



Helping Communities Thrive and Flourish Through Art





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# ABOUT US

Community Arts by ZK was founded in 2016 by Zaneb Khatun. An experienced community artist and university lecturer, who returned to her home in Pendle after studying at Central Saint Martin's College of Art and Design. Zaneb felt it was her duty and responsibility to give something back to the people, the area she was raised.

Committed to the needs of the modern world and aware of the current issues in her community, Zaneb strived to bring communities together from diverse social, cultural and economic backgrounds. To build community cohesion, resilience, abolish segregation for a stronger and more inclusive community. Indeed, art can change lives, having both a personal and wider impact within communities.



# MISSION, VISION & VALUE'S

Our mission is to provide creative solutions that have a positive social impact in communities. We want to use art as a tool to tackle inequalities and promote a diverse, creative and inclusive community. With a positive outlook we hope for a better future, we aim to strive to aid people fulfill their potential and work with communities, partners and artists to build cohesion, resilience and unity.

Our aim is to provide a creative and inclusive space where people can freely express themselves; where voices of the people are heard; where art and culture are celebrated and embedded into everyday life. At Community Arts we believe, art has the power to stimulate change through collaboration, expertise, passion and togetherness, we will reach our goals.



**Inclusivity and Individuality,** we want everyone to feel valued, represented, and heard; regardless of race, gender, identity or ability. We work hard to create new opportunities for greater understanding between people of all races and creeds. We break down barriers and steer communities to come together to eradicate segregation. Our work is growing through current initiatives that involve people of all backgrounds; this is fundamental to our work.

**Collaboration,** cooperation is strongly important to us; it is vital for any organisation, and we believe that when it comes to community, a holistic approach is crucial to cater for their needs. Collective energy creates momentum, and a dialogic approach is astonishingly important in developing and elevating ideas, enhancing lives, and securing long term relationships. It is due to these long-term relationships that we can bring ideas to life.

**Culture, Art Education,** we value and encourage creative mindsets that think “what if?”. Art teaches us to experiment and become resilient; whether we fail or succeed. We inspire people to see failure as a positive thing; a starting point. Art builds empathy and compassion, breaks down barriers, educates and empowers. We aim to remove the stigma attached to the artists’ role within society, empowering communities and artists.

**Wellbeing,** art makes a tangible difference to neighbourhoods and there is much evidence to show that the arts have a tremendous positive impact on personal, social and mental health and well-being. We use art as a tool to improve and enhance people’s lives and provide a support network for deprived, disadvantaged and marginalised groups, empowering them and instilling a sense of belonging into communities.





Community Arts by ZK collaborated with the Super Slow Way to deliver an exciting textiles project called We Are Woven that worked with women over the winter. Artist Jenny Waterson, who works in weave and stitch, led this project.

