

ART IS THE BEST MEDICINE

A SELLING EXHIBITION OF ARTWORKS BY COMEDIANS TO RAISE MONEY FOR
MENTAL HEALTH UK

13 – 20 December 2019



From left to right: Jessica Hynes, *All the single ladies!*, Acrylic on canvas, 41.91 x 59.69 cm, £600; Tom Stourton, *Helmsley St.*, Oil on canvas, 40.64 x 30.48 cm, 2019, £100; Jenny Eclair, *the sort of painting middle aged women do*, Oil on canvas, 29.7 x 21 cm, 2019, £300

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

Artists include: **JACK WHITEHALL, JIM MOIR, HARRY HILL, JOE LYCETT, JENNY ECLAIR, JOSIE LONG, LOLLY ADEFOPE, JESSICA HYNES, TIM KEY, KATY WIX, ALEX HORNE, RORY MCGRATH, MAE MARTIN, JORDAN BROOKES, KIM NOBLE, RUTH BRATT, PIERRE NOVELLIE, SPENCER JONES, ANNIE MCGRATH, DANE BAPTISTE, ELF LYONS, ELLIE WHITE, BEC HILL, MAWAAN RIZWAN, JAYDE ADAMS, OLAF FALAFEL** and more...

Artworks range from drawings, paintings and sculpture to embroidery, ceramics, photography, poetry and video art. **Entry to the exhibition is free and all artworks are for sale, ranging from £50 - £600.** A third of all sales will go to Mental Health UK. This exhibition is a celebration of creativity, revealing the talent behind some of the comedy industry's best-known faces.

Comedian and artist Annie McGrath has curated the exhibition, which she describes as having been *"an amazing experience- I have been quite overwhelmed by the talent involved as well as how openly the artists have spoken to me about mental health issues they have overcome. It has been great working so closely with Fiumano Clase who have been open-minded throughout. I hope visitors enjoy seeing the work at the gallery and buy lots so we can raise money for Mental Health UK, an excellent charity..."*

My painting, One Small Step, is a reminder that we sent a man to the moon before we let a woman run a marathon. It is inspired by two iconic images: Neil Armstrong on the moon



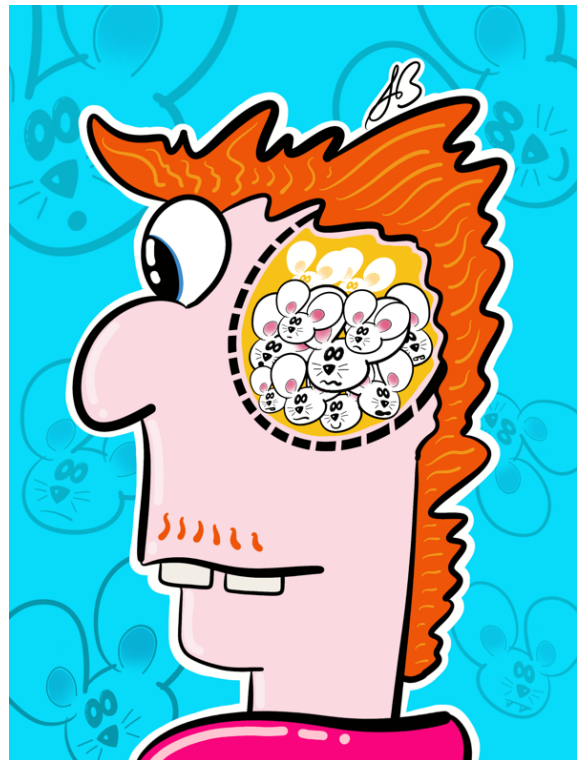
in 1969, and Kathrine Switzer being dragged back by a race official when she ran the Boston Marathon in 1967. It only became accepted that women could take part in marathons in 1972. Before that, people genuinely thought if a woman ran a marathon, her uterus would fall out... I find running a useful form of escape and I can't believe it's in my mum's lifetime that women weren't allowed to do it!"

Annie McGrath, One Small Step, Acrylic and Indian ink on canvas, 101.6 x 76.2 cm, 2019, £450



"Originating in Northern Ireland, "A head full of wee sweetie mice", is a term allocated to the state of being overcome by a flood of thoughts and notions. An individual who may be less grounded and tends to float along in a stream of emotions, no true sense of reality, a dreamer. Fanciful thoughts running through their minds like sugar coated mice down a drain. Of course, there are both positive and negative connotations attributed to the phrase but I have always enjoyed the theory that these are people who can free themselves from the restriction our modern society can place upon us. Bravo for those with heads full of dreams, for those that let sweetie mice run riot. The role that art creation plays in improving and maintaining mental health is vital and more investment needs to be made so that the Arts are accessible to all, regardless of wealth or background."

