

Art Portfolio

LYDIA ROSE

Multidisciplinary Artist,
Cultural Organiser &
Creative Health Practitioner



Visual Art

Drawings, Paintings & Illustrations



Beigels

Skaped | January 2024

I was commissioned by Skaped to create an art piece about my connection to East London for a community mural.

My illustrated poem is styled as a retro beigel menu to portray my East London Jewish heritage, and expresses themes of displacement and resettlement in the East End.

The Performance

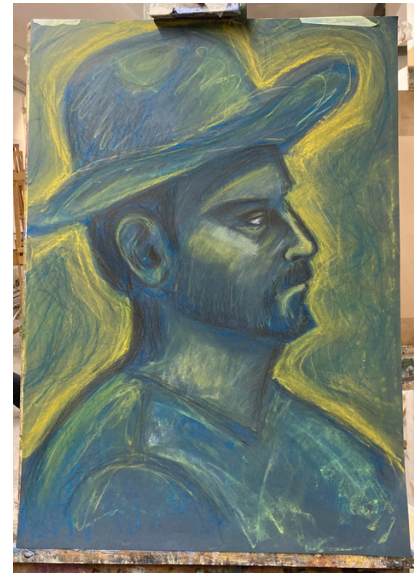
Skaped | January 2023

I was commissioned to create an art piece for a group exhibition at Bermondsey Project Space, as part of a Community Activism training programme I participated in.

My watercolour painting emotes the psychological impact of performing a spectacle of womanhood in a heteropatriarchal society.



Artwork produced at WM College, January 2022 - 2025



Spoken Word

Published & Live Performances

This Body of Mine

November 2023

Funded by London Arts and Health, Arts and Health Hub and Raw Material Music and Media



In November 2023, I published my debut spoken word album “This Body of Mine”. The album includes eight performance poems about my views and experiences of mental health, gender inequality, sexual violence, healing, community and bodily autonomy.

The album was recorded and edited by Alex Rose at Starground Studios, and is available on SoundCloud.

I also designed and created the album cover; a painting that corresponds with many themes in the album.

Spoken Word Performer & Show Host

I’ve performed my poetry at multiple public events in London, such as She Grrrows, Spoken, Window to the Spirits, Mind Over Matter, The Poetry Lounge and Creative Connect.

My spoken word performances explore a range of subjects such as mental health, intersectional feminism, civil society and the environment. I’ve also hosted a number of spoken word and music events and panel discussions with a range of experts.



Photo of me hosting a panel discussion and arts show at The Lucky Club in central London.

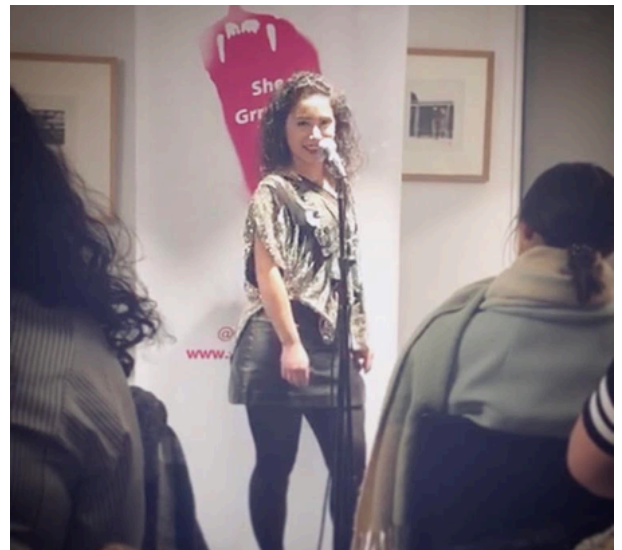


Photo of me performing poetry at She Grrrows, a feminist arts event.

