

**Voices in Print:**

*size 8 revisited*

Hiya!

Welcome to Voices in Print: Size 8 Revisited zine.

This zine was made by participants who attended the Voices in Print: Women Making a Zine held in Manchester Central Library on Tuesday 3rd March 2026 by the Ahmed Iqbal Ullah RACE Centre & Education Trust.

The workshop was held in celebration of International Women's Day and inspired by Size 8 Magazine, created in the 80's by women in Manchester.

Size 8 was born from a young women's group that was started co-founded Marilyn Cuffy, a community organiser, activist educator and writer, in North Manchester. Size 8 was created to give young Black women a platform to express their voices, share their stories and address the intersectional challenges they faced. A lot of what they wrote about in the magazine, are issues that still affect women today.

I had the chance to look through some of the material in the Marilyn Cuffy collection at the Ahmed Iqbal Ullah RACE Centre. I was instantly drawn in as a lot of Marilyn's work was done in North Manchester (where I live) and was intersectional and spoke not just of race and gender but class, sexuality and disability. What struck me the most was a lot of the work being done 30-40 years ago is the same work community organisers and activists are still doing today. With topics such as migration being featured a lot in the collection.

We spoke about this in the zine making session. We also shared what we would like to see in the world and, what we can do for ourselves. We ate, we chatted, we created and we left feeling that little more hopeful. This zine is a product of collective thinking and working.

Enjoy!

Seleena Daye

This zine was made by: Alexandra Mbonu, Alisa, Anisa Ahmed, Binish Syed Qureshi, Dekha, Fariha Agha, Fathia, Keira Higgins, Lauren Chadwick, Masuma S, Oluwatoyosi Ajayi, Tao and Tamzin.

Step INTO

Your

Power

*Nana was a suffragette*

THEY CHANGED THE WORLD

WE CAN TOO



# WOMEN

MOUNT

WE REGARD THE WORLD AS ONE COMPOSITE WHOLE, AN ORGANIC ENTITY, PROGRESSIVELY DRIVING TOWARDS GREATER HARMONY AND UNITY. THE INDIVIDUAL ASPECTS EXIST MERELY AS INTERDEPENDENT PARTS OF THE WHOLE, REALISING THEIR FULLEST LIFE IN THE CORPORATE ENTITY, WHERE COMMUNAL COMMITMENT AND CONTENTMENT IS THE ABSOLUTE MEASURE OF VALUE, CULMINATING IN GREATER SOCIAL COHESION AND SOCIAL RESPONSIBILITY.

I just like one clear day in the week out of the house and away from the kids

Do you think it'll EVER brighten up?



care  
is  
collectivity

care is  
all of  
us

ve  
RAISE  
PROPAGATE

FLARE

BLOW

DILATE

PEARLSEED  
by Shamshad Khan

What oyster is this mother,  
that the sand in my eye irritates?

No eyewash  
as you blow  
into my eye,  
but  
gales stir in the desert.

Then  
the sands settle  
and your breath cools  
drenching my parched soul.

love

is

~~is a blow~~

~~is~~

about

MY

MUM

IS

A

SPREAD

HARD

WORKER

Who were not by trade  
seamstresses  
noticed the raw-edged  
world  
had been abandoned  
along with the  
wrong order of milk

I say you're  
never too old to  
learn - and there's  
nothing like  
learning  
from  
others!



BE



YOUR



OWN



BEAUTIFUL

KIND



OF





# HEALTHY FOOD



# Food facts



Eating healthy Food helps us stay strong, active, & happy. It gives us <sup>energy</sup> & Motivated to study, play, & achieve our dreams.



- Oats
- Almond Nuts

Take care of your body today so that it can take care of you tomorrow. Choose healthy food.

IMAGINE BEING APPRECIATED AFTER YOU'RE NO  
LONGER HERE TO SEE IT  
HAPPEN



H O P E

E P O F


NO HUMAN



IS ILLEGAL. 

