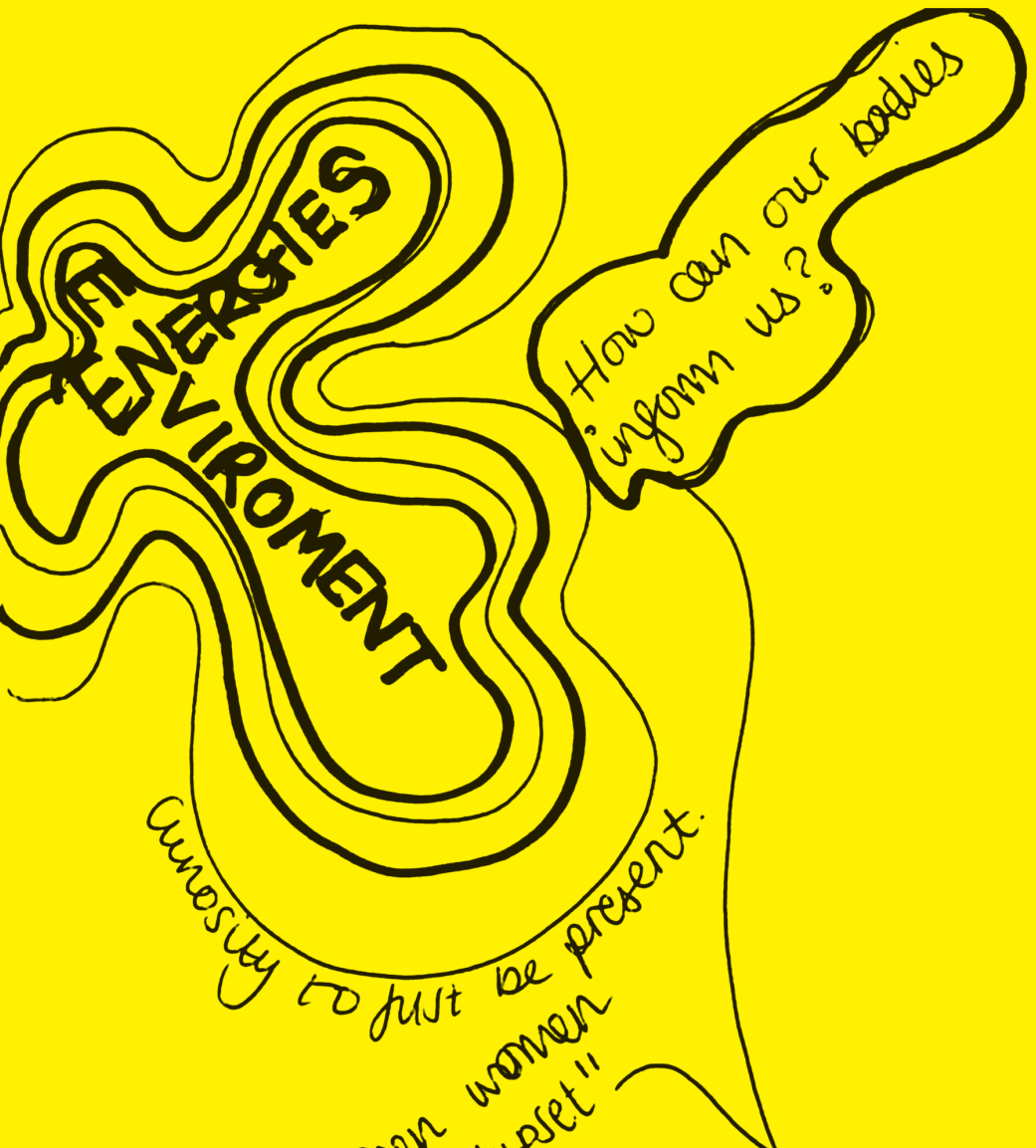


# Drawing Act V Along the Line, In the Space



"I like the simplicity of the line work  
to draw the body, as it is so complex.  
This way allows your mind to wander"

—Holly, 2021



## Drawing Act V

*Drawing Act V: Along the Line, In the Space* took place in parallel to the show *FIGURE/S: Drawing After Bellmer* which explored the body as a site of liberation, oppression and pleasure through the work of Hans Bellmer (1902–1975) and other artists from around the world.

The project brought together artist Ayesha Feisal and South London Maudsley's NHS Women's Ward, alongside peer support workers, Anna Geissman (MA Dance and Movement Psychotherapy) and Deirdre McGale (practicing artist).

Ayesha's own practice begins with the body and its relationship to the psyche. Large scale female figures are brought to life with bold, primary colours and symbols.

*The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma* written by Bessel van der Kolk, was a starting point for group conversations, uncovering ideas, knowledge and experiences around the relationship between body and trauma. Artists' books from our library were utilised

as visual stimulus and tools for Ayesha and the women involved.

Each session began with a set of movements led by Anna, that helped to activate the bodies of the patients, followed by Ayesha's workshops which filled the space with materials, drawings, music and making. Ayesha worked with the women to form their own visual language through drawing, focusing on symbols, shapes, lines and colour.

Women worked on the floor, tables and walls – communally activating the space, creating a trusted environment which blurred the lines between staff, artist and patient.

These sessions were embodied in the form of large scale drawings that represented each woman through subtle and complex lines, bold colours and a vocabulary of shapes. The outcomes were exhibited within the hospital ward, communal spaces and hallways where we gathered, reflected, listened, applauded and danced.

