2026

LYDIA ROSE

Interdisciplinary Artist · Cultural Organiser · Creative Health Practitioner





ART PORTFOLIO

Visual Art · Spoken Word · Creative Writing · Zines · Community Arts Practice

Selected works and projects

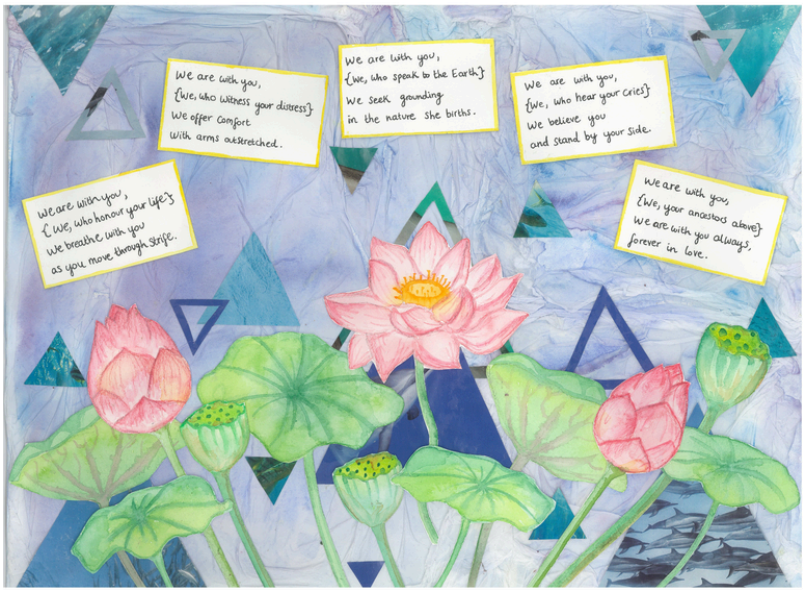
Visual Art

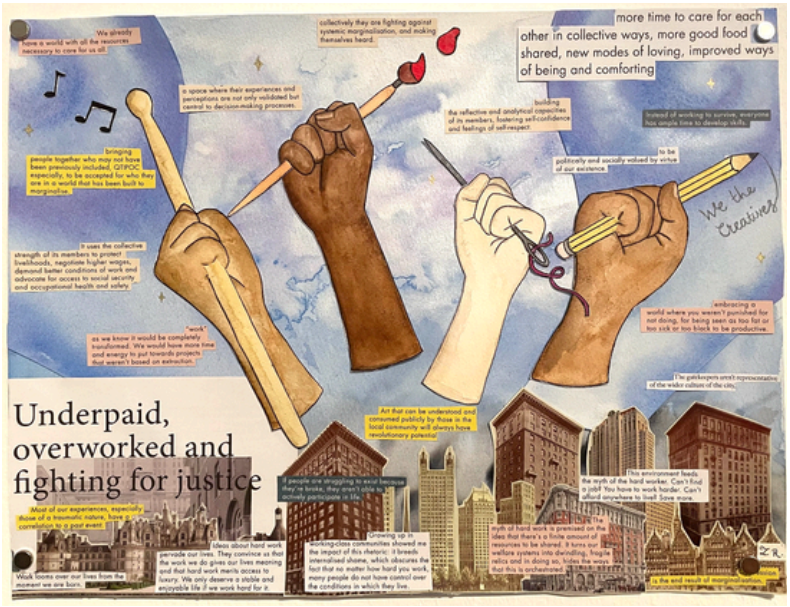
Collages

We Are With You
Healing Justice London | February 2025

I was commissioned by HJL to create a mixed media collage on deep care during a mental health crisis for their online creative archive In Practice.

My collage includes a poem I wrote expressing holistic care as an act of solidarity, botanical watercolour paintings, and a background of wet tissue and nature photography cuttings.





UN/REST
Cubitt gallery | November 2024

UN/REST was showcased at *We the Creatives*, a group exhibition I organised and curated at Cubitt gallery.

