

# Here & Now



Exhibition at the  
Institute of Mental  
Health

Summer 2017



# Here & Now

*Our reality is a succession of unique moments, each affecting our well-being*

*Here & Now* is the ninth open exhibition at the Institute of Mental Health, run in partnership with City Arts Nottingham.

The exhibition showcases the work of 33 artists, from across the United Kingdom. They range from people with personal experience of mental health issues to artists inspired by the theme, as well as mental health professionals. Their diverse and intriguing artworks capture a range of different ways that unique moments affect our mental health.

## **Art at the Institute**

The arts have been a key feature of the spaces of the Institute of Mental Health since it opened in 2012. Art can educate and raise consciousness as well as playing a role in social change and awareness, community engagement and personal well-being. It can be a therapeutic activity that helps people to tell their story, but it can also change the world. The arts, especially outsider art, will continue always be given space here, because the idea of making the world a better place for people with mental health problems is at the very heart of the Institute.

Cover image:  
*Untitled (41)* by Phil Robinson



**Amanda C Cox**

*The Conscience of a King*  
Oil &rylic on canvas, 2016

I am a late career artist based in the Forest of Dean, I decided to take up art as a career after a very stressful episode culminating in the end of my career in the broadcast industry. I am now examining my life with existential therapy; at the moment I am exploring the themes of anger and vulnerability, which come out in many varieties of artwork.

The toxic political climate, where the ill and poor are treated with great injustice by greater powers, are a focus for my work at this current time.

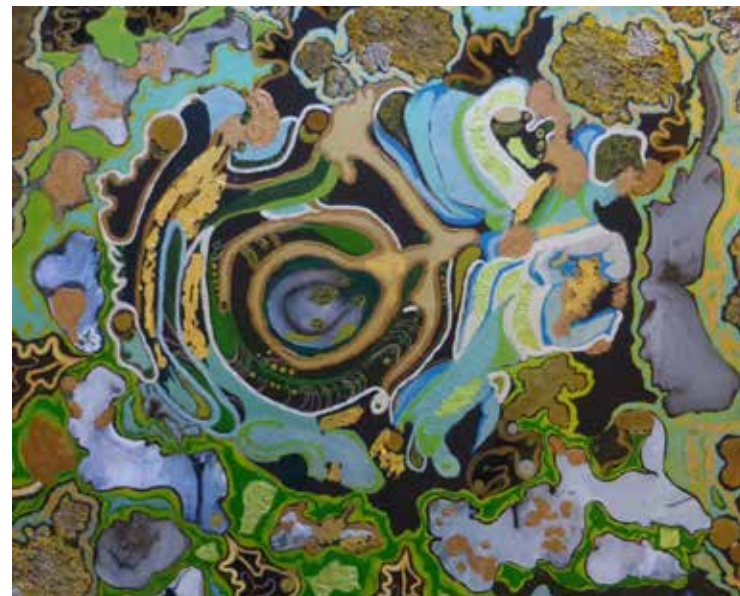




## Mickey Offal

*Untitled*  
Biro, 2009

I first started to want to be a good artist around age 16. It was the time of my GCSE exams, and I didn't care if I did badly in any of them apart from art. It was the only subject I got a C in. I eventually made it to Uni to do fine art at age 23, and did manage to get myself a degree. I believe if I didn't have a creative talent I'd very possibly be dead. Or at least in a psychiatric hospital, or prison, or possibly a drug addict. For a long time it is the only skill I have had that has made me feel good about myself. I highly recommend it. I believe that if more people had a creative talent there would be less mental illness in the world, even less crime and anti-social behaviour.



## Chris Ellis

*Ice*  
Acrylics, photos & foil, 2017

I was diagnosed with Autism Spectrum Disorder aged 40 and have had a lot to learn about how it affects me and how to manage the difficulties I experience on a daily basis. I gain the peace and quiet I need from being in nature and losing myself in creativity. These activities give me relaxing solitude and I can also express myself without the social anxiety that being with others can cause.

My art has developed from realistic images to colourful abstracts involving metallic paints. I particularly enjoy collage and have recently starting working with copper and brass embossing. My images are usually connected to nature and gardening, which was my career until injury. It seems my love of the natural world continues to grow through my art.

