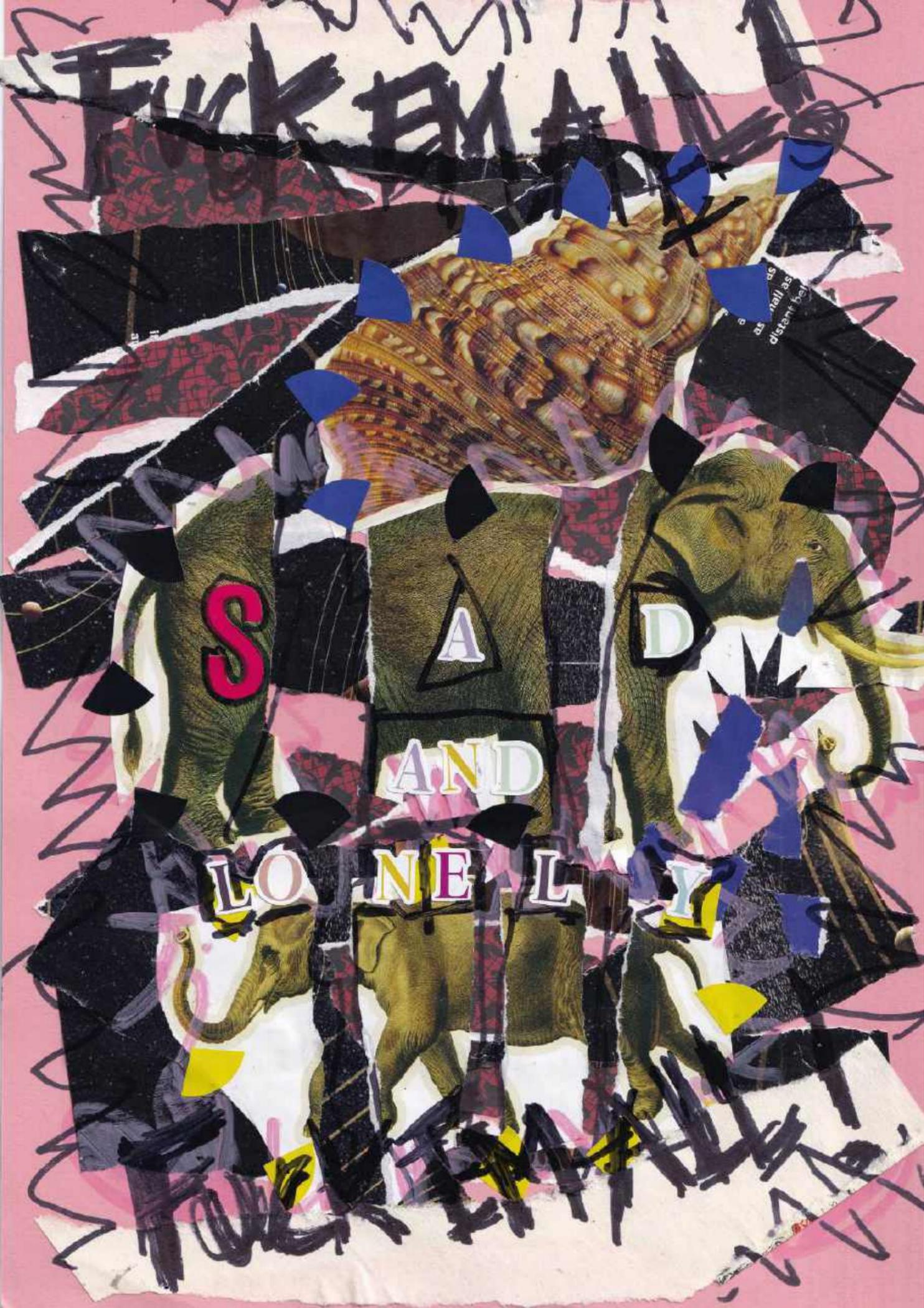
Lunar Force

Oceans

Fossils

Organic life





LARGE SCALE
ROAD MAP
OF
HEALTH

set of false teeth. Which she'd
top of the im - wa - ter Said
make an im - pres - sion, Yo
bot - tom to top.

"GEOGRAPHIA" TOWN PLANS

Scale in miles (approx.)

100
200
300
400
500
600
700
800
900
1000
1100
1200
1300
1400
1500
1600
1700
1800
1900
2000

1. Abingdon
2. Aylesbury
3. Banbury
4. Bedford
5. Bicester
6. Bletchley
7. Bovingdon
8. Buckingham
9. Burnham
10. Chesham
11. Chesham Bois
12. Chesham Old Town
13. Chesham Waterworks
14. Chesham Wood
15. Chesham Wood Farm
16. Chesham Wood House
17. Chesham Wood Mill
18. Chesham Wood Park
19. Chesham Wood Station
20. Chesham Wood Waterworks



Emptiness gods
never ending
So where would you
even start

PAGAN
PAST



Bequeathed the
family heirloom
Cursed with a big
BLACK heart

I can only scratch the
surface

But never rip it out

And choking ghostly ashes
If I ever scream or shout

So I
Slashed

smother it in hellfire
up in liquid gold



I think
is

I'm learning **Love**
letting go

Not

a heaviness to hold

- Bert Findlay



CONJECT



Hope



CONTRIBUTORS:

Manjot Bawa

~~Manjot Bawa~~



~~Manjot Bawa~~
Cares

Tomal C



Mixuph

PEARL



Abdullah

Antoin

PATRICIA B

Arjun

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