Creative Writing

Print & Online Publications

The Rainbow Sanctuary: Fruit Queer Literary Journal

Issue 7: Queer Space | Published June 2024

My short fictional story, The Rainbow Sanctuary, was published in Fruit, an online journal for queer literature and art. My story explores themes of identity, belonging and solidarity through the narrative of a protagonist who discovers a sanctuary of queer art, literature and community in a queer bookshop and event space.

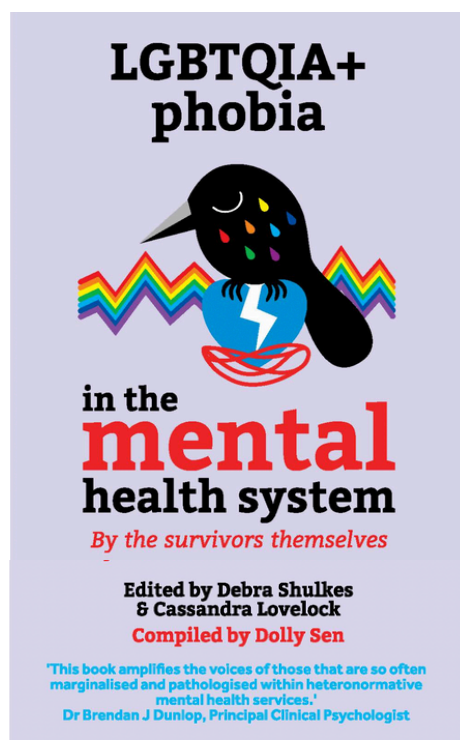
'But here, today, in this room filled with care and solidarity, there is space for us all to be.'

from The Rainbow Sanctuary



Unbound: LGBTQIA+ Phobia in the Mental Health System

Funded by the Wellcome Collection and Unlimited | Published January 2024



I was commissioned to write an autobiographical story for Birdsong from Inobservable Worlds, a series of books created as part of a survivor art project led by Dolly Sen. My chapter, titled *Unbound*, is included in the book highlighting LGBTQ+ survivor memoirs, and is a deep plunge into my world of creatively dealing with trauma and my experiences of the public mental health system.

'For each concise point and smooth alliteration, synchronistic rhyme and artistic narration, pleasure rolls across my skin and dissipates into the space between myself and the person who may someday read my work.'

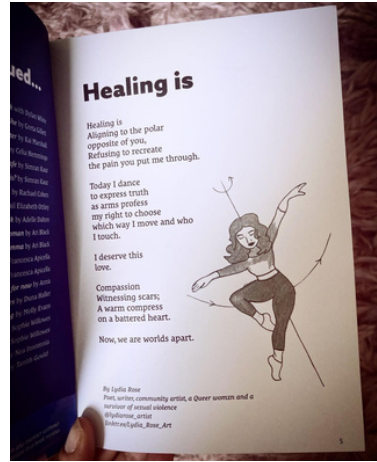
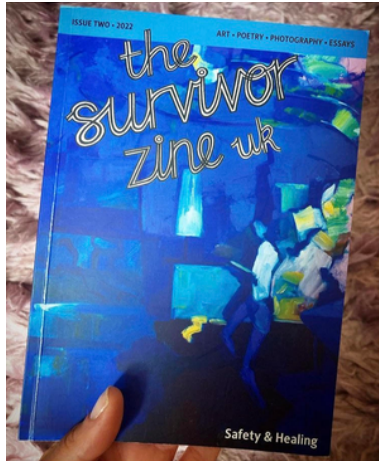
from Unbound

