

NEW HOUSE

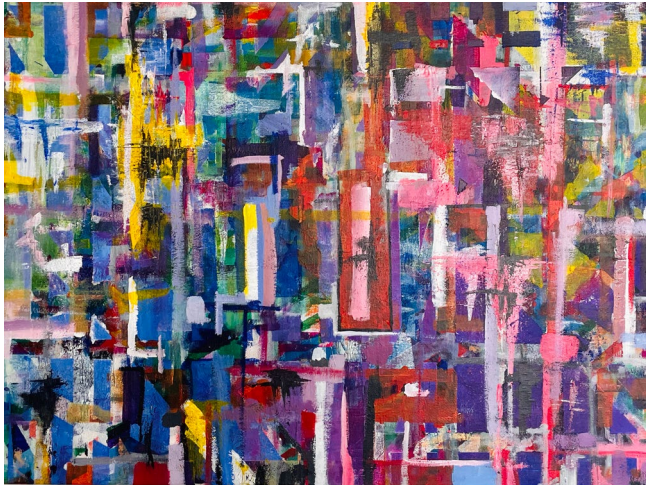
ART SPACE

PRESENTS

GLIMMERS

An exhibition for Mental Health Awareness Week





Paige Furlonge-Walker (Aura Art)

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aaaa

I am abstract expressionist, collage, and mixed media artist based in West Sussex. I work primarily with acrylic paints and newspaper cuttings and canvas. Painting since age six, my approach to my work continues to be driven by my inner child. This gives me the ability to create in a raw and uninhibited way. Using a childlike sense of freedom when I paint, I can fully engage my curiosity for colour, texture, shape and layers. Alongside an abstract expressionist and collage artist, I am a sociologist. Holding a first-class honours degree from the University of Leicester, I use my sociological imagination of the world to create work that reflects current affairs and human behaviour. This underpins the social commentary apparent throughout my body of work. My work often explores inequality, social justice and mental health..

The works

"A fellow artist once asked me: "where do you get your inspiration from?" I smiled while taking in the patterns that made up her face. In short, I am inspired by human behaviour.

I am an empath, which is both a blessing and a curse. I tend to hyper fixate on people, the things they do and the impacts they have on me in a particular moment in time. This collection of my work reflects the deepest corners of my psyche - where I explore, rejection, loneliness, anxiety, friendship breakups and unrequited love.

Painting has been my first and continues to be my most trusted tool to quell a panic attack. It has been the only antidepressant that has no horrible side effects, only joy, peace and a sense of calm that pauses my usually busy mind. I now advocate that art; creativity of any kind can be the most useful and accessible form of therapy we as humans can explore. "



Maria Tilt

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Maria is a trainee art psychotherapist and digital painter with a traditional education in fine art, specialising in illustration. Throughout her formative years Maria was primarily interested in figurative art and portraiture, but over time her practice has developed to be less concerned with realism and technical precision, and focused instead on the expression of emotion and narrative storytelling through a more conceptual perspective. Maria works exclusively with Adobe Photoshop striving to capture the feeling of traditional oil painting through the use of textured digital brushes and a limited, but powerful colour palette; her striking compositions are designed to provoke a sense of sublimity whilst the imagery itself remains thoughtful. The focal themes of Maria's ongoing work are connection and loss. With a deep interest in the power and expressive capabilities of music as well as visual art, Maria often works cross-modally drawing inspiration from music, and collaborating with local musicians. Maria has recently completed a frame by frame animated film with composer James Morris which tells a short tale of grief.

The works

My work explores connection, however often focuses on the loss of it and associated grief. The two pieces that I am submitting look more closely at those moments of connection and the comfort they can bring to us.





Anthony Woodley

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In a time when the world felt distant and disconnected, creating art became a bridge to self-acceptance for me. My self-portrait is not just a reflection of my physical appearance; it's an exploration of my inner struggles and a testament to resilience. Through pointillism, I sought to capture the complexity of emotions that came with navigating lockdown and battling impostor syndrome. Though I don't often think much of myself, this piece serves as a reminder that I am more than my insecurities. It represents the strength it takes to keep going, even when self-doubt looms large. The act of painting became my therapy, allowing me to channel my anxieties into creativity and find a semblance of peace amid the chaos. Ultimately, this self-portrait is a visual diary of my journey toward embracing who I am, flaws and all.

The works

I painted this portrait during a period of intense isolation, where I often questioned my worth and ability. Each dot was a step toward confronting those doubts and reclaiming my identity. It was a cathartic process—an opportunity to sit with my discomfort and transform it into something tangible.



