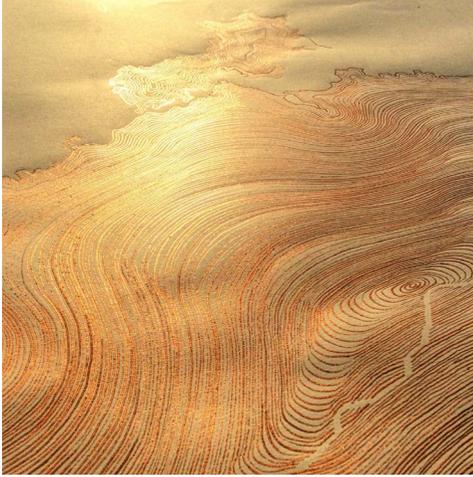
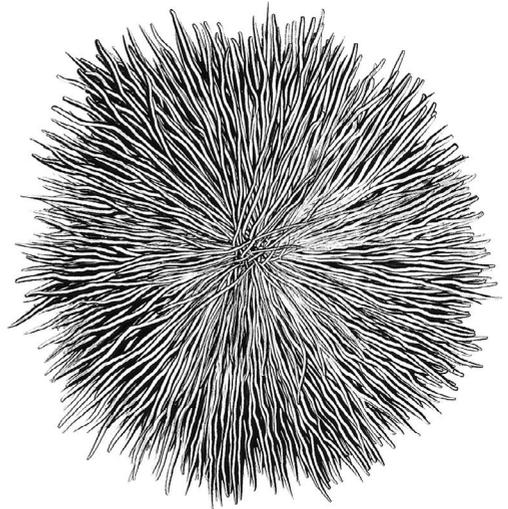


# MODERN ART OXFORD



EXHIBITION NOTES



## Flow

An interdisciplinary online exhibition  
exploring ideas and creativity

**"Flow is an imaginative form that shapes our perception of the world and it is a reminder of our understanding of space around us which has an origin in the past and resonates through to the present so that one is able to remain in a state of comfort and joy." – Hamideh Rimaz, *Flow* creative**

Modern Art Oxford and Oxford Brookes University are proud to present the online project, *Flow*, the first collaborative exhibition of artists co-curated by Modern Art Oxford volunteers. The exhibited works are selected from a county-wide call out for images, sounds, text and objects that reflect individual experiences of being in creative 'flow'.

Celebrating a range of practices across Oxfordshire, the exhibition asks us to question where our ideas come from, and how we may cultivate new ideas. The exhibition features a diverse array of creative works, from poetry and dance, to beam particle simulations and abstract architectural plans. *Flow* demonstrates that our own creative process is distinctive to us all and highlights the need for creativity in a particularly turbulent, uncertain time.

The group exhibition features work by: Mariana Acevedo, Sue Chamberlin, Maisy Charlett, Mark Clay, Claudia Collett, Angela Edward, Jake Flowerdew, David Gasca, Charlotte Grocutt, Kate Hipkiss, Claire Leech, Mirren Kessling, Julia Mallaby, Simon Mandarino, Kashmira Patel, Hamideh Rimaz, Saskia Saunders, Ella Shepard,

*Flow* is co-curated by: Russell Antcliff, Jack Carrera, Elvira Faizova, Natalia Murashova, Laila Pipara, Deborah Pill, Maria Robertson, Jeremy Servian, Lillian Tranborg, with Creative Associate, Laura Purseglove.

Workshop with Modern Art Oxford  
*Flow* curatorial team, March 2020.  
Photo by Helen Messenger.





**"For me I find my flow within retelling stories of the past, forming connections between objects, ephemera and memories to tell a story through a tactile and tangible manner." – Maisy Charlett, *Flow creative***

### **The story of *Flow***

Led by Modern Art Oxford's Creative Associate, Laura Purseglove over six months, the volunteer group have been guided through the process of developing a public exhibition, engaging with concepts, debates and approaches that inform the curatorial process.

