

Jp



Water is life

it represents me

Hard as ice, a force under pressure
conforming and forging as it flows
Made of three parts
Hydrogen, hydrogen and oxygen
I, myself and me.

Jkp

I Remember...

I remember drips
faster and faster
louder and louder

Competing with the rain
like a water fountain

Urgent the rhythm and the volume
like rain water off the roof gutter
except it is from within
Where are you?

You greeted me viciously on the first floor
Streaming through the ceiling from the second
floor where a waterfall you are from the
roof! And do you think I can find
something to catch you with? NOT with
the force you are!

Stay topped up

Whatever your reason for not drinking enough throughout the day, these tips should help

I find plain water boring

All drinks (apart from alcohol) count towards your fluid intake. Try flavouring water with cordials, citrus fruit slices or frozen berries (see p73 for ideas). If you love tea or coffee, consider switching to a decaf or herbal option. Tea and coffee both contain caffeine, which makes you go to the toilet more – ultimately meaning they actually hydrate you less.

I forget to drink

Invest in a reusable water bottle and take it everywhere; you can buy ones that help you keep tabs on how much you're drinking. Every time you eat, have a glass of water too. You might even find you aren't hungry after a drink – thirst is often confused with hunger. Eat plenty of fruit and veg too: they have a high water content so contribute to your fluid intake.

Warm milk Like many protein-rich foods, milk contains a small amount of tryptophan, the amino acid known to aid sleep. 'There's evidence that milk may help,' confirms Libby.

Herbal tea 'Try to avoid teas with caffeine in them, such as green tea. Herbal teas like lavender, lemon balm and chamomile are all thought to have a calming effect,' says Libby.

Studies have shown that even if we are just 1% dehydrated, it negatively affects our cognitive performance (how well our brain works)

20%

of our fluid intake comes from food

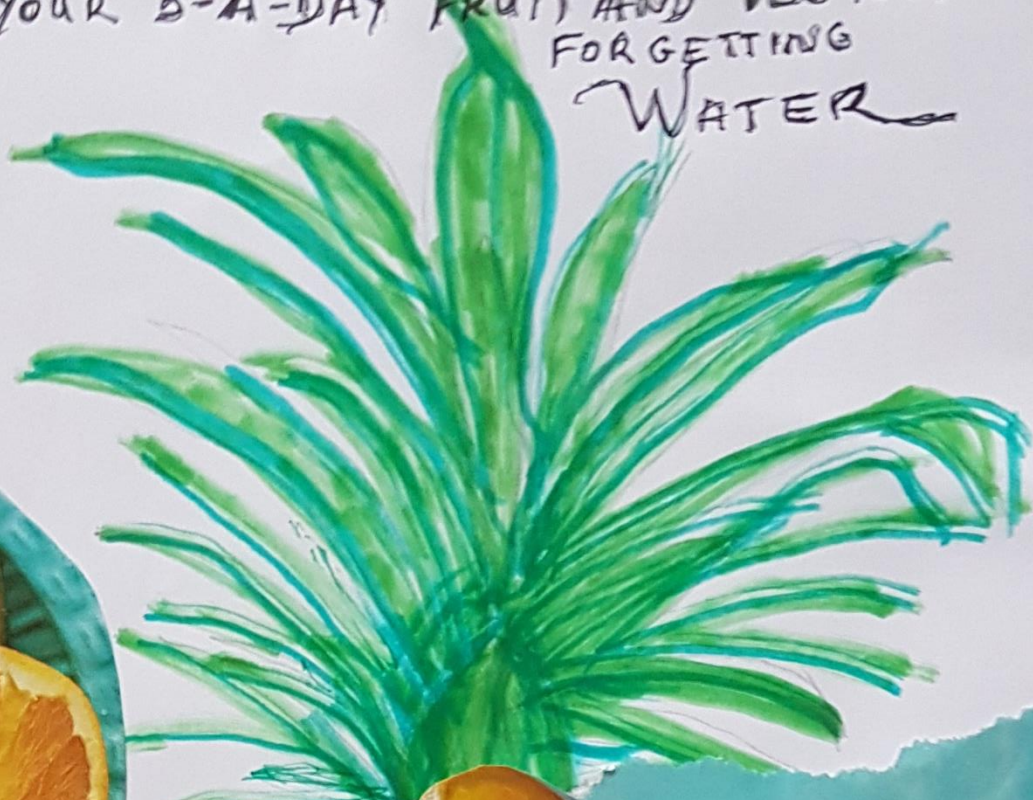
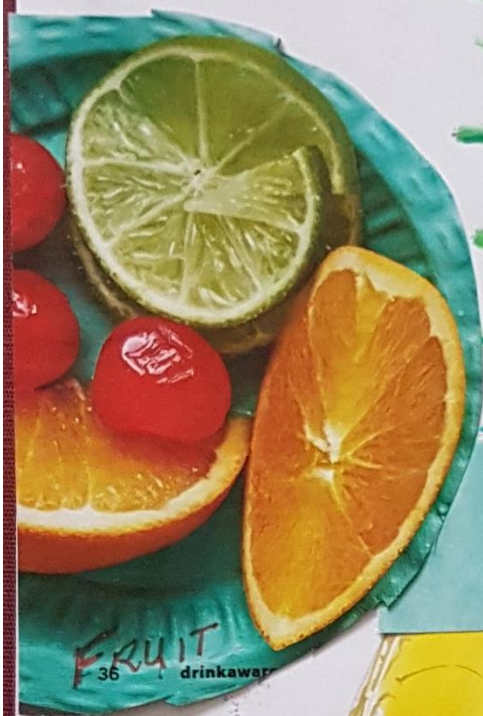
Aim to drink