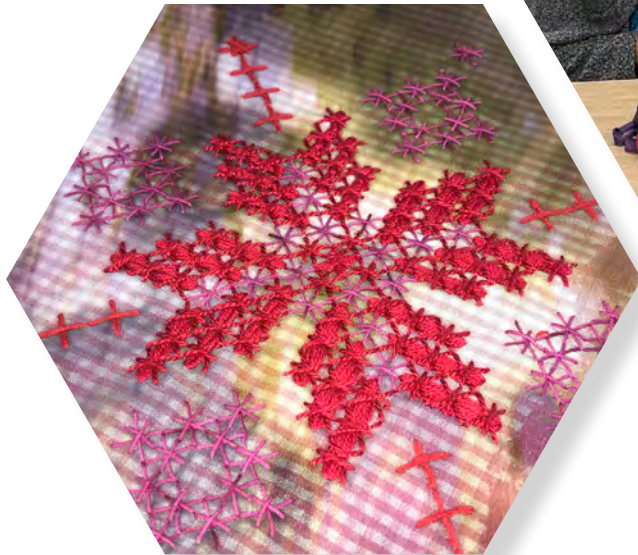


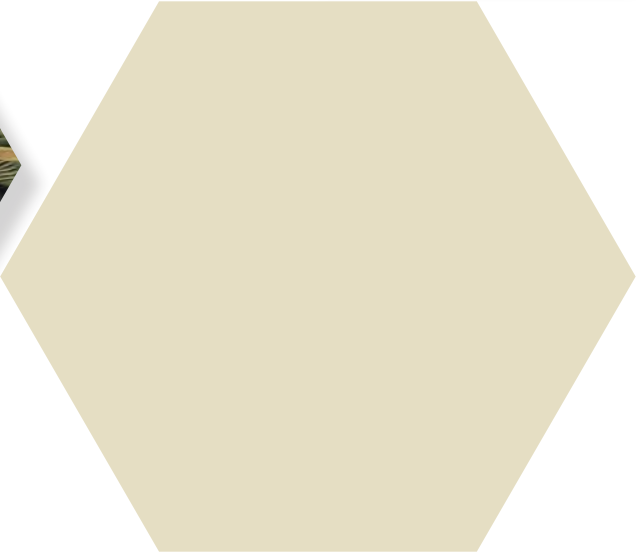
# WE ARE WOVEN

Passionate about using textiles to support social and emotional wellbeing, Jenny helps people to explore their own creativity. Jenny frequently works with communities to produce art and provide creative experiences in gallery and heritage settings. She grew up in East London and now lives in Altrincham. Jenny holds a BA (Hons) degree in Textile Design from Nottingham Trent University, a Master's degree in Vehicle Design from the Royal College of Art in London and is an elected Fellow of the Chartered Society of Designers.

Jenny taught the group textile techniques such as weaving, wrapping, binding, and stitching. Each of the participants then chose a technique they wanted to develop and, with Jenny's guidance and support, participants developed a final piece of artwork for display in a final exhibition.

The workshops provided a safe place to meet up, connect, help the community grow confidence and learn new skills. The project also helped to combat poor mental health and reduce isolation, one of our key goals as an organisation.





# PENDLE SUMMER ARTS

Pendle Summer Arts was a summer long project that brought children across Pendle together to take part in a range of outdoor creative workshops run by our very own community artist, Louise Cunningham



The children, who were aged between 4-13, were introduced to a variety of creative techniques, allowing them to learn new skills and enhance their creative abilities and fine motor skills. Children took inspiration from nature, taking artist walks and collecting found objects to make artwork with. We saw excited and inspired faces as the kids were introduced to mixed-media techniques using nature, collage, fabric, tie dye, natural dyeing, painting, fibre art and marbling. The workshops ran daily in Victoria Park, Nelson, with a focus on physical activity and healthy eating. This gave them the opportunity to take part in something fun over the summer that kept them active, learning and growing; it also had a positive impact on their confidence, social skills, and self-worth.

The project also helped to prepare children for the return to school after the disruptive and isolating Covid-19 lockdowns. Creative activities are vital for children to help them develop concentration skills, problem solving, resilience and broaden their imagination. It helps them to express and cope with their feelings, encouraging healthy mental growth. Art is something that has no limits or restrictions, it is subjective and incredibly helpful in improving mental health, wellbeing and a way of healthily expressing views. We saw children flourish over the duration of the project, with them leaving with a lot more confidence and self-esteem. They were proud of their achievements over the summer holidays and excited to apply the new skills they learnt in their school work as well as at home.









# ART IN MOTION



Art in Motion aimed to promote positive mental and physical well-being through inspiring field trips and stimulating creative workshops over the summer. Professional multidisciplinary artist Zara Saghir, delivered creative workshops with the community exploring techniques such as sketching, stitching, painting, collage, calligraphy and ceramics. Working outdoors, the participants took creative inspiration from the natural wonders here in the heart of Pendle. We also visited local art galleries and the Liverpool Tate.

