


@infern_o
www.fernsarthub.com

PORTFOLIO
/ FINE ART



A person with short brown hair is shown from the side, wearing a costume with large, brown, feather-like wings. They are standing on a dirt path in a park with green trees in the background. The wings are made of many thin, brown, feather-like pieces attached to a dark harness. The person is looking towards the left.

**MY WORK IS A REFLECTION OF MYSELF; IT MIRRORS MY THOUGHTS,
FEELINGS AND EMOTIONS AS I NAVIGATE MY WAY THROUGH LIFE. IT HELPS
ME TO MANAGE COMPLEX EMOTIONS AND VOICE EXPERIENCES I WOULD NOT
OTHERWISE VOICE.**

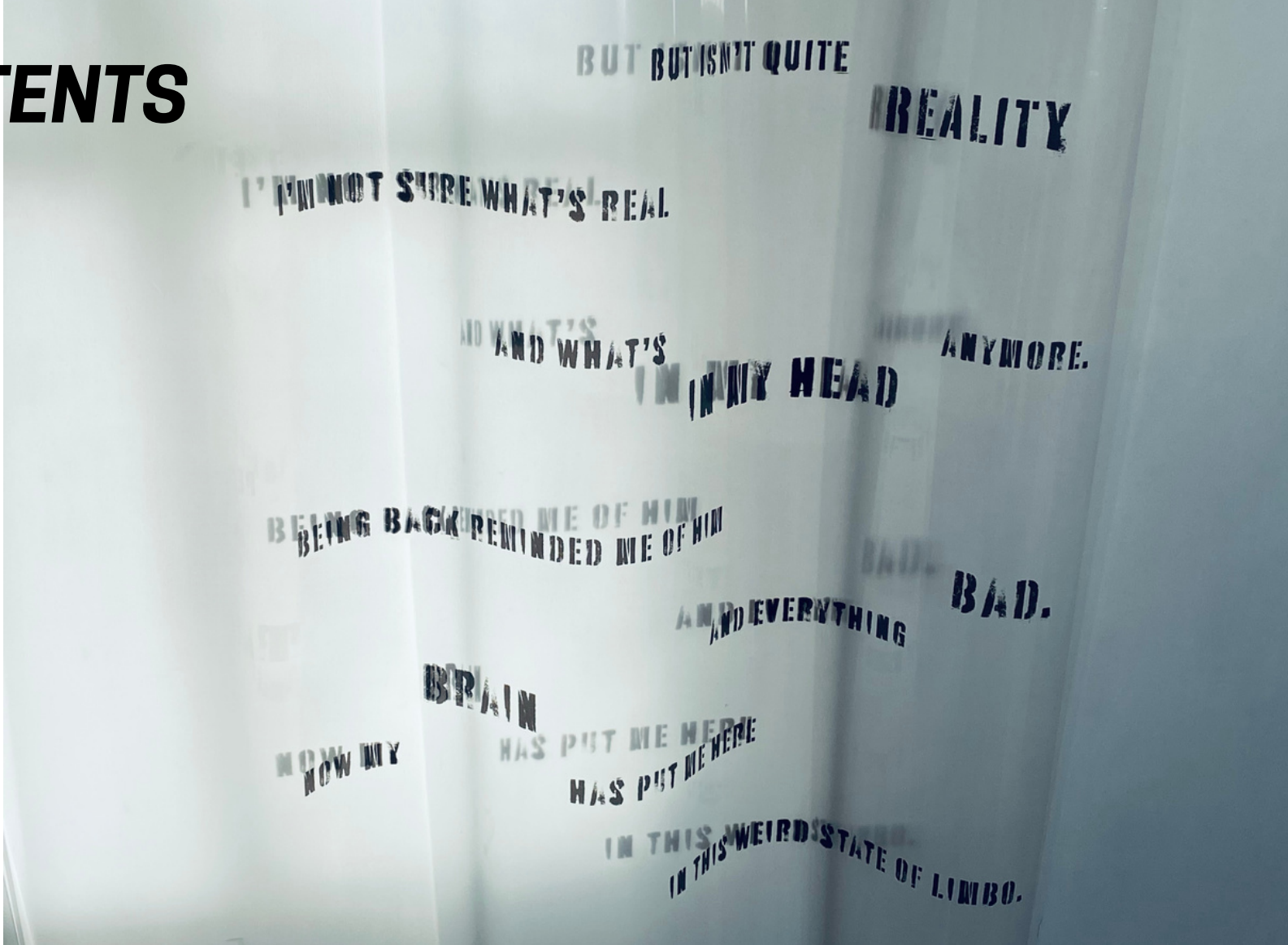
**I HOPE FOR MY ART TO DO FOR OTHERS WHAT IT HAS DONE AND CONTINUES
TO DO FOR ME EVERY SECOND OF EVERY DAY.**