6-8
glasses of
fluid a day

60%

of the human
body is water

REACH YOUR 5-A-DAY FRUIT AND VEG NOT
FORGETTING
WATER



6-8
glasses
of fluids a day
including tea
and coffee as
well as water

WATER

JUICE

IT ALWAYS MAKES ME THINK OF YOU

HOW YOU WOULD NEVER LET YOUR HAIR

GET WET. YOU ALWAYS HATED WATER

BUT LOVED THE SAND BETWEEN YOUR

TOES - WE WERE THE SAME IN EVERYTHING
BUT THAT.

I MISSED THE WAVES LAST YEAR

THE WAY THEY'RE THE ONLY THING

POWERFUL

ENOUGH TO DROWN

OUT THE ENDLESS

THOUGHTS

IN MY HEAD, WIDE ENOUGH

TO MAKE THIS WORLD ENDLESS IN

POSSIBILITIES

+ YET

SOFT ENOUGH TO

CATCH ME IF I FALL

parakeets
screeching

Hampstead Ladies Pond

kingfisher
darts

Soft + silky
water

heron
like a
statue

ducks
drift
along

peaceful smiles

gently
swimming

damselfly
and

dragon
flies

laughter
and
chatter



Dear rain,

I thank you for the blessing
of your showers,
Your predictable nature -

Your joy to our trees, plants, seas,
rivers, streams.

For cleaning our pavements, streets,
roads, gutters.

For making our flowers, plants and
trees, grow.

Thank you for your constant supply

A thousand and one thank yous!

What would we do without YOU!



Big on
diving into summer

YAMAHA

Maximum 1 item per customer

RRP £379.99
£249

Underwater Seascooter
RDS200



Health-
Drink Water



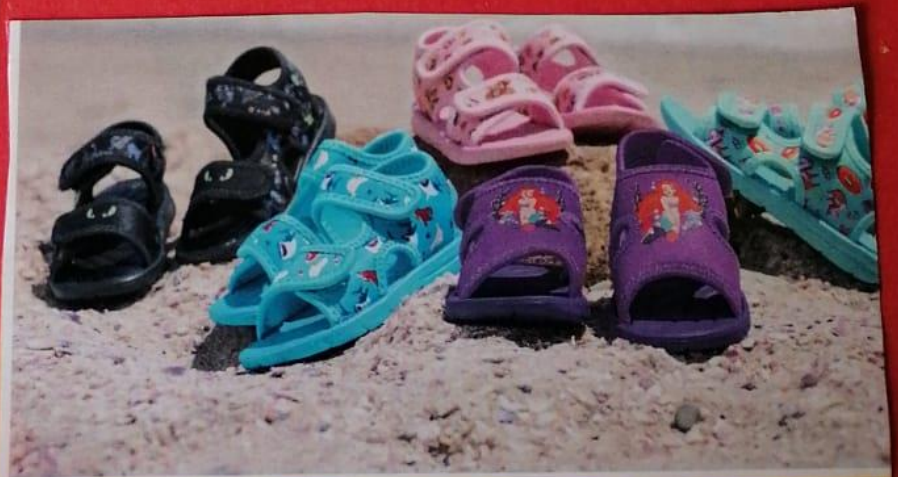
Water is a
blessing

I Love the
Rain

GREAT COMBO



CRIVIT
Snorkel Mask



 **YAMAHA**



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1 item per
customer

RRP £379.99

£249

Underwater Seascooter
RDS200

Big on

diving into
summer

IT'S COMING HOME EVER GIVEN SETS SAIL



I Love the rain.

Big on

Health = Drink
Water

Water is
a blessing





I Love the rain.



Health = Drink Water



 **YAMAHA**

Maximum
1 item per
customer

RRP £379.99

£249

Underwater Seascooter

Water is
a blessing.

WITH A CHILDISH EAGERNESS
YOU ROLLED THE LEGS OF YOUR TROUSERS,
THREW AWAY YOUR SHOES
AND PADDED ALONG THE EMPTY SHORELINE.

FROM AN UNTRAVERSABLE DISTANCE
JUST A VERY SHORT WAY AWAY,
I WATCHED YOU
DO THAT SIMPLE THING

AND I YEARNED,
PAINFULLY YEARNED
TO STAND UP FROM THIS CHAIR,
CAST ASIDE MY SHOES
AND GATHER THESE LEGS UNDER ME
TO RUN ACROSS THE STRAND
AND FOLLOW YOU
INTO THE SEA.