Zines

Printed Indie Publications

The Survivor Zine

Issue 2: Safety & Healing | Published June 2022



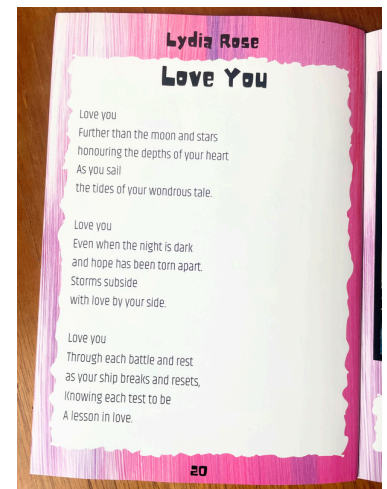
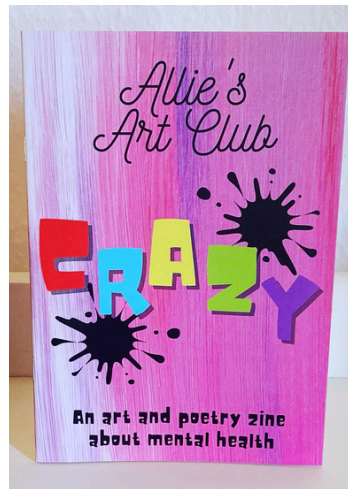
My poem *Healing* is and the accompanying illustration I drew are published in *The Survivor Zine*, which includes a range of art and writing by survivors of sexual violence. All profits raised from their zine sales go towards organisations supporting survivors of sexual violence and abuse.

CRAZY: An Art and Poetry Zine about Mental Health

Allie's Art Club | Published May 2022

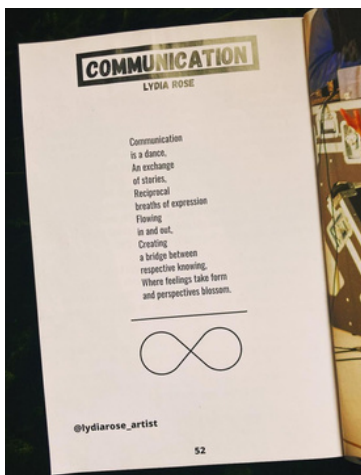
I designed and curated a zine about mental health with art and poetry made by ten local artists connected to Allie's Art Club.

The zine explores topics such as mental ill-health, self-care and supportive relationships, and includes two poems I wrote about self-love and mental health stigma.



SPOKEN: Poetry Is Our Protest

Poetry Under Lockdown | Published November 2021



I designed and curated a poetry zine for Spoken, a grassroots poetry organisation based in Tottenham. The zine includes poems written by 20 poets from London and focuses on themes related to the COVID-19 lockdown and social activism. I also included two of my poems - one about communication and one about volunteering at a food bank.

"Creating a culture of community."

@alliesartclub

Allie's Art Club

Allie's Art Club | Club Pioneer & Co-Founder

Launched September 2021 at the Ringcross Community Centre



Artists at We the Creatives exhibition at Cubitt gallery in 2024.

Since 2021, I've been developing and leading a grassroots community arts organisation to provide fun and inclusive opportunities for local people to connect, express themselves, improve their mental health and wellbeing and create positive social change through the arts.

The club's objectives are:

**CREATIVE
EXPRESSION**

**COLLECTIVE
CARE**

**CULTURAL
EMPOWERMENT**



Community Arts Fair

FOOD ♥ ART MARKET ♥ ARTS & CRAFTS ♥ MUSIC



Poster for community arts fair I organised in 2023.

I've designed and delivered a range of projects and events for Allie's Art Club, including art socials, creative workshops, arts shows, arts fairs and an exhibition. I also raised funds to donate art supplies to 100 families at the food bank where the club was born.



Poster for consultation I organised after registering club as a co-operative in 2023.

