

PHOENIX AWARD WINNER 2025 – J BELI FRIEL



J. Beli Friel (they/them) is a Welsh multidisciplinary artist recognised with the Worshipful Livery Company of Wales Phoenix Award 2025, in collaboration with Disability Arts Cymru. Friel's artistic practice encompasses prose, poetry, film, and performance, delving into themes of embodiment, belonging, and community, particularly in relation to their experiences as a fat, trans, and disabled individual.

With a current grant from Arts Council Wales under the Creative Steps initiative, Beli is expanding their work to include movement and film. This funding supports their exploration of the connections between fat trans disabled identities and nature, allowing them to express the significance of these relationships through innovative artistic mediums.

Beli's dedication to highlighting underrepresented voices in the arts and their commitment to fostering community engagement are integral to their work. Their approach not only challenges societal norms but also celebrates the richness of diverse experiences. For more information about their projects and artistic vision, you can follow them on Instagram @theyarebeli or visit their website at theyarebeli.com. Through their artistry, Beli continues to inspire and empower others within the disabled and LGBTQ+ communities.