

An abstract painting with a large, light grey bull's head in the foreground, looking towards the left. The background features a colorful, stylized landscape with a yellow house, a blue sky, and a figure holding a scythe. The bottom right corner is dark green with blue flowers.

EXHIBITION CATALOGUE

INSIDE OUT

Inclusive art exhibition

A diverse collection by vulnerable artists from across Europe



Co-funded by the
Erasmus+ programme
of the European Union



Welcome to the “Inside Out” Exhibition which is part of the Gentle Art, Living Art, (GALA) project.

GALA has been part-funded by the European Union’s Erasmus Plus Programme.

The project began in September 2017 and will ~~the current phase will~~ end in August this year. The exhibition results from a series of creative art training workshops held across the partner countries.

Supported by staff and mentors, the artists have used their talent to overcome a ~~wide~~ range of disabilities and other barriers to inclusion.

Although their background and social conditions are widely different, the artists have shared their talent to help each other.

Training workshops in each country with cultural visits and language learning has inspired learning and has enhanced talent. The artists taking part in this project have set new targets for their own future and the project continues to drive their ambition.

At an organisational level the GALA partners and their staff have developed a new method of teaching and learning (Gentle Art, Living Art). Throughout this project the partners have developed and refined this methodology as a tool for empowerment and social inclusion.

Led by Diagrama Foundation, Chatham, the project has been delivered by a transnational partnership ~~comprises~~ not for profit organisations from Belgium, France, Romania and Spain.

More information about each partner is displayed separately.

More information on the GALA project and its results can be seen on all partner websites or at www.diagramafoundation.org.uk





Kunstwerkplaats de Zandberg (Groep Ubuntu x 8K)

The relevance of the GALA Project

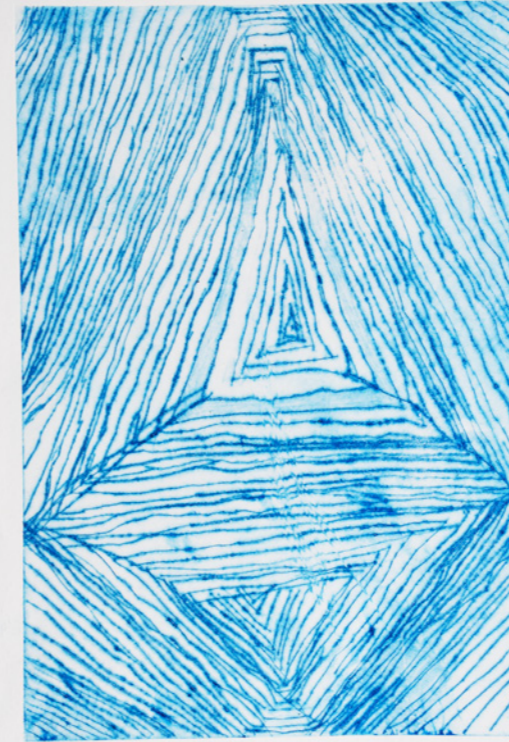
The GALA Project has offered kunstwerkplaats de Zandberg (Groep Ubuntu x 8K) the opportunity to get to know the differences in employability of the creative and the artistic. After all, each partner is working in a specific context, with different target groups and multiple objectives. Working on local identity, local traditions and cultural heritage; the aim of community building; working on the self-image and self esteem of people; use the creative as a challenge to trigger talents, to sharpen skills and attitudes; working on positive imaging ... are examples of the use of the creative

and/or the artistic in the GALA Network. The many conversations and workshops in the GALA Project offered a great deal of input on methodical approaches in the various contexts. There is no doubt that the artistic mentors of the Zandberg will translate this rich input into their support of the artists in the Kunstwerkplaats. For the artists of the Zandberg it was an inspiring experience to learn to see their creations in relation to an environment, to a tradition, to a wider community, as a way to communicate etc.

www.kunstwerkplaatsdezandberg.be

“In a workshop in France (Voulmentin) a work of art in ceramics was based on my drawing. We worked on this sculpture with different people from France, the UK and Spain. I had never seen my work that way. It encourages me to explore new things back in de Zandberg.”

B1



Letter of secret 1

FRÉDÉRIC DESCHAMPS

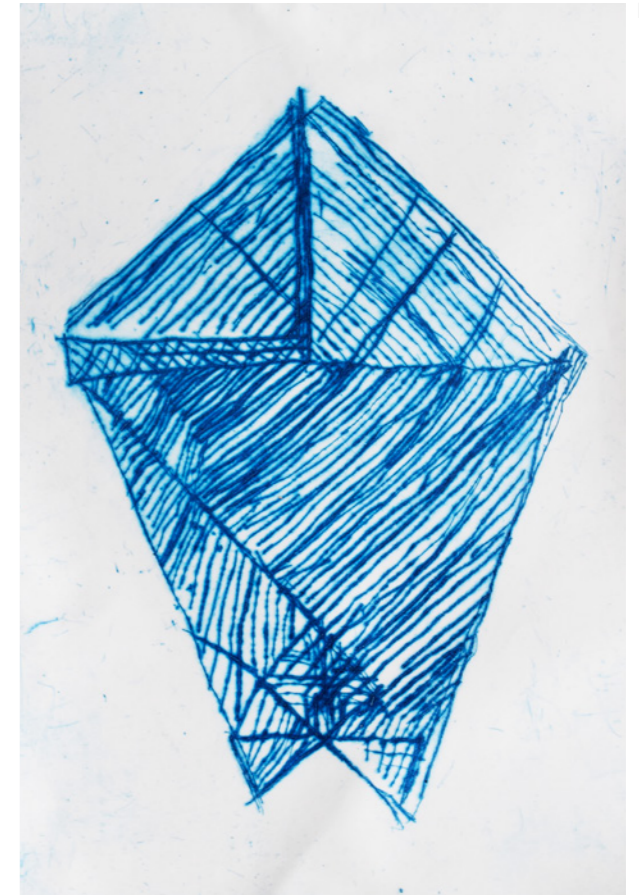
(°14 September 1977) (lives in Celles)



Frédéric works since 2001 in de Zandberg in Harelbeke. He lives with his parents in Celles, just across the language barrier, so he speaks French. With a still increasing

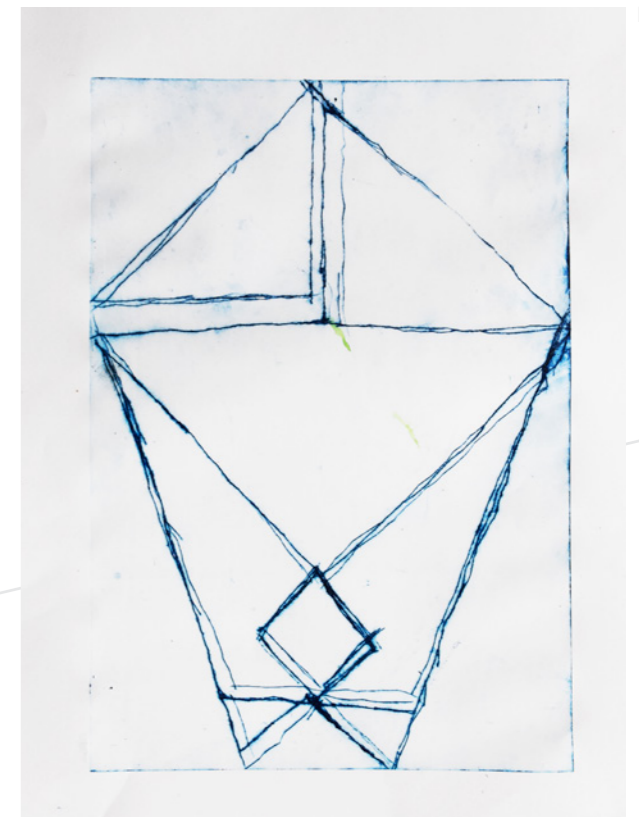
knowledge of the Dutch language he knows very well how to maintain within our setting. He works most of the time with crayons in which he overlaps and sometimes scratches off. That gives a certain intensity to his work. His human figures- animals, castles and street images- are lying down in to a game of lines that initially are assumed to a multiplication of the outline of his designs. Gradually the game of lines evolved to a less stereotype and more abstract background. In depth lays a strange auto-biographic story that never fully reveals. Recent and under impulse of vzw wit.h he goes under the field of digital photography. The new techniques and acts are things he learns fast. Frédéric is resolute and proud of his work. He's a smooth talker and doesn't need nobody to promote his work.

