



Flip of the Coin: Growing Community

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Lucy Campbell, Flip of the Coin, January 2026.

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Introduction

This report tells the story of story of [*Flip of the Coin CIC*](#) (Flip) a women-led, lived experience–driven organisation based in the Scottish Highlands. Set up in 2024, *Flip* works to improve people’s wellbeing, confidence, and sense of connection through creative activities, learning opportunities and community involvement. Founded and led by a woman who wanted to create the community she herself had lacked before and after imprisonment, the organisation is rooted in the belief that lived experiences, particularly of adversity, disconnection and transition can offer important insights to help shape healthier communities.

Flip is a nonprofit community organisation and funded partner of ‘*REALITIES*’, a research programme exploring health inequalities, community assets and innovative ways of supporting wellbeing. *Flip* provides spaces where people can draw on their own experiences and assets to develop skills, support others and take on active, meaningful roles in their community. They use creative, person-centred and place-based approaches to help people recognise their value, not only as workers or service recipients, but as human beings and members of a community. Across health and social services, ‘lived experience leadership’¹ has become increasingly recognised as an asset. When people with direct experience of social exclusion are involved in shaping services, they are often more likely to be relevant, inclusive, and effective². This is particularly evident in justice-related work, where people with lived experience have unique insights into the supports required to navigate change, and a credibility to build relational trust and hope³. *Flip* was originally set up as part of the *REALITIES* research study⁴, which seeks to reimagine a new system of health by and for communities. Through a year of research, *Flip* founder Lucy identified that there was no access to free creative wellbeing activities in the Easter Ross area. With funding from *REALITIES*, Lucy opened various creative sessions in greenspace, with open community and family friendly sessions, she also included a specific day for women affected by the criminal legal system.

¹ Buck, G., Ryan, K., & Ryan, N. (2023). Practicing lived experience leadership with love: Photovoice reflections of a community-led crime prevention project. *The British Journal of Social Work*, 53(2), 1117-1141.

² See e.g., Sayani, A., Ladak, Z., Manthorne, J., Nicholson, E., Bloch, G. C., Parsons, J., ... & Lofters, A. (2025). Creating Safe Connections: A Co-Designed E-Learning Module to Advance Equity and Social Accountability in Preventative Primary Care. *Advances in Medical Education and Practice*, 1967-1979.

³ Barranger, S. L., Hamovitch, E. K., & Rothman, M. R. (2019). Enacting lived experiences: Peer specialists with criminal justice histories. *Psychiatric Rehabilitation Journal*, 42(1), 9.

⁴ <https://www.research.ed.ac.uk/en/projects/phase-2-of-realities-in-health-disparities-researching-evidence-b/>

However, this session originally struggled to attract attendees as women were reluctant to identify themselves as having been involved in the criminal legal system. As a result, it was also opened to women affected by drugs and alcohol but still struggled to gain many attendees. In rural contexts, women affected by criminalisation can encounter limited anonymity, heightened stigma and reduced access to specialist support (Skipper and Ortiz, 2024). *Flip* therefore adjusted the women's session to be more inclusive, broadening the offer to any local woman experiencing significant challenges. This shift enabled the organisation to maintain its commitment to lived experience-led support while reducing stigma-related barriers to engagement and fostering trust within the wider community. As will become clear, this was a feature that was valued by community members.

Despite the growth of lived experience leadership, there has been too little research about the impacts and challenges of such work⁵. This gap is especially noticeable in rural communities. To bridge this gap, this report presents findings from a Photovoice study of the work of *Flip*. Photovoice is a method where people take photographs to express, share and reflect upon their experiences. The images and words shared in this report offer insight into how *Flip*'s creative, lived-experience-led practice supports personal and community change.

Methods

Most research about people experiencing exclusion or adversity is led by researchers who do not share those lived realities⁶. In this project, we sought to work *with* community members rather than doing researching *about* them. Our aim was to understand how people involved in the *Flip* project make sense of their experiences. The *Photovoice* method is a participatory approach which invites people to take photographs reflecting their daily realities. It also includes opportunities to talk about the meaning of images⁷. Photography can be a powerful and accessible way for communities to share knowledge, particularly where experiences may be difficult to put into words. As an arts-based approach, photovoice also creates space for

⁵ Buck, G., Tomczak, P., & Quinn, K. (2022). This is how it feels: Activating lived experience in the penal voluntary sector. *The British Journal of Criminology*, 62(4), 822-839.

⁶ Brown, L. A., & Strega, S. (2015). Research as resistance (2nd ed.) Revisiting critical, indigenous, and anti-oppressive approaches. Canadian Scholars' Press.

⁷ Milne, E. J., & Muir, R. (2019). *Photovoice: A critical introduction*. In *SAGE Handbook of Visual Research Methodologies*. Sage.

reflection, dialogue and collective sense-making, which can help organisations communicate the value of their work in ways that feel authentic and grounded. Our approach, adapted from Wendel and colleagues (2019)⁸, was designed to be informal, collaborative, and supportive rather than technical or extractive:

1. The research team and *Flip* project staff met to jointly design a short, practical photography 'up-skilling' session.
2. The research team facilitated a session with *Flip* community members, which explained the purpose of the research, basic photography techniques and discussed ethical considerations such as consent, privacy and safety.
3. Participants (total $n = 9$) were invited to take photographs over the following week, guided by three open prompts (which had been codeveloped with the project founder): *What does the Flip project mean to you; What is it like to be part of a project where people with lived experience are in leadership roles; How does the project's focus on nature and lived experience shape your daily life or outlook.*
4. Once they had taken their photographs, participants selected 4-5 that best captured their experiences for a focus-group discussion. Here they shared the meaning of the images and identified key themes together.
5. The research team analysed images and discussions and produced this summary report.
6. Findings will be shared back with the *Flip* project and wider audiences, including a public exhibition in Highland in 2026.

All staff, volunteers and adult community members working with *Flip* were invited to take part so that findings reflected a range of perspectives. 10 people initially volunteered to take part and attended the initial photography session, which was held in person at the *Flip* project. Following this session, participants spent one week taking photographs using their own smartphones or cameras. Digital cameras were also available for loan from the research team. One week later, the research team returned to facilitate group discussions about the images people chose to share. Nine participants took part in these discussions, including two staff members, one volunteer, one collaborator, and five community members. Participants were purposively invited⁹ based on their involvement in the *Flip* project.

⁸ Wendel, M. L., Jackson, T., Ingram, C. M., Golden, T., Castle, B. F., Ali, N. M., & Combs, R. (2019). Yet We Live, Strive, and Succeed: Using Photovoice to Understand Community Members' Experiences of Justice, Safety, Hope, and Racial Equity. *Collaborations: A Journal of Community-Based Research and Practice*, 2(1).

⁹ Denscombe, M., (2014), *The good research guide: for small-scale social research projects*. McGraw-Hill.

Findings

A strong theme the group noted was 'Nature':



That's [coordinator's] leadership... She's leading there. It's not like she's in front, she leads from behind, in community... we went on a nature walk and a photography tutorial.