**TO GIVE A VOICE TO THE VOICELESS.
TO GIVE HOPE TO THE HOPELESS.
TO ACT AS A BEACON FOR THOSE THAT NEED IT MOST.**

PAIN IS NOT WEAKNESS, IT IS STRENGTH.

USE IT.

CONTENTS



ARTIST STATEMENT

Information for the Patient, 2020

Happy Now?, 2022

A Stream of Consciousness, 2020

Wings of Healing, 2022

PUPPET, 2019

Distressing Fashion, 2022

FEATURED EXHIBITIONS

Melting Me, 2022

ARTIST STATEMENT

I am a multidisciplinary artist whose practice has become a primary coping mechanism for me to express complex emotions without fear or judgment. When I am in a difficult and overwhelming mindset, I often respond to this by producing work, by writing or painting, sculpting or taking photographs. My work is an expansive journal of my emotions that I put on display for the world to see and that helps me to recognize and experience these feelings from an outside perspective. Throughout my exploration of this relationship, I have discovered the two are in fact so deeply interlinked that one is indistinguishable from the other. I produce artwork with the sole purpose of connecting with viewers because of my own, personal yearning for connection.

My work is born from my struggles, exists in my studio space, but it only ever truly gets the opportunity to live when it is installed where others can engage with it. Once it has fulfilled its purpose to form a relationship with the viewer and provoke discussion, the work then dies and will never take the same form again. It's soul however, is my soul and it will be reborn in a different body of work.



Happy Now?



Text piece composed of nine 6x6 canvas panels.

Each letter has been printed onto each individual canvas using empty tablet packets from Citalopram, Sertraline and Fluoxetine; all medications which are commonly used to treat anxiety and depression.

The work was selected by Original Magazine to feature in the exhibition Pause for Thought which ran from 20th-27th May 2022 at The Shoe Factory, Norwich.



Happy Now?, 2022.

As part of *Pause for Thought* Exhibition

Original Magazine in collaboration with ArtatWork.

Wings of Healing

Wings of Healing, 2022 is driven by notions of power and freedom, reflective of my my own state of mind as I come towards the end of a journey of healing I have undertaken over the past year. The body of work primarily focuses on paying homage to progress I have made in my own journey of recovery as a survivor of both physical and emotional abuse. However, I also hope it encourages other survivors to come forward and talk about their own experiences or at least act as a beacon to remind people that they are not alone.



The hope that I have woven into this project is something which is newly discovered and it is this newly found hope that for me, has formed the backbone of this work. Something which has become increasingly clear to me in my most recent bodies of work is that my creative practice and my own personal well-being are so deeply interwoven with one another that it is difficult to separate them.

To capture the photos that featured as part of the final body of work alongside the sculpture, I collaborated with Norwich based Photographer Steven Spicer.

www.spicer.photo.co.uk





Being photographed feels extremely vulnerable to me and this collaboration involved me stepping out from behind my artwork and in front of the lens, something which I had never done before.

