



Happy Sunday
 Munging ko sa darang na ligo ng
 munging ko sa darang na ligo ng
 food na rinubalan kani is munging na Filipino
 at laro rinubalan kani is munging na Filipino
 mga kani kani sa mga munging na Filipino
 ng di munging ko sa darang na ligo ng
 munging ko sa darang na ligo ng

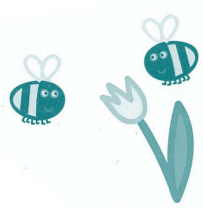


HAPPY SUNDAY
 It is so wonderful to wake up in the morning with
 a beautiful smile on my face, knowing I'm still breathing
 a new Sunday is like a new beginning of the day
 A new Sunday is like a new beginning of the day
 for people who are happy Sunday
 It is a beautiful day to be alive

HEAR OUR VOICES



seeing my
 thing is the best thing
 And my the
 Philippines is bl-
 Filip mo bl-
 helping me
 with our own house.
 with Family In
 my roof at night time
 One sleep for me !!
 Best Sunday



intro

This zine was produced by migrants from the Philippines living in the UK with precarious legal status, or without leave to remain.

Migrants without status in the UK are subject to the “hostile environment”: a set of immigration policies aimed at preventing them/us from accessing housing, work, healthcare, basic services and even driving licences. For more context on how the hostile environment has affected precarious migrants amid the pandemic, and how communities are responding, see the research reports ‘Essential and Invisible: Filipino irregular migrants in the UK’s ongoing COVID-19 crisis’ and ‘A Chance to Feel Safe: Precarious Filipino Migrants amid the UK’s Coronavirus Outbreak’

This zine was created through three workshops devised to articulate wants, needs and hopes for life during or ‘after’ the Covid-19 pandemic, and foster warmth and solidarity.

The workshops combined performance and storytelling with zine-making. Performance is a way of imagining beyond the world around us, and coming up with ideas collectively. Zines foreground the expression of their makers without translating it into the language of academic research, policy or fixed demands for change. What you’ll see therefore embraces a range of ideas, world views and types of communication.

The workshop participants and co-producers of this zine are: Amara, Ann Ann, Cheri, Gal, Grapes, Gretchen, Jhen, Ivy, Marin, Pearl, Sally, Sonia, Za and Zahra.

Line drawings are by Kay Stephens based on photos shared by participants.

The workshops were facilitated by Rogelio Braga, Kay Stephens and Ella Parry-Davies.



pandemic experiences

“My past work, they redundant me. Now I just had my new job, and now I’m struggling – who’s the one who’s going to look after my daughter? That’s my problem right now. But during the lockdown... I’m a little bit nervous. During the lockdown, my experience is, I had anxiety and depression because I got separated with my partner. It’s not easy for me. Especially when you have a child. In the lockdown, I realised a lot of things: especially with my ex-partner. Even if he’s not with me anymore, I’m a strong woman. Because... how to say it in English... I raised my child alone. And I’m so proud of it.”

“You’re scared, what if you already have the virus? Although I’m fully vaccinated. But still – because of the new variant. I’m looking after an elderly person, and her family comes and goes. Although both of us live in one house. So you don’t know the visitors that are coming. One thing more, the lady I’m looking after is from India. So she has family that comes from India without telling us any details. That’s another thing. The fear of exposure to the virus.”

“Our experiences are almost the same because we’ve been through lockdown. And during lockdown, we lost our job, I’ve been put into furlough. And by the time that they lift the lockdown - it’s criticism and racism from my work. Because I have a colleague that is pregnant as well but they let her come back to work. Me, I’m not. And the reason is what the government said - that pregnant women need to shield. I asked if I could come back because at home, obviously when you’re pregnant, a lot of emotions coming into you - and I told them that I’m at home, I’ve got nothing to do, I got depressed, I need money so I needed to go back to work. Or at least give me some part time job that I can do. But they didn’t. I got so annoyed - why would you let the other woman, and not me? Also the emotions and the struggle of seeing your partner all the time at home. Both of us is not working, and we just stayed at home, so we were like cats and dogs. With all the experiences in the virus, I’m very annoyed. Annoyed, lonely.”