B2



Letter of secret 2

B3



Letter of secret 3

B4



B5



B6



B7



JEROEN WALLAYS

(Kortrijk, 15 November 1978 / lives in Harelbeke)



Jeroen works since 2000 in De Zandberg. He is a driven painter of the pure kind. He experiments with paint, colour, brushes and spatulas. Jeroen paints the same characters over and over again in the last few years that he names as 'a woman looking through the window'. The choice of this ever-repeated theme allows him to fully focus on the real story, that of the paint. In his elaborate paintings we see how the different layers intertwine on the canvas. Finally, in his drawings in pencil and charcoal we learn his driven but softer side. Once the charcoal stains dominate, then again the soft pencil lines.

www.kunstwerkplaatsdezandberg.be



B8

ASHLEY ANJUYN

(Ronse, 8 July 1990 / lives in Wortegem-Petegem)



Ashley is a young artist who has been working in the De Zandberg since 2014. Ashley makes figurative work. He makes drawings in pencil and charcoal, but recently mainly oil paintings. Ashley has an inborn form control and picks up techniques very quickly. He is a young talent with a huge growth margin. His technique is sharpened with every painting, even in the scale on which he works he has not yet reached his limit. With a huge drive Ashley makes many and heavily brushed fresh oil paintings inspired by the great masters or photos.

www.kunstwerkplaatsdezandberg.be

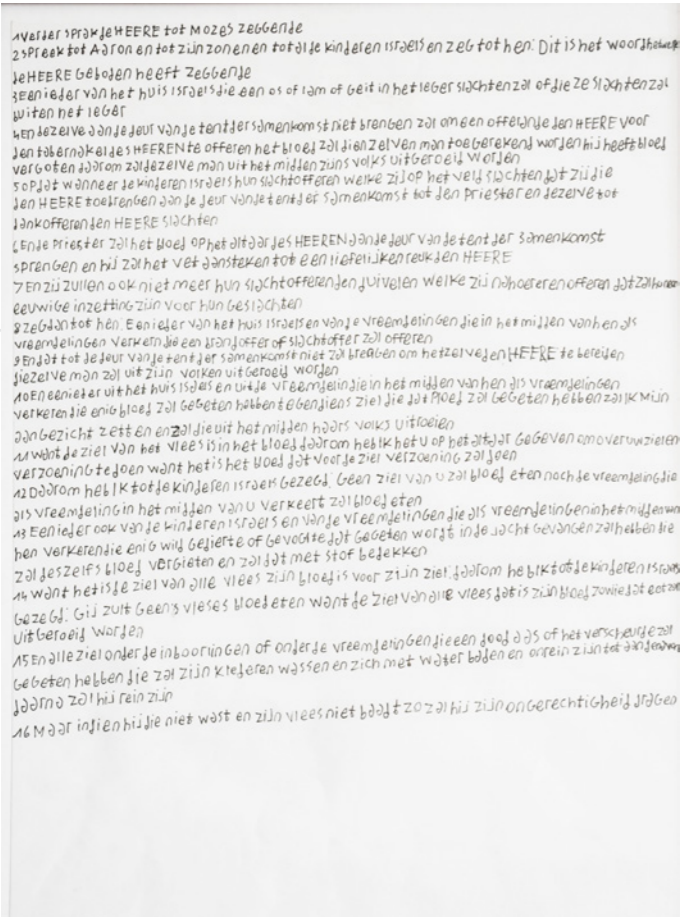


B10

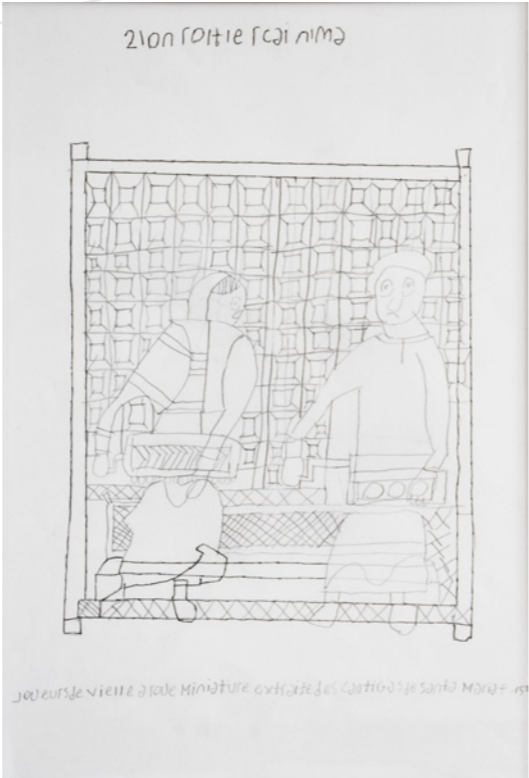


B9

“For the first time I dared to show my work and to talk about it to people I didn’t know and who didn’t speak my language. It has strengthened me to get into conversation with visitors in the artwork place back home.”



B11



B12

LIEN ANCKAERT

(Kortrijk, 7 January 1989 / lives in Zwevegem and Orroir)



Lien Anckaert wants to shock, with blood, guts, sex, She searches medical encyclopedias, catalogues, and ordinary printed matter for images and texts about things that shock or appeal to her from her idols, sex, medical

science to astronomy. In the latter she reduced the galaxies to compositions of only numbers. From the bloody, fleshy and erotic images she copies only the accompanying text, from the content tables only the page numbers, from some encyclopedias only the data, Lien can't read but believes in the power of the characters. She draws meaning. Lien has been working since September 2009 in the Zandberg.

www.kunstwerkplaatsdezandberg.be



B13



B14

MIEKE VANHESSCHE

(°28 September 1969) (lives in Zwevegem)



Ceramics, drawings, textiles, poetry and paintings form the basis of Mieke Vanhessche's oeuvre. In her visual oeuvre she gives her drawings and

paintings a meticulous and focused form. Sometimes these are abstract, sometimes figurative. She often depicts trees, houses or animals, to whom she cherishes great affection. It does not show a true-to-life representation of animals and humans, but rather a cross, an image that also evokes African, ethnic art.

www.kunstwerkplaatsdezandberg.be

LINDSY MERVYLDE

(°17 February 1981) (lives in Desselgem)



Lindsay works in the textile studio of Kunstwerkplaats De Zandberg. She is an enthusiastic employee who has come a long way, from assistant to designer of her own

pieces. Her textiles are situated in the applied design; we think of items of clothing, pillows, bean bags and so on.

www.kunstwerkplaatsdezandberg.be



B15



Asociația Pro Vita Romania

In 1994, a small voluntary group of dedicated individuals used a social need to inspire others to make life-changing decisions in the world of child-care. This then grew into a community that now has a respected place at the centre of social policy change in Romania. In recent years Pro Vitas client base has grown considerably and now includes older people without family support, single parents; many of whom have experience domestic abuse, families in distress, people with disabilities, and continues to provide homes and stable education services for abandoned children. The organisation now houses over 350 people at any one time; providing a second chance at building an independent life.