[www.facebook.com/ChrisEllisCreates](https://www.facebook.com/ChrisEllisCreates)  
[www.etsy.com/shop/ChrisEllisCreates](https://www.etsy.com/shop/ChrisEllisCreates)



## Meg Bonser

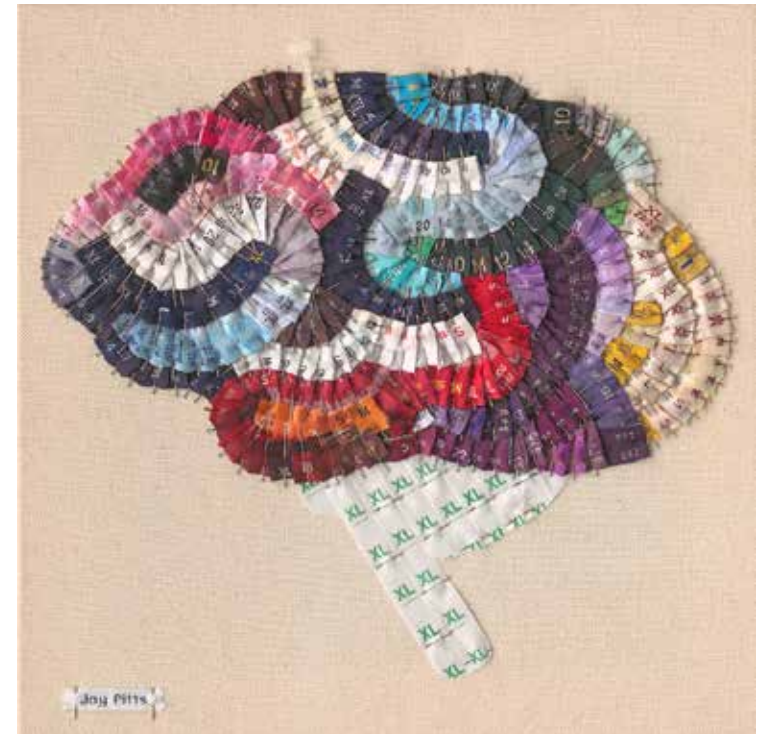
*States Of Mind*  
Painting, 2017

As a painter, I use abstract shapes and motifs in bright colours to create energetic or minimal, contemporary pieces.

In States Of Mind, I have interpreted my own struggles with anxiety and the things I have learnt about mental health, through a practice I find therapeutic and calming.

The series explores two head-spaces recognisable in ever changing phases of mental health, through light-hearted, vibrant aesthetics. They aim to portray these phases in an optimistic and ephemeral sense.

Instagram: [@megbonser](https://www.instagram.com/megbonser)



## Joy Pitts

*Lobes of the Brain with 321 used garments*  
Woven and printed, 2017

My practice is an original fine art concept that reconfigures the woven label. The work is constantly negotiating the boundaries between the process of making (craft) and understanding life through material (fine art). I have developed my own language by unpicking 30,000 used labels from rag garments. The used labels are organised into colour and size groups and assembled in images using only dressmaker pins.

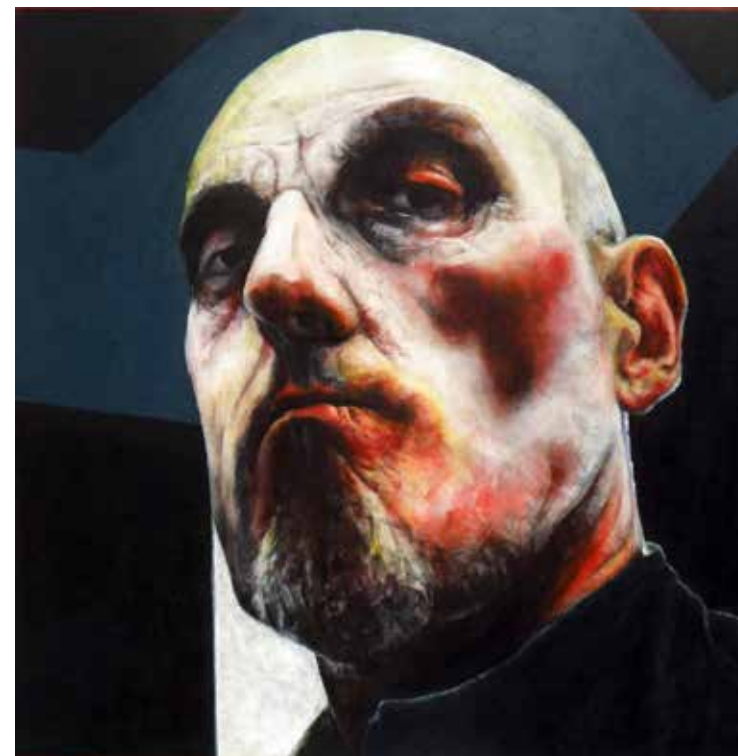
I continue to collaborate with Savile Row tailors, using thousands of bespoke labels to create historic portraits from their archive. I also commission my own woven labels using information from historic events and assemble them in contemporary images.