The piece depicts the power of creativity for collective care, rest and resistance, and includes watercolour paintings, graphic images and textual magazine cuttings from gal-dem.

Ecologies of Care
Synergi | April 2024

I was commissioned by Synergi to create a collage for their online archive exploring abolition on the intersection of mental health and racial justice.

Ecologies of Care includes a mix of text and nature-themed imagery to express the core principles of abolition and the abundance of life-affirming systems and relations.



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.

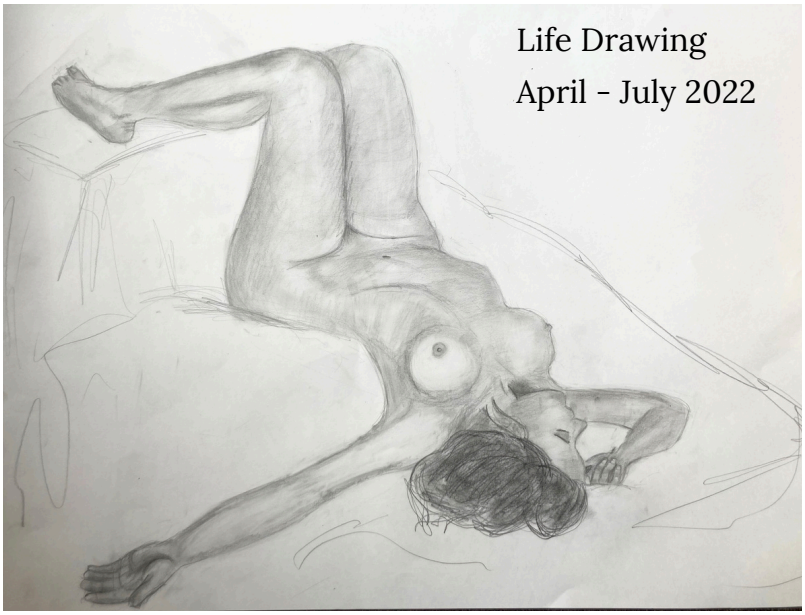
My illustrated poem is styled as a retro beigel menu to portray my East London Jewish heritage, and expresses themes of displacement and resettlement in the East End.

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 Artivism training programme I participated in.