Distressing Fashion



Distressing Fashion, 2022 is a project in which I explored the destruction and distressing of clothing within the fashion industry, with specific emphasis on Haute couture. As part of this project I also researched the impact that the genre of horror has had on the fashion world, from costume design in films and television, to its influence on runway collections such as Alexander McQueen's *Jack the Ripper Stalks his Victims*, 1992.

The body of work I produced in response to my research consisted of a series of experimental garments reflecting horror, the objectification of the female body and abuse. Although initially an unconscious decision, the destruction and repairing of women's clothing is heavily reflective of my own experiences identifying as a woman who has suffered a history of abuse at the hands of a man, the process of healing from this abuse and using my work as a reflection of these experiences.



**The *Blood Bodice*, 2022
part of *Distressing Fashion*.**



Distressing Fashion and Melting Me.
Shown as part of the MA Fine Art Exhibition
East 22 Collective.

Melting Me

Melting Me, 2022 is a sculptural installation which aims to convey ideas surrounding transformation and impermanence.



My practice has always been heavily reflective of my personal journey with depression, dissociation and intrusive thoughts; making work that reflects my own struggles acts as a healthy platform to outwardly express difficult emotions whilst fulfilling a need for connection with others.

The melted state captured by my wax portrait bust and hands is representative of both my own past self-destruction and vulnerability, but also a change in state, a ritual in which I destroy my old self and therefore an act of healing and strength.





"My favourite part of my practice is the connection that forms between myself, the artwork and the viewer when I have successfully embodied and emotion/feeling within a physical piece of art..."

...There is something incredibly powerful that is shared within that moment that makes me remember why I want to spend my life creating art."

-Quoted from an email interview with EAAF director Amanda Geitner.