Working with families who had suffered during the pandemic, the workshops focused on group creativity and reconnection after what had been an isolating and unsociable time. The project has given people in our community the opportunity to unite again, through their love of art. Learning new skills has provided fulfilment, pride and confidence.



# GOOD NEIGHBOURS PROJECT

The Good Neighbours Project brought communities together during the Pendle Festival of Culture in celebration of People and Language, in a spirit of shared identity and a celebration of our cultural contribution to the diversity of Pendle. We introduced block printing to our community, using Indian wood blocks. The workshop allowed people from different cultures, nationalities, ages and social groups to come together and explore, enjoy and learn new techniques with their families.

The community gathered together for a family fun-day which celebrated our locale along with partner organisations and friends.



# WALK WITH ART...

## REFUGEE'S & ASYLUM SEEKER'S

Refugees and Asylum Seekers was an exciting post-pandemic project that invited artist and educator Jane Bevan to work with our community of refugees and asylum seekers in Pendle. Jane Bevan's practice involves collecting and assembling found natural materials to make unique and eco-friendly artworks. The group took walks in the countryside, collecting a foraging material to experiment and create sculptural artworks with.

The project was aimed at improving well-being through nature and art, focusing on recovery, creativity, and community. The refugees and asylum seekers that took part were from all different parts of the world, for example, Syria, Iran, Turkey and Mongolia. The project provided support and helped participants to build strong and sustainable links in their community and learn more about their locale, with a strong focus on being outdoors and engaging with nature.

The project helped to instil a sense of belonging and supported those on low incomes or who may experience difficulties with mental health or discrimination. Jane encouraged us to investigate the details of nature on our walks, where we discovered beauty, pattern, and texture. We visited several local beauty spots, galleries and heritage sites, and took a trip on a canal a boat.

For some of the artwork created during the project, we used things found in nature, natural twine, and wire. We explored nature collage, natural dying, assembling, sketching, painting, and decorating natural objects with art pens. During the pandemic we all began to look towards nature more than usual. This project was therapeutic and healing, allowing us to take a step back, reconnect and renew after the impact of the pandemic.









# CHILD SEXUAL EXPLOITATION AWARENESS

Lancashire County Council asked us to work with young people in Pendle to produce a piece of artwork on the issue of child sexual exploitation. The aim of the piece was to educate young people and raise awareness of this sensitive and serious issue. In collaboration with The Zone, Burnley, Lancashire, this project was delivered as a range of workshops that covered a variety of arts and crafts techniques, allowing young people control in how they explored and represented this issue.

Working with young people from the age group 12 - 19 and young people with special education needs, a final piece was produced to make clear the differences between a good relationship and a bad relationship, with an emphasis on making this message clear to all ages. Through creating a character, Tina, the young people developed stories and a range of different situations to educate young people about exploitation and grooming, and what a healthy and positive relationship is.

Every individual in the group contributed to the final art piece by working on a scenario. Each story was then put together, giving each participant a sense of achievement of the final product. The final piece is on display permanently at The Zone, Burnley, allowing for further discussion and thought about the issues explored within this project.

The artwork will increase knowledge of sensitive and serious issues through platforms that children are more likely to engage with, outside of formal education, through creative approaches to teaching and learning. The art piece will have a strong impact on people and encourage positive change.



“HE LIKES ME TO  
SMELL NICE,  
BUT MY DAD  
DOESN'T KNOW”