### **Ammay Tye**

*Dark Place*  
Digital print, 2016

Art has always been something that has come naturally to me. I studied it at school and since then I have been doing the odd commissioned portrait (mainly of people and dogs, which is somewhat limiting). It was not until I joined an arts group in Brighton that I found a new way to express myself. Before my breakdown, I believed that everything should be as perfect as possible and this was reflected in my art. Since I have had to seek other ways of seeing the world, this has transformed the way that I connect with art. It is now a constant revelation of my imperfect bits, which I celebrate and explore.



### **Mark Carr**

*Suppression 1*  
Acrylic on canvas, 2014

I am a practicing multimedia artist based in the North East of England. To support my practice I have worked part-time in many sectors including mental ill health. My works in this exhibition are part of a series of self-portraits exploring issues around suppression and how this has effected myself and my view of society and the powers that control it.

<https://armchairanarchist.wixsite.com/mark-carr>



## Michelle Dalton

*The memory of the inner child*  
Acrylic, pencil, marker & ink, 2016

Irish artist Michelle Dalton is an entirely self-taught artist who hears voices and is the public relations officer of the hearing voices network Ireland, she was recently on Channel 5 documentary "Me and my mental illness." speaking about her experiences and her art work. Her work has been exhibited and displayed nationally and internationally through private collections, keynote speeches/workshops about Art, Voice Hearing and mental health and has displayed work in solo and group exhibitions as well as Art and Music festivals.

Michelle Dalton is known for being one of 18 Artists picked out of hundreds of applications to be chosen to represent Ireland in the highly successful Art exhibition and RTE documentary "Beyond: Irish Outsider Art." Where she had the opportunity of working alongside Artist Dorothy Cross, Rugby player and Art Collector Brent Pope as well as Catherine Marshall of IMMA. Through this show her artwork was opened up to the international Art world and seen and appreciated by many incredible people such as Banksy's manager Steve Lazarides.



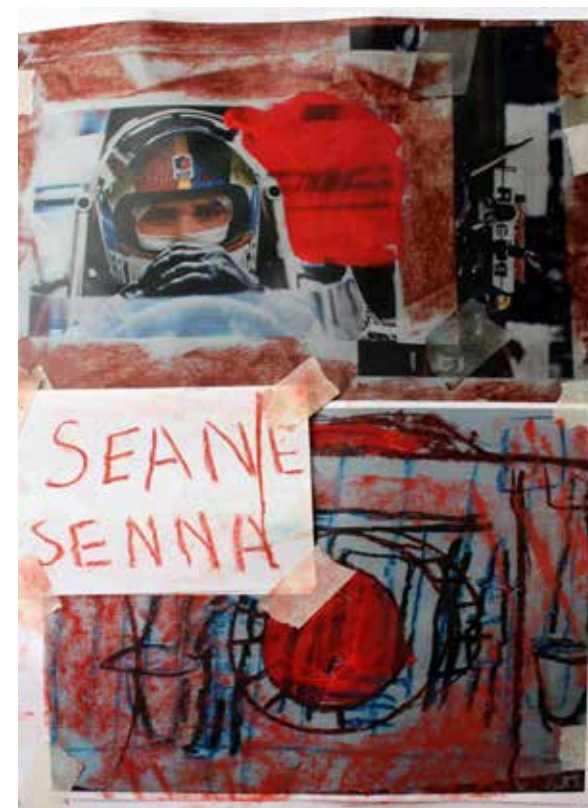


## Harman Dickson

*Divider*  
Enamel on board, 2013

I was born in West London and have been based in the East Midlands for over 30 years. I have drawn and painted since childhood and have exhibited widely in the UK and elsewhere with works in several collections.

Anxiety episodes from my mid-thirties onward brought me to psychotherapy, and this led to a practical interest in counselling. Since qualifying 18 years ago I have been a practitioner at a low-cost counselling centre in Derby and combine this with the production and exhibition of artworks.



## David Thornelaw

*Senna*  
Mixed media, 2017

I have an O-Level in Photography from attending Clifton College in 1990. I worked in a print factory using silkscreen. Later I used developing solution and prints, with photocopies and the modern digital camera on my phone.