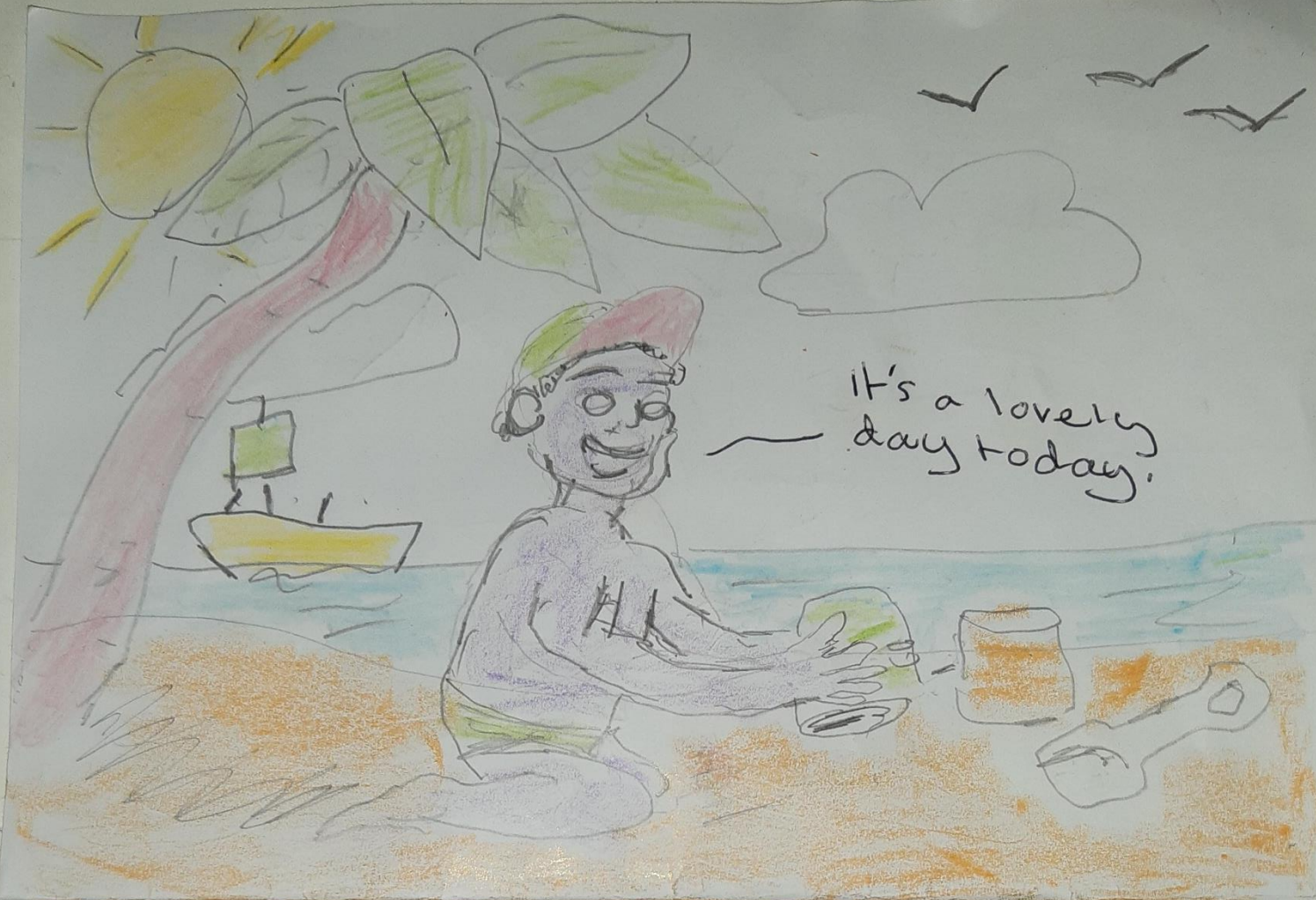
TO THE KITCHEN HAND

ON THE KASHMIRI HOUSEBOAT
ALL THOSE YEARS AGO
HE FELL INTO THE RIVER...