Andrew Baillie, A Head Full of Wee Sweetie Mice, Digital, 60.69 x 50.8 cm, 2019, £120



Joe Lycett, Wear a condom, Acrylic on canvas, 42 x 29.7cm, 2019, £250



"Drawing plants is incredibly calming, and since I was at school I've always been doodling leaves. I think there's something about the regularity of the leaves that just soothes your brain (and maybe all the oxygen they give off? I don't fully get science). The more hectic my life has gotten, the more I find the need to draw. It forces you to focus on one thing and gets your brain to link to your body. I suffer from PTSD-based dissociation, as well as anxiety and depression, and so being in the moment can be very hard. Creating art is a good way to stay present because you're seeing a tangible manifestation of your focus happen in front of you."

Ania Magliano, Monstera plant, pen on paper, 22.61 x 17.27 cm, 2019, £50



"Painting is incredibly important for my mental health and managing consistent pain that comes with endometriosis. All the colour and creating something that wasn't here when I woke up makes me feel brighter and hopeful. When I can't write, I paint."

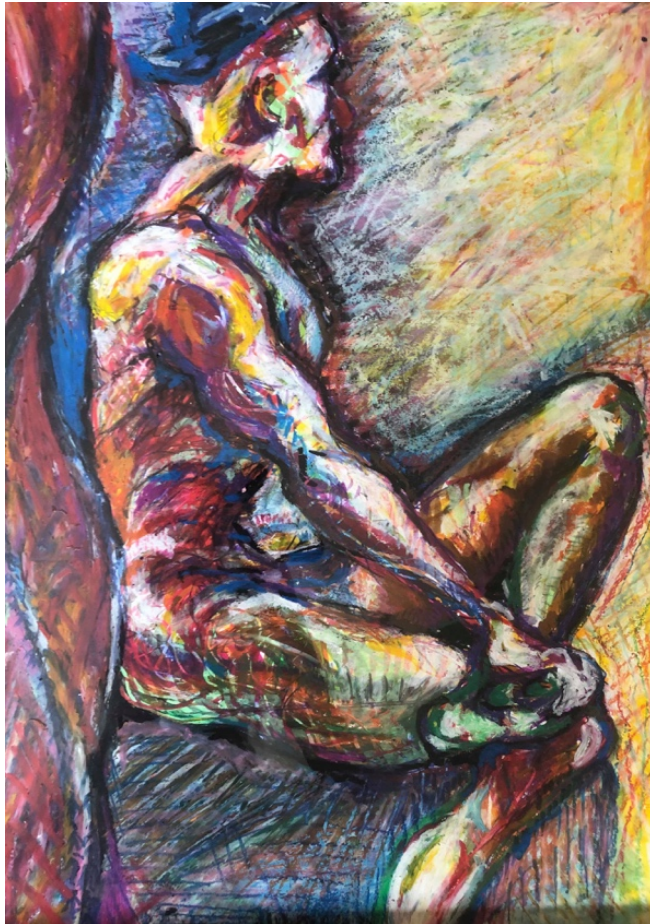
Eleanor Thom, January Blues, Acrylic on canvas, 50 x 40 cm 2019, £130



"When I was younger I was taught to believe: That "mad people" were born to parents who had committed crimes, that depression was not real - it was made up by people who wanted attention - that seeking help was a weakness and weakness was not to be respected, that mental health professionals were crooks who run cults, that artists had nothing useful to offer society. Now I am older and I do not believe any of these things. I was the first person I knew to seek help and to get diagnosed. I am learning how to look after myself, how to share my experiences with care, and to discover pride in the way I am. I am lucky to still be here. I make art because I love making art. I make art because I can. I make art because through it I understand. I make art because it helps. I make art because I am in love with being alive. I have always wanted to be an artist."

Ben Target, i feel fine (an extract from my tour diaries 2014-2019), pen & ink, glitter & glow-in-the-dark paste, 21 x 14.8 cm, 2019, £300

"I studied at a school called Gaulier- a theatre school in the south suburbs of Paris - it is known for clown but is really a more traditional theatre school. In the time I studied there (2015-2017) I was a part of a small, supportive collective of international performers - every



faith, class and race - every language was spoken. We bonded and became close companions throughout the months- sharing successes and failures both on stage and off . At this school, I learnt to fully accept my body and its shape and have fun and felt like I finally found my friends. Since then, two students from our small class have taken their own lives - both battling their own mental illness. It has caused the remaining students to openly talk about our own mental health and band together to prevent anything similar ever happen to one of us again. These three drawings are of a collection of the students in movement from our class - celebrating and having fun with their body and their pleasure. They are taken from video footage of us in the class - rehearsing. Selina and Luke were both complete anarchic bolts of energy and it felt apt for this exhibit to create something specifically in ode to their memory and our times we had at school together."