“Let’s face the fact: if you don’t have papers, it’s hard. You can have 3 jobs - nanny, carer and housekeeper. But it’s unstable. There’s no security. You don’t know what afterwards is going to happen. I’ve been trying to apply for nanny jobs last year, but I could only apply for temporary jobs. At one point, I was covering for a Filipina, I got COVID from the employer. I have to stop for 2 weeks because I had to self isolate - and they did not pay me, because I’m just a cover. It’s not fair.”

“During lockdown, I’m pregnant as well. We’re having depression about things, and work, financial. It’s very hard for me, because I have a son back home. So my child now, it’s planned but not like planned-planned - it’s not like a financial plan. I didn’t know that my partner was not willing to help me with my son back home. So until now, I’m struggling financially, because we’re not the same culture, he’s from Africa. So I’m shy to ask for money. We’re not like that. Now I want to go to work, but I don’t know who’s going to look after my son as well. So I don’t know... it’s very hard for me now. But I just want to go back to work. To continue supporting my child back home, and my family. But what can we do?”

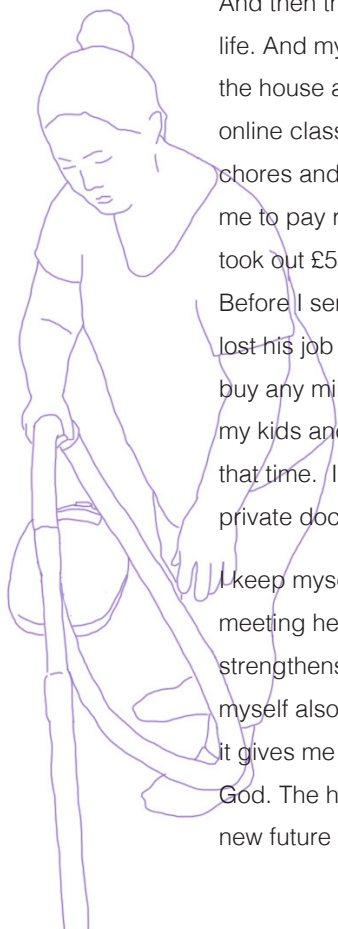
“It’s financial and job. I’m applying as a nanny and cleaner, but unfortunately most of the time I can’t be hired because they are looking for documents that I don’t have. So it’s really very difficult for me. It’s a struggle, because I don’t have work, so I’ve got no money, so I can’t pay my rent, my food, I can’t buy some stuff that I needed. So it’s really hard for me, you know. Sometimes I get depressed, pero laban laban lang [but just struggling, struggling]. Because I don’t want to get sick.

There’s a fear that probably one time my landlady will let me go, because I have no money to pay her. But she’s okay with me. She suggests that if you don’t have money for a month it’s okay, and when you have money you can pay me - she offered that to me. I’m lucky, but you know, she also needs money. She’s Filipina, she needs the money to send it back home. It’s really tough, but the fear is there. There is a fear: the fear that one day I will be on the street with my things.”

“Before the pandemic, I had experienced mixed emotions about my family, because I had been abandoned by my husband from the Philippines. We had to separate the children. It’s very depressing to me: it’s affecting my emotions and my mind. I easily got angry and lost my patience. I said to myself: you are victorious. You are strong. Don’t show others that you can’t. I just cried by myself. No one can see – I always smile. But at the end of the day, there it comes when I lie down. My tears were running.

And then there is a pandemic – it’s too much triggers in my life. And my boss put all the responsibility on me to manage the house and manage the kids. The kids were there having online classes so I have to sit with them one by one, do all the chores and also she let me stay in their house and she asked me to pay rent. I said, what will happen for my salary? But she took out £500 from my salary. It’s not easy also to send money. Before I sent it to my husband. But now who can I trust? My son lost his job and they are starving. They have a baby and cannot buy any milk. I was crying at night, it’s a big burden for my that my kids and grandson were starving. I don’t have any peace at that time. I got sick and my boss is unfair: she brings me to a private doctor and I had to pay the cost.

I keep myself positive, look after myself, do exercise, join every meeting here in Kanlungan. The testimony and sharing of others strengthens me as well. It’s encouraging: there is hope. I keep myself also joining to the community of believers, of Christians: it gives me more faith in God. There is nothing impossible to God. The hurt is here but I have to let it go, and face towards a new future that one day, we will receive what we asked.”