# CREATIVE WELLBEING

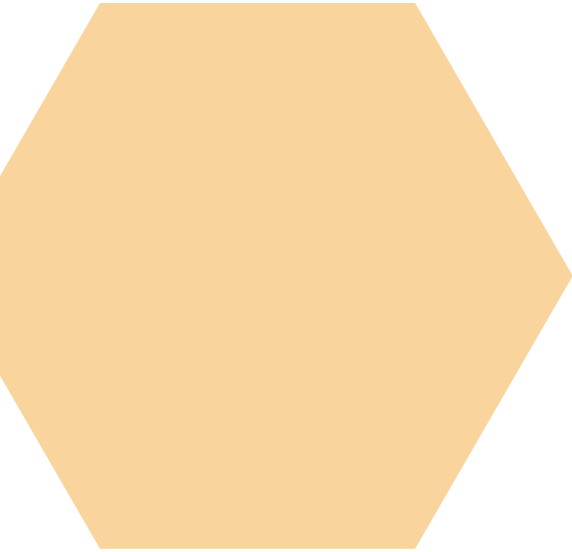
Creative wellbeing was a post pandemic project that aimed to help people regain confidence after lockdown, and to lift people out of loneliness. It focused on mental health and creativity in small intimate groups.



In collaboration with the Pendle Women's Forum, we invited two assistant psychologists, Ameera Iqbal and Charlotte Harding from NHS Lancashire & South Cumbria who discussed methods of dealing with poor mental health and loneliness. Creatively, we responded to the difficult times we had all experienced during the pandemic. The sessions offered opportunities for those involved to relax, enjoy and develop meaningful relationships; all of which helped to support self-healing and inspired people to discover new skills and interests. Jennene Whiteley was our artist in residence for this project. Jennene is a professional community artist and educator, working in the Pendle area. She is a multidisciplinary artist working in a range of media and is a strong advocate of art for improving mental well-being.

Jane is inspired by nature and enjoys collecting natural materials and exploring textures and colours in nature. She led weekly workshops with women and children that explored printing techniques, collage, painting, and dying. The group used various contemporary art techniques in expressive ways to promote well-being and aid recovery from the pandemic. The project encouraged conversations between the participants, artist and psychologists and inspired people to share their stories and experiences. The workshops were fascinating, therapeutic, and inspiring. NHS assistant psychologists Charlotte and Ameera explained concepts of mindfulness, wellbeing and the psychology of colour, art and mental health. They carried out breathing exercises and different techniques to aid mental wellbeing.





# BUZZING BEE'S



Buzzing Bees took place over the holidays, bringing together children from across Pendle to take part in a series of creative activities. Run by our community artist, Louise Cunningham, activities included collage, painting, printing, tie-dye, fibre art and face painting. We also encouraged the children to get active through dancing and playing games. These workshops help children to build their confidence, learn new skills and make new friendships.

This project was supported by Pendle Borough Council and Fun Vibes, Active Lives as part of the Holiday Activities and Food (HAF) Programme.





# COVID 19 ART HUB

Our COVID-19 Art Hub was a response to the uncertainty and challenges people were facing during the pandemic. In our own community, we saw how people's lives had been disrupted and how many had experienced loss, resulting in loneliness, anxiety, and fear. Our project gave people the opportunity to be creative and to express their feelings and emotions. The sessions provided a space for creative exploration, reflection, and provided wellness strategies to alleviate stress and anxiety.

COVID-19 Art Hub was made up of 8 free-to-access online workshops. Each workshop had a different focus with clear instructions demonstrated on our website and social media platforms through inspirational images and graphic "How to" instructions. These were accompanied by important online private and group messaging, to help foster a warm online community that provided support and hope. After each session, people were invited to upload their creative pieces. The response was truly inspiring.

Participants came from all backgrounds and ages: we worked with children, young people and adults and two care homes in Pendle, Hulton Care Home and Marsden Heights Care Home. We invited families and vulnerable people who were shielding or self-isolating. This brought the community together, reducing negative feelings of isolation, offering comfort, connection, and friendship in uncertain and testing times.



