Remedies

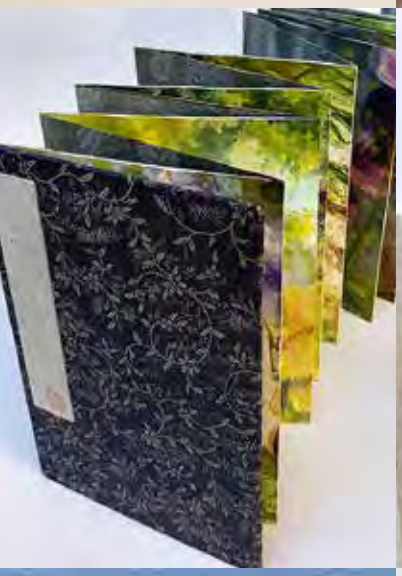
Artist Book Makers Exhibition

27 Nov - 19 Dec





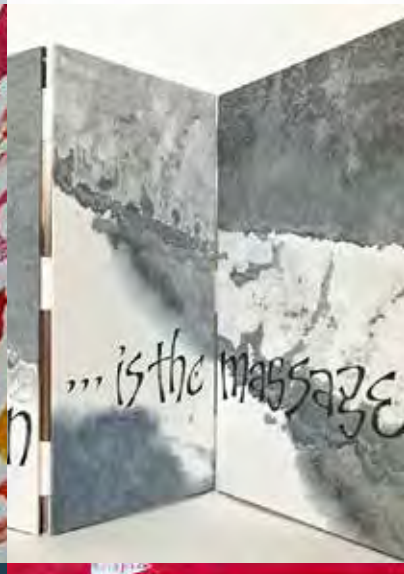
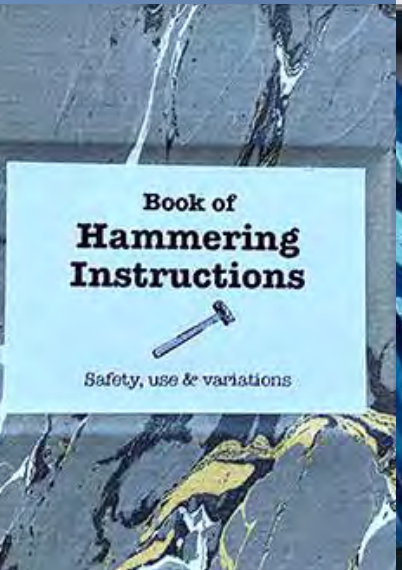






honeysuckle
Treatment for spleen-
convulsions and freckles.

MARTIN'S
MIRACULOUS
Vanishing
Cream
BANISHES BLEMISHES!



...is the message

Book of
Hammering
Instructions
Safety, use & variations


TEATIME
TREATS

RADI
CAL
SOLUT
IONS?

Remedies

How do we respond when something goes wrong - whether that's illness, injury or injustice? What does it really mean to heal, repair or restore?

For this exhibition artist bookmakers were invited to explore these ideas from medical, legal, personal and wider ethical angles. Remedies aren't neutral, they're shaped by human decisions, values and the systems we live within. What gets fixed, how it's fixed and who decides, all matters.

Of further interest is the space between prevention and cure. Is it better to stop something from happening in the first place, or to deal with it afterwards? And what do we gain - or lose - through each approach? These questions run through everything from healthcare to philosophy and can open up reflections on resilience, responsibility and care.

The exhibition was co-curated with Edinburgh based artist bookmaker and tutor Susie Wilson. What follows are over 70 books from 41 artists.

Ian Farmer
November 2026

UPRIGHT GALLERY

All artworks are for sale.

For enquiries email:
ian@uprightgallery.com

If you would like to be on the gallery mailing list please email:
ian@uprightgallery.com

Contents

Cassandra Barron	1
Saskia Blake	2
Brigid Collins	3
Jane Craddock-Watson	4
Frances Douglas	5
Rosemary Everett	6
Ian Farmer	8
Victoria Filimonova	9
Claire Gladstone	10
Shona Grant	12
Liza Green	14
Gen Harrison	15
Angela James	18
Angela Fiona James	19
Gill Jenkins	21
Julie Johnstone	22
Marian Kilpatrick	25
Susie Leiper	26
Isobel Lewis	27
Ruth Martin	28
Anna Mitchell	29
Scott Murphy	30
Nicola Murray	31
Grant Newell	32
Alastair Noble	33
Jennifer Ouson	34
Ursula Pretsch	38
Lucy Roscoe	40
Karen Shewan	43
Andrew Shoolbread	45
Jade Stout	46
Pat Swan	49
Elke Thompson	51
Sandra Vick	52
Corinne Welch	54
Lynda Wilson	57
Ron Wilson	59
Susie Wilson	60
Roy Willingham	62
Phillipa Wood	65
Fenneke Wolters-Sinke	66
Susan Yelda	67

Cassandra Barron

Natures Remedy

This book is inspired by the artist's collection of jars containing specimens foraged from the Heart of Newhaven garden. Each pocket holds a removable card featuring an excerpt from her 2026 nature journal alongside a creative technique explored in the garden, including natural inks, wet cyanotypes and handmade botanical paper. Spending time in nature and creating outdoors are an important part of the artist's mental health toolkit, offering calm, grounding and connection with the changing seasons.

Accordion-fold pocket book. Recycled cartridge paper, hand-drawn and cut, featuring digitally printed reproductions of original sketches and botanical prints. Open variable edition.

£300







Saskia Blake

Know By Heart

In 2022 Saskia had open heart surgery, the experience of her body failing, changed how she saw, and knew herself. There is a necessary inhumanity of surgery. The wounding and mutilation of the body as a remedy, is a conflicting experience.

By utilising drawing as an ontological process, Saskia explores how drawing can help lead us to a place of knowing, feeling and understanding of the world and ourselves. By drawing the dissected hearts of others, she explores her own life through someone else's death.

Printed on Fabriano 120gsm, tracing paper and newsprint. The book features 6 prints of illustrations originally done in graphite. 35 x 26cm. Limited edition, 5 available.

£150



Brigid Collins

All That Is Solid Melts Into Air

Created over a single summer in one garden, this leporello records the artist's close observation of the botanical world through drawing and painting. The work explores plants as sources of healing, restoration and renewal, considering their subtle influence on human emotional experience and their complex networks of resilience and interdependence. Referencing the cycles of growth, decay and rebirth, alongside Karl Marx's observation that 'all that is solid melts into air', the work challenges the perception of plants as passive objects.

Leporello book form made using watercolour and ink with wax resist (on one side).
Verso lined with Japanese Chine-Collé silk tissue, patterned with delicate flower motifs, laid over a dark green painted ground.
12 x 18.5 x 2cm. 85cm opened. Unique edition.

£385







Jane Cradock-Watson

Teatime Treats

Teatime Treats is a lexicon book, of traditional 'family assortment' biscuits.

There are 16 different biscuits which can be seen by opening the book from the centre and exposing another set of four biscuits. There are four different variations of biscuits and works on a continuous loop, like a never emptying biscuit tin, contained within its own 'biscuit tin' cover.

Original artwork made from linocut, rubber stamp based images, digitally reproduced on Fabriano Academia paper.
12 x 12cm. Open edition..

£35

Frances Douglas

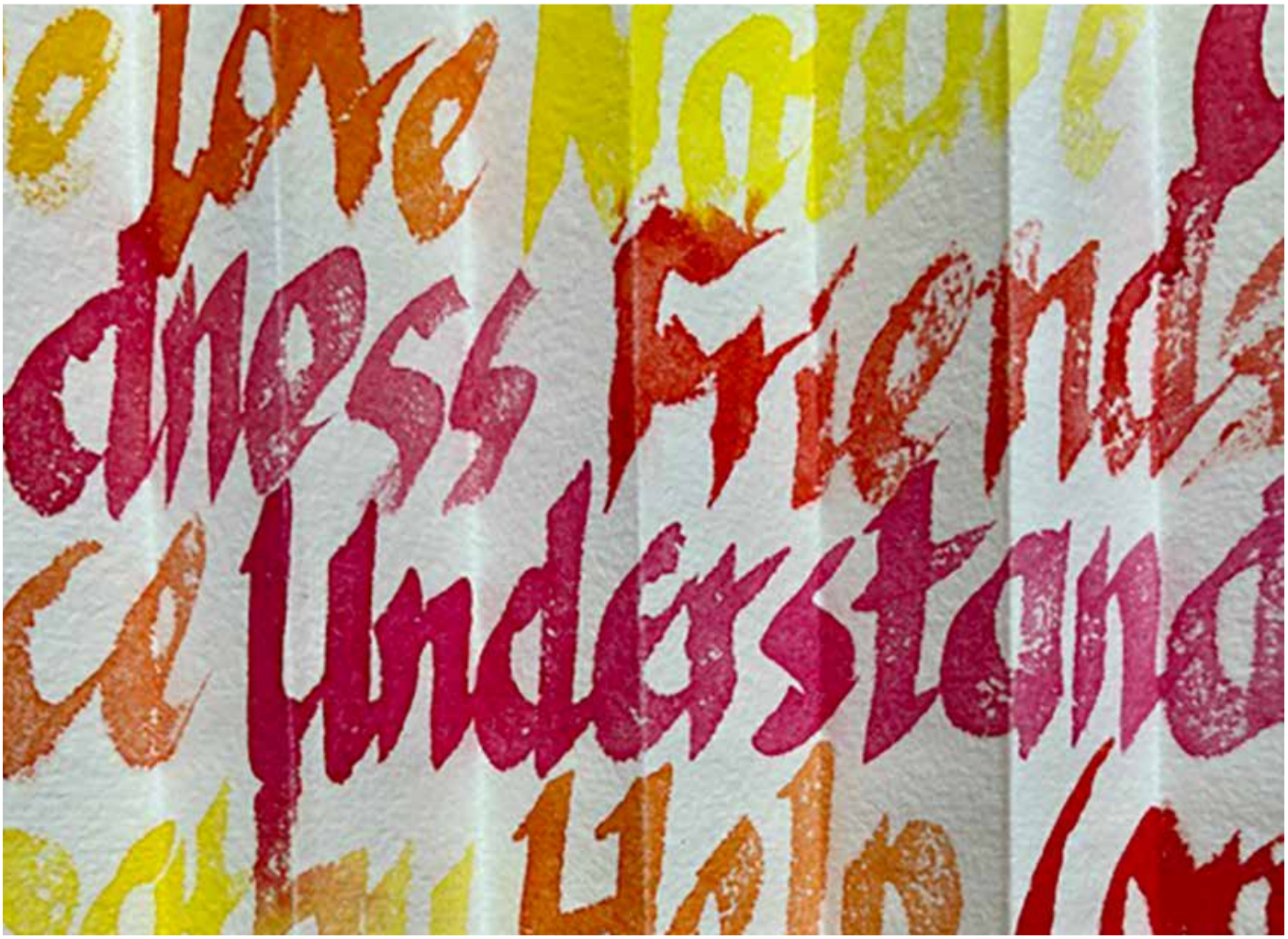
Remedy of Gentle Words

When life turns in a different direction due to an unexpected diagnosis it can be surprising to discover there is another side to all the treatment, procedures, tests, symptoms, waiting and worry. This concertina book contains a selection of words that can infuse feelings of strength and resilience even when the illness itself cannot be healed.

Watercolour on paper. Gray board and book cloth covers with ribbon. 20cm x 3.5cm closed. 20cm x 18cm open. Unique edition.

£60





Rosemary Everett

A Sure Shield

This vintage herbalists' catalogue has been altered, using rubber stamps, to celebrate the health benefits described within. And honour the people who sold seeds and herbs through the post in the 1920s, championing natural health solutions long before wellness became a trend.

Altered book in box. Vintage catalogue with leaflet and letter inserts. Rubber stamps, watercolour, felt tip pen. Pressed herbs. Box 24 x 17 x 20cm. Book 22 x 14 x 1cm closed, 22 x 28 x 2cm open. Unique edition.

£65







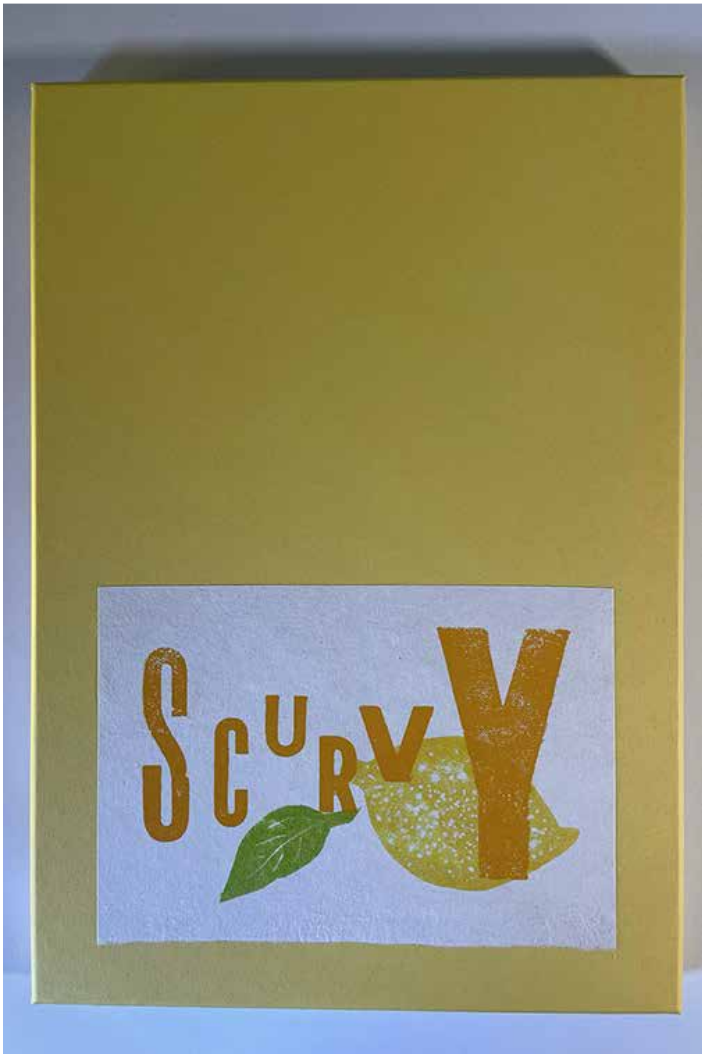
Rosemary Everett

The Scourge of the Sea

Celebrating how lemons and limes changed nautical history. In the 1750s, James Lind sought a cure for scurvy. He found evidence of citrus being effective, but somehow overlooked his own conclusions. Then Captain James Cook tried different, unsuccessful, ways to administer vitamin C to his sailors. Eventually it was realised that fresh fruit and vegetables succeed against the disease, of which, it was said 'By the end, death is a mercy', so painful were its symptoms.

Gate fold book in box. Screenprint, digital print, letterpress prints, handmade paper, hand-stamped lettering and images, upcycled fruit wrapper. Box 31.5 x 22 x 3cm. Book 24.5 x 19 x 1cm closed, 24.5 x 56.5 x 9cm open. Edition of 2.

£95





Ian Farmer

Hammering Instructions

A book constructed from the artists' memories of fixing things with his father. As a kid, the artist would hold a post or a nail, while his father, who would be holding a hammer, would often say 'You nod your head and I'll hit it.'

8 page booklet with side pockets for tabs on each page. Digital prints, paint, rubber stamped lettering, charcoal. 150 x 80cm closed. Unique edition.