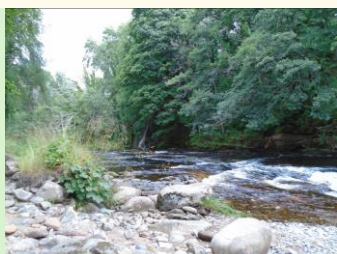
Our beach day... it symbolises the whole of nature that we incorporate in our nature walks and our beach combing. It's looking at everything in a completely new light... not just what we can create but what they mean to us. Take home and remind you of things.



That was the first time that I felt alive. It was autumn. It was bleak... we were collecting leaves... it is a hedgehog. And it was just inspiring. I felt alive... Seeing the beauty in things where I didn't before.



That one symbolises Flip of the Coin... We were starting this organisation... It's a symbol of hope... like the incarnate spirit of the organisation. Helping people grow, right? That's the motto.



I had a bit of a stressful incident, so I took myself to one of my favourite places, the river... Two minutes up the high street and there is nature... For me, nature is crucial to enable me to be me. I need to sometimes just take off and breathe in nature. I think all of us could do that a bit more.



The non-prickly thistles. I read that thing by William Blake, about seeing the world in a wildflower...
Auguries of Innocence, by William Blake
*"To see a world in a grain of sand
And a heaven in a wildflower,
Hold infinity in the palm of your hand
And eternity in an hour".*



Peace, quietness, relax the mind, get active with nature. Clear your mind, get out into the fresh air, get the freshness of the place and just to relax the mind... seeing different colours so that not everything's black and white... there's another world out there, not just inside your head.

Nature emerged in people's descriptions as a quiet but powerful guide, providing pathways to meaning and renewal. Through time spent on beaches, in forests and along riverbanks, nature became a teacher, a mirror and a lens, encouraging people

to slow down, connect with themselves, notice details and see the world differently. Natural elements like leaves, shells, thistles and water represented symbols of personal meaning and hope. Engaging creatively with the natural world helped people who had felt disconnected from themselves and others to feel alive again. They rediscovered beauty that they once overlooked and carried that awareness into everyday life. Nature injected colour into people's black-and-white thinking and reminded them that healing and new beginnings are possible.

Creativity was another strong theme:



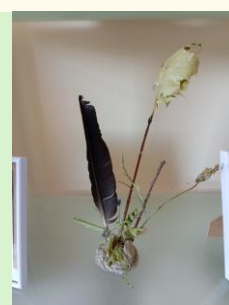
Breaking out of my shell... when I started coming to Flip of the Coin, I was a bit like a flower responding to sunlight. We grow because it is what we need... getting creative together rather than always at home alone... The sunlight is the community spirit... people are being warm and caring and smiling, you feel like you're seen and heard and accepted just as you are.... It makes you shine... I remember saying to [coordinator] "I don't know what I'm doing" and she said, "Well, hello, same here!!"



Flip of the Coin has made me see things. I see colours. When I wasn't feeling well, I was walking through life but not seeing things. Now I see colours, appreciate nature. I just love this place... I felt very lonely as well as suffering with anxiety... I used to sit in the background... "I can't do this" ... But everybody going, "you can do this!" It was just inspiring. I've learnt new skills... I've got the joy back...



People give me little bits of art that they've done. I just adore them... little bits of joy... mementos of the community that I love. And it just brings me a lot of joy just to have it there as part of my home... I think because it is my baby. So, when I see bits and pieces that people have done that are just so beautiful, it just makes me really happy.



The clay making activity that my 2-year-old son made... This was the first time I truly recognised my son's artistic potential... I watched him not only enjoy the process but also take real care in completing his work. It revealed a side of him I hadn't fully appreciated his creativity, concentration, and quiet confidence. It was a proud and eye-opening moment for me as a parent.

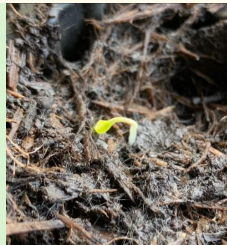
People described creativity as a gradual process of opening up, breaking out of protective shells and making things together. Creative work enabled self-expression and the development of new skills, which in turn helped people to (re)discover

confidence, especially when they had felt unsure or disconnected. The 'creativity' described here does not require ability or expertise but learning together in an atmosphere of shared uncertainty and encouragement. The community enabled creativity to flourish in a safe, caring environment where people felt seen, heard and accepted. Creative acts restored joy, a sense of belonging and helped people reclaim parts of themselves that anxiety, loneliness or distress had dulled. The artworks exchanged and displayed in homes became mementos of connection, carrying the spirit of the community into everyday life. Even for the very young children who attended, creativity revealed potential, focus and confidence, and created moments of recognition.

A third strong theme was **Growing Together:**



A fence and a plant trying to grow out of it... breaking out the limits established for me... but also the boundaries I [set] for myself... Sometimes I wish I had dealt with this sooner... but it's never too late.



This is a tomato plant. It kind of symbolises the whole of this year. The whole of our crop growing... It's sort of about us growing. Our theme is growing together, and we have this year so much.



Trees help each other out, they actually communicate. There's a network underground and the older trees help the younger trees grow... When you asked us [about leaders with] lived experience... trees illustrate it for me. It's like being among other strong trees, and then you help one another grow...



The onions. Because I helped with growing the onions from seed... not only does it help us who do this, but all of this then goes on to the food bank, which is helping others. So, you spark something amazing in one little thing.

In addition to the more general theme of 'nature', there was a strong theme of growth. This growth happened collectively, not in isolation. Images of plants pushing through fences and seedlings becoming crops represented breaking through the limits we have imposed by others and those we set ourselves. Tending plants from seed to harvest reflected personal and collective journeys. People also enjoyed the food they tended and nourished the wider community through sharing crops with the food bank. The growing therefore sustained others and helped people find purpose.

Like trees connected by invisible networks, people grew best when supported by others. Growth was nurtured through proximity to those who guided and sustained, and strength came from being rooted among others who could understand and pass on their own experiences.

A fourth theme was **Nourishment**:



Flip looking after me. They... sustain us... I was in some sort of nervous breakdown, then [coordinator] said, 'would you like to do a [promotional] video for us?'... And it helped... gave me a bit of direction, a bit of purpose... I feel very sustained by the group. I'm starting a business now doing sound baths, wellness retreats...



The cup of tea reminds me of... I came down here one day when I was really sad. I sat with [group member name] and we chatted. It's a cup of tea with a hurting friend. That was the concept behind that.



The two pears at the front looked like they were leaning into each other, like two friends, or two people confiding... the light, the positive energy, like an awakening. You open up to someone... or you're just chatting, and then you feel brighter, you feel like you're switched on, and the 'real you' comes out... it's not always about sharing insecurities, but it's just about enjoying being together, and enjoying the connection.



Our first main crop... when people have come in with us, they've gone, "oh, this is really therapeutic, I'm really enjoying this" ... we were just laughing here, how joyful we are, picking bloody courgettes... they put all the vegetables outside, and people can just go up and help themselves and the place has shared recipes now: what to do with courgettes.