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





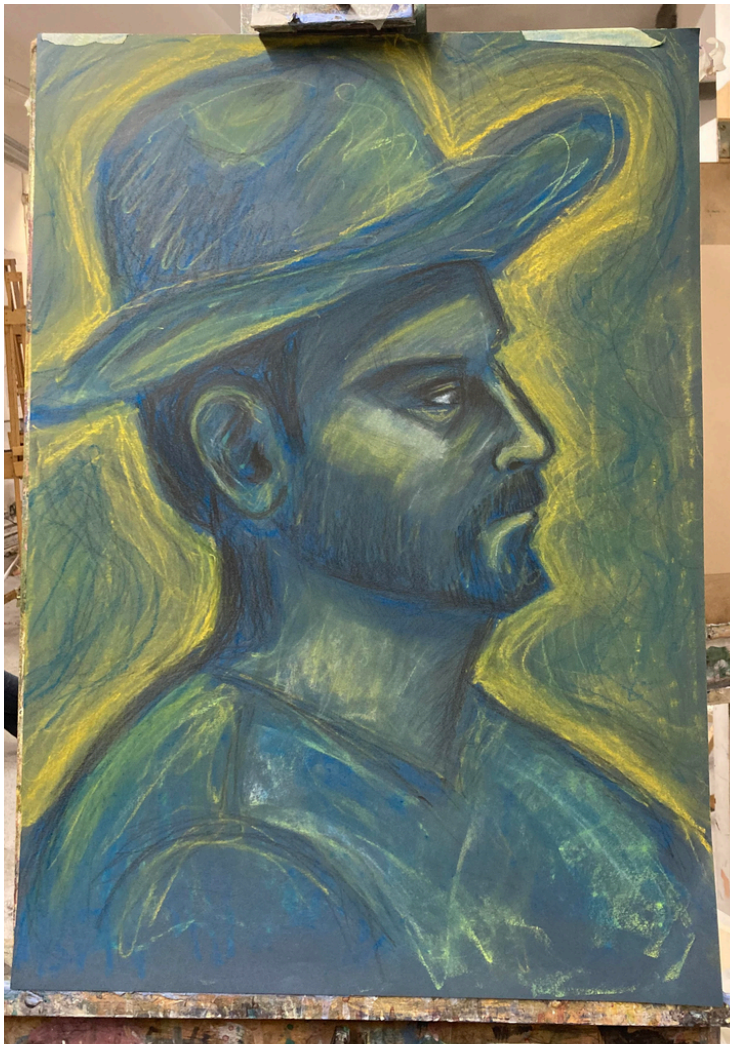
Life Drawing
April - July 2022

Artwork produced at WM College
January 2022 - December 2026

Since 2022, I've undertaken a range of art courses at WM College to develop and expand my visual art skills, exploring different techniques, materials and approaches across drawing, painting, printmaking, fashion and mosaic.

Portrait Drawing & Painting

September - December 2022 & April - July 2025







Botanical

Drawing & Painting

January - March 2022

& April - July 2023



Visual Art

Mosaics



Koi in Pisces

July 2026



All That Shimmers

September 2026

These two mosaics draw inspiration from aquatic life, exploring themes of identity, diversity, nature and wellbeing. Combining glass and ceramic materials with organic forms and symbolism, the works reflect my interest in the natural world and its connections to human experience. Both pieces were exhibited as part of the Fun Palaces exhibition at Rosetta Arts in October 2026.







Coaster experiments

April - June 2026

I've undertaken training with the London School of Mosaic at WM College, and completed a range of mosaic practice pieces.

Spoken Word

Published & Live Performances

This Body of Mine

Published 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 Grrrowls, 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 Grrrowls, 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.

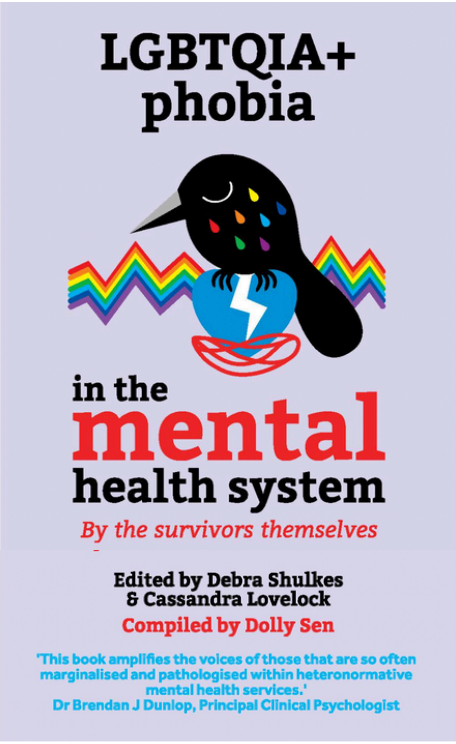
'But here, today, in this room filled with care and solidarity, there is space for us all to be.'

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.'

