

# Spirit to Matter: Alchemy in the Making

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

This month the focus is on art including 2D, 3D, film and performance with work from our commissioned artist respondents to the open call. Exhibitions and events run from **28<sup>th</sup> October – 22<sup>nd</sup> November 2024**

Find out more [@lcbdepot](#) or at [lcbdepot.co.uk/event/art2024/](http://lcbdepot.co.uk/event/art2024/)



## ***Who are we?***

Sim Seema Mistry

The collection captures the turbulent journey of forefathers in search of a better life, banished from one land only to find solace in another. It portrays the uncertainty and challenges faced over vast, uncharted waters, with a destination shadowed in the unknown. Each piece in this series evokes a sense of resilience, depicting the clash of hope and trepidation, as lives remain undecided and futures unclear. Through these works, the generational impact becomes evident, leaving descendants to ask, "Who are we?"

## **Artist Bio**

Sim Seema Mistry is a fine artist known for her vibrant use of colour intricate patterns and mixed media that blend traditional techniques with modern

themes. Her work often explores cultural identity, spirituality, and personal narratives, drawing on her heritage and experiences. Seema's art uniquely combines elements of South Asian art with abstract expressionism, creating pieces that feel both familiar and avant-garde.

Raised in a multicultural environment, Seema's early exposure to diverse art forms inspired her to develop a distinctive style that celebrates cross-cultural influences. She frequently incorporates natural motifs and symbolic imagery, inviting viewers to engage in introspection and connection with her pieces.

Aside from painting, photography and sculpture Seema also delivers community engagement creative workshops. / She continues to be an influential voice in the contemporary art scene, inspiring young artists with her passion for cultural expression and innovation.

[@simyimages](#)