



Usha mixed media and movement artist www.ushaspace.com

Usha Mahenthiralingam is an inter-disciplinary artist, combining her training in visual arts and movement – she weaves worlds and responds to the life of enquiry within educational, health and environmental settings.

Educator: ‘process, play and pattern’, ‘restful states in learning’, holistic approaches early years to elders, creative journeys, raising self esteem and aspiration, embodied and experiential learning, celebration of making, communication and the power of imagination!! Selected projects:

- 1997 - 1999 Bringing learning to life for youngsters excluded from school, Dyslexia association, Nottingham
- 2005 – 2007 ‘Why Bother?’ Human rights and environmental sustainability Wellbeck Primary School, CP
- 2007 “Cultivating a Climate of spirituality across the curriculum“ Hemsphill Hall Primary, Creative Partnerships
- 2010 – 2012 ‘Raising Aspirations through the Creative Arts’. 6 Nottingham Schools – plus Staff training and design of “tool kit” - ‘Epic Partnerships’
- 2012 - Space for Stories, developing communication, imagination and joy in the written and spoken word.
- 2013 - Confetti - facilitating first year students to play, choreograph + create installations for film Nottingham
- 2013 - Creative Mentor. Program with young people in care - Derbyshire County Council
- 2013 - Space for Stories for early years - Palfrey Sure Start, child + parent improvised play with Dragon Breath
- 2013 + 2014 Summer School - 2 week programme - Lead Artist on Creative arts. Bulwell Academy Nottingham
- 2013 + 2014 - Diversity Day with 200 year 7 Pupils @ Fernwood secondary School Nottingham
- 2014 - Arts Award Blessed Roberts Widmerpool Primary School, Arts Council and Mighty Creatives
- 2014 - Middleton Primary School Banners International world week Foundation and year1 pupils

Research: “Water Literacy” Nottingham University Dept of Education, in collaboration with Papplewick Pumping station, 5 pilot schools and a team of Artist 2011 - 2013. **Research partnership funded by the Esmee Fairbairn and Garfield Weston Foundations**

Signature pedagogies: One of ten Artists studied across the country - Research by Nottingham University studying the differences of approaches artists bring to learning in School environments. Creative Partnerships

Arts Engagement / Participation in Design

- 2003 Community consultation and design for Sneinton Library railings Nottingham City Council and sculptor Hillary Cartmel
- 2006 facilitated design of School Signage for Springfield’s Primary School Nottingham
- 2005 Guest lecturer on ‘Participation in the Arts’ - ARC The Humber Centre for the Built Environment
- 2009 - 2011 Consultant and Creative facilitator of Tree House build Robinhood Primary School , “Building schools for the future programme in collaboration with Campbell designs.
- 2013 Middleton Primary School Nottingham 4 large wall hangings based on the UN Rights

Guest Lecturer:

- 1999-2005 South Nottingham College of Art and Design - Foundation studies
- 1990-95 Loughborough College of Art and Design - Textile degree
- 2011 Coventry University, Dance and Somatic Practices - Applications of the Skinner releasing Adults + Children’s pedagogy in diverse settings

Arts in Health and wellbeing :

- Hospitals, Children’s Hospices and Surestart programmes
- 1999 Doncaster Royal Infirmary residency and staff training
- 2000 - 01 support for antenatal and postnatal young Mothers - Sure start Gedling Nottingham
- 2003 - 04 “Moving from within - captured moments” vulnerable women, Newark - visual arts and movement in collaboration with Carly Annable . Dance 4
- 2007 - 13 Children’s hospices: Rainbows Loughborough , Acorns West Midlands and St.Andrew’s North East Lincolnshire – creative arts and movement in Palliative care as part of Breath space programme, Dance Art Foundation London
- 2013 - Nottinghamshire hospice - 10 days delivery working with adults in palliative care

Arts Training programmes

- in Education: Head Conferences and Early years and
- Health: Hospices, Dyslexia Association, Sure start, EPIC Raising Aspiration...
- Selected project: 1998 - 1999: as part of the Doncaster Community Arts team working with staff in social services (hospices, hospitals Elders care) and Mental Health on a 2 week Creative Arts training programme,
- 2013-14 CLADAC co delivering on neuroscience and creativity - Mighty Creatives

