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## Press Release

### Redefining Bedlam

The Art of healing the mind

**Private view:** 4<sup>th</sup> July, 6pm -9pm  
**Exhibition:** 5<sup>th</sup> July – 18<sup>th</sup> August  
**Open:** Mon- Sat  
10.00am– 6.00pm  
**Entry:** **FREE ENTRY**



David Beales

**BEDLAM:** *'[anarchy](#), [ballyhoo](#), [clutter](#), [confusion](#), [disarray](#), [discord](#), [disorder](#), [furore](#), [fuss](#), [hubbub](#), [insurgence](#), [insurrection](#), [lawlessness](#), [misrule](#), [madhouse](#), [mobocracy](#), [muddle](#), [pandemonium](#), [perturbation](#), [pothor](#), [racket](#), [rebellion](#), [revolt](#), [riot](#), [rumpus](#), [stir](#), [tumult](#), [turbulence](#), [turmoil](#), [uprising](#), [upset](#), [upturn](#), [unruliness](#), [vexation](#)...'*

The Novas Contemporary Urban Centre is proud to present *Redefining Bedlam*. In an unprecedented group show, over thirty artists have been brought together via the Bethlem Gallery based at The Bethlem Royal Hospital (the word 'Bedlam' derives from the hospital name). The sculpture, painting, photography and multi-media works on show confront the clichés and myths surrounding the perception of art and mental health. Viewers are challenged to experience, question, and react in a way unparalleled by the conventional art world.

Mental distress affects one in seven of the population of Great Britain. The artists have all experienced mental distress in their lives and use art to communicate their stories, to cultivate, to mend and to survive.

**The show marks the 10<sup>th</sup> anniversary of The Bethlem Gallery, the 40<sup>th</sup> anniversary of the Museum and Archives and the 760<sup>th</sup> anniversary of Bethlem Royal Hospital.**

The Bethlem Gallery was established ten years ago to showcase and champion marginalised artists, and has earned an international reputation for the originality and talent of its exhibitors. The Archives and Museum, also within the hospital grounds, specialises in art about mental illness and by those who have suffered from it. It actively collects work to promote the de-stigmatisation of mental illness.

The exhibition also aims to raise awareness of the role of arts in mental health services. The Bethlem Gallery provides essential support and encouragement to help artists who would otherwise feel excluded from the art world, as well as running daily workshops for patients to explore creativity and develop skills. Those who facilitate the studios are witness to the power of art and its role in aiding recovery and sustaining well being. The link between art and well being is only now being explored in the broader world of mental health services highlighting the need for more research and funding to develop the arts as part of a more holistic approach to patient care.

*'...Art is as vital to treatment as doctors and Nurses. Drugs raise your mood, art raises your spirit. It gives me peace and satisfaction that I have never felt before.'*

Lee Galpin, former patient at the Bethlem Royal Hospital.

**Artworks in this show will be for sale.**

Exhibiting artists:

Sue Morgan, X Aqua, Imma Maddox, Maureen Scott, Lisa Biles, Reginald Harrison, David Beales, Lauren Shear, Lee Galpin, Terence Wilde, Colin Clarke, Bibi Herrera, Raymond, John McKie, R. Edwards, Nicky Nicholls, Max Reeves, John O'Donnell, Elena Brebner, Robin Aluko, Leon Baily, amongst others who wish to remain anonymous.

**For more information contact:**

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## NOTES TO THE EDITOR:

*Interspersed with work by current artists are works from the historic collections of the Bethlem Art and History Collections Trust.*

*Bethlem Royal Hospital started to collect art by patients one hundred and fifty years ago. The archives and museum specialises in work depicting expressions of mental illness and by those who have suffered from it. It actively collects art with the specific purpose of exhibiting it. The museum's role is to promote the de-stigmatisation of mental illness.*

*The South London and Maudsley NHS Trust provides mental health and substance misuse services to the people of Lambeth, Southwark, Lewisham and Croydon, as well as substance misuse services to people in Bexley, Greenwich and Bromley. We also provide specialist services to people from across the UK.*

[www.bethlemgallery.com](http://www.bethlemgallery.com)

## ABOUT NOVAS:

*The novas Contemporary Urban Centre is part of novas arts a subsidiary of the Novas Group, where we aim to change lives through arts, enterprise and support.*

*The Group has developed a strong reputation for the delivery of quality housing and community-based services, and for new and innovative approaches to working with people who experience inequality, exclusion and discrimination.*

*More recently we are developing extensive work, learning, social enterprise and cultural services to support our core work and to match and stretch the diverse aspirations of the people we support.*

*The **Novas Contemporary Urban Centre** is a new idea for the 21<sup>st</sup> Century. An Arts, Cultural and Social enterprise, the Novas Contemporary Urban Centre will reflect the themes of contemporary life in the urban environment, particularly from the point of view of marginalised and excluded communities. By celebrating, exploring and engaging with the vibrant yet latent talent of the dispossessed, Novas aims to break the cycle of poverty and exclusion.*

*Few social problems have had so visible a place on the urban landscape as homelessness and exclusion and **novas arts'** mantra is dedicated to exposing broad and diverse audiences to its themes. A goal for novas arts is to provide a creative forum for participants to express their feelings and use their experiences to create better understanding of the themes and issues involved. Another goal is to help generate compassion for people who truly need and want help to change their lives and engage with the world around them.*



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