These images of food and drink represented mutual care, connection and sustenance; being 'looked after'. Nourishment was both practical and emotional, providing fuel for new directions. Simple, everyday moments, like a cup of tea with a hurting friend, carried deep significance, representing presence and the quiet support of sitting together without needing to fix anything. Images of fruit leaning toward one another echoed this idea: nourishment as connection. Light and warmth symbolised how people opened up, felt seen, and reconnected with a sense of self.

Collectively, the images framed food and drink as expressions of care and connection, supporting physical nourishment alongside relational bonds and hope.

A fifth theme was **Family**:



“Healthy Mum means healthy kids”
... Through this project, I’ve learned that prioritising my own health isn’t selfish but it’s essential. Because when I thrive, so do my kids. They learn by watching. So, when they see me making healthy choices, they’re learning to value their own wellbeing too.



What's important in my life. It's me and two of my four children. Coming here is about being able to be fully me. Move forward from things that have happened, enabling me to realise that it's OK to be me, there is nothing wrong with me... And that helps that family to be stronger. If I'm stronger, they're stronger...



I was like, “you've made something amazing”. She's like “yeah, I have”. It was just a real moment of change ... It was snowing outside, and it was warm and cozy... it was very much a family feeling. It was us starting to feel like a family. We were warm in the portacabin... it was just a really beautiful start of the journey.



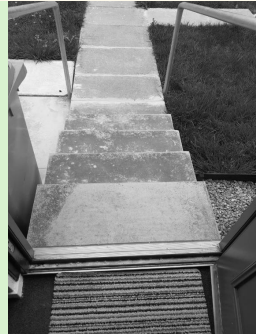
The flower is a symbol from here... of friendship and the love that's between particularly women is a very powerful thing... we are building something that's so strong and the connections that we're making are so strong.

This theme expresses how *Flip* became a family, not just a service or a group. A feeling of family was nurtured through care and shared growth. Symbols like flowers and wreaths represented the friendship, solidarity and love that can grow from shared vulnerability and support. When parents prioritised their own health, they modelled self-worth and resilience for their children. Strength built in one person rippled outward, helping families become more secure and hopeful. *Flip* also became a place where people could be fully themselves. Through shared experiences, parents and children grew side by side, self-doubt turned into pride, and reluctance into confidence and joyful expression. Family also expanded into chosen connections. Warm, intimate moments between community members created a sense of belonging, fostering a ‘family feeling’ rooted in care and mutual encouragement.

A final theme was **New Pathways Forward**



This is something I found on Pinterest... a girl breaking chains. That reminded me of coming down here [to *Flip*]. You could have an illness or mental health, but everyone comes together... So, the chains are broken in that aspect. It's not an art club only for specific people, like a clique, this is for everyone.



Taking the first steps in the right direction. Stepping into the future, taking the first right steps to making a change in your life and it's leading to meeting people and coming to *Flip* will help me... find what I want in life... coming here I can talk with other people I'm not getting judged... it's helped me to grow as a person...



I couldn't leave the house. I suffered terrible anxiety... But finding Flip of the Coin has given me a pathway. I don't feel like I'm roadblocked now. I can get through, get out of the house. And now I look forward to seeing where the journey takes me.



It's a picture that I did for here... I saw how much I've changed and grown and how much we have become something very strong together... Now I feel that I'm living, and I do have these choices, and I do have these different directions that my life is heading in... it's all to do with the long-term vision of *Flip*.

These reflections framed new pathways as movements away from restriction and toward choice, from survival toward purposeful living. Images of breaking chains and stepping forward captured moments when barriers (whether illness, anxiety, disability, or exclusion) began to fall away. *Flip* became a space where everyone belonged, allowing them to take steps without fear of judgement. New pathways represented finding direction where none seemed to exist before. For those once unable to leave the house or see beyond immediate existence, *Flip* created a sense of possibility and momentum. Roadblocks became open roads and the future shifted from something unimaginable to something worth looking toward. People began to reclaim a sense of agency.

Conclusion

Collectively, themes of ***Nature, Creativity, Growing Together, Nourishment, Family*** and ***New Pathways Forward*** illustrate that *Flip* created conditions for individuals and communities to grow and thrive.

Flip's place-based community health model was created and led by a woman with lived experience, whose knowledge of exclusion and rebuilding informed its design from the ground up. Rather than organising around diagnoses or risks, *Flip* was structured as a shared community space where people participate as human beings. People did not come to the community as a category or a problem to be fixed, but the community was organised around strengths, contributions, care and belonging. This shifted focus from intervention to participation, and from service delivery to shared lives. Through nature-based creativity and shared relationships, *Flip* offered grounding, care and connection rather than judgement or correction. Growth became a collective process, embedded within families and communities, where trust, mutual support and relational accountability were cultivated. Creativity played a central role in restoring confidence and pathways forward became clear through a growing sense of agency rather than prescribed solutions or compliance structures. *Flip* demonstrates how communities can be structured to recognise people's worth and cultivate hope, replacing one-way 'helper–helped' roles with mutual care. Leadership rooted in lived experience of marginalisation was central to this shift, shaping a model grounded in dignity and collective healing.

A range of established theories help illuminate this practice. Feminist and critical approaches emphasise that those most affected by inequality should shape solutions, and that social systems must move beyond individualised explanations of harm¹⁰. 'Restorative justice' perspectives focus on repair, with Indigenous-informed approaches highlighting the role of community, land and lived knowledge in restoring balance when harms occur¹¹. 'Generative justice' practices recognise people's worth,

¹⁰ Davis, A. Y., Dent, G., Meiners, E., & Richie, B. (2022). *Abolition. Feminism. Now*. Penguin; Kaba, M. (2021). *We do this 'til we free us: abolitionist organizing and transforming justice*. Haymarket Books.

¹¹ White, R. (2014). Indigenous communities, environmental protection and restorative justice. *Australian Indigenous Law Review*, 18(2), 43-54.

nurture hope, meet material needs through sharing and exchange, strengthen social connections and replace correctional roles with mutual care¹².

Flip enacts these principles in community. However, their model emerged from lived practice rather than theory: a grounded example of how a place designed around relationships, creativity and nature can operate as a practice of healing justice. *Flip* therefore offers a transferable framework for rethinking community health and justice, suggesting sustainable change is unlikely to come from categorising, excluding, or seeking to fix individuals, and more likely to emerge from creating spaces where people are valued, cared for and able to contribute. By organising around belonging rather than deficiency, *Flip* shows how environments themselves can be structured to nurture growth; by connecting people to one another, their communities, and the places they inhabit.

We would like to thank all the co-researchers and participants for taking part.

Thanks also to UKRI (grant no. MR/Y017110/1) and the University of Chester for supporting this project.

For more evidence of lived experience-led justice across the UK and Ireland, visit

<https://imaginejustice.co.uk/>

For more information about the study, contact g.buck@chester.ac.uk



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¹² Darley, D., & Buck, G. (2026). Lived Experience Informed Criminal Justice Social Work in England: A case of generative justice? *The Routledge International Handbook of Criminal Justice Social Work*.