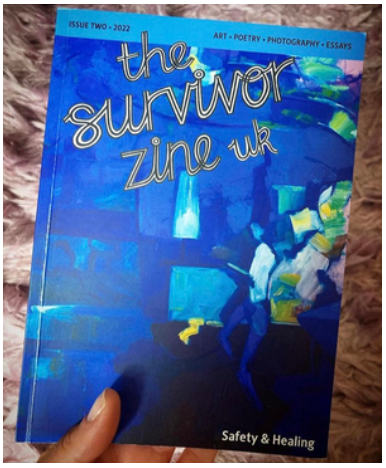
from Unbound

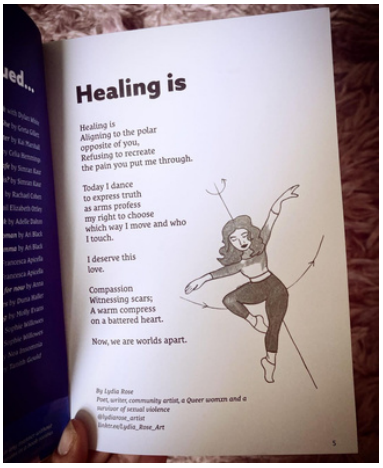
Zines

Printed Indie Publications

The Survivor Zine

Issue 2: Safety & Healing | Published June 2022



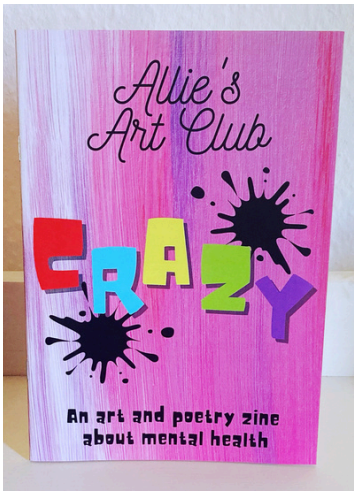


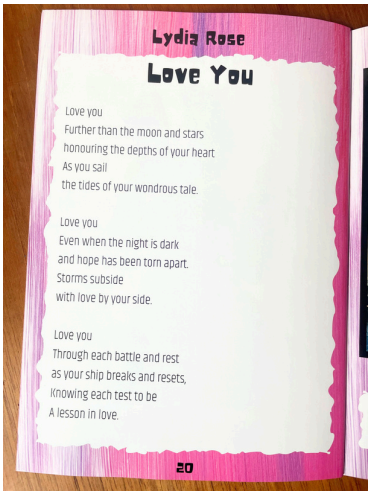
My poem *Healing is* and the accompanying illustration I drew are published in The Survivor Zine, which includes a range of art and writing by survivors of sexual violence.
All profits raised from their zine sales go towards organisations supporting survivors of sexual violence and abuse.

CRAZY: An Art and Poetry Zine about Mental Health

Allie's Art Club | Published May 2022

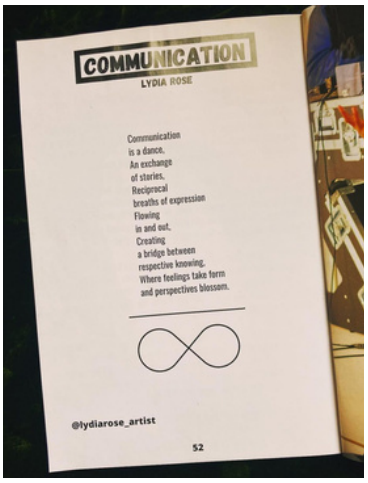
I designed and curated a zine about mental health with art and poetry made by ten local artists connected to Allie's Art Club.
The zine explores topics such as mental ill-health, self-care and supportive relationships, and includes two poems I wrote about self-love and mental health stigma.





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 led the development and delivery of Allie's Art Club, a grassroots community arts cooperative providing fun and inclusive opportunities for creative expression, collective care and cultural empowerment.

The club's objectives are:

CREATIVE EXPRESSION

COLLECTIVE CARE

CULTURAL EMPOWERMENT



Poster for community arts fair I I organised in 2023.

I've designed and delivered a range of projects and events under Allie's Art Club, including art socials, creative workshops, open mic shows, arts fairs, an exhibition and a collection of co-designed banners and murals.
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 cooperative in 2023.