In Romania, social entrepreneurship is essential, and Pro Vita's service users are encouraged to try to create their own economic activity using their own talents and skills. Most social entrepreneurs do not have entry level qualifications to allow access to these courses and there are no vocational training schools offering Entrepreneurship and Community Enterprise as a subject. Pro Vita has many services users, including high numbers of women, who are artistically talented, and we are helping them to develop their skills so that they can start and arts-based social enterprise through which they can sell their artwork. Pro Vita already has a large crafts centre selling handmade and machine-made high-quality products.

Creative arts are used to develop confidence and creative, out-of-the-box thinking, as well as encouraging women who have had no previous work experience to think about employment, training, or self-employment. Pro Vita provides business mentoring and ongoing support to encourage women to be independent. It has an excellent track record in supporting micro-enterprise and cooperative workshops to employ single parents and allow them to move into a self-sufficient life.

The Gentle Learning techniques taught through the GALA project have also helped us as an organisation to access the therapeutic benefits of the arts and creative work. Art and creative activities are vital in childhood to develop the formation of the visuo-spatial sketchpad – an important part of memory, perception and navigation, as well as helping children to develop a wealth of important transferable skills such as creative thinking, hand-eye co-ordination, and the ability to cope when things go wrong.

Many of the adults housed at Pro Vita have never been to school and have never practiced these artistic and creative activities in childhood. The GALA Project has supported us to not only enrich the development of the children and young people in our care, but also to give the women housed with us the opportunity to practice and develop their own skills.

ALINA MANGU

Un Peisaj în Roz și Gri
20cm x 20cm

This piece was created in a group painting techniques session with a volunteer. This acrylic painted landscape depicts a pink sun surrounded by swirls of grey sky to form the backdrop for a black landscape with a pink river and a tree in blossom. The unusual use of colour is particularly interesting when combined with the direction of the brush strokes and the falling blossoms.



R1

R2



DANIELA COSTACHE

Flori de Cretă
30cm x 21cm

This piece was created using pen, chalk, and watercolour paint in one of our weekly workshops. The choice of colour indicates the heat of summer, and the flower heads themselves are reminiscent of the mandalas we created in previous workshops.

R3



CLAUDIA STOICESCU

Lacul
20cm x 20cm

This piece was created in a group painting techniques session with a volunteer. Using acrylic on canvas, the artist has used varying blue and green tones to create depth and light, and has used black to create the horizon line, as well as the foreground.

MINODORA CONDURACHE



R4

Culorile Cerului!
50cm x 35cm, acrylic on canvas

We are all good, we have a warm and gentle heart! But we all have a human part, something which differs from our sky, from heaven, we have vanity and malice, which can be transformed into something good when we start to grow and to see the beauty of the Earth. That which is black signifies human beings! It means malice and goodness, in equal parts or unequal!

I have used angel wings, for great goodness, to transform the world in heaven. And the wings inspire strength and kindness, which is shown through the whole painting. Like so appears the white pigeon, the horse, and the near perfect moon. We all know the goodness of the horse, of the strength and of the helpfulness of which they offer to all people such as the therapy which they offer to the children with disabilities, transforming their sadness into a gift, a pure joy. That is also how the bird sings into our ear, and so the white pigeon brings us trust and light!

With how much more we learn about us; we will become our best option. Here I have used the moon because when you know well it is with truth the middle of the night, it does not seem to you frightening. It will become the moment of peace, when everything is silent!



R5

Visează Lumea
50cm x 35cm, acrylic on card

The artist created this piece using acrylic on card in a one to one painting session. The head symbolises the artist as a child, with many dreams for the future, and the horse symbolises, for her, the purity and naïvety of childhood, which you carry in your heart as your "inner child" for your whole life. Each of the countries shown in the painting are places which the artist dreams of someday visiting, each displaying what she dreams of seeing in those places. The only exception to this is Romania, her birth country, in which she painted a baby in the womb to symbolise "home".

ALICE MARIA CRISTOVICI



R6

Copac în zăpadă
30cm x 21cm

This piece was created using acrylic on paper in one of our workshops inspired by nature, specifically trees. The artist found inspiration in the changing of the seasons, and wanted to create a piece depicting a bare tree in a winter snow storm. The contrast between the large and small snow flakes were created to represent the movement and rapid fall and swirl of snow.

"I like to do the activities because it is beautiful and fun"

Lalea
32cm x 26cm

This piece was inspired by pointillism, and shows the artists take on a flower in pointillism. The artist drew inspiration from works that she had seen which simplify flowers into a series of shapes with a striking effect. For the head of the flower, the artist used the watercolours to create contrasting consistencies for a base wash and after for the creation of shadow and form using dots.



R7



CRISTINA JAKAB



R8

Ceară Împriate Frunze
31cm x 23cm

This was an exploration in pattern creating and composition using the technique of wax rubbing with oil pastels on black paper. The artist used fallen leaves to create the wax rubbings, and the overlapping leaves in a variety of colours was intended to depict the way in which leaves fall and pile up of the floor around their home.



R9

Ceară Împriate Copac
31cm x 23cm

This piece was created using the wax rubbing technique with oil pastel on yellow paper. The yellow of the background suggest the season of autumn, and the colours of the colours of the leaves on the simplifies tree suggest the turning of the seasons.

MIHAELA IBRIAN



R10

Copac cu Flori
31cm x 22cm

This piece was created in one of our weekly workshops, using the theme of flowers. The larger flowers were created using the bottom of a plastic bottle as a stamp, with the detail added later. The variation in large and small flowers is a simplified representation of perspective

“I liked them (activity workshops) because we worked together.”

R11



Frunz de Toamna
42cm x 30cm

This piece was created in one of our autumn workshops where the theme was to create patterns from autumn leaves. The artist used fallen leaves and acrylic paint to create the outlines, and then added the detail of simplified leaf veins after. your imagination.

GEORGIANA NIDELCIU

Fată în Lumina Lunii
20cm x 20cm

This piece was created in a group painting techniques session with a volunteer. It depicts in acrylics on canvas a silhouette of a girl in a tree swing, lit up by the light of the moon.



R12

MARIA BUZOIANEE

Interpretarea unei Mandale
47cm x 38cm

This multimedia piece was created in one of our weekly workshops with the theme of Mandalas, using pens, coloured pencils, and oil pastel on coloured paper. The idea behind creating mandalas was the therapeutic creation of patterns, which authentically display mood, feelings, and state of mind. This piece was an interpretation of the essence of mandala creation. The artist drew what she felt to organically create a piece which started from a central point and moved outwards.



R14

**“I like to work with Amber
(activity co-ordinator)
because we learn to make
very beautiful things”**



R13

Baloane cu Aer Cald
24cm x 30cm

This piece was created in a group painting techniques session with a volunteer. This painting uses a a bend of colours to crete the effect of a sunset over a lake in the background, with contrasting black for the silhouettes of hot air balloons in the foreground.



