

from them to you

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MA Degree Show  
Birmingham School of Art - Birmingham City University  
31st August to 4th September 2022

Private view:  
Thursday, 1st September  
18:00 – 20:00



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Samuel Ip, MA Arts and Education Practices  
*'from them to you'*



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'from them to you' is a publication about mental health using people's daily occurrences and challenges to help readers to gain a better understanding of the parts of people's lives that we may not hear about, and how they persevere and are challenged by their day.

from them to you is for those going through the small and the big battles in their everyday lives, having the comfort of knowing others go through similar challenges in life.

Ig: @swlip

The participants anonymously sent their day to me for seven days documenting how their experiences, this encourages self-reflection and allows participants to partake in a form of self-therapy they may not usually try.

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