

**Body Remedy  
Residencies 2026  
Application Pack**



## About Body Remedy Residencies

Body Remedy residencies are for Black people and people of colour based in Scotland who identify as women, trans and/or non-binary. They are designed for artists and creatives to have time, space, and resources to centre their own artistic vision. This includes work you wish to develop, projects you are trying to finalise, or practices you are ready to focus on independently but have not yet had the opportunity to do so.

We support creatives across any discipline, including craft, visual art, music, writing, music production, costume design, lighting design, performance and videography.

These residencies are dedicated, protected time to make, reflect, and develop your practice. Residencies take place in set locations, with producer support and access to multiple spaces for both active work and rest.

Our 2026 Grounding Residency is hosted by Cove Park.



## Body Remedy: Grounding Residency 2026

**Deadline:** 10 March, 11:59pm

**Outcome:** May 2026

### Grounding Residency

We are offering five places, with each artist receiving a two-week residency. Those selected will undertake their residency at Cove Park as part of the Body Remedy cohort.

- **Location:** Cove Park
- **Dates:** 21st September to 3rd October (2 weeks)
- **Artist Fee:** £1,300
- **Travel:** Return travel to the residency is covered
- **Accommodation:** Covered for the duration of two weeks
- **Per diems:** £100 in total, per artist.

This is a funded residency that includes artist fees, per diems, and travel. Dates for this residency is fixed and non-negotiable.

‘Per diems’ cover food and personal expenses.

### Please choose one application format for your statement:

- **Written application:** Approximately 500 words. Maximum 550 words.
- **Video application:** Up to 10 minutes. Please provide a working link and include any passwords if required.

### Please also submit:

- Up to 5 examples of your work representing the breadth of your practice;
- CV.

**Please note:** Due to the anticipated volume of applications, we regret to say that it is unlikely that we are able to provide feedback.

Please read through the application pack before preparing your statement.



## Grounding Residency

### Hosted at Cove Park.

This two week-long residency is situated on Peaton Hill within the Scottish landscape. It provides studio space and private accommodation, offering a restorative and reflective environment that encourages immersive practice, experimentation, and reconnection with creative processes.

The residency is open to artists at various stages of their careers, working across any creative discipline.

**We are offering five places**, with each artist receiving a two-week residency. Those selected will undertake their residency at Cove Park as part of the Body Remedy cohort, with shared access to communal spaces such as The Jacobs Building.

For more information regarding Cove Park's facilities, visit:

<https://covepark.org/residencies-overview/accommodation-facilities/>



## Frequently Asked Questions

### Who are our residencies for?

Our residencies are designed to support creatives who have had limited time or space to reflect on their practice, explore ideas, or simply make work. We value creative development and believe artists should be paid for this time.

Our residencies may be for you if you resonate with any of the following:

- You have never taken part in a residency before;
- You are questioning whether you are an artist or creative and would value space to explore this;
- You have an idea you have not yet had the chance to test or develop;
- You have been doing many things and need time for reflection, rest, or processing;
- You have a clear vision or emerging work but currently lack the time, space, or early support to move it forward.

### Who Can Apply?

Black people and people of colour who identify as women, trans and/or non-binary. All applicants must be over 18, however there is no age limit for this opportunity.

### Can I be a student and apply for this opportunity?

If you are currently studying full-time, you are not eligible for this opportunity.

### How many artists are selected?

- **Five** will be selected for the Grounding Residency at Cove Park,
- **One** will be invited from the Grounding Residency for a future iteration of the Body Remedy Fellowship as part of our commitment to nurture longer-term relationships with artists.



## What experience do I need to have?

We welcome applications from artists and creatives across all experiences, levels and disciplines. Our aim is to bring together a residency cohort with varied backgrounds, practices and perspectives.

Formal training is not required.

## Can I apply if I have had a residency with Body Remedy before?

Yes, you can but we are prioritising new applications.

## Do I need to be based in Scotland?

Yes. This opportunity is for artists and creatives based in Scotland only.

## What can I include as examples of my work?

You can share up to 5 examples that represent your creative practice or creative outlet. These can include:

- Photographs of work you are currently making
- Documentation of a performance (including work made at home or in a studio)
- Sketches or drawings
- Video or audio of work-in-progress
- A finished piece of work made in the past
- Articles, reviews or features about your work
- Work from productions or collaborative projects where you contributed (for example, set-building or behind-the-scenes roles), even if you were not formally credited

Each example to be uploaded in a weblink format (<https://>).

No download links allowed. Only website or social media links allowed.

Please include a **short description** of each example you share, explaining what the work is and your role in it.



## Can I work with a collaborator?

At present, the residency does not provide funding for collaborators. Artists may choose to work with collaborators at their own discretion and should check in with the producer to discuss expectations and any considerations.

While the Grounding Residency includes a cohort of five artists, there is no expectation to collaborate with others in the group.

## What should I include in my statement?

You can choose one application format:

- **Written application:** Approximately 500 words, maximum 550 words, or
- **Video application:** Up to 10 minutes.

Your statement is to help us understand you, your practice and what you are seeking at this time. You may wish to include:

- Your desire for dedicated space
- A specific part of your practice you would like to activate or develop
- Where you feel you are in your creative practice at the moment
- What you need in your practice right now
- If you have dreams or aspirations for your work you would like to share

**The Grounding Residency is not outcome-based.** Hearing about your experiences, whether extensive or limited, helps us understand how we can support you.

## Submitting a CV?

A CV helps us understand your wider experiences and provides context for your application. It can include creative work as well as other experiences that may not fit within your statement. We recognise that everyone's CV will look different. You may have extensive creative experience, very little, or none formally listed. The CV is not assessed on length or status. It simply gives us a sense of your background and experience.



## **What access support do we have in place?**

If you tell us your access requirements in your application, we will respond with what we can put in place. We have some funds available to contribute to access support where possible.

## **What does the selection process look like?**

The selection process:

1. Body Remedy will review initial proposals to check their initial eligibility;
2. Shortlisted proposals will be assessed by a panel of three, including intergenerational creatives and arts workers, moderated by a member of the Body Remedy team;
3. The panel will select the final artists and creatives for the residency.

Waiting and anticipating the outcome of an application during a selection process is always challenging. We believe artists at any stage should have the opportunity to develop and progress their creativity.

## **What does ‘producer support’ mean, and what does it entail?**

Producers can take on many roles. In our context, they act as a bridge between the artist/creative and the Body Remedy team, helping to manage requirements and expectations. They support you in making the most of your time during the Body Remedy Residency.

A producer may assist with logistics, agreements, gathering feedback, and ensuring the team continues to improve and respond to the needs of our creatives. They also support outcome reporting, which helps us secure ongoing funding for the programme.

We use agreements to ensure that both the creative and the producer are informed, supported, and resourced throughout the process.