

Daniel Regan

London based photographer exploring complex emotional experiences. I'm captivated by the human condition and my work often focuses on well-being, our feelings and how we process events in our lives. The thread of intimacy and the desire to connect with both others and myself weaves its way throughout my practice.

Education

2012 — 2013 MA Photography — London College of Communication
2003 — 2006 BA Photography — University of Brighton

Employment

Freelance Photographer / Artist (2009 — Present)

Selected Clients: Alopecia UK, Bethlem Gallery, Brighton & Hove Libraries, C.A.L.M, Cooltan Arts, Crisis, Dutch Telegraaf, Finishing Touches, HarperCollins, Huffington Post, Katie Piper Foundation, Kennedy's Law, Free Space Project, Mail Online, National Citizen Service, NHS Direct, Photoworks, QUAD Gallery, Queen Mary University London, Rethink Mental Illness, Science Gallery London, Smart Network, Time to Change, Universal Music, University of the Arts London, Wellcome Collection, WEX Photographic.

As an educator I have experience in devising, project managing and facilitating visual arts workshops with both adults and children, covering themes such as: visual language and literacy, narrative, metaphors, mindful photography, image and text and expressing emotions. I regularly run therapeutic photography projects for those with emotional difficulties.

Charity Director, Free Space Project (January 2017 — Present)

The Free Space Project is an arts & wellbeing charity providing a number of arts activities and therapies across two NHS sites in north London, serving over 27,000 patients. Based at the James Wigg practice within Kentish Town Health Centre, the charity provides art therapy, dance for people with Parkinsons, therapeutic photographic projects, a well-being garden, an artist in residency scheme, a gallery space and much more. I manage all of these and more:

- Commissioning workshops and managing a broad spectrum of freelance artists
- Managing both offline and online marketing of workshops, events & exhibitions
- Overall financial budgeting for the charity
- Securing of funding through bid writing
- Building of new and the development of existing relationships with partner organisations
- Co-coordinating and mentoring artists that take part in the residency scheme
- Commissioning exhibitions
- Curating and installing exhibitions

Recent Exhibition History [selected]

Solo Exhibitions: *Be Here, Now (with Antonia Attwood)*, Riverlights, FORMAT Photography Festival, Derby, 2017
Alopecia Uncovered, Brighton & Sussex Medical School, Brighton, 2016
Fragmentary, Free Space Gallery, Kentish Town Health Centre, London, 2015
Bald & Bold, Free Space Gallery, Kentish Town Health Centre, London, 2014
The Alopecia Project, World Congress for Hair Research, Edinburgh 2013
Crowning Glory, Strathclyde University, Glasgow 2013
Headism, NL Gallery, London, May 2011

Group Exhibitions: *More Than an Image*, WEX Photo Video, London, 2017
Visualising the Home, Carlisle Photo Festival, Carlisle, 2017
XX, Bethlem Gallery, London, 2017
Traces, Kentish Town Health Centre, London, 2017

Journeys, Institute of Mental Health, Nottingham, 2016
Offprint Photobook Festival, Tate Modern, London, 2016
Dark Side of Light Night, Liverpool Light Night festival, Liverpool, 2016
Letting In The Light, Stratford (public lightbox installation), London, 2016
Trees of the Brain, Roots of the Mind, The Depot (for Photomonth), London, 2015
Offprint Photobook Festival, Tate Modern, London, 2015
Summer Exhibition, Highgate Mental Health Centre, London, 2015
Evidence of Being, Hundred Years Gallery, London, 2014
Evolving in Conversation, Brighton Photo Biennial, Brighton, 2014
Escape, Young Photographers' Association, New York, 2014
MAP13 Graduate Show, London College of Communication, London, 2013
Photographic Images Changing Society, Box Park & Rich Mix, London, 2013
Uncovered, Frameless Gallery, London, 2012
Material Matters, Courtauld Institute Somerset House, London 2012-2013

Artist in Residence

June 2016 — March 2017 Commission by QUAD (for FORMAT photography festival 2017), Derby
August 2014 — Jan 2015 Artist in residence at Kentish Town Health Centre, London
April 2014 — Sept 2014 Artist in residence community project, Oviñana, Asturias, Spain