Frank Waterton

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Frank Waterton is an artist based in the south of England. His practice predominantly focuses on planetary surface and abstract imagery, while playing with the textural abilities of paint. In his works, he looks to create other worlds, surfaces which act as a space for contemplation. His paintings look to create spaces for the viewer to employ as an environment for reflection. The artist is inspired by our relationship to, and place within, the cosmos and how this interacts with our sense of self, our histories and mythologies.

The works

“Chaos and Erebus’ refers to a transitional moment in Greek mythology when Chaos, the mythological void state preceding creation, and Erebus, the personification of darkness, begin to move into creation. Through this, the concept of day and light are born.

Shifting from darkness to light, the piece glimmers as light reflects from crystallised salt embedded within the paint, symbolising the intermediate moment between emotional states and the movement from anxiety and depression to a sense of positivity and light.”

Kate Kennington Steer

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Kate Kennington Steer is a disabled writer, contemplative photographer and visual artist. Kate merges and combines photography, painting, printing and poetry onto/into a single surface/image. Her current work in progress is a large series of mixed media panels for an ongoing project called 'bright+ /well', about wellbeing and the built environment, following Kate's residency at the New Ashgate Gallery, Farnham, Summer 2023 (made possible by a bursary from DAiSY (Disability Arts In Surrey)). Kate's first solo exhibition, 'episodes', at the Farnham Pottery in 2022, highlighted Kate's digital paintings, made whilst experiencing FND seizures.

The works

Grm's Spirit

'Grm's Spirit' celebrates Graham Burbridge who guided me round Switzerland when I was a teenager. Memories of sitting at the summit of Videmanette now help me create a mental/emotional 'safe place'. I live with FND, M.E. & depression. When a bad reaction to the Covid-19 vaccine worsened my FND seizures, I began using the ArtSet 4 app to make shakey 1-finger paintings. Gradually I noticed that I could reduce the length and severity of the seizures by immersing myself in colour, shape and line; each stroke charts my visceral emotional response to that seizure.

turn to face the glory

Glory is an old fashioned word, but for me it is about beholding the spiritual in everyday happenings and ordinary objects. This painting conveys that moment of numinous connection with what is bigger than myself and what I cannot understand, yet I can still, somehow, perceive - at least in part. I live with FND, M.E. & depression. When a bad reaction to the Covid-19 vaccine worsened my FND seizures, I began using my iPad to make shakey 1-finger paintings: visceral emotional responses to each seizure whilst I experienced it, transforming pain and fear into colour and texture.

fizzled out

exhaustion felt in heavy limbs. outlook dimmed by depression. brain fog. cramps in muscles lasting hours. eyes blinded by bright pulses and dark holes. bed bound days. no creativity. no release. no visitors. no relief. no hope. no one cares. and yet. and yet. and yet. something in me holds on. a will to survive. a belief in a world of wonder. there will be colour again. I will be able to tell my story. the tension dissipates. a belly breath rises free. I fall back onto pillows. I dream of better tomorrows.

“



Chinedu Chidebe

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My work delves into the intricate tapestry of human consciousness, capturing the essence of the ever-evolving activities of the human mind. I use a network of interconnected geometric shapes to explore the complexity of the mind, imagined as an abstract architecture. Each canvas I paint, is a visual translation of the mind's activity depicted in its rawest form. My use of bold colors, lines, and forms creates images which mirrors the constant flux of our mental landscapes, connecting the physical and the metaphysical, which gives birth to new perspectives and understanding of what's happening within us and how it influences what happens around us.

The works

My painting 'Second Dimension' evokes a sense of hope amidst uncertainty. The painting's predominantly blue background conveys a sense of calm and tranquility, while the bright center is a depiction of light, suggesting a different phase of life, a next chapter or a better place basically and i think we young people struggling to build something in any profession at this moment, look forward to getting there. This is a reminder that no matter how challenging the journey may be, there is always a beacon of hope waiting to guide us through.



Elbe Adderson

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I paint to heal, to express my inner voice, to process emotions and to honour the connection between mind, soul and body. My focus for every painting is not only things such as composition and colour theory but more importantly evoking emotion, conveying a message or a feeling or an experience. The main subjects in my work are goddess-like-women, I focus on natural forms of the female form and whimsical environments, abstract and visionary imagery. I always paint one side of the subject's body paler than the other to signify the duality of their beings and the yin and yang. My painting journey started because of a mental health crisis I experienced in 2018, after leaving an abusive relationship, I turned to art. Allowing myself to heal and express myself with my paintings was very significant in my life. With no real expectation of what it would bring me I painted and drew all day every day for a year and slowly found myself developing a distinct style and message. This combined with my own spiritual journey has created a rich and vivid world of art and it's safe to say creating art has saved my life.