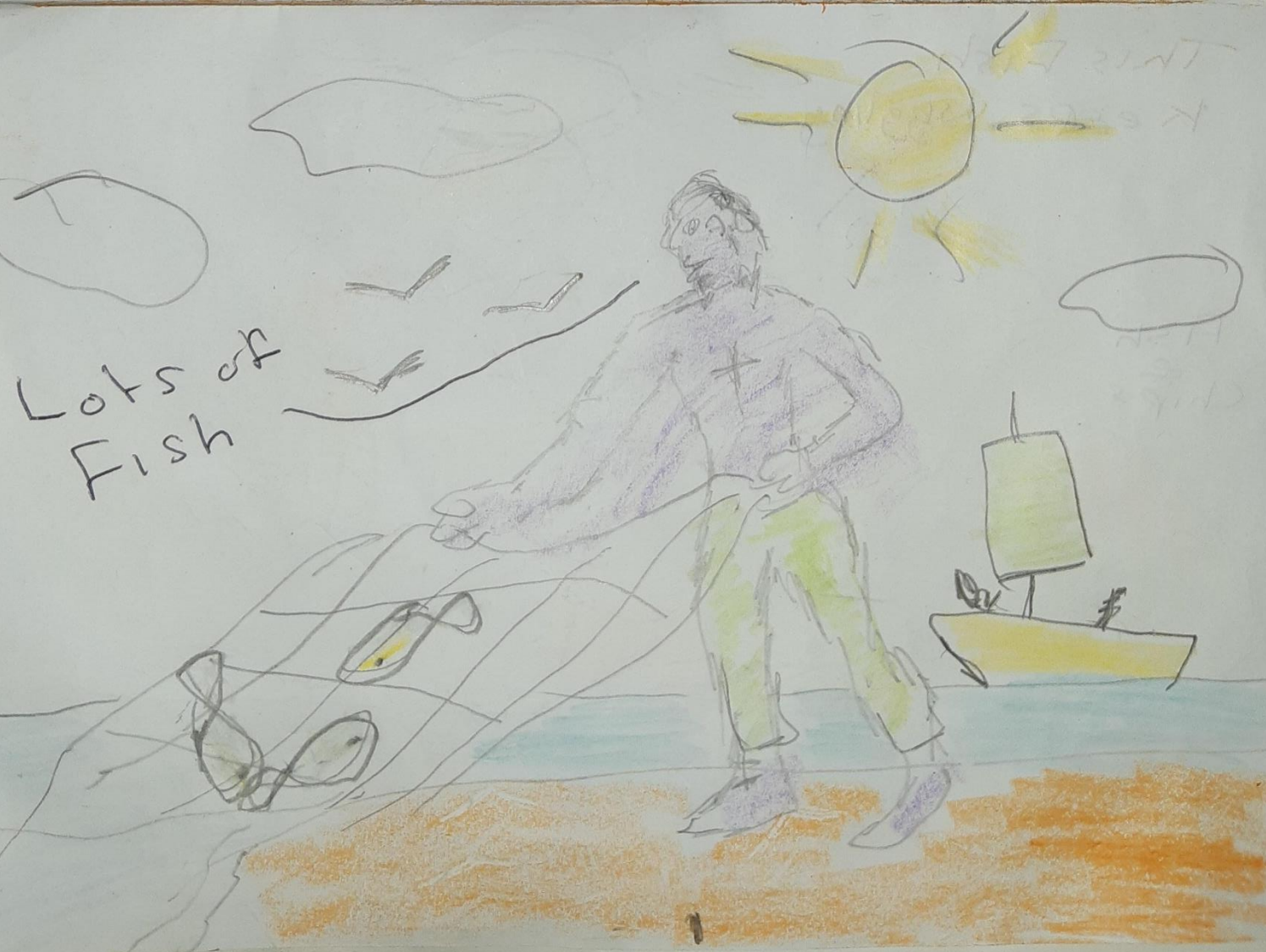
HIS LEGS,
EMPTY METAL PROSTHESES,
FILLED WITH WATER, DRAGGING HIM DOWN
AND UNDER.

YOU
DRAGGED THAT CHILD OUT;
PULLED HIM UP FROM A MURKY DEPTH;
A NOT-SO-SHALLOW, WATERY GRAVE;

AND ONCE MORE ON THE DECK,
SAFE, STANDING SODDEN,
HIS HOLLOW LEGS
EMPTYED OUT AROUND YOUR FEET
LIKE AN OFFERING.



it's a lovely day today!