£150



Ian Farmer

Love & Time

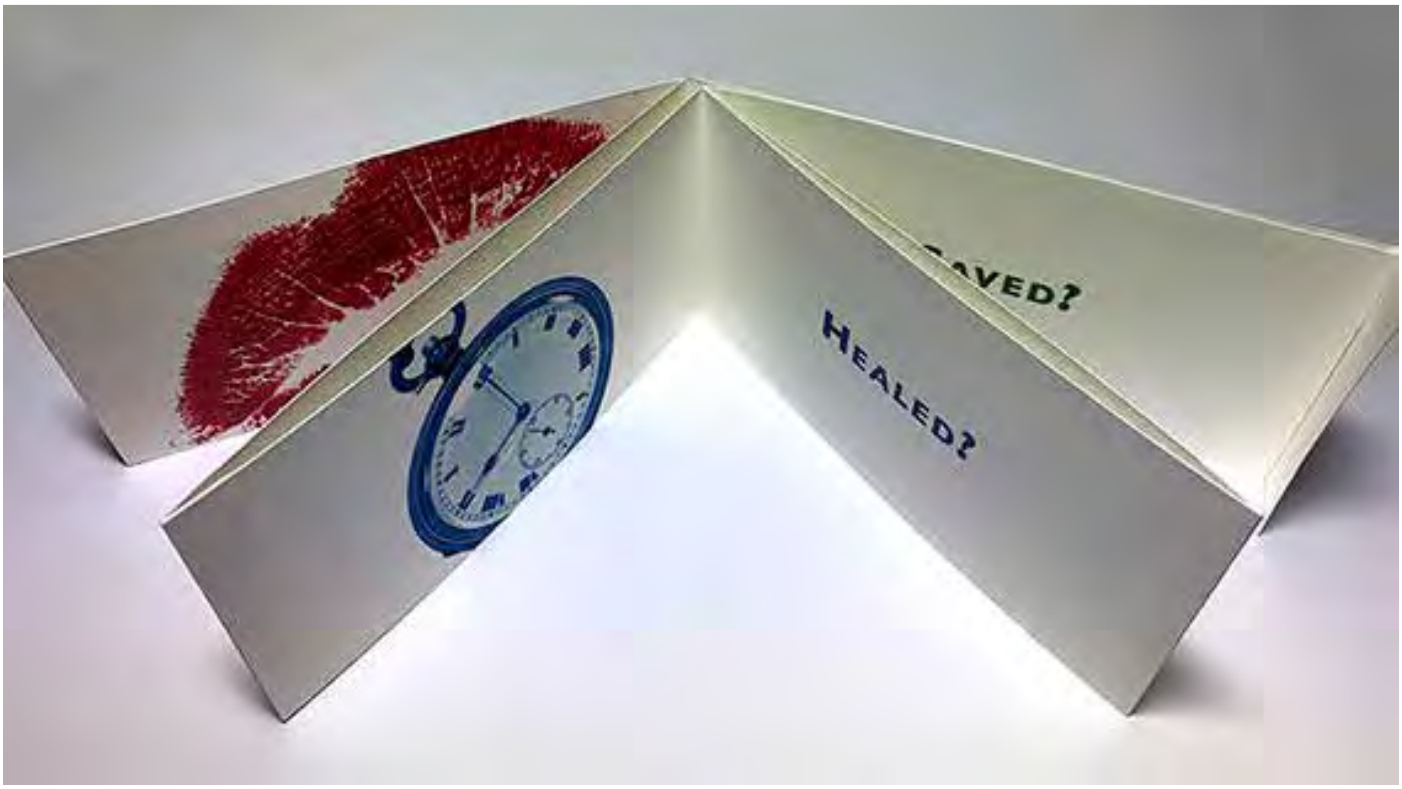
A simple concertina book referring to three maxims relating to possible remedies. Kiss it Better, Time Heals all Wounds and a Stitch in Time Saves Nine.

Digital print on 190gsm watercolour paper. 11.4 x 6.3cm closed, 37.8 x 6.3cm open. 5 available.

£25







Victoria Filimonova

Bewitched

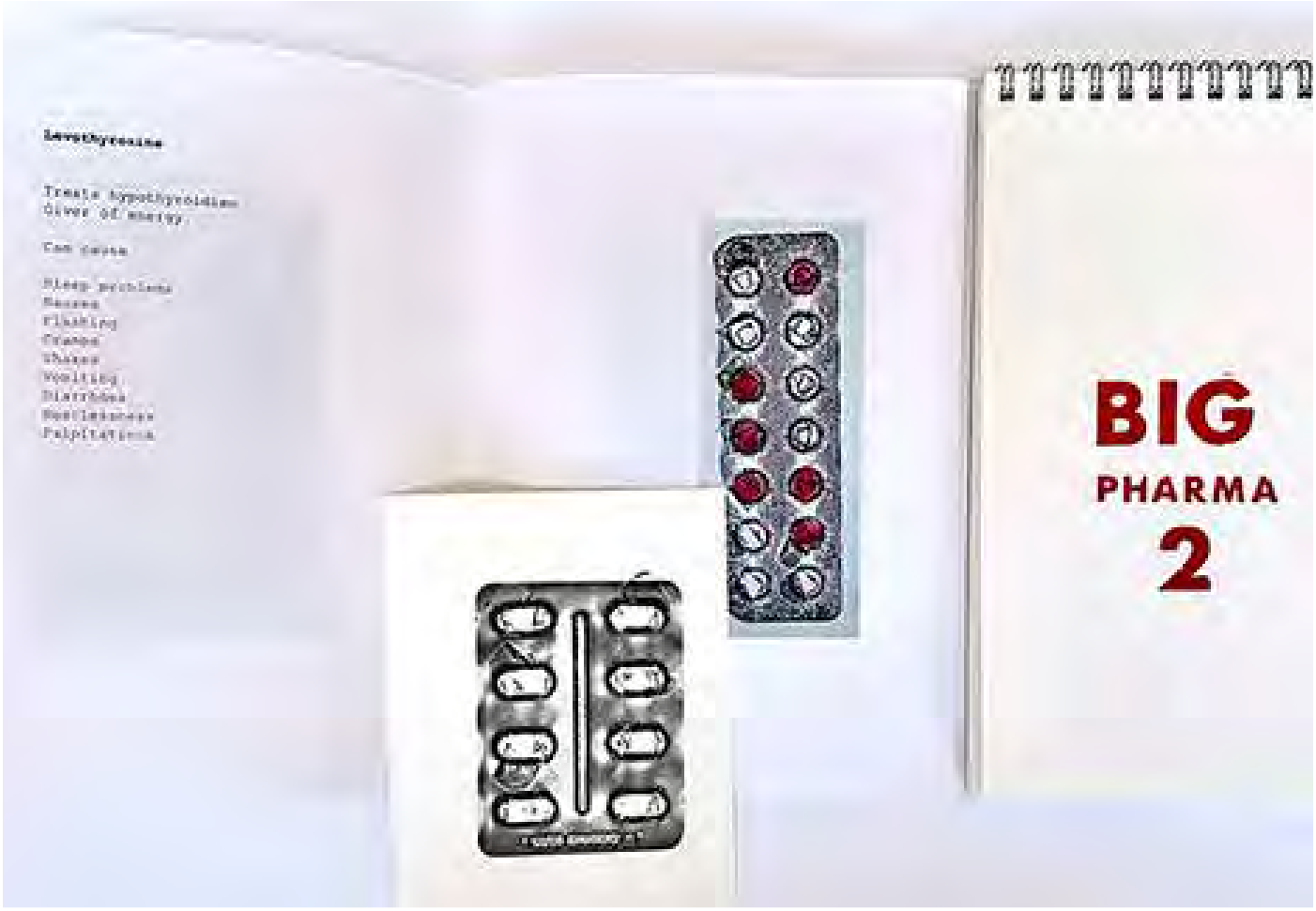
This concertina book is from a project inspired by the research of the UK witch-hunts of 16-18th century. Many of the accused were 'wise women' well versed in herbal remedies. The images depict common plants, some 'blessed' or 'cursed', and are composites of silver gelatin photographs and photograms.

Relief (cover) and inkjet prints on archival paper. 15 x 15cm. Unique edition.

£85









Claire Gladstone

Big Pharma 2

Big Pharma 2 is a side eye view of the pharmaceutical industry. The initial idea germinated over Covid when Claire collected all the blister packs used in her family home as a record of health in a time of national emergency. Lists of symptoms hopefully alleviated and possible contraindications are listed between recto and verso prints of the packaging.

Ring bound book containing original prints from blister packs on Bockingford paper. Digital printed text. Edition of 3 variable.

£195

6 x A5 Pharma booklets **£12 each**
s4 x pair of recto/verso pill prints **£15**
2 x hand altered paracetamol packet prints **£25**
* prints are original direct prints from packaging.

Claire Gladstone

Calcium

Calcium was made in response to a song written by the artist's son, at a time of particular difficulty in his life. The song is titled Calcium and the book plays on the idea of milk teeth which are often kept as childhood tokens by parents. The brass tooth symbolises loss of innocence. Making the work was a kind of remedy for both mother and son.

Found tin, 3D printed teeth, cast brass tooth, original hand altered etching, letterpress print, cloth covered digitally printed lyrics written by the artist's son. Tin closed 8 x 10cms, lyric book open. 10 x 41.5cms, both prints 9 x 10 cms. Edition of 3 variable.

£195



Shona Grant

Old Man's Beard, Usnea Lichen

Usnea lichen, commonly known as 'Old Man's Beard', has a long association with traditional healing practices. The work presents it as one of nature's potent remedies, highlighting claims about its antimicrobial and wound-healing properties.

This book uses a Japanese book-binding technique called 'Diafuku Cho' – accounting ledger, which is not much seen in Japan today.

Photographic prints, handmade papers and natural materials. Book 28 x 10cm. Box 30 x 12 x 3.5cm.

£200





Shona Grant

What Ails You?

This book draws from the artist memories of treatments from the family medicine cabinet, alongside idioms used to describe someone who was not 'in the pink'. 'What do you reach for when you are ailing?'

Concertina structure with printed text and mixed media on pastel and recycled cartridge paper. 9 x 11.5 x 2.5cm closed, 9 x 28 x13cm open. Unique edition.

£125







Liza Green

In Pieces

Inspired by a fragment of found pottery, Liza has made a book referencing the Japanese practice of kintsugi 'golden joinery', in which a broken ceramic pot or vessel is repaired using glue and gold powder.

Using imagery taken from the found fragment In Pieces is a collaged and painted small concertina book which can be viewed from either side, the fragment itself has been inserted and glued into the front cover.

Digital print, painted and printed collage papers, gold acrylic on board. 10 x 14.5 x 60cm. Unique edition.

£130







Gen Harrison

The Answer is a...

The structure of this book is based on a Chinese thread pocketbook, which gathers ailments and problems with the offer of a common solution. Known as Zhen Xian Bao, they were traditionally used to store needles and threads but could be used as containers of other useful things. This one is adapted to gather remedies from folklore, almanacs, and household encyclopaedias from the early 20th century and before, with space to store other useful things.

Letterpress, Rubber Stamp. 10 x 10cm closed, 20 x 10cm open. Edition of 6 variable.

£20



Gen Harrison

A Toast to Toast

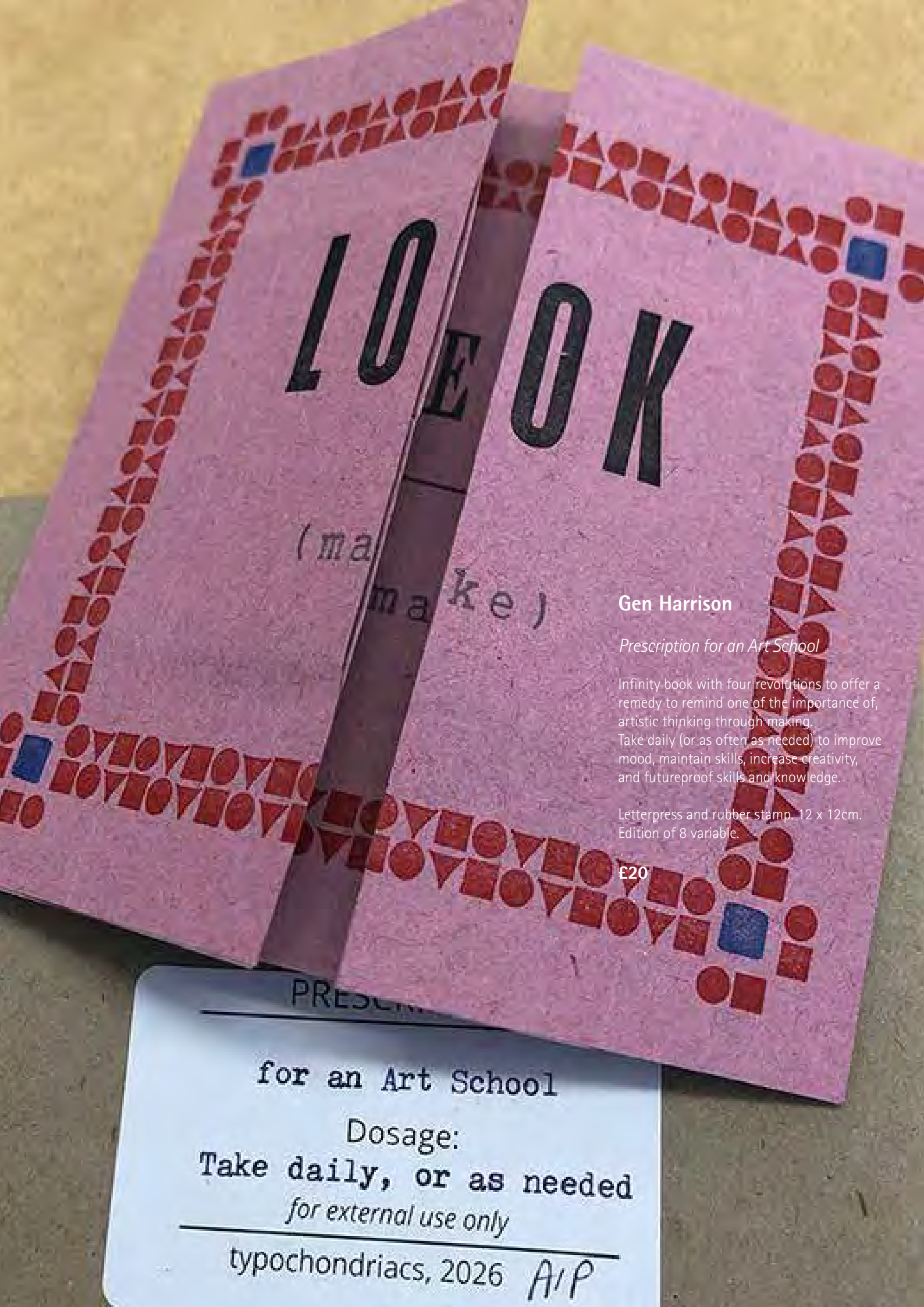
'Book rack' offering toast as a cure. Toast (burnt or not) has a history of use in folkloric medicinal practices. This book brings together found and stock images to illustrate some favourites.

Letterpress, screenprint. 15 x 15cm. Variable edition of 10.

£30







Gen Harrison

Prescription for an Art School

Infinity book with four revolutions to offer a remedy to remind one of the importance of, artistic thinking through making.
Take daily (or as often as needed) to improve mood, maintain skills, increase creativity, and futureproof skills and knowledge.

Letterpress and rubber stamp. 12 x 12cm.
Edition of 8 variable.

£20

Angela James

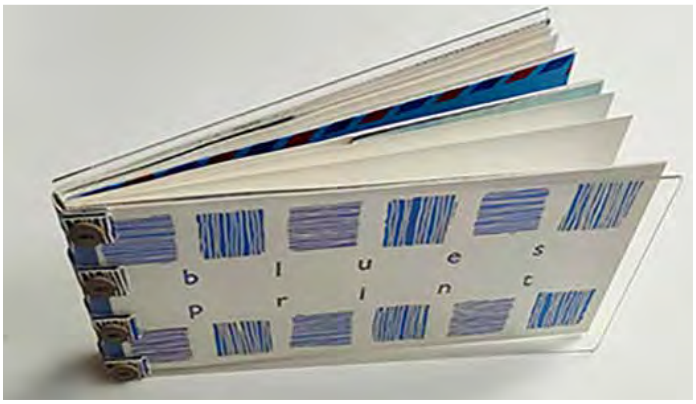
Blues Print

In an age of instant communication, the art of letter writing is becoming increasingly rare. This work celebrates the personal significance of handwritten correspondence, from marking special occasions to offering comfort and connection.

Printed letterpress in various shades of blue, on handmade paper. Cut-out flaps, onlays, hand-colouring and blind-tooling. Perspex boards over paper boards with onlaid resist-patterned shapes and printed title. Those boards backed with resist-coloured alum-tawed goatskin. Sewn as a cross-structure binding on blue leather straps slotted through the Perspex and secured with handmade buttons. Blue double felt bag, 12.5 x 25.5cm. Unique edition.

£2,500

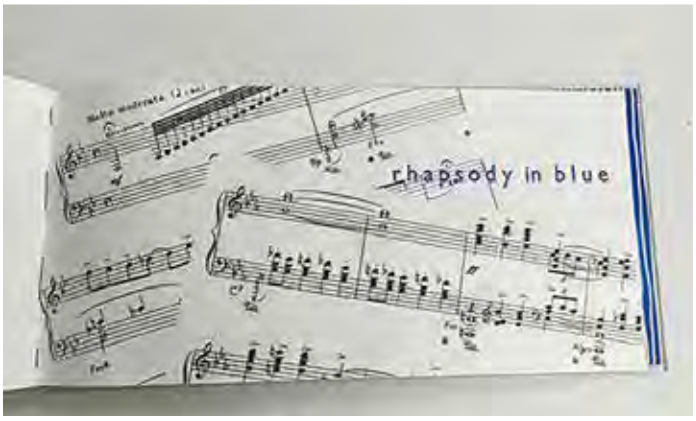














Angela Fiona James

Happy Pills

An accordion book featuring smiling 'pills' in an empty tablet blister incorporated into the cover. It contains an original poem written by the artist.