*David is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.*





## **Marilyn Deakin**

*Reaching Out*  
*Mixed Media Collage, 2017*

I graduated with a BA Degree in Fine Art from the University of Nottingham in 2014 and have since developed my art practice working in the medium of collage as I find the variance of materials gives unpredictability to the finished work and change is brought into the equation of the creative process. The influence of environmental factors on materials and changes that occur over a specific time period within a specific space are of interest to me. I incorporate this with fragility and memory which gives rise to reflection and empathy. The aim of my work is to encourage the viewer to see, think and maybe change their perception of their surroundings and fellow humans.

## Jake Meyer

*Mona and Hasan*

*Acrylic on canvas, 2017*

I was born in 1979 in the West Country. My mother, uncle and sister are all artists and drawing was something I enjoyed from early childhood. I completed a foundation in Art in the late 90's before dropping out of a Fine Art as Social Practice BA in the Midlands.

I moved to London in 1999 and worked as an airbrush Illustrator for a year and then took off travelling around South America for a year in 2000.

On returning to London I began working in Social Care and painted a series of portraits of adults with learning disabilities that I was supporting. I have worked in social care for over 15 years and manage a community development project for a Mental Health Charity that focuses on connecting people with their local communities with an emphasis on the Arts.

I was diagnosed with Bi-polar and an anxiety disorder in my early 20's.





## Anthony Gariff

*A Blank Canvas*  
Acrylic on canvas, 2017

I am a self-taught artist and mental health service-user. I use art to support personal well-being. A blank canvas is a metaphor for new possibilities. The artist is poised, tools at the ready, to embark on a fresh picture. This is a key moment of decision and freedom. It represents the birth of new promise.



## Claire Eminson

*Troposphere*  
Mixed Media on Canvas, 2017

Being creative can be a distraction from my mental health issues. It forces me to focus on something other than my symptoms and is helping to give me the confidence to face the world. I am currently experimenting with different artistic mediums and learning new techniques. My artwork is particularly influenced by the natural world and the correlation between the environment and mental health.





## Kevin Delanay

*The Great Elephant*  
Silk painting, 2017

I come to my art group to relax me. It gets me out and about; it's something to do. I also like drama, singing and dancing, which I do with Streetwise Opera.

Kevin is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.



## Meng Qiu

*Mindfulness*  
Acrylic on Canvas, 2017

Attending to focus, seeing oneself yet feeling oneness. In the singularity of the moment eternity becomes awareness. When I see you does it matter who I am? Focus separates. Suffering controls us but happiness is merely its twin. Looking within we find relevance, projecting out manifests happiness. Here and now.

## Miriam Louise Hutchinson

### *Celebrating Difference*

*Textiles on board, 2016*

As a person who suffers from mental health issues it makes me think about the differences, but also similarities of people. I have personal connections to Africa and the exhibition theme, 'Here & Now', makes me think about how things and how others live. We are all equally important, however, or wherever, we live in the world. We should be celebrating difference and the joy it brings to our lives.

Miriam is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.







## Tony Fisher

*BUM*

*Photography, 2013*

I have a particular eye for seeing life I am very much an intuitive photographer always capturing transforming from the ordinary to the extraordinary in a particular way – my work reflects a quirky view on life.



## Redfolio

*48 Ways*

*Ink and Watercolour, 2017*

Redfolio is an artist-led initiative; artists believe in the power of art and support the Art as a Social Movement Campaign. This piece was inspired by Redfolio's current residency at The Brick homeless charity in Wigan whilst working with participants experiencing a wide range of mental health issues.





### **Carl Simpson-Theobald**

*Crisis Point*

*Pastels on paper, 2016*

I have been a service user of Nottingham Healthcare Trust for a number of years due to depression. In the last few years my health has deteriorated significantly and I have needed two life threatening operations. As a consequence of this I experience severe chronic pain and have several long term health conditions to manage. I studied GCSE art at school but didn't continue to draw once working.

In summer 2016 I attended a Mindfulness pain management course and for the first time in 26 years I started drawing. I find art difficult to do sometimes due to the pain and medications I take, but have found that art is helping me cope with life. It is giving my life meaning again and helps me stay in the present. Rather than worry about my health I am trying to turn those thoughts into images.



## Emily Tull

*I Am Here*  
Hand stitching, 2016

Ramsgate based artist Emily Tull graduated from KIAD in 2000. Since then, she has exhibited internationally in Belgium and Edinburgh and regularly in London, Birmingham and across East Kent in group and solo shows. Recently being a finalist in the Winter Pride Art Awards, also selected for the Royal Academy's Summer Exhibition, Mall Galleries, Ruth Borchard Self Portrait Prize and being a contestant in Sky Art's Portrait Artist of the Year 2014.