Misty Eden Ingham  
Bridget Riley Art Foundation Engagement Curator  
(Maternity Cover), Drawing Room.



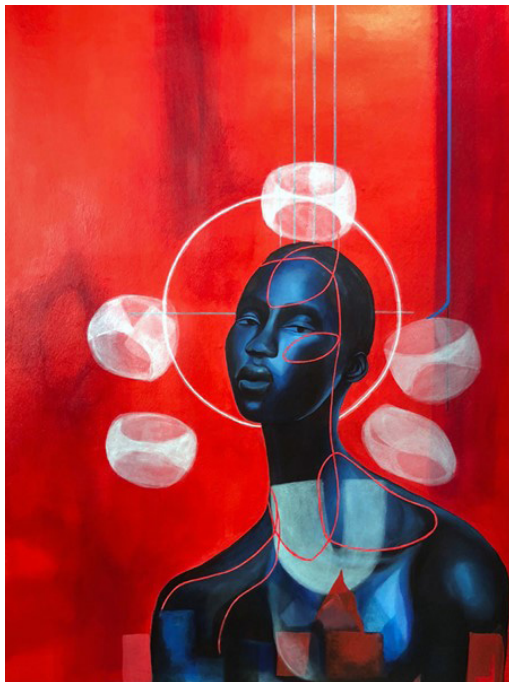


Ayesha Feisal is a London based artist whose work uses the human form as a means to investigate the psyche. She creates complex amorous forms, drawing inspiration from the study of behaviour and the mind, whilst exploring the effects of experience. Ayesha is interested in consciousness, universal law, balance and truth. She is drawn to portraying characters who move beyond the impact of circumstance, environment and social condition. She sees creativity as a form of resistance and self-empowerment.

Feisal holds a BA (Hons) degree in Graphic Fine Art. Recent exhibitions include: *Summer Exhibition*, Royal Academy of Arts; *Reclaiming The Magic*, 2021 and *ING Discerning Eye* 2021 Mall Galleries. Feisal was selected for 'No Room for Fear' with SMO Contemporary, in partnership with the BBFA Collective and The Smithsonian National Museum of African Art.

“I wanted Drawing Act V to be a series of workshops that offered the women space to explore how the act of drawing could be used as a constructive tool. A tool to develop their own visual language, through the subject of the mind/body. Throughout the sessions we focused on producing small scale pieces which would inform a larger final piece. The idea being that the creative process would emulate the effects of experience, personal journeys and how it contributes to the ‘whole’.”

—Ayesha Feisal



Ayesha Feisal, Better Version, 100 x 150 cms, acrylic on canvas



SUNNELSO

have a

June

20

B



N W A R D

good day!