R15

Reflecții
32cm x 21cm

This piece was created in a workshop based on watercolour techniques and how to use watercolours. The artist used a wet-on-wet painting technique which involves dampening areas of the paper prior to applying colour, and achieves a more blended, fluid effect. The painting depicts a sunset of the sea, in which the sun and the sky is reflected in the water.

MINODORA CONDURACHE



R16

Emoțiile Dasului

35cm x 27cm, acrylic and pen on black paper.

The dance is a form of release. It is the way through which art enters and emerges. The dance is a form of art itself, because knowing to express what you have in your soul in a certain way is pure art.

The story has a black background! Why? The universe is black, we have coloured it! We colour the emotions of which we take to the surface.

The gymnast shakes the emotions and the dust on their stage and creates a rain of different emotions, outlined by our opinion, of what made us wonder.

The blonde signifies purity, something divine, the green is the life of nature, and the orange in the vision of the children is the sun, the colour of the flowers. Like so I mixed all and with a little light created my admiration for art, of beauty and of emotion. I have shared what it means to create art, and to take a paintbrush, a colour palette, and to give from your imagination.



R17

Zi și Noapte
30cm x 24cm

This oil painting was created in a one-to-one skills session with one of the young people at our social centre. The artist used white spirits to achieve the desired consistency, and built up layers in gradually increasing thickness (achieved by gradually reducing the amount of white spirit) to create the texture and depth characteristically associated with oil paint.

MĂDĂLINA BADEA



R18

Silueta unui copac
22cm x 31cm

Painted silhouette of a tree in acrylic on white card. This painting was created in one of our weekly art workshops. The artist was inspired by the contrast of the pale lilac with the strong black trunk and leaves.

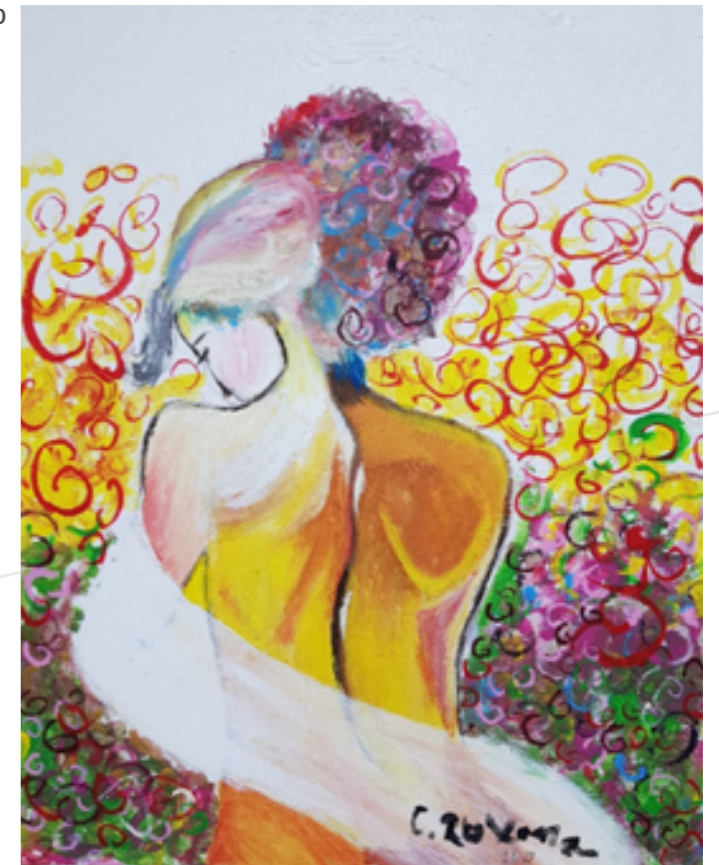
Floare Galbenă
31cm x 25cm

This small and simple yellow flower was created by one of the women who attend our weekly workshops. The use of yellow was important to the artist, which shows through the dominance of the colour.



R19

R20



ROXANA CONSTANTINESCU

Frumusețe, liniște!
40cm x 50cm

This oil on canvas painting was created to represent beauty, peacefulness, and quiet. The artist used a blend of non-traditional colours for the skin tone, depicting form, depth, light and shadow. The swirls of colour forming the background of the piece give the impression of a garden in bloom, with a similar colour scheme and style for the subject's hair appearing to show a connection with nature.

L'Art et la Manière

L'Art et la Maniere, Voulmentin

L'Art et la Maniere is a small community association created to encourage the artistic talent of local ladies in the two villages of Saint Clementin and Voultegon, now combined to become "Voulmentin".

The association also serves to provide social interaction and cultural stimulation to its members who otherwise might live in rural isolation and loneliness.

Voulmentin is located in the Deux Sevres region of Nouvelle Aquitaine, W.France; a quiet, sparsely-populated undiscovered corner of the country.

With a combined population of 1,100 people, Voulmentin is an active rural village with a caring community.

Thanks to the European Union's [ERASMUS PLUS](#) Programme, in the last five years Voulmentin has become an important part of Europe with EU-funded projects generating more than 500,000 euros to share with project partners. This significant income has allowed previously isolated people in the villages to take [part](#) in learning sessions and creative workshops in many other Member States.

This has not only helped to regenerate the community but has inspired other local groups to apply for Erasmus Plus funding. This includes several schools who now also benefit from cost-free exchanges to other countries.

Voulmentin is now a reference point for other communities who want to work as part of a wider, more inclusive Europe.

"I had never been outside France before. It was a great adventure for me and I also learned so much about art and crafts and other languages."