Hand-made accordion book made using cardboard, paper, empty tablet blister, organza ribbon, metal bell. 10 x 16 x 5cm. Unique edition.

£100





Angela Fiona James

Pharma-collagey

An accordion book with pages covered in torn, collaged pages from an old pharmacology reference book. The collaged pages have been gel-printed and attached to each other with ribbon hinges.

Hand-made accordion book made using mountboard, torn pharmacology reference book pages, acrylic paint, leather strap, metal stud fastening, ribbon hinges. 13.5 x 13.5 x 2.5cm. Unique edition.

£100











Gill Jenkins

Cures

A books that illustrates the artists' personal humorous cures for glumness.

Cube 5 x 5 x 5.5cm which opens out to reveal 4 shelves that each contain a little book.

£150



Julie Johnstone

exercise

A mini-meditation; a little exercise to take time out to take a breath. Exploring how interacting with the folds of a book-object can mimic the act of breathing, in their repetitive opening and closing.

Foldout booklet, printed inkjet on Bockingford watercolour 300gsm paper. 7 x 9.5cm; 37cm open. Open edition, 5 available.

£5

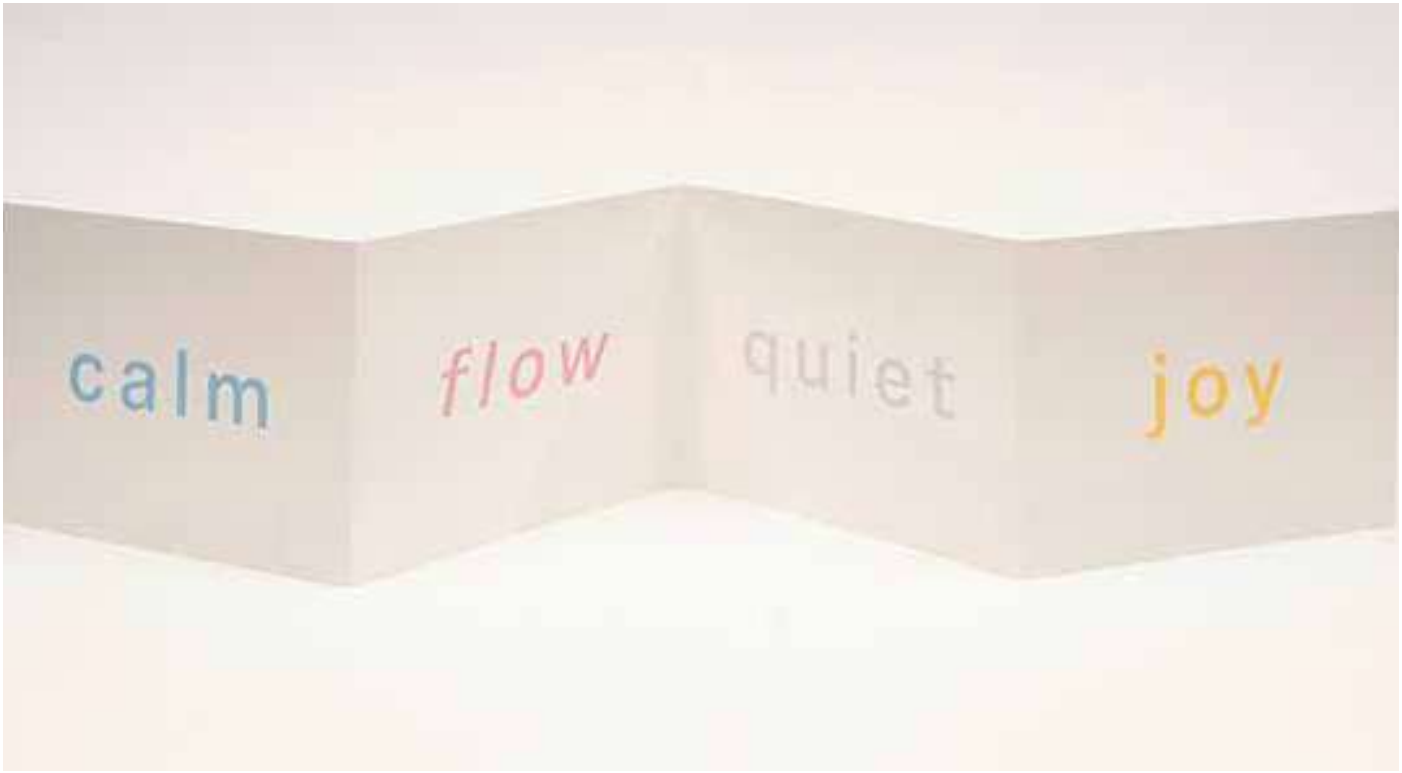
Julie Johnstone

calm flow quiet joy

Matching the four main colours of the CMYK colour system with the different moods and stages of absorption in a task or the creative process. Start calmly, enter a flow state, work quietly, feel a state of joy in the process and in its completion.

Printed inkjet on 300gsm Bockingford watercolour paper. 11 x 15cm, 60cm extended. Open edition, 3 available.

£25





Julie Johnstone

five breaths

An exploration of the parallels between the act of breathing and the act of turning pages. The letter spacing of the phrases 'breathing in' (verso pages) and 'breathing out' (facing pages) gradually increases as the reader moves through the book, as the breaths of the reader may also become deeper as the pages are turned.

Handbound with linen thread, printed inkjet on Bockingford watercolour 300gsm paper. 12 x 38cm. Open edition.

£30

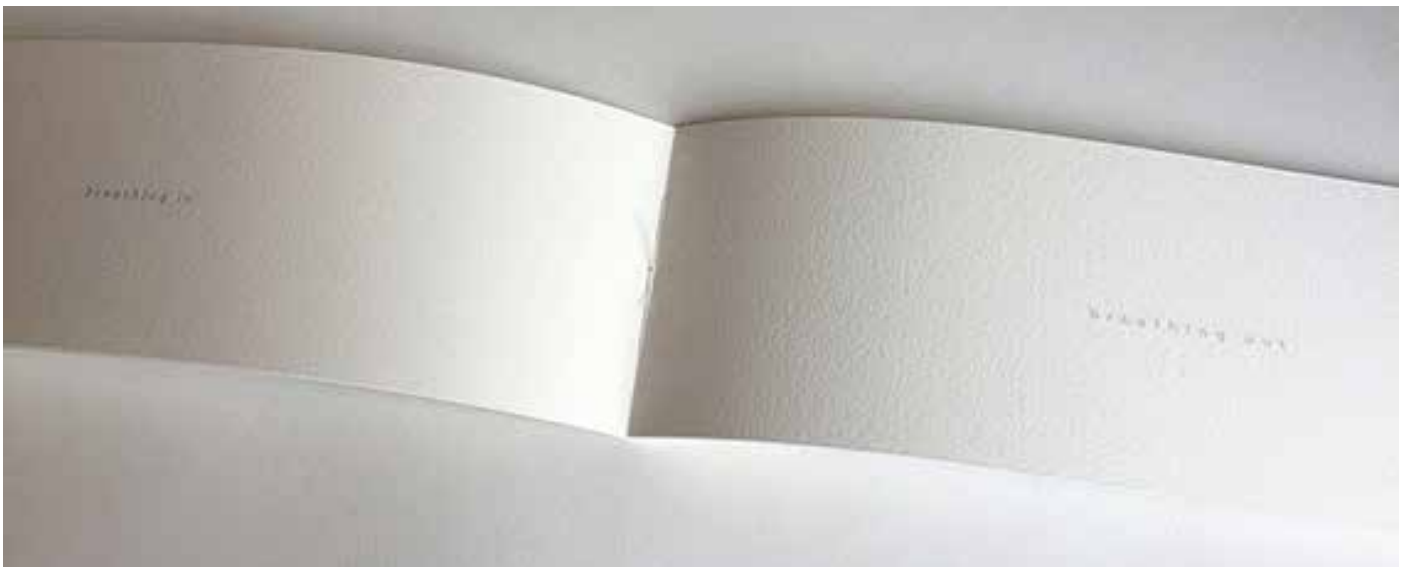
Julie Johnstone

tears rain grief birdsong

Arising from a moment of personal sadness, standing at the back garden door watching the pouring rain fall on a green garden. A concertina form recording the transition to sanity brought by the healing power of the rain, and of the sound of birdsong that arises after the rain has eased..

Printed inkjet on 300gsm Bockingford watercolour paper. 9 x 9.5cm, 38cm open. Open edition, 3 available.

£10





Julie Johnstone

let it go

Often the only really effective remedy and means to move through troubling or repetitive thoughts.

Tall standing card, printed inkjet on 300gsm Bockingford watercolour paper. Percentage tints of black begin at 100% at the top and reduce by 5% until they reach 4%, 3%, 2%, 1%, becoming almost invisible. 28 x 7cm. Open edition, 5 available.

£10

Marian Kilpatrick

'An apple a day...'

An apple a day... reminds you to follow the age-old advice to ensure your continued well-being and good health. A selection of 18 juicy apples to keep the doctor away!

Hand-bound concertina book, two colour Riso print based on hand-drawn and hand-printed collage materials. 7 x 10cm. Open edition 22 available.

£20







Susie Leiper

The mountain ... is the massage

Remember Marshall MacLuhan? *The Medium is the Massage*, 1967? Almost 60 years later we are massaged and overwhelmed by electronic media, by social media.

Chinese colours, ink and graphite on Chinese paper, on board. 19 x 10 cm. Unique edition.

£380





Isobel Lewis

Thalassotherapy

Seaweed has long been valued for its medicinal and therapeutic properties. This artist's book explores its healing qualities through a cyanotype of locally gathered Welsh seaweed, folded into an origami tessellation.

The text is printed on paper made from recycled denim, bringing another layer of texture and material significance to the work. The cyanotype tessellation is housed in a box featuring a cyanotype print on its lid, creating a cohesive piece that celebrates the therapeutic relationship between seaweed, water and the natural world.
17 x 17 x 5 cm. Unique edition.

£55



Ruth Martin

Vanishing Cream

A book in the shape of a small round tin of vanishing cream. As suggested by the name, what is within vanishes. The rubber print block has been re-stamped without being re-inked so the print fades away to almost nothing.

Round concertina book with fading print. Hand printed with hand carved rubber stamps. Card cover and paper inner. 5 x 5cm closed, 5 x 30cm open. Edition of 30.

£20





Anne Mitchell

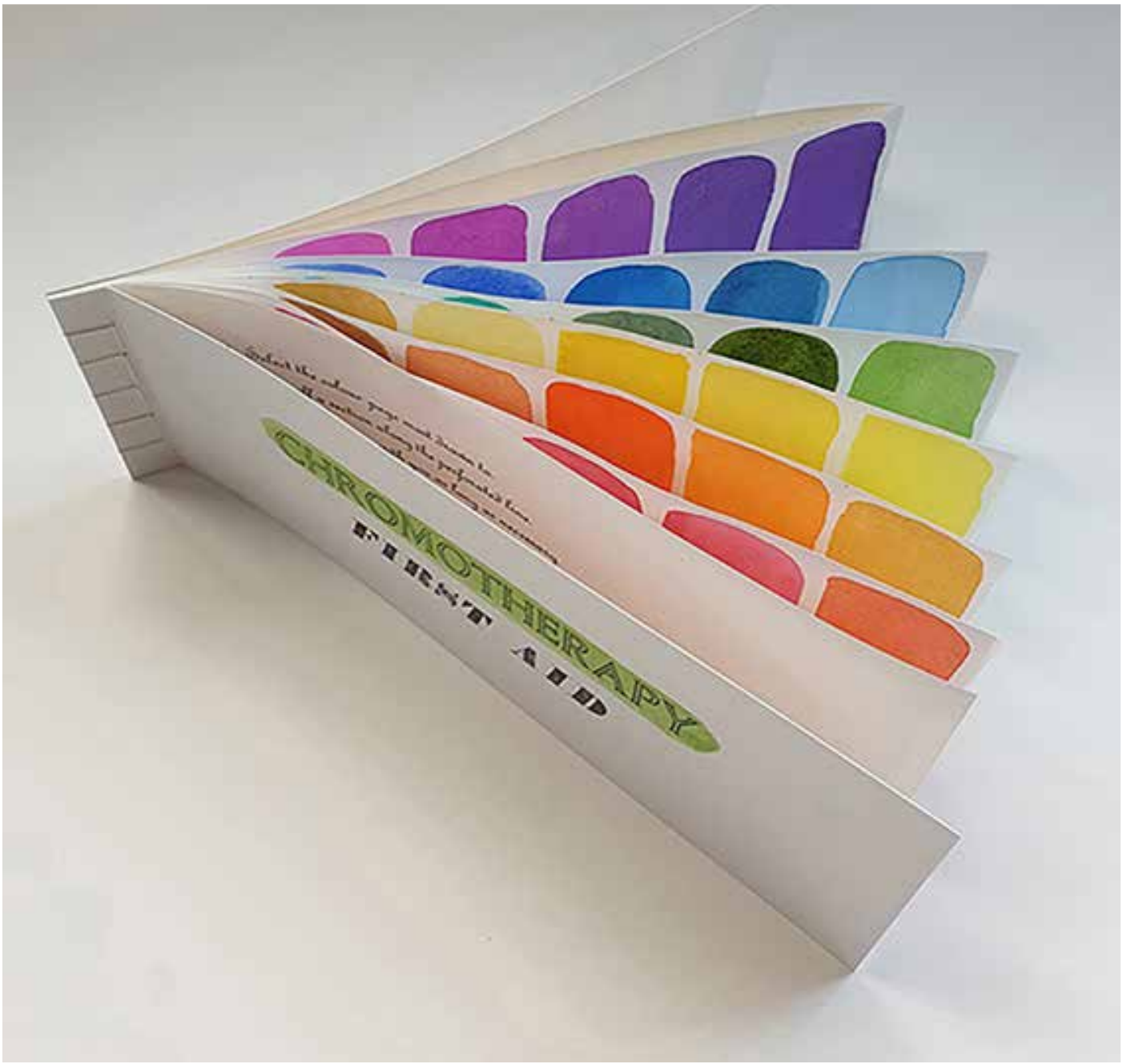
Chromotherapy First Aid

Exploring the ancient concept of colour as a healing entity, this work considers chromotherapy as a holistic approach to mental and physical well-being. Taking the form of a cheque book, it contains six colour pages, each featuring five shades from the traditional rainbow spectrum.

Handmade 8 page stab bound book. Somerset text laid 115gsm and Context Birch 80gsm papers. Hand painted with watercolour and drawing ink colours, letterpress printed text and hand rolled perforations. Covered with Conqueror recycled 250gsm card and hand stitched in linen thread. 7 x 22cm. Edition of 5.

