

WE CONTAIN MULTITUDES

Easy Read Exhibition Guide



What is in this guide



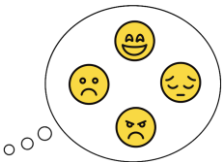
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Welcome to the exhibition

DCA

Dundee Contemporary Arts

We Contain Multitudes is a group exhibition at DCA.



It shows work by 4 artists:

- Andrew Gannon
- Nnena Kalu
- Daisy Lafarge
- Jo Longhurst



You will see:

- Sculpture
- Drawing
- Painting
- Photographs
- Film



How to explore the gallery



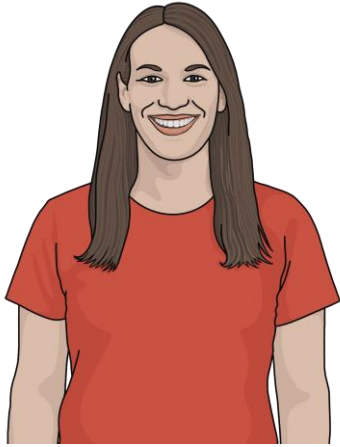
You can move around the gallery and look at the artworks in your own time.



Please do not touch or walk on the artworks.



We have a sensory box with samples of the materials used in the artworks. You are very welcome to touch and handle them. These show some of the different materials used in the artworks.



Our Visitor Assistants wear red T-shirts. They are happy to talk to you about the artworks and the artist. You can also ask them any questions.



You are welcome to make noise if you need or want to.



We have sensory bags you can use during your visit.

These include:

- ear defenders
- sunglasses
- magnifying glasses
- stim toys
- and other helpful tools



You can find the sensory bags at the Visitor Assistant stand outside the gallery.

What is the exhibition about?



This exhibition is by disabled artists.

The art is about their bodies:

- How bodies move and feel
- What bodies can and cannot do
- How the artists use their bodies to make art.

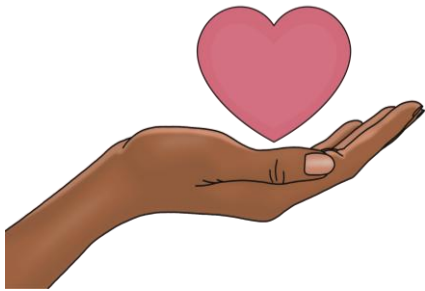




Some of the work is about pain.



Some of the work is about movement.

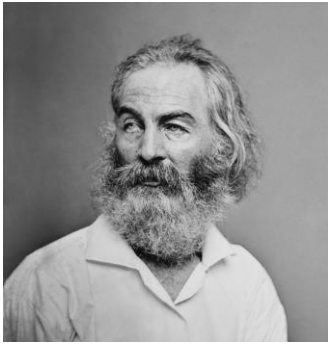


Some of the work is about care. And about keeping going in hard times.

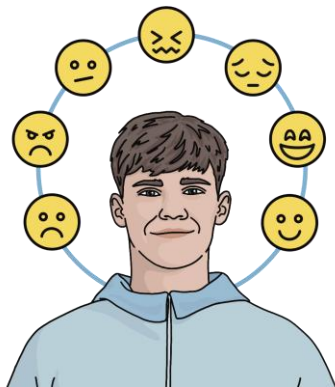
What does the name mean?

WE CONTAIN MULTITUDES

The name of the exhibition is **We Contain Multitudes**. **Multitudes** means many different things all together.



The title comes from a poem by Walt Whitman.

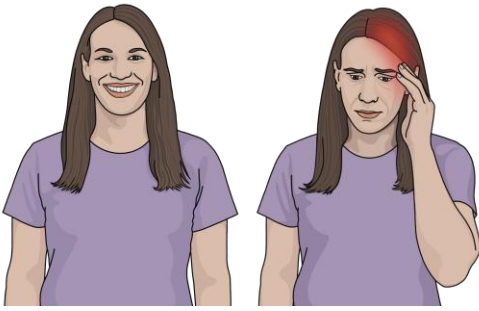


It means that people can be many things at the same time.

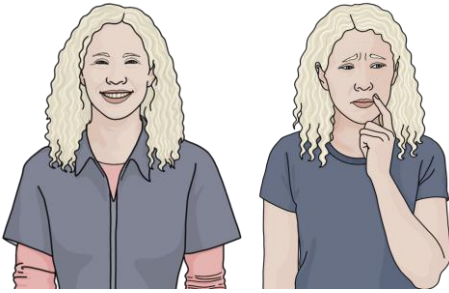


For example, you can feel:

- strong and also easily hurt



- happy and also in pain



- sure of yourself and also unsure



The title says it is OK to:

- not always feel the same
- be complicated inside
- be more than just one thing



This idea is very important for disabled people, because our lives and feelings can also be many things at once.

