



**LOU IGGY BROWN**

AKA GOODSTRANGEVIBES

**PORTFOLIO**

[www.goodstrangevibes.com](http://www.goodstrangevibes.com)

# CONTENTS

---

ABOUT THE ARTIST

PRESS

EXHIBITIONS

ARTIST RESIDENCY

AWARDS

PROJECTS

PRODUCTS

WORKSHOPS

COMMISSIONS

CONTACT

CREATIVE PORTFOLIO

# ABOUT THE ARTIST

Lou is motivated by and gets their energy from connecting with people and facilitating positive change. They founded and run Goodstrangevibes to make a difference in respect to mental health, body image, LGBTQ+ topics and sex education through their artwork via the means of selling products, curating and running workshops, completing commissions, partaking in collaborations and growing a strong media presence. The business started in Newcastle Upon Tyne in 2017 and in March 2022 Lou moved to London and is working both in person and online for brands and charities across the UK and beyond.

**LOU IGGY BROWN**



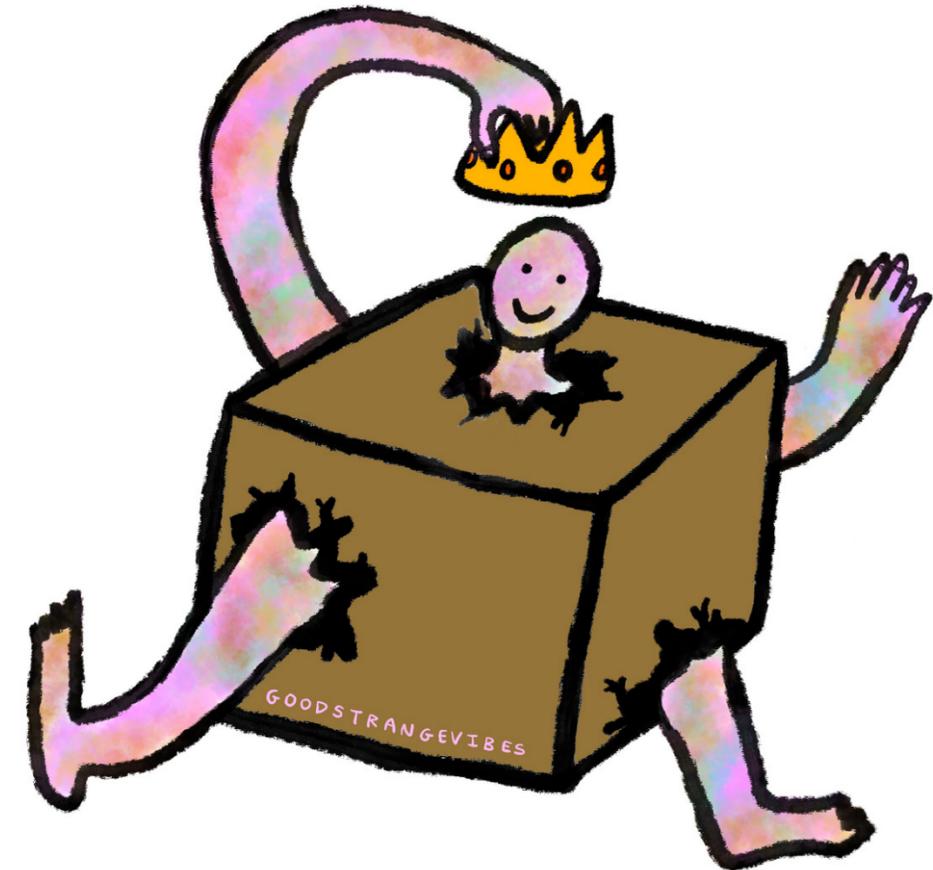
**THEY/THEM**

# ABOUT THE ARTIST

Lou's artwork is informed by their mental health journey (Anxiety/OCD/history of an Eating Disorder), queer experiences (non-binary and pansexual), academic insights (1st Class degree in Politics, Psychology and Sociology) and desire for change (the world clearly needs a big shake up).

Completing an Art Therapy Foundation Course at The British Association of Art Therapists in July 2019 furthered their knowledge of art workshop facilitation, particularly in mental health settings.

THE IDEA THAT HUMANS SHOULD FIT NEATLY INTO BOXES IS VERY ODD.



