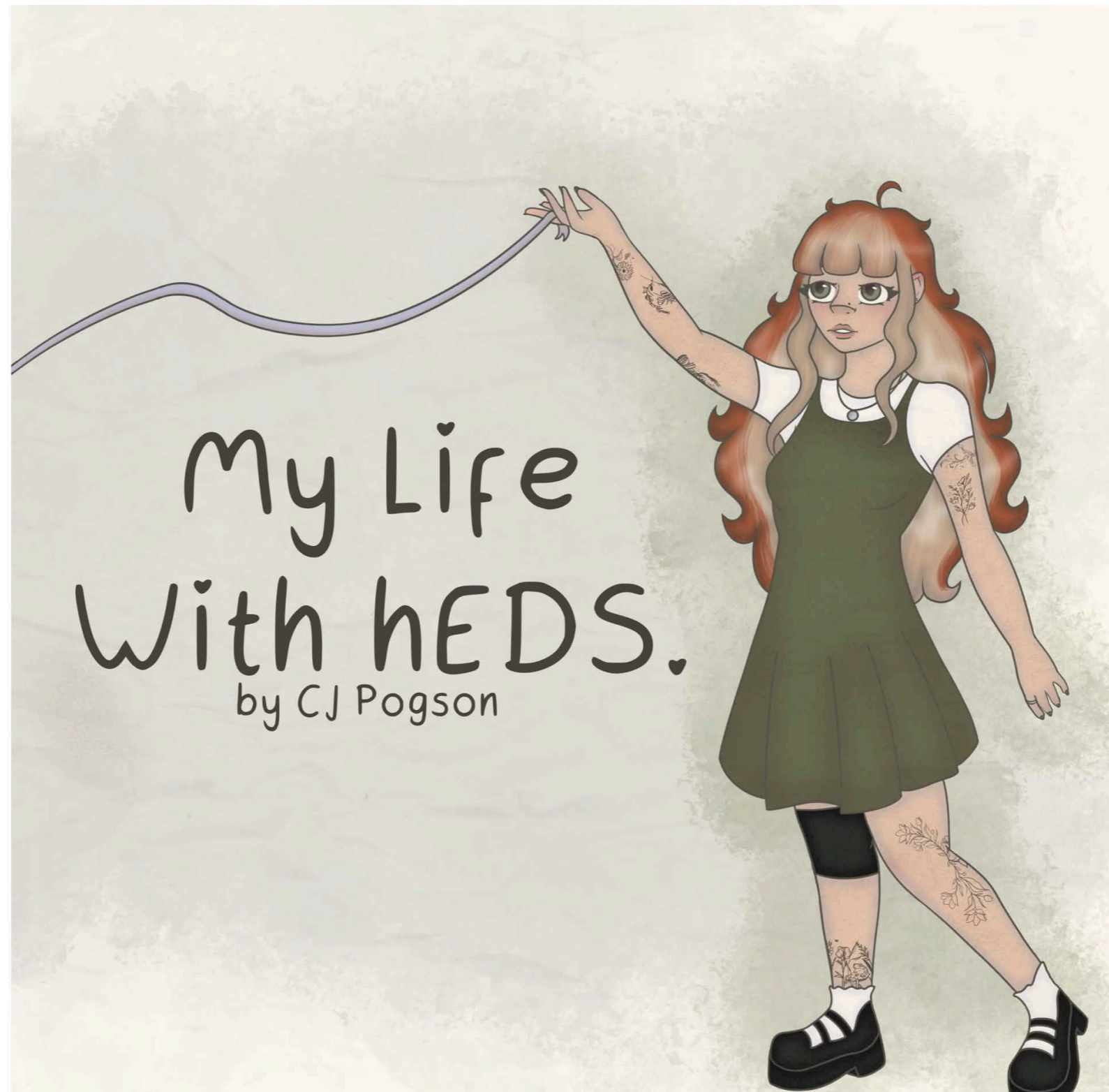


CJ Pogson

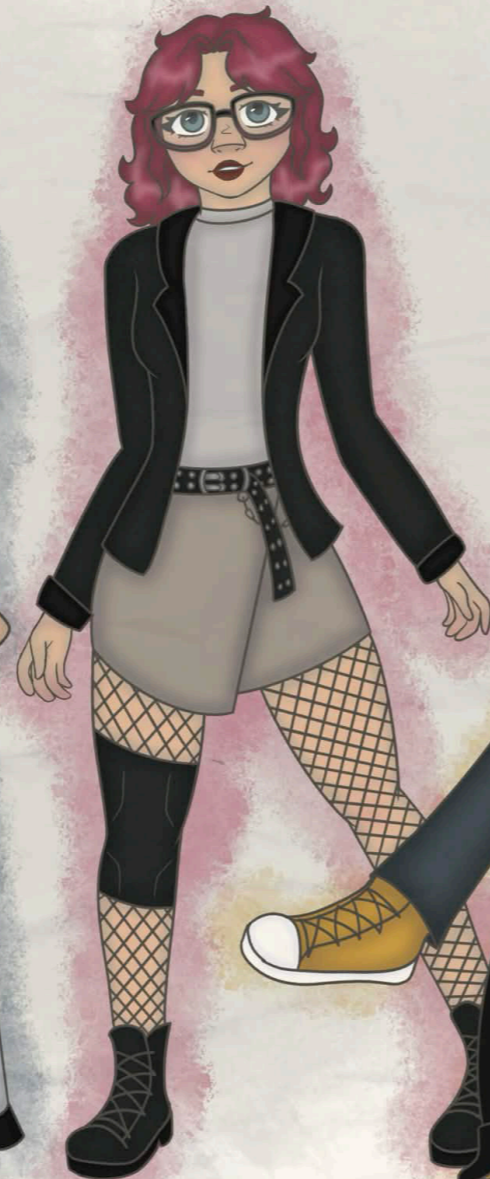
All things whimsical.



01: A Visual Autobiography

This project was part of the Negotiated Illustration module in third year. For this project I created a small zine that showed my experience before and after a diagnosis of hypermobile Ehlers-Danlos Syndrome, also known as hEDS. This is the front of my zine.

hEDS is different