"When I got Covid, during 4 days my experience is from my work, because my boss didn't pay me. For me it's like, what if: what if we lose the house, the room that we were renting. And I have children also in the Philippines: how to support them? When I had Covid, my experience was, I really don't want to close my eyes. Because if I close my eyes, everything is "what if". What if that's the last breath I had, the last chance I had to see my children? What if I will not hear the voices of my children? You know the feeling of experiencing all this? The lesson for me is a big lesson – always give a chance in your life to tell your children how much you love them. To tell them they are important to you. All the experience of this is very hard. It's very hard not to see my children any more."



"For me, it's financial, work, because we have no recourse to public funds. Even my child, he doesn't have benefits. That's our main problem – and at the, same time depression and anxiety. I think it's the main thing that has affected me. I was sent to emergency [A&E] with anxiety disorder, because I was so frustrated by the situation. At that time I felt that I was carrying all the problems, because of our situation as mother and child. I had nowhere else to go: I don't have friends I can go to. And the same time, I didn't have a job. Your rent is piling up on a monthly basis. And at the same time you don't have any money to put food on the table and support your child as well. So it's really depressing. That was my most immediate concern during the pandemic."

"During the first lockdown it's very difficult for us. Especially for me, because I got pregnant during that time. And going to the hospital alone, it's very depressing because you don't have any support at all. Especially when I got admitted. I'm very fortunate that I've got Kanlungan beside me, who supported me. I think in January or February, all the members in this house got positive with COVID-19, except for me and my baby. But we've got no choice, we're just renting a very small room. We just put some pillows to serve as a barrier [between] my partner and me and my baby. I think I got paranoid, because when I just had simple cough, I think I got positive, and I was worrying what if my baby will get the virus? But we had no choice. During that time, my partner was still struggling to look for a stable job. We got a struggle paying the rent. The landlord couldn't understand our situation. So it's very depressing. We're not financially prepared, emotionally prepared. Also because we've got no recourse to public funds. Even though my partner tested positive, we had no access to public funds - so we really don't know how did we survive. Because of people like Kanlungan and other good people around us, we managed to survive. But I've got the recurrent emotion: what if it will happen again? What if we will have COVID again, even though we got vaccinated already. It's still the worry, because we don't know what will happen in the future. No one was prepared for this pandemic. I'm just lifting all to God. It makes me feel anxious all the time."

imagining alternatives

“ This photo, I'm carrying this heavy boxes. Two boxes on a trolley. That was the time when we are moving from the other flat of my boss. She didn't get movers, she asked me to carry all of my things to the other flat – from A to E Block. So that was the most tiring day of my life. ”



What if there were movers to do that? What if my boss could see how heavy it was? What if she thinks that I am not a man, I am a woman! What if the boxes could be packed in a bag only? What if my family knows what I am doing? What if others can see how hard I'm trying? I took my two weeks moving things – plus other things to do in the house. Little time to rest.

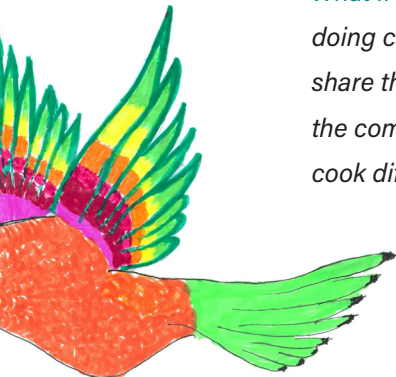


“ This one is cooking. I've been cooking for them on Friday – sometimes 4 dishes so that Saturday and Sunday they will have food to reheat. So they use my full day to cook and prepare for them so that no need to get another helper for them. But that's how I show them that I am dedicated to my job. ”



What if I am cooking in my own kitchen? It will be very nice if there were guests to feed with my own food! I will definitely cook something new – like, I'd research some food to try!

What if I am cooking in a big restaurant? What if I'm doing catering? My own business! What if I can cook and share the food to the homeless? What if I can cook for the community, like Kanlungan? What if I can manage to cook different dishes?



“ That’s my part time.
I’ve been doing it for
16 years. And that’s
my lifeline during the
COVID lockdown,
wherein we cannot
go out to work. ”



*What if that woman was your mother, that
you’re taking care of?*

*What if the house was your house, that you’re
vacuuming?*

*What if you only worked 5 times a week in
that house?*

What if you got somebody to work with?

What if your boss gave you £200,000?

