

Nicola Naismith
info@nicolanaismith.co.uk

[Website](#)

[ORCID Profile](#)

[Twitter](#)

Nicola Naismith is a visual artist and academic. Drawing upon social and historical material she works on self-initiated cross discipline collaborative projects and to commissions for national organisations. Her research work has been supported by the Arts and Humanities Research Council, Arts Council England and she was the Visual Artist Fellow on the Clore Leadership programme in 2017/18. She is a module leader on the MA Art and Social Practice at University of the Highlands and Islands and holds fellowships with Advance HE and the RSA.

Current

- 2023 - [The complexities of rest](#)
Self-initiated research and development project exploring historical and contemporary ideas of rest and rest activities with reference to family history, healing architectures and places, social and economic factors.
- 2021- [House of Naismith](#) Visual research and exploration
Supported using public funding by Arts Council England (202-2022)
- 2019 - [Lecturer - MA Art and Social Practice](#) University of the Highlands and Islands.
Module Leader Reflective & ethical practice, and Professional practice
- 2020 - [Practising Well Awards](#) Collaborative Partner and Judge
Culture, Health and Wellbeing Alliance Annual Awards

Research / Writing

- 2023 [Clore Fellowship 5 years on: time for rest](#)
Reflective research informed article which explores an arch of practice.
- 2022 [Reflective Practice Groups Evaluation](#)
Literature overview, focus groups and semistructured interviews
Client: [Flourishing Lives](#)
- [Practising Well: Conversations & Support Menu](#)
Research report DOI: [10.48526/RGU-WT-1538558](https://doi.org/10.48526/RGU-WT-1538558)
Arts and Humanities Research Council / Clore Leadership
Supervisor Chris Fremantle, Gray's School of Art, Robert Gordon University
- 2020 [Caring for the Carers](#)
Article: Arts Professional
- 2019 [If the arts are positive for participants](#) so too should they be for the creative practitioners delivering them
Guest Blog CVAN
- [Artists Practising Well](#)
Research report DOI: [10.48526/RGU-WT-235847](https://doi.org/10.48526/RGU-WT-235847)
Arts and Humanities Research Council / Clore Leadership
Supervisor Chris Fremantle, Gray's School of Art, Robert Gordon University

Slow: recruitment, participation, partnership, leadership
Clare Fellowship provocation paper

Artists on boards: top tips and guide articles.
Commissioned and published by a-n The Artists Information Company

A-Z of Leadership Learnings
Clare Fellowship reflections for social media

Selected research / practice talks, presentations and workshops

2023 Practising Well research presentation and workshop
Scottish Artists Union

2022 Reflective Writing Workshops
University of the Highlands and Islands

Emotional labour of social practice artists: moving towards sustainable collective care.
Contributor - research presentation
UCL in partnership with Social Art Network event.

Developing a career in the arts.
Contributor - career progression presentation
Kickstart - Suffolk Libraries

Practising Well part of Creativity and Wellbeing week
Lead - research presentation and workshops for creative practitioners and organisations
Norfolk County Council

Practising Well research presentation to UK funders
Baring Foundation (March 2022) & National Lottery Heritage Fund (February 2022)

Practising Well Conversation Series
Lead - research dissemination
In collaboration with the Culture, Health and Wellbeing Alliance with a range of contributory speakers

Practising Well: Using reflection to support practice and wellbeing
Lead - research presentation and workshop
Axisweb - Mental Health for Artists season

Financial Precarity
Contributor
Applied Arts Scotland members meeting

Practising Well presentation for Care and Social Art Practice
Contributor - research presentation
MA Art and Social Practice Virtual Symposium

Artists Support Programme
Facilitator & Trainer
Luminate Scotland's creative ageing organisation