Inspiration comes from many sources including Lucien Freud, Francis Bacon, Curiosity Cabinets, ripped wallpaper, Egyptian tomb paintings and the Pre-Raphaelites. I am striving to close the gap to what is deemed 'craft' and what is art.



## Catherine Levey

*No escape*  
Acrylic ink, 2016

I attempt to portray people with expression, sometimes in unusual situations looking past the obvious. My aim is to show the inside of people on the outside, and recreate the tensions within modern culture. I hope to inspire emotion within the viewer, so they may identify with some aspect of the work. This work is the result of years of development in my undergraduate fine art practice. I am inspired by medical images, and noting how disease affects the human body and mind after working in healthcare for many years. My recent influences are Marlene Dumas and Christine Borland.



## David Phillips

### *Sea Boat*

*Pencil on paper, 2017*

I have been coming to City Arts 'Get Creative' group for several years. My favourite subject is drawing detailed spaceships and space carriers. I often make the drawings into 3D models.

Creating what is in my mind gives me a sense of achievement and I feel proud when I get it right. I am currently making my first large scale model from willow and tissue paper. It is six foot across and is taking a long time. It's very very challenging.

*David is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.*



## Phil Robinson

### *Untitled (43)*

*Pencil on paper, 2017*

I live with depression and anxiety and I am a freelance artist. I work primarily with either pencil or acrylics and varnishes on wood or canvas. I usually work straight onto the 'canvas' and explore the medium as I work. In doing so I remain in the 'here and now' and in the moment allowing my subconscious to take over and express itself as a form of art therapy. I often find forms and figures trapped in some sort of struggle or chaos. Dreams, the subconscious and my state of mind are all influences and are represented in my work.



## **Amy Bresolin**

*Blue/Gold*  
*Acrylic, 2016*

East Midlands based Artist & Facilitator.  
Working across medias, works have a tenacious,  
laborious, conflicting & complex nature as they  
use a process of some kind of stress, mixing  
mind with matter. Experienced working with  
clients of chaotic circumstance & making work  
of chaos too. Always looking for patterns &  
parallels, haven't finished yet.

[amybresolin.com](http://amybresolin.com)





## Jayne Grant

*Polly Parrot*

*Silk paint and pens on silk, 2017*

My favourite type of art is sewing. I have made 3D lizards, trolls, ragdolls, a pony and bags. I am currently doing silk painting and enjoy the bright colours. It is the process of making the piece and seeing it develop that makes me happy. I often give pieces as presents.