Panel Discussions / Talks / Events [Curator / Organiser / Speaker]

July 2017 *Art and Mental Health Forum*, University of the Arts, London
June 2017 *InPractice*, Royal Academy of Arts, London
March 2017 *Be Here, Now for FORMAT Festival*, Riverlights, Derby
November 2016 *Man Up Man Down: masculinity, mental health & self-advocacy*, Cooltan Arts, London
June 2016 *Alopecia Uncovered*, Brighton & Sussex Medical School
June 2016 *Critical Voices conference* (keynote speaker), Tunbridge Wells
May 2016 *Fragmentary* (solo artist talk), The Artworks, London
May 2016 *Lenses of Croydon* (solo artist talk), CVA Resource Centre, London
February 2016 *Metamorphosis*, Hotel Elephant, London
June 2015 *Fragmentary Presents: Artist Talks*, Kentish Town Health Centre, London
March 2015 *Creative Symposium*, University of the Arts CSM, London
February 2015 *Alopecia Uncovered: The Power of the Portrait* (solo artist talk), Alopecia UK, London
September 2014 *Photo Forum*, Calumet, London
January 2014 *Control of the Frame: Power, Representation & Identity in Photography*, London Art Fair

Workshops / Community Projects / Facilitation

Nov — Dec 2017 *Virtual reality workshops* (4 sessions), Kentish Town Health Centre, London
August 2017 *Mindful Photography Walk* (2 weeks), Bethlem Gallery, London
May — June 2017 *Focus on Feelings* (8 weeks), Kentish Town Health Centre, London
April — July 2017 Photography workshops (10 weeks) for Crisis on theme of *What If?* Croydon, London
April 2017 *Safe Spaces workshops* for the general public (drop-in, 4 sessions), Derby
February 2017 *Photography & the Space Between*, for medical students at Queen Mary University London
Dec 2016 — Feb 2017 *Safe space workshops* for autistic adolescents, 50+ & those with personality disorder, Derby
July — October 2016 *NCS The Challenge*, working with 15-17 year olds teaching photography
April — June 2016 *Focus on Feelings* (6 weeks), Kentish Town Health Centre, London
December 2015 *Freedom to Create*, Bethlem Hospital, London
July 2015 *Emotions in Photography* (4 weeks), Kentish Town Health Centre, London
June 2015 *Empathy Workshops*, Kentish Town Health Centre, London

April 2015 *Exploring the Protagonist through Image and Text* workshops, Brighton Library, Brighton
September 2014 *Photography: Keeping visual diaries*, (4 weeks), Kentish Town Health Centre, London
August — Sept 2014 *Evolving in Conversation*. Working with young people through Photoworks & Brighton Library,

Further Training

Photovoice: designing, running and facilitating participatory community photography projects.
Maytree Suicide Respite: befriending & listening skills for those in suicidal crisis (volunteering since April 2015).

Grants & Publications

Big Lottery Fund grant for project with suicide prevention charity Maytree (2017).
Grants for the Arts from Arts Council England to produce work for FORMAT International Photography Festival exhibition (2016).
Funding from Alopecia UK, British Association of Dermatologists & Finishing Touches for work on The Alopecia Project (2012)
Publications: *Fragmentary* (2015), [Alopecia Uncovered](#) (2014), *Insula* (2014)

Awards

Therapeutic Photography: Honorable Mention, Perugia Social Photo Festival, Italy, 2018
Building Better Healthcare Awards: Patient's Choice Award, 2016
Building Better Healthcare Awards: Best Collaborative Arts Project (highly commended), 2016
The NCVO & PhotoVoice's winning award for a professional photographer, 2016

Fragmentary

I co-ordinate Fragmentary.org, an online/offline platform for artists exploring mental health through their practice. As part of this I interview and showcase photographers that are exploring wellbeing in their own work. I also run a monthly peer group for artists wishing to get feedback about their practice, supporting a diverse range of artists at all different stages in their career.

References

Both personal and professional references are available upon request.