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

Islington Council partnership
October 2025 - February 2026

ISLINGTON

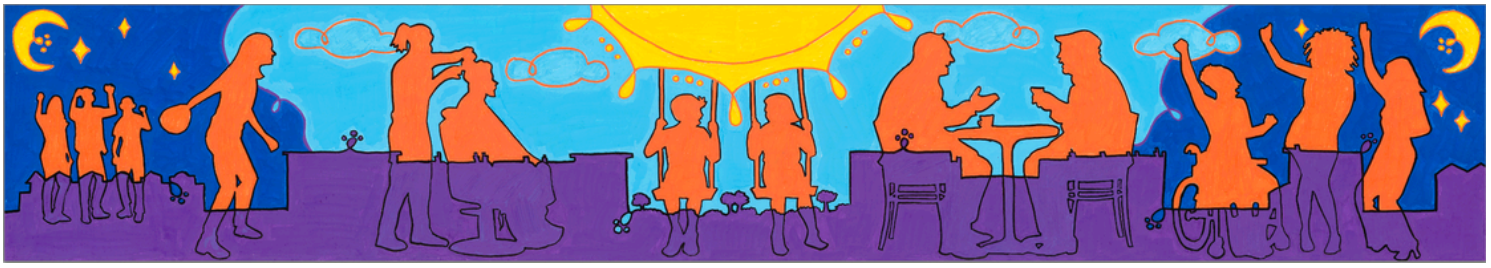
Allie's Art Club

Funded by UK Government



Vinyl lamp post banners installed across Finsbury Park town centre, representing local creative industries, including fashion, theatre, dance, and music

As part of Islington Council's 'Destination Finsbury Park' programme, I was commissioned to design and facilitate community consultations and co-design sessions with local residents and businesses. Drawing on the design ideas from these sessions, I developed the final artworks for two vinyl murals and a series of 104 lamp post banners installed in Finsbury Park tube station and surrounding town centre.



Artwork for vinyl mural (6.04m x 1.05m) outside Finsbury Park tube station, showcasing diverse local communities, activities, and spaces



Artwork for vinyl mural (5.02m x 1.32m) inside Finsbury Park tube station, welcoming passersby

“Inclusive visual arts programmes that nurture creativity , wellbeing and creative careers”

@rosettaarts

ROSETTA ARTS



Creative Programmer

February 2026 - present

As the Creative Programmer at Rosetta Arts, I design and manage Rosetta’s core programmes at its community arts centre in Newham. These have included a range of visual arts courses for adults, children’s art courses and family-friendly events, such as our Fun Palaces: Nurturing Health & Wellbeing Through Creativity in October 2026.
I also connect and partner with local community and health services to develop our programme’s support pathways, and lead our Advisory Group to ensure the community shapes our work.



As a venue under the Mayor’s Loved & Wanted initiative, I’ve organised Rosetta’s programme of free monthly workshops, collaborating with artists specialising in crafts such as Paisley block printing, Islamic geometric art, West African textile printing and Korean painting.

I also facilitated a Loved & Wanted workshop for neurodivergent participants to explore mosaics in an inclusive and accessible space.



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

@skaped

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 & 2025

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.



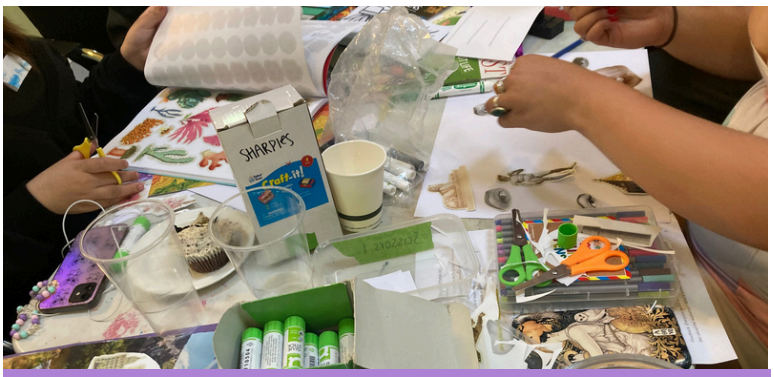
Skaped team and steering group at Artivism Festival at St Margaret's House.

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.

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

@londonartsandhealth



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:
Calming 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.'