

# ART IS THE BEST MEDICINE

AN EXHIBITION OF ARTWORKS BY COMEDIANS

13 – 20 December 2019



From left to right: Jim Moir (Vic Reeves), Josie Long, Jack Whitehall, Lolly Adefope, Joe Lycett

*Art is the Best Medicine* is a unique chance for members of the public to see and buy artworks by the UK's top comedians, whilst raising money for Mental Health UK. The exhibition will take place from 13<sup>th</sup> – 20<sup>th</sup> December 2019 at contemporary London gallery, Fiumano Clase, Unit 12, 21 Wren Street, WC1X 0HF.

Confirmed artists include: Vic Reeves, Josie Long, Jack Whitehall, Lolly Adefope, Joe Lycett, Harry Hill, Jenny Éclair, Tim Key, Jessica Hynes, Pierre Novellie, Rose Matafeo, Spencer Jones, Annie McGrath, Dane Baptiste, Elf Lyons, Al Green, Bec Hill, Mawaan Rizwaan, Katy Wix and more... Artworks range from drawings, paintings and sculpture to embroidery, ceramics, photography, and poetry.

The exhibition was conceived by comedian and artist Annie McGrath, who describes art as *"an antidote to stand-up; there is something refreshing about the splendid isolation of painting. Creativity is a double-edged sword which can exacerbate feelings of anxiety at the same time as being incredibly therapeutic."*

Research over the last few years has shown links between comedy and mental illness. Many comedians suffer with anxiety or depression, and often the unstable lifestyle associated with performing comedy has a negative effect on mental health.

Gallery Directors Francesca Fiumano and Andrés Clase are delighted to host *Art is the Best Medicine*: *"We hope to raise lots of money for Mental Health UK, a brilliant charity doing excellent work, especially around Christmas, which can be a particularly difficult time for people suffering from mental health problems."*

Mental Health UK brings together four national mental health charities working across the UK: Rethink Mental Illness, Support in Mind Scotland, Hafal, and MindWise. Mental Health UK has 40 years' experience of working to improve life for people affected by mental illness in England, Scotland, Wales, and Northern Ireland. They work together to raise funds so that more people across the UK can access support for their own mental health and for friends and family members who are affected by mental illness. A third of all sales will go to the charity.

Brian Dow, CEO of Mental Health UK said, *"While we've made undeniable progress in our understanding of mental illness, the work is by no means done. Too many people still find it too difficult to talk about their own experiences. That's why events like this are still so important. It shows that no matter who you are, open and honest conversations about our mental health have the power to bring real change to people's lives. I'd like to thank Annie,*

and everyone involved, for all of their fundraising efforts, and we look forward to a successful event."

This exhibition is a celebration of creativity, revealing the talent behind some of comedy industry's best-known faces.

-ENDS-

Notes to editors:

**Exhibition dates: 13<sup>th</sup> – 20<sup>th</sup> December 2019**

**Ticketed stand-up comedy gig in the exhibition space: 14<sup>th</sup> December 2019 (6-8pm)**

Fiumano Clase

Unit 12

21 Wren Street

London WC1X 0HF

<https://www.fiumanoclase.com>

Instagram: @fiumanoclase

Twitter: @FiumanoClase

**Opening hours:**

Tuesday – Friday 12– 6pm

Saturday – 12– 4pm

***Closed on Sunday and Monday***

**About the gallery:**

*Fiumano Clase is one of the most exciting contemporary galleries on the London scene. As well as hosting several exhibitions a year at their London gallery, Francesca Fiumano and Andrés Clase exhibit regularly at art fairs internationally: PULSE Miami, London Art Fair, Art Central Hong Kong and VOLTA New York and Basel. The central ethos of Fiumano Clase is to work collaboratively with artists, giving them the time, space and opportunity to develop their artistic practice unhindered by any commercial pressure.*

*Gallery Directors Francesca Fiumano, of Fiumano Projects, and Andrés Clase, of Orion Contemporary, made the decision to merge galleries and form Fiumano Clase in November 2017 after a number of successful collaborations, pooling over thirty years of combined knowledge and experience.*

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*Jim Moir, Batman at Ease, Limited edition print, 17" x 17"*