- 2021 Practising Well: Flourish artists training programme
Facilitator & Trainer
Creative Future
- Practising Well
Contributor / panel member - research presentation
Culture, Health and Wellbeing International Conference
- Practising Well
Contributor - research presentation
Luminate Scotland's creative ageing organisation
- Mutual Support panel with Daniel Regan, Suzy Willson, Kirsty Stansfield & Roshmi Lovatt.
Chair of conference panel
A Culture of Care: Culture Health and Wellbeing Alliance National Conference.
- Practising Well and Reflective Practice Workshops: Open Eye Gallery (Liverpool), Engage (The Gallery Education Network), The Lowery (Salford)
- 2020 Practitioner Support and Wellbeing panel contributor with Julia Fortier (Chair) Daniel Regan & Victoria Ryves
Arts and Health South West Winter Gathering
- How do we ensure artists are supported with their mental health?
Contributor - Research presentation and discussion with Paul Whittaker and Tamsin Griffiths (four in four).
Green Ribbon Arts Festival
- Practising Well and Reflective Practice Workshops with Artilift (Gloucestershire), Suffolk Artlink (Suffolk), Open Eye Gallery (Liverpool).
- Capturing the Learning
Contributor - Research presentation
Wales Arts Health and Wellbeing Network (WAHWN) and Artworks Cymru
- Artist as Researcher: Practitioner Wellbeing: Adapting / translating / re-inventing
Curator & Chair - twitter discussion panel & article
Cultural Institute / Beyond Measure Conference
- 2019 Musician Resilience improving musicians' health and wellbeing
Co-created with Katherine Zeserson
Creative Thinktank with Snape Maltings (now Britton Pears)
- Artists Practising Well
Contributor - research presentation
Bedlam Arts and Mental Health Festival - Midland Arts Centre, Birmingham
- Artists Practising Well: London
Lead - research presentation and chair
With Gail Babb - Theatre Maker and producer & Jess Plant - Director National Criminal Justice Arts Alliance in partnership with Culture Health and Wellbeing Alliance, London Arts in Health Forum, part of the E17 Art Trail and Creativity and Wellbeing week.

Artists Practising Well: Norwich
Contributor to a professional development programme
Norfolk County Council and Creativity and Wellbeing week.

Affective Support for Creative Practitioners working in Participatory Arts for Health
and Wellbeing
Conference presentation
Cultures of Health & Wellbeing: Culture, Health and Wellbeing Alliance Conference.

Remembering the Practitioner in Arts for Health and Wellbeing projects
Contributor - research presentation
Norfolk Arts Forum Executive Committee

Change as Self initiated Project
Public research seminar Gray's School of Art, Aberdeen

2018 The Autonomous Artist: Prospecting symposium: exploring directions and
territories for artists' practice, Taunton.
Contributor
Organised by Susan Jones for Visual Art South West

How does someone who knows nothing about dance access dance?
Secondment presentation to staff
DanceEast

Context is Half the Work
Fellowship presentation
Clare Leadership residential

2016 Artists working through Science, New Hall, Murray Edwards College, Cambridge
Artists: Elpida Hadzi-Vasileva, Nicola Naismith & Jyll Bradley. Chair: Gill Hedley.

2015 Commerce and Culture: Interactions between artists, arts organisations and
commerce. Firstsite Gallery, Colchester.

2013 Artist Response: Administrative Processes + Events = Documents,
Palace of Westminster, London & Norfolk Record Office, Norwich.

Ten Year Stretch, Norwich University of the Arts.

2011 Beyond the Studio: Context and Commerce Artist Talk and In Conversation with
Barbara Steveni (Artist Placement Group), Firstsite at Colchester Arts Centre

New Industrial Space, Exhibition, Artist Talk & Film Screening, Norwich Arts Centre

2008 Candy+Code: Rachel Beth Egenhoefer, Barbara Rauch and Nicola Naismith
Institute of Contemporary Art / Textile Futures Research Group, London

Cultural Leadership Development

2017/18 Visual Artist Fellow on the Clare Leadership Programme: The Autonomous Artist
Supported by a-n, The Artists Information Company
Secondment: Dance East
Mentor: Wayne McGregor.

