

HUMBER STREET GALLERY

DYSLEXIA-FRIENDLY
EXHIBITION GUIDE

IN THERAPY WITH NORTH SEA SOLMAZ FARHANG

14 FEBRUARY - 18 MAY 2025
SPACE 1

Official Funding Partners



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



EXHIBITION TEXT

Let's meet up with North Sea; sit together, breathe together, and reflect on our relationship: the love and affection we share, the anger and frustrations we face.

Artist Solmaz Farhang invites the audience to an unconventional encounter with the North Sea, to explore our coexistence with this body of water which the artist personifies as a living entity.

The North Sea is home to an incredible diversity of species and organisms, with its coasts sustaining countless human communities. The coastline is in constant flux, a shifting landscape that impacts our lives profoundly. Where the North Sea ends and the land begins is a question with no clear answer. It is a frontier and a crossroads, a service station for travelers and thoroughfare for expansion and migration. A sea with a fraught history of war, trade and industry which now finds itself subject to numerous environmental changes as a consequence of the global climate crisis; all whilst being an entity by which people have and do live out domestic lives.

How can we engage with such co-existing histories and realities in order to adapt and transform when our cherished memories and places are at risk? As the North Sea increasingly becomes a place for research, natural energy, and conversations around climate change, what do we truly mean by gaining resilience?

*In Therapy with North Sea** delves into these pressing questions through witty and participatory multimedia installations. It speculates on our future and seeks to prepare our collective imagination to dive forwards, and perhaps into, the North Sea.

* By referring to it without its noun-ness, Farhang

encourages you to relate to the sea not as a distant object, but as a neighbour who we live alongside.

ABOUT THE ARTIST

Solmaz Farhang is an artist and researcher based in London. She holds an MA in Art and Science from the University of Applied Arts Vienna and cofounded the art and design collective Transformation Agency for Agency (DTAFA). Farhang is also an Associate Lecturer at the University of the Arts London.

Farhang's work spans different disciplines including photography, video art, assemblage, drawing and multimedia installations. Central to her artistic practice is an exploration of storytelling and speculative thinking, through which she engages with themes of identity, ecology and the relationship between humans and nature.

Farhang's innovative approach leads her into unfamiliar environments, such as ecology and research labs, where she employs unconventional tools and materials along with found objects to create fresh, insightful perspectives. Through this lens, she leverages the concept of unknowing as an empowering force, transforming the absence of specific expertise into an opportunity for creative explorations and creation of new forms of knowledge. Oftentimes Farhang's works are participatory. In 'How to Become an Island – The Bootcamp', an exhibition presented in Graz (Austria) in 2024, six participatory multi-media installations and videos trained visitors to in how to become a suitable breeding ground for a tiny bird species, the Ringed Plover.

Solmaz Farhang has exhibited her work in venues such as Forum Stadtpark Graz (AT), Natural History Museum of Vienna (AT), National Museum of Bosnia and Herzegovina (BA), Ars Electronica, Linz (AT), Museum Quartier Vienna (AT),

Kunsthalle Exnergasse (AT), Angewandte Interdisciplinary Lab (AT), Etiuda & Anima Festival (PL) and European Capital of Culture in Novi Sad Serbia (RS).

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Residents of Hornsea.

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LIST OF WORKS

Breathing Station

To breathe with

Let's breathe with North Sea, with the water and the fish; with the plants and the gravel on the beach. Let's appreciate our intertwined lives, accept our desires and vulnerabilities; our need for air, for oxygen in our blood, our desire for safety and laughter, and for a place to belong. It is said that the oceans are the planet's lungs. Aren't they ours too? Take a seat here and imagine breathing with all the living things on the planet.

Listening Station

To listen to

Let's listen to North Sea, to the voices from the near and afar, from the past and the future, from within and around the sea; the sound of the church bells and the seagulls, the sailing boats and the fish, the whales and the lobsters, the whistles of the ships and the turbines. Near or far, we live with our head close to the North Sea*.

The sounds you listen to are two data files, one from a mooring called Stonehaven20 in the North Sea, at 20km distance from the coast and 108m of depth and one from Scalp Bank more than 60m from land and 55m deep. These recordings are filled with dolphin sounds, a vessel working nearby and the sound of waves.

Sound data has been provided by Marine Scotland Government.

Citation: Brookes, K. 2017. The East Coast Marine Mammal Acoustic Study data. doi: 10.7489/1969-1