day 7th November

21

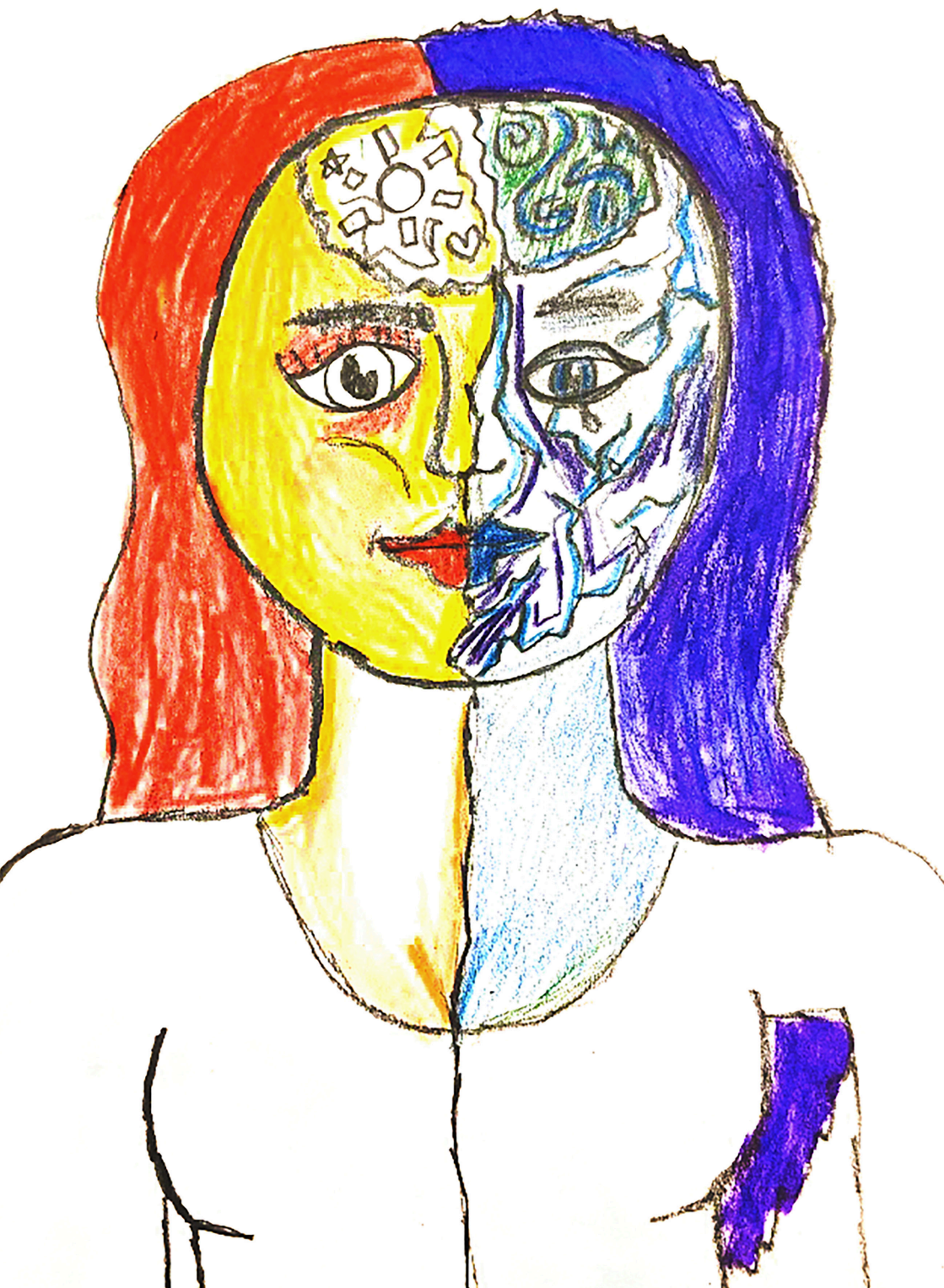


you are  
amazing!



BEAUTIFUL ☆

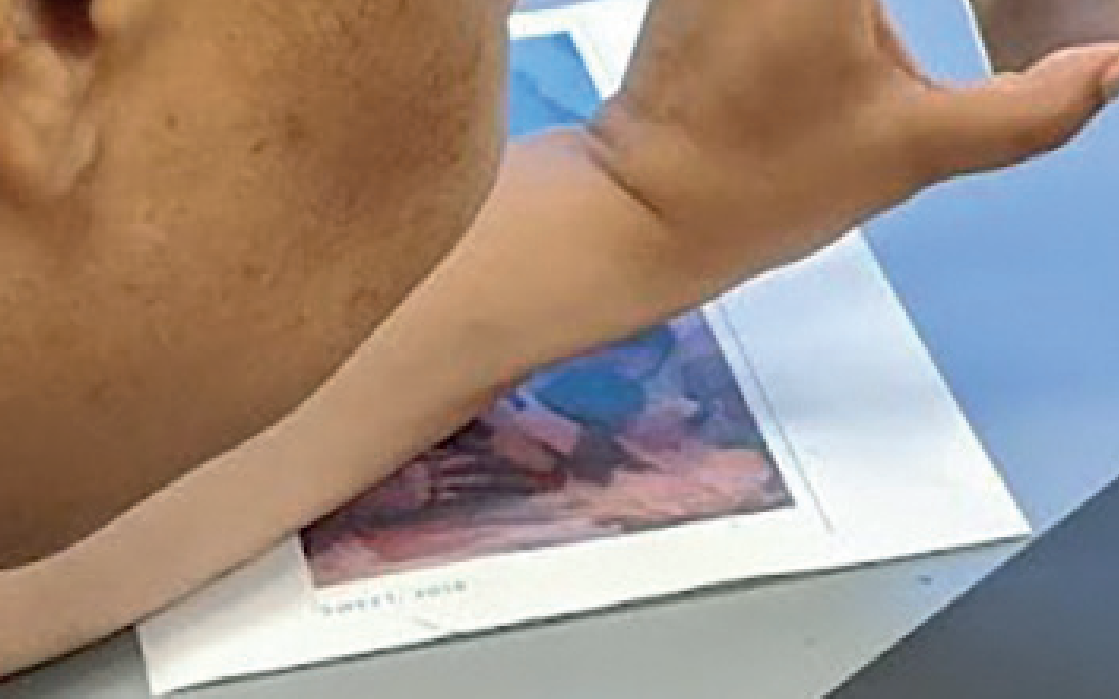




# MIND AND BODY

“We looked at how the body exists within space. The women were given mirrors to draw themselves using the ‘continuous line’ drawing method, thinking about the line as a passage and what it could represent in their work. Through movement and mark making, they recorded themselves, a few focusing on the whole figure, others separating the body parts into abstract elements, some chose the repetitive recording of the figure on the page.”

