

Sean Roy Parker

Visual Arts Portfolio 2025

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IG @fermental_health



Installation of solo exhibition 'Man Of Kent' at Piccalilli Gallery, London 2024

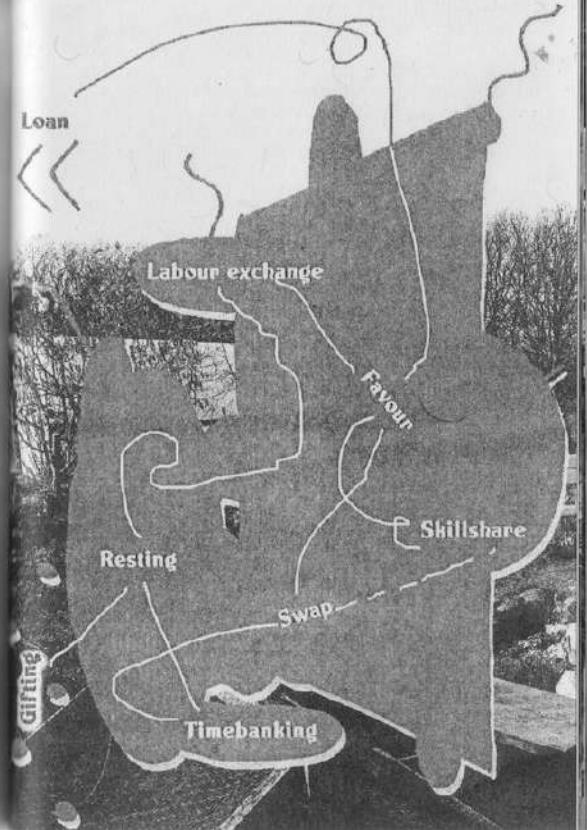
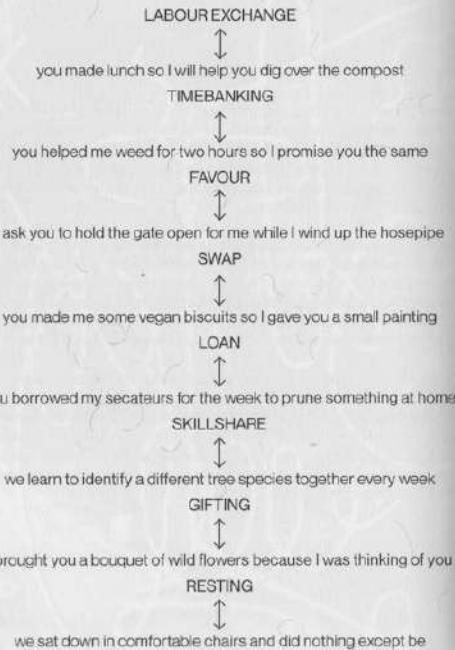
A show about emotional indigestion and patriarchal pub culture from the perspective of a child growing up in a working class town. Ink drawings, pewter sculptures, live vinegar fermentation.

Money is no measure of someone's worth. In our consumer society, where so much emphasis is placed on financial and material wealth, we must leave behind some popular ideas of value which don't take into account the luck of being born into fortune or safety, and instead experiment with alternatives that bring us closer together and forge new appreciation of our individual and others' collective qualities.

Since we have established that all food, medicine and textiles from plants are an incredible gift, I think we can push a little further and consider how we can share our human time / energy / tools / ideas / knowledge / skill / love without requiring something in return. Exchanging any amount of these for money is to attach a rational number to something that is abstract or intangible. It's like trying to buy a feeling or particle of air.

By removing this rigid expectation of like-for-like, we can build new structures of value like trust, friendship and solidarity. These structures can be strong and robust, yet soft and flexible. They can be tried and tested, or never fully formed. They can bring out the best in ourselves, and uncover hidden talents. In our greenspaces, where money has no value, and people mean everything, let's look at some of the ways we're already building connections.

