



2024 Bow Open x Lindsey Mendick
present
A Personal
Treasure

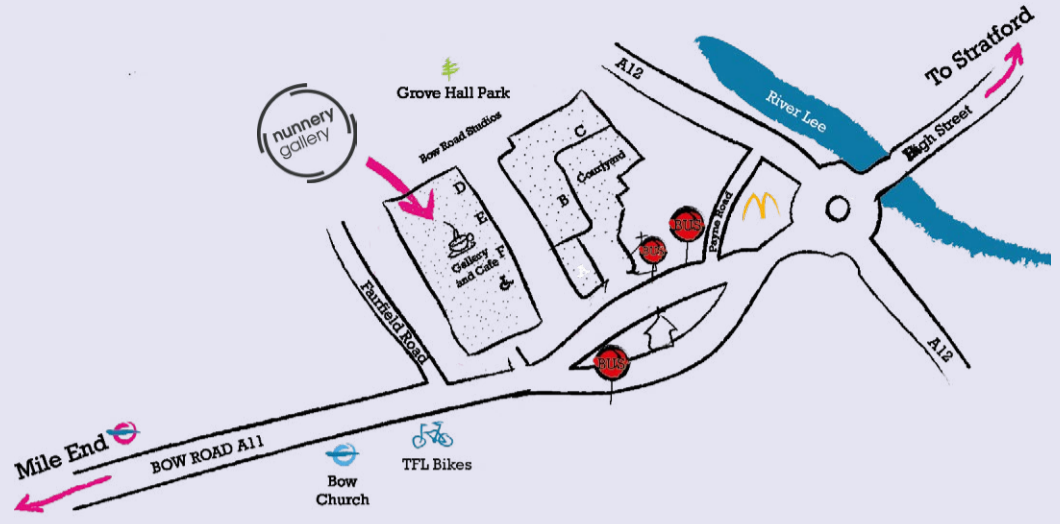
Exhibition & Events
7 June - 25 August 2024



visit us

Housed in a former 19th-century convent building, surrounded by our artist studios, the Nunnery Gallery is Bow Arts' not-for-profit art space. Our programme pushes boundaries with an original and creative approach that explores the stories of east London and celebrates today's artistic talent. Open to the public six days a week, all exhibitions are free to enter.

Since 1994, Bow Arts has nurtured London's diverse creativity and talent, providing artists and creatives with affordable workspace and connecting them with local communities.



nunnery gallery

181 Bow Road, London E3 2SJ
Tuesday to Sunday, 10am-4pm

nunnery café and shop

Monday 9am-1pm, Tues-Sat 9am-4pm,
Sunday, 10am-4pm

all exhibitions are free entry

find us

Tube Bow Road **DLR** Bow Church
Buses 8, 25, 108, 205, 276, 425, 488
Cycle CS2
Wheelchair accessible

contact

020 8980 7774
nunnery@bowarts.com
bowarts.org/nunnery



Images, front page: Cecily Loveys Jervoise *Glimpse* (left), Haydn Albrow *Serious Quarrels* (right); centrefold: Gaby Jonna *The Echo that Pulled Me from Slumber* (left), Emma Franks *Max* (right); this page: Paul Westcombe.



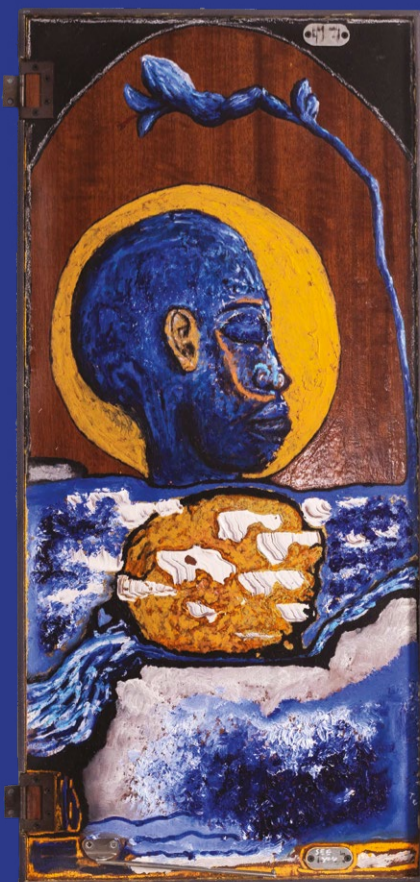
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A Personal Treasure

Exhibiting artists: Haydn Albrow, Sadeqh Aleahmad, Nicky Amin, Isobel Atacus, Joy Baek, Rachel Bailey, Hannah Billett, Rhys Brown, Christina Brown, Eleanor Burkett, Tommy Camerno, Catherine Chambers, Yuyang Chen, Michael Coppelov, Nathalie Coste, Piero D'Angelo, Laurie Fitzgerald, Emma Franks, Ben Goldnagl, Cecily Loveys Jervoise, Gaby Jonna, Woo Jin Joo, Katka Krajči, You Liang, Lindsey Jean McLean, Tabitha Powles, Harriet Richardson, Moussa David Saleh, Sila Sen, Cameron Ugboodu, Fredrix Vermin, Paul Westcombe, Maddie Yuille.

Bow Arts' annual Bow Open Show showcases the talent and diversity of art being made across the charity's artist community, selected by a guest curator. This year's curator, visual artist Lindsey Mendick, invited submissions with her provocation "A Personal Treasure", and has gathered work from 33 artists, various in media and all distinctly precious for sharing a treasured notion.

Laid out in a museum style under the gothic arches of the Nunnery Gallery, the show spans painting, sculpture, ceramics, textiles, video, and millinery, with small objects collected in intimate groups in vitrines. The exhibiting artists include some of Bow Arts' brightest stars and growing talent, and the show is a chance to explore some of the most exciting art being made across east London.