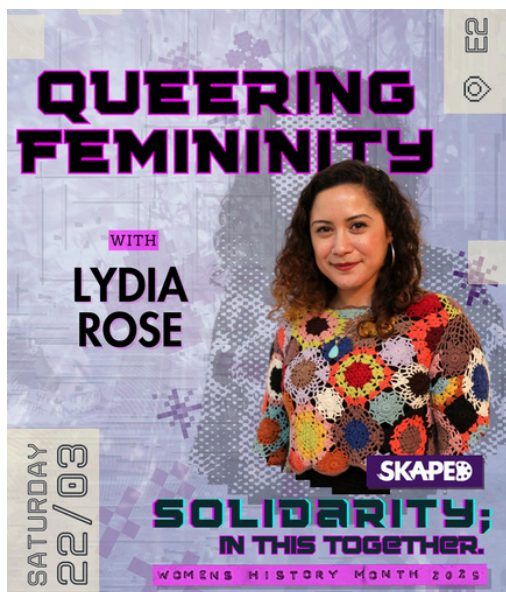


Photo of participants at Creative Hangouts, our free monthly art socials at the Vibast Community Centre, in January 2025.

"Engaging young people with community building and social change."

@skaped

SKAPE



Poetry & Movement Facilitator

March 2025 | at the Vagina Museum

I designed and facilitated a workshop on queering femininity through poetry and somatic exercises for Skaped's Women's History Month programme.

Changemakers After-School Club Facilitator

September - December 2024 | at Grazebrook Primary School

I designed and facilitated weekly after-school workshops exploring human rights through group discussions, games and arts and crafts activities.

Artivism Festival Steering Group Facilitator

June - August 2024

I facilitated a series of workshops for a group of young people to design and coordinate an artivism festival. This included planning and delivering training on artistic activism, facilitating co-design sessions and supporting festival coordination and delivery.



Skaped team and steering group at Artivism Festival at St Margaret's House.

Skaped on Tour Facilitator, June - August 2023

I facilitated workshops exploring subjects such as self-care, consent and artistic activism through arts and crafts and group discussions at various community centres in East London.



Garden gallery for protest poster-making workshop I facilitated.



Participants engaging in arts and crafts activities during a workshop I facilitated.

"Wellbeing through creativity at
the heart of Barking &
Dagenham community"

@greenshoesarts

Green
Shoes
Arts



Creative4Life

Creative Writing Facilitator

February – March 2024

ONLINE 'ECO WRITING' WITH LYDIA

Thursdays 6:00pm until 7:30pm

Join Writer and Poet Lydia for a series of relaxing creative writing workshops online as we read and respond to nature themed poems and create our own written pieces exploring our connections to nature.

I designed and facilitated five weekly online nature-themed creative writing workshops for adults experiencing mental ill-health, as part of Green Shoes Art's Creative4Life programme.

I started each workshop with a somatic breathing exercise, and then facilitated poetry readings, discussions and exercises designed to support participants' wellbeing and connection to nature.

"A community project in
Lambeth around mental health,
the creative arts and
community change"

@creativevoicescollective



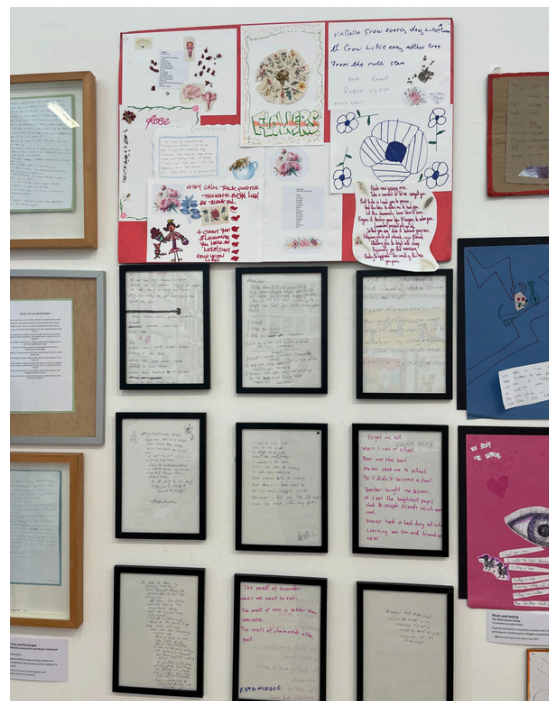
Creative Health Facilitator

At The Well Centre and Connect & Do | Sept 2023 & Jan 2024

I designed and facilitated two creative health workshops for children and young people experiencing mental ill-health in Lambeth.