The group have researched themes of creativity in an exercise intended to broaden understanding of the concept of *flow state*. The term was first used by psychologist, Mihaly Csikszentmihalyi to describe an optimal state of consciousness said to be universal, by finding a distinct balance between action and awareness.

The ten curators have worked impressively to articulate and document a shared perspective. Learning through experience and purposeful inquiry, they have explored where the creative process exists in our day-to-day lives: how ideas are generated and the ways in which our environments shape our creative activities.

*Flow* presents interconnected ideas and experiences that share common properties and patterns across a variety of artworks. The works in this exhibition have been generously loaned from creative minds across

Cover images: **Mark Clay**, *A Crack in the Record*, 2020. Image © the artist.  
**Mariana Acevedo**, *One drop of paint!* LBW13, 2019/20. Image © the artist.

**Simon Mandarino and Samuel Scott**, *By our Bruises we pay for our tuition (Flow performance film stills)*, 2020. Image © Modern Art Oxford and the artists.



Oxfordshire, selected to participate in a project designed to initiate interdisciplinary exchange.

As an exhibition *Flow* has become intertwined with the lockdown, with much of the work created as a direct response. Kashmira Patel reminds us, 'our minds can never be under 'lockdown' even during a physical lockdown,' which is reflected in the creation of many of the works, with artists sharing insights into their own personal, meditative or repetitive practices where they become absorbed by the task at hand. Others have found a new resourcefulness in imagining objects or narratives from materials that can be sourced online in the absence of visiting public spaces as a place for research. Jake Flowerdew notes, "like science, the creation of art often transforms into a pursuit of perfection. It's a consuming, burning drive to produce something that builds upon what has come before it."

These processes of artistic and scientific enquiry are both reflective and responsive. Connecting personal, intimate experiences with collaboration, community and public presentation, reminding us of the value of learning through experience in museums and galleries. Through both the works themselves and the structure of the project, *Flow* acknowledges the immediate need for creative adaptability that has been universally faced during this time of crisis.

Restricted to meeting online, the commitment and focus required for such an intensely creative task has created further complexities for what it means to achieve a state of flow. In a virtual environment where ideas are shared and hours pass quickly, the value of experience alone takes on its own meaning, evoking similar conditions to being in a state of flow.

What it means for a group of people to come together, adapt in this way, and achieve so much invites the audience to consider what it means to be creative. By striking the right challenge and skills balance we can consider what our own perception of creativity is and discover our own relationship with it.

## Flow creative biographies

**MARIANA ACEVEDO** is a designer and visual artist, working mainly in oil painting, photography and collage. Her creative process is closely influenced by the practice of yoga and meditation, disciplines that trained her to quiet the mind and stay present, achieving a state that releases an unlimited flow of creative energy.

**SUE CHAMBERLIN** is an Oxfordshire-based contemporary artist and chartered landscape architect working in environmental and design practices for 20 years. She explores experiences of the environment seeking inspiration from what seem to be mundane, edge lands and wasted spaces. She works in a variety of media including film, sound, photography, drawing and painting, clay and cast concrete.

**"Creativity to me means being able to let imagination flow into making. It's tactile, hands on and sensory. This ties in with the idea of experiential learning. My thoughts are stimulated by materials."**  
– Maria Robertson, *Flow* co-curator

**MAISY CHARLETT** is interested in forming connections between objects, ephemera and memories to tell a story through a tactile and tangible manner.

**MARK CLAY** explores his fascination with aspects of industry and transport, and the social, geographical and imaginary landscapes they occupy.

**CLAUDIA COLLETT** has always been fascinated by process and self. Inviting viewers into her world through her sensual works, she allows others to experience what she calls her 'freedom of solitude' through film.

**"I never set out to be an artist, I started out in musical theatre as a performer... but I was interested in the stories behind plays and I would always draw the characters."** – Ella Shepard, *Flow* creative

**ANGELA EDWARD** creates sculptural works which are made intuitively using found materials, drawing on techniques learnt from basket weaving to define the final piece.

