

# Nottingham Contemporary

## Abbas Zahedi: *Holding a Heart in Artifice*

Easy  
Read




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Underlined  
Words

In this Easy Read document, difficult words are underlined. We explain what these words mean in the sentence after they have been used.



# Introduction



**This exhibition is a display of artworks by an artist called Abbas Zahedi.**

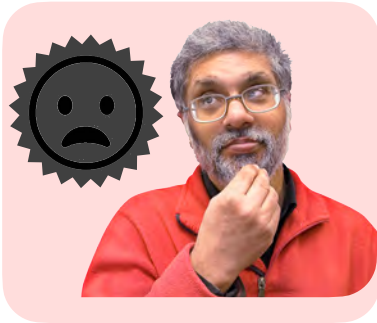


**Abbas is an artist from the United Kingdom.**



**We are showing artworks by Abbas at Nottingham Contemporary from 27 May to 3 September 2023.**

# Abbas' Artworks



**Abbas makes artworks to think about difficult emotions and events from the past**



**Abbas thinks that art galleries are not just for artworks. He thinks they are places for people too. In galleries people can talk together or spend time alone to think.**



**Abbas is a conceptual artist. A conceptual artist makes artworks about ideas. This means they don't always make things we usually see in a gallery like a painting or sculpture.**

# Hospitals and Abbas' Art



Before he worked as an artist, Abbas was learning how to be a medic. A medic is someone who works in hospitals to help make ill people better.



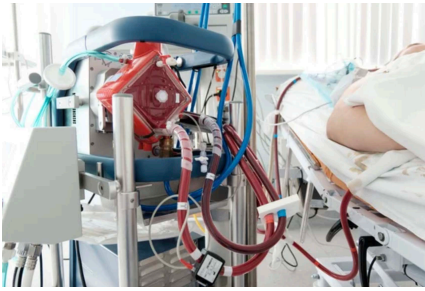
Abbas stopped learning how to be a medic after a person in his family died.



Abbas thinks art galleries and hospitals are similar because they are both clean, white, bare spaces.



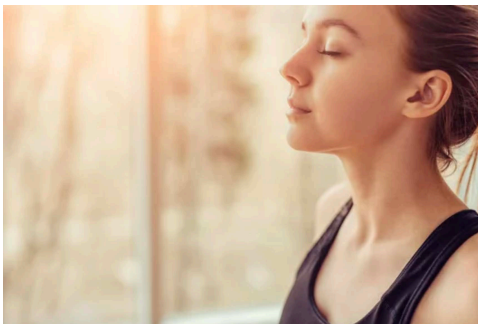
When Abbas was working on his exhibition at Nottingham Contemporary he visited a hospital in Leicester called Glenfield.



At Glenfield hospital there is a special department called ECMO. ECMO stands for Extra Corporeal Membrane Oxygenation.



ECMO is a medical treatment that uses a machine to put oxygen into somebody's blood.



We need oxygen in our blood to stay alive. Most people get enough oxygen by breathing.



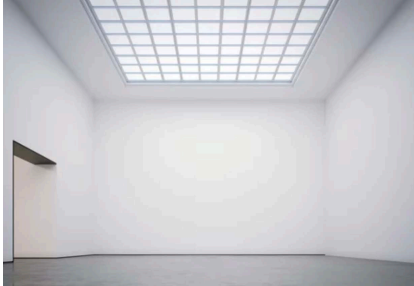
People need ECMO when they have problems with their heart and lungs.



When people have ECMO they are completely dependent on it. This means they can't live without it.



**Abbas thinks this is like the way art galleries are dependent on visitors.**



**If there are no visitors then nobody will see the art and Abbas thinks this means the art is dead.**



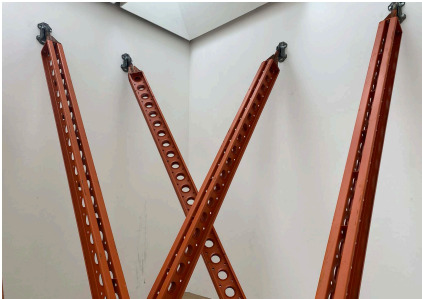
**Abbas borrowed an ECMO machine for his exhibition. You can see it in the galleries and listen to the noise it makes.**



# Buttresses



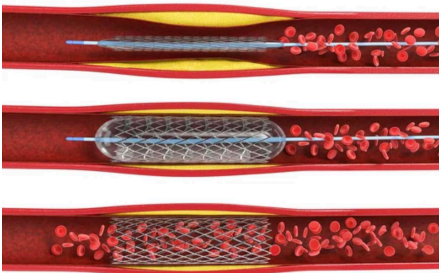
Around the walls of the gallery are metal buttresses. Buttresses are structures which hold buildings up.



