

HOME

INSIDE-OUT



MAKE YOUR HOME YOUR CANVAS

HOW TO BECOME AN URBAN INVESTIGATOR

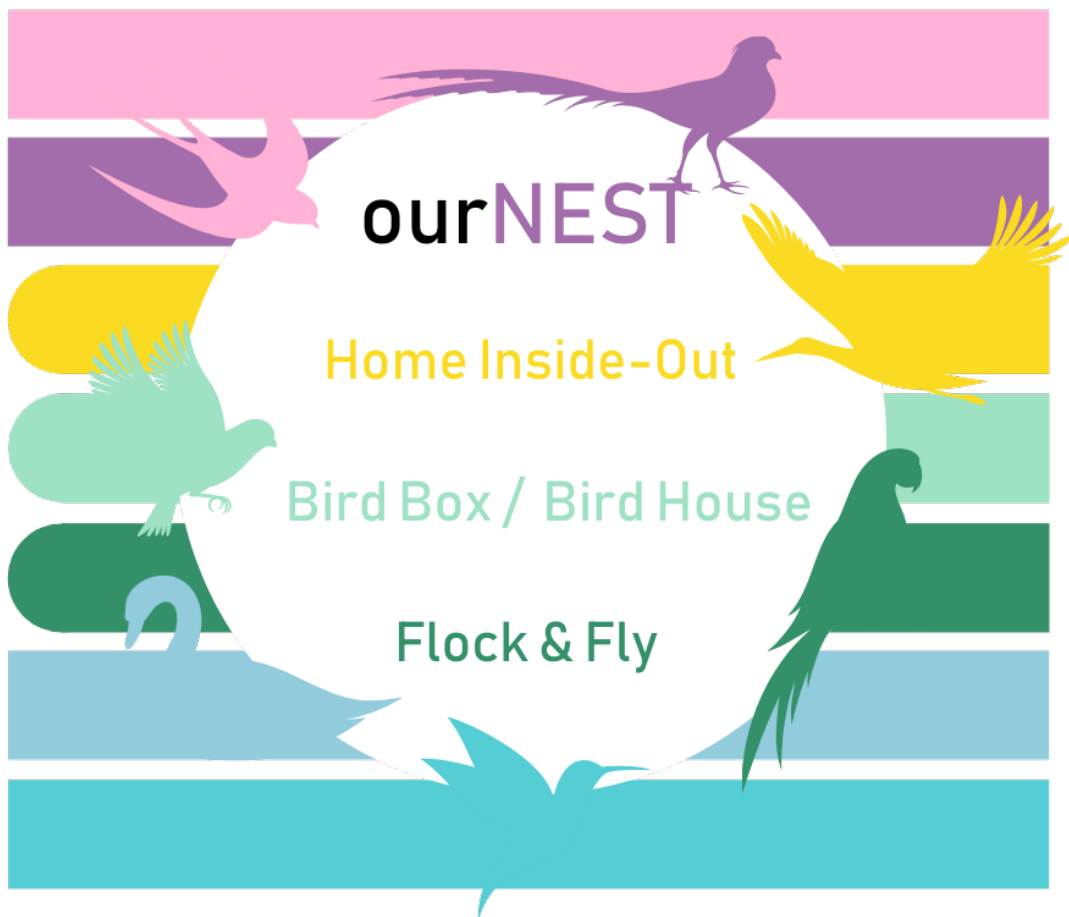
TRANSFORMING YOUR HOME WITH SMALL CHANGES

Welcome Home!

You have been chosen to receive a free copy of 'Home Inside-Out' – a unique discovery magazine to inspire you to become your home's very own 'Artist In Residence'. Containing expert knowledge in architectural techniques, as well as fun tips to play with your home decor and local community spaces, Home Inside-Out offers top tips and advice in getting creative and having fun where you live!