for everyone



Not one person
is the same.



But this is my
experience



I finally got the answer
I was looking for...



"It's hEDS"



but it came
with some
challenges

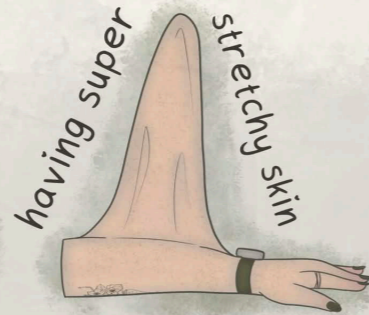
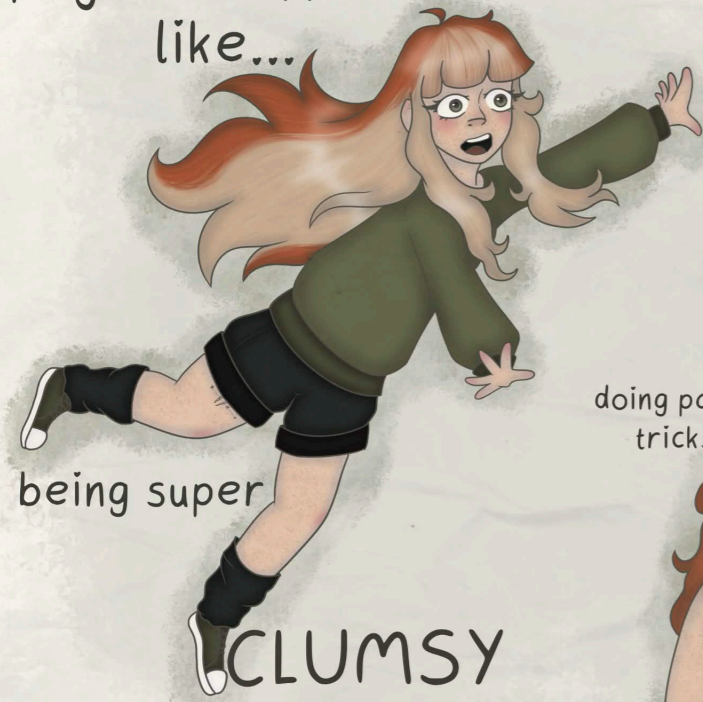
The fatigue is always
the worst...



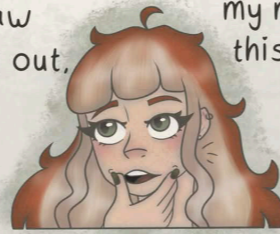
but it's never in the
same place,

I just can't pin
point exactly
where it is.