H O P E

H O P E

Binish Syed Qureshi 

IF YOU REPEAT A LIE OFTEN ENOUGH, IT BECOMES

~~TRUTH~~  
Politics.

Only difference between you and a refugee is geographical luck.

HOPE

"Hope is the thing with feathers,"

"Against all Hope, I hope"  
- Binish

Fight For THOSE

Migration is an

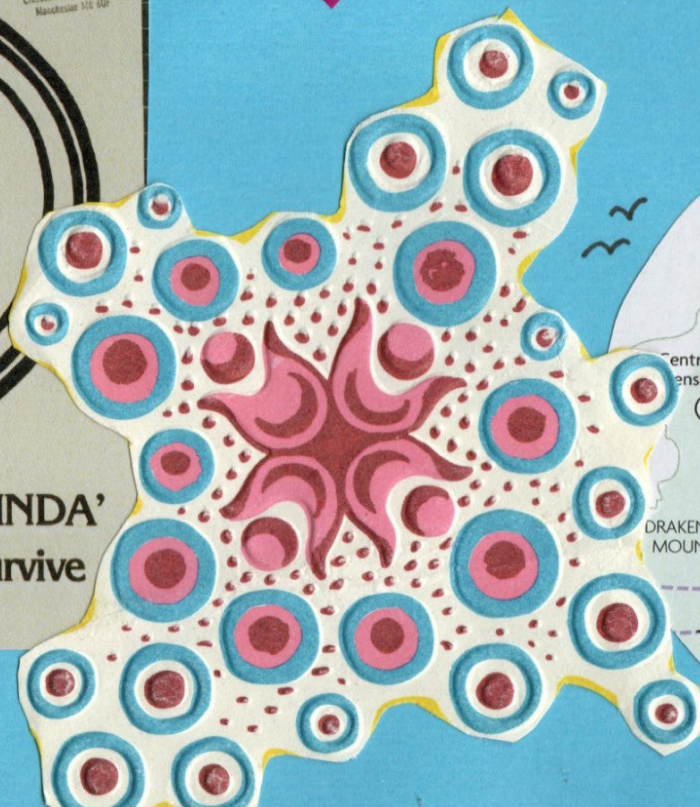
ABASINDI CO-OPERATIVE

WELSHBUSHWOOD VILLAGE  
North Masruram College  
Abraham Mark Centre (Futhi Way)  
Crescent Road, Crispville  
Manchester M16 6GF



'SI ZALELWE UKUSINDA'  
We Were Born to Survive

Binish syed  
Qureshi





*That perches in the soul." —Emily Dickinson*

**WITHOUT YOUR  
PRIVILEGE!**



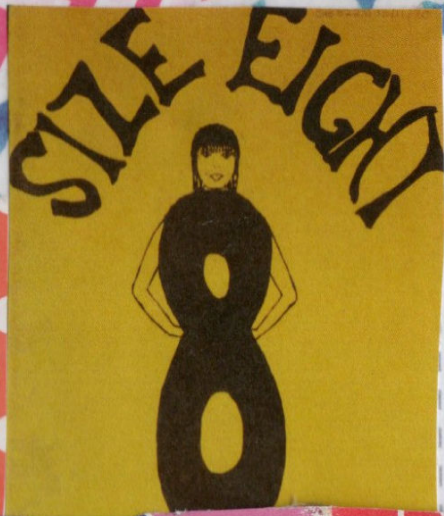
*earthly right!*

H O P E



MANGALISO  
WETLAND PARK  
t Lucia  
DIAN  
CEAN  
nights





**We Were Born to Survive**



**WHO AM I ?**  
by Nusserat Ashraf

Am I a woman?  
Sometimes I think not, more a robot  
Programmed to meet other's needs  
Other's demands.

