

Hand to Mind

For the past year, artists on site at the Bethlem Hospital have been involved in an art-based research project, recording examples of gesture employed across the hospital site. Using film, photography and interpretation, artists, service-users and clinicians have explored the concept of ‘embodied knowledge’ - cognition as a complex process involving the brain, body and emotions, revealed through gesture.

We have found that artists are ideally positioned to document the subtle cues that characterise embodied knowledge – a way of knowing the world that is highly personal, context-specific and rooted in individual experience. The exhibition ‘Hand to Mind’ offers a space to explore how embodied knowledge reveals itself in everyday activity and what role gesture might play in the recovery and maintenance of mental health. The project has been supported by the Bethlem Occupational Therapy Department and Maudsley Charity.

Throughout the exhibition, there will be cross-site events and interventions further exploring the themes of the exhibition. For updates, please visit: bethlemartstudio.weebly.com

Opening Event: 21 May, 3 - 6pm

Exhibition continues: 22 May - 20 June

Opening times: Wed - Friday, 11am – 6pm

Bethlem Gallery also open Saturdays 24 May as part of Chelsea Fringe and 7 June as part of Creativity and Wellbeing Week London, 11am - 5pm.

Address: The Bethlem Gallery, Bethlem Royal Hospital
Monks Orchard Road, Beckenham, Kent BR3 3BX

Travel: Nearest British Rail: Eden Park / East Croydon

Contact: Beth Elliott, Gallery Director, 020 3228 4101

Email: thebethlemgallery@gmail.com

Website: www.bethlemgallery.com

Notes to editors:

- 1. The Bethlem Gallery provides a showcase for the inspirational talents of mental health service user artists through professional exhibitions, residencies and events. We promote access and participation within arts and health settings and campaign for greater awareness and understanding of mental health.**
- 2. The exhibition coincides with London Creativity and Wellbeing Week, 2- 11 June, and Chelsea Fringe. This is the third annual celebration shining a light on the different ways that the arts help and improve the health of Londoners and the amazing work that goes on all year round. With debates and discussions, performances and exhibitions, tours and practical sessions, the week is an opportunity to find out more, make connections, be inspired, and shape the future of arts, creativity and wellbeing. The week is an initiative of London Arts in Health Forum, a membership organisation which aims to develop the role of culture in wellbeing and to promote and support arts in health activity across London and nationally. For more information visit: www.creativityandwellbeing.org.uk**
- 3. The third Chelsea Fringe will begin on Saturday 17th May and run for three weeks, at a host of different venues and settings across London. Building on the success of the previous Chelsea Fringe festivals, it will feature a wonderful mixture of public spectacles, horticultural happenings and community celebrations. The Fringe showcases a wide range of work from professionals and enthusiasts, both from the gardening world and beyond. Contributors create installations, events and experiences, exhibits, talks and walks. For more information visit: www.chelseafringe.com**
- 4. Bethlem Royal Hospital is the oldest psychiatric hospital in the world and is a provider of mental health and substance misuse services for people locally and specialist services for people from across the U.K. One in six people - about 10 million people in the UK - are affected by a mental health problem at any one time (The Office for National Statistics). Visit our National Services website at www.national.slam.nhs.uk for further information.**

5. The Bethlem Gallery is funded by the Maudsley Charity, a charity working with the NHS. They support mental health and wellbeing by investing in projects that aid innovation in health services; training and education; and research and infrastructure. For more information visit: www.maudsleycharity.co.uk

6. One in four people will experience a mental health problem in any given year. This is the most commonly quoted statistic, and the one which has the most research evidence to support it - www.mind.org.uk

Around 300 people out of 1,000 will experience mental health problems every year in Britain

230 of these will visit a GP

102 of these will be diagnosed as having a mental health problem

24 of these will be referred to a specialist psychiatric service

6 will become inpatients in psychiatric hospitals.

7. Interviews with the artist, can be arranged.

8. High resolution jpegs of artwork are available on request.

9. Free entry to all events and exhibitions.