—Ayesha Feisal













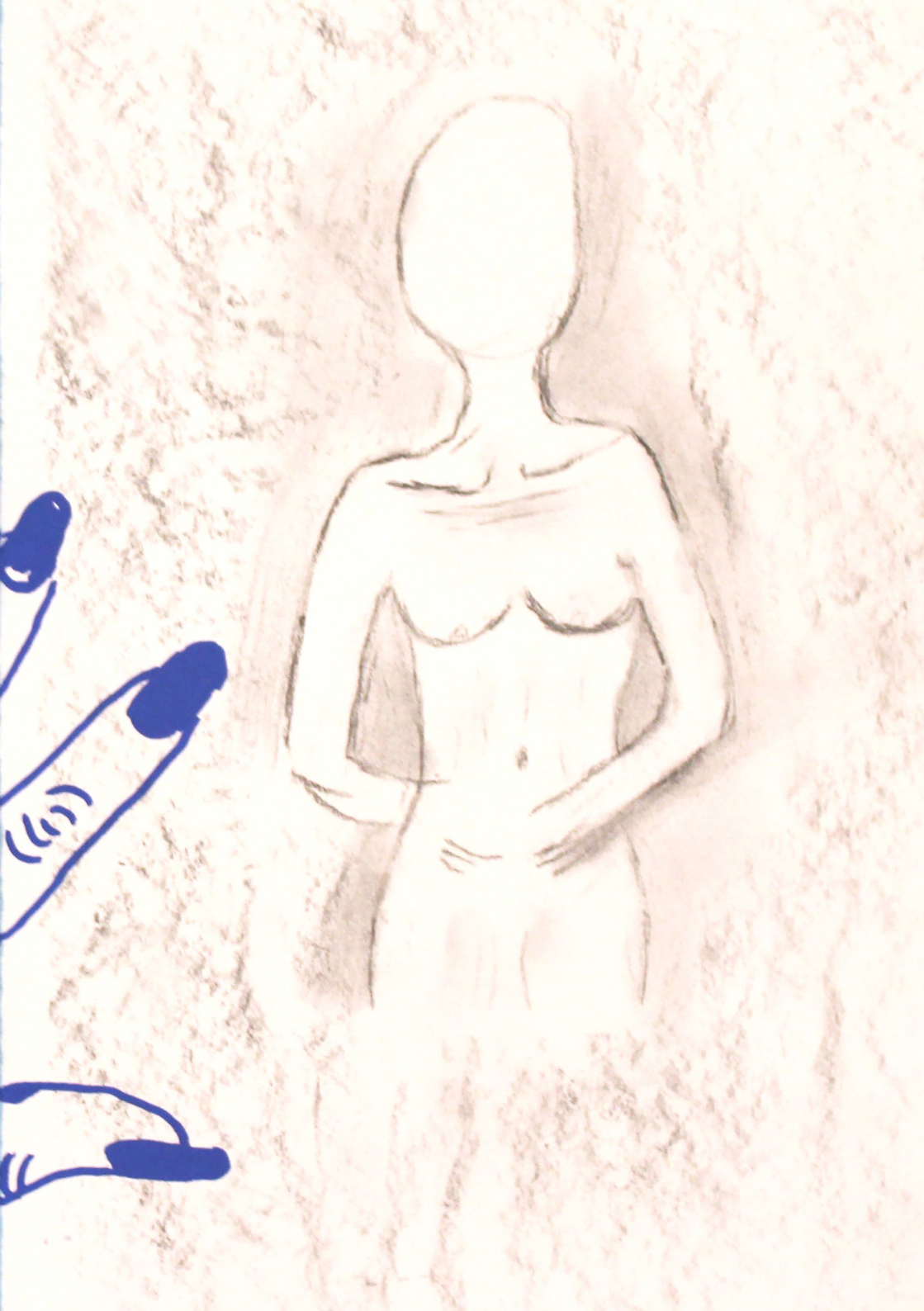


Worst Words,  
Talking from  
Voice,  
First sometimes, give  
A recipes.







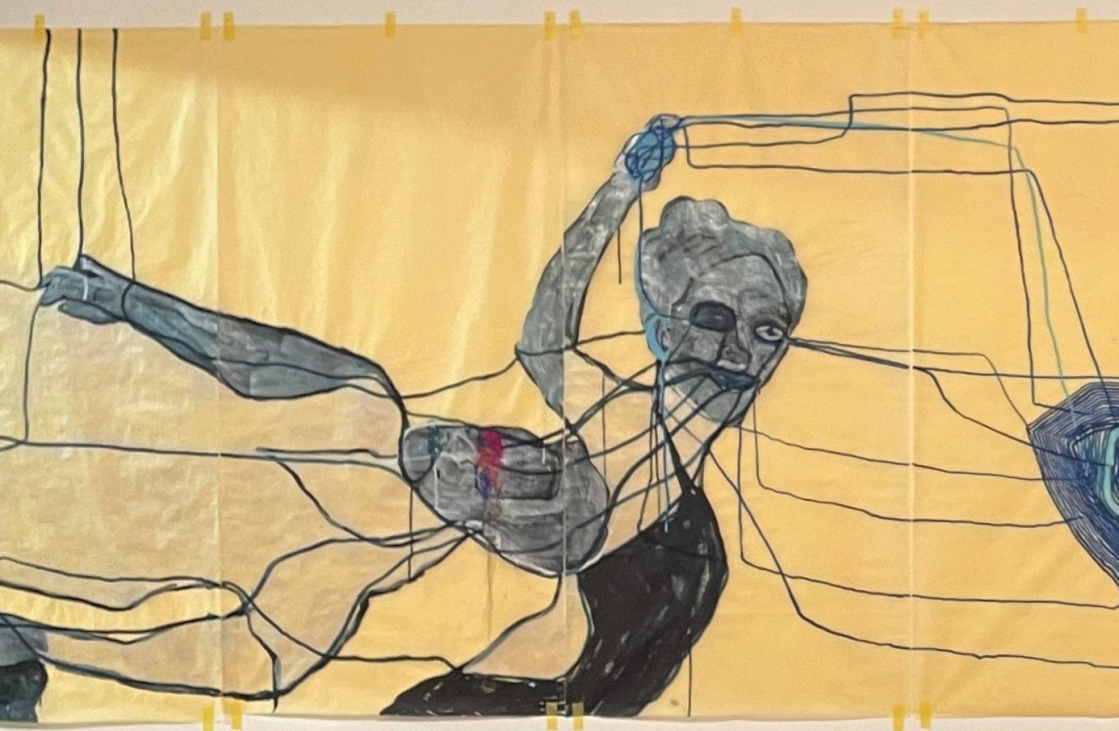


















# COLOUR

“I introduced the psychology of colour, particularly the primary colours and how I use them in my work. We discussed the meaning of chakra and aura colour, using the colour wheel supplied by Deirdre, a familiar tool used with the women to discuss feelings.”