Explore More:

ourNEST is a programme of activities beginning in Havering in Spring / Summer 2020 to bring creativity into your home, and your community spaces. Inspired by our time spent at home and experimental ways of connecting with each other, this art project hopes to inspire your inner artist, and give you tips on how to fly with your ideas.



READ:

Home Inside-Out: 2020 will go down in history as 'The year we stayed at home'. Unforgettable for tragedy, but also memorable in the realisation of how we live - especially in populous towns and cities. As we grow more familiar with our homes, this magazine, created by WSMS architecture studio, hopes to help us use creativity and design to transform our living spaces.

WSMS Studio is run by architect and urban design duo, Walter & Shanka with the help of Colombo the Dachshund as Head of Marketing & Social Media.

We believe that architecture and design is relevant to everyone and our mission is to produce projects that use design to improve every-day life and to make architecture & urban design more accessible to all.



www.wsms-studio.com

BUILD:

Bird Box / Bird House: As we begin our journey into the 'new normal' our towns have become more like lifeless terminals than engaging community spaces. However, if you are a resident of Harold Hill, Romford, Orchard Village or Rainham now is your chance to bring a bit of creative sparkle to Romford by creating a window to be displayed in our Romford community Bird House, and our VR gallery. Sign up to receive your Free Bird Box* creative pack by emailing: info@nocollective.co.uk or calling 01708 733620.

*Bird Boxes are free to those living in the four aforementioned areas of Havering. There is a restriction of one per household, on a first come first served basis.

WATCH:

Flock & Fly: Do you have a creative side ready to fly free? Maybe you have enjoyed some time at home to create? Venture over to our website to watch others like yourself show how they find inspiration and are creative in and around Havering. If you are not online, you can also catch the films daily in Romford on large screens, while you queue for your ASDA shop!

This art and community project has been developed by local arts organisation 'The NO Collective' and supported by 'Havering Changing, The Fore, First Base and Hadley Property Developers to enhance the creative culture and experiences in our borough.

www.nocollective.co.uk/ourNEST

MAKE YOUR HOME YOUR CANVAS

Our homes give us shelter and security. Just as importantly, they are a place to express our creativity.

This relationship between people and their homes has always existed. From the earliest cave paintings to today's interior design culture, we have used our homes to express our identity and ideas of beauty.

At the moment we are spending more time than ever in our homes. So, why not turn this necessary time into an opportunity by exploring ways to create at home?

Start A Gallery at Home

THE IDEA:



Private galleries were once only for the very rich or large institutions. Nowadays, art has a place in every home. It doesn't require large or expensive artworks, just a collection that you consider to be beautiful, poetic or inspiring.

A Gallery Wall is a simple way to make a statement about your personal taste, to bring a forgotten corner of your home to life and inspire you on a daily basis.

HOW TO MAKE A GALLERY WALL

STEP #1 Find a space for your gallery. This should be accessible for you to hang your work safely and roughly at eye level. A simple background will allow your artwork to stand out best.

STEP #2 Decide on a theme for your frames. A cheap and simple way to do this is to paint your frames the same colour.

STEP #3 Choose a combination of different artworks. For example a selection of photos, postcards, paintings, and fabrics of different sizes would work well.

STEP #4 Plan out the layout by placing your pictures on a large sheet of scrap paper on the floor so that the spacing between frames are roughly even. Use a ruler to make sure the gaps between artworks are even. Then, on the paper, mark out where your hanging hooks are located using a pen.

STEP #5 Stick the paper with the markings to the wall using something you can easily remove.

STEP #6 Hammer in your picture hooks through the paper where you have marked. Make sure you have permission for this if needed and that you can do this safely before you start. Once the hooks are in remove the paper and hang your pictures.

STEP #7 Hang your framed artworks and use your own eye and judgement as to what looks 'right'. Take your time to make adjustments.

3 TIPS TO BRING OUT YOUR ARTIST IN RESIDENCE...NO.1:

DO SOMETHING RATHER THAN NOTHING:

The hardest and most important step is to start. Everything else will follow.