It causes some physical effects like...



my jaw popping out, my mum calls this wobble gob

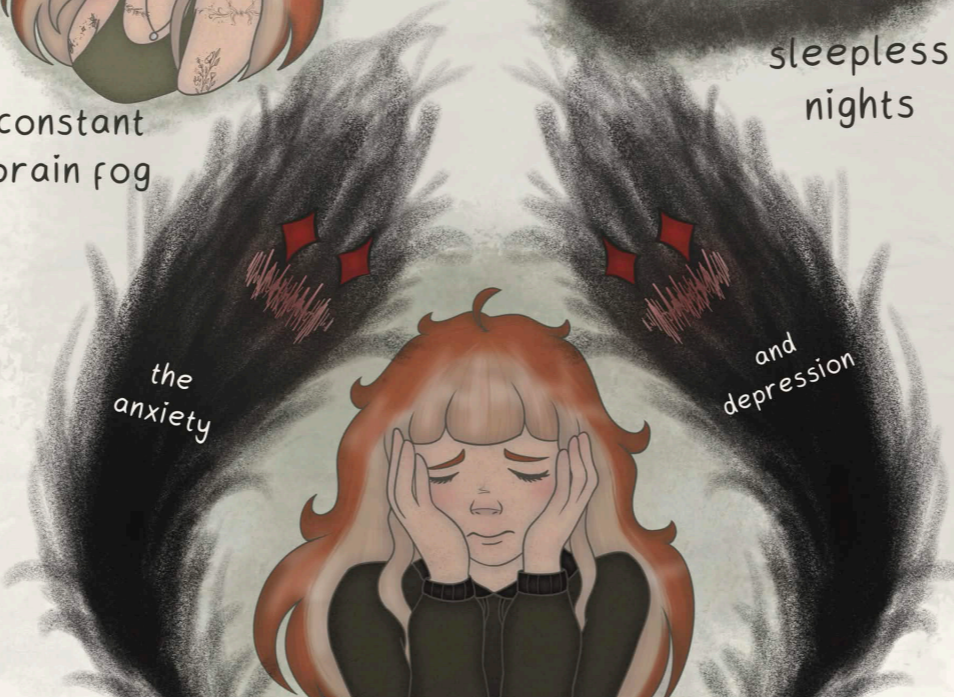


And the mental effects



constant brain fog

sleepless nights



the anxiety

and depression

and we can't forget about the ADHD



And finally the social effects



loud noises and bright lights make me struggle

the isolation that comes from feeling 'different'



And the stigma of 'faking' it

Just wait until you get older

Are you sure it's not just stress?