—Ayesha Feisal











“Usually I am always one to one and feel like I don’t have space. These sessions give me that space.” – Jasmine, 2021











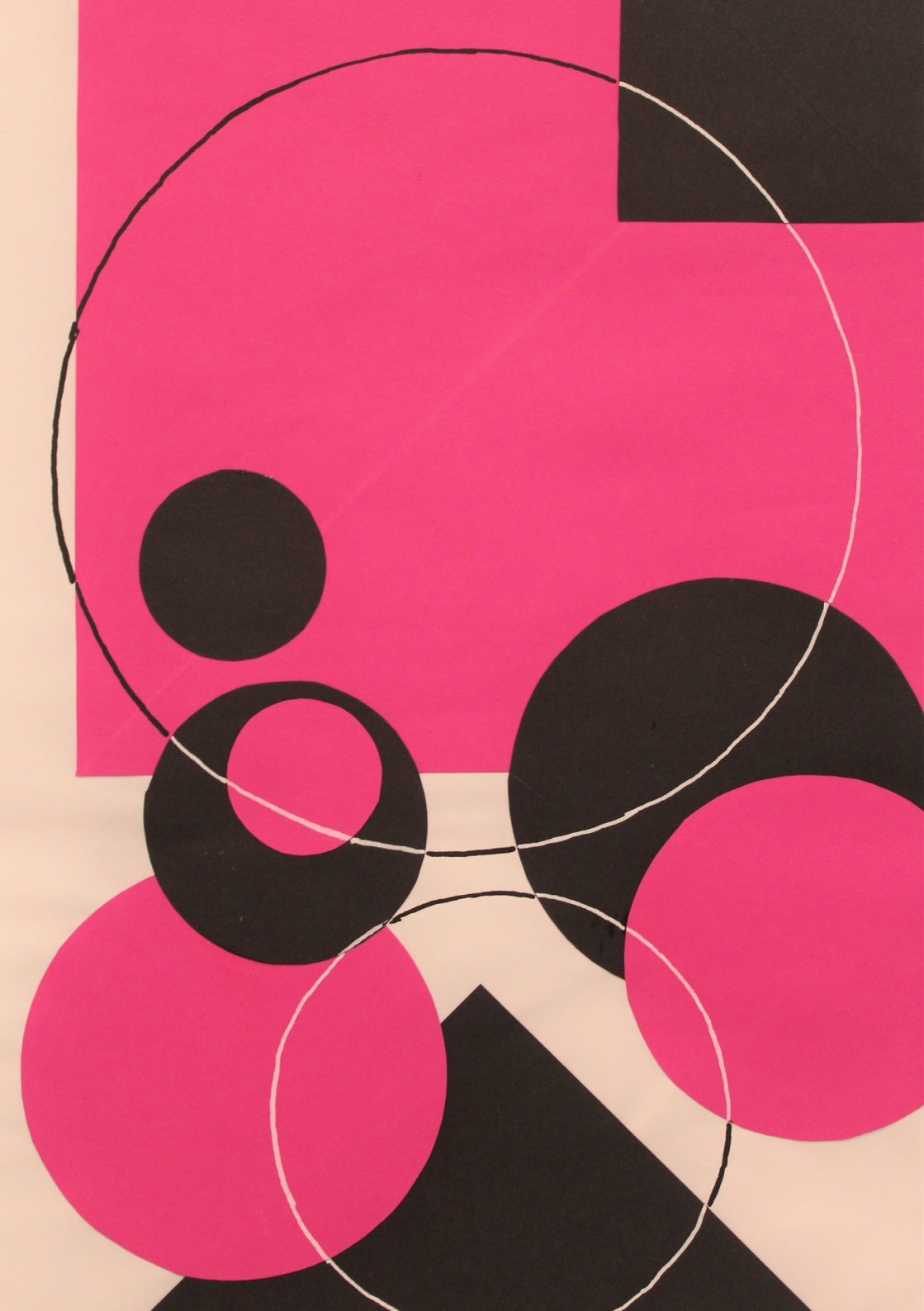


“I like the simplicity of the line work to draw the body as it’s so complex. It gives your mind the space to wonder”