Appendix: Photographs

Seeing inside the work of Flip of the Coin

Mr X	
	<p>That's [coordinator's] leadership... She's leading there. It's not like she's in front. She leads from behind, in community, Leading in community with others. And she never tells us what to do but she's definitely leading.</p> <p>This was one of our sessions a few weeks ago, we went on a nature walk and a photography tutorial.</p>
	<p>This is the Flip of the Coin looking after me. They buy me things like this and sustain us.</p> <p>I was helping them with the [promotional] video, but they helped me as well. They gave me the opportunity, I was really grateful, they brought me out of myself, and it put me on track for a new career. I was crying out for direction.</p> <p>I came here; I was a mess. I didn't know what I was doing. I was in some sort of nervous breakdown, and then [coordinator] said, 'would you like to do a video for us?', they paid me for some lighting equipment as well. I did six- or seven-weeks filming and then a few more weeks editing it. And it turned out that it sort-of helped. That gave me a bit of direction, a bit of purpose... I feel very sustained by the group. I'm starting a business now doing sound baths, wellness retreats for stress relief and burnout and things like that.</p>



This was growing under a pine tree. All these funguses... They look like chopped up logs. I thought they were chopped up logs from a distance, they're big. Just over there by the river.

It looks like bits of wood off the tree and I'm thinking, well, how intelligent of that mushroom to grow like that. That's like a camouflage, isn't it? And it's good noticing nature. Seeing these things and paying attention to them.



I think this is on the Isle of Skye. That's what I do every weekend, drive three hours to there, sit in the car park for two hours, dispatching groceries and then come back. It's a love or hate sort of job. I love driving through the Highlands because we get to see things like this...



That's the [beauty of the highlands]

Then...

My nightmare... The doors came open while I was driving and all the food fell on the road. So, there's this picture of the road with all the food on it and the broken basket.

My thread through here is split. I've got the [work]... and then I've got [*Flip*], which inspires and supports me. These are the two sides of the coin... the driving is where I'm trying to move away from, and beauty is what I'm trying to move towards.

Flip of the coin is showing me that there are ways forward, there's different ways. Flip of the Coin isn't doing it for me, it's sort of opening doors and showing me how to open doors, maybe.



Shelby



This is something I found on *Pinterest*... it's a girl breaking chains. So that just reminded me of coming down here [to *Flip*].




You could have an illness or mental health, but everyone comes together. It doesn't matter if you've got a disability or what you've got. So, the chains are broken in that aspect.

It's not an art club only for specific people, like a clique, this is for everyone.



A cup of tea I found with daisies in it. Because we did the nature classes and the field has got flowers in it.

The cup of tea reminds me I came down here one day when I was really sad. I sat with [group member] and we chatted. So, I was like, it's a cup of tea with a hurting friend.

	<p>This sign hangs in my Mum's garden. This reminds me of Flip of the Coin because attending the project each week is my happy place.</p> <p><i>Flip</i> is a special place that I go to twice a week at The Field, it makes me feel really good inside and out. I feel safe, calm and joyful when I'm here. When I feel anxious or depressed, I know I have this project coming up in the week to look forward to.</p>
	<p>This is a picture that I took of my dad's garden and his kitchen window. He died in 2023.</p> <p>This photo reminds me of Flip of the Coin because I attend the women's group on a Wednesday the sunflower heads remind me of all of the positive women. Flip of the Coin is a project run by people with lived experience roles. The sunflowers in this picture that I took represent the women that I've met through this project they remind me of little sunflowers which bring smiles and joy to the project.</p>
	<p>This is a picture of my son's handprint from when he was a less than a year old, when I felt mentally unwell with postpartum depression, facing intense inner stress and deep emotional pain.</p> <p>Flip of the Coin welcomes children to come along for parents like me who don't have the childcare but would still like to be a part of something. All of the people including the men are compassionate and deeply human who have all been there too.</p>



Nat

The clay making activity that my 2-year-old son made at the Flip of the Coin project. This activity was the first time I truly recognised my son's artistic potential and ability to stay engaged with a task from beginning to end.

Previously, I hadn't seen him focus in this way, especially not on creative activities. But through the arts and crafts sessions, I watched him not only enjoy the process but also take real care in completing his work.

It revealed a side of him I hadn't fully appreciated his creativity, concentration, and quiet confidence.

It was a proud and eye-opening moment for me as a parent.

This is a picture of my daughter's drawings that she created when I was pregnant with her baby brother. I was in hospital mentally unwell. The Flip of the Coin project helps me to be healthy for my kids because I've come to understand the phrase "Healthy Mum means healthy kids" slogan on a personal level.

Flip helps me mentally, physically, and emotionally. I can see the difference it makes in both myself and my children. They feel it when I'm calmer, more present, and more connected.

Through the support of this project, I've learned that prioritising my own health isn't selfish but it's essential. Because when I thrive, so do my kids. They learn by watching. So, when they see me making healthy choices, they're learning to value their own wellbeing too.



What's important in my life. It's me and two of my four children. For me, coming here is about being able to be fully me. And move forward from things that have happened, enabling me to realise that it's OK to be me, that there is nothing wrong with me, that I'm actually a good person, a strong person, a kind person, I hope. An empathetic person. And that all of those things that I thought were wrong are actually strong traits. And coming here and knowing [coordinator] doing [arts] actually it's very empowering. And that helps that family to be stronger. If I'm stronger, they're stronger. And then we're all stronger... It's all about the little people. It's all about making our future better by making myself strong foundations and aim for the sky.



A couple of elephants; ornaments my mother has.

It's the symbol of my hometown, the elephant. It's my daughter's favourite animal. And the elephant is strong enough to carry an entire army, yet gentle. So, I took a photo of that, plus the children all love playing with them. So, they're part of the extended family.




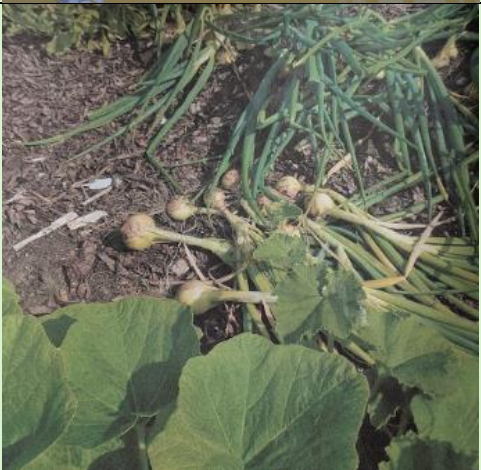
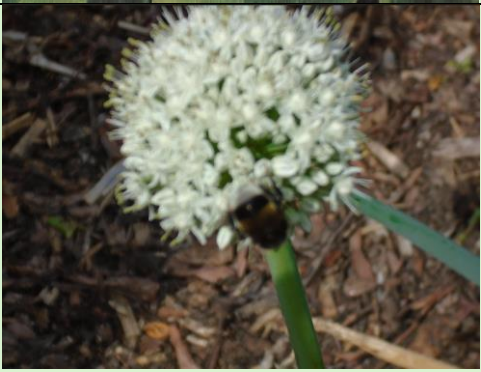

I had a bit of a stressful incident, so, I took myself a wander to one of my favourite places, the river. And I shared my lunch with this lovely-looking fella here. And I thought, does it get much better than that? Two minutes up the high street and there is nature. So, I just wanted to share that because for me, nature is crucial to enable me to be me. I need to sometimes just take off and breathe in nature. It's, you know, I think all of us could do that a bit more.



