**ONE PERSON EXHIBITION**

2014 Forms, feelings and Colour Brewery Arts Centre, Kendal

2013 The Patient Experience Waterside Arts Centre, Manchester

2012 Raw Looking Well Studios, Bentham

**SELECTED GROUP EXHIBITIONS**

2015 Awakening Brewery Arts Centre, Kendal

2015 Artefacts Kendal Museum, Kendal

2015 Summertime Fairfield Mill, Sedbergh

2013/2014 Post Cards from the Edges The Sage, Gateshead, Grant Bradley Gallery, Bristol and Camp and Furnace, Liverpool

2014 Recovery Institute of Mental Health, Nottingham

2013/2014 Disability Reassessed Nunnery Gallery, London, LCB Depot, Leicester and the Lewisham Arthouse, London

2014 Rewired Bloomsbury Theatre, London

2014 [in] Visible Shape Gallery, London

2013 Outside In North West Tullie House, Museum of Carlisle

2013 Neuro Creativity NHNN, London

2012/2013 Outside In Pallant Gallery, Chichester

**OTHER**

2013 One of my paintings is in a book called ‘The Yellow Book’ which was put together by Rethink Your Mind. 6,000 copies of the book have already been produced.

2012 I have written and directed a short film entitled ‘Ketogenic’

2012 I have had poems published in the book ‘Words for Wellbeing’