Am I an individual?  
Sometimes I think not, more a daughter  
More a wife  
More a mother

*Nana was a suffragette*



## Sweet / floral

Capturing the essence of a summer garden in full bloom, this fragrance family ranges from the honeycomb sweetness of *Lathyrus odoratus* and *Lobularia maritima* dancing on a light breeze, to the unabashed florals of *Gardenia jasminoides* suspended in a hot haze. An enticing aroma grouping, it will unfurl an invitation from a far corner and lure you further into the garden.



## Bloom

She is  
Petal-soft  
but look closer,

These are veins running  
through her like rivers  
that refuse to dry.

She bends with the  
wind.

She will bloom.

She is Woman!

# CONVERSATION CALLING...

" I can think about something other than housework, shopping and the children "



stories, quotes, histories, experience, observation.

" but in dreaming woke to voices they had never heard their own crying for release "

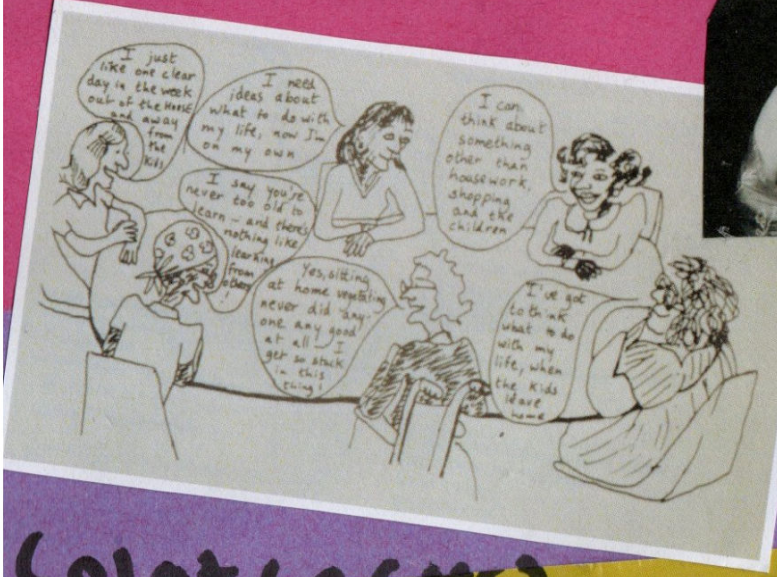
Am I important?  
 Sometimes I'm made to feel not  
 Opinions not asked  
 Feelings not discussed  
 Swept away like dust.

There are groups where women can come together to write, and express their feelings, to read and talk about their writing in a supportive and encouraging atmosphere.