Lots of Fish

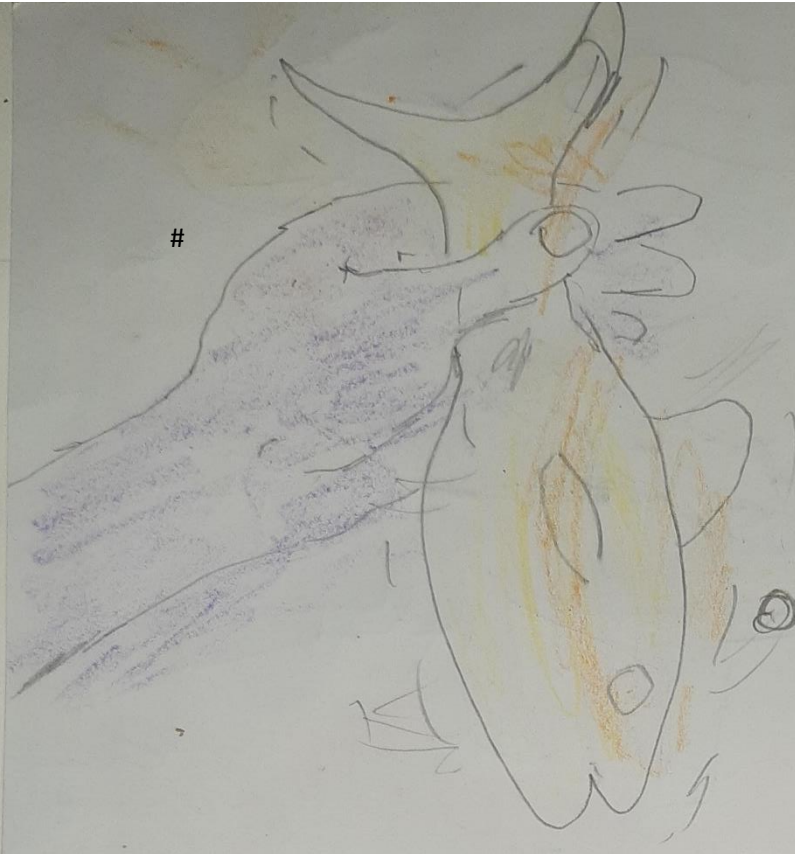
We got a lot
of fish today



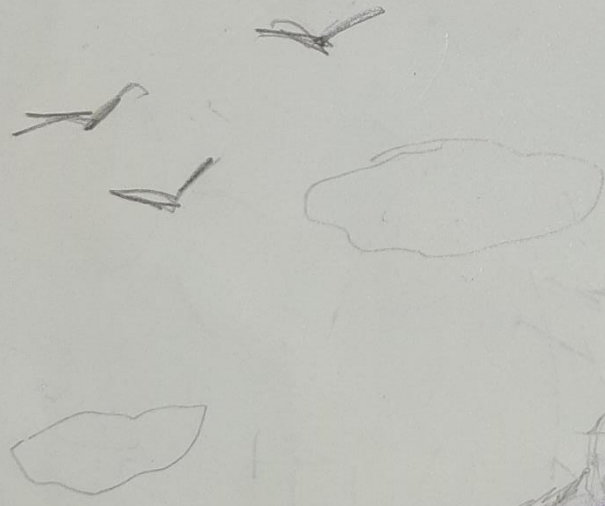
This Fish
keeps wiggling



#



SARDINES



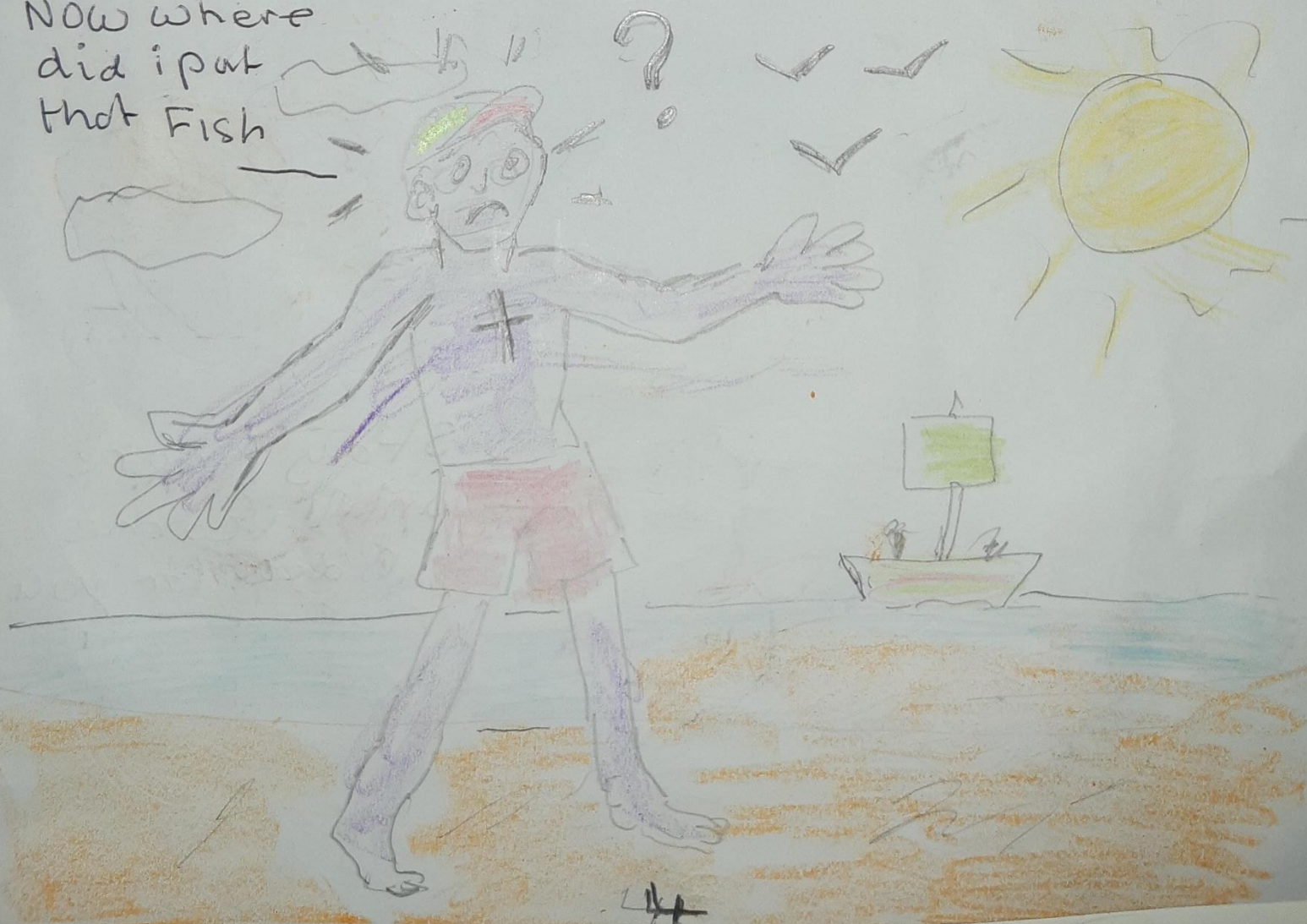
