



Ruah
Mental Health

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Ruah Creative Minds Exhibition



Artist - Simon Meyer 2011

On the 11th of October 2011 Ruah Community Services held the Creative Minds Exhibition. The aim of the exhibition was to celebrate the strengths and talents of the people Ruah works with, and featured poetry, pottery, art and craft, paintings, graphic design, prints, and paintings.

The core works of the exhibition emerged from an Art Group and Photography Group facilitated by the Inner City Team during the year. The art group, lead by Art Therapist Chris Atkins, involved making soft sculptures, painting on canvas and creating other forms of art work. The participants then used journaling techniques to write stories about the art work created. Participants from the Photography group also submitted stories behind the photography.

Contributions were also made by artists from Reflections Art Studio, Creative Expressions and personal contributions. Feedback from the event suggests that it was 'honest, insightful and moving'. The audience liked the personal stories and diversity of mediums, and some were left wanting a piece for their wall.

Ruah thanks all the artists and supporters who contributed to the event and looks forward to holding the **Creative Minds Exhibition** again in Mental Health Week 2012



Ruah Community Services