

In This Place

Jen Upson

Emily Mitchell

Exhibition Information



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2024 Graduate Exhibition Award

12 June – 24 August 2025

This exhibition highlights the work of two artists selected by Grampian Hospitals Art Trust from the 2024 Degree Shows. Representing Moray School of Art in Elgin and Gray's School of Art in Aberdeen, **Jen Upson and Emily Mitchell** bring fresh perspectives to The Suttie Arts Space.

Now in its fifth year, the Graduate Exhibition Award supports emerging artists in Grampian and Moray, offering two new graduates the opportunity to develop their work for display in a hospital setting. Funded by Creative Scotland, this initiative fosters meaningful creativity while enhancing the hospital experience.

Artworks

Jen Upson - 'The Necessity of Ruins'

Lathe (wood, paint and cast jesmonite)

Emily Mitchell - 'Landscape of the Mind'

Framed Works (Ink, pencil, acrylic on paper and canvas),

Ceramics,

Sound Work,

Suspended Work (Laser and hand cut high-density polyethylene).

Artist Information

Jen Upson

'I began my fine art studies at a turning point in my life and, since graduating in 2024 from the University of the Highlands and Islands, I have balanced my time between my creative practice and working as an Integrative Therapist.

I favour a phenomenological approach to exploring the human experience of being in the world and my creative work embraces architecture, installation, and sculpture. As a process-led artist, I explore the possibilities for change, renewal and healing through working with materials and spaces, echoing my work in the therapy room.

I prefer utilising recycled and repurposed materials, drawing on their inherent history. I enjoy the playful aspects of experimentation, repetition, and reconfiguration, all of which feature heavily in my work.

I worked with Grampian Hospitals Art Trust to create this site-specific work. I have used wooden 'lathe' ripped from my 200-year-old cottage on the Moray Coast, repurposing materials previously hidden or discarded and displaying the internal framework of home.'

Instagram: @jen_upson

Emily Mitchell

Emily Mitchell is a multidisciplinary artist whose work spans drawing, sculpture, and immersive installations. Deeply inspired by the intricacies of the natural world, she creates contemplative art that invites viewers to pause, reflect, and explore the often-overlooked connections between nature, femininity and the human experience. Her practice is rooted in quiet observation and curiosity, emotional honesty, and a desire to provoke thought and empathy.

For this installation, Emily combines drawings, paintings and ceramics with sound and sculpture. Emily created intricate patterns which were then laser cut and assembled using small metal rings to produce the suspended work in the middle of the room. This delicate, repetitive process became a contemplative ritual, echoing the quiet discipline of her drawing practice.

Emily begins her creative process by spending time in nature, sketching, and recording her sensory experiences. She pays close attention to the details and quiet rhythms found outdoors which she then translates into visual forms. Emily often works outdoors, allowing her surroundings to influence and shape the outcome of the work in real time.

Landscape of the Mind, uses nature as a form of imagery to depict complex emotional landscapes. Through extensive research into mental health

issues, Emily engaged in open discussions where she voiced her own experiences. She continued to spend time in nature helping calm her mind, she began drawing out in natural spaces as a form of mindfulness.

Linktree: <https://linktr.ee/emily.m.design>

Instagram: @emily.m.design



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