“ That’s what I’m doing at the moment: looking after an elderly. Working with the lady as a carer for a year, since the lockdown. ”



*What if that house I’m cleaning, I could move it to the Philippines?
What if I with that work I’m only doing that job, it’s my only job? What
if the lady I’m looking after is my grandmother? What if she will give
me £500,000 as my pamana? What if, I’m not being greedy, I can just
earn more than I’m earning now? What if I can find another job that
gives me more money? What if the pandemic did not come, so that
instead of looking after an elderly, I’m doing my career as a massage
therapist? What if not being a carer, so that I can exercise?*



“ I took this photo at Christmas time, it was a few days before my due date. That photo reminds me of the pandemic, the lockdown, the mental health issues that I had, and the relationship with my husband. ”

What if I did not get pregnant? What if the lockdown did not happen? What if I didn't lose my job? What if at that time, Christmas time, I'm at home in the Philippines? What if I had an abortion, because it's really unplanned? What if, even though I'm pregnant, I could still work?

What if you had your family with you?



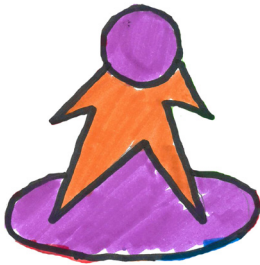
What if my mum is here, maybe my life would be easier? What if she's here so I could get some extra job and send help to my brothers. They lost their jobs as well.



“ This photo reflect during the pandemic when I got depressed because of our situation. It's quite hard having NRPF. You're in a situation in which you need money to pay the rent, to pay the bills. The phone reflects you need to communicate with your loved ones in the Philippines. I'm longing for them, they are the best way for me to cope with my depression. The mask and handwash signifies that we need to be extra careful, because my partner tested positive for Covid and we have no other place to go, we just use a pillow for a barrier for my baby. During my depression, it's only my baby that makes me happy. The clock signifies that time is very valuable. We need to value every second of our lives because we don't know what will happen next. The best thing that I deduce is prayers. Other people couldn't understand us. It's only God whom I lifted all my sadness and all my worries in my life. ”

What if you had recourse to public funds?

What if we have the right to stay here in this country? What if my born child here got papers? What if my two children in the Philippines is here with me? What if we never experienced struggling? What if we had our own place to live? What if everything was just easy regarding our situation? What if I had my mum beside me to talk to every time I needed her? What if I got enough money to sustain our needs so that we could just go back in our home country? What if all my friends are beside our home so that I could go there when I feel so lonely? What if it's not too hard to look for a job with a situation like ours? What if Kanlungan was not there during the time we are feeling very low, very down? What if the mumshie group was not there when I needed to talk to people, to socialise? What if there are no webinars so that we can have vouchers to buy food and have something on the table? What if there were no webinars that could divert our sadness and depression? What if there are no webinars that would enhance our abilities? And lastly, what if everything was just so easy like other citizens? Sometimes I feel so envious.





“ That picture was before the pandemic, when her daughter got married. Because I take care of the mum, I’m thinking, because of this pandemic what if I lost the old lady? She’s always short of breath. What if I lose her and I lose my job? I don’t have place to go if I lose that woman. I had a partner before but he passed away in the time of the pandemic. ”

What if I had a place to home to, just my place? What if this country gave us a chance? So that we can properly take care of them – all the people over here. I’m missing also family back home. What if I could visit family and come back? What if we had a magic wand and could go home with just one swing?

What if they give us regularisation, and be happy? With regularisation, you can get a proper job. What if the government gives us what we're wishing for?

What if there's no Covid? What if there's no war happening around the world? Like Israel and Palestine. What if there's no children having hunger? What if there's no people having no roof to live? What if there's no beggars around the streets of central London? What if things are different? What if people can travel again, and have their lives back?



For myself: What if I have a job? What if I didn't lose the job that I loved? What if I can travel back in my country to visit family? What if I could afford things that I want to buy - especially for my child?

“ The picture, the one that I’m carrying a baby, during the first lockdown last year. What if the baby that I’m taking care of at that time can catch the virus? What if the family would want to hire a European lady, which they were planning before? So what if I lost the job? To avoid these what ifs, I did my very best to take care of the baby. I was lucky enough that the baby was well and healthy during the pandemic. ”



What if I could have my job: for me it's the number one problem. Because if you've got a job, you have money, and you have all your needs. What if one day the local government will announce that all who are Filipinos with my status, they will give an allowance for us. Enough to buy food – food is most important.