YOU ARE ONLY YOUNG

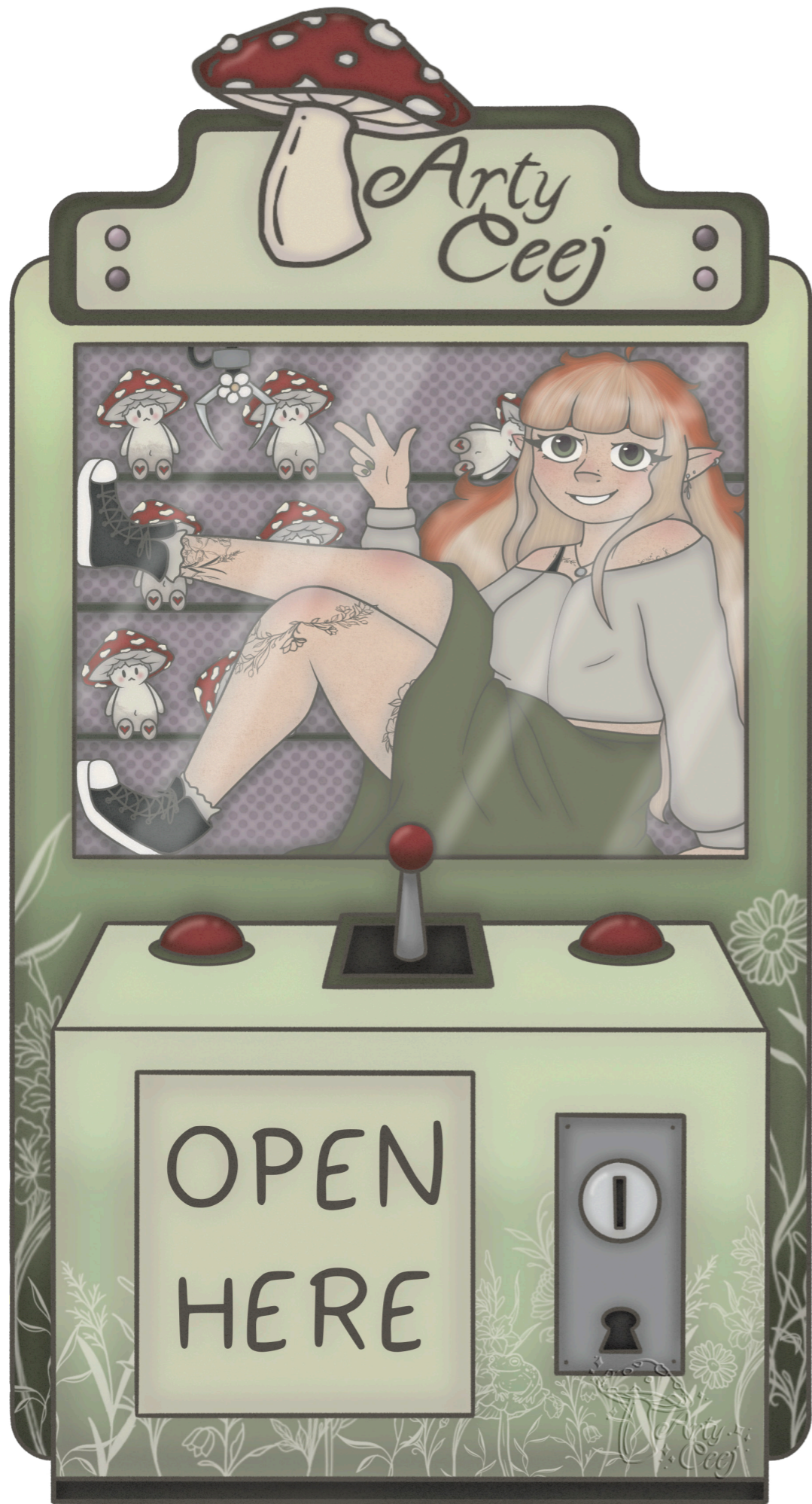
That always hurts the most.

well you don't look ill



02: Self Promotion

For this project I created a series of business cards. Each card represents a different fashion style while featuring my persona, also called CJ. I wanted these cards to be like collectable items that can be made into a type of blind box, as seen on the next page.



What is hEDS?

Also known as hypermobile Ehlers Danlos syndrome, hEDS is a heritable connective tissue disorder that causes generalised joint hypermobility, joint instability, and chronic pain. hEDS is also associated with a variety of other symptoms and related conditions that affect many different areas of the body.

Criterion 1: Generalised Joint Hypermobility

Beighton Score

1 point for each hand

Thumb to wrist, touch the forearm with the thumb while flexing the wrist

Knuckle of both pinky fingers, bend the little finger backwards towards the wrist

1 point for each hand

Elbows, bend the arm outward at the elbow

1 point for each arm

Knees, bend the lower leg forward from the knee

1 point for each leg

Spine, hands flat in front of your feet without bending your knees

1 point

Or...

Do you consider yourself "double jointed"?

As a child or teenager, did your shoulder or kneecap dislocate on more than one occasion?

As a child, did you amuse your friends by contorting your body into strange shapes or could you do the splits?

These could also be signs of generalised joint hypermobility!

So what is the diagnostic criteria for hEDS? Read ahead to learn more!

The Ehlers Danlos Society

03: Ethical Futures

This project gave me the ability to visualise an ethical challenge. For this I went along the idea of focusing on inclusivity, accessibility, and representation. I looked into the diagnostic criteria of hEDS to experiment with a way to create a visual criteria. This idea came from how difficult I found the current written diagnostic criteria is.

Criterion 2:

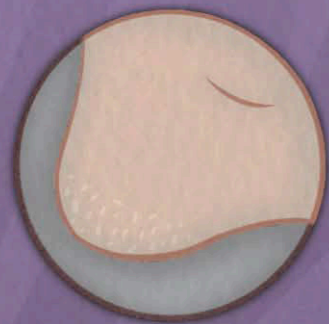
Feature A
(five must be present)



Dental crowding

Skin hyperextensibility

Atrophic scarring on at least two sites



Bilateral piezogenic papules of the heel



Unusually soft or velvety skin

Arachnodactyly as defined in one or more of the following:



Positive thumb sign



Positive wrist sign

Unexplained stretch marks without significant gain or loss of weight
On back, groins, thighs, breasts and/or abdomen

Five or more of these present? Make an appointment with your doctor to discuss the other features!