GILBERTE PRADILLON

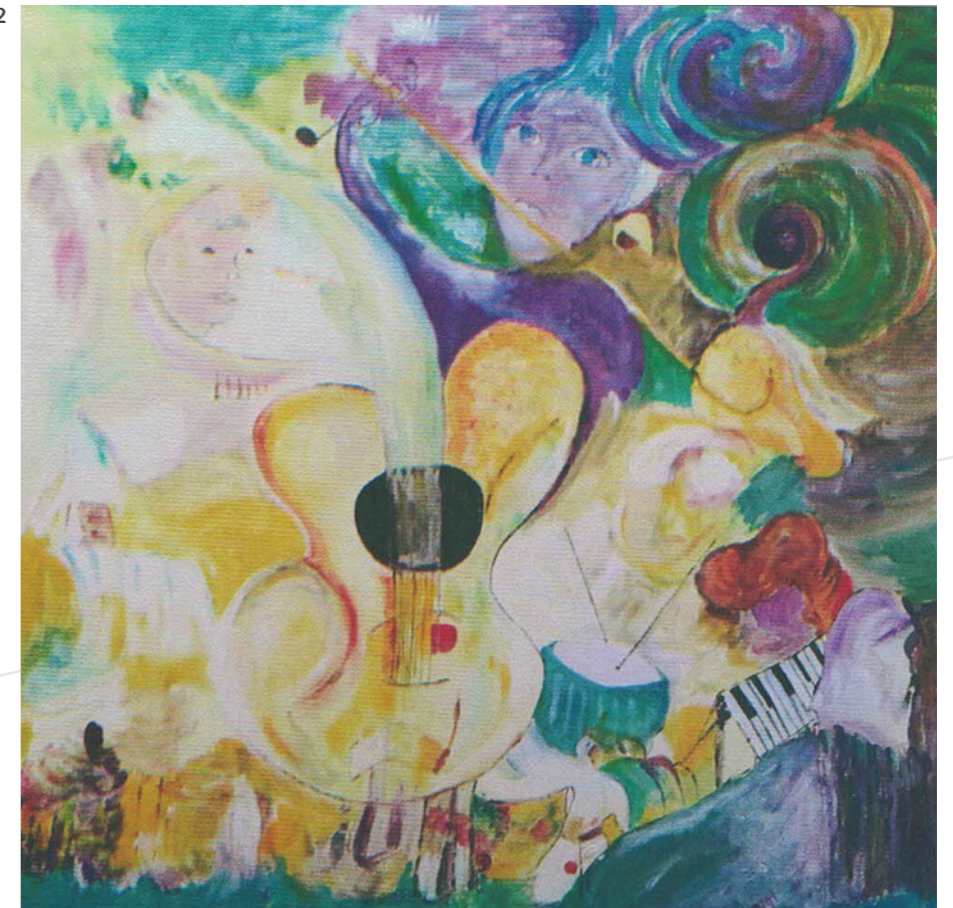


F1

Laffut (The Look-out)
31cm x 26cm,
paint and enamel

A work made at home.

F2



Harmonie Instrumentale
49.5cm x 49.5cm

Created in the regular art workshops at L'Art et la Maniere.



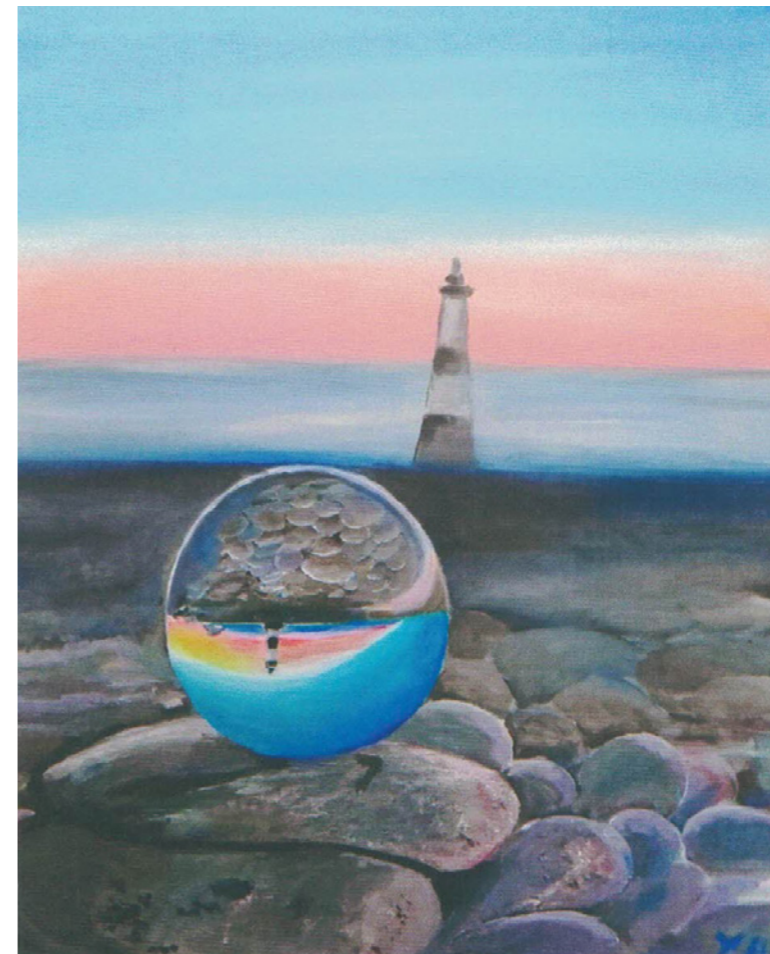
G.PRADILLON, M.T.COUET, M.CORDIER & A.CONFANTAU

The Grand Pont, Voulmentin
100cm x 75cm, mosaic

Legacy piece produced for the GALA project depicting the bridge linking the villages St Clementin and Voultegon; now combined to become one community...'Voulmentin'.

F3

MARIE YOLAINE VINCENT



F5

Prevenance
50cm x 40cm

Created in the group artwork sessions every Friday afternoon in the Salle des Associations, St Clementin.



F4

MARIE THERESE COUET

Soliel de Feu
39.5cm x 39.5cm

Created in the regular art workshops at L'Art et la Maniere.

“The time we have spent visiting other countries and working with our partners from other cultures and backgrounds has been really empowering. We have learned so much together.”

Gentils Coquelicots
41cm x 32cm

Created in the regular art workshops at L'Art et la Maniere.

F6





F7

Summer at night

Acrylic paint on plywood, inspired by the gardens and countryside around the remote rural area of the Deux Sevres region of Western France.

ARTWORK FROM "LE SEPAYE" FRANCE

LE SEPAYE" is home to 12 artists with profound learning disabilities. Le Sepaye is located in Moutiers Sous Argenton, in the Deux Sevres region of Nouvelle Aquitaine in an isolated rural corner of Western France, about 1.5 hours inland from La Rochelle.

Contributing their work to the GALA exhibition is very special for them and the artists from Le Sepaye hope that in GALA's follow-up project they can be present themselves to share in the celebrations.

Moutiers Sous Argenton is a neighbour to St. Clementin where L'Art et La Maniere is situated. The two groups sometimes share events and combine their talents as they work to promote communities of Inclusive Art and Culture. Watch this space...



F8



F9



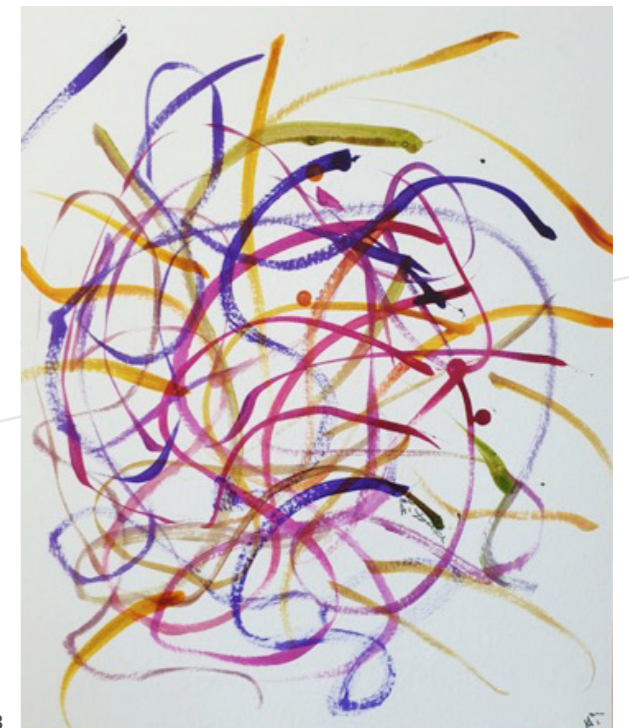
F10



F11



F12



F13

Fundación Diagrama Psychosocial Intervention

The GALA Project has offered Fundación Diagrama Psychosocial Intervention (Spain) new art-teaching techniques that allow us to work more effectively with young people in the Youth Justice System, as well as extending the professional capacity of the workers that directly intervene with them.