£80





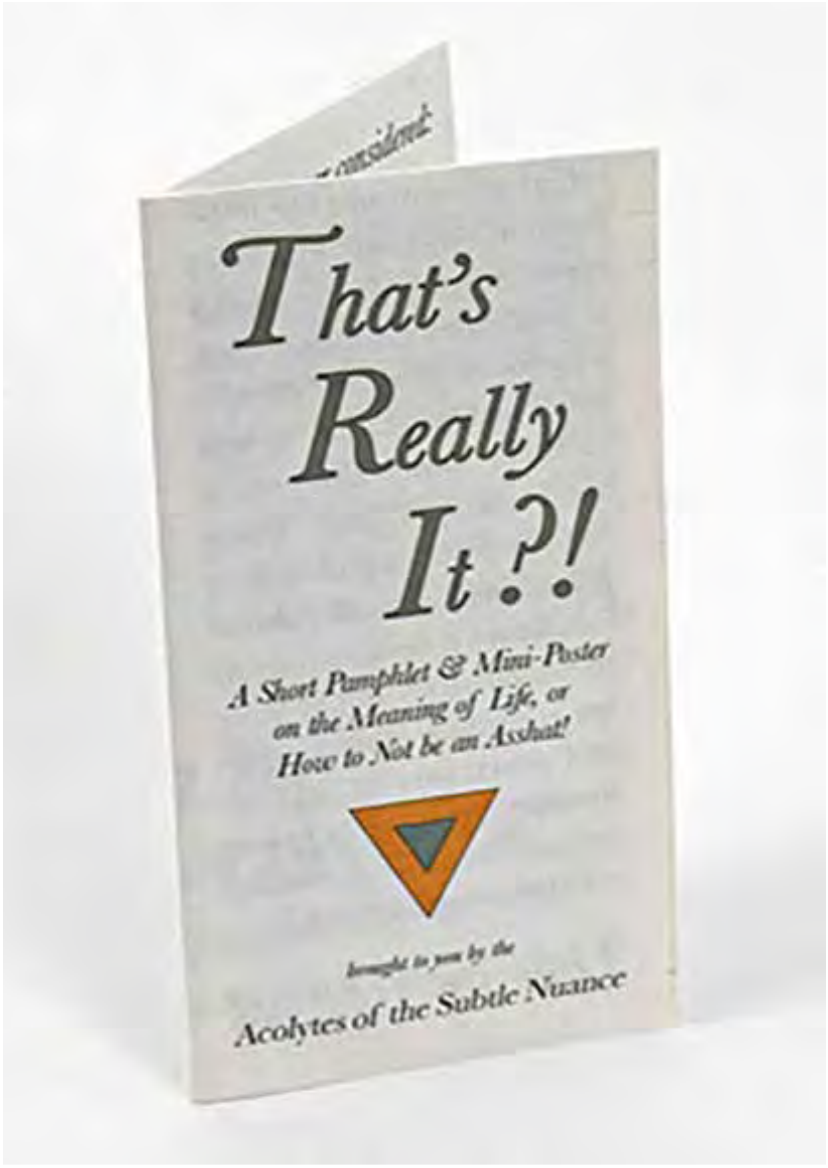
Scott Murphy

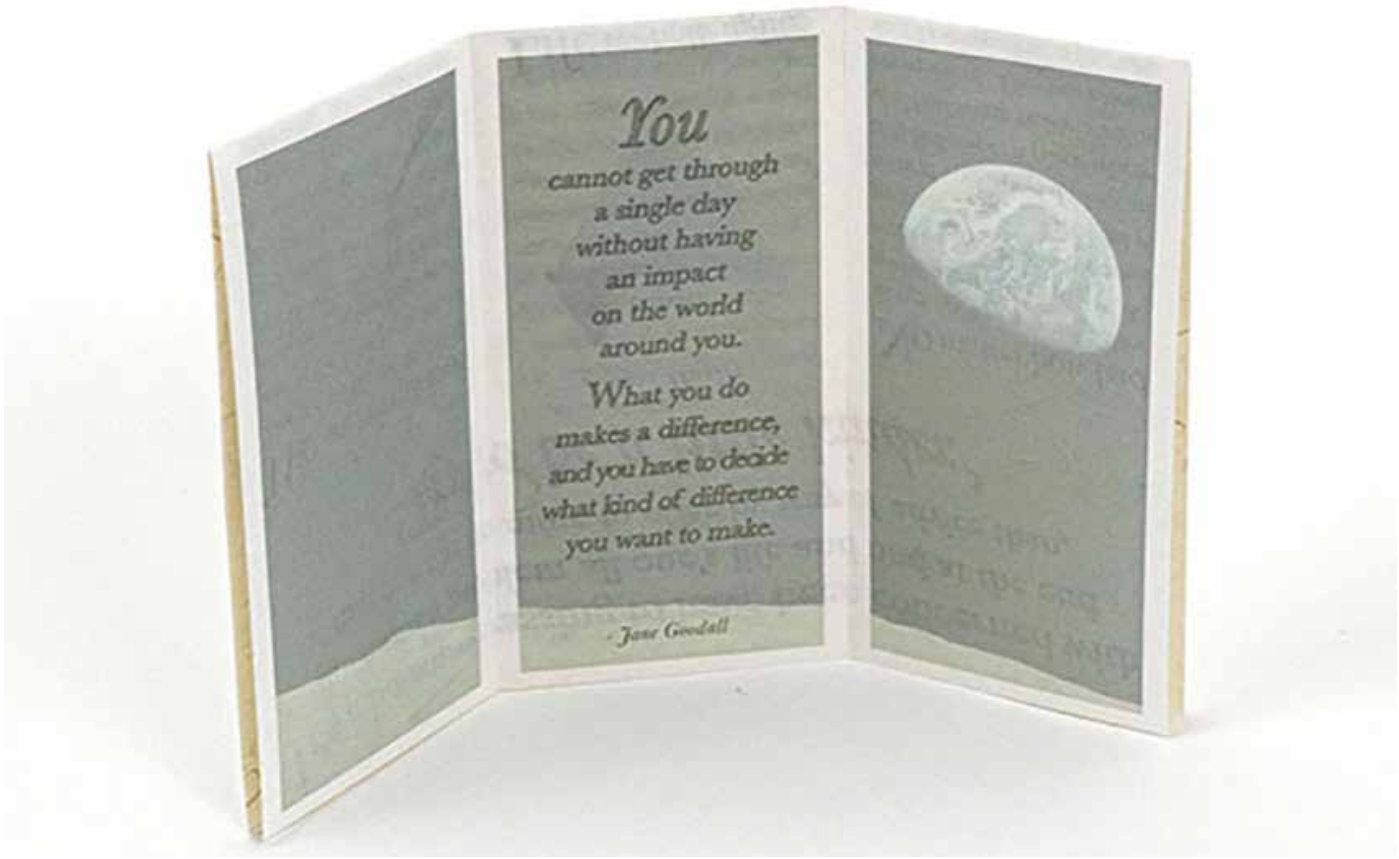
That's Really It?!
A Short Pamphlet and Mini-Poster on the Meaning of Life

The mission of the 'Acolytes of the Subtle Nuance' is to create helpful, honest and humorous suggestions for coping with human existence in our current dystopic hellscape. It attempts this by making thoughtful and tactile books and objects, which focus on appreciating subtle beauty, ruminating on one's place in the cosmos and cursing as much as is necessary.

Kozo and wood pulp blend paper with pigment printing folded into a pamphlet zine. 7.6 x 15.2cm closed, 22.8 x 30.7 cm open. Open edition.

£20





Nicola Murray

Dr Viridian Evergreen's Pocket Pick-Me-Up: Delightful Dahlias

Dr Viridian Evergreen, one of the artist's many alter egos, has created an easy-to-use pocket pick-me-up. Never feel out of sorts in times of trouble with this expanding bouquet of allotment-grown dahlia blooms at hand in your pocket. For personal use or a thoughtful gift for the harried and bedevilled people in your life.

A colour laser print on Southbank Smooth paper folded into a concertina, enclosed in laser-printed, paper-covered grey board bookends and held closed within a restraining elastic loop. 6 x 8cm closed, 53 x 8cm closed. 10 available.

£20







Nicola Murray

Dr Viridian Evergreen's Most Efficacious Green Space Remedy

What might work as a remedy for those tried by our testing times? Getting outdoors into the natural environment often helps but isn't always possible. Dr Evergreen, one of Nicola Murray's many alter egos, has developed a remedy that brings the outdoors-in. The Green Space Remedy (patent pending) is devised for moments of acute green-space deficiency when leaving the room simply isn't an option

A large ink-jet print on 90gsm HP Bright White Inkjet paper folded into map format and glued into a cover of laser printed 270gsm Southbank Smooth paper. 12.2 x 20.5m folded in cover, 91.5 x 81cm open. 5 available.

£30











Grant Newell

First Aid Kit

Inspired by the international design of a first aid kit, this square concertina book contains cyanotype prints focusing on some desirable items to include in such a kit. From sunshine, the natural world and sport, to rainfall (a new addition this past year).

Concertina pages on 300gsm watercolour paper printed with four cyanotype images, contained within greyboard and book cloth covers.
9 x 9 x 1cm. Unique edition.

£50



Alastair Noble

‘ΨΥΧΗΣ ΙΑΤΡΕΙΟΝ’

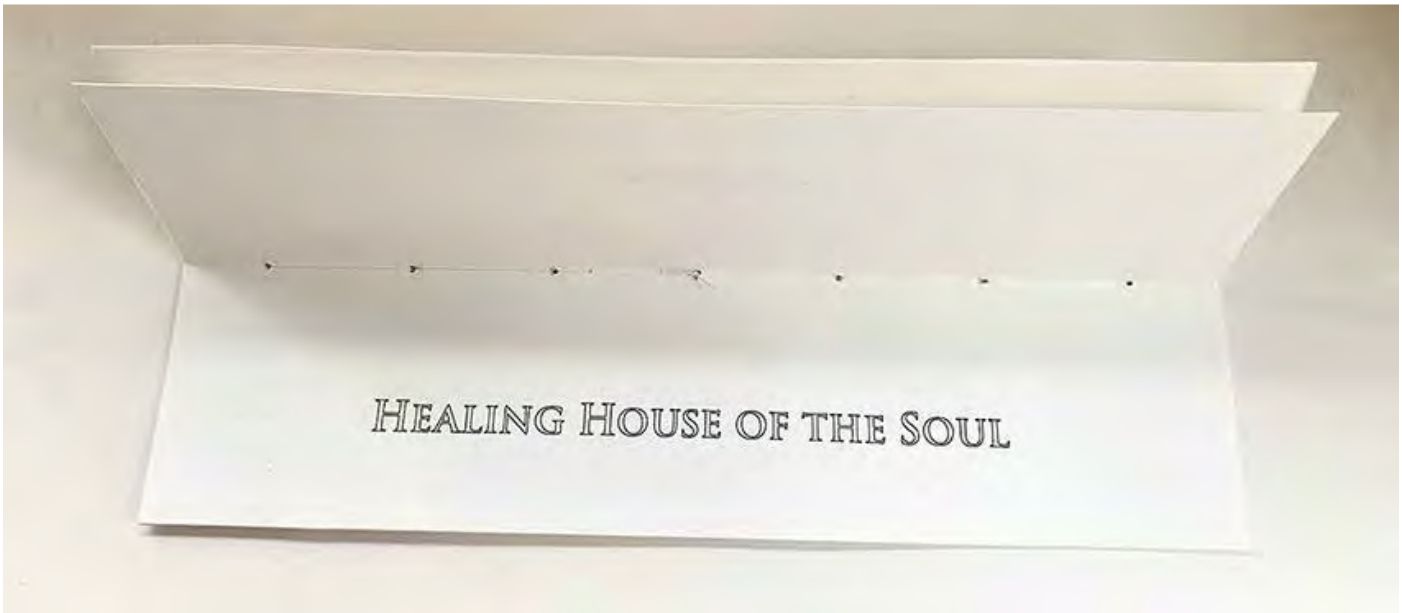
Derived from ancient Greek, “ΨΥΧΗΣ ΙΑΤΡΕΙΟΝ’ translates as ‘Healing House of the Soul’. Associated with the sacred library of Pharaoh Ramses II in Alexandria, the phrase evokes the library as a sanctuary, offering a transition from the chaos of the outside world to a place of healing and intellectual clarity.

Eight-page book, including cover, with vellum endpapers. Inkjet printed on Bockingford watercolour paper. 29 x 7cm. Edition of 15.

£16







Jen Ouson

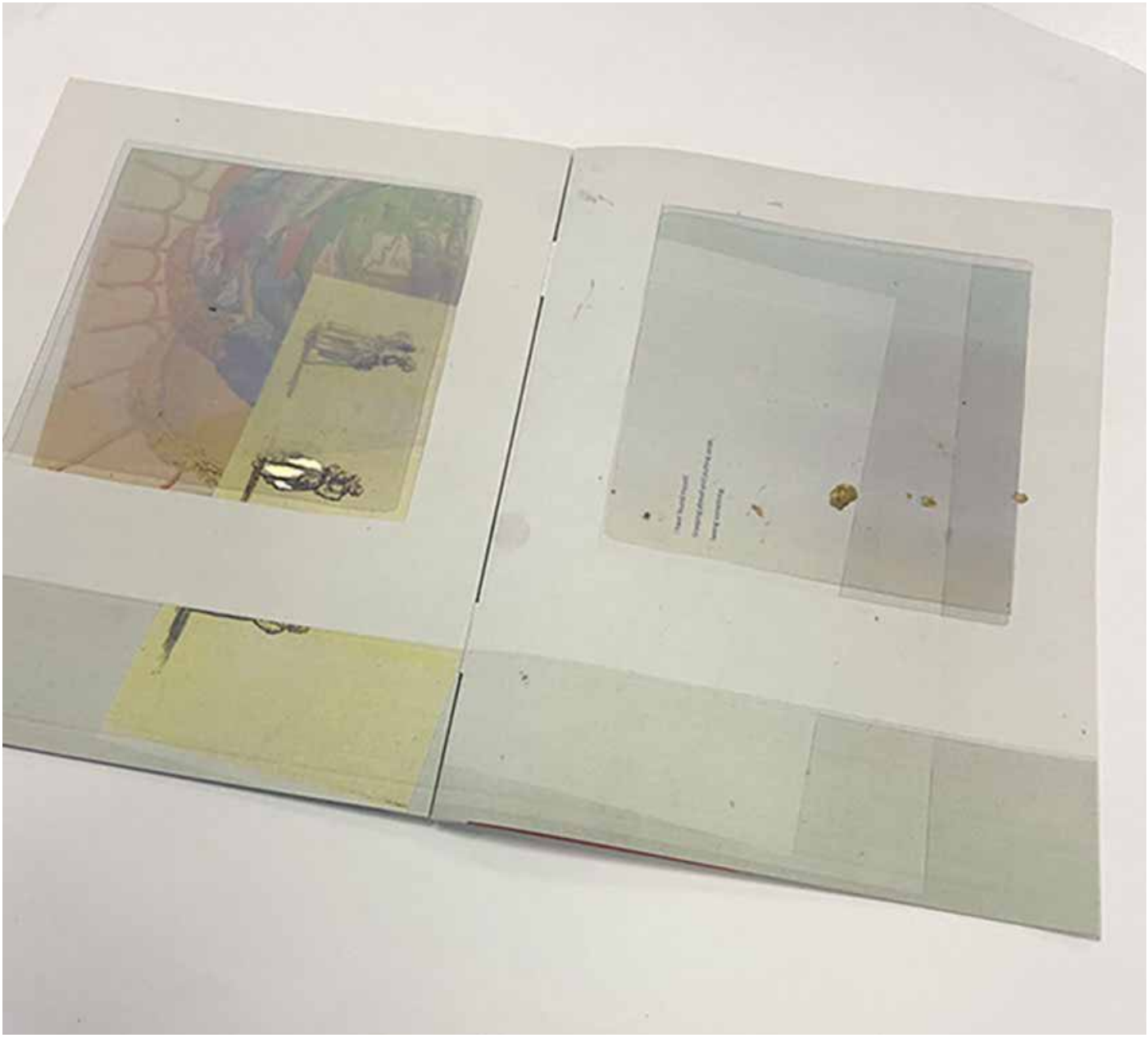
The Trial States of the Plates

Using archival public-domain imagery and the photocopier as a repetitive drawing tool, these 'paintings' explore the artist's relationship with herself, motherhood, art-making, books and work. Produced in the moments between these responsibilities, the book considers how art-making can be balanced within the cracks that emerge between everything else.

170gsm Cartridge and Laser Print. 20.5 x 26.5cm. Edition of 6.

£70





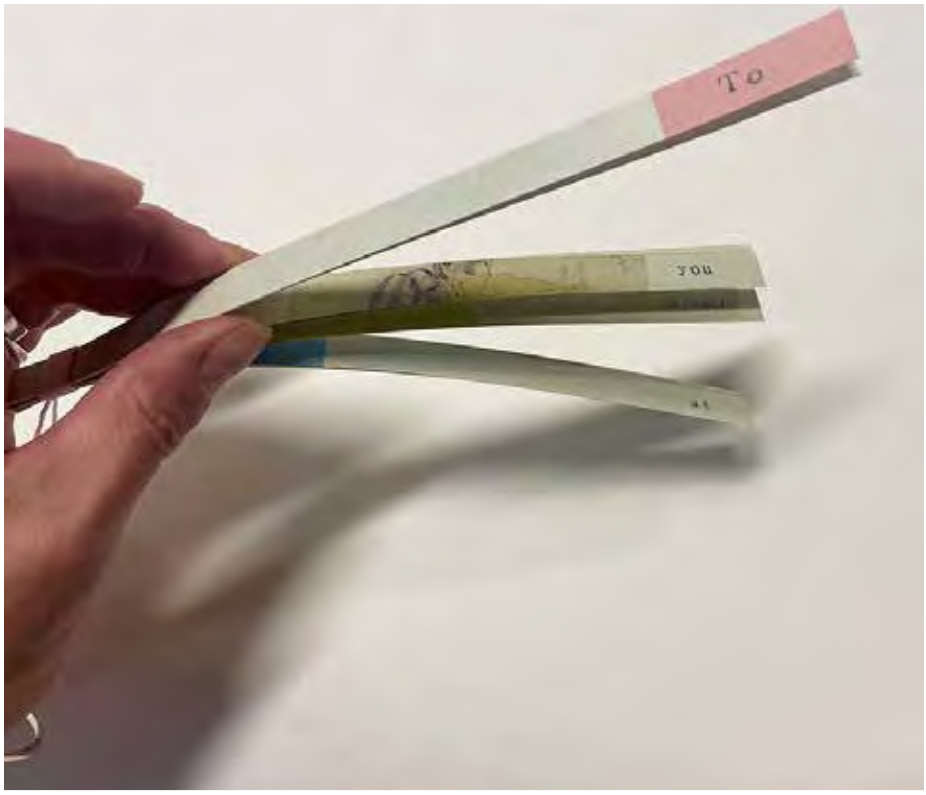
Jen Ouson

Oh!