Information for the Patient

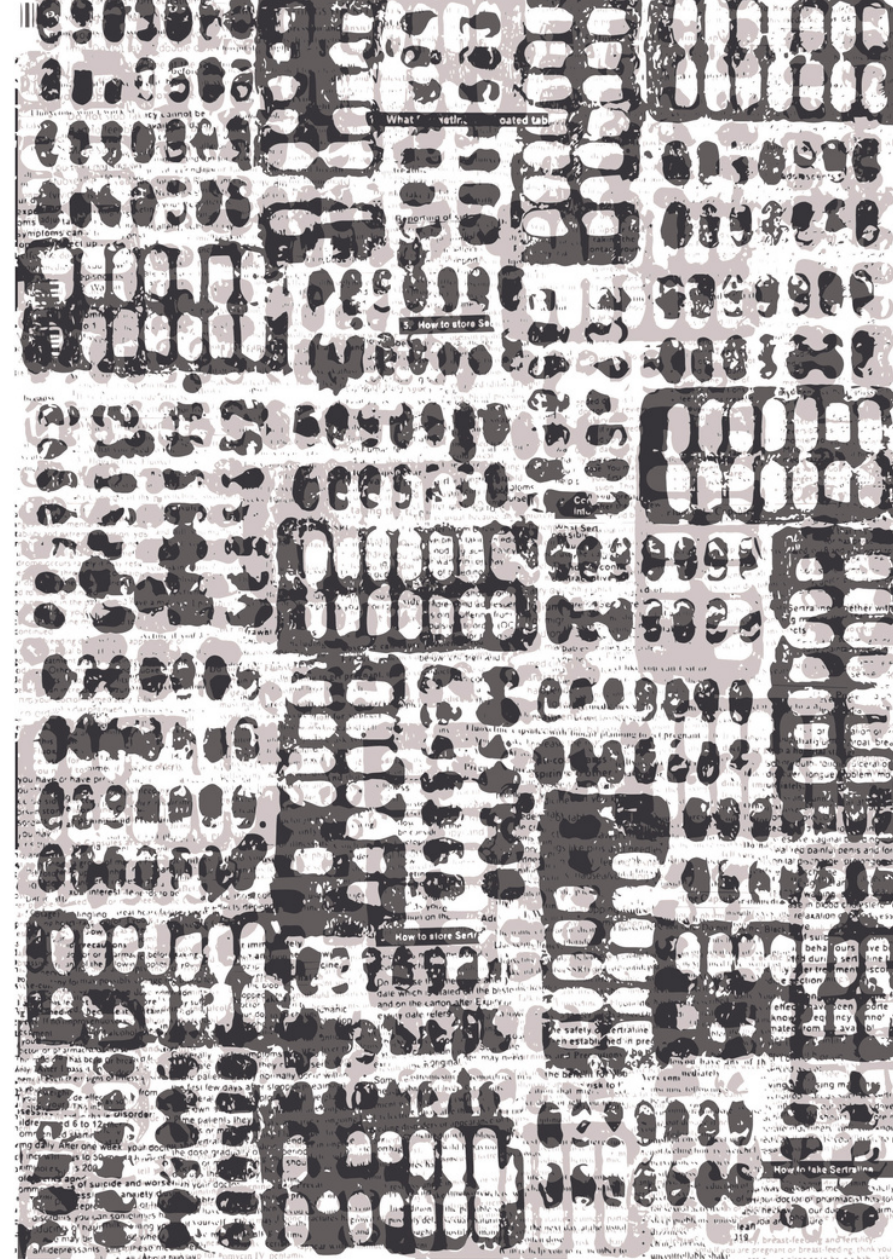