Examples of non-monetary exchange



Text on Community Gardens and alternative economies commissioned by Fran Disley and designed by Holly Temple, published in "Talk to the Garden" Turnpike Gallery, Leigh 2023



“With Us All” - Commission for Brent Biennial 2023. Providing paid apprenticeships while building a glasshouse from recycled windows. Teaching residents to use power tools and build wooden furniture, and cooking hot lunch from scratch every day.

allowing myself to project
getting to breathe could be
e to prepare the next. are
ghost? a self-styled
collage my own sense, i also
of labour when I took the
and-honey-sweet.

cycle of a plant subject is
n, hands touched and miles
data. fruit

"Hospitality" at Pols, Valencia 2021. Solo exhibition of diaristic writing about anarchist food distribution network, installed using compostable materials. Upcycled commercial waste paper installed with homemade plum jam, thorns, seeds.

deep min
d-human sundial. wild and
refined light

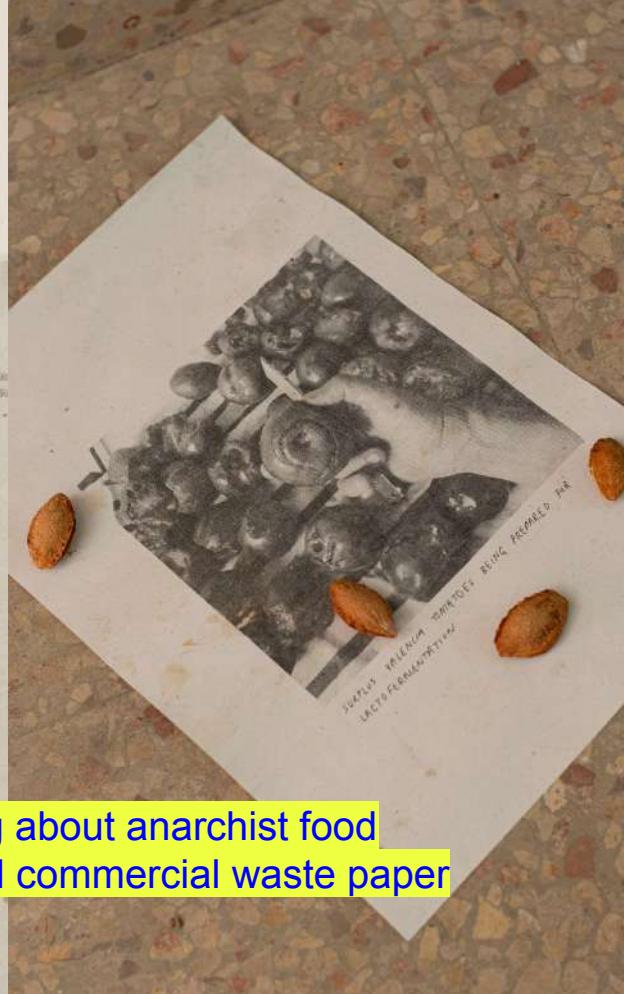


PIRE IN THE WIND AT ANARCHIST HARBOR



Thurs 23 Sep

Late night and a lie-in. I always have low energy the day after
nectarines for breakfast, cut into thin slices to increase the skin
flesh touching my tongue.



SUPER VALENCIA THIMBLES BEING PREPARED FOR
LA CLOUTERATION

CULTURE } CLVB @ BLOC PROJECTS

WEDNESDAY 14TH MARCH 2018

LACTO-FERMENTING WORKSHOP

LED BY SEAN ROY PARKER.

① WASH JARS + REMOVE STICKERS
500ML + 1L JARS BEST, STRAIGHT SIDED.

② PREP PRODUCE - PEEL SKINS IF TOUGH
- SLICE, CUBE OR JULIENNE - YOUR PREFERENCE!
- NOTHING TOO SOFT, VEG MUST STILL BE PERKY

③ SELECT SPICES OR HERBS
TRADITIONAL OR PREESTYLE, IT ALL WORKS

- EG SWEDISH + CHILI
CARROT + WAMIN

APPLE + STAR ANISE
CABBAGE + CURRANTED

④ MAKE BRINE - SEA SALT + MINERAL WATER
3 TABLESPOONS PER LITTLE OF LIQUID - MIX TO DISSOLVE

⑤ CONSTRUCT JARS - THE CREATIVE PART
- PACK JARS WITH SOME VEG + SPICES
- LEAVE AN INCH BELOW LID
- POUR* BRINE OVER, LEAVE FOR 2 WEEKS!



Fermental Health - over 50 practical lactofermenting and food preservation workshops in galleries, restaurants and community centres since 2018. Focussing on practical and social entanglement. Sharing food preservation skills using surplus veg for fun, connection, politics.

