



Blue Moon

Artwork in various media by artists associated with **GROW (SA)**

GROW has been helping people to recover from mental and emotional health issues for over 50 years. A big part of anyone's recovery is concerned with self expression, whether it be learning or rediscovering it, or channelling it into constructive and creative forms.

Many people who have suffered serious trauma in their lives often hide from society, believing that their life's scars taint them with unacceptable deformities that deserve to be unseen.

This secrecy can take on many forms including the shutting down of all spontaneity - drawing as least attention to oneself as possible so the perceived inner deformity remains hidden under a shroud of normality and conformity.



Art can help turn this around – it can be both a forum and a catalyst to help break down the barriers to spontaneous self expression.

Art can help people identify with another's sorrows, fears and joys and go on to inspire creative expression. And through this expression, a more complete knowledge of oneself is revealed, which often results in a greater acceptance, a coming to terms with ones life.

The way out from darkness is not to run from it – what is required is firstly an acceptance of it. GROW has developed a Program that helps people in this journey. One of its important aims is to promote the inestimable gift of self expression – to help free up the creative and courageous spirit within.

Encouraging artistic endeavour is one way in which it does this. GROW (SA) has had an annual art exhibition each year since 2005 coinciding with Mental Health Week. This year's exhibition at Gallery M features the work of approximately twelve artists, working in a variety of media. Their experience ranges from professional to amateur, but they are all celebrating their own personal growth - through their art.

Information and image provided by Paul Barratt, Volunteer, Mental Health Worker



Blue Moon exhibition opening
5-8pm, Friday 2 October
Guest Speaker Darryl Ballestrin,
Branch Program Coordinator, GROW
(SA) will officially open
the exhibition at 6.30pm.

The First Gig

Paintings by **Stephen Smart**

The First Gig is the debut solo exhibition by local Adelaide artist, Steve Smart. Steve was born in the UK and migrated to Australia in 1970 with his parents when he was 7 years of age.



From an early age Steve always enjoyed drawing and after being diagnosed with depression he took up painting in 2004 and has found it to be a form of meditation where he enters into another world and feels relaxed and focused.

Steve taught himself to paint by studying books and other artists' styles. He is influenced by Australian artists such as Drysdale, Hart, Streeton, Tucker and Nolan but has developed his own style, painting many different subjects and experimenting with different techniques.

Choosing not to copy pictures and working from his imagination, his work is spontaneous and often "just happens".



Steve has experimented with different media, including watercolour, pastels, and acrylic but prefers to work with oils because of the flowing consistency of the paint.

The First Gig showcases many different styles of his work. Steve will be in Gallery M for an informal 'meet the artist' session from 2pm, Sunday 4 October.

Paintings by Stephen Smart
(left) 'Playing Poker'
(above) 'Carting Logs'

The First Gig exhibition opening
5-8pm, Friday 2 October
Guest Speaker portrait painter
Gerhard Ritter, Director, RSASA
will officially open
the exhibition at 7pm.

27 September

CLOSE OF CURRENT EXHIBITIONS

2 - 25 October

TWO EXHIBITIONS

- ▶ *'Blue Moon'*
Artwork in various media by artists associated with **GROW (SA)**
- ▶ *'The First Gig'*
Paintings by **Stephen Smart**

PLEASE NOTE:

Gallery M will be closed for Labor Day, Monday 5 October

MEET THE ARTISTS

A chance to meet and talk to the artists from the current exhibitions in a relaxed and informal atmosphere

- ▶ **2pm Sunday 4 October**
Stephen Smart
- ▶ **2pm Sunday 11 October**
Artists from the *'Blue Moon'* exhibition

30 October - 22 November

WHOLE GALLERY EXHIBITION

- ▶ *'Kumqwot'*
Artwork in various media by **Neil Austin, David Cavenagh, Areti Devetzidis, Wayan Dudug, Rebecca Johnston, Jo Kerlogue, Cameron Lewcock, Tina Plenty, Marc Subancu, Kirsten Uhrig, Michele Wilkie & Ian Williding** in conjunction with FEAST

29 November - 10 January

WHOLE GALLERY EXHIBITION

- ▶ *'8th Annual City of Marion Community Art exhibition'*

All residents of the City of Marion area are invited to exhibit their artwork. No fee to Enter. For an entry form contact Gallery M staff on 8377 2904

15 January - 7 February

WHOLE GALLERY EXHIBITION

- ▶ *'Twenty Ten'*
Artwork in various media by members of the **Red House Group Inc**

talking shop



Handmade shoulder bags
(various colours & designs available)
by

Elizabeth Jackson

starting from \$27 each

it's in the bag!

Handmade Bags and
Chrismatory boxes

by

Althea Holmes



(above)

Japanese Fabric Bag

\$55



(above & right)

Fabric Chrismatory Boxes

\$60 each



LOOKING FOR ARTISTS

Gallery M shop is always looking for unique new art and craft items from creative people.

Low commission rate of **22%** (inc GST)

No obligation to volunteer on a regular basis
(but we love our volunteers)

Talk to staff for more details