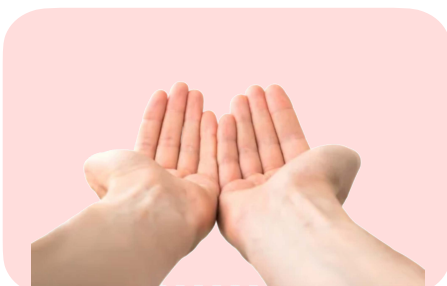
Abbas has put these metal buttresses in the gallery so it looks like they are holding the walls of the gallery up.



Abbas was thinking about cardiac stents when he made this artwork. Cardiac stents are special tubes that help people's blood move around their body when they have problems with their heart.



Cardiac stents hold arteries open. Arteries are the passageways our blood travels in.



Abbas thinks cardiac stents are like buttresses because they both hold things open.

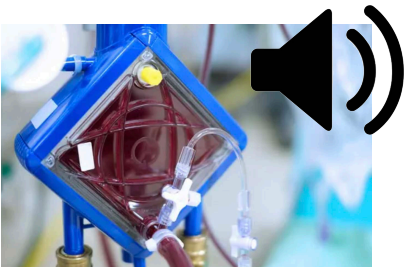
# Press to Exit



**In the gallery there is a button that says press to exit.**



**When people push the button, it will play a sound artwork.**



**The sound artwork plays lots of noises including a recording of the noises of an ECMO machine.**



# Rice Cooker



Hanging from the gallery ceiling is a sculpture shaped like a rice cooker. A rice cooker is a machine used in the kitchen to cook rice.



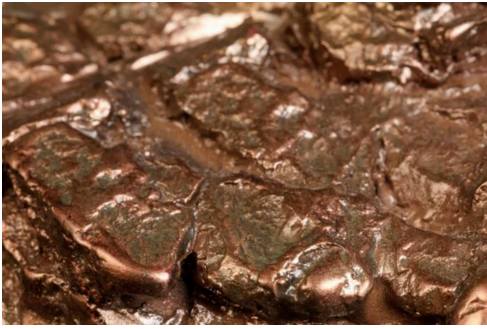
In lots of cultures, rice cookers are used by people to make food for their families.



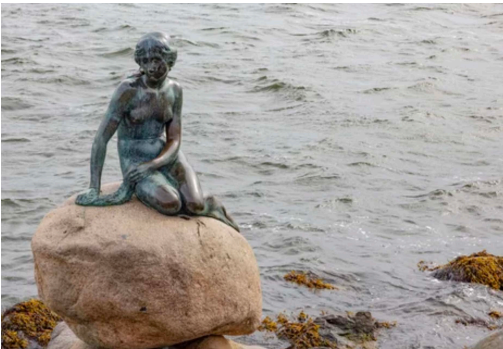
Making food for someone shows them that you care about them.



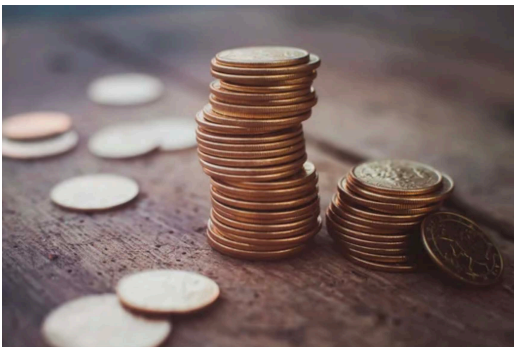
Abbas wants people to think about support when they look at this artwork.



**This sculpture is made from a metal called bronze.**



**Lots of old sculptures are made from bronze and they are valuable. Valuable means something is important or worth a lot of money.**



**Abbas imagines that if the gallery fell down the sculpture could be sold and the money could be used to rebuild the gallery.**

# Events in the Gallery



**Abbas wants the gallery to be a space where other things can happen.**



**Abbas worked with the staff at Nottingham Contemporary to create events that will take place in the gallery.**



**These events include talks and performances in the gallery.**



**You can ask a member of staff when the next event is taking place or look at our website.**

# For more information



You can find out more about what we do by looking at our website here: [nottinghamcontemporary.org](http://nottinghamcontemporary.org)



If you would like to help us show more artworks in the future, please think about giving us some money.



We suggest £3 as a good amount.



If you need more information please contact us by:

•Post:  
Nottingham Contemporary, Weekday  
Cross, Nottingham  
NG1 2GB



• phone: 0115 948 9750  
• Email:  
[info@nottinghamcontemporary.org](mailto:info@nottinghamcontemporary.org)

# **Artwork Credits**

**Artwork credits tell us who made an artwork and when they made it. The artwork credits for the artworks you have seen in this easy read guide are shown below.**



**This is an artwork by Abbas Zahedi. The title of the artwork is Holding a Heart. This artwork was made in 2023. The artwork is a photograph of Abbas' hand wearing a light-up ring.**