Sean Roy Parker (he/him) Preferred name - Roy

born Kent, lives Derbyshire, UK

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(Self-)Education

Permaculture Teacher Training, Permaculture Association Britain, online, completed June 2024

Art & Social Permaculture Course, Temporary Gallery, Cologne, online June 2021

Organics Horticulture Diploma, Glengall Wharf Garden, Peckham, London 2020

Fermentation Masterclass Scholarship, w Sandor Katz, Tennessee, USA, Nov 2019

School of the Damned Free & Alternative Fine Art MA, various UK cities, 2017 – 2018

Apprentice Ceramics Technician at Kiln Rooms, Peckham London, 2015 – 2016

BA(Hons) Graphic & Media Design at London College of Communication, 2008 – 2011

Foundation Diploma in Art & Design at Ravensbourne College of Art & Design, Kent 2007-08

Awards

Paul Hamlyn Foundation - Visual Artist Award 2024-2027

Axis Fellowship Professional Development 2024

Wysing Arts Centre Residency and Bursary 2023-24

New Midlands Group Winter Bursary 2021

Recent Projects

Back to Basics 18-month residency commissioned by Three Rivers Bexley, Kent	2024 – 2025
Critical writing on position of artist as untrained social worker and witness to state injustice	
Citizen Sandwich artist-run bakery at Audra Festival, Kaunas, Lithuania,	2025
Cultural Heritage project around food preservation and multicultural cuisine.	
stewarding debut poetry pamphlet, published by Monitor Books, London	2024
Developing photographs in sauerkraut, treating covers with plant ink and hand-binding 500 copies.	
Man of Kent solo exhibition at Piccalilli Gallery, south London,	2024
Ink drawings of hometown pubs and tabletop curios, accompanied by live vinegar ferments.	
The Field , unfunded artist-run communal living project in rural Derbyshire.	2021 – 2024
Hosted over 120 free creative residencies, mostly for artists who are queer, trans, working class, disabled or from Global Majority who traditionally have less access to space and time without expectation.	
With Us All public commission for Metroland Cultures, London,	2023
Glass house made from recycled materials for St Raph's Community Garden, Brent	
The Beans at Two Queens, Leicester, in collaboration with Stanford Hall CSA, April - Sept	2023
ACE-funded exhibition and program about food security, peasant technology and permaculture	
Mulch , Phytology at Bethnal Green Nature Reserve, London September	2022
Soil remediation project using psychogeographical scavenging, curated by Laura Yuile	
Hospitality , food politics research & solo exhibition at Pols, Valencia, Spain Aug - Oct	2021
6 week commission on peasant farmer solidarity and city anarchist food justice work	
Brixton Pound Cafe , waste food project, Loughborough Junction, London	2018 – 2020
Pay-what-you-can café and community space, using surplus food saved from landfill	

Talks and Presentations

The Gramounce Int'l altMA in Food and Art - student mentor and critical tutor, online, 2021-2025

Regenerative Artmaking in the Polycrisis at METAL, Southend, January 2024

The Post-Capitalist Artist for Axisweb's Back to School online series, October 2023

Decarbonising Creative Practices, at LJMU Fine Art (Liverpool), Focal Point (Southend), OSE (Margate), Falmouth Uni (Cornwall), East Bristol Contemporary (Bristol), Grizedale (Cumbria), May 2021 onwards

Publishing

In Your Own Time: Artist as Witness to Mutual Aid Disguised as Social Care self-published risograph zine, 2025

Non-Monetary Exchange article in 'Talk to the Garden' by Francis Disley, for Turnpike, Leigh 2023

Feeding Cultural Production creative writing for compendium by Well Projects, Margate 2022

Vague Decay Now essay commissioned by Dani Admiss for Sunlight Doesn't Need a Pipeline, 2022

Interspecies Reality (German translation by Max Weinland), Kunstverein Lüneberg annual, 2022

Infrastructuring interview w Dr Susannah Haslam on alternative education, Theatrum Mundi, 2022

Residencies

ArtMill, Czech Republic artists performing degrowth rural territories, July 2024

Allotment Club Cornwall, instigating critical exchange in the bioregion, August 2023

FOOD & POLITICS at Grizedale Arts, Cumbria, March 2022

Rupert, Vilnius, Lithuania Slow Yield, self-initiated wild food research. August 2020

Sustainable Darkroom London Alternative Photography Collective, March 2019