This book is a fiddly object to hold and absorb, reflecting the balancing act performed by artist mothers. It is designed to be held gently, like children and the self.

170gsm Cartridge & Laser Print. 20 x 1cm. Edition of 6.

£35







Jen Ouson

Stories For Our Children

These three-part erasure poetry works use texts from old children's storybooks to consider how we nurture, nourish and preserve in times such as these.

170gsm Cartridge and Laser Print. 10 x 13cm each. Edition of 30.

£35







Ursula Pretsch

Love is (a)round

'Love is all around us' is one of the artist's favourite themes from the film *Love Actually*. Watching it each year renews her belief that love is one of the greatest healing powers.

Each of the six elements is a unique mixed media painting, four of which have letters stamped on it with wooden type and white acrylic paint. The links are made of copper wire, usually used in jewellery making. 9 x 19 x 1.5cm closed. Unique edition.

£50





Ursula Pretsch

Pods and Seeds

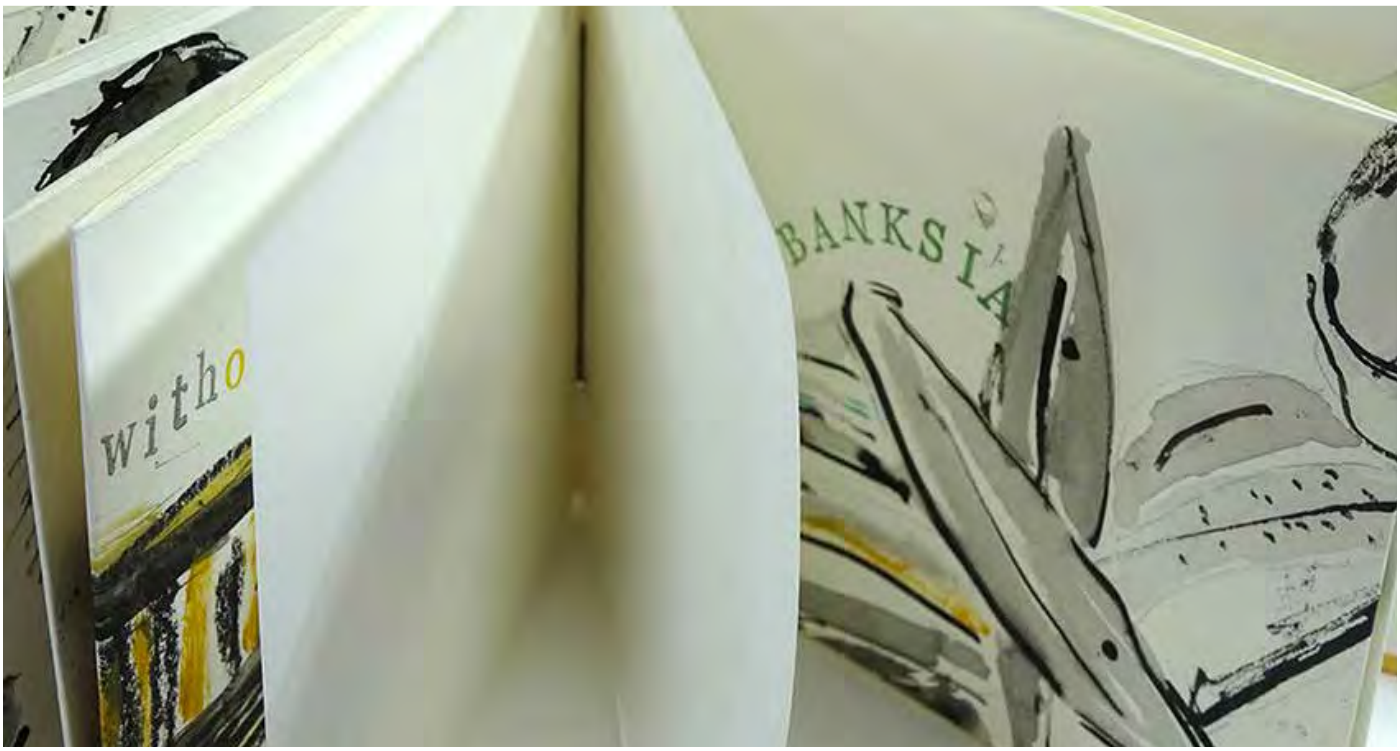
The artist finds being in nature calming, whether on a hill walk or strolling through a local park. She often collects a conker or shell, finding particular interest in unfamiliar forms.

The structure of this book is based on a one-page flutterbook. The pages are illustrated with mixed media drawings of plants and flowers and stamps. The covers feature a 3D seed pod in Dandelion Yellow. 11 x 14.5 x 1.5cm closed. Unique edition.

£120









Lucy Roscoe

Dear Beth

This new work explores the remedy of mending and repair to a child's dress which has been passed down through different generations. The artist looked at medieval manuscripts which contain visible stitched repairs to parchment, as well as a collection of children's embroidered dresses preserved from when she was a child.

Hand stitched Japanese paper in a box. 20 x 15 x 3cm. Unique edition.

£275

Lucy Roscoe

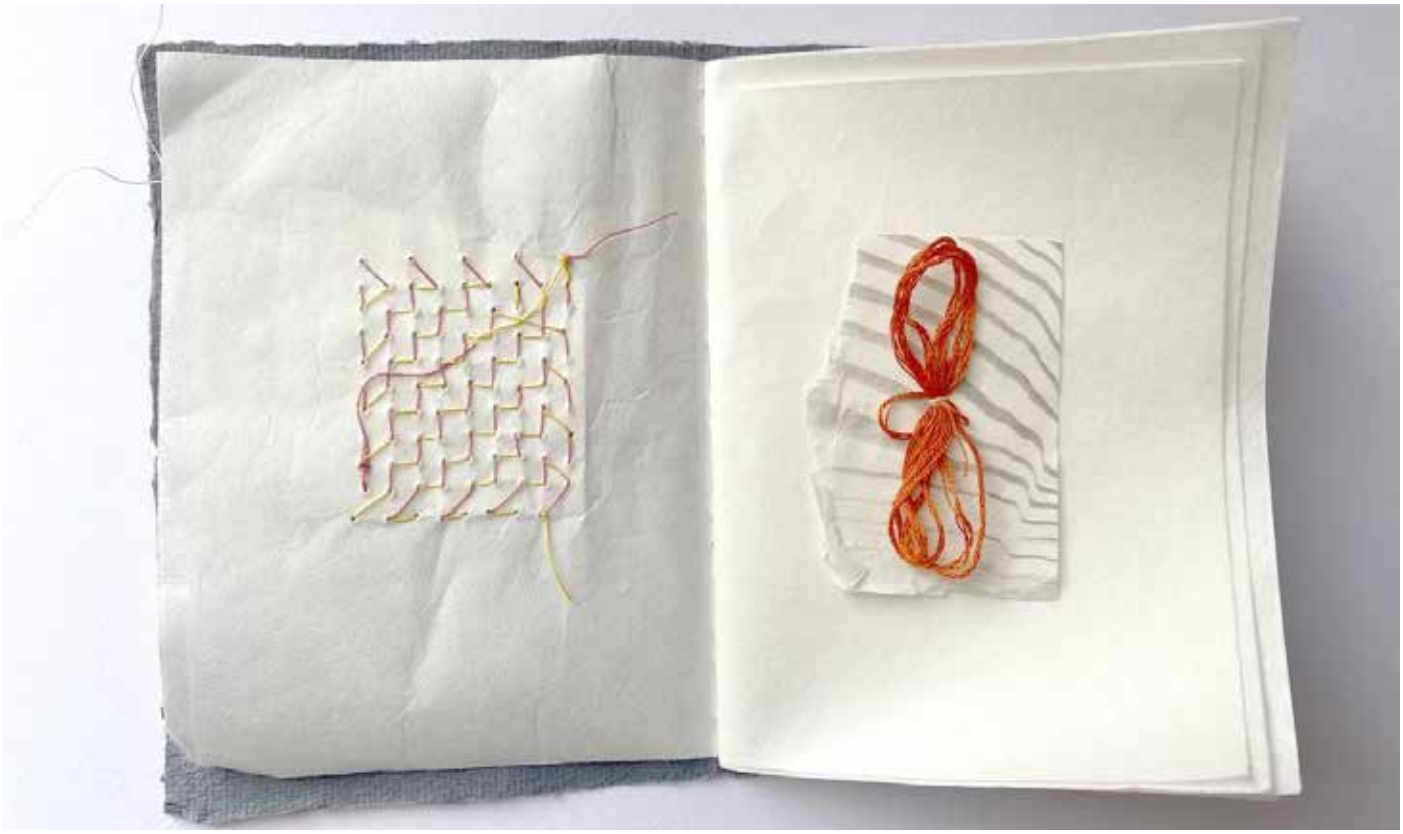
Threads

Taking the form of a needle book, this work celebrates the simplicity and quietness of stitched marks, and the beauty found in age and the wear and tear of materials. The back on the stitched page is intentionally visible.

Hand-stitching on Japanese paper.
15 x 11 x 1 cm. Editions of 5.

£60





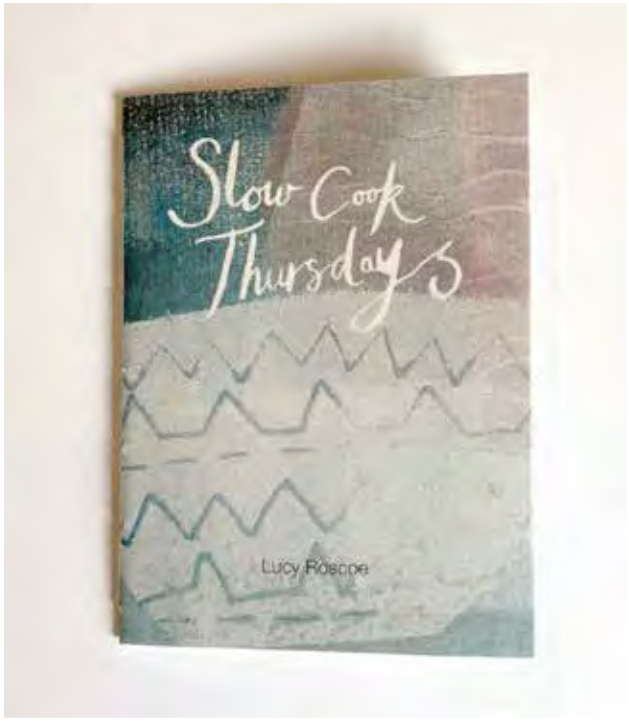
Lucy Roscoe

Slow Cook Thursdays

Slow Cook Thursdays explores family life and sustainability. The constant need for more snacks, another meal and the juggle this entails.

Digital print on mixed paper stock. 15 x 11 x 1 cm. Unlimited edition.

£15







Karen Shewan

The Felling of an Ash Tree

The felling of a tree suffering from ash dieback inspired the artist to research whether any treatment exists for the fungal disease. There is no remedy, but scientists have discovered 1% to 5% of trees have a natural resistance which enables them to survive. This book commemorates the fallen tree and celebrates the future trees who will replace them.

Concertina flag book. Made with leaves from the felled Ash tree, ecoprinted on Fabriano Accademia 240 gsm paper, with Logwood and Sappanwood natural dyes. 23 x 12 x 1cm closed, 23 x 45 x 11cm open.

£80



Karen Shewan

Ash Dieback

Inspired by the felling of an Ash tree affected by Ash dieback, this work explores themes of resilience and healing. Although there is no cure for the disease, 1–5% of Ash trees have natural resistance. Conservation programmes aim to identify and propagate these survivors. Drawing on the tree's resilience and its traditional use in folk medicine, the artist reflects on the possibility of finding strength and healing within ourselves.

A hand-sewn book incorporating an Ash twig and buds, with pages made from leaves of the felled tree. Ecoprinted on Fabriano Accademia 240gsm paper using natural Logwood and Sappanwood dyes and discharge paste. Sewn with waxed embroidery thread and presented in an ecoprinted cotton cloth case.
14 x 35cm

£50





Andrew Shoolbread

Forest Bathing: A Home Apothecary for the 21st Century

Forest bathing is recognised for its stress-relieving qualities. This home apothecary brings the restorative essence of the woodland indoors, offering an alternative for those without access to a forest.

Glass jars containing forest extracts accompany a cutaway book that transports the reader amongst the trees. Presented in a bespoke handmade box. Materials include paper, map, card, watercolour, ink, moss, twig, acorn and leaf. Box 17 x 16.5 x 5.5cm, Book 16 x 11.5cm. Unique edition.

£80







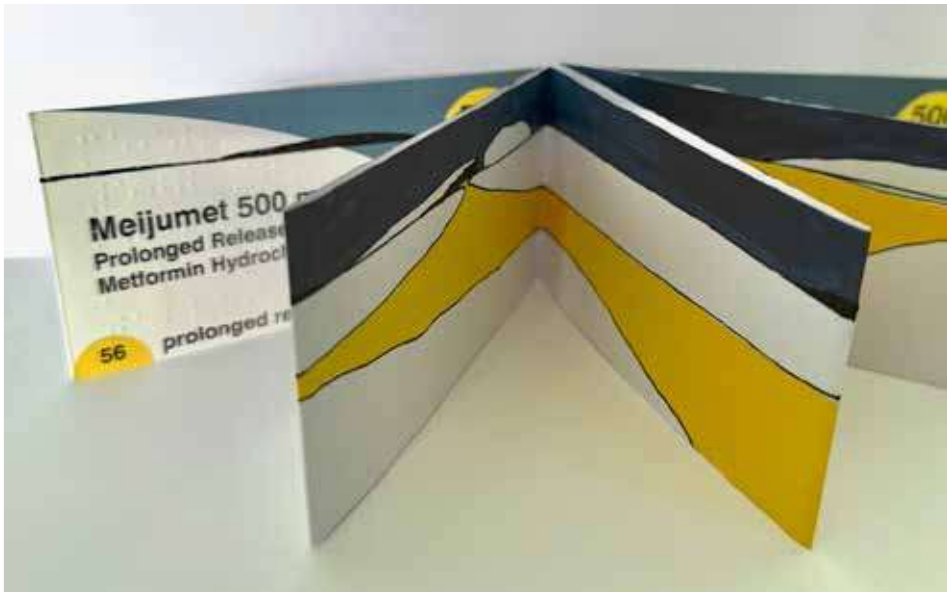
Jade Stout

A Dose of Landscape

This artist's book transforms recycled metformin packaging, blister strips and card into a folded landscape. The artist builds on the original blue-grey, yellow and black graphics, using pen and acrylic paint to develop new forms and horizons from the colours and shapes already present in the packaging.

Metformin packaging, blister strips, card, pen and acrylic paint. 12 x 6 cm closed, 92 x 6 cm open. Unique edition.

£70



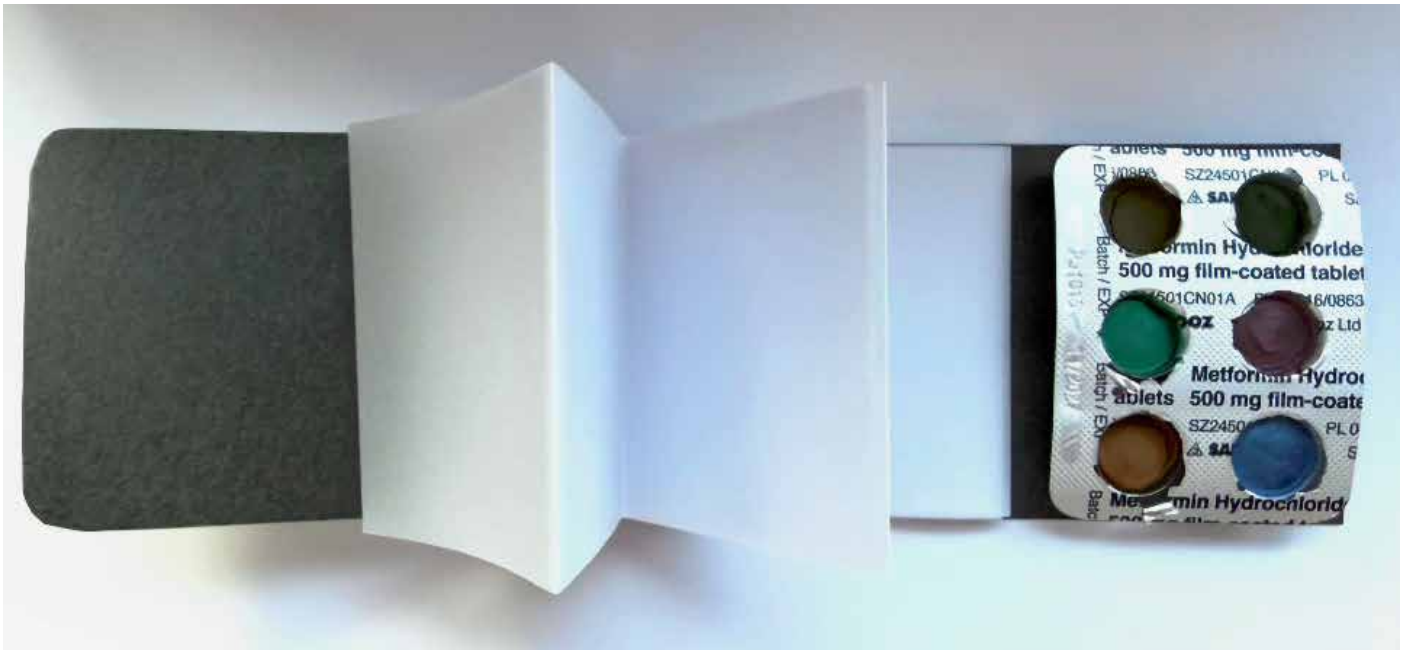
Jade Stout

Daily Prescription

Made from recycled metformin blister strips, card and tracing paper, this artist book uses a simple structure to contrast the empty pages with the familiar forms of medication packaging. One blister strip holds handmade watercolours made from pigments collected in Orkney and Fair Isle, introducing colour into the book.