Suitably eccentric and theatrical, Mendick's selection of treasures range from a wearable Sicilian cassata cake (Michael Coppelov), a series of tufted swords embellished with ceramic teeth and trinkets (Haydn Albrow), and fantastical sensory worlds drawn on coffee cups (Paul Westcombe).

What artists have chosen to share is beautiful, both visually and personally: Cameron Ugboodu's *Das Kind mit den goldenen Knochen steht wieder auf ungebroschen* (*the child with the golden bones stands up again*) (left), gleams with gold and contrasting deep blue, reminiscent of church painting, reflecting on transformational reflection and connecting the artist's family origins from Benin City (Edo State, Nigeria) with a Christian upbringing and birthplace in the Wachau (Austria). Sadeqh Aleahmad's *Poems for Keeping Warm* (above) is a performative installation exploring the politics and ritual of metamorphosis. Aleahmad wrote daily poems on logs he found floating in the canals around his houseboat, then burnt them to keep warm; during the exhibition, he will invite visitors to do the same.

Join us to explore Mendick's plethora of treasures, and get further involved through the lively accompanying event programme, including our annual Bow Road Open Studios, late night openings, and hands-on workshops for all ages with our artists - open up this leaflet for the full programme!

A Personal Treasure

Event Programme



June

Open Studios: BowFest

Friday 21 June, 5-9pm & Saturday 22 June, 10am-4pm FREE

Don't miss Bow Arts' biggest event of the summer! Meet our community of over 100 talented artists working at our flagship site, Bow Road. Join us in the Courtyard for live music, a makers market, family workshops, food stalls and more....

Bow Families: sculpt your own Personal Treasure with Hernán Guardamagna

Sunday 30 June, 11am-1pm, FREE, Bow Arts Courtyard, (drop-in)

Working with clay and paint, join us for a hands-on drop-in session to create miniature sculptures inspired by a personal treasure. Open to children/families of all ages. All materials provided.

July

Late Opening: First Thursday Lates

Thursday 4 July, 6-9pm FREE

An afterhours chance to explore the exhibition – and with our Nunnery Café open late every Thursday, finish the evening with a cocktail or locally brewed draft pint.

Workshop: mapping identities, memories, and food cultures through clay with Yasmin Falahat

Sunday 7 July, 10.30am-1pm, Bow Arts Courtyard, £12/£10

How do objects and foods pass down memories? How do they inform who we

are and the construction of our identities? These are the questions that root Yasmin Falahat's hand-building workshop as we share, mould, and pay homage to the stories and archival powers that objects hold through clay. All materials provided.

Workshop: practising Qi Gong and communal energy healing and cultivation with bones tan jones

Sunday 14 July, 2-4pm, Bow Arts Courtyard, £7/£5

Rooted in core Qi Gong principles and ideas around energy cultivation, explore a movement practice that tends to our internal energy, which we will then transform into sculptures made from paper clay. All materials provided.

Bow Families: create your own vibrant prints with Hernán Guardamagna

Sunday 28 July, 11am-1pm, Bow Arts Courtyard, FREE (drop-in)

Reminisce through your creativity as we create our own vibrant and textured prints honouring cherished memories with fashion and footwear designer Hernán Guardamagna. Open to children/families of all ages. All materials provided.

Workshop: exploring rituals of care through shrine-making with Cora Sehgal Cuthbert

Weds 31 July, 6-8pm, Bow Arts Courtyard Room, £7/£5

Drawing upon the centrality of love to her practice and her Hindu and Christian background, join multidisciplinary artist Sehgal Cuthbert to make a mini, portable shrine as a means of loving and extending care to the world around us and ourselves.

August

Live Performances: First Thursday Lates

Thursday 1 August, 6-9pm FREE

An afterhours chance to explore the exhibition, alongside two live performances from exhibiting artists Sadegh Aleahmad and Harriet Richardson. Aleahmad will be activating his installation by inviting visitors to write poems on wood, which he will later ceremonially burn. Richardson will be revisiting the '90s, recreating her teenage computer set-up and inviting visitors to chat live on MSN.

Workshop: mask-making and masquerade with Maya Gurung-Russell Campbell

Sunday 4 August, 2-4pm, Bow Arts Courtyard, £7/£5

Drawing inspiration from the longstanding traditions of mask-making and masquerade in the Caribbean and Nepal, join artist Maya Gurung-Russell Campbell to create masks that embody folkloric storytelling and honouring nature through ritual.

Workshop: exploring dream states and glyphic communications through clay with Haydn Albrow

Saturday 10 August, 2-4pm, Bow Arts Courtyard, £12/£10

Grounded in ideas around universal languages, dream states, and the deep memories that objects hold, join exhibiting artist Haydn Albrow as we build our own clay vessels to act as carriers and homes for our dreams.

Walk & Workshop: to resonate with time – a writing workshop with Sheyamali Sudesh

Sunday 18 August, 2-4.30pm, Soanes Centre & Tower Hamlets Cemetery Park, £5/£3

Who lived here before us and what does writing about their lives reveal about us? Taking inspiration from a walk in Tower Hamlets Cemetery Park, join artist Sheyamali Sudesh as we use writing and mixed media to root storytelling in our own history, local ecology and that of historical people from East London.

Bow Families: bring bling to your shoes!

Sunday 25 August, 11am-1pm, Bow Arts Courtyard, FREE (drop-in)

Join fashion and footwear designer Hernán Guardamagna to design and customise your very own unique overshoe accessories, inspired by a personal treasure. Open to children/families of all ages. All materials provided.

Book all events online at bowarts.org/whats-on

All prices are listed full price / concession (concessions include students, over 65s, those seeking employment and Bow Arts studio holders or artist educators).