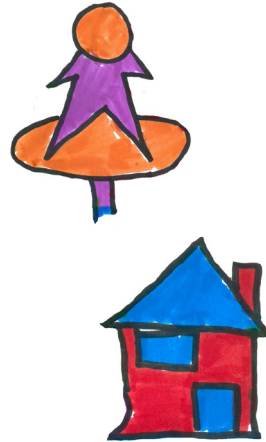
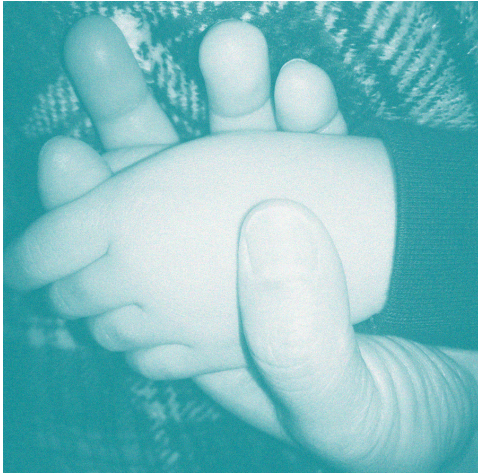
“ This is the time when I’m in my room, I’m always thinking of many things. Like what if I lost the job, what if I cannot find someone to work for, what if I don’t have money to buy my food, to pay rent, what if I’m walking down the street and I’m interrogated. Many what ifs. Sometimes I can feel depression, so I want to help myself to overcome. What if I would have depression, and I go nuts? I’m just praying hard so I can handle all these what ifs. ”



What if someone offered me a marriage to change my status? So I have the freedom to apply in any agencies.

What if the agencies can also accept us with our status? So we can apply without asking for any documents.

What if it's easy for everyone to move around, to work and to live? Like for Europeans, you can come easily and work here. What if it's allowed for other nationalities, like Southeast Asians like us, to come here and work legally, without being illegal? What if there's no racism, looking for where you came from? To live and to work: that's all.



“ I chose that photo because that photo was taken during the first period of pandemic. So that was the time that I lost my job, and I don't have any savings whatsoever. So that is the period of, the moment of, difficulty. The start of the challenges that I faced due to pandemic. So that's Louie's hand and my hand. It just popped up in my head to take a photo of it because at that time I was really emotional, and there are lots of running into my head – how am I going to survive? How long the pandemic will be. So it's like I'm getting strength from my son in that photo. He is my strength, and he is the reason why we're still here, standing and fighting. ”

What if you had furlough?

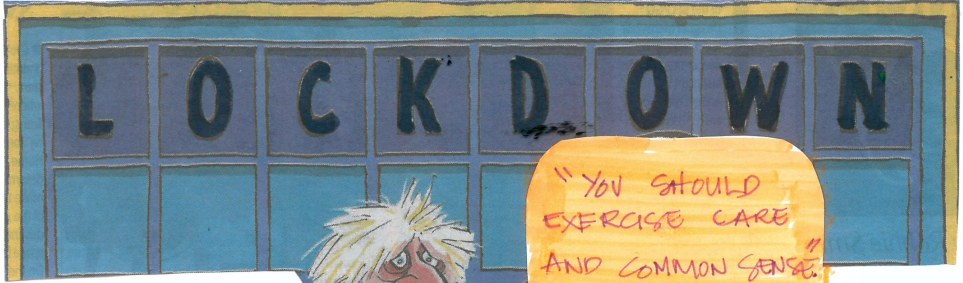
What if you had access to child benefit?

What if the school provides food for your child, like lunch and dinner?

For me I was thinking, *what if – what if* we have the rights to stay here, and live and have the right to work here. Second, *what if* the council of our borough have listened to Louie's needs, despite of us having no status and NRPF. Another thing is *what if* an organisation could really help us with our situation, before Kanlungan, during the time that I have nothing and I have no one. Another *what if* is, what if Louie's dad acknowledged him, and Louie has his citizenship sorted. I have a lot of what ifs actually! *What if* Louie and I had our status and settled here. *What if* I have my status and carry on with my career. *What if* Louie met his dad and growing up having him next to him. *What if* Louie and I are allowed to travel around the world together to make memories. *What if* Louie had been acknowledged by his dad and he's able to go to a nice school. *What if* Louie came to the Philippines and meet my family and his cousins.