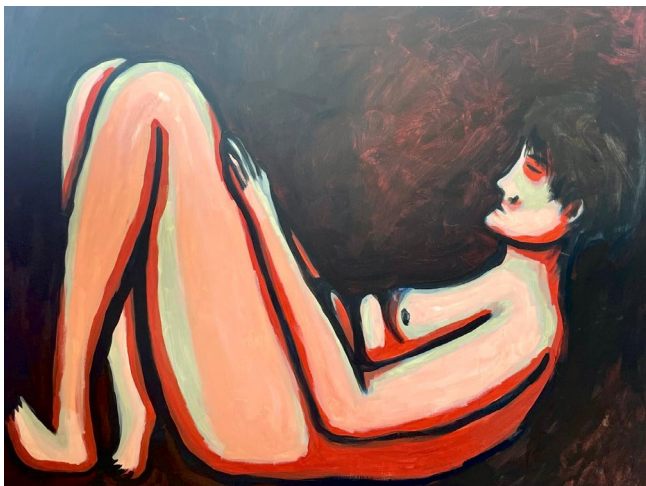
The works

"My Goddesses are specifically created from my experiences of life, spiritually and mental illness.

Glimmers are intrinsically part of my art and I hope to convey this through my three paintings in this exhibition. Using my painting as therapy has become a valuable tool for me to cope with CPTSD, using it to sooth my nervous system and express my experiences through vivid imagery.

Painting is a way for me to create glimmers, using my art to express pain and transmute it into something beautiful and meaningful. Finding micro moments of joy and putting that energy onto a canvas.

“



Simran Ahira

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I am a neurodivergent multidisciplinary artist, with a focus on painting, illustration and music. I was born in London in 1998 and currently reside in Surrey with my partner, Sam, and our cat, Moonray. I grew up in London and Bedfordshire but also spent two years living in Philadelphia, where I attended a performing arts high school. I have been making art from the moment I could hold a pencil and composed my first piece of music when I was 8 years old. I studied film at University of the Arts London, before going on to focus on my music and painting careers. I had an art studio at Wimbledon Art Studios for a year, where I took part in Wimbledon Art Fair. Having faced many adversities from a young age, art has always been my escape from the world. Living with diagnoses of Complex PTSD and autism, I am passionate about creating art to act as a catharsis for myself and others going through similar experiences to me. I also draw inspiration from my feminism, as well as my curiosity and wonderment of the world around me. I have had my artwork exhibited in three exhibitions, have performed my music in numerous venues around London (including The Royal Albert Hall) and have had one of my films win the Camberwell Short Film Festival in 2018.

The works

“As someone who has lived with sexual trauma from a very young age, existing in my own body has often been a source of great distress for me. People find that revisiting a space where a traumatic experience took place for them can be extremely triggering; for me, it felt as though my body was this space, and I couldn't escape.

Through art, love and different forms of therapy, I have learned that my body is not an unsafe space. It is my home, and I have reclaimed it as rightfully my own.

The artworks I have chosen to display as part of this exhibition portray moments I have felt safe in my body, acknowledging it as my vessel through this world, the thing that allows me to experience and connect, to feel joy and pleasure. “



