Poor Form

Nicola Bealing
Daisy Collingridge
Emma Cousin
Oona Grimes
Annie Whiles
Tom Woolner

30 January – 7 March 2026

'Poor Form' brings together six artists working across painting, sculpture, drawing and textiles to examine the body as a site of instability, excess and transformation. Through playful, uncanny and psychologically charged forms, the exhibition explores how bodies - both human and imagined - are shaped by material, narrative and dysfunction.

The exhibition presents bodies at the edge of coherence: ungainly, exaggerated and resistant to refinement. Moving between the uncanny and the mechanical, the artists position the body as both a failing system and a generative structure. Influenced by surrealism and clowning, they depict emotional, absurd figures that oscillate between humour and disturbance, heightening a sense of chaos and vulnerability.

Nicola Bealing's paintings blend vivid storytelling with surreal encounters between human and natural worlds. Daisy Collingridge uses textiles to create fleshy, exaggerated sculptures that both celebrate and question the human form, while Emma Cousin employs bold colour and dynamic composition to examine the body as a site of humour, tension and social exchange. Oona Grimes merges historical reference with personal mythology in richly narrative imagery that twists expectations and distorts comfort. Annie Whiles transforms everyday symbols into uncanny forms through woodcarving and embroidery; her sculpture 'Bird in Commercial Way' interrupts, observes and quietly watches over us. Tom Woolner similarly invites bodily and playful engagement through new hybrid forms that blur surface and structure.

Across the exhibition, bodies convulse, distort, ooze and squidge, performing their own awkwardness. Hard angles, swollen forms and unstable geometries evoke machines or automatons whose implied functionality is continually undermined. Failure here is not simply a condition of loss but a productive state: terms associated with bodies in crisis - imbalance, distortion, collapse - become strategies for reconfiguration and imaginative possibility.



Nicola Bealing
Ship-wrecker, 2022
Oil and Acrylic on linen
150 x 125cm
(SMG_NB0004)

sid motion gallery



Nicola Bealing
Arm and Leg Thing, 2025
Oil on linen
70 x 60cm
(SMG_NB0001)



Nicola Bealing
Walking on Hands, 2024
Oil on panel
28 x 36cm
(SMG_NB0002)



Nicola Bealing
See-through Clothes, 2025
Oil on panel
30 x 25cm
(SMG_NB0003)



Nicola Bealing
Yellow Flags, 2024
Oil on linen
153 x 127cm
(SMG_NB0005)



Daisy Collingridge
Fast Twitch, 2024
Mixed textile, wood, resin, sand
51 x 23 x 15cm
(SMG_DCL0001)



Daisy Collingridge
At the End of the Line, 2026
Mixed textile, cord, wire, wood
95 x 25 x 15cm
(SMG_DCL0002)



Daisy Collingridge
Head Contour, 2025
Mixed textile, wood, sand, cord, foam
25 x 30 x 20cm
(SMG_DCL0003)



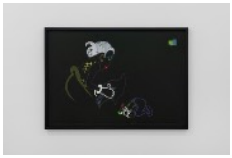
Emma Cousin
Landmass, 2025
Oil on canvas
Unframed: 60 x 50cm
Framed: 63.5 x 53 x 5.5cm
(SMG_EC0001)



Oona Grimes
Etruscan ghosts: Medea syndrome #133, 2025
Coloured pencil & collage on drafting film
Framed: 37.5 x 28.5 x 4cm
(SMG_OG0001)



Oona Grimes
Etruscan ghosts: Medea syndrome #131, 2025
Coloured pencil & collage on drafting film
Framed: 37.5 x 28.5 x 4cm
(SMG_OG0002)



Oona Grimes
Etruscan children: Medea syndrome #28, 2024
Stencil drawing, coloured pencil & collage on paper
Framed: 85 x 121 x 4cm
(SMG_OG0003)



Oona Grimes
Etruscan ghosts: Medea syndrome #71, 2025
Coloured pencil & collage on drafting film
Framed: 37.5 x 28.5 x 4cm
(SMG_OG0004)



Oona Grimes
Etruscan ghosts: Medea syndrome #73, 2025
Coloured pencil & collage on drafting film
Framed: 37.5 x 28.5 x 4cm
(SMG_OG0005)



Oona Grimes
Etruscan ghosts: Medea syndrome #125, 2025
Coloured pencil & collage on drafting film
Framed: 37.5 x 28.5 x 4cm
(SMG_OG0007)



Oona Grimes
Etruscan ghosts: Medea syndrome #74b, 2025
Coloured pencil & collage on drafting film
Framed: 37.5 x 28.5 x 4cm
(SMG_OG00016)



Annie Whiles
Bird in Commercial Way, 2011
Hair, fabric and hand embroidery
168 x 10 x 18cm

(SMG_AW0001)



Annie Whiles
The Moment Ago, 2006
Hand embroidery, hair, felt, satin and canvas
100 x 100cm

(SMG_AW0002)



Tom Woolner
Remnant Revealed, 2023
Acrylic resin, pigment, polyurethane and aluminium
Total dimensions; 118 x 82 x 11cm
Acrylic resin panel: 53 x 48 x 4cm
(SMG_TW0007)



Tom Woolner
A Lull in Proceedings, 2025
Acrylic resin, pigment and silicone
57 x 46 x 5cm
(SMG_TW0008)



Tom Woolner
Bust 1, 2022
Acrylic resin and pigment
39 x 25 x 2.5cm
(SMG_TW0009)



Tom Woolner
The Luddite, 2026
Acrylic resin, pigment and silicone
172 x 98 x 7cm
(SMG_TW0010)