Stay There
— until I come
Back for you



Sardines sardines



NOW where
did i put
that Fish



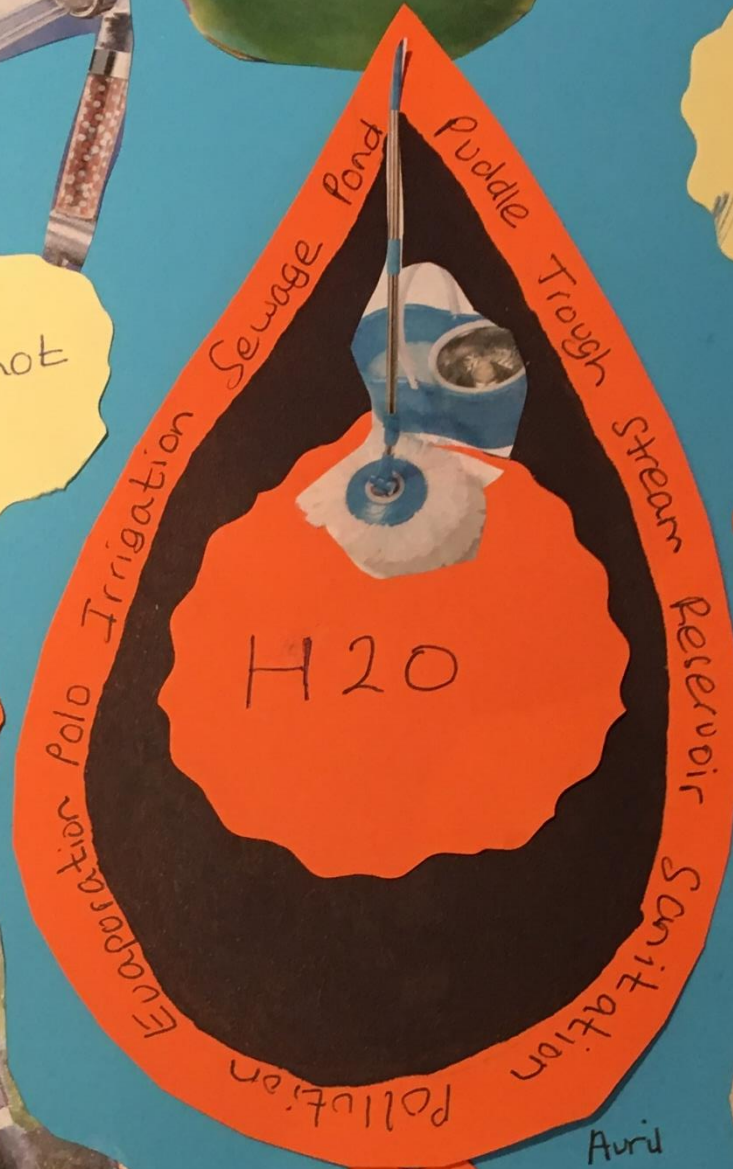
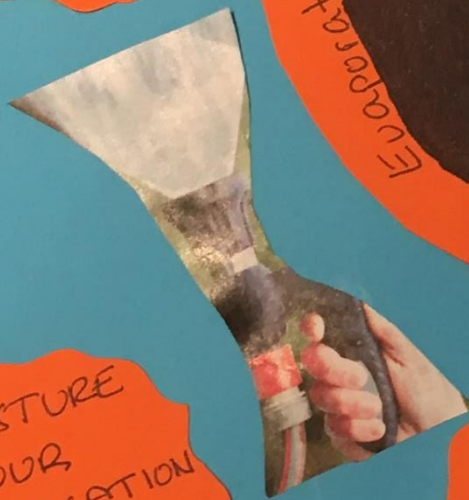
sow
water
feed
drink