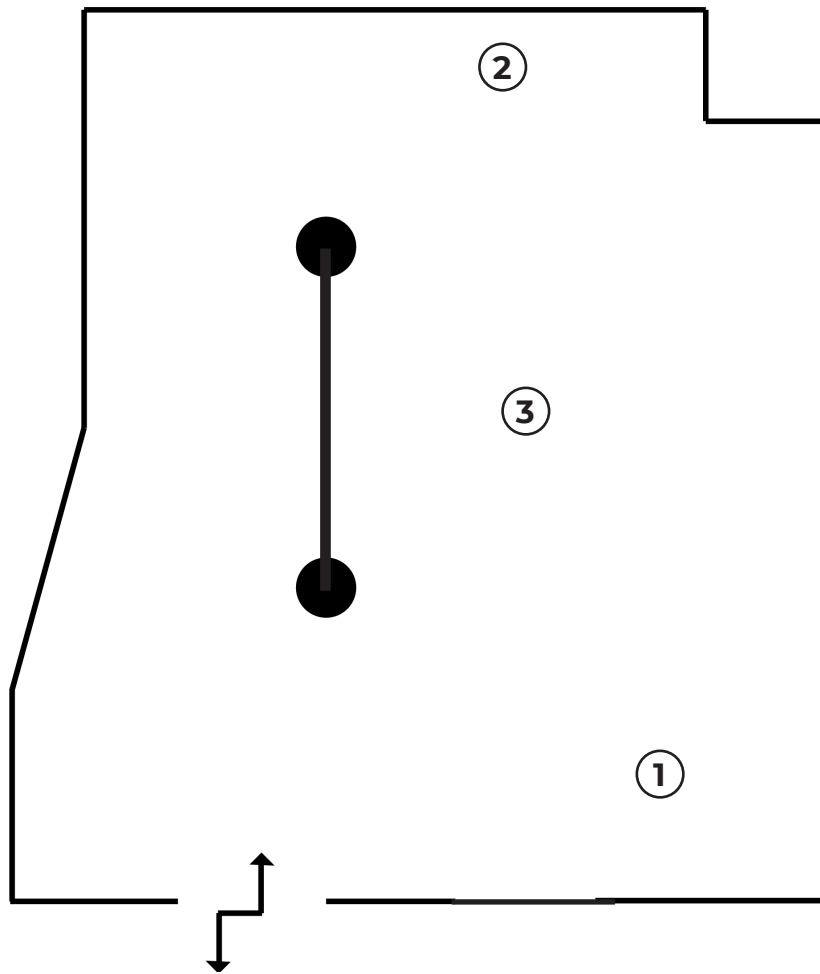
* The phrase 'with our head close to the North Sea' is borrowed from Cold Fish Soup by Adam Farrer.

Dreaming Station

To dream up

Let's dislocate and reposition things; let's dream up new possibilities. Let's jump out of the ordinary and imagine other ways of seeing and living together. Let's find new ways of expressing our feelings, thoughts and dreams. Let's dream up and venture a transformation; a transformation of our relationship with North Sea.

FLOORPLAN



1. Breathing Station

2. Listening Station

3. Dreaming Station

RELATED ACTIVITY

ONLINE ARTIST TALK: SOLMAZ FARHANG

FRIDAY 4 APRIL 2025

6-7:30PM

ONLINE

FREE, BOOKING REQUIRED

Solmaz Farhang is an artist and researcher based in London. She works at the intersection of art, design and technology, developing tools and methods for understanding socio-logical relationships (the relationships between humans and nature).

Solmaz works across multiple disciplines to create artwork, including photography, video and multimedia installations.

Discover more about Solmaz's practice via this Online Artist Talk, and find out more about the ideas behind In Therapy with North Sea.

THURSDAY LATE: BEN ADAMSON

THURSDAY 10 APRIL 2025

7-9PM

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FREE, BOOKING REQUIRED

Ben Adamson is a multimedia and sound artist specialising in multisensory installations that explore the intersections of performance, installation, and soundscape design. His work encourages audience participation, transforming them into active performers and listeners. Ben seeks to provoke and challenge perceptions, finding beauty in contrasting and harsh sounds to invite reflection on space, objects, and theme. Provocation is of the utmost importance throughout Ben's work with the intention of asking questions to the

listener. Another area of his practice focuses on the intersection of playfulness and communication and involves probing the boundaries between performance, interaction and listening within his installation work. More recently Ben's practice has engaged with co-creative process and community engaged projects focusing on mental health in local communities.

Talking to the Tide, 40 mins

Talking to the Tide is a participatory piece of performance of art – a collaboration between audience and performer. The audience are invited to become active creators, writers and artists in this piece by making their mark on Ben's skin. Anyone who wishes to share their sentiment or message with the audience may whisper it in Ben's ear and he will share it with everyone else. Periodically, the 'tide will go out' and some of the marks and messages will be washed away.

Share as wholeheartedly as you will – secrets, thoughts, feelings, fears – in the knowledge that all is impermanent and will be washed away eventually...

Soundscape: 5 Minute loop of Drowning Music II

PANEL DISCUSSION
THURSDAY 24 APRIL 2025
6:30-8:30PM
HUMBER STREET GALLERY
FREE, BOOKING REQUIRED

Bringing together a panel of artists and researchers this round table will explore creative responses to the climate crises, asking 'What role can the artist play in addressing such challenges that play out simultaneously in global and hyper local contexts?'

EXHIBITION TOUR

WEDNESDAY 5 MARCH, WEDNESDAY 30 APRIL 2025

2-2:30PM

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FREE, BOOKING REQUIRED

ABOUT US

Humber Street Gallery is an Absolutely Cultured project.

Originally established in 2017 as part of the City of Culture programme, it has developed into a vibrant, high-quality contemporary visual art space for Hull. It is now a significant contributor to the contemporary visual arts offer in the north.

Our ambition for Humber Street Gallery is to further develop the venue into a multi-artform and multifunctional creative centre, showcasing a wide range of art and activities providing something for everyone from visual art, dance, music to spoken word. Increasingly the space will be used to showcase more work by local as well as national and international practitioners.

We also aim to develop more visual art programming that happens outside of the gallery in the city's public spaces, in underused buildings and in local neighbourhoods.

CONTACT US

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OPENING TIMES

Wednesday: 10:30am - 5pm

Thursday: 12pm - 7pm

Friday: 10:30am - 5pm

Saturday: 10:30am - 5pm

Sunday: 10:30am - 5pm