**JAKE FLOWERDEW** is a particle physics PhD student at the University of Oxford. His research focuses on the design of particle accelerators and his artwork is a product of this process.

**"I nearly always begin by looking at my environment. I like to empty my mind of the everyday before I start. The first flow phase is engaging with what I see, hear and smell."** – Sue Chamberlin, *Flow* creative

**"Creativity is getting lost in the moment of inspiration."** – Elvira Faizova, *Flow* co-curator

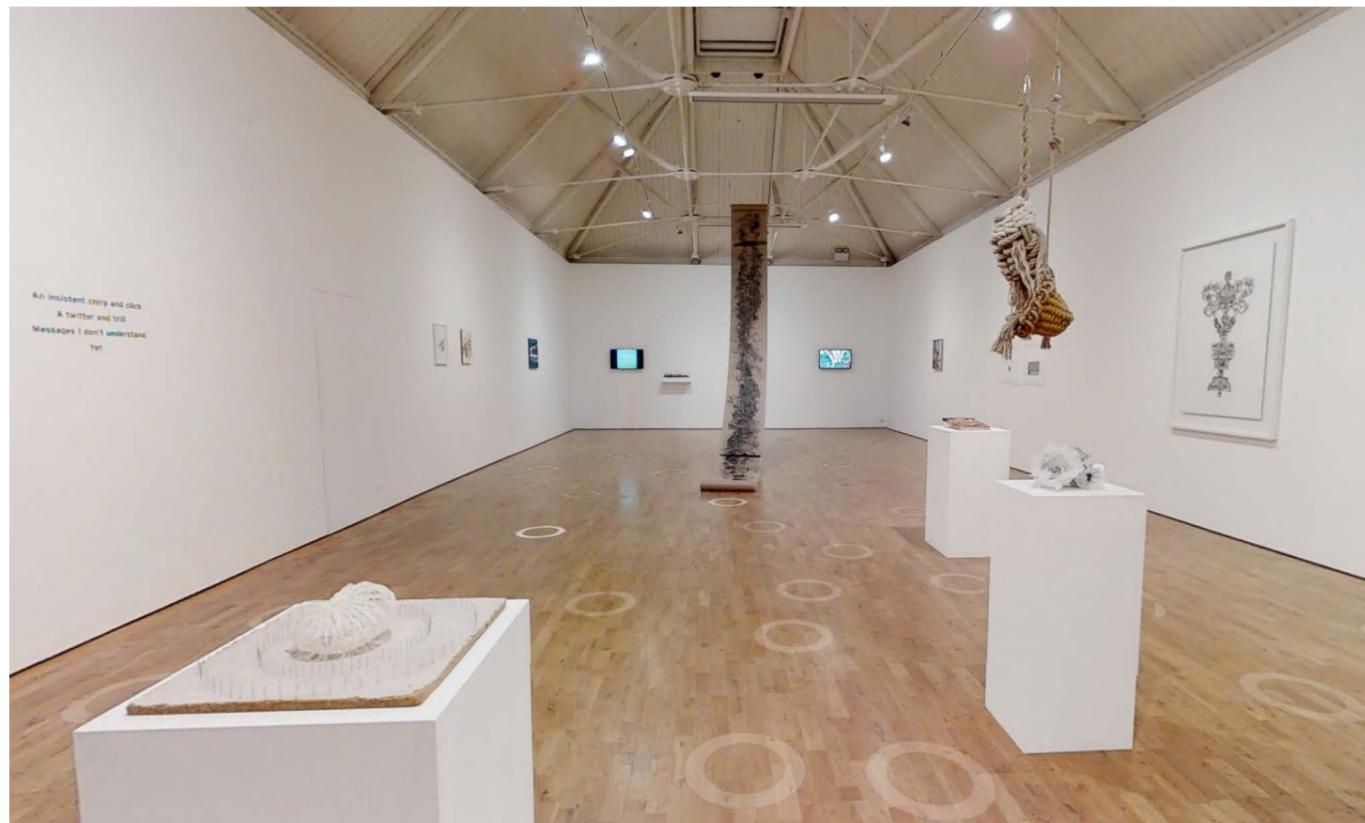
**DAVID GASCA** is an environmental scientist and artist. He uses a range of different media from photography, video, mapping, sculpture, printing and painting to investigate the relationships between people, environment and place.

