

# HUMAN REMAINS

**Helen Ashton & Fredrix Vermin: Human Remains**

Saturday 3rd to Sunday 4th June 2023  
Opening Friday 2nd June 6-9pm  
Art Hub Gallery, Deptford

Human Remains uncovers new work from Helen Ashton (aka Pat Lunch) and Fredrix Vermin.

Taking inspiration from the detritus of South East London, Ashton's drawings depict the late-night convenience landscape of Lewisham, while Vermin recontextualises fast food packaging as self portraits and shopping trolleys scavenged by cover of night as luxury items.

Out of a shared interest in the left behind and neglected corners, or edge lands of their environment, the artists present familiar everyday sights redefined as subjects worthy of attention. Where there's muck there's brass.

The title relates to the type of everyday debris that forms much of the subject matter of the work, and also references the comedy series of the same name written by and starring Julia Davies & Rob Brydon from 2000. Its use of dark humour in portraying bleak themes resonating with the artists.

The third exhibition organised and curated by the artists after group shows, Gung-Ho (2017) and Rhubarb & Custard (2018), Human Remains focuses purely on the work of Ashton and Vermin. In what may be one of the last exhibitions at Art Hub Gallery in its current format, it seems fitting that the work is concerned with environment and the experience of everyday existence in London.

Helen Ashton (aka Pat Lunch) presents depictions of the kind of places and objects that are time worn and held together by tape. Interested in the aesthetic of arrested decay and 'make do and mend' that features heavily in the South East London landscape, the artist relays her fascination with the municipal environment through printmaking and drawing. Her work appeared at Royal Academy Summer Exhibition 2022, and her last solo show, 'The House Among the Meadows' was hosted by Deptford Contemporary.



Helen Ashton, *Rooftops*, 2023, ink on paper, 21x29cm.

Evil Genius Fredrix Vermin is concerned with disrupting conventional wisdoms surrounding value systems and ideas of worth. Often using serious silliness as a radical form of institutional critique the artist portrays what it's like to live in a major city and their personal struggles with mental illness. Using discarded, abandoned and forgotten materials to elevate and recontextualise their status, the work carries the full flavour of South East London



Fredrix Vermin, *Get a Handle on it*, 2023, abandoned shopping trolley reworked, 900 x 970 x 920mm.

**PRESS ENQUIRIES**

Helen Ashton: [helen@patlunch.co.uk](mailto:helen@patlunch.co.uk)

Fredrix Vermin: [fredvernon@live.co.uk](mailto:fredvernon@live.co.uk)

**RESOURCES**

Images available [here](#).

**SOCIAL MEDIA**

Helen Ashton  
[patlunch.co.uk](http://patlunch.co.uk)

[@pat.lunch](#)

Fredrix Vermin  
[fredrixvermin.com](http://fredrixvermin.com)

[@fredrix.vermin](#)

[Art Hub Gallery](#)

[@arthublondon](#)

**VISITOR INFORMATION**

Art Hub Gallery, 5-9 Creekside, Deptford, SE8 4SA

Transport: Deptford Bridge DLR (5mins walk), Deptford train station (10mins walk).

**SUPPORTERS**

This show was made possible with support from Art Hub Studios CIC

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