Elf Lyons, Five Minute Call, Oil pastel, acrylic and pen on paper, 42 x 29.7 cm, 2019, £300

"The piece will represent the martyrdom of various modern media figures as if they were medieval illuminations - it will especially be featuring people monstered or destroyed by their appearances on reality television, martyred for our amusement. It will be a commentary on the public hobby of destroying other members of the public, either literally or mentally. I find this sort of thing very disturbing and it aggravates my own depressive/anxious behaviour so it feels relevant. My degree is in early medieval history//language//literature so it should look authentic enough to be confusing at first glance and I will consult some old friends who are Insular Latin experts to make sure the in-image captioning meets 10th century standards. This will be something of a departure from my usual medium of caricature and cartoon."

Pierre Novellie, The Martyrs, Paint and ink on wooden board, 100 x 100cm, 2019, £600

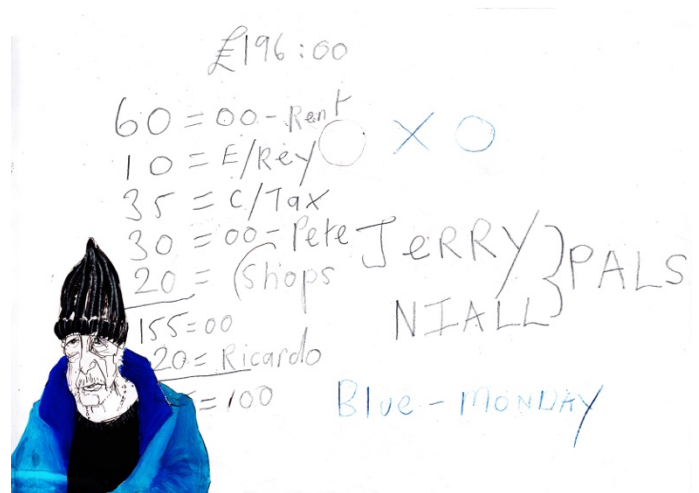


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"I run an art group at an activity centre supporting vulnerable people. Jeremy is a former member I used to encourage to collaborate with me on pieces. Talkative and funny, with remaining one tooth poking up from his lower gum like a monument to fallen comrades, Jeremy claimed to play guitar in a biscuit based rock band called Eddie and the Hobnobs, though I never saw any evidence of this. Blue Monday is a slightly mournful portrait of Jeremy; to explain his mood he created a list of all the money he was due to pay out that week."



Richard Todd, Blue Monday, Pencil, ink and acrylic, 40 x 50 cm, 2017, £75

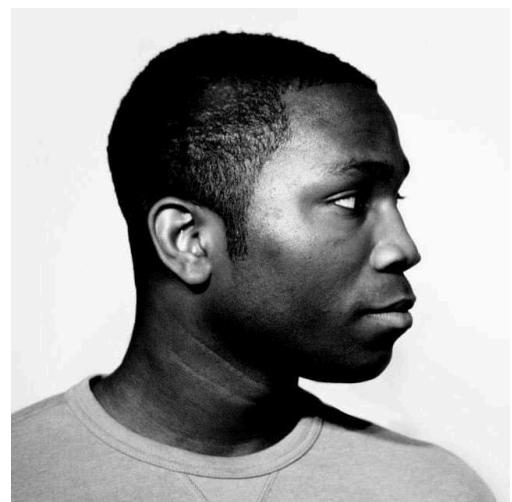
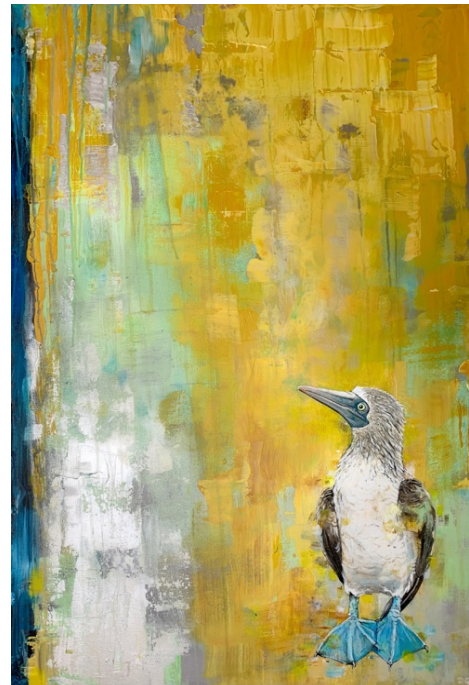
"I have been painting ever since I can remember and in recent years, during struggles with my own mental health I have realised how important it is to utilise creativity to focus the mind onto something positive like art. I decided to paint one of my favourite birds called a Blue Footed Booby. Their feet are blue to attract the attention of a mate, and even though this little guy is currently on his own, I wanted to try and convey a sense of optimism in the piece. Hang in there fella."

