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In this project, I set out with an initial goal of creating an aesthetically beautiful, bright and uplifting piece of work that would be seen by many, and send out a message of community, empowerment, and togetherness. I wanted to place a particular emphasis on supporting women: women of colour, woman-aligned LGBTQ+ people, and women with disabilities (both physical and non-physical), and ensuring that these groups who are often ignored or spoken over have the chance to feel seen and have their voices heard. Through working with the wonderful artists I was linked with, all of our combined ideas for the final vision gradually came together and I was able to create this piece of art representing the hope and strength of women through this difficult time, and how embracing ourselves, our creativity, and each other can empower us to emerge from this crisis, bloomed into even more incredible versions of ourselves.

I'm so grateful for all of the amazing lessons I've learned throughout this process, and for all of the knowledge and skills I've gained and grown. I've learned even more about some of the best women in my life, and I've also had the opportunity to educate myself on an even more in-depth level on the lives and struggles of others during lockdown. I think more than anything, I've learned the most about myself: this process has allowed me to truly express my beliefs and what is important to me, and it's helped me to appreciate that I am capable of so much more than I knew.

Art and creativity is vital. Not only does it make everyday life feel more enriched, instilling a sense of unique fulfilment and satisfaction, but it also helps many people to express themselves in ways they otherwise wouldn't feel able to. Words aren't something that come naturally to everyone, and creative pursuits allow an alternative path that lets them to show who they are, how they see the world, the people they love, the things that make them angry, what they lie awake at night worrying about, the small things that bring a smile to their face, and so much more. Self-expression is key to wellbeing, and it opens the door to fully living your emotions. Not just to feel them, but to experience them: all the good, the bad, and the ugly feelings. When we allow ourselves to be who we are, say what we think, wear what we want, and be proud of it, we're allowing ourselves the space we deserve to take up, and to fully process all of those messy feelings inside so that we can accept them and continue to live our lives to their fullest.

Young people have so much to say that is worth listening to. We have fresh new ideas, building on the paths the trailblazers before us paved, and by collaborating and uplifting each other, these ideas will grow into real manifestations that will revolutionise our society, for both us now and for future generations. There is so much on the shoulders of young people, and we all feel that responsibility - We know that the future is ours, yet we're using the influence we have now and demanding more from those in power.