# ABOUT THE ARTIST

*'In the process of recovering from an eating disorder I began drawing my own body - forcing myself to see my body as art and worthy of appreciation. I did this in the evening, a time I used to spend staring at my naked body feeling hate and repulsion. This new habit directly challenged these previous destructive thoughts, by drawing and liking the art I produced I then began to appreciate the body that had inspired them' - Lou Brown 2018.*

Lou primarily uses [Instagram](#) to share their artwork with their community of just under 4k followers.



# PRESS

They have been interviewed by and/or featured in: **The Times** (in print and online), BuzzFeed, Free Thesaurus, BBC Radio Newcastle, Durham On Air, BBC Look North, The Daily Telegraph, The Tab, Metro, Finextra, Narc, Chronicle and more.

Experience in: filmed interviews, radio interviews, phone and online video interviews.

<https://www.goodstrangevibes.com/collabs-press>



**BBC LOOK NORTH, [TV], 2 NOVEMBER 2021**

# EXHIBITIONS



# EXHIBITIONS

NOVEMBER  
2020

For All The Words I  
Have Not Been Able  
To Say I Have Cried  
Queer Tears And  
Made Art, Online 3D  
Exhibition

AUGUST  
2021

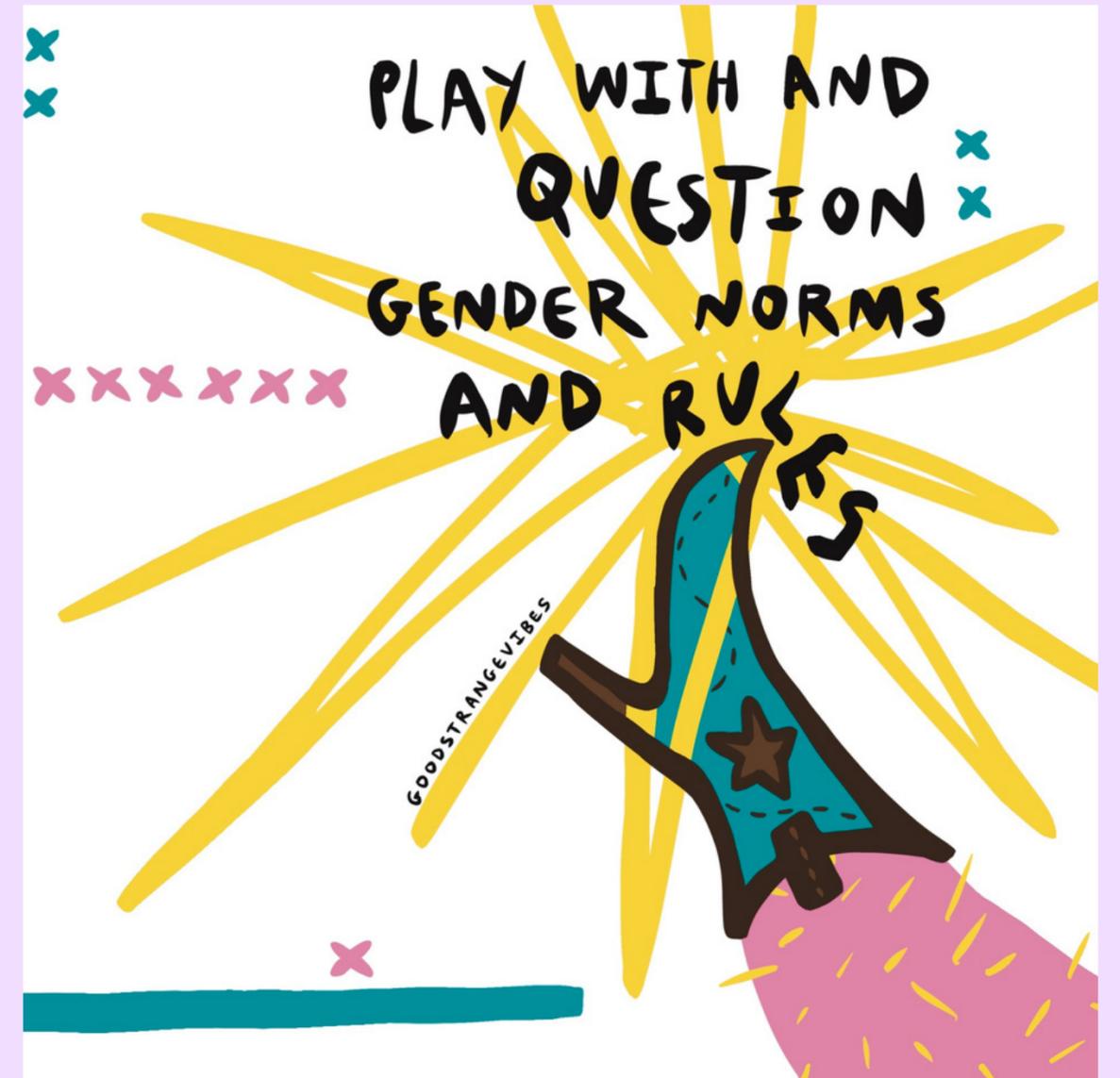
Revolutionising  
Sex Education,  
Online 3D  
Exhibition,  
Funded by  
Curious Arts and  
Queer Arts North

