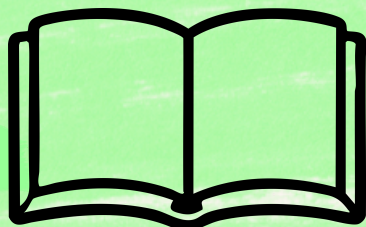


**Artsadmin**



**Easy Read  
Guide**

# Lab 2026

## How to apply



Photo credit: Abdulisms

# About this guide



This guide will give you more information about applying for Lab 2026.



This guide explains what the Artsadmin is, who can apply and what questions you will be asked.



If you need help reading this guide or filling in the application, please email:

[admin@artsadmin.co.uk](mailto:admin@artsadmin.co.uk)

# What is in this guide

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## About Artsadmin



Artsadmin is a UK arts charity that supports contemporary performance artists.



We help artists create bold and original performance work.



Artsadmin helps artists develop ideas, produce projects, and share their work with audiences.



We are based at Toynbee Studios in East London.

# What is Artsadmin Lab?



Artsadmin Lab 2026 is a curated residency programme based at Toynbee Studios.



It supports artists in the early stages of developing new work, offering time and space.



The Lab is open to contemporary artists working across live and interdisciplinary practices.



We welcome projects still in development.



We have 2 themed cohorts:

**Roots** — e.g. origin, ancestry, place, lineage, memory, and grounding;

**Repair** — e.g. healing, care, restoration, rebuilding, and futures.



Roots Cohort: 24–28 August

Repair Cohort: 12–16 October



Each cohort has three artists.

# Studios and Facilities



Each artist gets their own studio at Toynbee Studios during the residency.



The studio is a space for trying out ideas and developing work.



Basic equipment, like speakers or microphones, may be available.



Studios are given based on your project and access needs, but a specific space cannot be guaranteed.

# Who can take part?



Artsadmin Lab 2026 is for UK-based contemporary performance artists. The work can mix different art forms.



To apply, you must have taken part in at least one Artsadmin Artist Support Programme activity between **1 July 2025** and **1 July 2026**.



The activities include

- Morning Creatives.
- Homework Club.
- Creative Support Sessions.



Artists can be at any stage of their career.

You must be 18 or over.

## What We Look For?



We want to support bold live ideas that try new things and connect to the Lab themes.



We want to support work that may be hard to make without time, space, and help.



We want to support work that Artsadmin is well placed to help develop.



We want artists to think carefully about access, inclusion.

## What We Not Looking For



We are not looking for work that does not focus on live or contemporary performance.



We are also not looking for projects that rely on unpaid or unsupported labour of other people.



We do not support public performances, exhibitions, or showcases during Lab residencies.



We are not looking for finished or nearly finished work.

## How to Apply



Applications must be submitted through the Artsadmin AwardStage portal.



Applications open on **30 June 2026**.



You need to apply by **14 July 2026 12pm Midday**.



We can provide information in different formats if needed.

You can apply in a way that works for you.



You may submit a **written application**.



Or you may upload a **video application**, but it must be **captioned** for our reviewers with access needs.



You can create captions using video and editing platforms such as YouTube or Canva. Please check and edit the captions to make sure they are accurate.

# EOI Questions - About You



**1. Your First Name**  
[Required]



**1. Your Last Name**  
[Required]

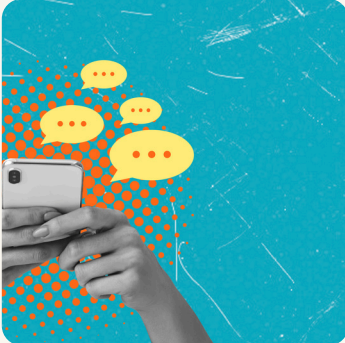


**2. Your Pronouns**  
[Required]



**3. Your Email Address**  
[Required]

# EOI Questions - About You



**Social Media Handles**  
[Optional]



**Since 1 July 2025, which Artsadmin Artist Support activity have you attended?**  
[Required]

- Homework Club
- Creative Support Session
- Morning Creatives



**How would you prefer to submit your Expression of Interest (EOI)?** [Required]

- Witten
- Video

# EOI Questions

## About Your Practice



**Which Residency are you applying for? [Required]**

- Roots
- Repair



**Tell us about yourself and your artistic practice. [Required]**



**What project or idea do you want to explore in the Lab? [Required]**

Maximum 200 words

## Questions (Continued)



**How does your work think about accessibility, inclusion, or sustainability? [Required]**

This could be through your process, the work itself, or the people involved.

Maximum 200 words



**Why is now the right time for you to join Artsadmin Lab? [Required]**

How do you hope the Lab will support your practice and future plans?

Maximum 200 words

# Supporting Materials



Supporting material helps us see your work and understand your practice.



You can share one recent and relevant example as either an **uploaded file** or a **public link**.

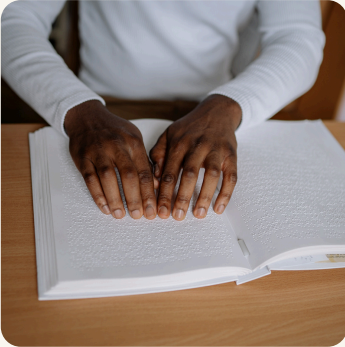


Please label your file clearly, and make sure links are easy to access.



We can only review **one file** or **one link**, with a maximum of 5 pages.

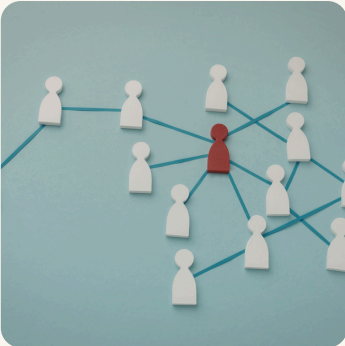
# Declaration



## Access Requirements

[Required]

Tell us if you need any support to take part.



## Connections to Artsadmin

[Required]

Are you connected to any Artsadmin staff or trustees?



## Confirmation

[Required]

I confirm that the information I have provided is correct.



## Data and Privacy

[Required]

# When will decisions be made?



We will review applications in **July 2026**.



Artsadmin staff will look at applications and make decisions.



EOI applicants will be notified on **29 July 2026**.



Panels will take place on 3 July 2026 (Roots) and 4 July 2026 (Repair).



At least one person on the panel identifies as a person from the Global Majority.



People will be told the decision via email on **7 August 2026.**

# Find Out More



**You can look at our website:**

[www.artsadmin.co.uk/lab](http://www.artsadmin.co.uk/lab)



**Phone:**

020 7247 5102



**Email:**

[admin@artsadmin.co.uk](mailto:admin@artsadmin.co.uk)

This Easy Read booklet was produced by Artsadmin using stock images from Canva.