

CV:

People with Voices / 2018- Present

I founded a monthly 'poetry jam' called People with Voices in 2018 to provide a welcoming space for people of all ages to come together to create art collectively. Every month the creative workshop is based around a theme, and the group takes part in a number of creative exercises which stimulate open discussion, making and poetry jamming. The ethos of the sessions is based around shared values of community, organic creativity and exploration.

CW+ / August 2022- December 2023

For 16 months I was an artist in residence at Chelsea and Westminster hospital. I facilitated weekly interactions with staff, out-patients and their families using music and art as a form of expression. My approach is participant-led and non-outcome focused. I learn from and adapt to the environment I am in, using the guitar, voice and movement as a tool of connection.

Dyslexia Feel Good Funday / March 2024

I worked with DFGF to provide an all-day inter-generational art and poetry workshop for the community. Many participants experience dyslexia. I also re-visited Anson Primary School to co- deliver an assembly for year 4-6s on how dyslexia has shaped my creativity.

The Line London / July 2022- August 2023

As a wellbeing walk co-facilitator, alongside mindfulness practitioner Christine Coker, I led creative mindfulness activities throughout the walk. I encouraged participants to create artwork and write poetry during the walk, connecting with their senses. Many attendees of the well- being walks were referred by their GP to the walks as a way of improving their mental health.

A Team Arts Education / 2022-Present

A Team Arts Education are based in the Brady Arts Centre, and work to deliver art workshops and opportunities for 11-19-year-olds in Tower Hamlets. I teach students about graphic design, zine making, collage and illustration. I assisted the curation of an exhibition at the Brady Arts and Community Centre. We facilitated multiple inter-generational dialogues between the Brady Elders and current members of the community that visit the centre.

Insights, University of the Arts London / 2022-Present

Insights is an outreach programme working to make the arts more accessible for students from socio- economically disadvantaged backgrounds. I have been supporting Insights workshops since 2022 offering advice to students and developing their portfolios.

The Roundhouse / October 2022

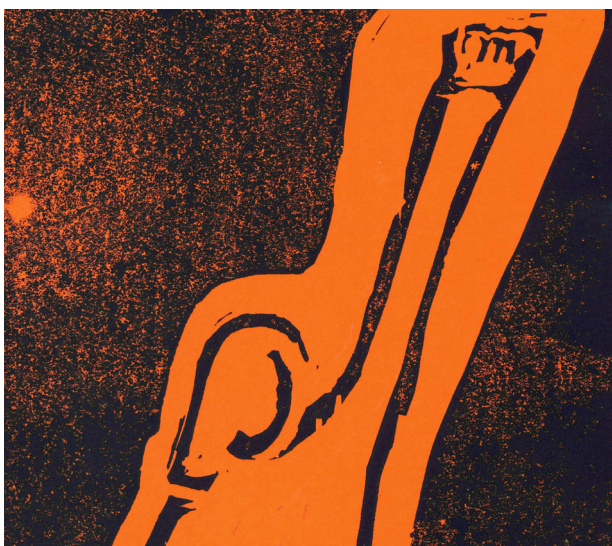
Supporting Deanna Rodger's Creative Facilitation course. A programme designed to train creatives to facilitate others more responsibly and confidently within their practice.

Building Bridges with Words / October-November 2021

Co-planning and facilitating a three-day workshop for year 10s in Saffron Walden School on the topic of combatting unconscious bias and increasing empathy through poetry and art. There had been an incident in the school with Year 10 students and Building Bridges with Words was employed by the school to help build cohesion and understanding of unconscious bias. Therefore, we were working with a year group that had been experiencing some fractures, and our aim was to use art and poetry to help build bridges and empathy.

London Metropolitan University, Upward Bound Poetry Slam / 2019- 2021

Encouraging year 9 students to write poems, sharing tips, performing, giving speeches, judging the Upward Bound Poetry Slam July 2021.



Lino print on paper



Performance in the barbican conservatory

East London NHS Foundation Trust / April 2022

Running a couple of mindfulness poetry and art workshops for service users at the Lighthouse mental health drop-in centre.

New Forge Place Retirement Housing Complex/ May 2022

Facilitating singing sessions for people living in the New Forge Place retirement housing complex. Using music to bring some lightness to attendees experiencing dementia and restricted mobility.

Citizens UK / April 2024

Creating an animation for Citizens UK campaign for fairer pathways to citizenship. Currently assisting the North London team to community organise. In conversation with migrant and refugee groups who don't have citizenship status in the UK.

Performance:

Front Room Collective / June 20
'Not Building a Wall But Making a Brick' performance artist

Psalms of Suli / Nov 2023
Supporting artist for Suli Breaks

Haylee Venus Book Launch / July 2023
Composing music and singing one of Haylee Venus' poems

Barbican Conservatory / May 2023
Barbican poet showcase

The Curve Gallery, Barbican Centre / Nov 2022
Commissioned poetry writing and performance for Soheila Sokhanvari's 'Rebel Rebel' exhibition

The Old Church, Made By Us Festival / Sept 2022
Performing a 20-minute set with electric guitar

Spoken, The Cove Studio / April 2022
Featured Poet

The Found Arts Festival / 2022
Featured spoken word artist and musician at Tramshed Theatre

Reprezent / Feb 2022
Radio Feature and Live Performance

Olympic Park, Timber Lodge / 2021
Featured artist

Rich Mix / August 2021
Featured artist at Making Moves event

Roundhouse Poetry Slam Finalist / 2021

Exhibitions:

The Lethaby Gallery, Dec-Jan 2025
Wood block print 'Nothing is Automatic, Everything is Grown' exhibited as part of Soil, Toil & Table exhibition

Atrium Gallery, Oct-Nov 2023
Textile Banner I made exhibited as part of 'We Are the Brady Girls' exhibition

South London Gallery March 2023
'Who's On It?' Exhibiting artist and speaker on panel talk

Brady Arts and Community Centre, March 2023
I assisted the curation of an exhibition at the Brady Arts and Community Centre. We facilitated a number of inter-generational dialogues between the Brady Elders and current members of the community that visit the centre. In response to the experience of this story exchange I created this screen-printed textile banner with words of a poem I collected from the conversations taking place.

The Barbican Conservatory, May 2023
The 'Non Poem-Poem' installation/ interactive audio soundscape

Lethaby Gallery, May 2022
Foundation Show



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