FEBRUARY  
2022

Curious Family  
Arts Trail, York  
Art Gallery,  
York.

JUNE  
2022

Let's Talk,  
Alington  
House,  
Durham.

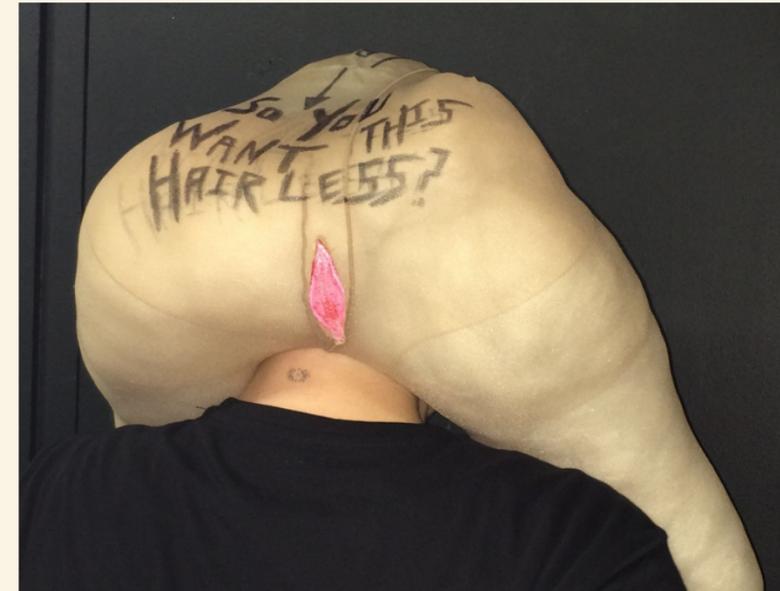


# ARTIST RESIDENCY

## NASTY WOMEN NORTH EAST

In 2018 Lou was selected for an artist residency with [@nastywomennortheast](#) for the Plenty Up Top Gallery. Though Lou no longer identifies as a woman, they are proud of the work they did during this residency and continue to support the Nasty Women movement.

Their mixed media sculptural piece highlights how hair standards are not only socially constructed, and hence can, and should, be deconstructed, but also that they are contradictory and not worthy of compliance. The piece directly confronts that while the fetishisation of a bare vulva is widespread, having short or no hair on a woman's head has been deemed unfeminine and undesirable.



# AWARDS

Lou's mixed media design work was praised as the winner of the **Napapijri Graphic Design Competition (2018)** facilitated by **Vice** and Bricks Magazine where they created artwork which was sold on Napapijri's limited-edition jackets and tops.