Daniel Quirke, Blue Footed Booby- Looking For His Mate, Acrylic on canvas, 60 x 90 cm, 2019, £275

"I have always been fascinated by people. When I meet someone alluring I'm compelled to capture their essence in a photograph. I took Kwame Asante's portrait because I was absorbed by his confidence. At the time he was training to be an NHS doctor whilst doing the open comedy circuit. Since this photo was taken he's now a practicing GP and has been nominated for a major comedy award. He was full of courage, drive & determination and I think this image portrays that energy."

Suicide is the single biggest killer of men under the age of 45 in the UK and throughout time many artists have focused of the torment of it all. I wanted to offer an image that captures the hopeful potential of a young man at the start of his life."

Jayde Adams, Doctor, Photograph, 62 x 62 cm 2012, £400

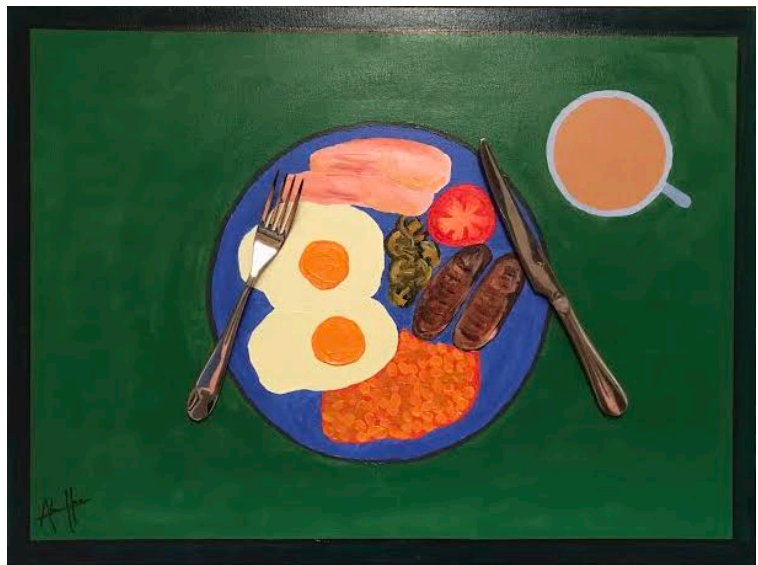




From left to right: Rory McGrath, *House Spider (tegenaria domestica) Attempts to Penetrate my Mouthparts*, pastel and pastel crayon on paper, 29.7 x 21 cm, 2019, £150; Rob Auton, *Chris Tarrant's Face*, Acrylic on Paper, 2014, 29.7 x 21 cm, £300; Tom Neenan, *Greta*, watercolour and ink, 29.7 x 21 cm, £80



From left to right: Harry Hill, *Virgin of the rocks*, Oil on wood, 60 x 52 cm, £600; Jack Whitehall, *(details TBC)*



From left to right: Lolly Adefope, *Self Portrait*, Acrylic on canvas, 76.2 x 63.5 cm, 2019, £250; Alex Horne, *FULL*, Acrylic on canvas, 60.96 x 45.72 cm, £300



From left to right: Jim Moir, *Batman at Ease*, print, 43.18 x 43.18 cm, £125;
Phil Jerrod, *Jeremy*, Oil on canvas, 2019, 45 x 60cm, £300



From left to right: Katy Wix, *Beloved Oprah*, Acrylic on canvas, 12 x 10 cm, 2019, £100; Mawaan Rizwan,
Aubergine, Glass paint and glitter on glass, 12.7 x 12.7cm, 2019, £90

-ENDS-

Notes to editors:

Exhibition dates: 13th – 20th December 2019

Stand-up comedy gig in the exhibition space: 14th December 2019 (6-8pm), featuring MAE MARTIN, JORDAN BROOKES, OLAF FALAFEL & ANNIE MCGRATH

Ticket link: <https://www.tickettext.co.uk/annie-mcgrath/comedy-in-an-art-gallery-14122019/>



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In support of

Mental
Health
UK

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Unit 12
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<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.

About Mental Health UK

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.

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