What connects the artists?



The artists are connected by how they use their bodies to shape their art.

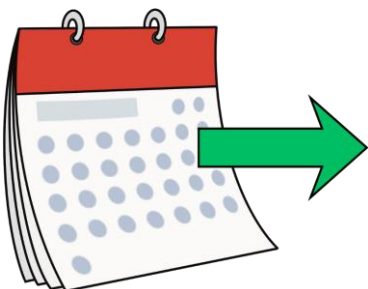


The artists' bodies help decide:

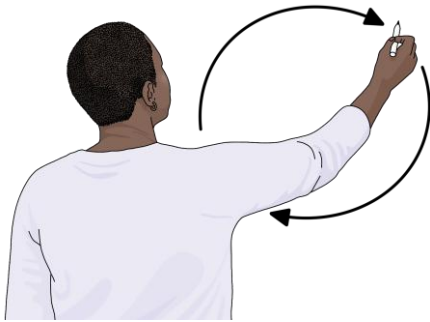
- how big the art is



- how they make the art



- how long the art takes to make



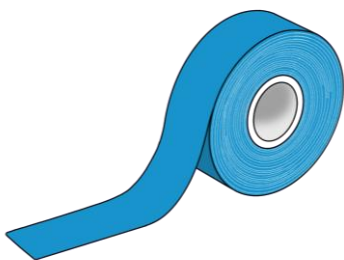
Some of the artists repeat the same movements.



Some of the artists work slowly and carefully.



Some of the artists make art while in pain or very tired.

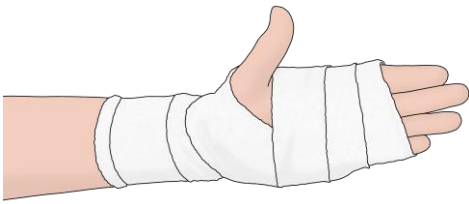


The artists often use materials that wrap or hold. Like tape.

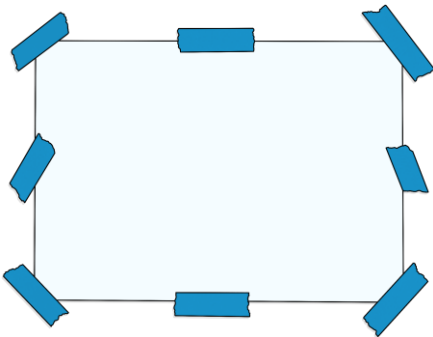


These materials can mean:

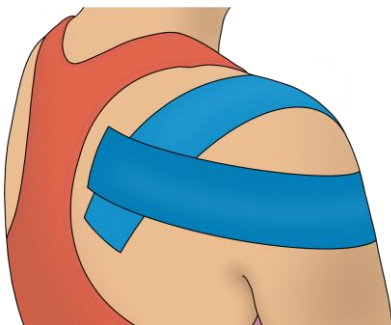
- holding things together



- supporting things



- holding things in place



- doing what you can with the body you have.

Why is this exhibition important?



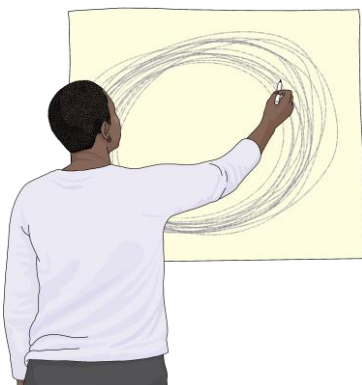
Disabled artists are often left out of big galleries.



This exhibition puts disabled artists and their ideas at the centre.



Their art helps us see new ways of thinking about the body, care, and time.



The exhibition also shows that being different can be powerful and creative.



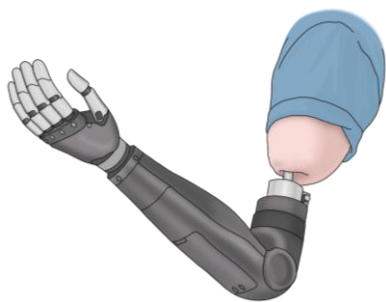
It helps make the art world fairer for disabled people.

The artists

Andrew Gannon



Andrew Gannon makes sculpture, performance, and painting.