*Jayne is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.*

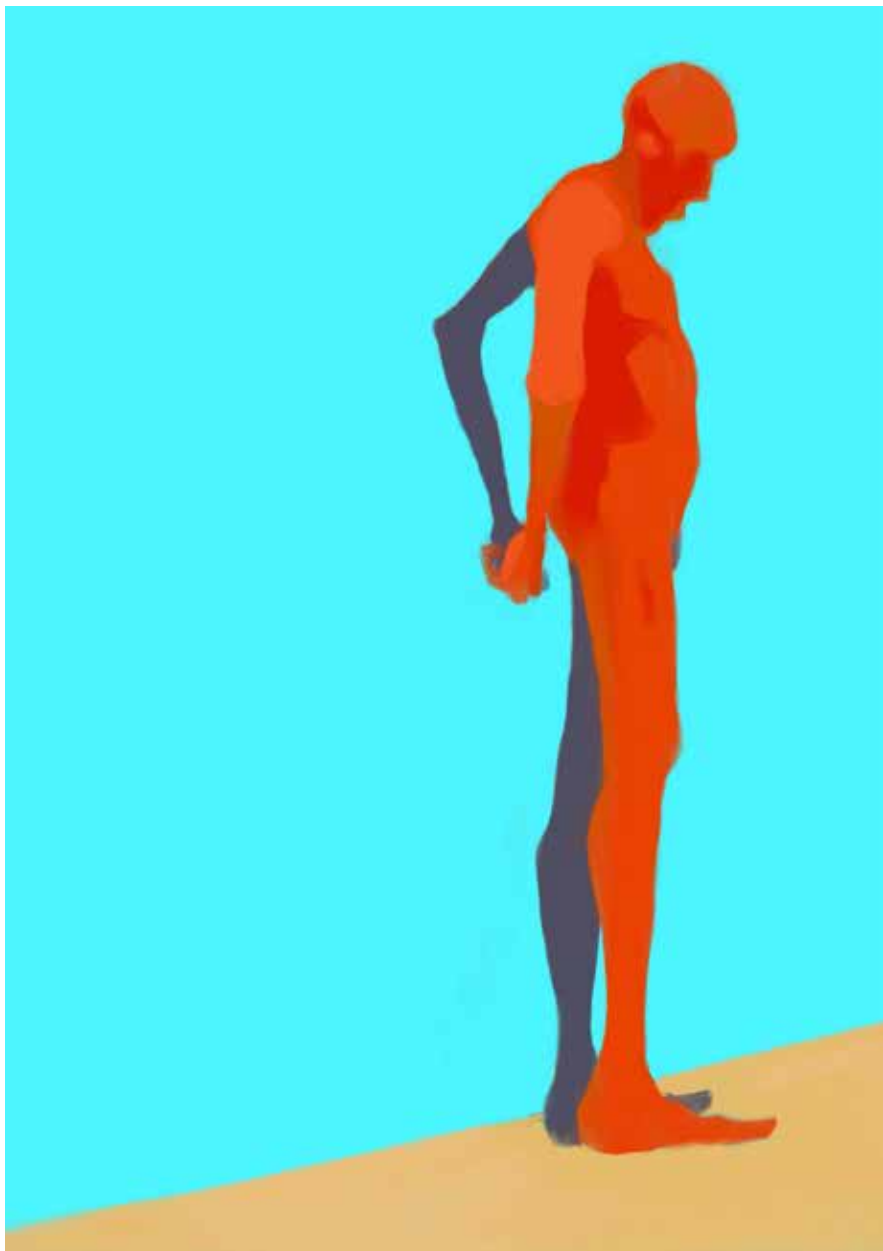


## Di Smith

*Mindblown*

*Crayon and ink on paper, 2016*

I am 52 and have lived and worked in Nottinghamshire almost all my life. Eating disorders, depression and PTSD for forty years. Online artworks under names of *algernon73* and *dispossessed73*.



## Paul Warren

*WAITING FOREVER WAITING the moment of calling*

*Giclee print from iPad drawing, 2016*

I was born in 1943. I have drawn and painted from childhood to the present day but not professionally, though I did attend a secondary art school in my teens.

The recurring theme running through my drawings is people and the way they are; the stance, the facial expression, the attitude both physical and mental, the ironies, the fragilities, the absurdities.

Nowadays most of my drawing is done on an iPad; the iPad is currently my sketch pad. I think my drawing style is suited by the iPad's immediacy though I constantly seek to develop and progress my drawing technique.





## Zak Deakin

*Robin Hood*

*Print of hand-drawn comic, 2017*

I am inspired by Japanese Anime for my artwork. I go to number of art classes and enjoy making my own clothes and sewing. I also play the guitar, have music lessons and enjoy playing.

*Zak is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.*



## Sarah Jasmin

*The Rollercoaster of Life*

*Acrylic, 2017*

My name is Sarah Jasmin and I am 36 years old. I grew up in Plymouth and have recently moved to Nottingham. I had a turbulent childhood as a result of abuse, and have struggled with mental illnesses since I was a teenager. A destructive path led me to having a nervous breakdown and was diagnosed with Borderline Personality Disorder when I was 26. My struggles have also led me to a second diagnosis of Asperger's Syndrome in the past year. Through much support from the mental health services I have come a long way and feel proud of who I am today. I still have a long way to go and use art as a way of expressing my emotions and sharing my story with others.



## Sarah Woolf

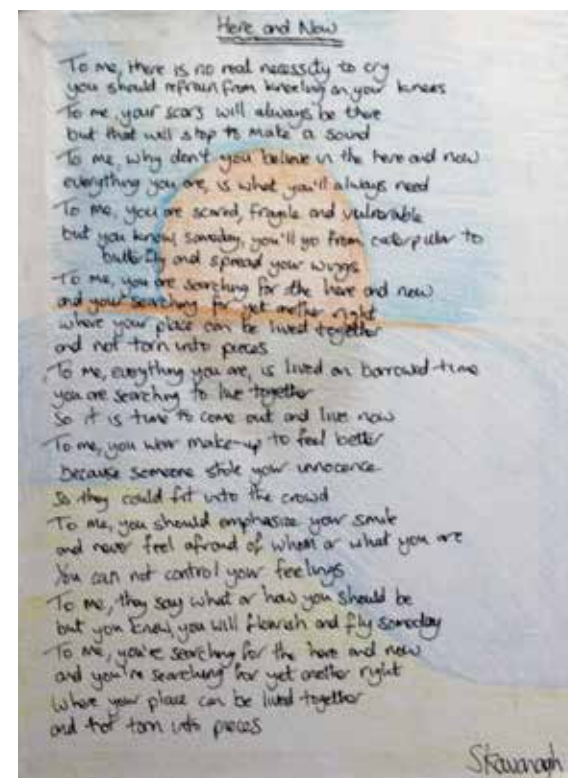
*Versions of Me*

*Collagraph print and print plate, 2016*

Hello, I'm Sarah, I'm 24 and I live in Nottingham.