What if I got the status and started working in a hotel again. And started working with the hotel where I experienced racial discrimination. And started working with the hotel where I experienced racial discrimination. *What if* Louie and I have the right to live in a place that we can finally call home? *What if* Louie grows up not seeing his dad and living with me alone? *What if* Louie grows up having all the rights and the benefits that he deserves as a British citizen? *What if* I have the opportunity to study again and choose to follow another career path? *What if* I am able to bring my mum over so it will be easier for me to work and she could look after Louie while I'm trying to earn some money. *What if* I become an advocate in the future, inspiring other people and helping those who are in need? *What if* I form a charity group that will help women who experienced sexual abuse?

IMPACTS OF



"YOU SHOULD EXERCISE CARE AND COMMON SENSE"

??

WHAT HAPPENED WITH THE PROMISE OF

AMNESTY ????

MY: INSP!

Best Begins



STATUS NOW A ALL!

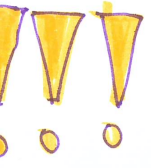


NO RECOURSE TO PUBLIC FUNDS

BROKEN - HELPLESS - ANXIOUS - INHUMANE

IRRATION
REASON TO FIGHT
ONLY
GIFT

MY: ALL
STRENGTH
HOPE
LIFE

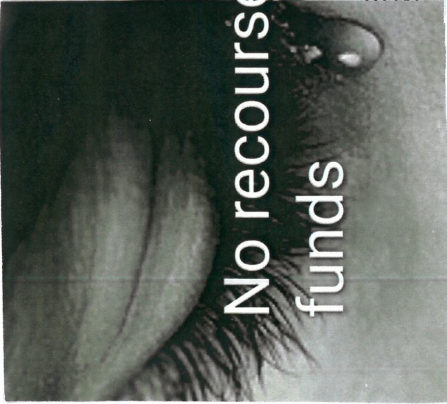


HEAR OUR VOICES

BeFore

- FEELINGS -
- EXPERIENCES -

- DEPRESSING.
- WORRIED • SAD.
- HOMELESS.
- NO MONEY.
- FEAR • CRY • LOST.
- HOPELESS.
- TEARS • ANGER.



- SHIELD -

- PRAYERS -
- TIME -
- FAMILY -
- BABY -
- COMMUNICATION -
- KANLUNGAN -



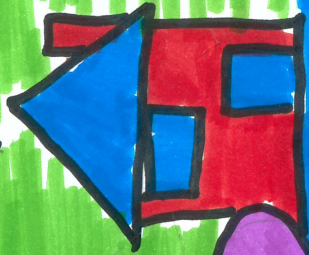
ArTh

• NO MORE COVID •

• LOVE •
• FAMILY TOGETHER •



• HOME •

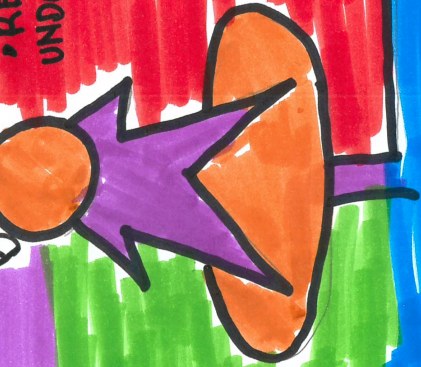


Filipino



• REGULARISED
• UNDOCUMENTED •

British

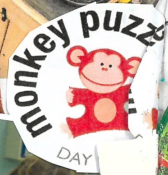
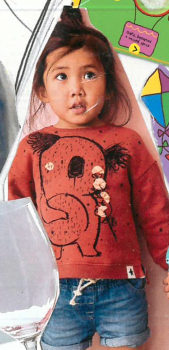
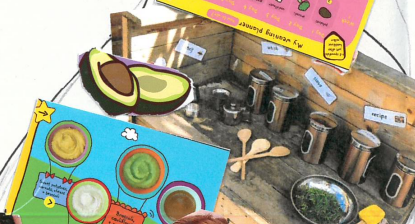
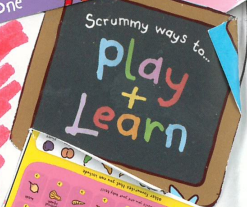


EQUAL RIGHTS

• COLORFUL FUTURE •



My WORLD



My World & I

The collage abstract picture show about me and my daughter, As you can see there's a lot of images inside the drawing. My world is my Daughter. In our current situation where until now we are still doing our best to fight the pandemic. Everyone is also facing a battle of their own. There's good and bad experience but this time, we teach our children to realize that we are bigger than our battles. We learned to stand up and fight.