Metformin blister strips, card, tracing paper and handmade watercolours using pigments collected in Orkney and Fair Isle with mica powder. 11 x 6 cm closed, 21 x 6 cm open. Unique edition.

£60



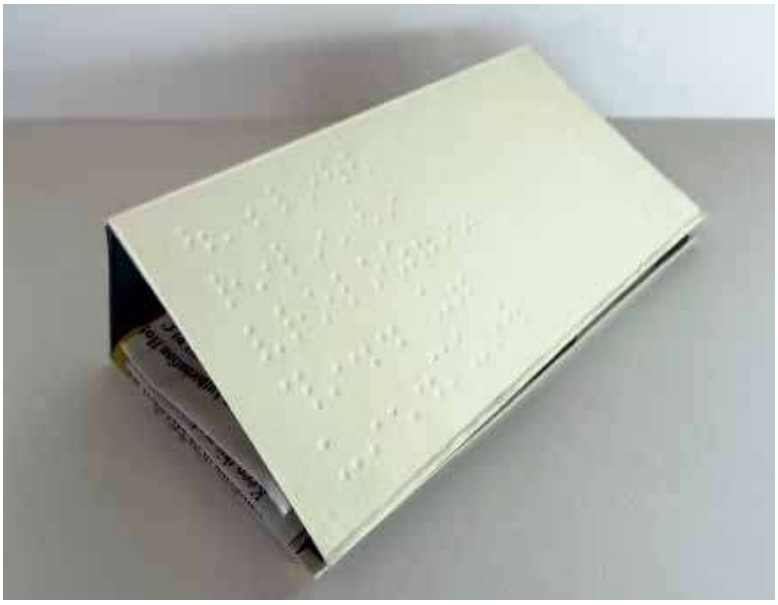
Jade Stout

Six Pill Landscape

This artist's book transforms recycled metformin packaging and a blister strip from the artist's own medication into a landscape. The packaging is turned inside out to reveal handmade watercolours, made from pigments collected in Orkney and Fair Isle, held in empty pill compartments.

Metformin packaging, blister strip and handmade watercolours using pigments collected in Orkney and Fair Isle with mica powder. 12 x 4 cm closed, 12 x 16 cm open. Unique edition.

£80



Jade Stout

Repeat Prescription

This artist's book uses the packaging, blister foil and medication leaflet from the artist's treatment for high blood pressure. The original box becomes the cover, while the leaflet is folded and cut into pages that reveal fragments of its printed instructions and warnings.

Perindopril packaging, blister foil, information leaflet, card and handmade watercolours using pigments collected in Orkney and Fair Isle with mica powder. 11 x 8 cm boxed, 22 x 7 cm open. Unique edition.

£60



Jade Stout

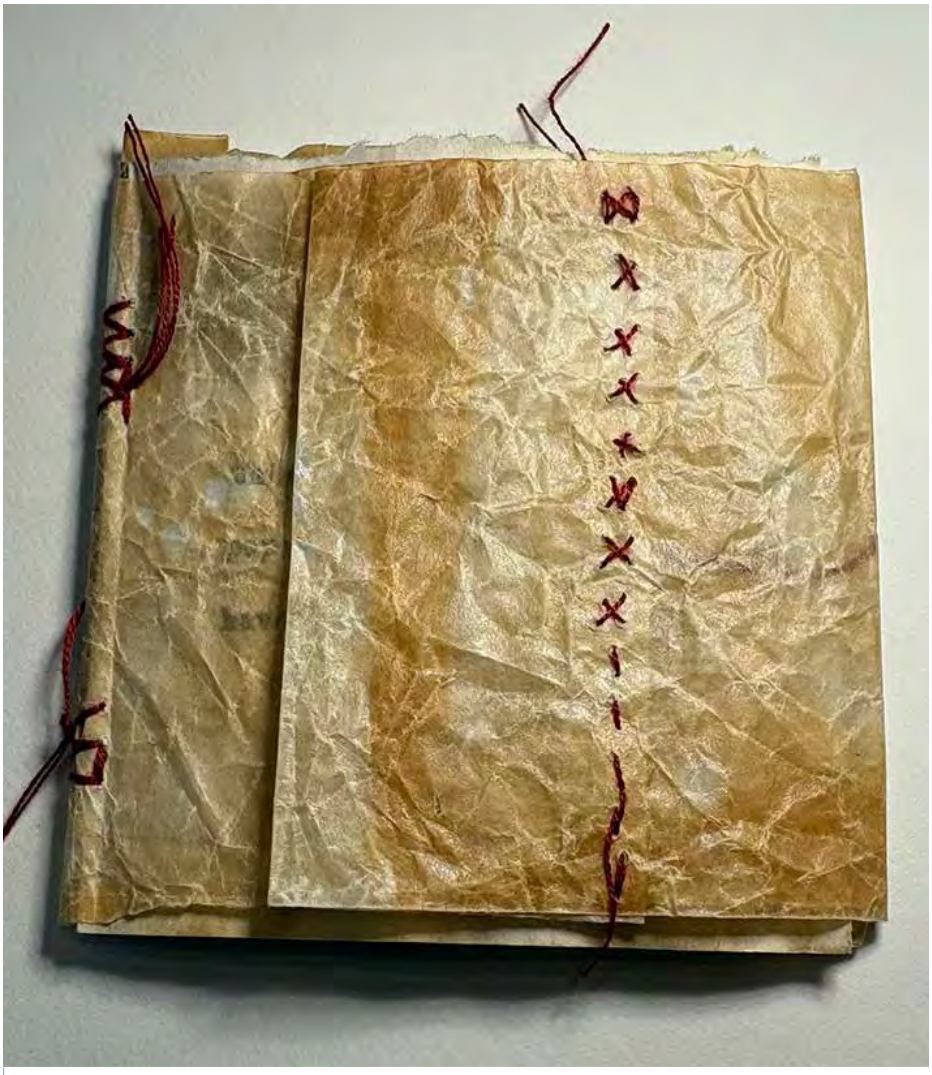
What I Carry

Made from recycled Rybelsus packaging, blister strips and medication leaflets from the artist's treatment for type 2 diabetes, this book opens to reveal two folded structures. Fragments of medical instruction sit alongside the metallic surfaces and empty tablet compartments, where handmade watercolours made from pigments collected in Orkney and Fair Isle replace the pills with colour.

Rybelsus packaging, blister foils, medication leaflets and handmade watercolours using pigments collected in Orkney and Fair Isle with mica powder. 13 x 6 x 4 cm boxed, 18 x 4 x 13 open. Unique edition.

£70







Pat Swan

Remedies for Survival

The artist has been researching letter sending during the World Wars. Treasured letters from home, and from the home front were a remedy for survival at a horrendous time.

A handmade book made with deli paper, wet strength tissue paper, vintage book pages, newsprint, wax, thread and ink. 9.5 X 9.5cm closed, 9.5 X 24.5cm open.

£35

Pat Swan

A Manual for a Difficult Day

Some remedies can be simple and being in nature is one of the best. The artist has collaged abstract landscapes with tissue paper printed on a gelli plate, into a concertina book.

A hardback concertina book of Gelli printed tissue paper collage on 220gsm cartridge paper. 11 X 7.5cm

£35



Elke Thompson

Cuppas for the Soul – Remedies for grounding yourself

'Is there anything that can't be solved by a cup of tea?' This quintessentially British thought sparked the idea of this beautiful concertina book. 'Cuppas for the Soul' visually explores six strategies for grounding yourself – from 'reading a good book' to 'walk barefoot in nature' – with five tea bag-like paper structures illustrating these suggestions.

Various papers. 6.5 x 7.8 x 3.5cm folded. 38.5 x 15.4cm open.

£75











Sandra Vick

Repairing the Land

This book presents a view across the Pentlands from Leadburn Community Woodland outside Edinburgh, painted across three boards. On the reverse, prints of trees found within the woodland offer a different perspective, bringing attention back to the immediate landscape from which the distant view is seen.

The work explores the idea of repair, and the importance of looking not only outwards towards the wider landscape, but also at the ground beneath our feet. It reflects on how the places we inhabit and stand within deserve as much care and attention as the views we admire from them.

Handmade concertina book with acrylic painting on one side, an printing with acrylic paint on the reverse. It is bound with recyclable ribbon. 15 x 45cm. Unique Edition.

£100



Sandra Vick

Peatland, Fens, Bogs and Trees

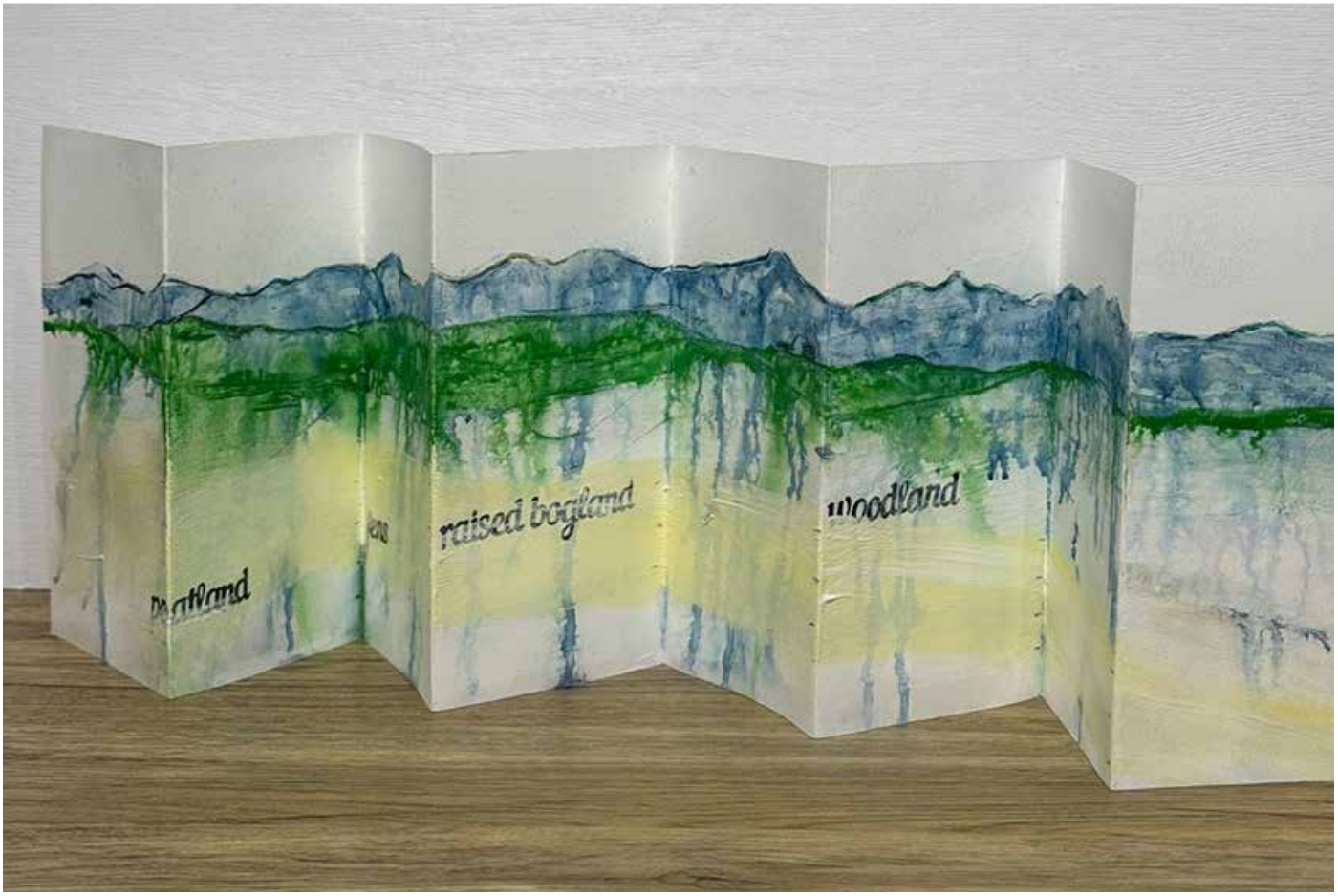
This book responds to the view across the restored peatland towards the Pentland Hills outside Edinburgh. Layers of paint and small marks evoke the depth and accumulation of peat beneath the surface, which varies from 0.5 to 4 metres.

On the reverse, prints of woodland trees celebrate native species returning to the site, providing vital habitats for wildlife.

The work highlights the importance of peatland restoration in repairing past damage, encouraging natural regeneration and creating habitats for future growth.

Handmade concertina book in card, with acrylic paint and vinyl lettering. 20 x 53cm. Unique Edition.

£80



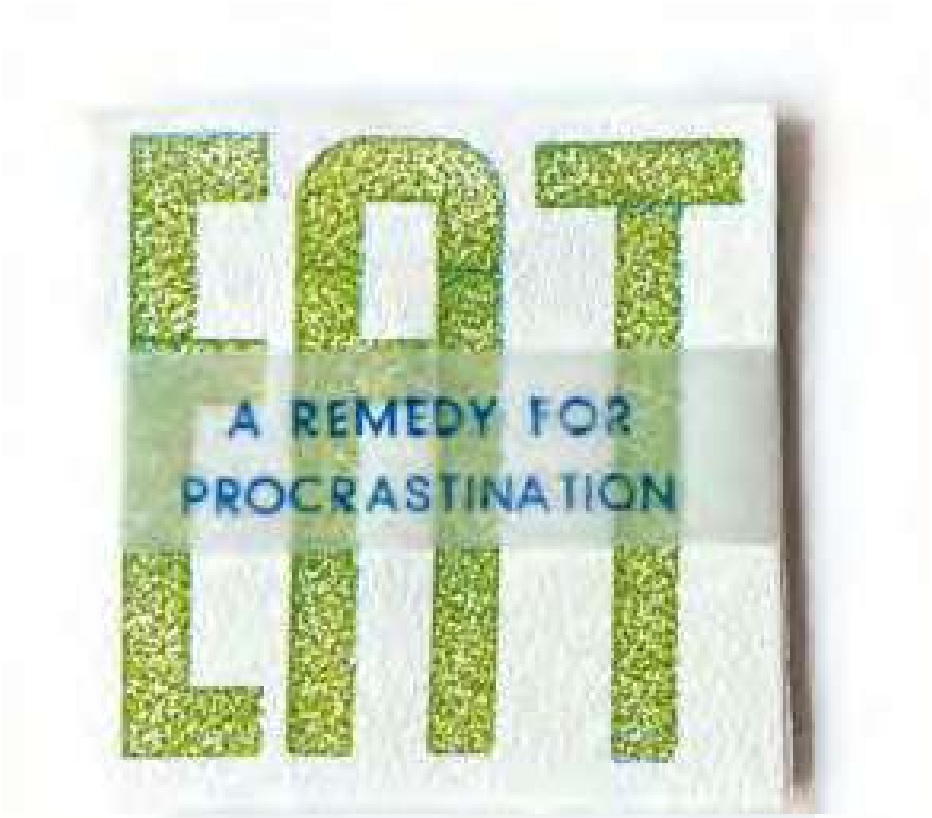
Corinne Welch

A Remedy for Procrastination

A hand printed, French fold book with a stamped tracing paper band. Inspired by a Mark Twain quote originally scribbled onto a post-it note as a prompt to stop procrastinating and just 'Eat the big frog'. Large type is printed with the modular printing Blockface kit, and smaller type is printed with Telos alphabet stamps. The frog is an original hand carved and printed woodcut.

