



GALLERY 5

Belinda Smith

Headstands and other feats of
normal life

Lismore Regional Gallery



11 Rural Street
Lismore, NSW 2480

Open hours

Wednesday to Sunday, 10am – 4pm
Thursdays until 6pm
Closed on public holidays

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@ [LismoreRegionalGallery](https://www.facebook.com/LismoreRegionalGallery)

6 FEBRUARY –
29 MARCH 2026

Lismore Regional Gallery is a creative initiative of the Lismore City Council supported by the New South Wales Government through Create NSW and the Friends of the Gallery. The Gallery acknowledges the Widjabul Wia-bal people of the Bundjalung Nation as the traditional owners of the land upon which the gallery stands. We pay respects to elders past, present and emerging and extend that respect to all First Nations cultures and their contributing connection to land, waters, community and the arts.



Sunshine through window panes 2026
stoneware
27 x 14 x 6 cm

Headstands and other feats of normal life presents a new body of ceramic work that extends my ongoing investigation into the female head as both vessel and symbol. Drawing on the ancient tradition of women's heads adorning funerary vessels, I reinterpret these forms—historically associated with reverence and remembrance—into contemporary objects that hold the complexity of lived experience.

The genesis of this body of work lies in a prolonged period of migraines, during which the bust or head became a site through which I could visualise and materialise discomfort and pain. Working with the head as form offered a way to externalise physical distress, while also creating space to acknowledge moments of lightness, humour, and quiet joy. These dualities—pain and pleasure, fragility and strength—run throughout the work and are informed by my experiences of family, friendship, health, and hardship.

Several sculptures invert the head into a headstand, a demanding pose that requires balance, strength, and focus. This act of inversion operates both literally and metaphorically, placing pressure on the head while offering relief to the feet. It reflects my growing awareness of shifting bodily negotiations, including the onset of new forms of pain in a perimenopausal body. From these inverted heads emerge skirt-like forms, suggesting containment, support, and the accumulation of meaning over time.

Through a language of balance and poise, my ceramics practice reflects on the resilience required to navigate contemporary life. It honours the everyday feats of endurance that often go unseen, celebrating the capacity to recalibrate, persist, and find beauty and purpose even when the world feels—physically and emotionally—turned upside down.

Belinda Smith 2026

Belinda Smith lives and works on Ngahnduwal Country in Northern New South Wales. Her practice spans large-scale public art, sculpture, and ceramics, with her studio work forming an intimate counterpoint to her collaborative, site-based commissions.

Smith's work was recently included in the Strathnairn Arts Small Sculpture Prize (2025), Small Things Art Prize, St Cloche Gallery (2022) and she participated in Arts Northern River's SITELAB, Lismore (2023). She has been commissioned for public artworks, nationally and internationally, and exhibited at Artisan (2009, 2018), Tweed Regional Gallery (2010, 2021), Northern Rivers Community Gallery (2024), Noosa Regional Gallery (2010) and the Textile Arts Center, New York (2011).

Smith holds a Diploma of Interior Design from RMIT (1998) and a Bachelor of Design from Queensland College of Art and Design, Griffith University (2004).



Spinning 2 2026
stoneware
25 x 20 x 20 cm



Things I thought but didn't say 2025
stoneware
19 x 16 x 8 cm

list of works

Belinda Smith
born 1976 Naarm/Melbourne
lives/works on Ngahnduwal
Country in Northern New South
Wales

***Balancing act* 2026**
stoneware
39 x 14 x 12 cm
\$1,220

***Cloud catcher* 2026**
stoneware
18 x 16 x 6 cm
\$360

***Eclipsed* 2025**
stoneware
21 x 12 x 7 cm
\$430

***Forest bathing* 2025**
stoneware
31 x 13 x 6 cm
\$640

***Goosebumps* 2025**
stoneware
14 x 14 x 7 cm
\$360

***Head stand in a hand-made dress* 2026**
stoneware
29 x 21 x 9 cm
\$640

***Head stand in a yellow dress* 2025**
stoneware
27 x 22 x 14 cm
\$640

***Influences* 2026**
stoneware
24 x 14 x 7 cm
\$360

***Moments* 2025**
stoneware
17 pieces, dimensions variable
(approx. 14 x 14 x 7 cm each)
\$2,720

***Spinning 1* 2026**
stoneware
22 x 13 x 14 cm
\$500

***Spinning 2* 2026**
stoneware
25 x 20 x 20 cm
\$640

***Sun-drenched* 2026**
stoneware
21 x 28 x 18 cm
\$640

***Sunshine through window panes* 2026**
stoneware
27 x 14 x 6 cm
\$640

***The more I think about it* 2025**
stoneware
25 x 14 x 12 cm
\$500

***Things I thought but didn't say* 2025**
stoneware
19 x 16 x 8 cm
\$360

***Trophy* 2025**
stoneware
20 x 17 x 8 cm
\$360

***Twirling inverted bust* 2025**
stoneware
30 x 16 x 8 cm
\$500

***Windblown* 2026**
stoneware
20 x 21 x 17 cm
\$640

***Wobble* 2026**
stoneware
25 x 15 x 15 cm
\$640

all works courtesy the artist