We call them the non-prickly thistles. And I read that thing by, I think it's William Blake, that was like about seeing the world in a wildflower? And to me, that's always like, you know, if you can see the world in a flower or infinity in a grain of sand...

**Reference: *Auguries of Innocence*
By William Blake**

*"To see a world in a grain of sand
And a heaven in a wildflower,
Hold infinity in the palm of your hand
And eternity in an hour".*

	<p>The Swift is about freedom.</p> <p>I've always thought it'd be epic to get a tattoo like Thumbelina: this image with a mini me on the back with "woohoo".</p>
	<p>The onions, because I helped with growing the onions from seed a couple of years ago...</p> <p>I enjoyed the crops. I enjoyed doing that. And it's good because not only does it help us who do this, but all of this then goes on to the food bank, which is helping others. So, you spark something amazing in one little thing, one little seed did also.</p>
	<p>Who doesn't love bees? I love bees. I like taking wildlife photos. I didn't take enough of the project or share enough of what I actually am about really. If I'm honest, I was a bit scared to share that little part of my soul with everyone. But I'm glad I did... I'm not quite sure what this [flower] is?</p> <p>"That's an onion".</p> <p>Okay, we're back to onions. I've just seen the bee resting there and I was like, that'd make a nice photo. Without bees, the world would cease to exist within three years. So, they are really important.</p>
<p>Lily</p>	
	<p>At the start, I couldn't leave the house. I suffered terrible anxiety. I still get it now...</p> <p>But the good thing is, finding Flip of the Coin has given me a pathway. I don't feel like I'm roadblocked now. I can get through, get out of the house.</p> <p>And now I look forward to seeing where the journey takes me. Whereas before, I'd always have to go back home at some point, and I couldn't get very far.</p>






Flip of the Coin has just made me see things now. I see colours. Back when I wasn't feeling well, somebody described it as existing, not living. I was walking through life but not seeing things. Now I see things. I see colours. Appreciate nature. I just love this place...

I moved a couple of years ago, left my family and my friends, but there was a massive part of me, a social side of me that I left. I lost a lot of friends because people just disconnected because of the distance. So, I just felt very lonely as well as suffering with anxiety... I couldn't work because I wasn't feeling well. And I just felt like I'd got nothing.

Coming here, I used to sit in the background while everybody was doing their crafts, going, "I can't do this, mine's going to look useless compared to everybody else's. I haven't got the talent". But everybody just coming together and going, "you can do this!" It was just inspiring. And now I crack on with loads of things. And I've learnt new skills. I've now got a craft room that's full of stuff that I've got ideas for. I've got the joy back. And the smile back.

This [project] is only two days a week. I've got to get through the rest of the week. So now I find myself at home looking at all the flowers. I've picked the flowers, the colourful ones, the things that I know that I can create things from. There are so many creations that I can do. And I've picked them all from my garden. I've pressed them. And I'm going to be using them for necklaces and things. So, it's given me something at home when I'm not here. The crochet is something I only took up a few months ago... I just like to do things that represent here. I wanted to do a strawberry. I've done daffodils as well. Just anything that reminds me of this. Because

	<p>this is my happy place. And I want this to reflect at home as well.</p>
	<p>That was the first time that I felt alive. It was autumn. It was bleak. It was just autumn being like it is. I came here and we were just going around collecting leaves. And we made pictures out of them... So, it is a hedgehog. And it was just inspiring. And I felt alive. And now I can't walk through the forest without looking at the leaves. And going, what can you do with that? We made a bouquet, and it looked like flowers out of leaves. And it was just lovely.</p> <p>So yeah, I'm walking through life now. Seeing the beauty in things where I didn't before.</p>
	<p>The beach. Just hearing sounds. The waves crashing. How the sand makes you feel. The textures and stuff. And now getting the shells and creating little patterns.</p> <p>I got emotional because I remembered when we were doing this [taking photos], it takes you back to a place you don't want to go. But then I'm happy I've done it because I see how far I've come.</p>
<p>Lucy</p>	



This sums up the early stages of Flip of the Coin. This is when you [group member] were first coming out of your shell. For ages since she first started coming, "I can't do this. I can't do that. I'm terrible". We were both terrible at art together. And this session, all of a sudden, she produces this amazing wreath, and I was like, what the actual hell? You're doing art and doing it well. And just that grin then started coming out at every session. I was like, "you've made something amazing". She's like, "yeah, I have". It was just a real moment of change; you've just shown that you're really bloody good at art.

[Group member responds] I think I was finding myself there. I was like, "actually, I'm not that bad". And I can remember taking that home and going, look, everybody, look what I've done. I had it the front of my house and everybody was like, where did you buy that from? I did it.

[Lucy] Just the process of watching people change... and we're not talking instant change. We've worked together a long time now... watching people blossom, it's just really, really powerful for me. This is Christmas. It was snowing, and we were just building the organisation... it wasn't as busy as it gets now. And it was snowing outside, and it was just warm and cozy... it was very much a family feeling. It was us starting to feel like a family, wasn't it? Because it was Christmas... It was cold outside. We were all warm in the portacabin, and we were just finding our feet, and it was just a really beautiful start of the journey.



We were all fitting into this tiny little portacabin, and it was the first time at Christmas that I went, we're not going to fit in here much longer. It was getting busier and busier, and we'd gone from just having a few people to, we're going to have to look for new premises soon at this rate. Shortly after this we moved to the [community] centre because we just couldn't fit everyone in the portacabin, it was getting ridiculous... this is [name's] first session... He came and went "I don't really want to be here", and I was like, "well you don't have to come again", and he went, "oh, all right then". And then he kept coming back, because I didn't put any pressure on him. But everyone was just so joyful, and it was a real sense of family and that community and connection. There was a real, an absolute warmth. It was a really wonderful time to be building something. Everyone that came to these sessions, had their own issues, all completely different. No two people have the same issue or problems. They're not a group of