The art therapy is defined by the American Association of Art Therapy as a creative process produced in a therapeutic context, which objectives are the psychological and emotional recovery, the prevention and the personal development. In this sense, the art therapy has

proved benefits with children and adolescents as it is characterized by the use of expressive techniques (non-verbal) that promote the use of symbolism and the fluency and emotional expression.

For this reason, these new methods of teaching (Gentle Learning) learned during the GALA Project have improved and extended learning opportunities by offering new creative and learning opportunities for young people in the Youth Justice System, making it more attractive to them.

“During the trencadís workshop I have learned to control my impulsivity when something doesn’t go well the first time and now I feel more relaxed and calmed”.

MINORS OF DIAGRAMA`S RE-EDUCATION CENTER “PI GROS”

S1



La Noche I
33cm x 20cm x 10.5cm

Work done on centenary olive wood and metal rods. Inspired by the figure of nocturnal animals like the owl. These animals are associated with wisdom and night as opposed to the risks that come from the night and nightlife in adolescents.

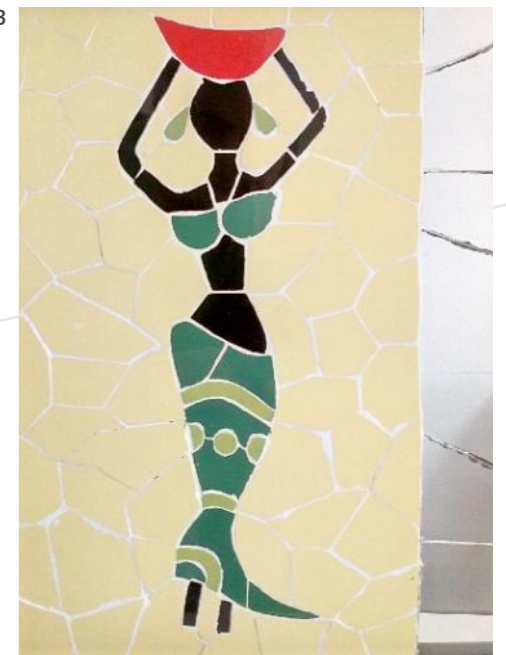
S2



La Noche II
40cm x 20cm x 10.5cm

Work done on centenary olive wood and metal rods. Inspired by the figure of nocturnal animals like the owl. These animals are associated with wisdom and night as opposed to the risks that come from the night and nightlife in adolescents.

S3



Reflejo"
51cm x 41cm x 4cm

Work done with the Trencadís technique on medium density board. Inspired by the life of many African women who today dedicate an average of 5 hours a day to bring water to their communities. Criticism that the author wants to make for a better world.

MINORS OF DIAGRAMA'S RE-EDUCATION CENTER "PI GROS"

S4



Volar
35cm x 38cm x 29cm

Part of a composition formed by two plaster sculptures on a base of treated olive wood. The author is inspired by one of the works of Joan Miró, Flight of Birds, work with bright colours very typical of Miró, where you can see the day and night and for the author conveys freshness, nature and above all lifetime.

S5

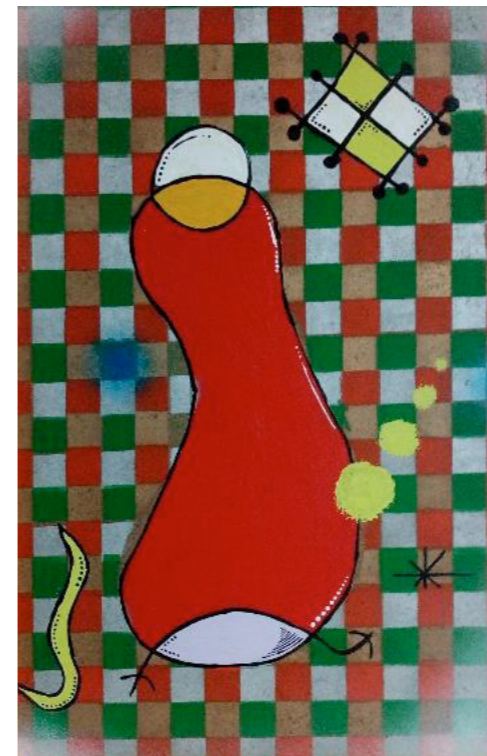


Gritando
35cm x 38cm x 29cm

Part of a composition formed by two plaster sculptures on a base of treated olive wood. Inspired work based on one of the many painters that the authors study in the cultural workshops. For the author, this work of Munch transmits despair in the life of a man, this is the point of inflection to overturn his and change.

“With the sculpture workshop I have learned to build beautiful art pieces on my own. I have never imagined I could do anything like that with my own hands!”

MINORS OF DIAGRAMA'S RE-EDUCATION CENTER "PI GROS"



S6

Amar
44cm x 63cm

Work done with acrylic paint on medium density board. Work that reminds Joan Miró, one of the multiple painters that artists study in cultural workshops. On this occasion, the artist transmits his state of mind at the moment of creation and alludes to the metaphor of giving us his heart on a tray, this time on a tablecloth at the table.

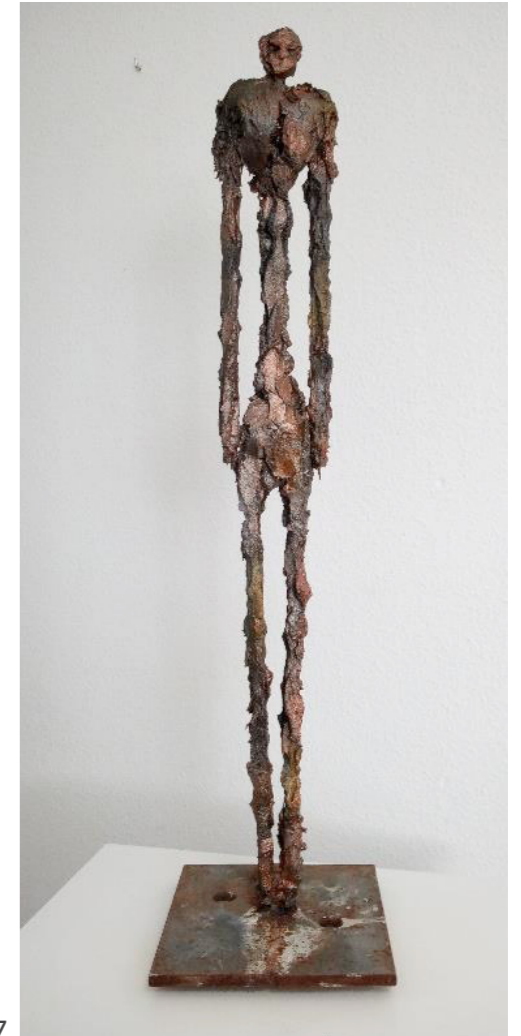


S8

Quijotesco
44cm x 63cm

Work done with acrylic paint and rope on medium density board. In this work is seen as a quixotic walk, faces an abyss to fight against a giant that is nothing more than a mill. With all this, the author transmits the daily struggle that each person has with himself to be able to face later the challenges of life.

S7



Titán
82cm x 20cm x 20cm

Sculpture made with electrode welding and coated in cement. This isolated work is a nod that the author wanted to make Alberto Giacometti, reflects the majesty, the controversy of a slim figure and stretched but at the same time hard as stone. With this the artist wants to make us reflect on how appearances are not what they seem.

