

# Critical Knowledges Across Borders

## Workshop 1:

### Part II

#### Creative caring



#### Sharing our Knowledge and Experiences

This session focuses on sharing our practices of care, how we care for others – both the giving and receiving. For this session we will ask you to bring in either an object or a photograph of something that tells us something about your everyday experiences around health and wellbeing. This workshop continues the dig where you stand approach, so see what is it that we can learn from each other about our everyday practices of care and our experiences of health systems.

#### Expanding our knowledge

Now we have all shared our own experiences and our objects or images, we will look at examples used by people living in another border space – the US-Mexico border – where artists have put care into practice in creative ways, in original ways, sometimes in subversive or risky ways. Sharing some of the stories behind these images and understanding the context will help us to see how art and creativity has helped to open up conversations, change the script and think about the future.

#### Strategies for care, healthy futures

Learning from the tactics of care used by communities in other places, we can devise hopeful ways of facing the future. In fact caring practices can become contagious in positive ways that can

help us. How can we think creatively about keeping ourselves healthy:

Hope is the thing with feathers- That perches in the soul-And sings  
the tune without the words-And never stops at all-

(Emily Dickinson)