**"Re-frame
your rubbish":**
Art often
comes from
forgetting
what we
'know'
about items
to create
something
new.



Photograph by Artist Nick Joubinaux

RE-USE & RECLAIM AT HOME

Re-using unwanted items in design can lead to impressive results. At the same time it reduces waste and saves money. Here are some hints to get going:

FORGET WHAT YOU KNOW ABOUT AN ITEM: Marketing gets in the way of what we think something is for, but often one item has several uses if we start to think more creatively about them.

DEFINE YOUR OWN BEAUTY: We have an idea of the 'perfect' home that is influenced by magazines and TV. Whilst these can be good guides for design, at other times ignoring these trends can help create something beautiful in a different way.

TURN IT INSIDE-OUT: Items that we no longer want in the house might have a place outside even if they are in imperfect condition. Let exterior paint be your friend.

RE-FRAME RUBBISH: By viewing 'rubbish' in a creative way we can create something special from items that would otherwise end up in landfill. Thinking outside of the recycle-box can inspire some of the best sustainable art and architecture around.



NO.2:

USE BOREDOM: Boredom is often a feeling that leads us to reach for the fridge door or turn on the telly. But, this could be a waste of this emotion. Boredom can also prompt us to get up and do something creative. Using boredom in this way not only helps us feel more engaged but it can develop new skills along the way.

NO. 3:

DEFINE YOUR OWN ART OR ARCHITECTURE: Don't think that what you are doing isn't important because you aren't a professional. It's good to look at what's out there to find inspiration but use this to become your own artist!

Create a Temporary Artwork

THE IDEA:

Creating a temporary artwork can be anything from a chalkboard sketch, to a performance to starting a community festival. Projects might be short-lived but can have a huge impact on you and your local community for years to come.



A pop-up concert is
a kind of temporary
artwork



Photograph by Artist Nick Joubinaux

Look out for Covid the Cobra
community artwork in
Highlands Park



TIPS FOR CREATING A TEMPORARY ARTWORK


Temporary design projects can be almost anything, but most rewarding and successful projects will share some common traits...

VISION: Deciding on a vision for your project is an important stage even if you want some spontaneity in your project. Having an idea of what you are trying to achieve will help you to shape the project as you go along.