Index Page

Beighton Score: a simple 9 point test used to assess generalised joint hypermobility (GJH) through specific movements.

Bilateral piezogenic papules: harmless, soft, skin-colored bumps on both heels, caused by fat pushing through weak spots in the connective tissue.

Atrophic scarring: indented or pitted scars that form when the skin doesn't produce enough tissue (collagen and fat) during healing, leaving depressions below the normal skin surface, commonly from severe acne, chickenpox, or surgery.

Arachnodactyly: or "spider fingers" describes abnormally long, slender fingers and toes, often curved, resembling a spider's legs, and is a physical trait found in various genetic conditions like Marfan syndrome or Ehlers Danlos syndrome, but can also occur without an underlying disorder.

Please note that hEDs affects each person differently. The symptoms mentioned in this leaflet may not affect everyone with hEDs, and people with hEDs may have other symptoms that are not listed in this leaflet.





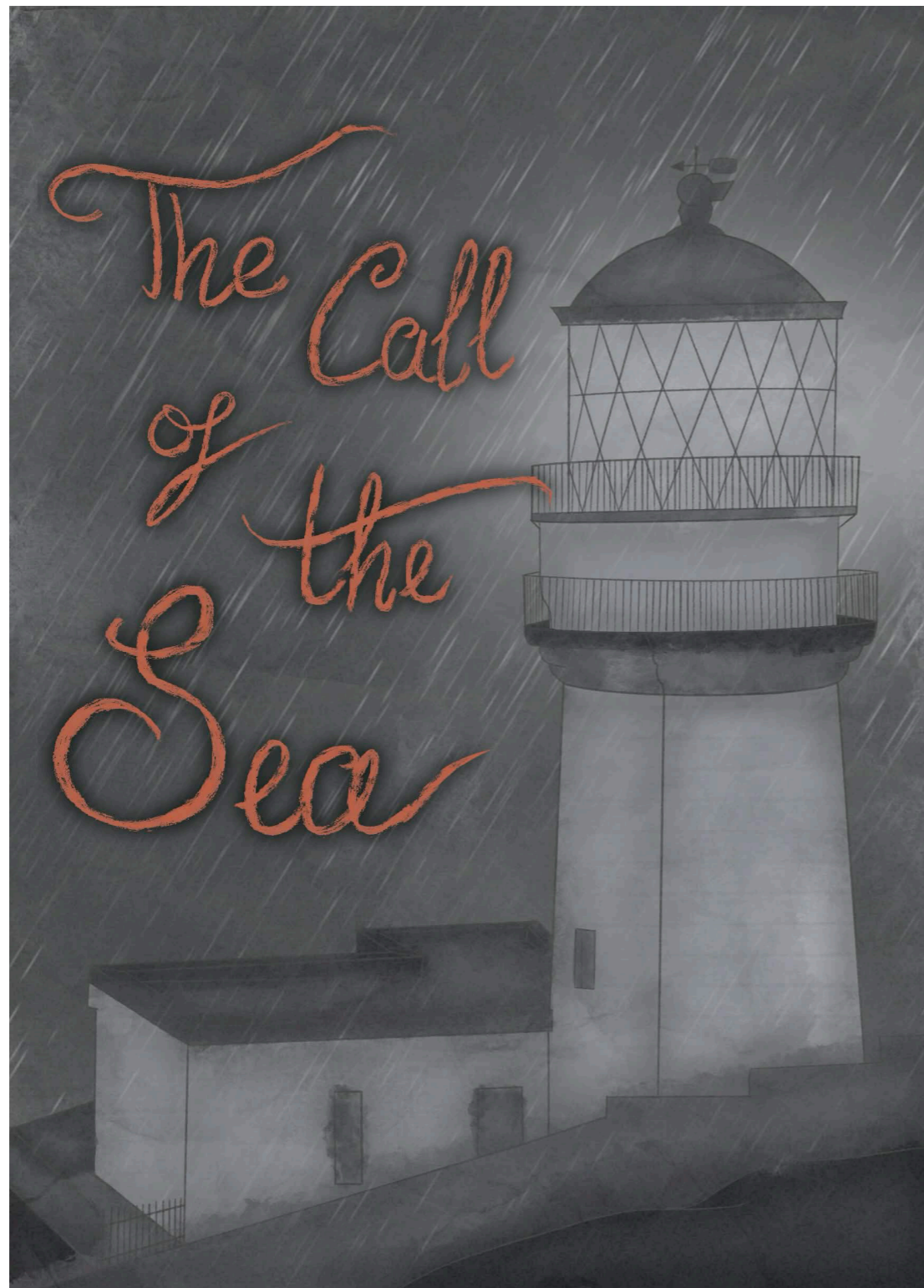
04: Data Visualisation

For this project I had to visually translate data from the Vantril Ladder Happiness Dataset into an engaging illustration. I focused on the traditional clothing from three country's in the data. Finland, who was at the top of the happiness ladder. Dominican Republic, who was in the middle of the happiness ladder. And finally, Afghanistan, who was at the bottom of the happiness ladder. I used the dynamic poses and emotions of the characters to help me illustrate the data.



05: Beyond the Book

This project gave me the opportunity to respond to a professional creative awards brief. I decided to go with the theme, Beyond the Book: Reimagining a Literary Classic. For this I picked the book Great Expectations by Charles Dickens. I looked at each key scene in this book to create a one page wordless comic. I picked the scene where Miss Havisham gets burnt from the fire.