— Holly, 2022







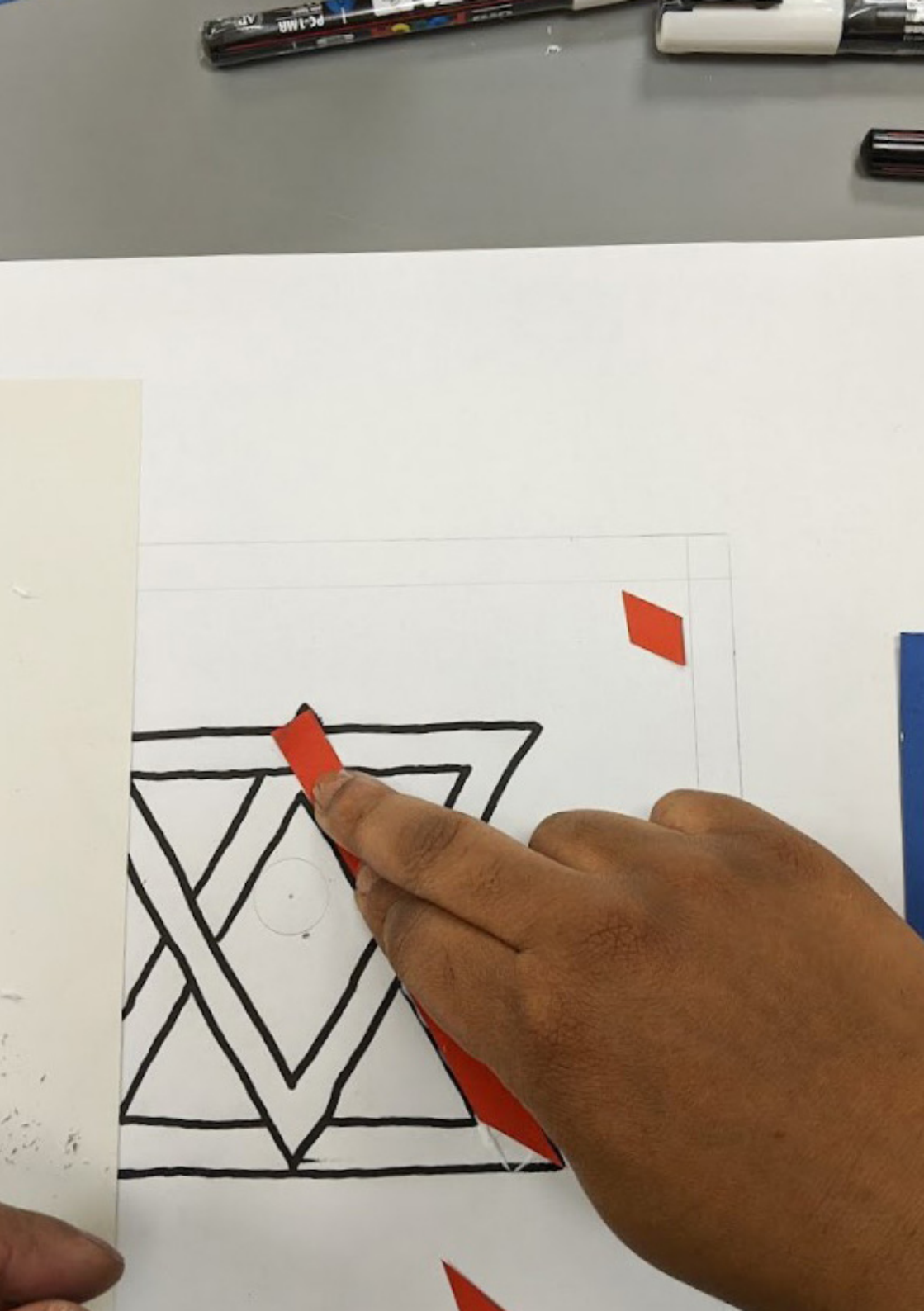
# SYMBOLS AND SHAPES

“We considered the ‘universal’ language of symbols and how they form our reality. I supported the participants to incorporate this into their art, creating their own vocabulary. We drew circles and orbs to refer to vision and forward thinking, and squares and triangles to represent the feeling of stability and home.

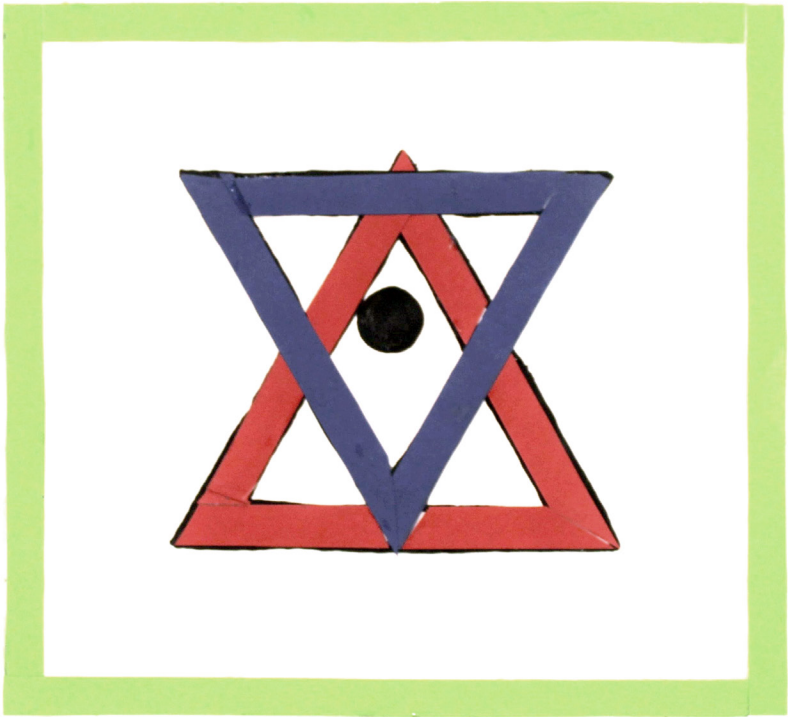
At the end of each session the women talked about their work and their methods within their group, creating a bond through sharing and listening.”