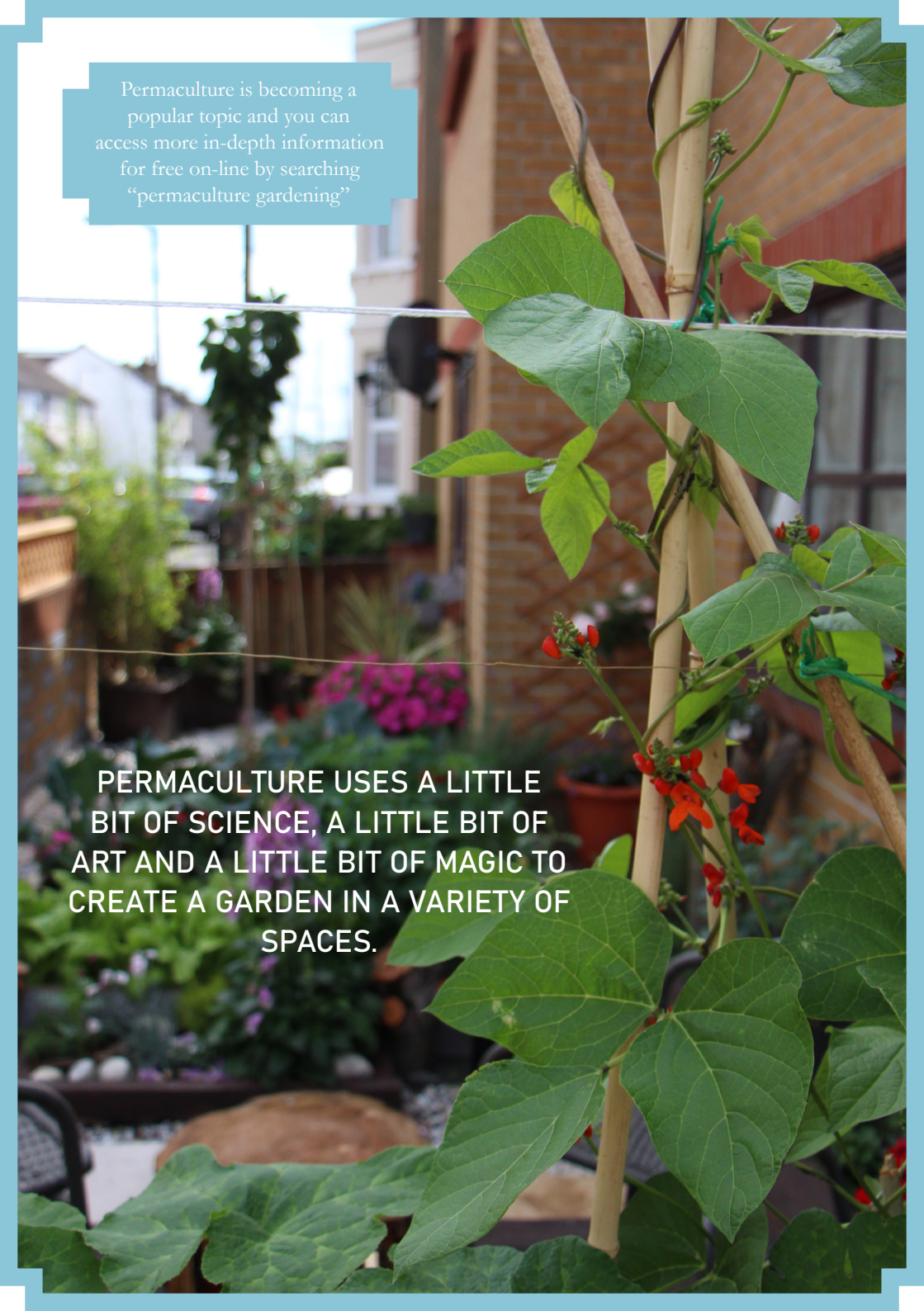
CONNECTION: Look to connect with others. A temporary artwork, by nature, will not last forever. So, it can be particularly important to share it with others. This could be friends and family, on social media or with your local community.

But it's not just when the work is done that you should look to share your project - working together on an artwork can be rewarding because something is created that you could not have achieved by yourself. You might also be able to find sources of material and other resources by opening up your project to others.

EVOLUTION: Evolve the project. Temporary projects are often ideas that grow and change. Sometimes they don't work out as you originally expected, but because they are temporary, they are easy to adapt and change into something unexpected and beautiful.



“YARD BOMBING” IS A
FUN PROJECT THAT
INVOLVES KNITTING
AROUND OBJECTS IN
PUBLIC SPACES

A photograph of a garden scene. In the foreground, a bean plant with large green leaves and clusters of small red flowers is climbing a wooden trellis. The background is a blurred garden with various other plants, including purple flowers and green foliage, set against a brick wall and a house.

Permaculture is becoming a popular topic and you can access more in-depth information for free on-line by searching “permaculture gardening”

PERMACULTURE USES A LITTLE
BIT OF SCIENCE, A LITTLE BIT OF
ART AND A LITTLE BIT OF MAGIC TO
CREATE A GARDEN IN A VARIETY OF
SPACES.

Create a Permaculture Garden



THE IDEA:

Permaculture is a type of gardening that works together with nature without the use of pesticides to create edible gardens that are useful and beautiful.

Even if you don't have access to your own outdoor growing space, you may be able to create a shared garden with neighbours, or you may be able to create a large container garden, vertical garden or use windowsill space.

GET STARTED ON A PERMACULTURE GARDEN:

Find a space for your garden that gets at least 4 - 6 hours of direct sunshine. Gardens will be happier with at least some direct sun.