The picture symbolize how grateful I am for all the things that I've been through. I'm still standing because I'm not alone. I have a very special inspiration, my strength and my weaknesses, my world and my guide.

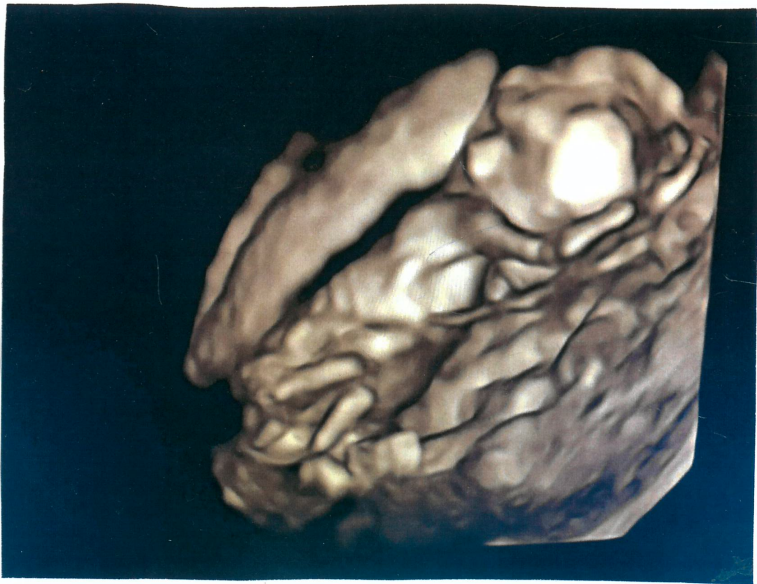
It show's too about my future goals that I want for my daughter and I, like for example vacation with her, travel, healthy environment and easy life. I want to give her a good education as every wants for their little ones.

I'm super excited to show it to the world how grateful I am to have her in my life.



Hi Future self, After all the battles that you fought, I know that you are now like a steel metal that nobody will be able to break easily. Just focus in one direction which will be your guide for your future success. Don't give up! Remember that your daughter is one of your inspiration and a lucky charms that gives your life luck. Don't stop dreaming. Although you have a bitter past, just make it as a motivation to fulfill all your dreams and goals. Don't forget to first love your self. Love your family and people who are always there for you and will always support you and have your back through thick and thin, above all God is with you. Don't waiver and lose hope easily specially now that you have your daughter who will be there forever with you. With God's help and grace, everything will be okay and will be able to stand on all these challenges. I believe in you! Always remember self love and don't close your door to the people who are willing to accept you. Love your daughter as she will love you unconditionally and will fix your fragile heart.

As I
world



SMILE
THERE IS ALWAYS
A TOMORROW...

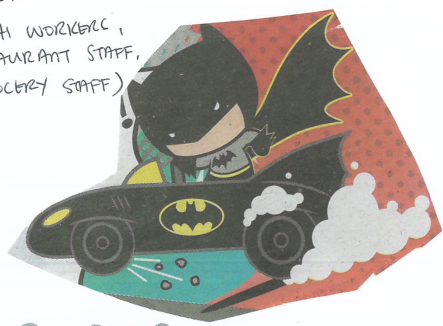


THE SUN WILL
SHINE AS LONG
AS WE BELIEVE...

WE LEARNED TO
PRAY AND APPRECIATE
BEAUTY...



FRONTLINERS
(HEALTH WORKERS,
RESTAURANT STAFF,
GROCERY STAFF)



WE R OUR
OWN HERO

LIFE BEFORE PANDEMIC IS A MESS AND CHAOS...