Visual & Social Art Practice: Projects, commissions and exhibitions

- 2022 Commissioned maker [hiCraft](#) - *The Rest Bit*
Investigating how we can define and foster a healthy relationship between people, the internet and things through the ethos of craft. Northumbria University
[Blog 1](#), [Blog 2](#), [Blog 3](#), [Blog 4](#)
- 2017 [May Day May Day](#), Spike Island - Test Space, Bristol
- 2015/17 Postures of Making: Research and Development
Collaboration with ergonomist Dr Valerie Woods, exploring art practice postures and ergonomic risk factors in the workplace: case studies, focus groups, studio visits, dialogue. [Read the blog here](#)
- 2016 Foreignness, Contemporary Art Space, Batumi, Georgia
- 2015/16 Posture, The Common, London
- 2015 - 2016 Commerce and Culture: Associate Learning Artist: Firstsite
Commerce and Culture / Company Book
Self directed project exploring the ways in which artists, arts organisations and commerce interact and can learn from one another using employee engagement projects.

Supported using public funding by the National Lottery through Arts Council England, Restaurant Pied à Terre and Norfolk County Council.
- 2016 [Office: Employee and corporate gift](#).
Limited edition hand cut book, fold, plan.
Residency at HAT Project, Colchester
Part of my commerce and culture research project as Associate Artist with the Learning Team at Firstsite
- 2012 /13 Artist Response: Parliamentary Archives and Norfolk Record Office
Commission to work with a community group exploring documents in both archives with [project blog](#) & [final artwork](#): Administrative Processes + Event = Documents
- 2010 [digital making](#), Hethel Engineering Centre, Norfolk
Self initiated residency exploring Computer Aided Design and Additive Layer Manufacture / Rapid Prototyping.
- 2013 Car Plant, Init, Departure Lounge, Luton.
2012 Space Exchange, The Royal Standard, Liverpool
- 2011 Creekside Open, Selected by Phyllida Barlow, A.P.T. Gallery, London
New Industrial Space, Norwich Arts Centre
- 2010 *Between Counting*, new video work for Quilts 1700 - 2010
Victoria and Albert Museum, London

Alumni Exhibition, Norwich University of the Arts

Performing Presence, The National Centre for Contemporary Art, St Petersburg

Work and Play, Screening of Artist Films and Videos, Free Word Centre, London

The Potential Object, Hethel Engineering Centre, Norwich

2008 Eastern Open, Kings Lynn Arts Centre

Kettles Yard Open, Kettles Yard, Cambridge

Multichannel, ArtSway galleries, Sway

Norfolk Photographer of the Year, Norwich Arts Centre, Norwich

2007 RSVP, Contemporary Artists at the Foundling, Foundling Museum, London
Site specific commission, focused on tailoring, apprenticeships and work.

2005 White Collar Worker, Inkpen Downie Architecture and Design Gallery, Colchester

Professional Development & Professional Services

2019 - Lecturer - MA Art and Social Practice University of the Highlands and Islands.
Module Leader Professional practice, and Reflective and ethical practitioner.

2018 - Action Learning Facilitator: Accredited by Action Learning Associates
Working online and in-person action learning sets are a place where a group of peers come together to offer support and challenge to each other. It provides a safe space to explore difficulties, challenges, goals and ideas.

2016 - Coach: Accredited by Relational Dynamics (2016) advanced coaching skills (2018)
Using open questions and different coaching models I provide a safe and confidential space for individuals to explore goal setting and future visioning.

2005 - Mentor and Professional Development Training for Artists.

Education

2006 Post Graduate Certificate in Learning and Teaching for Higher Education
Anglia Ruskin University

2003 MA Textile Culture (Distinction)
Norwich School of Art and Design

2002 BA (Hons) Community Art (1st Class)
Reading College and School of Art and Design

2001 Foundation in Art Psychotherapy
Goldsmiths College

1995 HND Design Crafts
Norwich School of Art and Design