**TALK.**



**SHARE.**



**DISCUSS.**



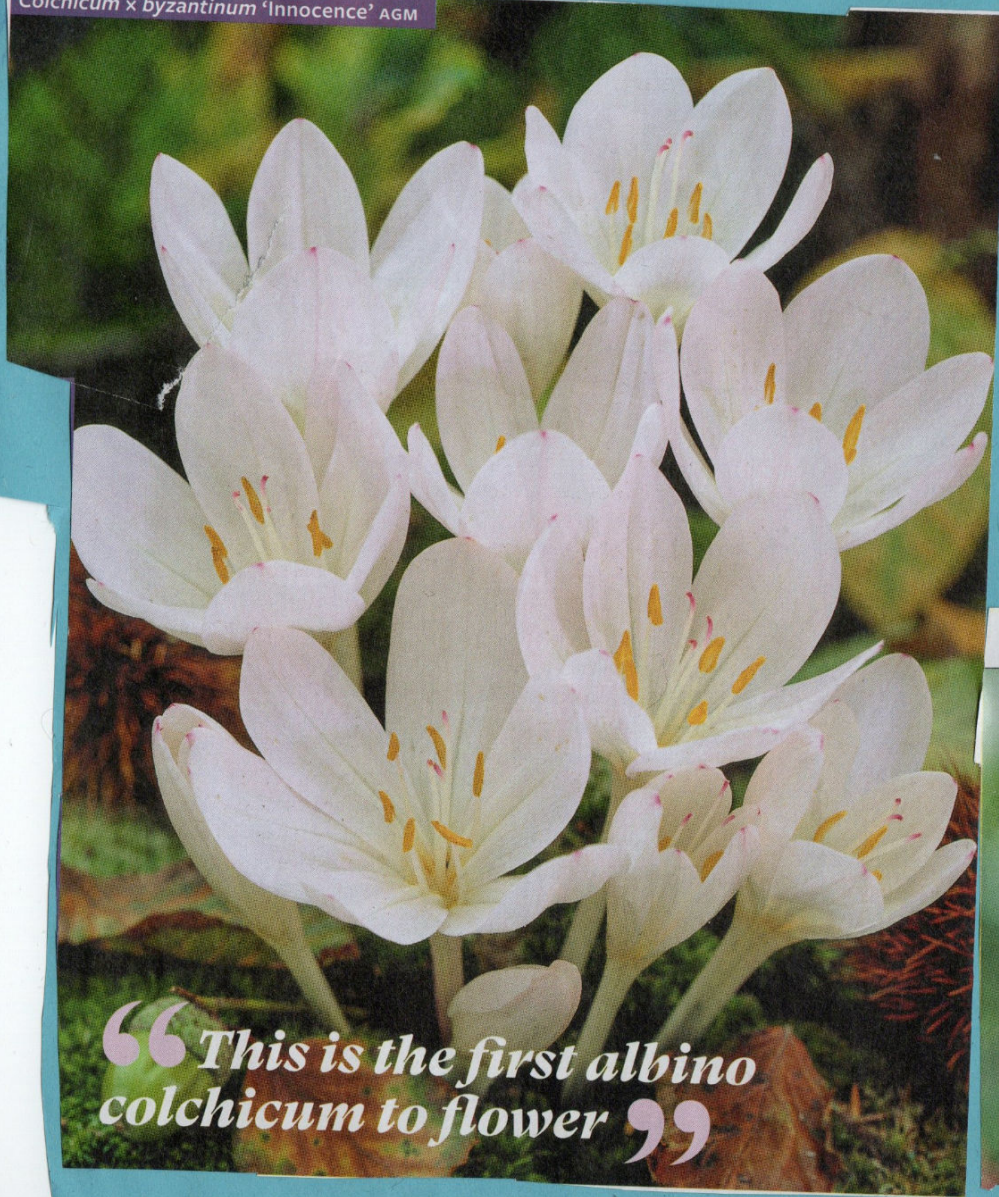
(platforms)

SPEAKERS:  
 MANDA KUNDA  
 ESTER ANKELI  
 MEMBER OF EQUAL OPPORTUNITIES COMMITTEE  
 MEMBER OF MANCHESTER IMMIGRATION WIVES AND FINANCES CAMPAIGN  
 PLUS OTHERS



Kintsugi

Colchicum x byzantinum 'Innocence' AGM



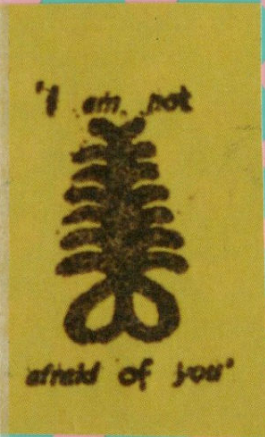
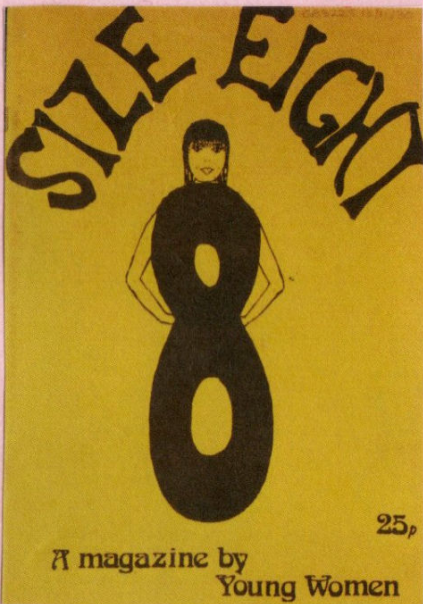
“This is the first albino colchicum to flower”