## NAPAPIJRI GRAPHIC DESIGN COMPETITION ARTWORK



84 likes

**napapijri\_london\_shoreditch** Our limited Shoreditch Rainforest jacket is still available in store. Come get yours. 🙌  
[#napapijri](#) [#shoreditch](#) [#tribe](#)

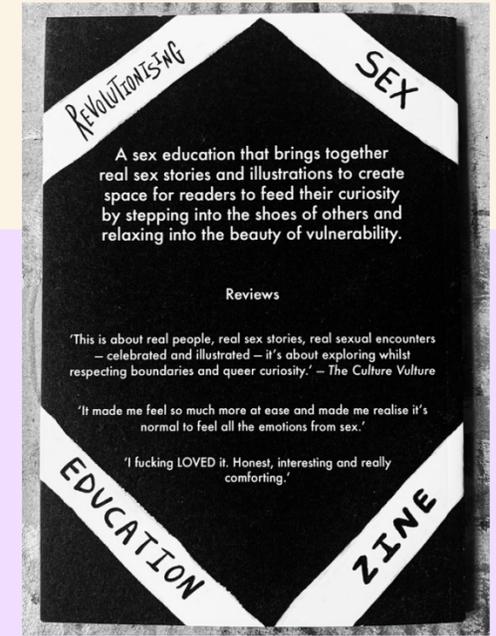
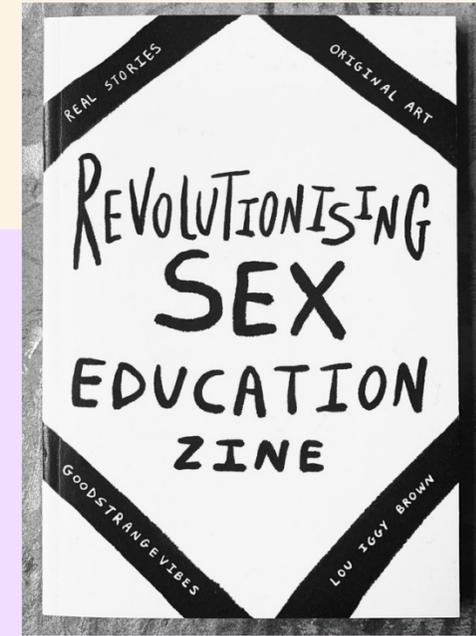
# PROJECTS

## REVOLUTIONISING SEX EDUCATION

During 2021, they launched their Revolutionising Sex Education project, funded by Curious Arts and Queer Arts North. The project outputs, an **exhibition** and a **zine**, feature illustrations to expose the reality of sex and its multiplicities through the lens of raw sex stories.

By asking participants to share a sex story alongside three things they felt during and three things they felt after, these illustrations demonstrate not just a diversity of sexual experiences, but also the variety of emotions experienced both during and after sex.

They have sold over 125 zines and donated 40 copies across the UK to Sexpression, Curious Arts and The Outside Project.



### SLIPPING OUT

First time I had sex was with my gf at the time and it wasn't very good. I was super nervous prior and then during she was on top and my penis kept slipping out. I was really worried that sex wasn't as good as I imagined it was going to be. The following time was considerably better. Such a relief! Practice makes progress.



### PERIOD

My first time having sex with a person who has a vulva. I was apprehensive and not sure what to do. Although arousal and instinct took over and I just knew. Whilst the person was going down on me I came on my period. Bleeding as they were licking me out. I was made to feel like it was totally okay as they had periods too. A towel went down and we continued sex, which was messy.

# PRODUCTS

With climate and ethics in mind, Lou sells products including upcycled and standard **tops**, recycled **notebooks, stickers, postcards, zines, cards, posters** and **original art**.

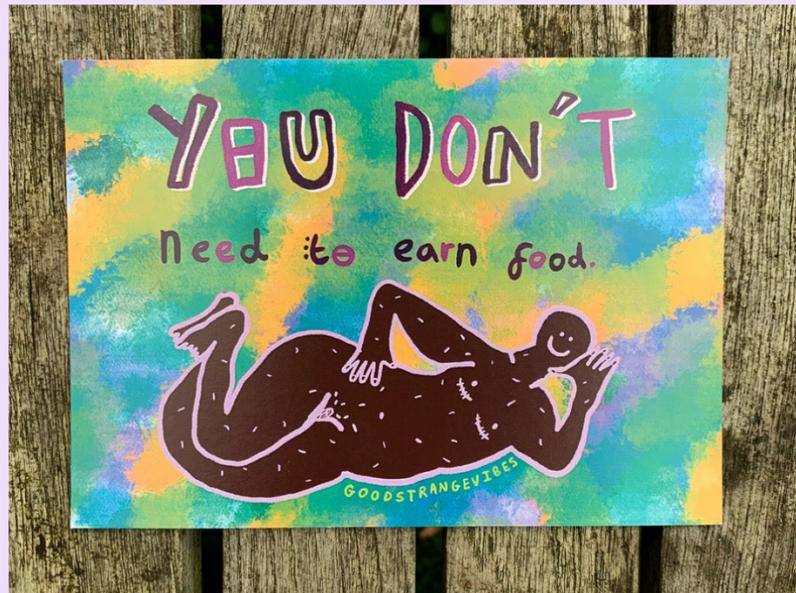
The ethos of Goodstrangevibes does not stop at the artwork, it is central to who they work with to create products. They aim to ensure that Goodstrangevibes' products are of the highest standards in terms of labour rights and environmental sustainability. As part of this mission, Goodstrangevibes had the privilege of hiring Jemima Elliott for a month-long internship to investigate t-shirt suppliers/printers in terms of labour rights and environmental sustainability. Transparent updates can be found on Goodstrangevibes' **Climate and Ethics** page.