shower
bathe hot
splash
wet cold

thirsty
dilute
mix
cook
psnt

tap
drip
plumbing
flowing



pool
bucket
seawater
filters

MOISTURE
VAPOUR
PURIFICATION



April
2021

April
2021

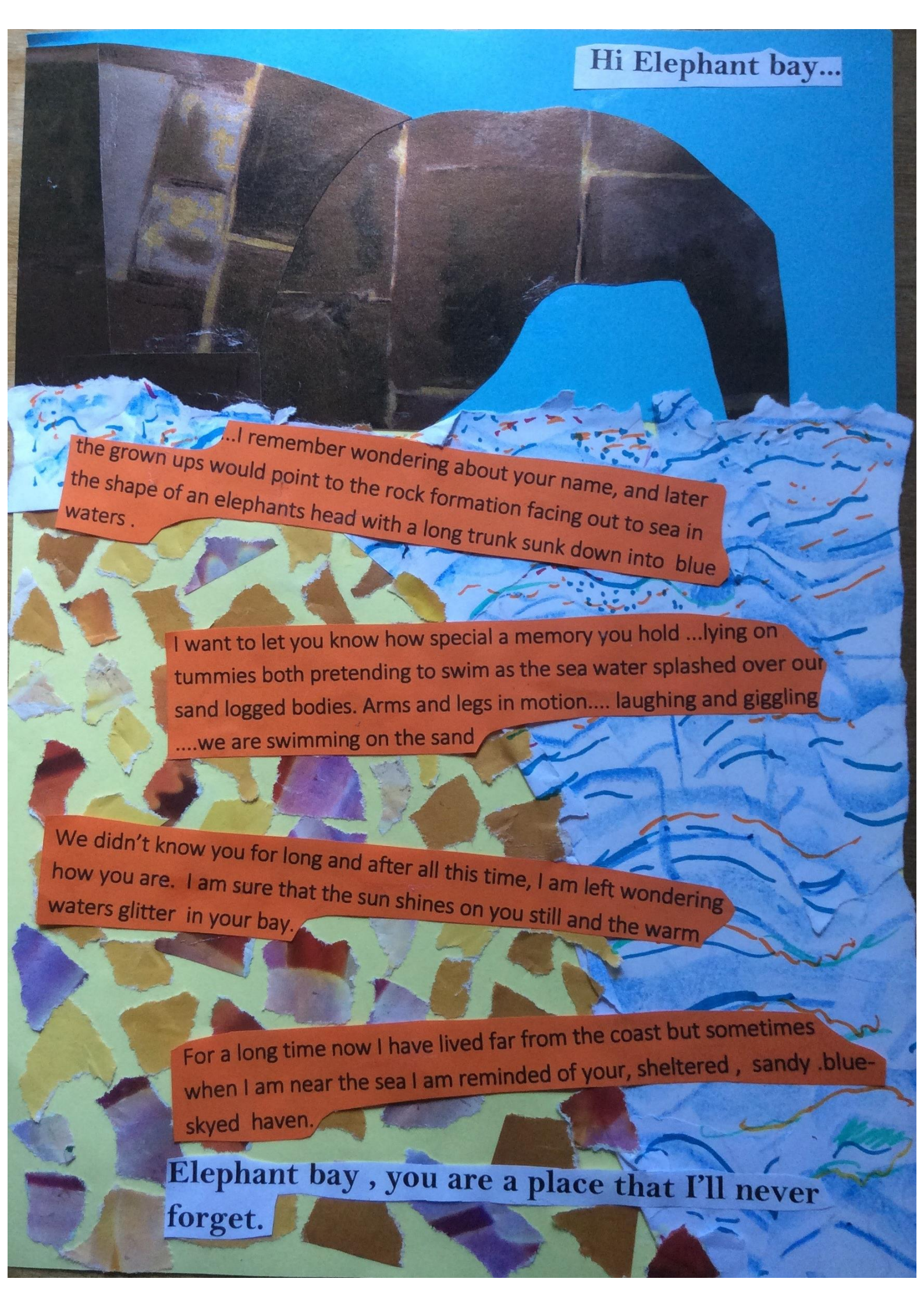
A Conversation



"I'm so happy you accepted
my invitation. You're safe
and will be
as free to explore
and love the experience of
being
high above the water looking at
nature."

"What an experience!
I saw
the greens and blues
of the sea
I saw lots of nature
When the boat turned
Have a safe journey
When you fly away."

April
2021



Hi Elephant bay...

...I remember wondering about your name, and later the grown ups would point to the rock formation facing out to sea in the shape of an elephants head with a long trunk sunk down into blue waters .

I want to let you know how special a memory you hold ...lying on tummies both pretending to swim as the sea water splashed over our sand logged bodies. Arms and legs in motion.... laughing and gigglingwe are swimming on the sand

We didn't know you for long and after all this time, I am left wondering how you are. I am sure that the sun shines on you still and the warm waters glitter in your bay.

For a long time now I have lived far from the coast but sometimes when I am near the sea I am reminded of your, sheltered , sandy .blue-skyed haven.

Elephant bay , you are a place that I'll never forget.

Dear Floats,

Comfort in company



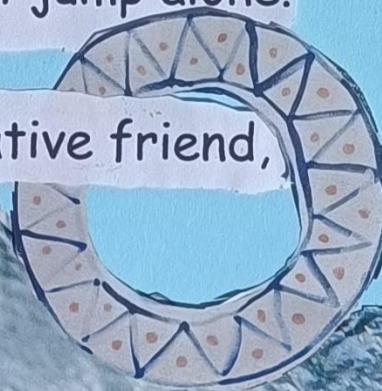
You have been a loyal companion for many years. I always felt safe in your arms but I fear I have become over dependent on you. As a child, you were my comfort blanket; always providing me with an intense feeling of safety. Sadly, I feel that my over reliance on you, has deterred me from achieving my lifelong goal; to swim unaided.

Take the plunge

The mere thought of your absence in the pool, consumes me with dread but I realise I must relinquish your use. I am excited and scared at the prospect of entering a pool without you but know that this is a hurdle I must jump alone.

