



Sugar Lumps

'Passion is the force that springs an artist from the needling cushion of depression'

The Story

Depicting the three stages of depression – Loss of self, crossroads and the decision, Sugar Lumps is the story of real-life sisters Ira and Esme Isak and how they fight depression through their art (paintings).

Irak and Esme Isak

Sisters Irak and Esme, originally from Azerbaijan, were recently featured in the Daily Mail where their story of their weight gain and then subsequent weight loss made headlines.



After their beloved grandfather died the sisters coped with intense depression by eating. They ballooned to 22 and 25 stone respectively and their depression intensified, leading to suicidal thoughts. But after they each had the same dream – their grandfather visiting them and

pleading with them not to give up – Ira and Esme decided to ‘get up’. They decided to go to the gym and fight their weight, and in the process fight their depression. They managed to do it and are currently winning the battle, and they have revisited all of the hobbies and passions they used to do whilst their grandfather was alive – including opera singing. Throughout their battle the one constant which kept them sane, was their love of creating paintings – their art. It was their therapy, a way of getting it all out.

The aim

Depression is rife in our society at the moment and Ira and Esme want to let people know that they are not alone, that they can fight back. They want to inspire, and in their own words ‘if we can help at least one person survive this then it will all be worth it!’

Film Company Mellow9 Productions and Photography Company Riyat Media have joined forces to create a film and installation which tells Ira’s and Esme’s story in three stages, glued together via an outlet that possibly saved their lives – their art. We have entitled our project ‘Sugar Lumps’.



We will depict the sisters as one person

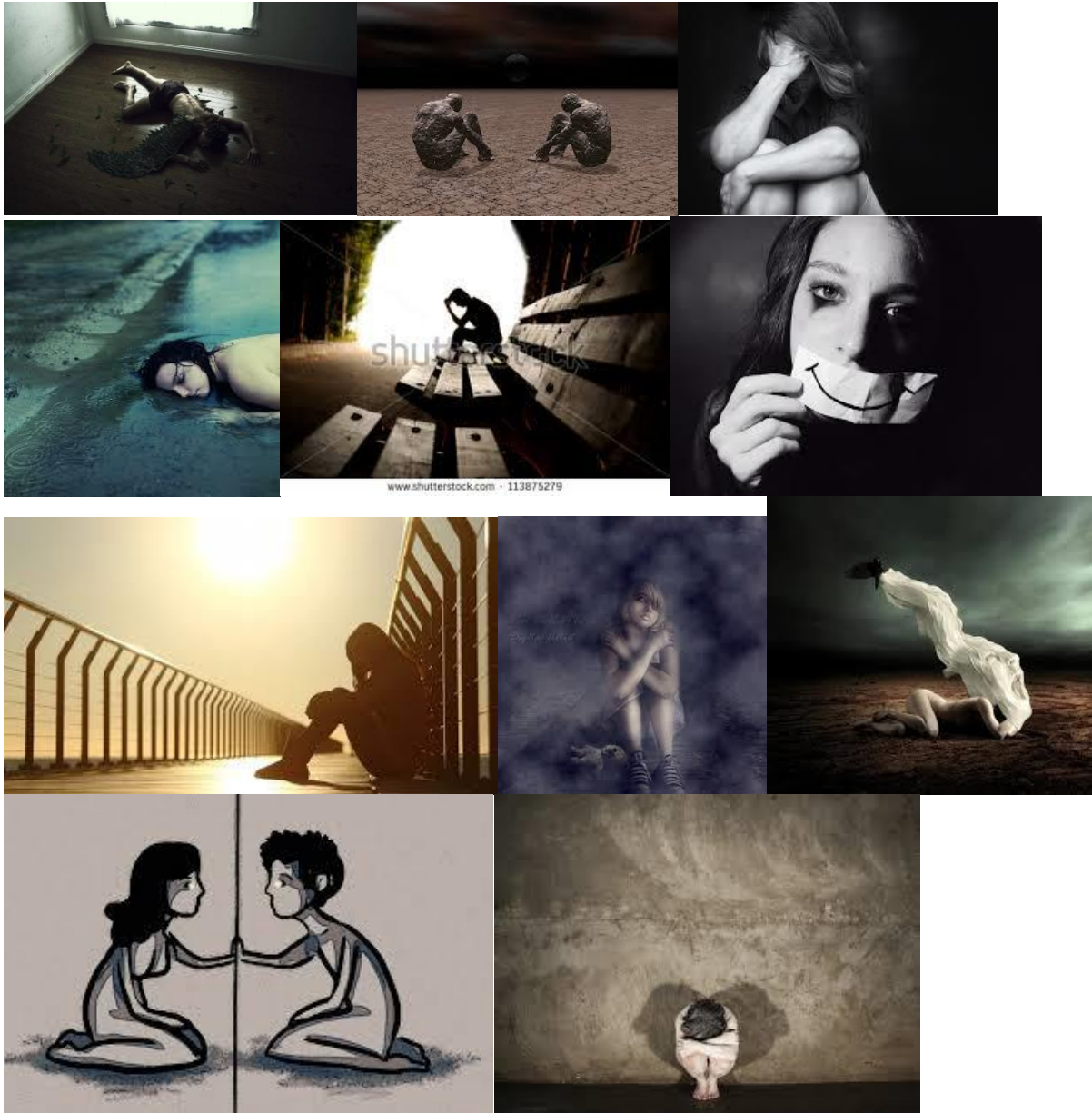
Ira – represents the false

Esme – represents the truth

Scene 1: The Forest (Loss of Self)

The first scene will depict the girls as they walk barefoot in a forest. Ira smiles a smile which never reaches her eyes as she stuffs her face with sweet treats, dressed in her finest, seemingly happy. However Esme represents her true self, dressed down and looking miserable.

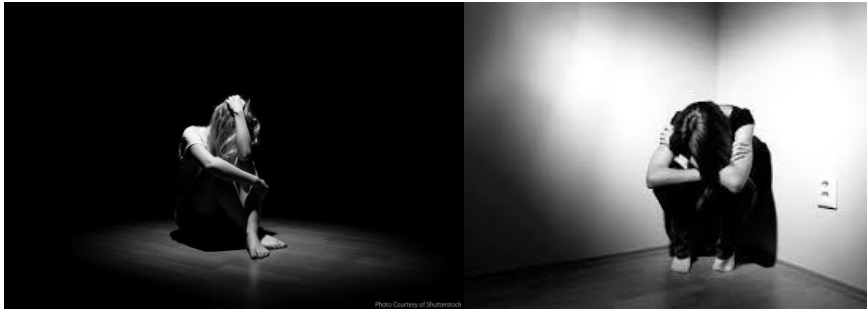
We will re-enact several famous depressed state poses.



Scene 2: The Bedroom – Cross roads

Ira (false self) is now dressed in her bedroom attire. Doughnuts and other sweet treats surround her. She snorts lines of refined white sugar. Esme (true-self) sits on the bed facing her 'false self'.





We will re-enact several famous depressed state poses.

Scene 3 – Bathroom – The decision

Ira (false self) sits in a bath contemplating suicide. Sticky treats float on the bubble bath. Esme (true self) sits in the bath opposite her sister. Both girls wear black boots.

Ira commits suicide and her blood (jam from the doughnut) drips onto her artwork. As he splashes onto the artwork the blood (jam) mixed with the picture revives them. The girls (false/truth) are saved by their art.



Scene 4 - The Art

Ira and Esme sketch a picture together. This scene will be the thread for all the other scenes.

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