<https://www.goodstrangevibes.com/shop>



# PRODUCT EXAMPLES

For information on  
wholesale prices,  
please contact:  
[goodstrangevibes@gmail.com](mailto:goodstrangevibes@gmail.com)



# WORKSHOPS

Lou curates and runs creative workshops both online and in person.

## **Body Gratitude**

Participants create body self portraits and a thank you card to their bodies while Lou shares their own story and academic insights into positive body image.

## **Gender Thoughts Container**

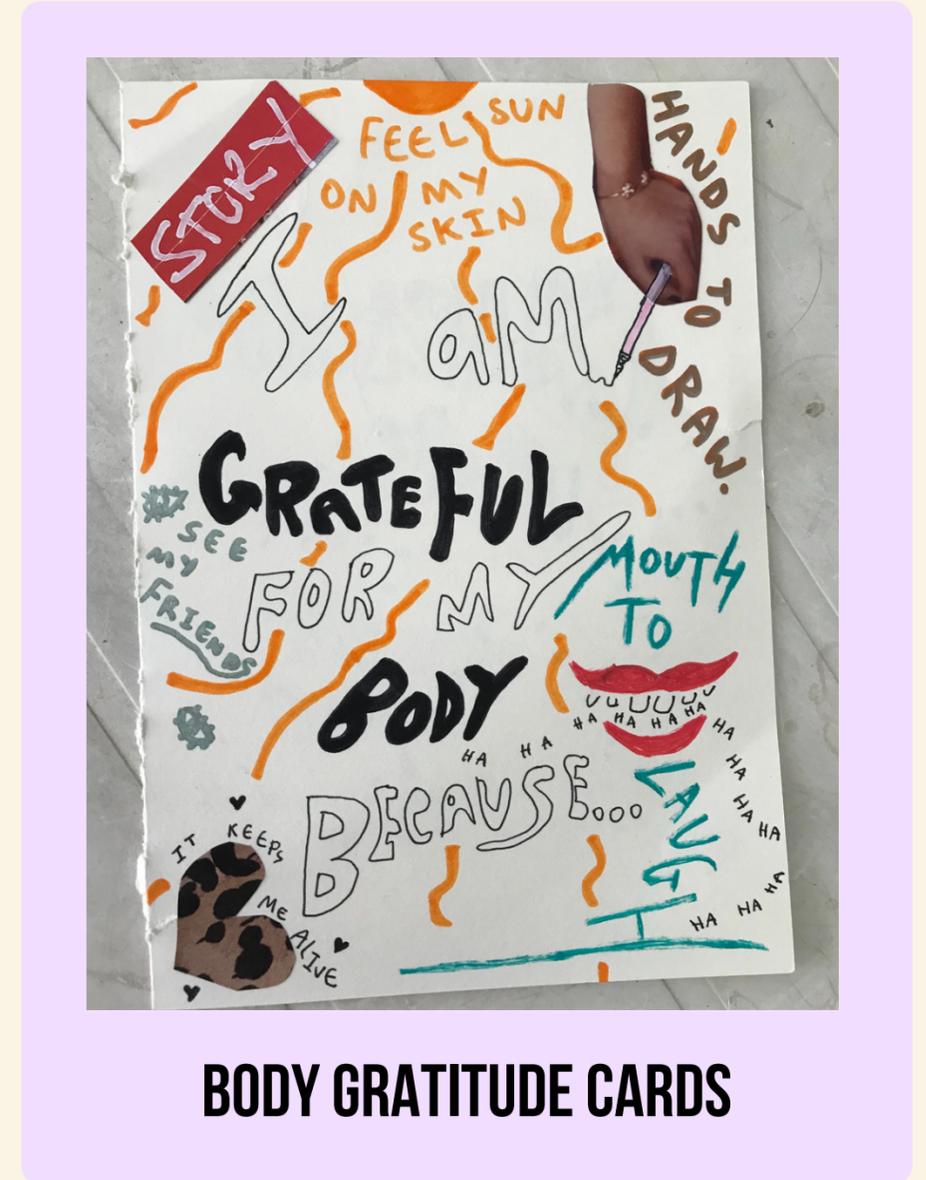
Participants create a container for their gender thoughts and during the session soothing gender affirming mantras are written to go inside.