Your appreciative friend,

Sharon



waves



Dips not distance

Immersion builds resilience

Look for the beauty in

SWIMMING

You
offer

WATER

tough

I knew

you until the

Chang came.

At Baptizing, to

see and learn about

life now and beyond.

FREE

SOMUCH

Harvest of
Love
Flourishes

Water
I love to call your
name. Love on
silent.



We're committed to recycle more



Perpetual

GIFT

You are loved all around the world

YOU ARE A Life Line never ending

Every thing that has breath drinks from you

Saply

I know not much about you. But I know
you represent life

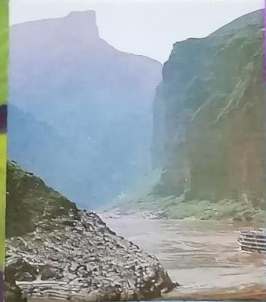
move to
more presure than
we can eve say

LOVE

Water flows naturally



The flow of water is relaxing, tranquil & calm



It is crystal
clear soothing
and pure

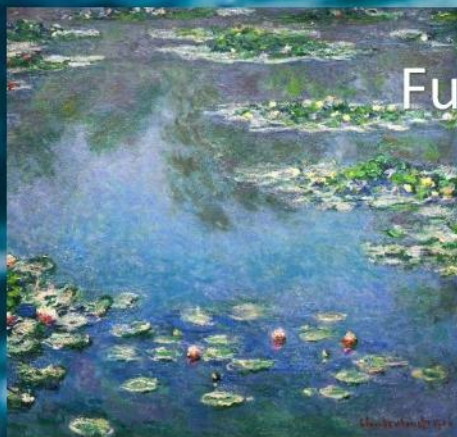


It is fresh, natural, cleanse, refreshes, hydrates
and harbours life

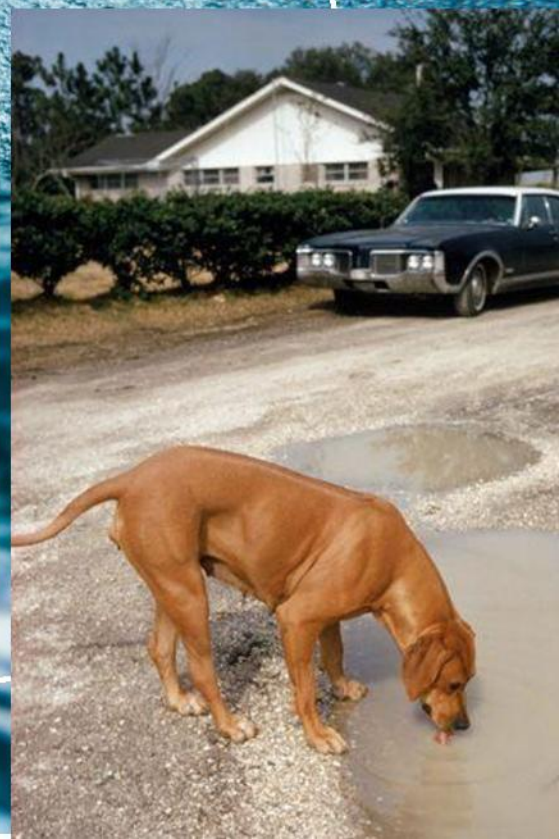
Evian



Desani



Fuji





Dear Sunglasses,



I wonder where you've been. After we got separated in that big wave. If you landed at someone else's feet, on another beach, at a different edge of the ocean. Were they pleased to see you? Did they wear you and enjoy you? Or did you get lost and broken and fall to the bottom of the sea like so many other lost belongings? With all the balls, goggles, and fishing nets – lost by people who were taken by surprise when the sea got too rough, or the weather changed, or they went home forgetting their things.


I hate looking into the sun with naked eyes. So to lose you on my holiday was so sad. One minute on my face, enabling me to look forward with confidence. And the next, wrestled away by a wave so powerful it tumbled me over and over.

Now I make sure I take two pairs of sunglasses on all my holidays. Just in case. You never know. Better to be prepared for disaster.

Know that you were loved and missed, and still remembered,

Paula x





Dear Paula,

It's me, the sea! I've been thinking about that day and what happened, and, well, I just wanted to say I am so sorry. I didn't mean for that to happen. I had been stewing for a few days. Really flexing my muscles, back and forth, enjoying my strength. I saw that beautiful big beach, wide and empty, and got so excited. Rolled and rolled towards it, built up a real head of steam and then.... noticed you two, just standing and watching me. But it was too late!

I was on the beach. Unstabilising sand. Tossing pebbles. Tumbling you two. I didn't mean to do that. It was just my unstoppable nature.

I saw that you were OK and that you picked yourself up. So I slowly just rolled away again. A bit embarrassed. And then I just had to get on with everyday life, in and out, and it's been that way since. But today you were on my mind. Hope you are OK. Hope you found what you were looking for.

Regards, The Sea



Collaborative Work
by
Participants of
CREATE Zine Workshop
Islington & Merton
July 2021