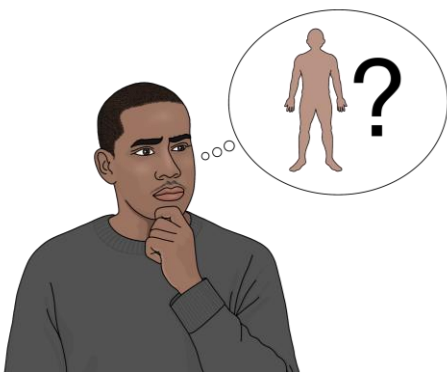
His work is about his disability and his **prosthetic** arm. A **prosthetic** arm is an artificial arm that takes the place of a missing one.



He makes sculptures using plaster casts of his arm. He repeats the same shapes again and again.



He also uses his body to make paintings.



He wants people to think about what a 'normal' body means.

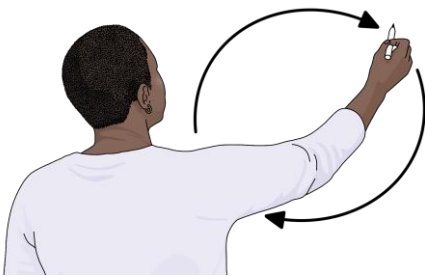
Nnena Kalu



Nnena Kalu makes large sculptures and drawings.



She makes her sculptures by wrapping materials around frames.



She moves her arms in circles when she draws. The lines show her energy and movement.



In 2025, Nnena won the Turner Prize. She is the first learning disabled artist to win.

Daisy Lafarge



Daisy Lafarge is a writer and artist.



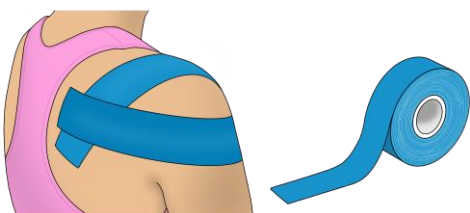
She has a long-term illness.

She lives with pain and tiredness.

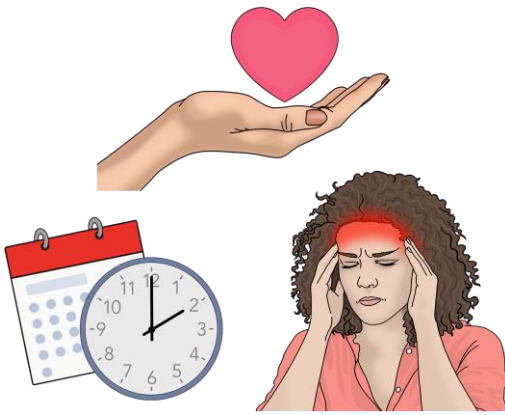
She works slowly, when her body allows.



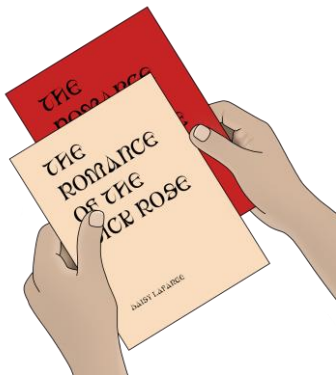
She often makes her paintings on the floor.



She uses special medical tape in her work. This is the same tape she uses to support her body.



Her work is about pain, care, and time.



Daisy wrote a small book of poems to go with her paintings. You can take a copy home with you.

Jo Longhurst



Jo Longhurst makes photos, collage, and film.



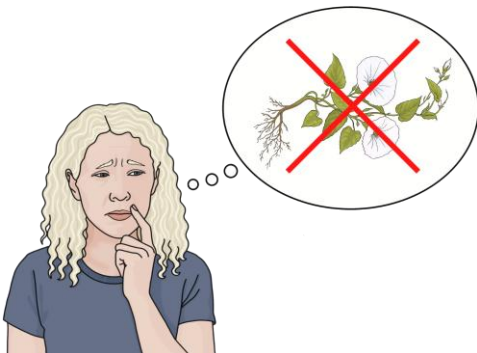
Her work is about **crip time**.

Crip time means disabled people may experience time differently.

They may need more time or flexible time.



She uses a plant called **bindweed** in her work.



Many people see bindweed as bad or unwanted.



Jo sees bindweed as strong.

It grows in difficult places and keeps going.



Bindweed is her way to show how disabled people keep going even when things are hard.

About We Contain Multitudes



We Contain Multitudes is a 3-year project by Collective, DCA, and LUX Scotland.



Dundee Contemporary Arts is
Scottish Charity Number
SCO26631.



The Paul Hamlyn Foundation gave money for the project.

Other information



We have to tell you about who took some of the photos.



Francesca Fletcher took this photo of Andrew Gannon.



James Speakson took this photo of Nnena Kalu.



Murdo MacLeod took this photo of Daisy LaFarge.



Door in the Wall Arts Access CIC put this exhibition guide into Easy Read.