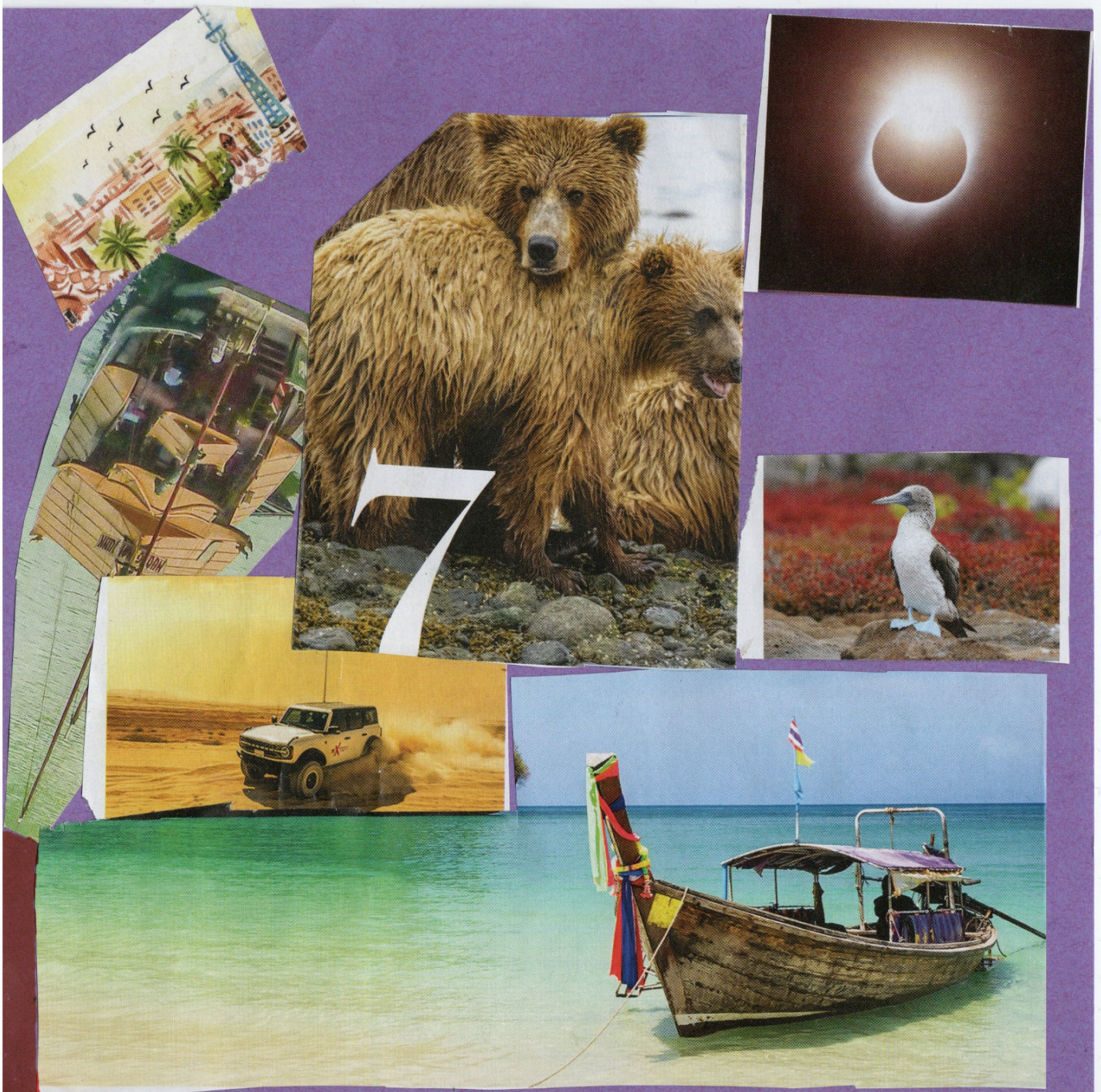
S P A C E



I belong here too...



