



Unescorted #6

bethlem
gallery

Unescorted # 6

28 October – 20 November 2015

Unescorted #6 is an annual exhibition showcasing work by patients from South London and Maudsley NHS Foundation Trust's (SLaM) Forensic Services.

The exhibition comprises of painting, drawing, film, sculpture and music, offering a glimpse into the artists' daily lives and unique perspectives.

The freedom of expression that creativity allows, offers a poignant counterpoint to the restrictions that detention imposes.

Alongside traditional psychiatric treatments, arts technicians working within Occupational Therapy enable patients to engage in creative activities through the simple process of identifying, and developing people's skills and ideas.

Every person who walks into the art rooms both on the ward and across the hospital has a different set of needs, interests and strengths. The important part of the process starts there, where you get to know the individual and begin to build a mutual relationship of trust and respect. The role of the arts staff is to consistently nurture confidence in the individual and foster a supportive, playful environment where people can feel a freedom of mind.

"You have to play it by ear, an experienced facilitator, teacher or pedagogue has a wealth of knowledge so that they can assess the work that people are doing, how it could be applied, and make technical or conceptual suggestions to help to fulfill it's potential. Something that seems insignificant, a little doodle for example, can become a work of art when it is seen in that context. When the artist sees their work in that

light it can act as a springboard, and it encourages them to take risks with their work and continue to make. For me it is important to measure the quality of time spent by the individual. Joy elevates people and helps people to cope with what they are going through. Creative time can provide an outlet for expression, focus, play and freedom which acts as a valuable counterpoint for the restrictions of the hospital environment. The brain needs that."
Josip Lizatovic, Art Coordinator, River House.

Dr Tim McInerny, Consultant Psychiatrist for Forensic Services at SLaM: *"Art is an important part of the therapeutic process of recovery for patients. Music, writing, drama, and particularly art are forms by which patients have a chance to share their story with others and in doing so, move that bit closer to a safe and successful life in the community. The music concerts and art exhibitions that take place at River House are perhaps a high point in a treatment that is otherwise complex and challenging. I hope that you will enjoy the show."*

Cover Artwork by Clive

Artwork

Christian

Bless Them

Set Them Free

The World is Yours

Clive

Body

Daniel

Little Pink Metatron

Derrion

Graffiti 1

Graffiti 2

Window 1

Frog

Frog One TV

John

I have an Idea For...

Envy, Jealousy, Rage!

Universal Politics

Dysmorphia

While I am Waiting

Mr X

Mobile

Kiron

Life

Lawrence

Me

Matthew

Foxland Urban Attack

Playful Shadow

Foxland Autumn

Michael

Bird

Mo. B

Reason

True Exit

Honey B

Nightwatch

Unknown

Musse

Village Landscape

Oliver

Smoking Cessation Week 1

Rodney

Table

Untitled

Tony

Still Waters 1 - 4

Events

30 October 6 - 8pm

Studio X

For one night only Mr X will turn the gallery into a sculpture studio for the evening. Join us to make, talk, learn, and exchange ideas. Materials provided, no prior experience needed. All ages welcome, although young people will need to be accompanied by an adult.

To book email: info@bethlemgallery.com

31 October 3pm

Wear your canvas

Join Matthew in a workshop to adapt, reinvent and transform a tired piece of clothing, bag or pair of canvas shoes into wearable works of art.

Must bring along an item of clothing you wish to embellish.

To book email: info@bethlemgallery.com

Acknowledgements

A big thanks to all the artists who have taken part in this exhibition.

Many thanks to Key Changes for performing on our opening day.

Special thanks to Josip Lizatovic, Art Coordinator, River House Unit for putting this exhibition together and working tirelessly to support the work of so many artists.

Full portfolio

To view more of any of the artists work featured in this exhibition, please visit our website: www.bethlemgallery.com/artists



key changes

Promoting positive mental health through music

Forensic Services

Our service works to ensure that offenders with mental health problems are assessed and treated effectively, in the least restrictive environment. We aim to manage the risk, reduce further offending and support recovery throughout the person's stay.

Our interventions have been designed to follow our focused approach to care delivery, modelled on the international recovery movement. This methodology leads to greater inclusion, more choice and a better understanding of what is helpful to our patients as they move through the service.

Each person's therapy and recovery journey is tailored to their needs. These interventions may be provided from admission through to integration into the community:

- › Sessions which introduce people to group work and engage them in meaningful activities
- › Skills-based, psycho-educational groups
- › Offending behaviour interventions
- › Vocational skills assessment and programme
- › Recreational activities
- › Spiritual, religious and cultural activities
- › Creative workshops
- › Individual psychological therapy
- › Family therapy

To find out more about our services visit:
www.national.slam.nhs.uk



***“Creative time can provide
an outlet for expression,
focus, play and freedom
which acts as a valuable
counterpoint for the
restrictions of the hospital
environment.”***

- Josip Lizatovic