	<p>people you'd ever normally put together. And actually, everyone just worked beautifully.</p>
	<p>I love this photo. That was our first main crop. We got funding this year to run the garden, because it's quite expensive... People come in, they do a bit, that's great. But what we're finding now is the crops that we're giving out, everyone's enjoying the crops. And people are becoming more interested, because they're realising: I can get food from this. So now we're getting a bit more interest in the gardens. But it was just really lovely having the first crops, because we both worked really hard from spring onwards. Everyone wants to do art, no one wants to get their hands dirty, and when people have come in with us, they've gone, "oh, this is really therapeutic, I'm really enjoying this..." this is mine and Zoe's safe space. And we were just laughing here, how joyful we are, picking bloody courgettes. So many courgettes. This was our first crop of the year, so we were really delighted with ourselves. And then everyone from the art sessions came over, and they were all delighted... everyone just really enjoyed the fact that they got to take produce as well. It was just, it was really good fun.</p> <p>[Researcher] And some of it goes to the food bank as well?</p> <p>[Lucy] Yeah, they put all the vegetables outside, and people can just go up and help themselves and the place has shared recipes now: what to do with courgettes.</p>
	<p>That one symbolises Flip of the Coin. It's a photo I took last year, when we were just setting up. We'd just started. And [name] was like, should we plant some sunflowers? And we planted sunflowers all around the edge of the vegetable patch. And the whole thing just looked glorious. And I took a photo. It's one of my favourite photos of all time. Because it really symbolised for me at the time, new beginnings. We were starting this organisation. We were going to do something with it. It was everything flowery and beautiful that I wanted the organisation to be. So, it's kind of our photo of the organisation. It's a symbol of hope, I just absolutely love it. It's such a joyful, happy photograph. And I'm hoping that's kind of like the incarnate spirit of the organisation. Helping people grow, right? That's the motto. People say to me all the time, oh, my sunflowers are growing at home.</p>



This one is my bookshelf in my living room. Quite often I will steal people's art, because I love it. I'm like, "that is gorgeous. Can I have it?" But more often than not, people give me little bits of art that they've done. I just adore them. I tend to put them on my bookshelf in the living room. I've got here a cat and a mouse that [name] did. I've just got my kitten. And we're having lots of talks about kittens. And I showed her a photo of my kitten. And during a little pottery session over the course of a few weeks, she made the cat and the mouse. And it just looks like my cat. And then she gave it to me. I was so delighted... And then I've got the little cactus that [name] gave me that she crocheted herself. It was one of her first crochet inventions... And my cat loves it. He's always looking at it... I just think they're amazing. So, it's just little bits of joy... I suppose it's a community thing now. It's little mementos of the community that I love. And it just brings me a lot of joy just to have it there as part of my home...




I think because it is my baby. So, when I see bits and pieces that people have done that are just so beautiful, it just makes me really happy.

Zoe



This is a tomato plant. It kind of symbolises the whole of this year really. The whole of our crop growing. This is the first year that I've seen it through from seedling right the way through to end product...

It's sort of about us growing. Our theme is growing together, and we have this year so much.

	<p>This picture is one that I like because I took it standing out there on a really sunny day when it was the first time the art class had really taken off. We had all those people, and I was taking photos and the sun just caught me behind and it was like my other part of me coming out. It was just like the part that you can't see was visible for a minute and it was in the field and I liked that, so I took that photo.</p>
	<p>This was taken on the beach when we did our beach day and again it symbolises the whole of nature that we incorporate in our nature walks and our beach combing.</p> <p>It's looking at everything in a completely new light, and I think that's what we've all learnt to do is to look at things. And it's not just what we can create but what they mean to us. Like take home and remind you of things.</p>
	<p>This one was taken in December. It's actually me leaving my house to come here and the footprints in the snow. Two years ago, it wouldn't have been something I'd have done in winter. I wouldn't have left my house to come. But all winter we were in the portacabin and as [coordinator] said it was the real start of the connection so that was coming out.</p>



A raspberry ripple milkshake.

This one is my favourite cafe in [town] where I now go and treat myself.

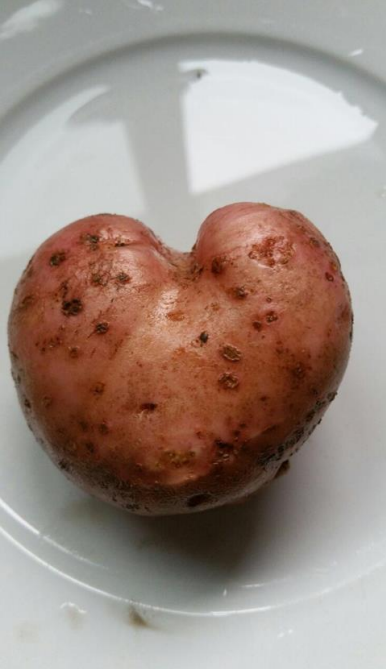

Somebody told me that it was important to treat yourself a few years ago and I couldn't see why. I sat in [a supermarket] cafe for several years being very miserable on my own and watching people but at some point, it changed and yes now when I treat myself it's a good feeling.



The flower is a symbol from here and for me it is the symbol of friendship and the love that's between particularly women is a very powerful thing, that is very new to me. And I think it's something that's unlike anything else. We are building something that's so strong and the connections that we're making are so strong. And that just sums up that.



It's a picture that I did for here. It's got the flower in it... for me it's about growing. It has the place where I first talked about things that I hadn't discussed before. I saw how much I've changed and how much I've grown and how much we have become something very strong together. The balloons represent the different choices that I now have which I didn't feel I had before. People kept talking to you about the future and there is no future for me. It was just, as [name] said, it's an existence rather than a living. Now I feel that I'm living, and I do have these choices, and I do have these different directions that my life is heading in at the moment. I don't know where any of them are particularly going but I know it's all to do with here. It's to do with the long-term vision of Flip and what we're going to become. So, there's a bit of everything in that photograph. It means the world to me... The angel is actually a goddess. She's the goddess over the field. She comes with a sword because she's protecting us... There's somebody flipping a coin at the bottom... for me it's about everything starting on

	<p>a Flip of a Coin. It's about the choices that we make, that we put down to fate, but we've already made up our own minds, but here is now about the choice of making that individual choice purposefully that you don't realise you're doing beforehand.</p>
Vic	
	<p>This is called <i>Potato, I See You</i>. Sometimes the most humble and overlooked experiences can offer love and comfort. Love is everywhere, growing from the earth, available from strangers if you stop to connect and from within yourselves. Love can come to you in surprising ways and be a source of inspiration. Being your authentic self opens you up to the truest love. Being yourself means knowing yourself. Knowing yourself means being brave. You've probably been lost before finding yourself. Now that you're free, you'll choose people who see you and allow you to see them. Sit quietly with yourself and those who share your energy and feel the magic in those humble moments that nourish you. And this potato, heart-shaped potato, made me think about how Flip grows produce in the field and come together to share it. Communities have shared food together since the beginning of time, but it's becoming less so now, not just in wider communities but also in homes and the workplace.</p>
	<p><i>Piano misplaced</i>. I love that picture. There's beauty in being misplaced. You recognise what it's like to be you when the surroundings are unfamiliar and you don't quite fit. You might not notice a piano in a concert hall, but I'm sure you'd notice a piano on the beach. The mismatch can be striking, but it's just still a piano and you're just still you. And being in nature helps you find your way to where you belong and sometimes it's just a state of mind. So, the focus on nature and being grounded... [is] what it's all about. The focus on nature helps me feel calm when I'm out of sorts as I know I can circle back to myself. And there are certain people in my life who've always been there, and I do fear not finding my way back if they were to leave. I'm in the process of beginning to believe that they are actually part of my nature. They'll always be there and so there's nothing to fear. Being in nature connects me to that belief.</p>