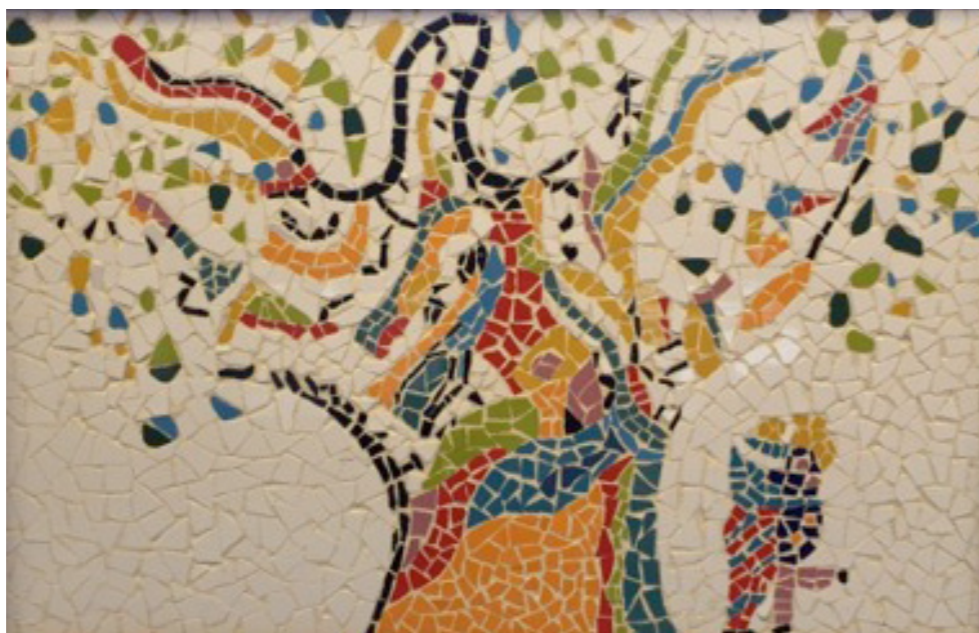
THESE IMAGES WERE PRODUCED BY YOUNG PEOPLE IN CONFLICT WITH THE LAW DURING THEIR STAY AT PI GROS



Village
39cm x 50cm

Acrylic on canvas. The painter has filled the canvas with a vibrant design bringing to life a rural scene.

S9



Tree of Life

Work done with the Trencadis technique on medium density board. The sharp tiles contrast with the flowing lines and soft colours of the tree.

S10

Japanese Woman

Work done with the Trencadis technique on medium density board. The method works well for a bold design that dominates the pictures, softened by the intricate and contrasting border.



S11

S12



Cockerel

Work done with the Trencadis technique on medium density board. The work is inspired by Joan Miró, with bold colours bringing energy and life to the design.



Diagrama Foundation UK and The Gala Project

Diagrama Foundation UK is a not-for-profit organisation which supports vulnerable children and adults at risk of social exclusion. Our mission is to prevent people from becoming socially excluded and to reintegrate those that have. We were established as a Charity in the UK in 2007 and have grown to a staff team of around 200 people working across our different services.

We run residential centres for people that need supported living, including young people, some in the justice system, people with learning disabilities and for older people who need a level of domestic/residential and nursing care. We also run a fostering and adoption service.

Across all our services, we aim to improve people's lives - not just to provide richer and more stimulating environments, nor just to increase individual progress, but to translate these changes into meaningful improvements in how people live their lives day-to-day. For the GALA Project, we worked in particular with staff and residents at our home for adults with learning disabilities - Cabrini House. We also worked with residents at Willow House, our home for 16-25 year olds living in care and at Edensor, our elderly care home.

Art activities and experiences help people understand the world, express their creativity, discover, innovate, explore feelings and relieve stress. We use art workshops to promote quality of life generally and to practice specific skills, such as hand-eye coordination and motor skills, and independent decision making.

Some residents and staff from Cabrini together with staff from Edensor took part in GALA project workshops across Europe. Learning from our partners, we created new art workshops for all our residents, working with two local artists as part of this.

Residents tried drawing, painting, sculpture, and collage. They were inspired by visits to the Tate and by works from a range of artists such as Jackson Pollock, Cy Twombly, Mark Rothko, Gerhard Richter and Robert Ryman. We were introduced to a range of simple, effective techniques to help us experiment with colour, texture and making marks. We were guided in all our sessions by the principles of non-judgement and supporting creativity - encouraging our developing artists to relax, try new approaches and giving them the space to make their own decisions about their art and when a piece is finished.

We loved the trencadis work of partners from Spain. Working together, staff and residents learned how to design and construct mosaics. As well as creating designs that reflect how we want to express ourselves, these workshops help develop and improve practical skills - training motor skills, improving perception and increasing motivation and concentration. They are also a great way to improve team working and friendships. We have seen our residents grow in confidence and skill even over a short period of time - they now want to create plant pots to sell to raise money for other activities.

Although this exhibition focuses on visual arts, the project also introduced our residents and staff to other art-forms - they enjoyed poetry for example and were introduced to new forms of music. We are now developing new music workshops with our residents.

We are constantly moved and delighted by our residents' talents - involvement in the project has inspired us all to keep learning and developing together.

RESIDENTS FROM CABRINI HOUSE, DIAGRAMA FOUNDATION

U1



Terracotta Plant Pot

Work done using plain terracotta pots, composing beautiful shapes with broken tiles in different colors according to the Trencadis technique. The authors have also included some significant details related to their own lives, for example the initial of some relevant person.



U2

Four Elements

Work done on with the Trencadis technique on medium density board. Inspired in the abstract surrealism of Joan Miro, the different shapes and colors represent the four basic elements of the nature, according to the Ancient Greek Philosophy

"I like Mosaics. It is fun. I like gluing and sticking. I would like to do in a square board"

D.F. RESIDENT OF CABRINI HOUSE



JORDAN YOUNG

Sand and Sea

Work done with the Trencadis technique on medium density board. Inspired by the colours and shapes of the sea side, the author has put his initial in the middle of the pictures, representing his desire of being surrounded by the calm of the sea. His little goldfish friend named "Fred" is trying to reach him



Jordan is a very emotional young artist based in Canterbury. He is a perfectionist and likes

spending time trying to capture his internal images and emotions in his art work. Most of these images are related to nature, especially sea landscapes, since the most beautiful memories of his childhood are related to the beaches of Dover, his homeland.



U3

“I love listening to and performing to music. Music to me is always best when I can share and involve others.”

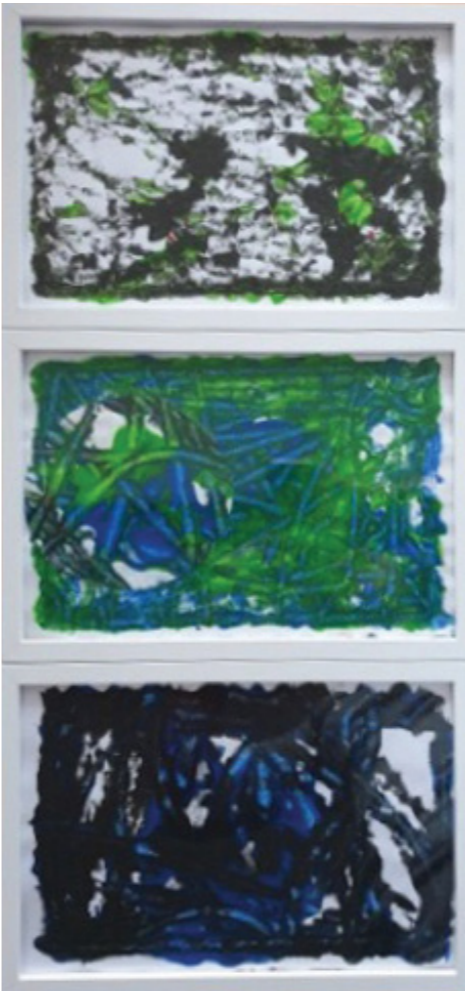
J.B. RESIDENT OF CABRINI HOUSE



J.B.

