

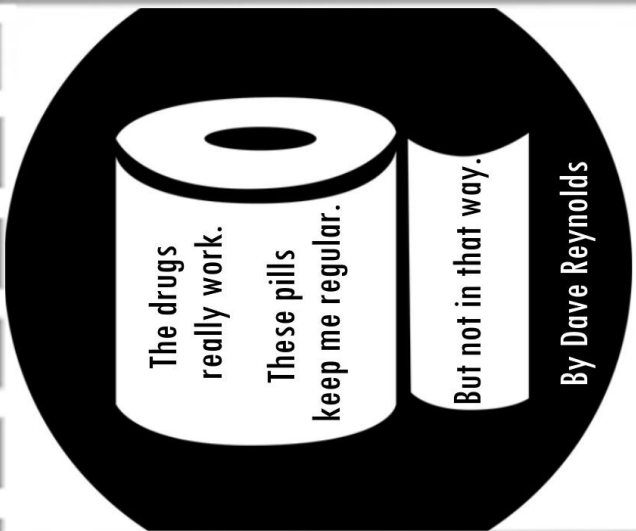
HEART HAIKU

*Morning noon and night
Meds necessary evil
Keeping me ticking*

By Jo

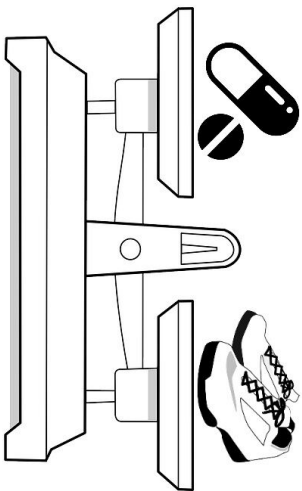


All these haiku were contributed
as comments on heartytales.co.uk



By Dave Reynolds

Bisoprolol blues
Inexorable weight gain
C25K yay!

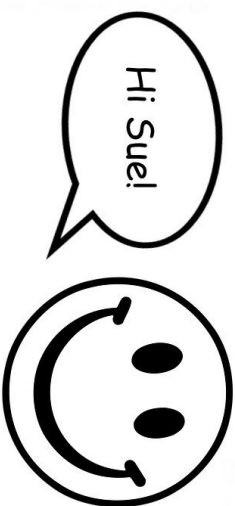


By Henry Knowles

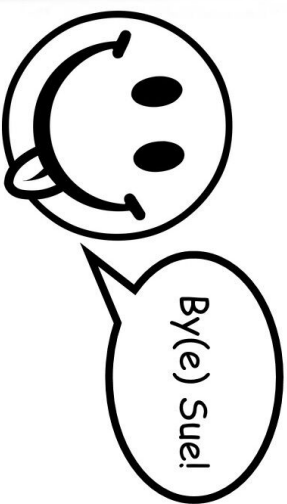


By Joe Horner

Pills are insurance.
A little reassurance.
Letting me be me.

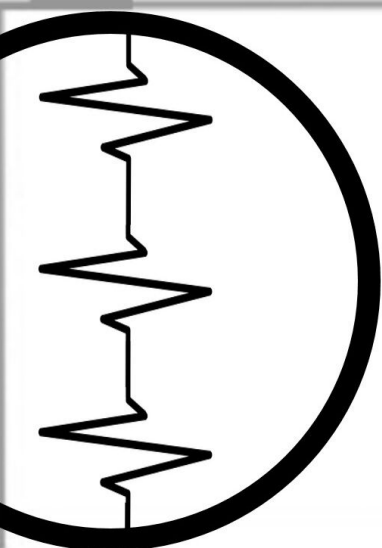


Happy little pills
A friend for life to cheer me
I'm never lonely.



By jidocherty

The beat of my life
Tablet, capsule,
small white pill
you yq uno dod hey!



The alarm sounds beep
Everyone shouts pill time Mum
I keep forgetting

Why do I forget?
It's because I can't accept
My heart is broken



By Sarah Brown

Use these instructions by Drawn Poorly (drawnpoorly.wordpress.com) to help you assemble your zine. Depending on your printer, you may need to trim around the outside of your printed zine before you begin to fold. The dotted line in the middle of your printed zine shows you where to cut in step 5.

Mini zines are fun to make!

All you will need is:

- A piece of paper that can be folded into eight. (A4 paper works best)
- scissors
- a pen/pencil

You can also use other materials you have such as:

- newspapers, leaflets and magazines
- stickers
- felt tips & colouring pencils.

2.

Drawn Poorly

How to make A mini zine

1.

How to fold your zine

Folding zines takes practice. Try and fold as closely to the edges as possible.

Step 1. Fold the A4 piece of paper in half.

3.

Zines are all about having a go and sharing your ideas.

Make one for a pal, write your own short stories, fill it with pictures you like. Whatever you do, make it uniquely yours.

If you use this guide, we'd love to see, tag us at @drawnpoorlyzine on Instagram or Twitter

8.

Step 2. Fold the paper in half again.

Step 3. Unfold your paper, you should have eight rectangles like this

4.

Step 8. Then, hold your mini zine in both hands and push the paper towards the centre cut.

As you do this you'll see the pages push out, you might need to define the page creases to help.

Then... presto!

Your very own mega mini zine to put what ever you like in!

7.

Step 4. Fold the paper into two again like this

Step 5. Take your scissors. At the bottom of the top left folded rectangle, cut to the middle of the page.

Out here's
folded edge

5.

Step 6. Unfold your paper again. There will be a cut in the middle of your zine. This will help to make the pages

Step 7. Fold your paper the other way so that the cut is in the middle at the top

6.

Many thanks to collaborative zinesters extraordinaire DRAWN POORLY for sharing this fabulous resource!