Start small and in a visible place. You are going to be more successful if you focus your attention on a small area that has a big impact - then as you grow in confidence, grow your patch too.

Spend time researching and observing the conditions of your space. Choose your plants based on this.

Keep a garden sketchbook or journal. Here you can record your observations, dates of seed sowing and planting, plant varieties, designs and before and after photos. This can be paper or digital and will help to track and record progress.



Share... knowledge, seeds and equipment. Gardening can be a wonderfully solitary activity or a great way to be part of a community of gardeners. Why not make it both?

Prepare your planting area well. You will want to spend some time getting a good soil bed to give your plants the best start in life.

Keep at it: garden creation often requires more patience than work inside the home since nature is always ready to take over when you take a break.

It helps to think about permaculture gardening as working with nature as your artistic partner rather than fighting against it.

As you gain confidence try out new things and experiment with the knowledge that everything has a season.

QUESTIONS TO ASK BEFORE YOU START PLANTING

- Where is the sunlight, rain and wind coming from throughout the day, season and year?
- Who are the visitors to the area? eg. birds? foxes? insects?
- What else can be seen from the garden space and how can this be made part of it?
- Which plants will work well with the conditions and with each other?

BECOME AN URBAN INVESTIGATOR



Wherever you live, whether it's on a quiet street in the country or a busy urban centre, you can find out some fascinating facts about your surroundings by learning to uncover hidden clues and evidence. Here are some techniques to get started...

TECHNIQUE 1: DIGITAL RESEARCH Thanks to technology we have a wealth of information about our locality at the touch of a button.

This information can reveal what is invisible in everyday life. Historical information, population statistics, virtual maps and house prices all give us interesting information about our local areas.

TECHNIQUE 2: PHYSICAL MAPPING The best way to explore old territory is on foot with the help of googlemaps, traditional paper maps or various apps that help way-finding. Alternatively, you could consider one of the following approaches to add interest to your daily walk:

1. **Destination finding:** By mapping places of interest you can set up a local walking tour based on anything you like, such as public art, historical architecture or open spaces. If doing this with children, you might want to try our Urban Investigator Challenge overleaf to start uncovering more.

2. **The 'Situationist' ('psychogeography') approach:** This approach takes a less planned approach to urban exploration and lets the sub-conscious part of the brain be the guide. To put this into practice, don't think too much about where you are going. Instead, use your instincts and be guided by chance and your surroundings to end up somewhere completely unexpected. Why not flip a coin to let chance be your guide. Left or right?

Photograph and sketch interesting things along your route. You can repeat this whenever you feel like to re-explore your locality to see it from a new point of view.

3. **A time-based approach:** Mapping an area through time can uncover a lot about it that might surprise you. Places change significantly over the course of day, week, year or longer. Mapping a place over time often gives an insight into how they are constantly changing.


FOR HAVERING MAPPING:
https://www.havering.gov.uk/info/20007/council_and_democracy/186/online_mapping_system

FOR HISTORIC MAPPING:
<https://maps.nls.uk/>

TECHNIQUE 3: INTERVIEWS This is the simplest and often most enjoyable way to get to know secrets and lesser known facts about your area.

If you are knowledgeable about your own area, you might want to start thinking about ways to share this knowledge. If you are tech savvy and have the time, why not start a local blog? If one already exists, contributors are often very welcome and you could look to partner with other neighbours to share local stories in interesting ways.



A photograph of a long, arched brick tunnel. The floor is paved with bricks in a colorful chevron pattern of red, yellow, and grey. On the right side, there is a row of blue doors. The walls are made of dark brick. A person is walking away from the camera in the distance. The lighting is dramatic, with light coming from the end of the tunnel and through a window on the left.

Our urban environments are a
wealth of history, art & culture.
Being part of this exciting hidden
life only requires us to look a little
closer and question the things we
pass by every day.

BECOME AN URBAN INVESTIGATOR (continued)

TECHNIQUE 5: MEASURING AND COUNTING You can get a better understanding of your environment by understanding the numbers involved. For example how many trees are needed to make a successful local park? What is the best size for a public square?