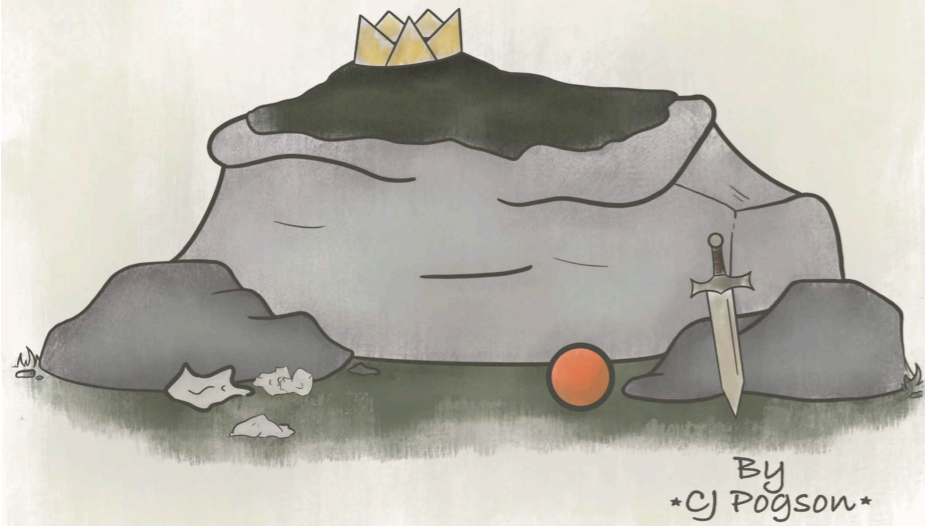


06: The Flannan Isle Lighthouse Mystery

This project was part of Books and Storytelling in second year. For this we had to create a short chapter for a silent graphic novel given to us as a list of different mysteries. We then had to decide what happened to cause this mystery to come about. I looked at the Flannan Isle Lighthouse Mystery where three lighthouse keepers vanished without a trace. In my graphic novel the cause of the disappearance was due to a man eating siren.



Never Alone



Life as a rock isn't always the best. Rocha the lonely rock tries to deal with these emotions. Will he find happiness around him?

07: Picture Book

The other project in Books and Storytelling in third year was to create a children's picture book. We had to devise a story that addresses one of a list of themes. I went with the theme of dealing with emotions. The idea for my book was based off a rock who was lonely due to not being able to move anywhere. In the end the rock came to the acceptance that it is never truly alone.

Some people even stayed with me!





08: Lincoln Castle Brief

This project was a part of the Thinking and Making module during second year. We had to create two original illustrations, supported by research. The clients goal was to capture the essence of Lincoln and the castle's rich history, while also introducing fresh, modern design elements that will appeal to a broad audience. I decided to focus on the prison part of the castle. I wanted to create two illustrations based off the two tarot cards, the empress and the emperor. I made these cards represent both the matron and governor of the castles prison. I looked into traditional clothing from the time period when the prison was in use

and we can't forget about
the ADHD



artyceej



artyceej



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