I have had a diagnosis of bipolar disorder since 2013. Although I consider myself a creative person, the fluctuating nature of bipolar usually makes this creativity hard to harness into something effective. When creative energy wants to burst out of me, like cola from a shaken bottle, I've got to be careful to catch it properly to avoid an out-of-control mess. However, suppressing a burst of creative energy is equally as risky, as this can cause stagnation where everything loses its fizz and becomes flat.

Expressing my ideas through art and photography definitely improves my mental health and sense of wellbeing. It converts a lot of chaotic energy into something real and creative. I always look to capture an unusual contrast, a subtle detail or a somehow-different perspective on everyday life, particularly everyday life entwined with mental health challenges.



## Sheridan Kavanagh

*Here and Now*

*Pencil & crayons on canvas, 2017*

My name is Sheridan. I'm 37 years old and I've been suffering from mental health problems for 7 years now, but I am a survivor and will get through it. My interests are art, poetry and keeping myself busy. My art class helps me express myself when I can't in my life.

*Sheridan is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.*



## Amelia Seren Roberts

*GARMENTS FOR A PARTY [TO WHICH SHE WAS NOT INVITED]*

*Textile, 2016*

Amelia Seren Roberts was born in Abergavenny, South Wales, and currently lives and works between Cardiff and the East Midlands. She works in the field of contemporary visual art and her previously exhibited works include large-scale installation artwork, performance and textile-based practice.

*"Having received treatment for over a period of twelve years related to an undiagnosed mental health condition, the [occasionally fruitless] pursuit of mental wellbeing has been a pervasive influence in my art practice. Whether wholly visible or beneath the surface, the topic is ever-present in all aspects of my practice and it has been through the development of my textile-based practice that I have made significant progress in terms of self-worth, emotional regulation and distress tolerance."*



## Uta Feinstien

*Here and Now....Then*

*Charcoal, pastel chalk, masking tape on paper, 2017*

I came to the UK in 1995. I graduated from the University of Nottingham with a BA Hons in Fine Art (1st class) in summer 2016.

I have exhibited my works in local galleries and group exhibitions. I have participated in the EM16:Pulse - East Midlands graduate project and shortlisted for a number of awards and prizes, including the Jerwood Drawing prize 2014.

I also look after my family, including two teenage children with mental health issues.



## Helen Newsome

### *Remnant of Society*

*Acrylic paint on paper, 2016*

With a father as a raging alcoholic, a granddad whom suffered a nervous breakdown and a great aunt who spent time as a patient at Bracebridge Asylum, my collective inherent gene pool did not look like it would stand me in good stead if life got tough, and it certainly did in June 2013.

That year I was made redundant and 2 years on from that I had to undergo major surgery and resign to the fact that I would never have children of my own.

Prior to the surgery my GP had expressed concerns towards my mental health and the ability to cope as I had previously received treatment for anxiety. With this in mind I decided to take a positive step and connect with the local art gallery in the hope it would reignite my passion.

Struggling initially, work did eventually start to emerge. I soon found an appetite for psychological research and personal identification. Gradually, I feel my work is becoming a fearless method of expression, my story and a reflection of personal feelings, thoughts and behaviour, a process of simply making sense of and dealing with life.





## Tsambika Cordara

### Self Portrait

Watercolour paper, pen and ink, gouache, water-colour and human hair, 2017

Through drawing using my hair, watercolour, gouache and ink, I am attempting to forge a dialogue with my inner self or truth which feels so tenuous at times.