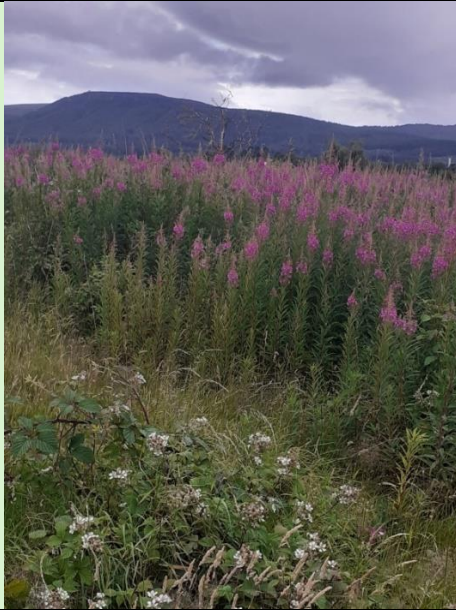


Less Likes, More Love, Superlative Nation. A rant here... Are you successful? Are you attractive? Are you popular? Are you intelligent? Are you funny? Are you rich? Do people like you? Are you thin enough? Good enough? Cool enough? How do you know? How do you measure all of this? Who are you measured against? Do you hide how you feel? What would they think of you? The truth? The real you? All of you? So, you have hundreds of friends and thousands of likes, but if you lost your phone would you still exist? Stop kidding yourself. Just talk to somebody in person. Look at them. Feel their energy. Share the same space and if you've enjoyed the company tell them you won't burst into flames. So, my feeling when introduced to [coordinator] was that is what she does, or the intention is to strip it right back to just being. It's about who you are not what you are, and it's separate from external roles and validation. It's just more about being a bit more human.



Faces. All of you. This is a picture that was drawn by my friend. She's an artist. So, this is a photo of somebody else's work. We're all many people. A mother, a sister, a daughter, a wife, a lover, a friend. We all have memories. Some fill us with warmth. Others haunt us. We all have regrets. Some trap us. Others pave the way toward the true version of ourselves. So, this makes me think about whether you can see the face of our inner child. I think we should look for her sometimes and hold her hand and make her laugh... it should make you think about your future self. What does your future face represent? Who will you be? And I think how you treat your young self and the person you will become depends on what you do right now. The conversations you have the people you share time with and the stories you tell yourself. So, make time and be kind to yourself as well as others. And Flip seems to mitigate the noise of modern life as much as we can which allows us space to tend to each version of ourselves. So, this photo reminds me of movement in stillness so we can be the most transformative when we just sit still.

Alex



Peace, quietness, relax the mind, get active with nature. Clear your mind, to get out into the fresh air, get the freshness of the place and just to relax the mind.

And then the different colours in the photograph represents my passion for art and the different colours in life, so it gives it kind of a relaxing feeling, being out in the environment and seeing different colours so that not everything's black and white, as in life, as in your personal circumstances are black and white. This is a range of different colours that there's another world out there, not just inside your head.

Appreciate what's outside your head.



Finding your new purpose takes time. Is now the right time for you? Sometimes you can look back, reflect on your past as well as your future and missed opportunities that you had, I've had a few missed opportunities myself, but I just write it down to experience. And looking forward, I'm thinking it's my time to change now. I'm in the second stage of my life, where I want to be me rather than being someone's sister or being their mother. I'm trying to find my identity and recapture my childhood and going forward, that's a representation of the clock, that the time is still there even though my age isn't there. I'm over my 60 mark, at least I feel young at heart, so time is precious to move on forward and take a chance on changing our future... you need time to find yourself you need time to reflect. You can do that at home, but being at Flip gives you a different perspective, seeing other people and getting into the outside environment instead of being locked inside the house. And everyone treats you as an individual, not as somebody's mother or somebody's sister so you're having a chance to try and learn about yourself at the same time so you're learning different skills and things, arts and crafts and hidden talents that you didn't know you had beforehand so it's making it feel like you're included, that you're not isolated.



Taking the first steps in the right direction. Stepping into the future, taking the first right steps to making a change in your life and it's leading to meeting people and coming to Flip, will help me to try and find my identity try and find what I want in life and find out what I enjoy, like arts and crafts... I wasn't always shy. I was actually put down, intimidated to being shy... I found I'm not really that person. I wasn't really the shy person I was just not to speak to anybody, so I want to be the part where I can feel free to talk to other people. Coming here I can talk and interact with other people I'm not getting judged. I don't have to answer to anyone saying "what did you say to this person? What did you do?" I only have to answer to myself. So, the steps is like, leading forward to finding myself that I have no one to answer to. If I want to take a career path, which I do... Meeting people outside it's helped me to grow as a person...



I do have choices. Which door to choose. Glass door leading to progress and moving forward or solid door not yet ready to move forward.

I was going to do a picture of a number of doors but I thought these two doors in my sitting room would do fine. Now the glass door represents going outside and facing the world and I'm ready to go outside and face the world, take the step and change my life and build a future for myself and by going through that door, getting a chance to meet people and coming here to the Flip of the Coin, it's given me a chance to be involved and be a person and be recognised that I'm actually here, I am alive that I'm not just hidden away with just a number somewhere.

Whereas the other door, the closed door, as in the solid door that's going into the rest of my house, into the kitchen where it leads to the bedroom, bathroom etc., now that door not only just represents the other rooms of the house and keeping me confined to the house that leads to the passageway as in to a representation of your head whereas you're looking inside yourself all the time and you're saying, oh well, I've done this in my life, I've done that in my life that's going to block me from moving on but it shouldn't block on, so you're trying to clear your head like clearing the attic and you need to know where you're going forward. So, I can stay in and just let everything stay in my head and I can live in the past and be stuck in the house like being stuck in my head, or I can go forward and meet people outside and try and find some kind of my identity.

Isla



The shell. This is about breaking out of my shell. It's got a hole in the middle, so I was able to stick this flower through, so it looks like it's literally breaking out of it. And it's a flower that I knitted so it's a symbol of creativity for me. I like flowers, I had wanted to take a photo of a beautiful flower being hit by the sunlight to convey the idea that when I started coming to Flip of the Coin, I was a bit like a flower responding to sunlight. We grow because it is what we need. And I wanted to stress that I don't see the idea of a shell being negative, because I think we all have a shell. We need it. The first time I came across this group, the coordinator explained that it was about getting creative together rather than always at home alone. I think I've been an aspiring artist for a long time, but I've also repressed it because I never felt good enough. So, for me, it's dealing with all these repressed parts of myself, finally breaking out of that shell, but it's not getting rid of the shell. Something else breaks through... The sunlight is the community spirit, because when you meet people in a safe environment and people are being warm and caring and smiling, you feel like you're seen and heard and accepted just as you are. And you're not the freak that you thought you were. It just feels like when you're sitting in the sun, and you can feel the warmth on your skin and the light. It makes you shine. I think it just makes me feel stronger, more confident. It's funny because one of the things behind mindset growth is that you should not count on external validation, but I think because we're human and we thrive in communities, I think we actually do need that. So, I think it's not something to be ashamed of, that we do need connection and it does help. I remember sitting in one of the sessions and saying to [coordinator] "I don't know what I'm doing" and she said, "Well, hello, same here!!" So, you feel like you're on the same page and you're not the only one feeling like you don't know what you're doing... The shell is on the ground surrounded by leaves because, like all things in nature, when you're surrounded by all the right elements, it will inevitably lead to growth. And then the door gives the idea that it has opened the door. And all things in nature take time.