**CHARLOTTE GROCUIT** uses historical objects and ephemera as a source of inspiration for her art practice. Whether it be to create stories or to re-appropriate the imagery found, she gives credit to these objects as being the driving force behind her diverse practice.

**JULIA MALLABY** explores connections between disciplines, ideas and media. She is currently working with iridescent light and examining the role of imagination in scientific enquiry.

**SIMON MANDARINO** is an artist, writer, theatre director, improvisational actor and an historical fencing instructor.

**KASHMIRA PATEL** has been creating ceramics for 20 years, playing with clay to form abstract, organic pieces which are inspired from shapes and textures of pieces unearthed from excavations of old civilisations.



**flow** /fləʊ/ noun

**(psychology) a state of total absorption in an activity, which individuals can experience when engaged in creative pursuits.**

**KATE HIPKISS** is a paper artist, often working with found materials such as maps and books. Process, memory and the archive are central concerns in her work.

**MIRREN KESSLING** is an Oxfordshire-based artist. Created during lockdown, her recent drawn assemblages reimagine artefacts she has found while exploring the online archives of museums and galleries.

**CLAIRE LEECH** is an artist, poet and musician. Her work is inspired by nature and the interactions of people with their environment and each other.

**"During lockdown I have been missing visiting galleries and museums and instead have been enjoying roaming them in an unfiltered way through their online archives. I have been drawing imagined objects which begin life as assemblages of artefacts from my online journeys through archives."** – Mirren Kessling, *Flow* creative

**"Creativity for me means a use of the hands to express thoughts, emotions and ideas."** – Deborah Pill, *Flow* co-curator

**SASKIA SAUNDERS** is an artist who creates handwoven sculptures. Her work evokes the feelings of tranquillity and freedom, which we experience when spending time in nature.

**ELLA SHEPARD** is a contemporary painter exploring the concept of reality. She has exhibited locally and abroad and worked with Parkinson's UK and Bic Pens.

**"Creativity is the process of expressing externally, ideas in a tangible form. Expressing ideas will contain conscious and unconscious flows of thought."**  
– Jeremy Servian, *Flow* co-curator

**HAMIDEH RIMAZ** is an ARB/RIBA part II graduate in architecture from Oxford Brookes University. She has a passion for arts and introducing new ideas into the field of architecture. Her main focus is on developing innovative techniques that elevate design and living forms. In her spare time, she also enjoys writing Persian poems and she published her first poetry book in Persian back in 2015.

**"We're delighted to see our partnership with Modern Art Oxford extended through this celebration of creativity from across Oxfordshire. Flow brilliantly reflects the importance of creativity during uncertain times and we're pleased to share the diverse work of these talented artists from across the county."** – Dr Alexandra Bickley Trott, Programme Lead for Art & Design, Oxford Brookes University

Join the conversation and discover more online  
[www.modernartoxford.org.uk/flow-online](http://www.modernartoxford.org.uk/flow-online)

 Modern Art Oxford  @mao\_gallery  
 @mao\_gallery  Modern Art Oxford



Supported using public funding by  
**ARTS COUNCIL ENGLAND**



**OXFORD BROOKES UNIVERSITY**

*Flow* at the Glass Tank is a collaboration between Oxford Brookes University and Modern Art Oxford.

Image: *Flow* online exhibition, 2020.

Designed by narratestudio.co.uk