When measuring, you can use your body instead of a tape measure. For example how many steps are there between street-trees as you walk? How many times would you need to stand on your head to reach the top of the tallest building in your neighbourhood?

TECHNIQUE 4: USE YOUR SENSES This is something we can forget to do in every day. Taking a few moments to look out of a window or sit still and observe your surroundings can be one of the most enjoyable parts of our day.

Use all of your senses and enjoy what your urban environment has to offer.

TECHNIQUE 5: OBSERVE Careful observation of our surroundings can get us to see and understand things in a new way. Sketching, photography and film can get you to really look at the details that we often ignore.

TECHNIQUE 6: GET INVOLVED The best way to get to know your area is to participate in community life.

Areas all over the country have recently seen all sorts of inventive community projects take off. From digital galleries to socially distanced street parties and sing-alongs.

The act of starting or getting involved in a voluntary or creative project can connect you more closely to your local area and community and there are plenty of opportunities.



By looking more closely at our urban environments we can start to see beauty where it isn't always obvious



Photograph by Artist Nick Joubinaux

BE PART OF THE CHANGE

Are you an active person looking to steer change in your local area? Contact us to find out how you can be at the heart of deciding new arts and culture activities in your neighbourhood:

james@haveringchanging.org

0798 4758 911

or visit our website to find out more:

www.haveringchanging.org



@haveringchanging



@haveringchange

**HAVERING
CHANGING**

Fresh new free
creative activities to
see, do and get
involved in!

JOIN US IN: HAROLD HILL / ORCHARD VILLAGE / RAINHAM / ROMFORD

THE URBAN INVESTIGATOR CHALLENGE

THE ART CHALLENGE

Spend some time in the place you have chosen to investigate and start a mood board to describe your surroundings. This could include sketches, photographs, items you have collected, poetry, descriptive words and anything else you would like to include. It should capture the feeling of the place. You can finish this at home and perhaps frame it for your gallery wall.

THE HISTORY CHALLENGE

Using the internet, books and interviews find out as many interesting facts about the place you have chosen to visit as you can. Write a short article or blog post to share your knowledge with other, including pictures, maps and quotes.

THE MAPPING CHALLENGE

Map your route to your chosen place WITHOUT using google maps or the internet. You will need a printed paper map of A to Z to complete this challenge. As you go, note down all of the street names, noticeable landmarks and interesting things you see and try to find your way back using your memory and the notes you have made. If you are a junior investigator this needs to be done with the help of an adult.

TRANSFORMING YOUR HOME WITH SMALL CHANGES

We all care about our homes and our areas, but, did you know that living in a well-designed and well-maintained environment is proven to boost your health & well-being and that of your community?

With this in mind we look at small, quick changes we can make now to improve our homes and neighbourhoods.



This section builds on our video, where we suggest quick, cheap or free ways in which you can improve your living space to create a happier and healthier daily experience. These are listed below and for more details, you can check out our video '9 FREE OR LOW COST WAYS TO IMPROVE YOUR LIVING SPACE NOW' on YouTube.

- #1 RECONNECT WITH YOUR SPACE: Learn to respond to the existing qualities of your home.
- #2 OPEN UP THOSE WINDOWS: The importance of good ventilation in the home.
- #3 LET THE LIGHT SHINE IN: Maximizing daylight in the home.
- #4 GET THINGS WORKING EFFICIENTLY BY DOING THINGS YOU'VE BEEN PUTTING OFF, LIKE CLEANING OUT YOUR WASHING MACHINE FILTER: Don't underestimate the impact of small jobs.
- #5 RECLAIM WASTE MATERIALS: Re-use in the home from composting to reclaimed materials in building work.
- #6 EDIT YOUR FURNITURE: When less really can be more.
- #7 USE YOUR HOME TO EXPRESS YOURSELF: The benefits of creativity in the home.
- #8 CHECK YOUR COMPASS: Understanding the importance of location and environmental conditions.
- #9 EXPRESS SOME GRATITUDE: Why attitude is everything.