—Ayesha Feisal









## Square minded

My piece is about stability and communication.

The stability of knowing about yourself, your whole mind also having piece of mind.

A mind that works completely with focus and direction, strength, perfection and hard working pieces that are cemented for good.

communication is key. Part of everyday living as humans we cannot live without it. The square represents having a network, a network that works and having a whole world of reaching out being connected with direction.

Square minded doesn't mean cutting yourself off from experiences, it means the opposite all four corners are reached. So

we can enjoy

P.T.O





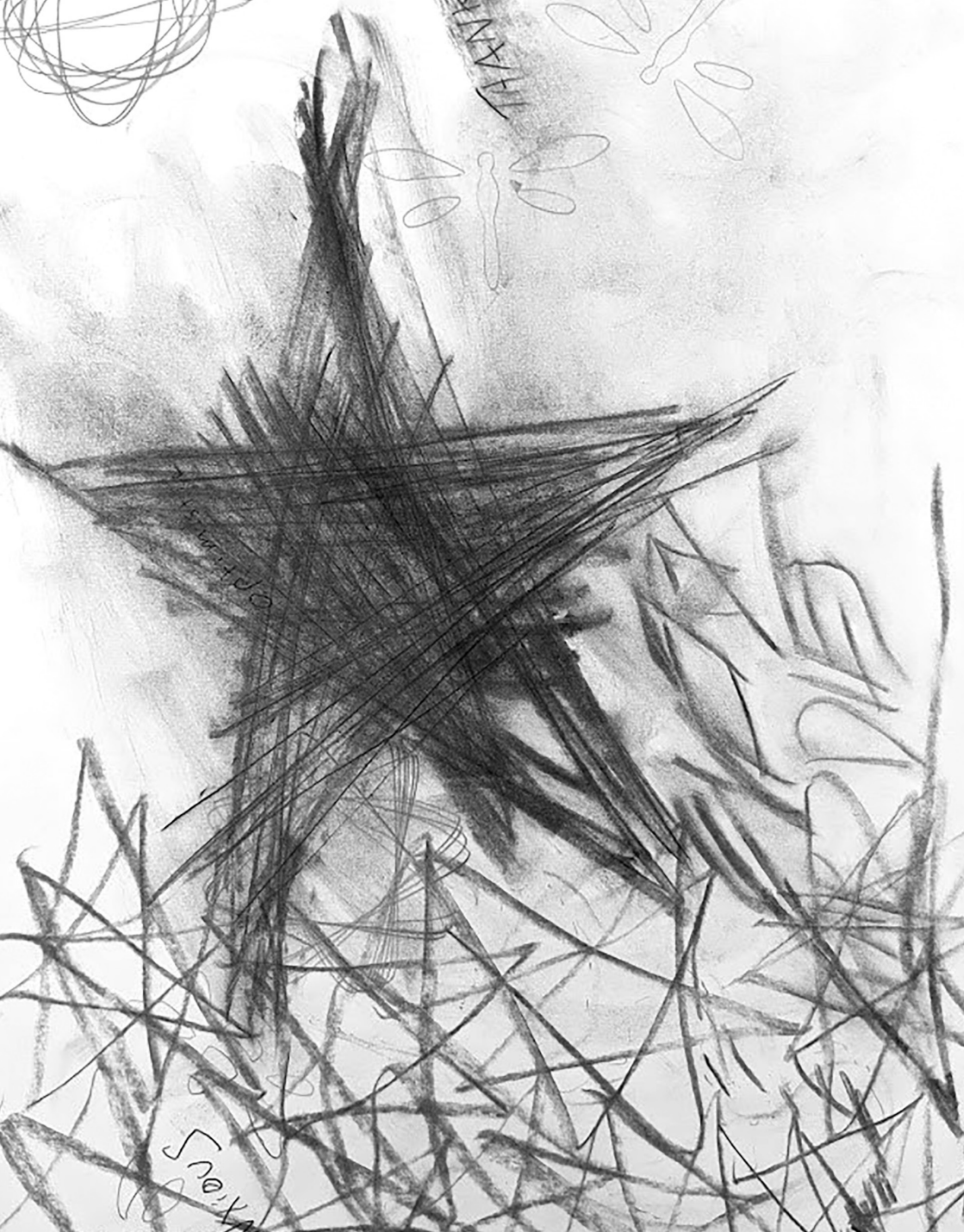
“Attending the Saturday session reminded me of my intention to return to the arts which I have explored in the past but haven’t been able to connect with for a long time. I find art relaxing especially when I’m manic. It helps me to connect and relate to others”

–Charlene, 2022





THE  
MANKEN



Sho. K.







AYESHA FEISAL  
VISUAL ARTIST



hair ~ guilty ~ depressed ~ hurt ~ embarrassed ~ disappointed ~ return empty ~



# WOMEN

“Together women worked on the floor, tables and walls – activating the space, creating a trusted environment which blurred the lines between staff, artist and patient “

“Cheerio, cheerio baby.  
Is it me? Is it you?  
Is it you I’m talking to?”