B E  
L O  
N G  
E  
T T I M E



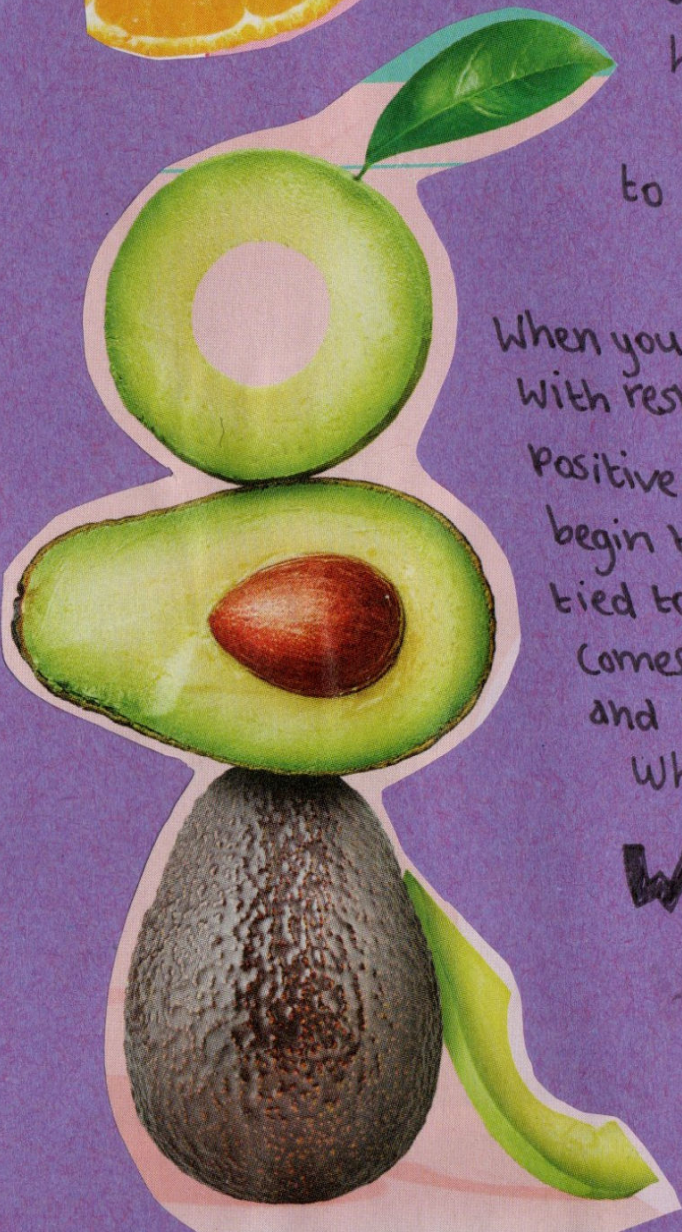
# Nourish your **mind,** **body & Soul!**

LOVE  
YA



Nourishing yourself  
is not about just  
Looking better -

it's about living  
in a way that your  
body does not  
have to  
fight  
to keep up.



When you feed yourself  
with rest, healthy habits,  
positive thoughts, self care, you  
begin to realise your worth is not  
tied to appearance. True confidence  
comes from SELF LOVE, RESPECT,  
and HONOURING yourself as a  
whole and important

**Woman !!!**





**TRUST**  
**Your**  
**self**

Ahmed Iqbal Ullah

RACE Centre & Education Trust