Charlie Betts

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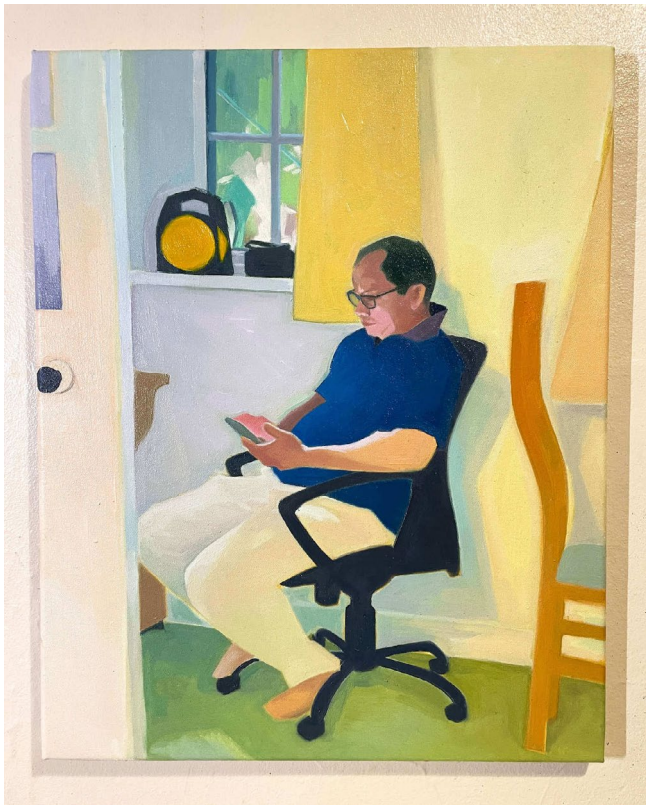
My work is a conversation between drawing, painting and performance. I consider a durational sense of being and becoming; the internal/external spaces that we inhabit. I make embodied drawings, capturing an essence of ephemeral moments and subjectivity. Through the presence of marks and language of traces these transient notions become more tangible. I consider the life spaces I inhabit as woman, mother, daughter, and transitions of, and through, phases in life. My practice is currently preoccupied with engaging with impulse and this lives in the performative and in drawing.

The works

“Sound of Becoming Visible is an ongoing performance drawing, exploring physical and emotional traces through time and space. This piece has evolved over several performances since 2022, at New House Gallery on 10th May, Charlie will perform a new iteration in the series Sound of Becoming Visible, Glimmers, considering and making visible moments and threads of light emerging from the dark.

‘You feel something happen inside, there’s an energy that happens around a glimmer’ Deb Dana





Simon Rai

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My practice is inherently autobiographical. I work from photographs I take of moments that move me. These are usually the quieter, fleeting moments - the sight of a loved one mid-gesture, the way the trees move in the wind, how the sunlight hits a familiar object and renders it anew. My process involves a lot of simplifying the complex shapes found in nature into simpler descriptions of their form, finding interesting lines where the edges meet, and mixing soft and bold colours that harmonise and contrast with one another.

The works

My work highlights the quieter moments where visual and emotional elements align to present a scene that touches me as a spectator, often bringing me feelings of safety and calm. This coalescence of multiple elements constitute a glimmer of sorts that can be found in our everyday lives.



Susan Czopor

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My art is all about the use of bright colours to express joy, contemplation, peace and soul soothing. My ceramic figurative sculptures, functional planters and vases reflect passive faces removed from the everyday to a place of quietude where birds sing, nature sounds and we are quiet to listen. These abstract ideas find solid form in my ceramics and pattern, symbolism and motifs in my paintings which explore these themes of reflecting what we can't see but feel.

The works

"My painting resulted from a vision I had during a gong bath. I heard the voices of people I knew but were no longer in this life. It was hugely comforting to know that I would still know them even if I couldn't see them physically any more.

It left me with a sense of wellbeing and interconnectedness

with the universe which is a design of geometric mathematical patterns that all life, sound and colour vibrations share.

This was my glimmer moment. Anxieties I felt began to melt away and feelings of being part of the universe got stronger."



Richard Goold

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Richard's work has always blurred the line between the figure and the abstract. Through paint he depicts scenes from reference images he has taken and from his own memory, drawing upon his day-to-day life living in rural England. Whether it be memories of working with his father, a rose grower, in the fields, or nights out drinking in the local pubs, these moments frequent his paintings - sometimes together. These depictions of memories do not always translate in paint how they happened in reality, with his imagination often skewing the narrative, giving in to the escapist pleasure of paint as a substance and a vehicle to new stories. This, combined with the conflict between the sublime and the mundane of working life within his pieces, conveys an exploration of the riddle of the human condition.



Yunny Qu

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Hi, my name is Yunny. I am a freelance illustrator from China, based in London. I graduated from Camberwell College of Arts, in 2019, where I studied illustration to master degree. My inspiration comes from experimental movies, short videos and dreams. I am passionate about creating surrealistic and whimsical watercolour artworks with imaginary stories. Black is the main colour in my works as it helps to bridge the audience to their deep emotions from their past like old mono-colour photos. I focused on creating my own world where relationships, desires, memories and death are presented in a mysterious way. It could be like a mirror where the audience could reflect and find connections with themselves.