– (Marva song lyrics, 2022)



I and  
you had so  
it too!

personally amusing

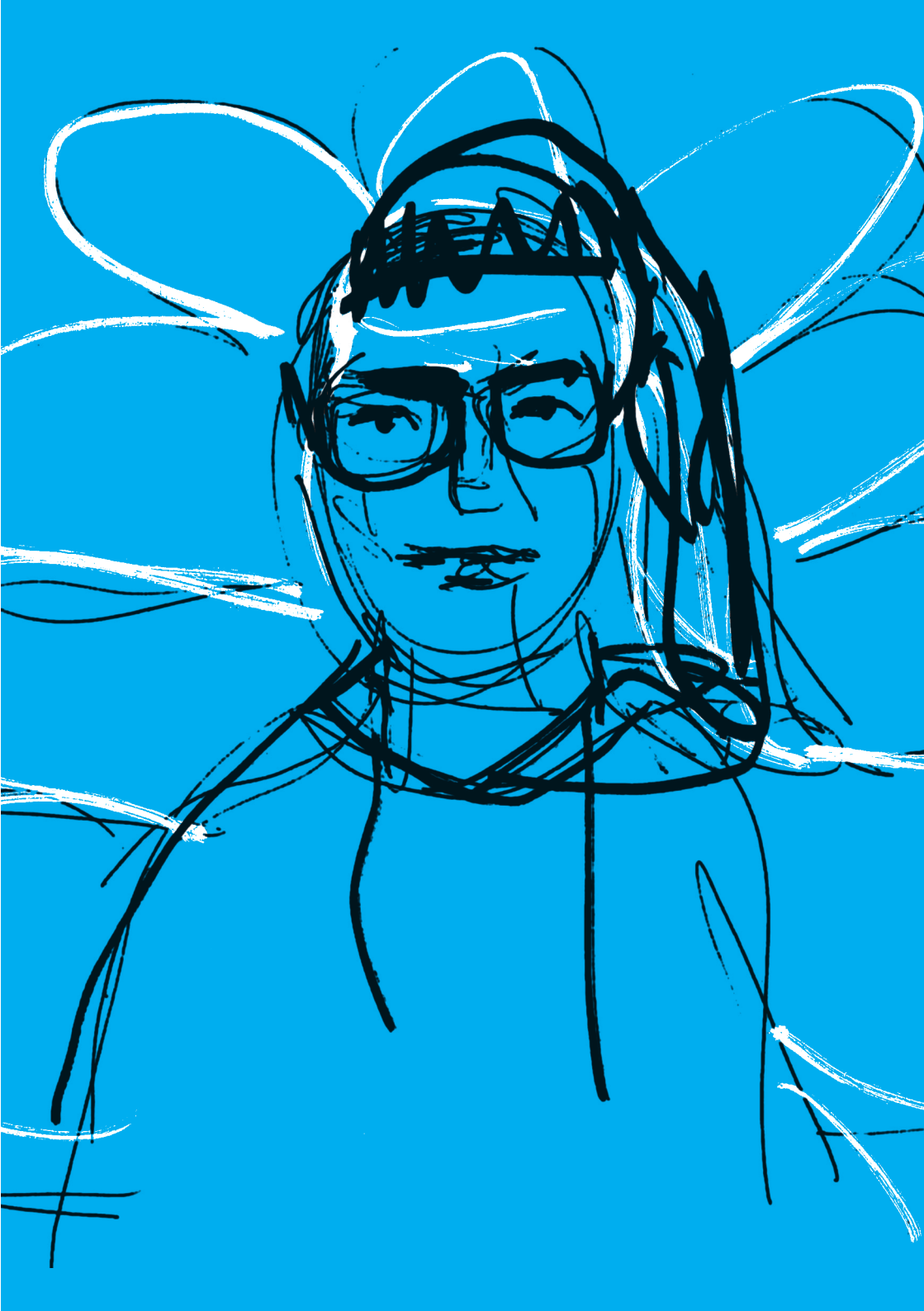


[same people]  
picking up on nicknames



making  
cars





Deirdre,  
open, kind  
giving space  
as a holding  
space, a cradle  
to be, to  
let go.

A warm smile,  
embracing,  
enjoying

joy,  
drawing  
in.









4



CALM













True





Thank you to all involved:

Holly, Imogen, Kim, Clodagh, Marice,  
Sophia, Simona, Jasmine, Lemara, Maya,  
Abimbola, Charlene, Sophie, Samantha, Louise,  
Rebecca, Sherifat, Victoria, Patricia, Llamina,  
Iona, Bex.

Ayesha Feisal, Artist

Deirdre Mcgale, Artist and SLAM Peer  
Support Worker

Anna Geissman, Dance and Movement  
Psychotherapy, MA and SLAM Peer  
Support Worker

Sheyamali Sudesh, Engagement Coordinator,  
Drawing Room

Misty Eden Ingham, Bridget Riley Art  
Foundation Engagement Curator  
(maternity cover), Drawing Room





THE BRIDGET RILEY ART FOUNDATION

**DRAWING ROOM**

Drawing Acts is a series of dynamic projects that connect artists with local community groups, to explore ideas based on Drawing Room's exhibitions. Each artist is commissioned to explore synergies between their work, themes within the exhibition and the perspectives of local people. Using drawing as a way of thinking, Drawing Acts uncover ideas through hands-on doing and collective activity, which culminates in a printed publication of word and images to become part of Drawing Room's Library collection and shared.

Meaningful relationships are built between artists, schools, universities, charities, youth and health organisations, intersecting art practice with community services.

**DRAWING ROOM**