TAKE THE FIRST STEP

We often think that home improvement has to be a big project. The truth is that the changes we can make right now will have a bigger impact than many of the larger jobs we think are needed.

HOW?

Identify 3 tasks around the house that will take 5 minutes or less to do and do them right now.

Research has shown that by doing these quick tasks, we reap the rewards of a more ordered environment and we get motivation to get those bigger jobs done.

INVITE NATURE IN

Living close to nature can increase well being and health in a way that you can feel. It's important to get out into nature whenever possible, but we can also bring some of the benefits of nature to us.

HOW?

- Living plants in the home can improve air quality and make our homes more attractive.
- Bird feeders can help to attract birds to the garden and bring joy when we watch them. Research has shown that the sound of bird-song boosts our physical and mental health.
- Maximize views onto nature from inside-out. This could be done as simply as positioning a chair closer to a window and opening up curtains and blinds.

GET ACTIVE

It's important to get physically active, but getting active in your community can sow rewards for generations to come. Getting involved in local community projects that focus on the development of your neighbourhood can allow you to influence that future of your building, neighbourhood or borough.

HOW?

- Join or start a Neighbourhood Planning Group: <https://www.neighbourhoodplanners.london/map>
- Join or start a 'guerrilla gardening' group which transforms the leftover green spaces into places to grow food (just be sure to get permission from the land owner)
- Start a Parklet by claiming a car parking space to create a park: <https://www.livingstreets.org.uk/>
- Enter an Ideas competition: These can be found through various organisations including <https://nla.london/>
- Look for local opportunities through the Havering website & partners, for example join the Havering Changing steering group on p12
- Join or start a Transition Town movement or other environmentally focused group. See <https://transitionnetwork.org/>

BE SHORT SIGHTED

There is more available on our doorstep than we realise. Local groups exist for all sorts and you might find local sources of interest and enjoyment that you never knew existed.

HOW?

- Shop local or support a local business.
- Walk your neighbourhood: those who walk their area feel more connected to it,
- Start a creative project from home (see pages 4 - 7 for ideas).



START A GREEN REVOLUTION FROM YOUR HOME

In today's world there is a big connection between the choices we make at home and the rest of the world. Because of this, your choices matter and choosing to live in more sustainable ways can make a big difference when adopted by large numbers of people.

Choosing to make your home as energy efficient as possible can make a huge difference to your impact on the environment but also your bank balance. Spreading the word can increase the impact.

HOW?

#1 Recycle properly by checking your council's policies on waste

#2 Reduce waste by composting at home, re-using where possible and purchasing second hand.

#3 Make sure all your new appliances and fittings are highly energy rated when replacing them.

#4 Consider switching to solar energy or even fitting solar panels to your home

#5 Consume less and create more. We live in a throw-away culture but often it's possible to repair rather than replace and find creative solutions instead of purchasing a new item for the tasks around the house. Before giving into the impulse to purchase something, ask yourself if there is something else you can use, can you borrow the item or perhaps even make it? Free your imagination and see where it takes you...

CONTENT BY:

WSMS studio

ourNEST IS A PROJECT BY:

The

NO Collective

SUPPORTED BY:



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



THE
mercury

HAVERING CHANGING

Havering Changing is a new consortium of eight organisations, led by Queen's Theatre Hornchurch:



THE
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Havering Changing will trial radical new ideas that engage local people in arts and culture in a variety of new ways, focusing on communities in Harold Hill, Romford, Rainham and Orchard Village. The consortium will collaborate closely to support local decision makers, learning and evaluating as the project develops.

Havering Changing will deliver this £1,350,000 programme over the next four years, principally funded through Arts Council England's Creative People and Places Fund which focuses investment in parts of the country where people's involvement in arts and culture is in the bottom third of engagement according to the Active Lives Survey.