Movement Artist Skinner Releasing teacher (Adults and Early years), Move into life Practitioner
Co Founder of **Rundance** random acts of rhythm - 2010 supporting Mental Health Awareness week and
2011 supporting British Heart Foundation celebrate it's 50th Anniversary www.rundance.org
2013 - 14 One to One session of movement awareness and creative reflection
2014 - Warming Focusing Centering - Session for Art Dance and Movement Practice
2014 - Somatic workshop Skinner releasing based explorations Penfarch Movement Centre Wales

Performance / Theatre / Dance / Environmental / Festival

1996 - 97 - 98 "Between the Notes" Company, Lichfield Music Festival, Director Matthew Barley
2001 The Ring, Director Felix Ruckert Notts Dance Festival Dance 4
2000 - 01 "Heaven on Earth" residency in my own back yard..."which would you prefer?"
2002 - BIG Wheel Nottingham City Council Green Transport festival
2004 - 06 Mischief Makers a collective of artists : Creative Acts, Positive Action towards a more sustainable environment
2011 - solo performance: "Red Thread" Candi Sukuh Temple Art Festival , Indonesia
2012 - Still Walking Festival - Eyes @ Rest sensory typography Blindfolded tour of Bridleyplace Birmingham
2013 - Dragon Breath Theatre - historical / educational performance - water literacy
2013 - Still Moving Moving Still - director Sara Giddens Dance 4 - Dance in the Galleries
2013 - Wasteland Junkies - collaboration with Simon Raven for Wasteland Twinning programme

Exhibitions

1993 "Brightness Beyond Brick" one women show, screen printed textiles Angel Row Nottingham
1995 "How to be Bottom" commissioned mixed media pieces fro Midsummer Night's Dream, educational show case of Shakespeare for schools, Barbican London
1999 - 2001 "Heaven on Earth" exhibition and film: Art Gallery Waterstones, Arts Council, Renewal Trust ,YOTA, Nottingham City council
2013 Wastelands - Archive Installation as part of Wastelands Twinning

Public Commissions: Interior Design, prints, banners, lino floor, gates and railings, wall hangings

1989 banners and screens Peter Hodgkinson Centre Lincoln Hospital Arts Council
1998-99 Lino Floor Doncaster Community Arts + Creche @ Point Little
1992 Feasibility study and commissioned wall hangings for Dewsbury Hospital Caring Arts
1993 Belgrave library Leciester . Garden in the sky screen printed banners
1994 4 Screen prints for Rampton Hospital
1997 Commissioned Gates for The Arts Council East Midlands in collaboration with Chris Campbell

Commercial Industrial Design: fabric + stationery collections 1986 - 1992

Personal research: ongoing - collaborations with Marcus Rowlands "installations of a somatic nature" and Penny Arnold 'Rundance'

Enjoyments + practices my allotment, cooking on an open fire, cycling, walking in nature, fishing in skips, photography and meditation.

Awards:

Environmentalist of the year, 2002 **Green Guardians Award** - Wildlife trust for Heaven on Earth film

Tate ART Award 2004, for work undertaken at the Arboretum Nursery Nottingham

Training / Education

Foundation year Goldsmiths College of Art and Design London '81

Screen printed textiles ba hons Loughborough college of art and design '85

Skinner releasing movement awareness Joan Skinner Seattle USA '96 -'01

Pilot postgraduate certificate AWP (artists working with people) Salamanda Tandem, Nottingham County Council, Leeds University '04

Basic horticulture and construction Learning Works Notts City Council '04

Permaculture Penny Livingstone Stark + Star Hawk '06

Children's Skinner releasing teacher training certification Seattle '06

Move into life Training '06 -'07 Sandra Reeve

Amerta Movement '11-'12 Amerta Movement Prapto Suryodarmo Indonesia

<http://vimeo.com/16473391> Heaven on earth Film

<http://rundance.org> Random acts of Rhythm

<http://stillwalking.org/sw12/usha/> Festival

<http://www.skinnerreleasing.com/aboutsrt.html>

<http://www.danceartfoundation.com/breathingspace.html>