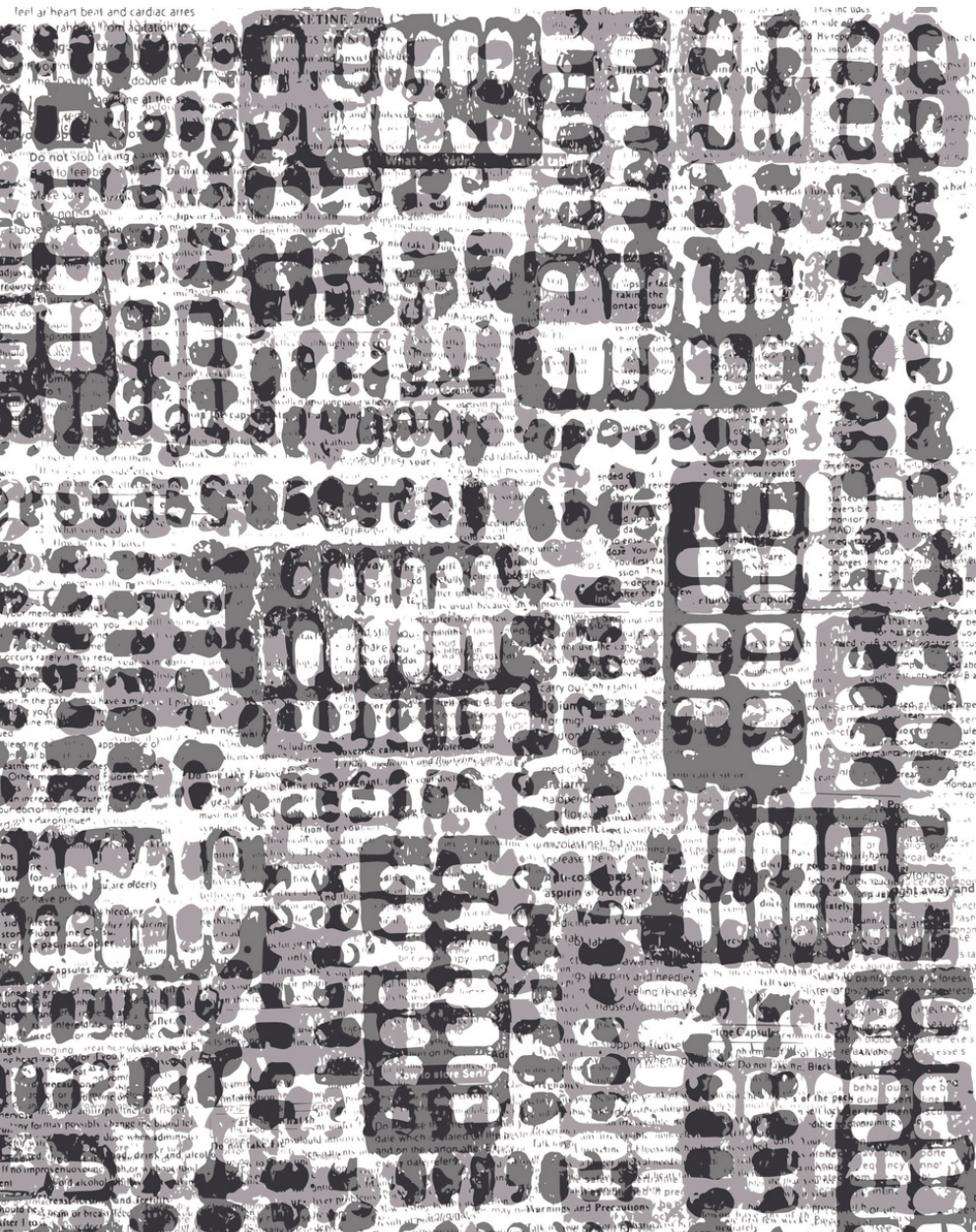