I saw this feather as I was getting ready for work there and nobody at home knew how it had got there... I just felt like it was almost a sign telling me, yes, do this, you're on the right track. It was a bit like the first time I came across the [Flip] group, completely randomly, like it had been put on my path for a reason... when I found the group I had gone to join a different activity, but it was cancelled, and I didn't know... I could hear some voices at the back of the building, so I thought, I wonder if that's where they are, so I opened the door and there was this little group of very smiley people, "oh, come in", as if they had been expecting me, as if I was meant to go in, and I said, "oh, I'm just, I'm looking for another group", they obviously knew nothing about it and said, "but you can come in, anybody's welcome... I felt like this group had been put on my path, and it happened completely unexpectedly, like that feather... I didn't do any art that first day, I just sat there and chatted, and my daughter did some drawing, and I felt like there was an instant connection... I just felt like it was just the right thing.



I once learned that trees help each other out, they actually communicate. There's a network underground and the older trees help the younger trees grow. I remember reflecting on that and thinking that not everyone is so lucky to grow up among the "right" trees. When you asked us [to think about leaders] who have lived experience, I thought I could take a photo of trees, that would really illustrate it for me. It's like being among other strong trees, and then you sort of help one another grow... the people with lived experience, or people who are maybe a bit ahead on their journey to growth, and who can help the other people who are more vulnerable. It was important that there would be a lot of natural light coming among the trees, because to me that's all this positive energy that flows, that surrounds people when they're creating, or when they're talking, and especially that energy coming from the people in charge who, who are really lovely, and just really there to help... There is also the idea of a path... because there is a bit of a path at the front. It's quite inviting, and if I just want to take a chance, then it will lead me to those trees and this energy.



It's a bit of a mess in the middle there... and I felt like that was an important message to share. Because for me, going to Flip of the coin, it's not all beautiful things and perfection. Every time I go there, I feel like there's always a bit of tension... not in the group, within me. I'm always happy to be there but also a bit scared, because I know it forces me to face the parts of me that I've neglected, the parts of me that look just as messy as the middle of this photo, the parts of me that I've repressed, neglected, and sometimes bashed with my inner critic, who's really harsh... Sometimes when I want to start doing something, I have this initial thought, "oh, but I'm not going to do something good, it's going to look rubbish" and that always happens every time without fail. And it's not anybody's fault, it's not anything to do with what people are doing in the group, on the contrary, it's just me. That's just to illustrate how it looks inside me and the bits I have to deal with. And it forces me to deal with that: "Just relax, and you're going to do something, even if it's not really good".



There's a fence and then there's a plant trying to grow out of it. This is the idea of breaking out the limits that had been established for me, the boundaries I didn't set, but also the boundaries I ended up setting for myself because I thought that they were valid. The photo about breaking out of the shell is a similar idea, although I suppose the shell, you could say that's something I built, but this photo was more about just growing out of the limits that I felt had either been imposed on me or limits I set for myself that I actually didn't need ... those boundaries all came from things that had been said to me early on in my life and that had been imprinted in me. And even several decades later, I'm still trying to break those things. Sometimes I feel like I'm a bit behind... I wish I had dealt with this sooner... become the artist that I wanted to become a bit earlier in my life, but it's never too late.



This is a nice extension of the photo of the trees. A group of fruits. What really attracted me was the two pears at the front, because they looked like they were leaning into each other, quite closely, like two friends, or two people confiding, and I really liked that. And the fact that there is some natural light hitting them, places a bit of focus on them. Again, it's about the light, the positive energy, like an awakening. You open up to someone, or share something you have in common, or you're just chatting, and then you feel brighter, you feel like you're switched on, and the 'real you' comes out, the

	<p>authentic you. I think it nicely aligns with Flip of the Coin, because you see all these people, it's not always about sharing insecurities, but it's just about enjoying being together, and enjoying the connection.</p>
	<p>It was my daughter's birthday, and my kids were trying different games, and I was standing next to this one, and I felt this inner calling: I wanted to sit there and try it. It's not even really my thing to be honest, but I suppose I felt like I just wanted to try it and have a bit of fun. I also had this other voice saying, "you're rubbish at these things and it's for the kids, don't even think about it", but after a few minutes standing there feeling a bit uncomfortable and conflicted... I actually did sit there and played the game. I think I came last, but I really enjoyed it! I felt quite comfortable in that seat and I'm not even into car racing, but I just really liked the fact that I made it through the game, and I only lost once, and I just enjoyed it. I was a lot more in control than I thought I would be, and it felt good to try it, just to have a bit of fun, and get out of my comfort zone, and not listen to this harsh voice... I feel like with Flip of the Coin, one of the things that's happening with me is that it pushes me to get out of my comfort zone. And it does work. I do take that home with me, outside the group, and it does encourage me to be a bit more playful in my life, and it can translate in this kind of way, which is not about art, but it's still about just trying to be more me.</p>
	<p>Something a bit different, with lots of colours, with no special organisation. It does look a wee bit organised, but at the same time, a bit like patchwork, just lots of random things. It's the idea of being adventurous, going with the flow, it doesn't have to look right, there's no right or wrong. And it's the idea of walking with my unconscious. Just recently, I've been reading a lot about Carl Jung's work, and the shadow... the shadow is not a bad thing, what I understand is that the shadow is your unconscious, everything you have repressed. And the only way really to fully align with your authentic self, and come to terms with everything that's bothering you, is to go and face your shadow. For me, I think creativity is part of my shadow, because I've repressed it, I've neglected it. It's about not being afraid to go and meet with your shadow and walk hand in hand with it. You'll find a lot of things that need to be dealt with, certain things can be scary, but you might also find beautiful things that you have neglected, and that you should really let out in the open. So, I wanted a bit of randomness, go for it, go with the flow, walk with your unconscious, see what you see, what you find... It's also finding a general sense of purpose... I think</p>

	<p>that the community can heal itself. I've seen it elsewhere... art is just one way to do it... If you're trying to do some self-healing, you can read books, do an online course, but I think the magic really comes when the community gets together and you're in a group where there is unwavering support and you're in a safe place and you trust the people. You can say something and it's not going to be ridiculed... [The coordinator] wanted to get creative together, because the magic lies in the connection with others, with the community... the reason I was attracted to Flip of the Coin is because I think that it completely aligns with my values and what I believe the world should be doing and what I stand for, community getting together to help each other out and grow.</p>
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