LOVE, RELAX,
ATE UP'S



THE WORLD IS HEALED
WITH POLLUTANTS....

chloe

A RECIPE FOR POSITIVITY

INGREDIENTS:

- 1000g of Prayers
- 125g/4oz strength
- 125g/4oz Patience
- 2 Free Range promises to yourself
- 125g/4oz Self-Belief
- A little Support

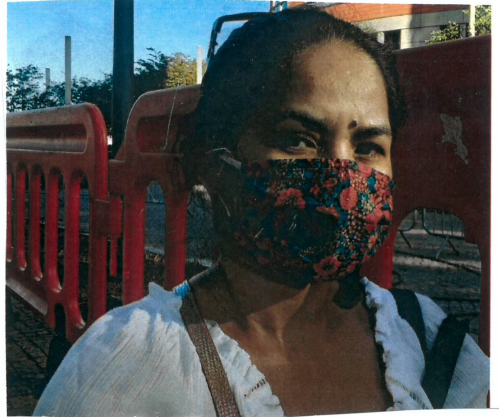
1. Prepare a big vessel
2. Mix with kindness the ingredients
3. Sprinkle with Love
4. a spoonful of fun
5. a drop of acceptance
6. A big Spoon of GRATITUDE



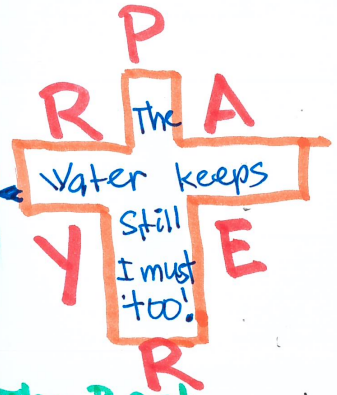
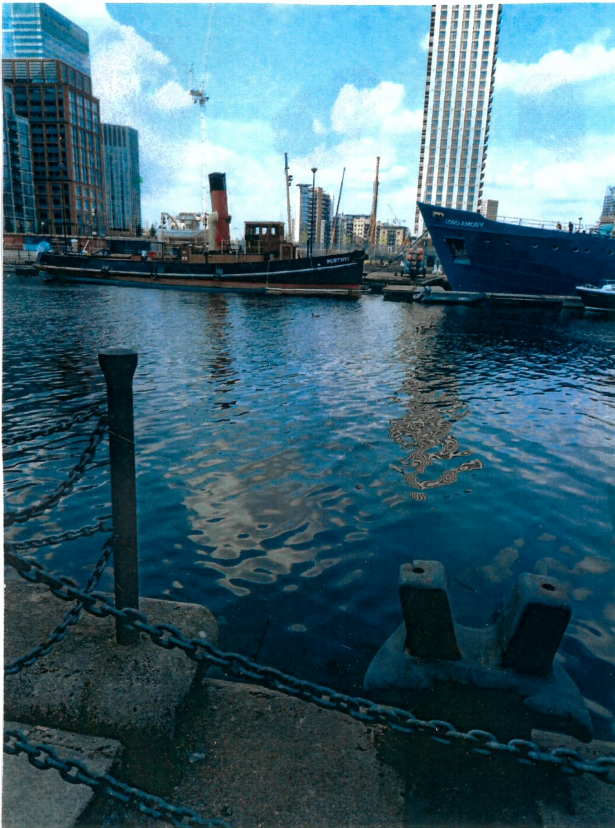
Then finally, extend your love, kindness, compassion know that you are important! you have a purpose. God has a better plan for you. Look after yourself, love yourself so you can be able to help your family, friends and community. Stay calm, everything will pass away but the Love of God will always remain. Believe that there is nothing impossible to God! He will fight for you, the battles belongs to the Lord!

STAY POSITIVE !!!

If the world we live in operates by love, compassion, & passion, we will conquer everything!



Remove the Barrier that hinders us to be free in this nation United Kingdom!



The Boat - Symbolize the same situation we have we are in the same boat, fighting together, in this time of uncertainty, together we move, together we stand like a tall building rising up. If only the chains, the hindrance remove, our goals will be attain.

ALMIGHTY GOD WE HOPE WE PRAY!
 FREEDOM!!!
 SUPPORT!
 STATUS Now!
 HELPED US!
 SUSTAIN HEAR CARE FOR OTHERS
 NATIONS

FUTURE
 UNITY
 PURPOSE
 AIM



UNITED KINGDOM, A GREEN PASTURE, BLESSED, WONDERFUL NATION!!!

WE PLEA THAT WE CAN FLY LIKE A BIRD! FREELY

LOVE YOURSELF

CARE FOR OTHERS

EXTEND



COMMUNITY WHO HOLDS TOGETHER IN LOVE WIN THE VICTORY

Open Ur eyes
 Hear the voice