Information for the Patient, 2020 explores the use of medication to my depression and anxiety through a series of three digitalised, abstract canvases. These canvases have been created using a collage of information leaflets collected from my medication over a period of six months, in which I transitioned from taking Sertraline to Fluoxetine.

I chose to print on the leaflets I had collected using the empty pill packets, painted with black ink. The ink acts as a mask for some words whilst highlighting others, further distorting the fragments of information. Whilst transitioning medication, I experienced some notable side effects such as fatigue, vivid dreams and distorted thinking which I have portrayed through the creation of these canvases.

Information for the Patient, 2022.

Original Digitised Prints.



A Stream of Consciousness



A Stream of Consciousness, 2020 is an online video installation situated within a website designed specifically to accommodate the featured videos and also form part of the artwork in its totality.

Within this installation I explored themes surrounding consciousness, thought processes and how they are affected by anxiety and depression. This is portrayed through a series of videos which feature interactions between multiple performers and a mass of shredded paper. As the paper begins to defy gravity and engulf the performers, they are forced to participate in a ritualistic dance that enacts the freeing of the overwhelming thoughts consuming their unconscious mind.

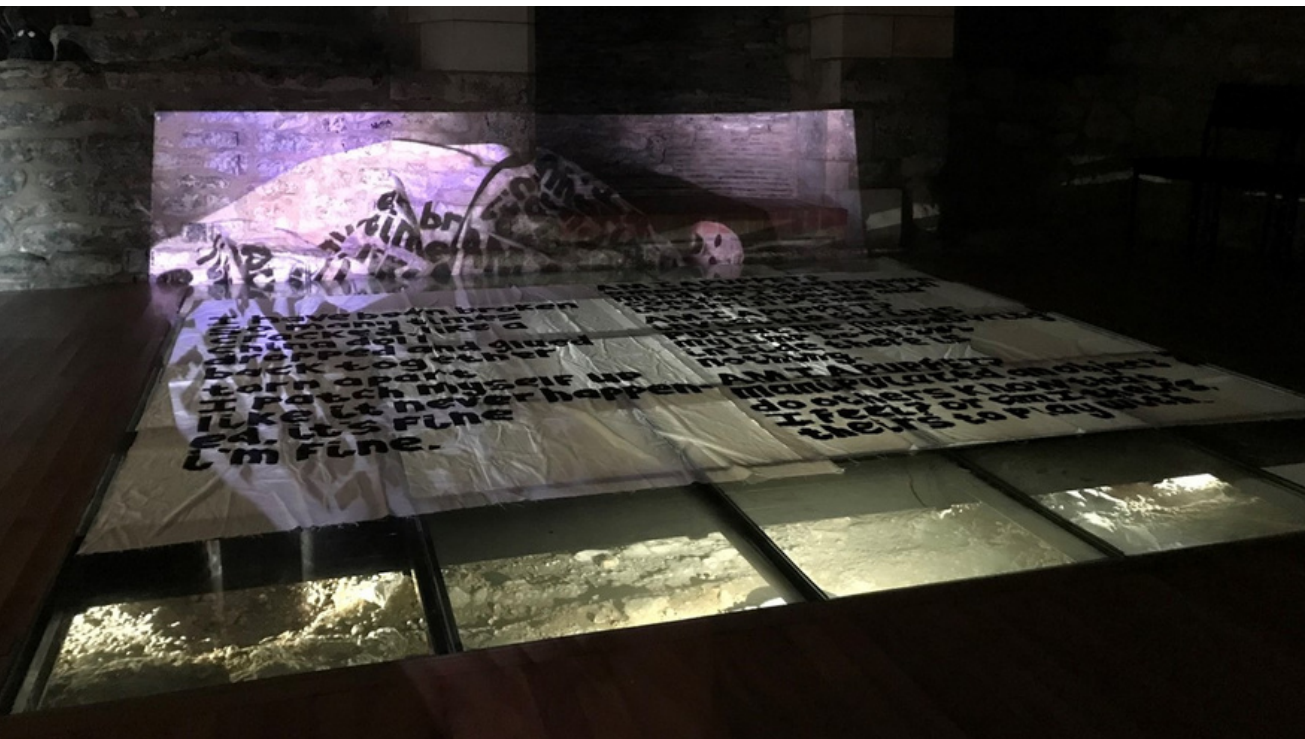


A Stream of Consciousness, 2020.

Part of *The Space Between Us*, University of Lincoln BA (Hons)
Fine Art showcase.

PUPPET

PUPPET, 2019 was an exploration of how mental health disorders can warp your thoughts and feelings, controlling you from the inside like puppet. My aim when developing this artwork was to pose the question, are we a puppet of our own minds?



The work was shown in form of a video installation at St Mary's Guildhall, Lincoln, as part of the student-led exhibition SAFE SPACE. This was the first exhibition in which I helped to independently develop, curate, organize and advertise an exhibition outside of a university setting.



FEATURED EXHIBITIONS

Masters Showcase.

Norwich University of the Arts, 15th- 17th September 2022.

Unapologetically Me.

Empowering Art Platform, The Space, Roundtree Way, Norwich, 19th- 21st July 2022.

MA Fine Art Exhibition.

St Mary's Works, Norwich, 20th- 27th June 2022.

Pause for Thought.

Original Magazine and ArtatWork, St Mary's Works, Norwich, 20th- 27th May 2022.

PROSPECTS.

Norwich University of the Arts, 24th November- 1st December 2021.

Stay Connected, Virtual Exhibition.

Designed and Curated by Lois Emma Harkin, launched November 2020.

The Space Between Us.

BA (Hons) Fine Art Degree Show, University of Lincoln, launched 22nd May 2020.

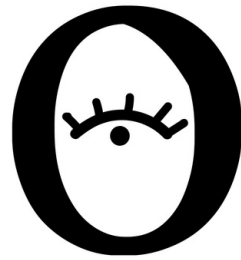
<https://thespacebetweenusart.wixsite.com/degreeshow/home>

SAFE SPACE.

St Mary's Guildhall, Lincoln, 8th-10th May 2019.

Bodies of Practice.

BA (Hons) Fine Art Level 2, University of Lincoln, 13th-19th December 2018.



www.fernsarthub.com