The workshops included a mix of music, movement, creative writing and collage-making to support the mental health and wellbeing of participants.

The poems and collages made during the workshops were then showcased at Creative Voices Collective's community exhibition at San Mei Gallery.



Participants' art at San Mei Gallery

"Promoting excellence and engagement in the field of creative health."

@londonartsandhealth



LONDON CREATIVE HEALTH CITY BUILDING IT TOGETHER



SUPPORTED BY
MAYOR OF LONDON

ARTS COUNCIL
ENGLAND

Conversation Facilitator, November 2023

At Battersea Arts Centre

I was selected to curate and facilitate a conversation at LAH's event exploring London as a creative health capital city. For this, I co-hosted a conversation with two programme leaders of the Artists' Represent Recovery Network, where we spoke about our experiences and the importance of initiatives like this programme. I then performed an interactive poem to the group and facilitated conversations around art, mental health, inclusion and diversity.

Conference Speaker, October 2023

At the CHWA National Conference in Barnsley

I was invited to design and deliver a workshop at the CHWA National Conference alongside two other cohort members of the Artists' Represent Recovery Network.

Our workshop was titled 'Colours of Change: Art, Health and Anti-Racism', and explored the power of art to dismantle racism and the health inequalities it produces.



Artists' Represent Recovery Network (ARRN) Participant, February - September 2023

Delivered by London Arts and Health, Arts and Health Hub and Raw Material Music and Media



I was selected to take part in this 8-month development programme for 10 ethnically diverse creative health practitioners. The programme provided professional support, training in creative health and the opportunity to build connections with peers.

As part of the programme, I co-facilitated creative workshops at a South London and Maudsley (SLaM) hospital ward.

These workshops utilised photography, poetry, collage and friendly conversation to support participants' wellbeing.

"Empowering young people to speak out through writing and creative arts"

@you_press



Projects & Communications Lead, January - July 2022

For this freelance role, I designed and coordinated a multimedia storytelling programme, facilitated creative writing workshops and organised an event to celebrate cultural diversity.



Photo of participants at the Culture Evening event, where I facilitated discussions around race, nationality, heritage and art.

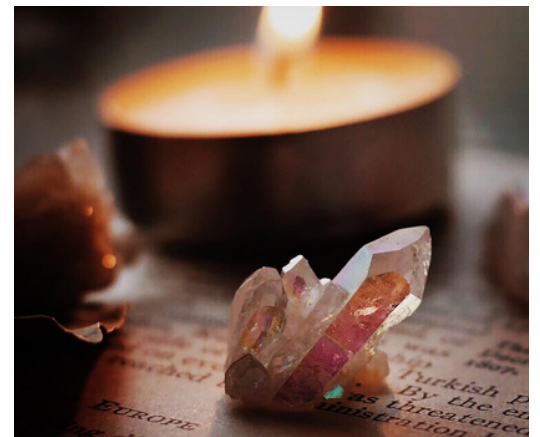


Photo of me facilitating a poetry workshop focusing on personal identity.

I also edited articles by interns and created informational content for You Press' website, in addition to writing articles for their blog, such as:

Crystal Meditation: Training my ADHD Brain One Rock at a Time

'Crystal meditation has worked wonders for my ADHD, helping me to manage and improve many of the challenges of this form of neurodivergence.'



Creative Writing Intern, March - June 2021

For this internship with You Press, I wrote journalistic articles for their blog on a range of topics, such as food poverty, mental health, women's rights and artistic activism.



The UK's Food Crisis: A View from a North London Food Bank

'Malnutrition and other experiences related to food insecurity have a number of consequences for those directly impacted, including lowered life expectancy, weakened immunity, poorer mental health and wellbeing, lower educational outcomes and unstable employment.'