Medium: rubber stamps and woodcut on 185gsm Arches cold pressed paper. 10 x 10cm. Hand printed edition of 15. 5 available.

£20





Corinne Welch

Twelve Tips for Today's Times

A digitally printed book of collages and rubber stamps made in response to the troubling rise of the Far Right in this country and across the globe. Inspired by Timothy Snyder's excellent book 'On Tyranny' and also a recent gig by protest singer Grace Petrie.

14-page single sheet folded book with paper spine. Digital print of rubber stamps and collage on 150gsm Tintiretto Gesso paper. 7.5 x 10.5cm. Edition of 25. 5 available.

£15





Corinne Welch

Remedie

A handmade, embroidered book of plant-based remedies, created as a response to a call-out for an exhibition ('Redesigning the Medieval Book') at the Bodleian Library in 2018. The embroidered book was created as a one-off, handmade artefact, using natural materials which were conceivably available in centuries past.

Original book:
Wraparound wool felt cover with hemp cord fastening, containing pamphlet stitched, embroidered fabric pages. Cotton canvas, wool felt, hemp cord, wooden bead, cotton thread and embroidery floss.

Digitally printed book:
Wraparound card covers with hemp cord, containing a fold-out concertina of printed pages on 170gsm Tintoretto Gesso paper. Digital prints of the original embroidered pages, with detail added in gold by hand.
12.5 x 16cm (both original book and digital versions). Open edition of digitally printed books: 5 available.



£35

Original book is not for sale.



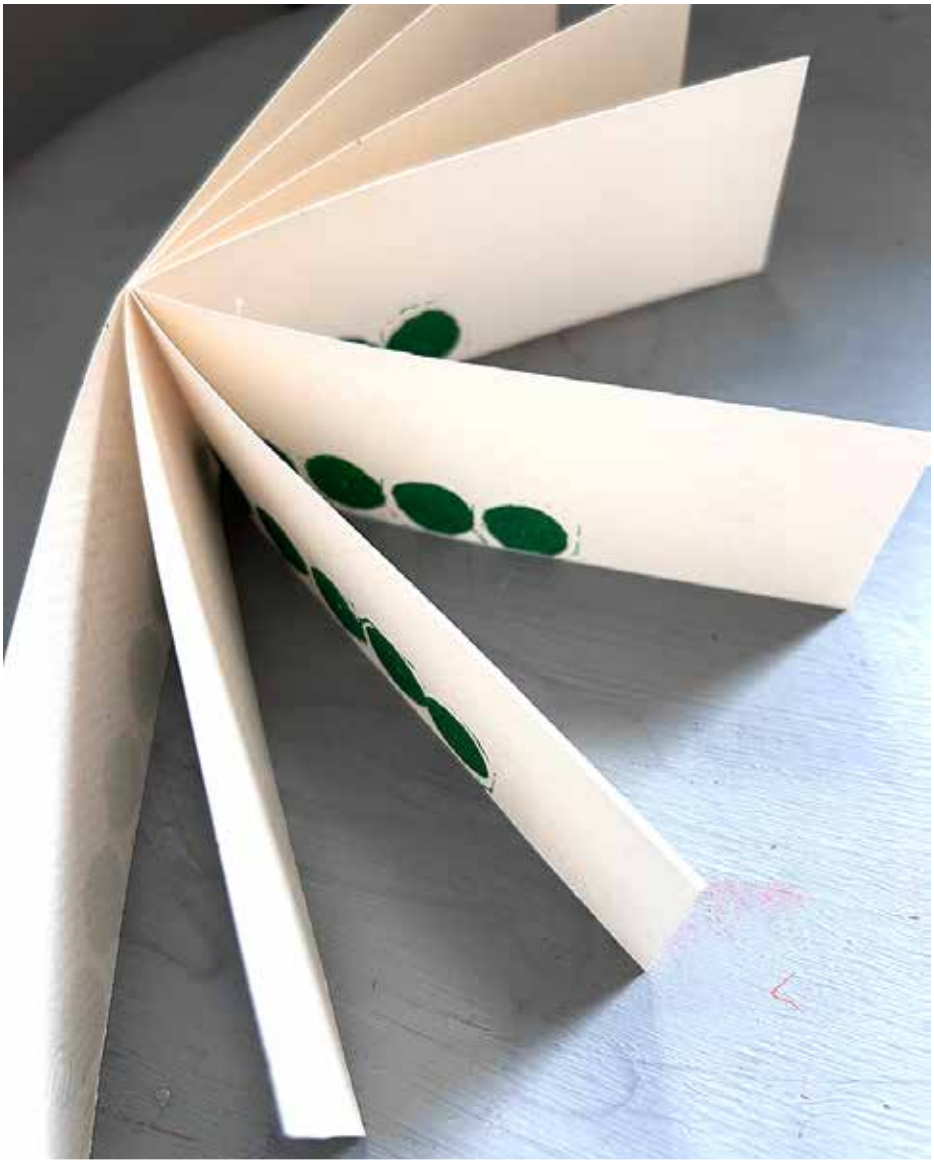
Lynda Wilson

An Apple a Day

An apple a day keeps the doctor away - we all grew up with this advice. This book is a bid to show a week's consumption of apples in a humorous way.

Handmade folio book with rubber stamping on paper, sewn binding.
4 x 10 closed. Unique edition.

£15





Lynda Wilson

Nature's Remedies

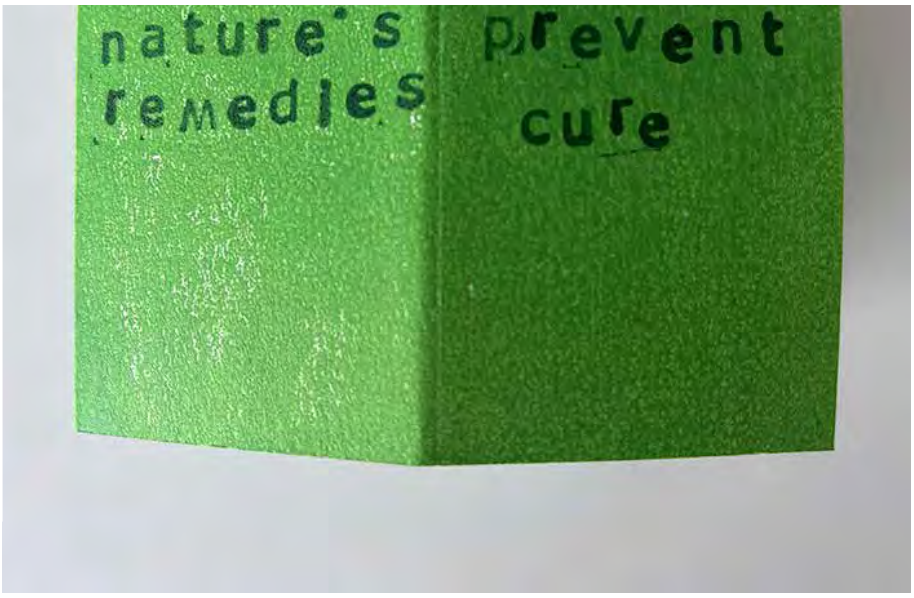
Before the development of modern drugs, there were traditional ways of alleviating if not curing common ailments such as colds and headaches. Many people would now like to reduce their use of synthetic drugs and return to remedies that are possibly kinder to the body and the environment. This book is a handy guide to some of the most common natural remedies.

Handmade flutter book of folded paper with lino print, typewriting and rubber stamping. 7 x 5 cm closed. Edition of 6 variable..

£12







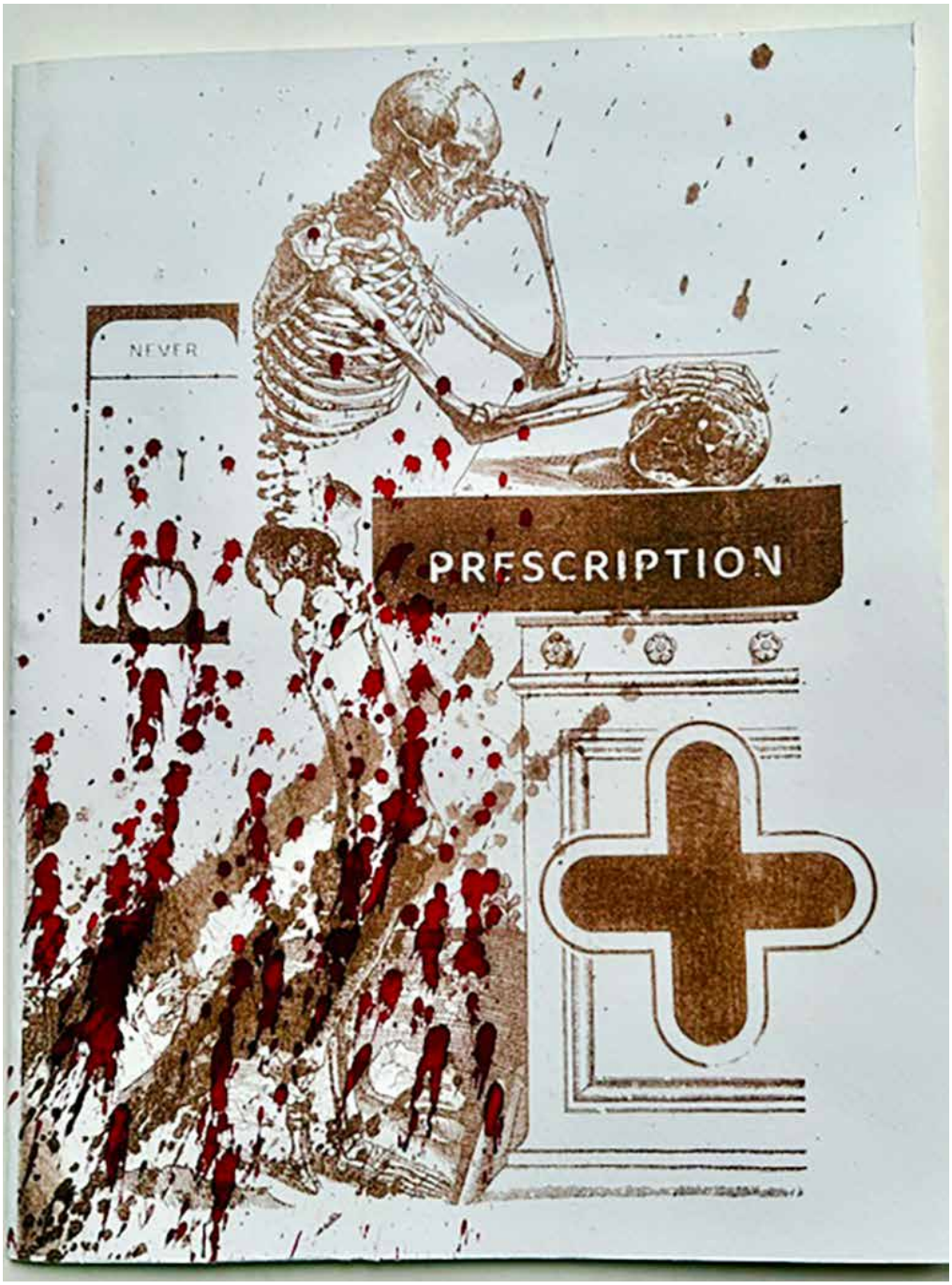
Ron Wilson

Prescription (Vesalius)

A book about dissection and anatomy based on a book by Vesalius 1543 The book encourages the viewer to look at the human skeleton and the drugs that might be swallowed to keep it healthy. It examines old plates from 1543 and shows the bones of the human skeleton and some blood stains from the dissection.

Printed on a fine art paper with collages pill boxes. 27 x 21cm. Unique edition.

£40









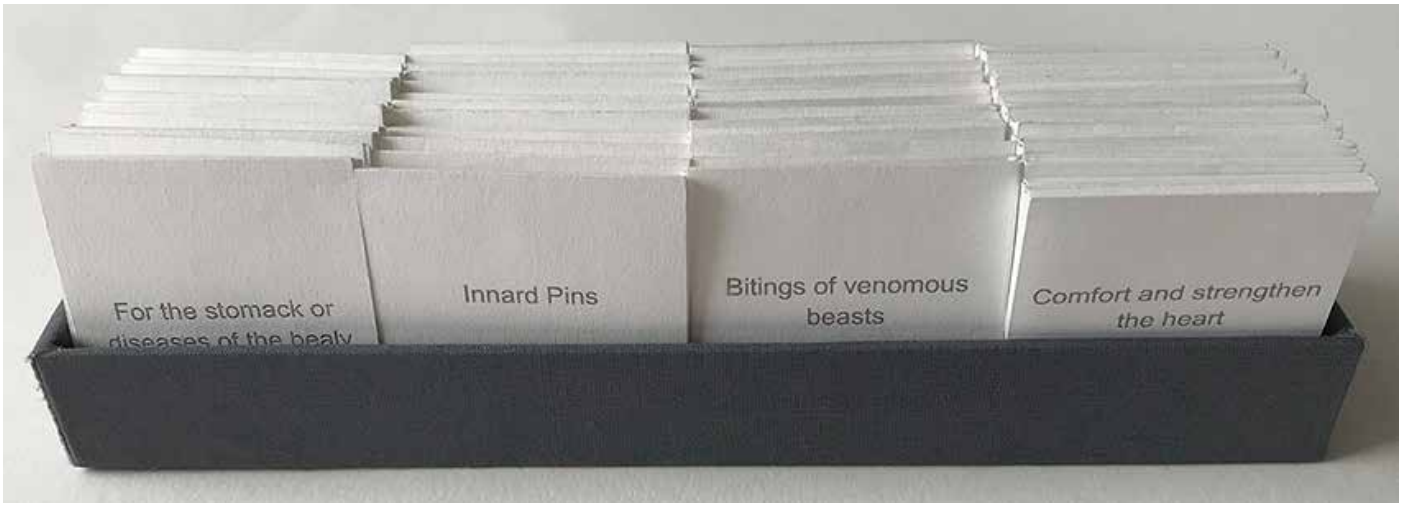
Susie Wilson

Spoon(ful)

A collection of 12 spoons from the artists cutlery drawer. Some are wedding gifts, passed down though her family, while others are the ubiquitous Ikea teaspoon. All hold memories of family life, the measuring out amounts for cooking and baking, the dosing of medicines, the stirring of teas and coffees, each of these spoons has played a part in making things better.

Screen-printed concertina book with hard covers. Open variable edition.

£45



Susie Wilson

Herbal Remedies from the 17th/18th/19th centuries

This box of remedies developed from research on physic gardens and an ongoing interest in herbal remedies and how the human condition hasn't changed much in 400 years. The fear of hair loss, wrinkles, blushing, sneezing, lice, bedbugs and pimples continue to concern us. Find an affliction or a worry from the box and look for the herbal remedy inside the envelope. It will put a smile on your face but you may want to avoid trying it out!