Sarah Lee

@sarahleeillustration

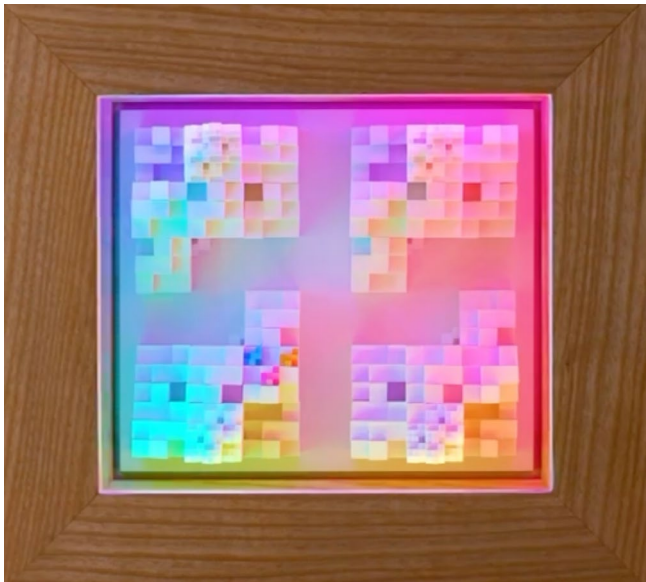
www.sarahleeillustration.com

Sarah Lee is self-taught Irish artist who grew up in London. She works as a mental health nurse for the NHS and specialises in complex trauma and psychosis. She describes her illustrations as portals into a world that exist halfway between reality and a dream, and the past present and future. Much of her work is based on humorous responses to personal experiences, isolation (both inflicted and imposed) as well as cautionary tales in response to her fears for humanity.

The works

Through personal experience and her work in mental health, Sarah uses imagery to make sense of and escape some of the difficulties she experiences in making sense of her own thoughts and the world around her. Since she was a child she has illustrated thoughts and feelings she finds difficult to articulate or understand. This has provided her with a tool to connect with her own mind in a creative and therapeutic way. Each picture is an offering to the world outside of her mind that somehow relieves of an overload.





Jamie Barrett – FUTURETRETRO

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Futuretro [pronounced future-retro] is my artist alias. It symbolises an equilibrium between the future and the past, creating harmony in the present moment. – Flowing in the now. I create sound responsive, interactive light sculptures that eliminate stress. Inspired by nature. Enhancing wellbeing.

The works

Art that eliminates stress –

Introducing Relaxaa, an audio-visual, therapeutic light sculpture designed to relax you.

Handcrafted from the highest quality, sustainable, solid ash wood and eco-resin. Relaxaa is wall mounted and is a similar size to a standard painting or print but provides many more benefits.

The forms are based on fractals found in nature that resonate harmoniously with our subconscious.

A fractal is a geometric shape in which similar patterns recur at progressively smaller scales. Examples include branches of trees, plants and leaves, snowflakes, crystals and corals.

It has been proven that people are hardwired to find calm in such patterns. They soothe the part of our brain that is constantly trying to make order from the chaos around us, that's why we are naturally drawn to them.

The integrated lighting in Relaxaa is app controlled, with limitless interactive patterns. You can mix colours from a full spectrum palette, as well as select from a vast array of animated sequences, that you can tailor to suit your preferences.



GABRIEL CANINE

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GABRIEL CANINE (owner and founder of BUNNYTEEF) is a full time gender anarchist and transsexual, multidisciplinary, nonsense-maker whose artist practice addresses trans sex, intimacy, desirability and religious experiences from a crip, non-monogamous, non-binary and non-person perspective.

The works

“”A Blessing”” (2024) and “”FOUND”” (2024) are both pieces capturing moments within “”Samson's origin”” (a series that Gabriel will be working on this year) and display two different perspectives on the same moment of SAMSON's journey to guardianship and eternal peace. Here, he is gifted with divine light that fills him full of joy and peace in his afterlife - a physical manifestation of a glimmer.

SAMSON is the name of the dog depicted within the “”Samson collection”” - an ongoing project by Gabriel Canine exploring trauma, autism and masking, gender, punishment and companionship.

Always drawn in 2 dimensions, usually in black and white, he represents being trapped in the binds of trauma as well as being safe within the artist's canvas - suspended from the harshness of the world exterior to him, but still trapped in the viewer's expectations of what a dog is or isn't meant to do or be.

Samson not only serves as Gabriel's guard dog in terms of an outlet for therapeutic art process but also as a real, spiritual symbol that he uses for protection.”