## **Gratitude Container**

Participants create a gratitude container out of recycled materials complete with gratitude notes to go inside.

## **Unpacking Masturbation Shame**

Celebrating and normalising masturbation through myth busting and discussions as well as the creation of mixed media artwork inspired by participants' own experiences.



**BODY GRATITUDE CARDS**

# WORKSHOPS

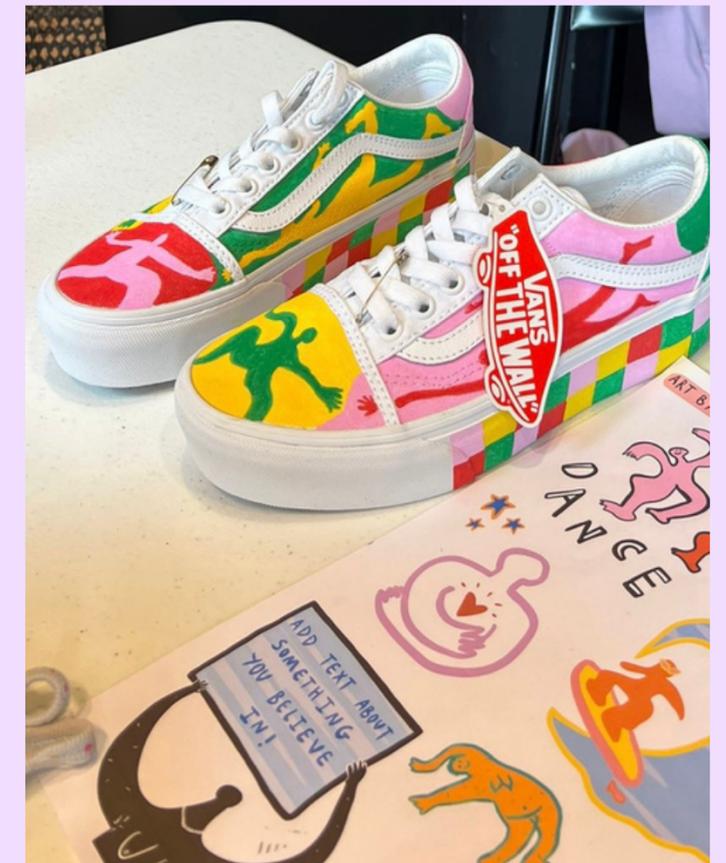
In person and Online Clients Include: Vans, Shine/Newcastle City Council, Newcastle University Students' Union, College of St. Hild and St. Bede at Durham University, Newcastle University Feminist Society, Newcastle University's School X, Sexpression NCL, Northumbria University Students' Union, The Anti Diet Riot Club, Changing Relations and Skaped.

Lou has run in person workshops for:

- **Changing Relations** as their Artist In Residence for their Let's Talk About Sex project October 2021 to January 2022. Working with students aged 16 -24 Lou facilitated open discussions around harmful sexual attitudes and behaviours, recorded data and engaged students in collective art making.
- The **Vans** Edinburgh store in June 2022. Lou created custom Vans which were shared on social media and displayed at the event where they guided participants through designing and creating onto products.
- **Skaped** in November 2022. The workshop centred around body gratitude and the power of storytelling.