Single envelopes **£3**
Five envelopes **£10**
Box of 25 **£45**



Roy Willingham

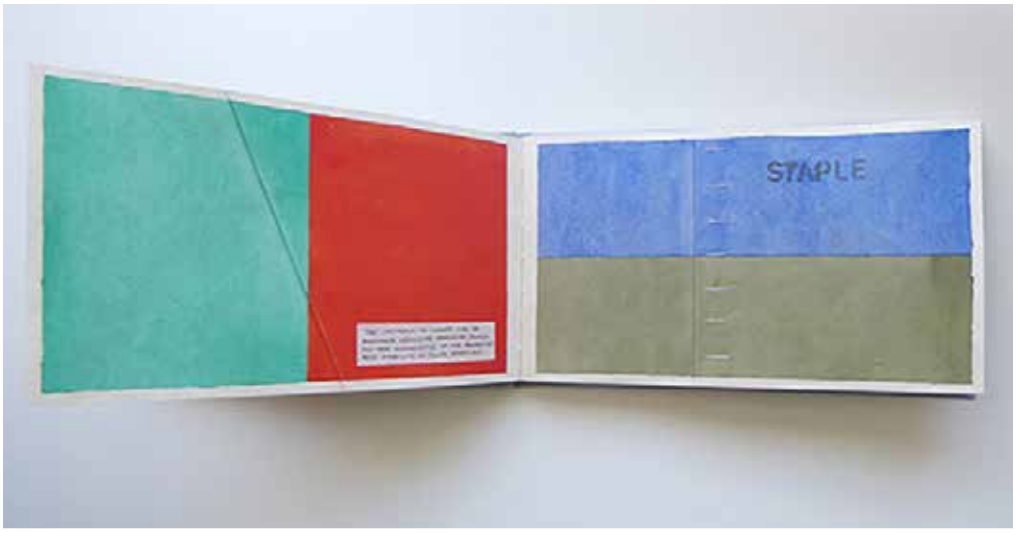
Bodge (How not to repair a book)

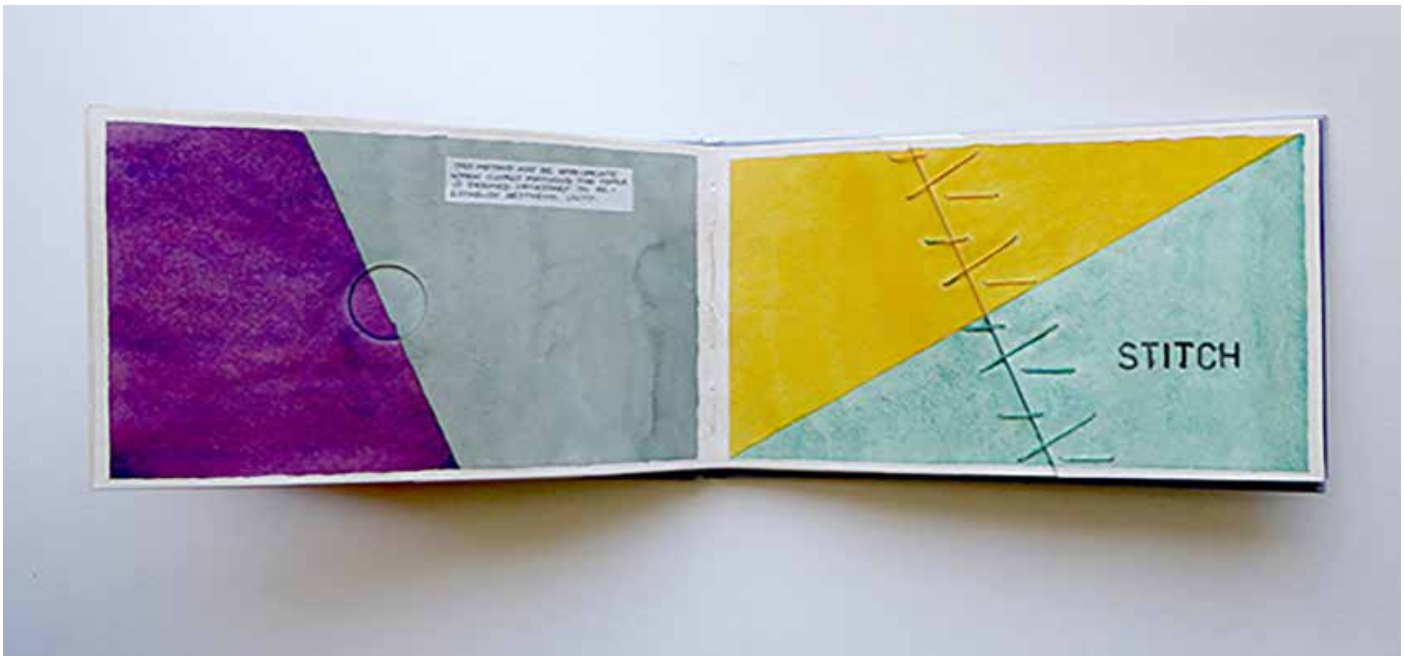
The book demonstrates various methods that might be used for book repair but in a manner which makes clear the need for some subtlety in approaching such repairs. It also contains some helpful? advice gleaned from conservation sources and taken completely out of context.

12 pages, 1 stitched signature of hand-coloured 425gsm Saunders Waterford paper, painted with stencilled text and collaged hand-written text.
Casebound book. 15.2 x 25.5cm. 1 copy available.

£60







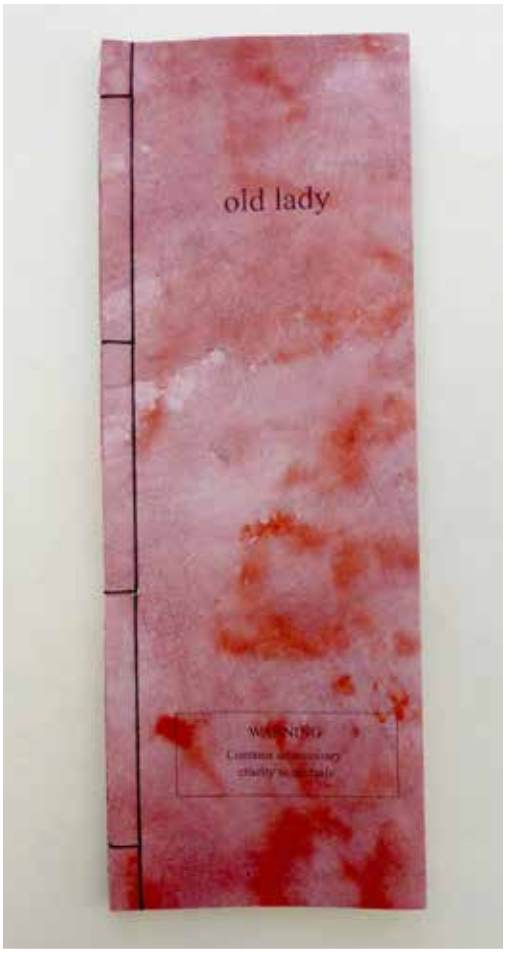
Roy Willingham

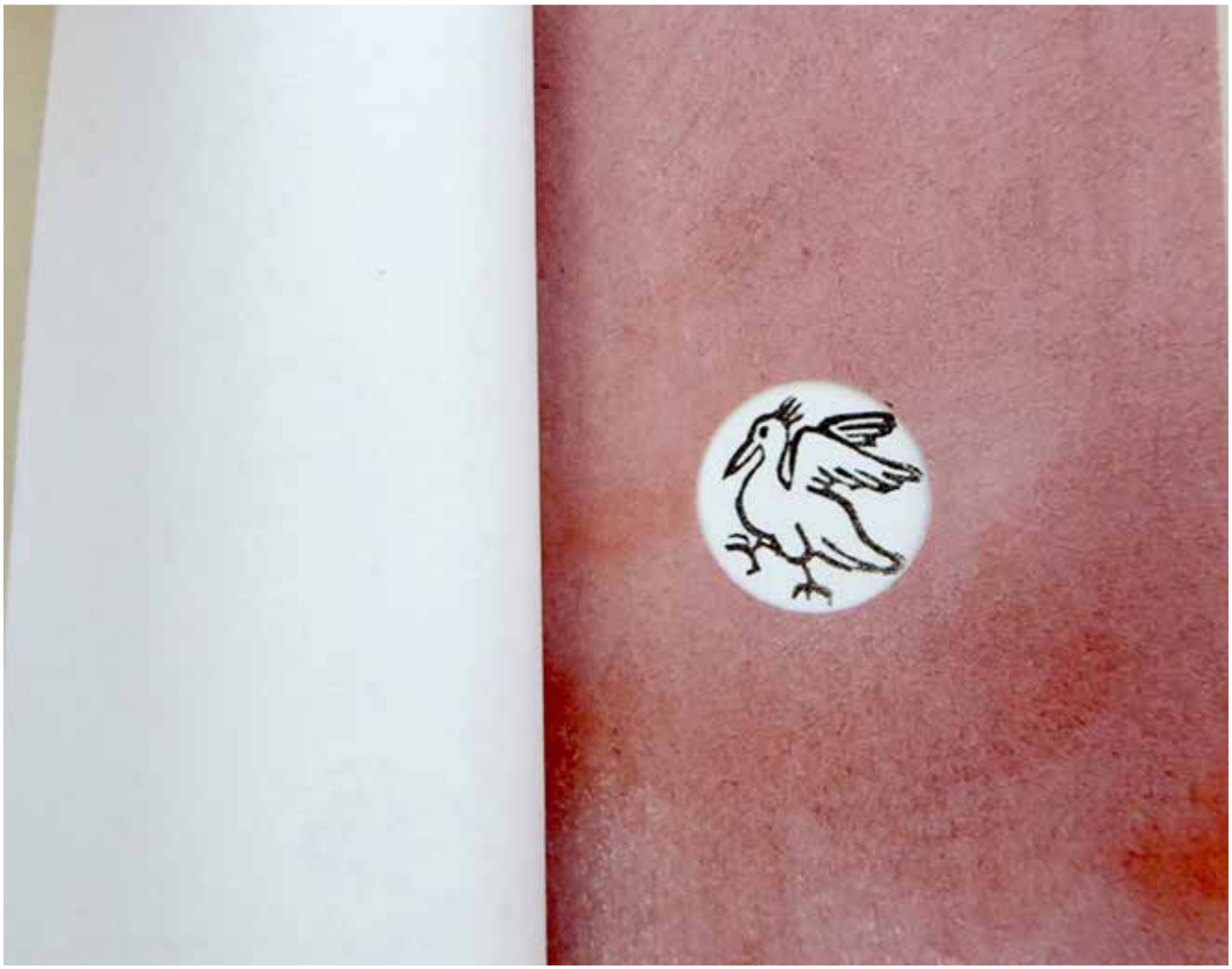
Old Lady

An abridged version of a well known preposterous tale which avoids much of the repetition and definitely has sympathy for the innocent victims.

Stab bound book. 12 pages of plain and hand coloured Hosho paper, laser printed text and linocut illustrations, some pages with apertures of various dimensions. 28 x 10cm. Edition of 8.

£30











Roy Willingham

Radical Solutions?

Printed onto fractions of the Marxist newspaper 'Internationalism' this offers possible answers to various contentious matters and intractable problems in a visual style that pays homage to progressive or revolutionary tracts while making the subtext plainly visible.

Stitched pamphlet. 16 pages of recycled commercial paper, printed with linocut and collaged laser printed text. 20.8 x 14.7cm. Edition of 8.

£10

Philippa Wood

Burn Bury Pray

This book examines traditional remedies that claim to successfully remove warts. Research revealed the subtle variations that exist for each wart remedy, thus highlighting the inconsistent nature of folklore myth; to emphasise these discrepancies the book was deliberately bound in the wrong order to reflect the absurdity of the advice. The book fails to offer an explanation as to what the text matter alludes to – inviting the viewer to interact with, and piece together the confused statements to form their own conclusion.

Letterpress printed onto knitted dishcloth. 16 x 16cm. Edition of 2.

£35





Fenneke Wolters-Sinke

Destination Recovery

This collection of artists' books documents Fenneke's recovery from Coccydynia, a condition causing severe nerve pain.

A birch-bark-covered suitcase reflects her return to walking and connection with nature. Two circular accordion books ('binos') feature birds spotted in her garden while housebound.

A notebook records daily symptoms, medication and blood pressure, while a map book made from a nervous system textbook reflects her journey through the medical world.

A 1927 book, Nerves: Master System of the Body, contains a vintage syringe and four bottles representing supplements taken to reduce inflammation.

A pill-shaped accordion book features "Heal" and five hand-stitched synonyms. Finally, a tunnel book showcases Fenneke's first fractal design experiments, created on her phone while confined to bed and sofa. Unique edition.

£675







Susan Yelda

Mustard Plaister

This structure was inspired by an old mustard tin that was in the family cupboard along with interest in traditional treatments that have fallen out, and back into, favour for health and well-being.

Coleman's Mustard Tin, with stitched cotton and paper concertina structures. Mixed media, including tin, fabric, thread, ephemera and mustard powder. Structure opens from tin. 10.5 x 26 x 20 cm. Unique edition.

£95

Susan Yelda

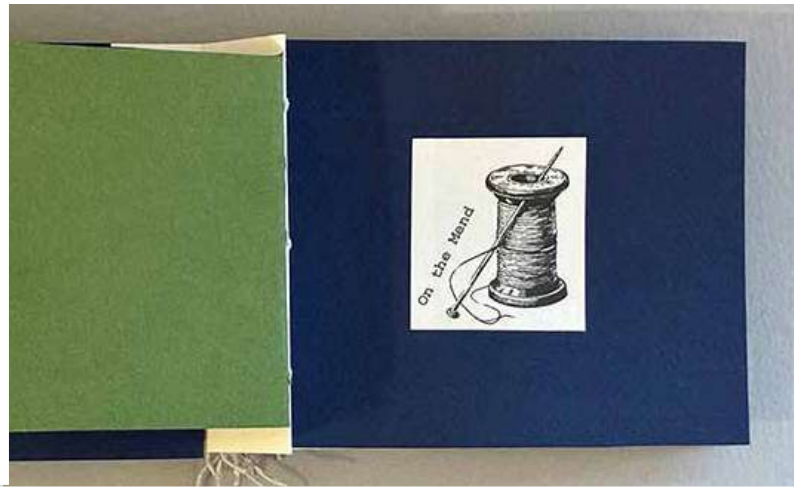
Mustard Plaister

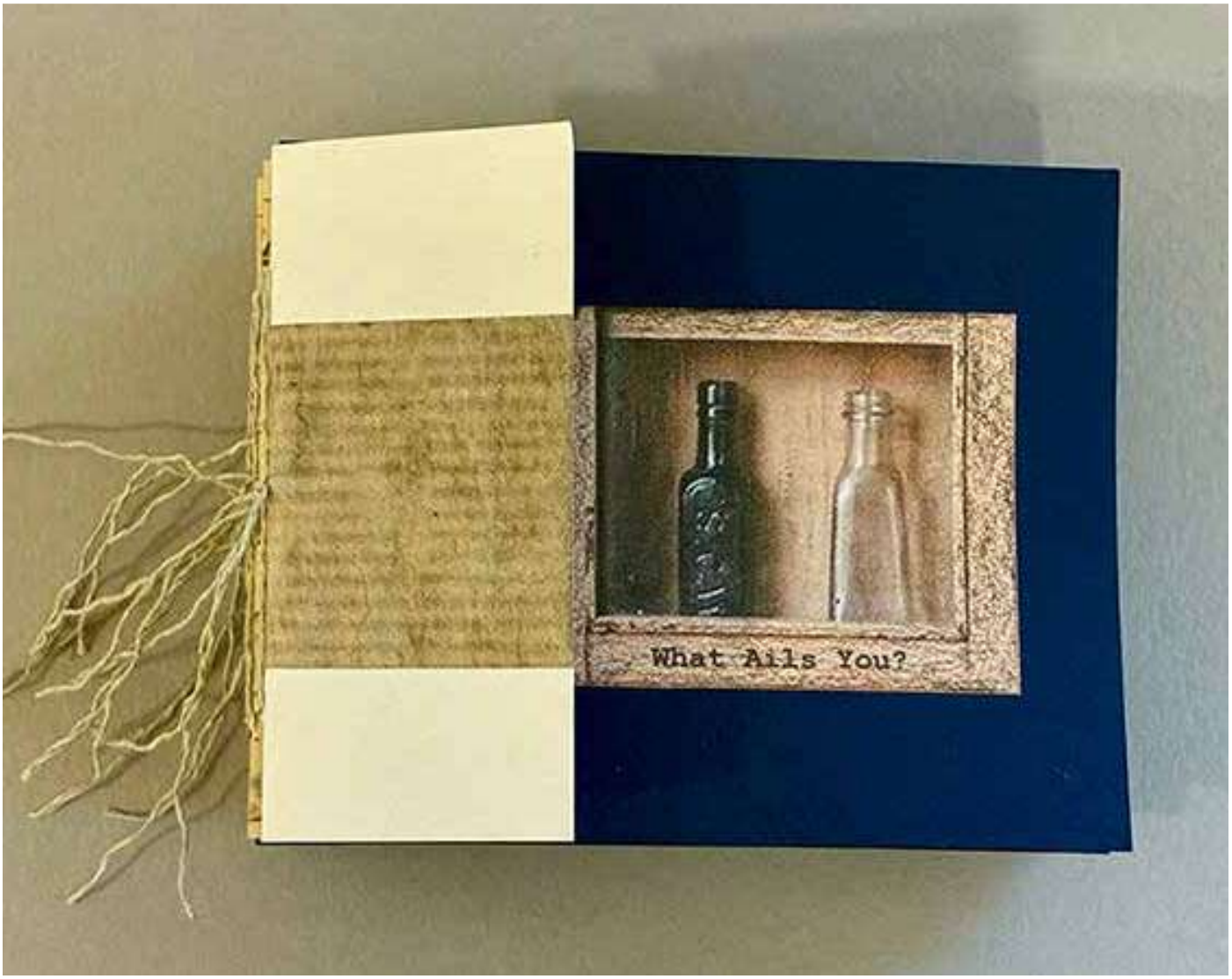
This structure was inspired by an old mustard tin that was in the family cupboard along with interest in traditional treatments that have fallen out, and back into, favour for health and well-being.

Coleman's Mustard Tin, with stitched cotton and paper concertina structures. Mixed media, including tin, fabric, thread, ephemera and mustard powder. Structure opens from tin. 10.5 x 26 x 20 cm. Unique edition.

£95







UPRIGHT GALLERY

www.uprightgallery.com
07969 886 183

Back to contents