## Yvette Rigby Deverill

### Every Book That Ever Saved Me

Ink, pastel, pen, handmade paper, 2017

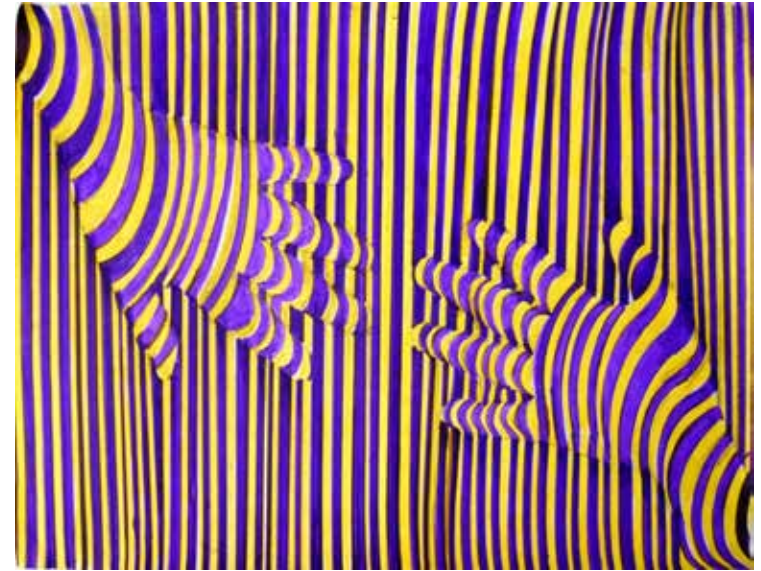
Graduating from Goldsmiths in 1986, I worked within the NHS as an Arts worker until redundancy hit a few years ago. With like-minded people I have continued to work in the voluntary sector at *Nottingham Focus On Wellbeing*, strong in the belief that artistic expression, creative activities and companionship are invaluable and desirable. This is not a college. There is no start and finish date. Peoples' mental health and its vagaries are accommodated. You can come as often or as little as you can manage. We are a tiny charity, no-one is paid, everyone is a volunteer, money is a constant issue. So please consider buying this picture, all proceeds to *Nottingham Focus On Wellbeing* (Reg. charity no. 11050949)



## Will De Ritter

*Just Look Up*  
Video, 2017

I am a filmmaker born in East London, moulded by the surrealist works of Luis Bunuel, formalist films of Nam June Paik, and indeterminate music of John Cage whilst studying Theatre and Film at Brunel University in Uxbridge, and currently working everywhere the internet extends its hand. I am primarily interested in film as a force of cultural exchange; its inherent capacity to cross national, language and community boundaries to reach deep into social space. Thematically I am interested in isolation; despite technological advancements which have allowed communications companies to claim their products connect us to the rest of the world and humanity, we are now more detached from each other than ever, as communication becomes ever more impersonal and the necessity for human interaction diminishes. Within my work I use new media to comment on the effects it is having on our behaviour.



## Nadean Stewart

*Hands Reaching Out*  
Pencil and Felt Tip Pen on Paper, 2017

I consider myself to be a Surrealist. I suffer from paranoid schizophrenia and diabetes. Creating art helps me to express myself and control the voices in my head.

I also enjoy doing art with other people because the association helps me to focus on creating things and not on my illness.





## Nicola Halford

### *Change*

*Painted glass, 2017*

Bipolar has been a roller-coaster of a ride since I was diagnosed in 2010. After completing a Bipolar course in 2014 I discovered the therapeutic effects the creative arts can have.

I've been glass painting for 2 years and my skills have gone from strength to strength. I started with simple designs copied from vector patterns, I then started to design pictures of my own and do commissions for family and friends. I now complete commissions for people around the globe.

I've collaborated with Illustrator Emma Yeomans for this piece, friends for years we have always talked of working together. Entering the exhibition gave us a brief we could work on together and the drive to make it happen.



## About City Arts

Founded in 1977, City Arts is a vibrant cultural hub, which produces art made collaboratively between the artists and communities of Nottingham and Nottinghamshire. Through its work in the visual arts, the performing arts and the written word, City Arts promotes inclusivity and access to great art as a basic human right.

City Arts is the East Midlands' leading organisation in the field of arts and health. It has a proud history of supporting people with mental health issues to express themselves creatively.

This includes pioneering programme such as Arts on Prescription, developed in partnership with the University of Nottingham.

CityArtsNotts CityArts

[www.city-arts.org.uk](http://www.city-arts.org.uk)



## About the Institute of Mental Health

The Institute of Mental Health is the UK's prime location for inter-disciplinary research in the mental health field.

The Institute is a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Trust and the University of Nottingham, bringing together the healthcare and education sectors to achieve 'Research Excellence for Innovation'. Since our formation in 2006, the Institute has established a track record of success, with achievements in pioneering education provision and innovative service-facing research, taking the organisation from humble beginnings to the international stage in a short time.

 **InstituteMH**

**[www.institutemh.org.uk](http://www.institutemh.org.uk)**



Detail from *Troposphere* by Claire Eminson

## With thanks to:

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