**WORKSHOP FOR SKAPED**



**CUSTOMISATION WORKSHOP FOR VANS**

# WORKSHOP TESTIMONIALS

*'I've had a **break through with my own body acceptance** journey and will take everything I have learnt from the workshop with on the rest of my journey.'*

*'Was a very **calming** and **safe** space to get creative in a **unique** way, It really helped rethink our conceptions of our body and will definitely give us **tools for the future** negative body days!'*

*'**Unlike other body positivity workshops, we weren't taught what to think, but more so different ways we could think**, which I feel is much more productive and useful as you can take these things away and incorporate them into your day to day experience.'*

*'You were so open with your sharing which made it easy for us to be open and vulnerable...you were honest about how difficult things can sometimes feel— but by giving us an insight into the things that have helped you i felt encouraged...i feel like maybe there is another way i can try to feel better...**this workshop left me feeling hopeful.**'*



# COMMISSIONS

<https://www.goodstrangevibes.com/commissions>

Lou has created countless commission pieces for clients ranging from individuals to small scale charities to large global companies such as Mastercard UK.

Commissions provide Lou with the exciting opportunity to turn your vision into a creative reality. They are experienced at working on projects that vary from rigid to open ended that rely on their leadership and creativity. Their distinct style is maintained across diverse briefs. Lou strives to incorporate their strong values and ethos into commissions, whether that means illustrating body diversity, shining a light on underrepresented experiences or seeking to educate on important topics.

Clients include: Mastercard UK, Napapijri, I Am Whole, Changing Relations, Curious Arts, Queen Mary University of London University College Union, Anti Diet Riot Club, Sister Shack, The Culture Vulture, Mojo Lingerie, Subvrt Mag and more.



**CURIOUS FAMILY ARTS TRAIL  
COMMISSION, 2022**

# COMMISSIONS

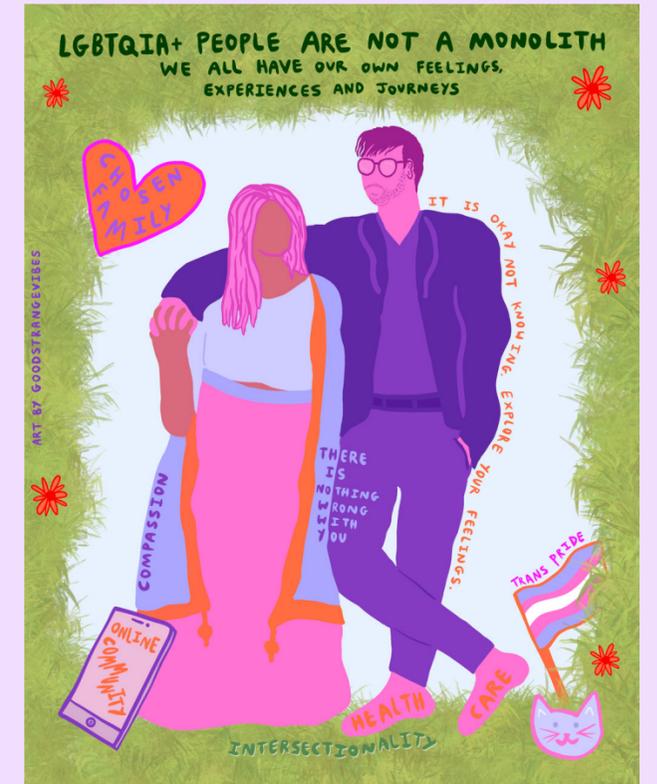
Lou was hired by **Changing Relations** from January 2022 to May 2022 to create a series of illustrations bringing to life positive relationship stories submitted by members of the public. These illustrations were displayed at Durham's Summer in the City Festival.

Lou was the On Screen Artist for **I Am Whole, Spirit Studios** in May 2022. They conducted hour-long filmed interviews with strangers about their mental health while creating a live digital portrait of them encapsulating their mental health journey. The films are edited down for socials and [YouTube](#).

From June to August 2022, Lou was hired by **Mastercard UK** to (a) interview and illustrate influencers [Jamie Raines](#) and [Shaaba](#) and (b) illustrate a self-portrait and four of Mastercard UK's LGBTQ+ employees based on their connection to the LGBTQ+ community.



