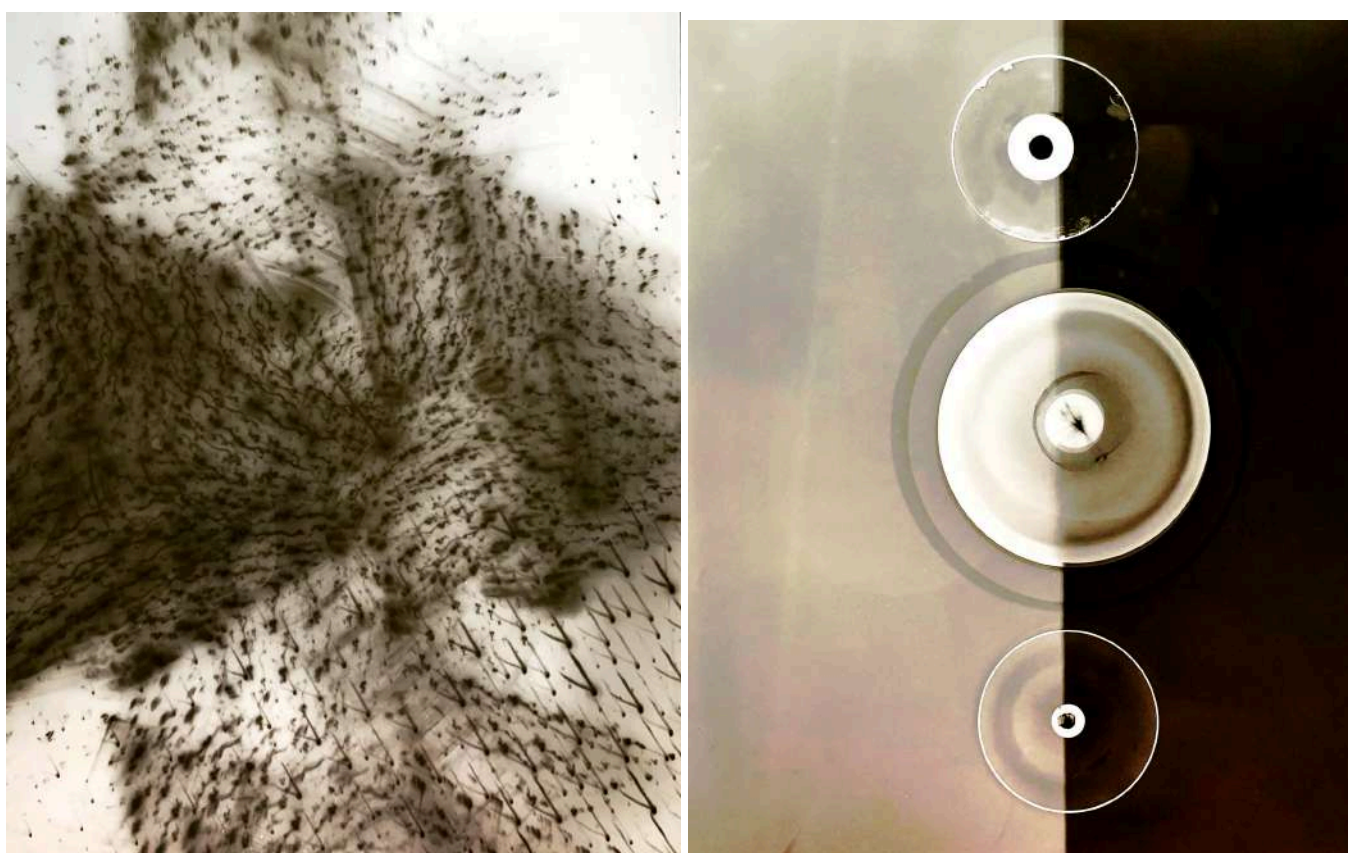


Film 2025

LCB Depot's exhibition & events programme highlights work from different creative practices every month.

This month the focus is on photography and film with work from established professionals and emerging creatives. Exhibitions and events run from **3rd March - 17th April 2025** at LCB Depot and from April 11th at Phoenix

Find out more [@lcbdepot](https://www.instagram.com/lcbdepot) or at lcbdepot.co.uk/event/film2025



Disrupted Harmony

Sim Seema Mistry

"Disrupted Harmony" are Luminograms they are a visual response to mental health struggles, particularly the paralysis felt in deep depression and PTSD. The collection explores how past conflicts and trauma shape perception, creating an ongoing battle between memory, reality, and the future.

The lead piece, Catatonic, captures the turmoil of a mind spinning uncontrollably while the body remains frozen, unable to move. Through stark contrasts and unsettling stillness, it reflects the dissonance between thought and action in moments of psychological distress.

Another key work, PTSD and Me, delves into triggers and trauma, revealing how unresolved experiences challenge one's sense of the present and

obstruct the path forward. The image in the series serves as a window into the internal struggle of navigating a fractured reality, inviting viewers to reflect on the unseen battles many endure.

Distress, Rest, Undress explores the vulnerability required for healing and growth. This piece reflects the raw, unguarded moments where one must confront their deepest struggles before transformation can begin. The act of 'undressing' symbolises shedding emotional barriers, exposing wounds, and embracing fragility as a necessary step toward recovery. Through light, texture, and form, the image captures the tension between resistance and surrender, illustrating the delicate process of allowing oneself to rest, release, and rebuild.

Artist Bio

Sim Seema Mistry is a fine artist known for her creative expressionism including her evocative black and white photography, which blends intricate composition with rich tonal contrasts. Her work explores themes of cultural identity, spirituality, and personal narratives, drawing from her heritage and lived experiences. Seema's photography uniquely fuses elements of traditional South Asian aesthetics with contemporary visual storytelling, creating images that feel both timeless and deeply introspective.

Raised in a multicultural environment, Seema's early exposure to diverse artistic traditions shaped her distinctive approach, where light, shadow, and texture take precedence over colour. She frequently incorporates symbolic imagery and natural motifs, inviting viewers to engage with themes of memory, identity, and emotional depth.

Beyond photography, Seema also works across painting and sculpture while delivering community engagement workshops. She continues to be an influential voice in the contemporary art scene, inspiring emerging artists with her passion for cultural expression and innovation through monochrome storytelling

[@simyimages](https://www.instagram.com/simyimages)