# PENDLE HORIZON'S



Pendle Horizons, funded by Awards for All, this activity involved a series of art/textiles activities for communities across Pendle. Textile workshops focused on engaging members of our diverse neighbourhoods and communities and taught them skills in the creation of art for a public display. Pendle Horizons brought families together from different walks of life and from different social, economic and cultural backgrounds. This project also worked with children; everyone was given the opportunity to be involved. The project artist was Zaneb Khatun with an emphasis on building resilience and improving well-being and creating a stronger community. The use of art workshops and trips have life-enhancing qualities at both personal and social levels. Art allows people to explore meaning attached to their lives and the things around them and increases connection, understanding and knowledge about others, reducing isolation. The participants learnt a range of techniques including weaving, block printing, screen-printing techniques, ways of dying fabrics, fabric manipulation, patchwork, stitch, painting, drawing techniques and learnt how to design accessories.

This project also involved a trip to Apple in Manchester, where the group used digital technology to explore architecture through walking, sketching and taking photographs on iPads. Family, friends and people in the community came to view their achievements, leaving the group feeling proud, confident and fulfilled.







# WOMEN'S GROUP TEXTILE PROJECT

In collaboration with The Super Slow Way and the British Textile Biennial, we invited textile artist Emma Blackburn to be our Artist in Residence at Community Arts by ZK for our Women's Group Textile Project. Emma Blackburn is a Manchester-based artist with a background in embroidered textiles. Her work explores themes of identity, community, and human experience through story telling in cloth and sculpture. Emma delivered a series of 10 workshop sessions, online and in person, to explore people's relationships with textiles.

The project involved lots of working outdoors in the sunshine, using a range of textile techniques, and experimenting with different methods and materials such as printing, dying, weaving, sewing, embroidery, applique, quilting and patchwork. The group enjoyed making new friends, sharing their stories and discussing how art can help to combat feelings of loneliness, isolation or poor mental health. Being outdoors in nature also helped to improve overall wellbeing and mental health.

The aim of the project was to build connections and support people struggling with mental health and feelings of isolation as a result of the COVID-19 pandemic. It was an excellent opportunity for women to engage in meaningful conversation in this social as well as creative initiative.





# LITTLE ICICLES

Over the holidays, our Little Icicles project brought together children aged 6-13 from across Pendle to take part in winter-themed and arty activities. The workshops were delivered by our community artist, Louise Cunningham, who taught the children a range of creative techniques. Louise is a multidisciplinary artist with a background in fine art. The children experimented with recycled materials and learnt a range of different artistic techniques. Workshops included disk décor, yarn rrranches, 3D winter wonderlands and dots and spots.



The children developed skills in sculpture, collage and design and explored the possibilities of creating artwork using unwanted materials. The sessions encouraged the children to think out of the box and enhanced their creativity and imagination. Our workshops help children to excel and thrive through education, creativity, and socialisation, which increases their self-esteem and confidence. The children always leave inspired, excited, and proud. The workshops took place at our headquarters, Northlight Estates in Brierfield.

We also took nature walks along the Leeds and Liverpool Canal to incorporate physical activity. Our winter holiday camp was followed by an exciting trip to Colne Muni to watch the Beauty and the Beast pantomime which the children absolutely loved. The children all received a hamper of food and treats kindly donated by Fun Vibes Active Lives. This was to promote healthy eating. This project was in collaboration with Lancashire County Council and Fun Vibes Active Lives, as part of the holiday activities and food programme (HAF).



# TAKE HEART IN ART

Our Take Heart in Art project provided fun, therapeutic and engaging art workshops. Our Artist in Residence, Sue Ripley, from Yorkshire, delivered a variety of face-to-face and online workshops that engaged families from across Pendle. These included textile mono-printing, transfer printing, shibori and brush making.