CHANGING RELATIONS, 2022



MASTERCARD UK, 2022



Artist Draws Couple's Experience of Mental Health in the LGBTQ Community | [#LoveYourWholeSelf](#)

ON SCREEN ARTIST, I AM WHOLE, 2022

# COMMISSIONS

'Working with Lou is always **an absolute dream**. They just get my vision every time, even when vague (Designer's nightmare, I know). You won't work with a nicer and more talented human.' – Chantal Herbert, Sister Shack CIC

'Nothing but positive feedback . . . creativity and innovation to bring my idea to fruition . . . couldn't have imagined any better! **Creative and professional** from start to finish.' – Ivy Jade

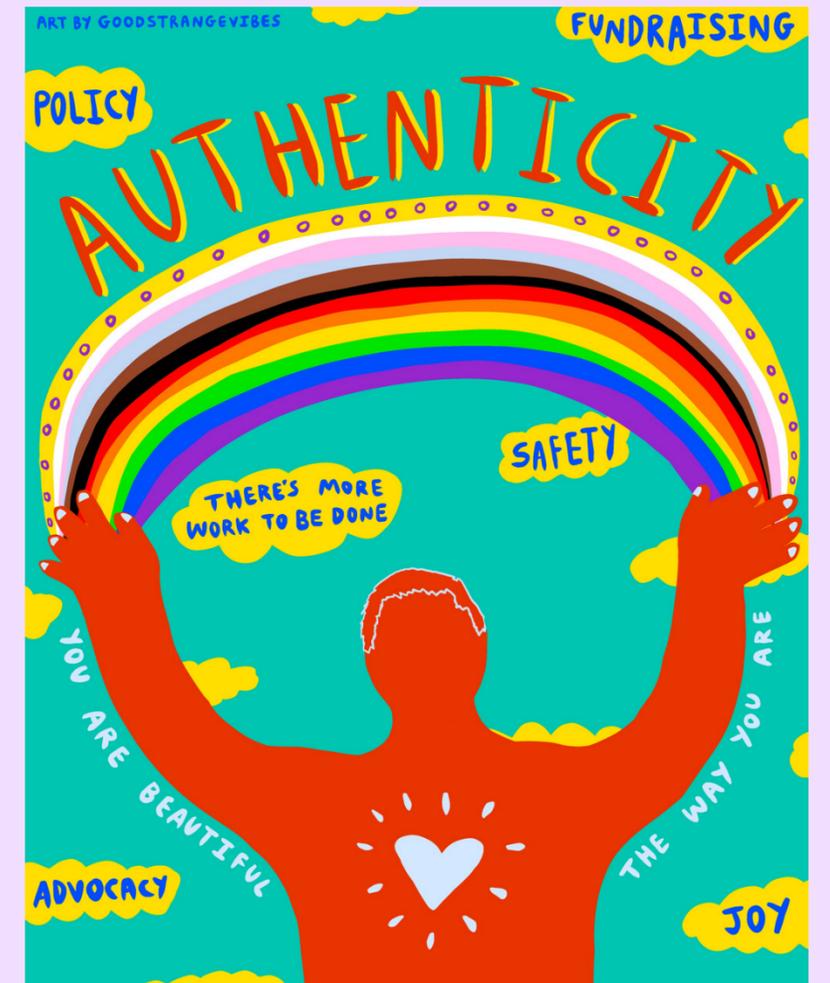
'A very talented artist . . . **a very easy and collaborative process**.' – Sahar Nicolette, Subvrt Magazine

'I am in love with the custom artwork . . . super speedy . . . truly listened to what I wanted whilst also **stamping it with the perfect Goodstrangevibes style** . . . Would absolutely recommend this artist again and again.' – Molly, Mojo Lingerie

MASTERCARD UK, 2022



SISTER SHACK, 2022/23



FAMILY PORTRAIT, 2022



# CONTACT DETAILS

## EMAIL

[goodstrangevibes@gmail.com](mailto:goodstrangevibes@gmail.com)

## INSTAGRAM AND FACEBOOK

[@goodstrangevibes](https://www.instagram.com/goodstrangevibes)

## LINKEDIN

<https://www.linkedin.com/in/lou-brown-5ba4961a6/>



SELF PORTRAIT FOR MASTERCARD UK, 2022

*Let's work*  
**TOGETHER**