We also welcomed an artist from Manchester - Wil Judkins, who specialises in illustration. Wil inspired the community online by producing artwork for people to respond to and enjoy in these dark times. Community Arts by ZK adapted to new ways of working throughout the pandemic and created a Covid secure environment for our community and artists to work in. Take Heart in Art explored shared experiences and individual stories or struggles and worked with families and children. This provided an opportunity for people to understand and empathise with

others and helped to improve overall mental health and well-being. These workshops gave participants from ethnic minority backgrounds the chance to escape from the disruption and stress of their situation and bought back a sense of togetherness, joy and comfort through art. People are often able to express in their artwork that which they cannot express in words; inevitably, this improved communication helped to alleviate the suffering caused by the COVID-19 pandemic and support our community when they needed it most.







– PENDLE SUMMER ARTS, 2021

**“IT WAS SO COOL MAKING PAINTINGS WITH  
BERRIES AND NATURE! I WANT TO COME AGAIN.”**

**ZARA IQBAL, AGE 5**





– PENDLE SUMMER ARTS, 2021

“THIS PROJECT WAS A UNIQUE OPPORTUNITY FOR ME TO WORK CLOSELY WITH REFUGEES AND ASYLUM SEEKERS THROUGH A SERIES OF NATURAL CRAFT WORKSHOPS INVOLVING WALKS OUTDOORS EXPLORING THE COUNTRYSIDE OF THE LOCAL AREA. AS AN ARTIST I LEARNT A GREAT DEAL MYSELF AND HAVE INCREASED MY UNDERSTANDING OF THE STRUGGLE’S REFUGEES AND ASYLUM SEEKERS FACE, GAINING A GLIMPSE OF LIFE THROUGH THEIR EYES. WE TALKED ABOUT FAMILY, DOMESTIC LIFE, SCHOOL AND CULTURE BUT ALSO ABOUT LIFE BEFORE THE UK, HARDSHIPS, SPLIT FAMILIES AND ASPIRATIONS FOR THE FUTURE. PEOPLE WE MET ALONG THE WAY WERE KIND AND SUPPORTIVE. THE PROJECT AIMED TO TACKLE ISOLATION AND LONELINESS, AND THIS WAS CLEARLY ADDRESSED BY SEEING THE NEW FRIENDSHIPS DEVELOP AND MUSIC, FOOD AND LAUGHTER SHARED. THANK YOU, COMMUNITY ARTS BY ZK.”

JANE BEVAN ARTIST



– WALK WITH ART: REFUGEES AND ASYLUM SEEKERS, 2021





“IT IS SO NICE TO BE ABLE TO CHAT AND SHARE STORIES IN AN INFORMAL, FUN, AND SUPPORTIVE ENVIRONMENT. WE GET THINGS OFF OUR CHEST. I FEEL SO MUCH BETTER AFTER ATTENDING THESE WORKSHOPS. ALL WEEK I AM AT HOME WITH THE CHILDREN, AND I HAVE NOBODY TO TALK TO, SO COMING TO THESE WORKSHOPS GIVES ME A CHANCE TO GET THINGS OFF MY CHEST; AFTERWARDS I FEEL REFRESHED AGAIN.”

NAZIA SULTAN



- ART IN MOTION, 2021







- VOLUNTEER

**“THE RESIDENTS AT HULTON CARE HOME  
PENDLE, HAVE VERY MUCH ENJOYED  
EXPRESSING THEIR CREATIVENESS  
THROUGH ARTS. ALL THE RESIDENTS  
INVOLVED HAVE LOOKED FORWARD TO  
THE SESSIONS EVERY WEEK.”**

**HULTON CARE HOME**



- COVID 19 ART HUB, 2020





- COVID 19 ART HUB, 2020

# ACKNOWLEDGEMENTS

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Apple  
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Lancashire County Council  
Pendle Women's Forum  
Towneley Park Museum  
and Art Gallery  
The Whitworth Art Gallery  
University of Central Lancashire  
Bodies in Motion  
BME Network  
Pendle Hill Landscape Partnership  
Burnley, Pendle and Rossendale  
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Pendle Leisure Trust  
Canal and River Trust  
The Super Slow Way

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The Super Slow Way

## BOOK DESIGN

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Safa Ghela

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