J.B is a young man and has been living at Cabrini House for the last two years. He is very charming, curious of mind and has the positivity to see the good and make the most of any situation he’s presented with. Truly he is the life and centre of any occasion. The

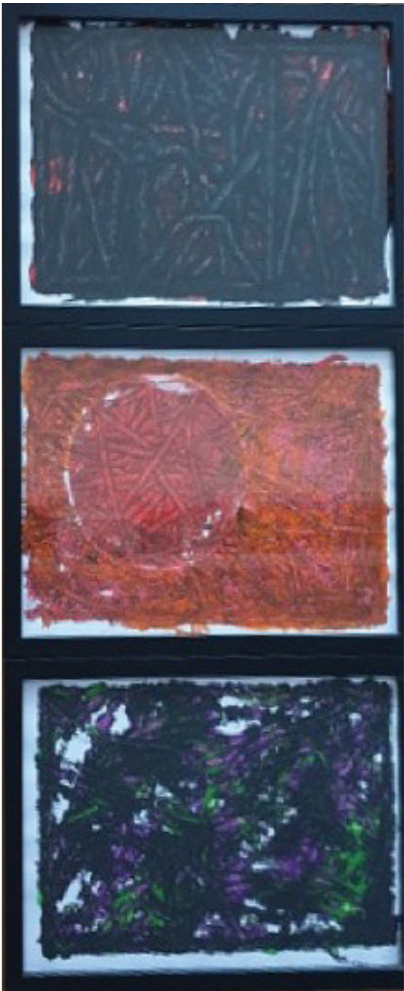
embodiment of that is in his wide grin, which he wears like a uniform. His particular area of passion has always been music. From a young age, he has shown a keen interest in rhythm and music, always picking out the beat to any song instinctively, tapping, clapping and singing away. It was not surprising then that he has become a drummer and percussionist, actively taking part music workshops held by staff at Cabrini, where his talents are used to enthuse others into a state of collective harmony, much like a conductor, drawing musicians together. He currently is a core member of a local choir and attends a music class at college on a weekly basis.



Emotions 1

RESIDENTS FROM CABRINI HOUSE

Work done using the golf ball painting technique. Using a large empty box the artist introduces a golf ball, rather than brushes, to create an abstract work of art. The artists used the colours they chose, and the motion of the box to express their emotions.



Emotions 2



N.B.

N.B is a very positive and smiley woman who has been living at Cabrini for most of her adult life. She found a passion for creative arts at a very young age and is meticulous with her eye to detail and emanates an aura

of calm and collective consideration to all those she comes into contact with, sharing her comforting smile with everyone. She enjoys performing arts such as dance, music and enjoys socialising and singing as part of a weekly choir group. She currently attends college twice a week, taking part in arts & craft sessions held at her local college where she enjoys challenging herself with many forms of art including drawing, sketching, oil based painting, jar painting and recycling material based crafts. Her current passion is working with shining sequins to produce an illumination of a lone subject or scene, such as butterflies or landscape with a river and bridge.

“I enjoy making practical, colourful items that I can share with others. My family enjoy displaying my art in their homes. It makes me proud to see my art on show.”

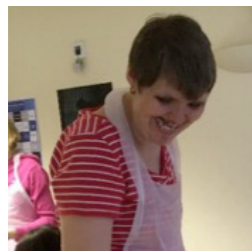
N.B. RESIDENT OF CABRINI HOUSE



N.S.

Planets

Work done using a large empty box and using a golf ball as an art brush. Mixing different colours over different types of paper, the result is an interesting collage that reminds two planets trying to get to each other in the vacuum of the universe.



N.S. is an enthusiastic woman full of energy with a good sense of humour. She has been living in Cabrini House most of her life.

She will not miss an opportunity to learn and

develop her creativity. She loves going to museums and experimenting with new artistic materials and techniques. She is confident and takes creative risks. Her technique is quick and sharp.

Despite she has a wide range of art interests; including painting, drawing or collage making, she is a passionate of card making – especially for birthdays.



L.S.

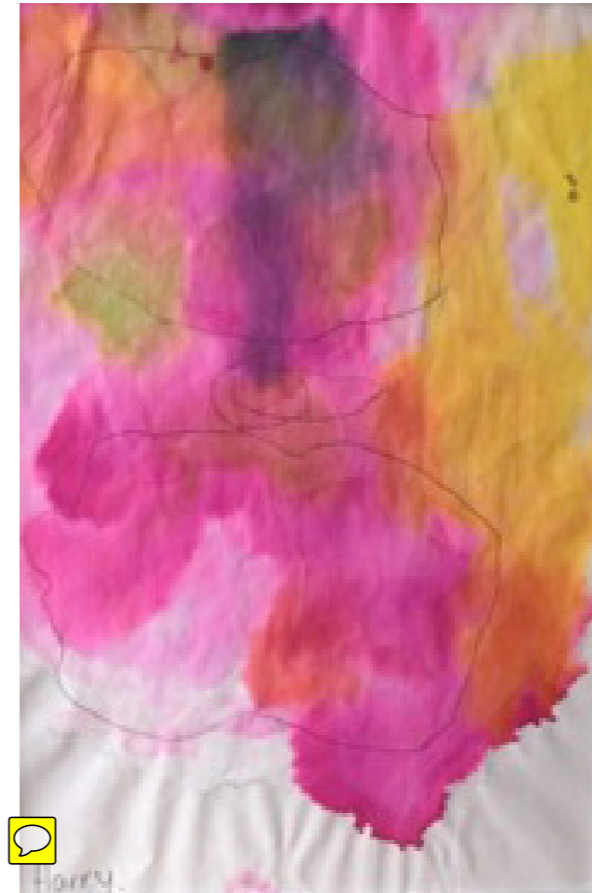
Joy

Work done with acrylic paint and tissue paper, layered on paper which the artist had drawn an interesting shape beforehand. The colours were chosen by the artist to express her emotion.



L.S. is a very charismatic and sensitive woman. She has been living in Cabrini since 2014. She has experimented working with acrylic and oil paints, crayons and charcoal using different techniques

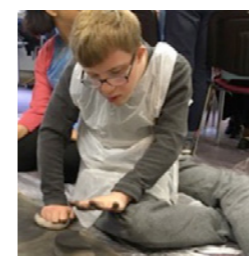
and tools. Painting and colouring, especially exploring new techniques and mediums, helps her to focus her mind and express her feelings. She also enjoys doing different art and craft activities, such as card or collages making. She is very generous and often will delight you with one of her pieces.



H.W.

Impact

Work done with acrylic paint and tissue paper, layered on paper. The artist had drawn a shape and let the colours bleed together in a way that reminds them of a butterfly.



H.W. is a young man full of talents. He has been living in Cabrini House since 2017. He enjoys taking part in every art related workshop.

Although he has experimented working with acrylic and oil paints, crayons and charcoal using different techniques and tools, he prefers working with paints, mixing colours and painting the same pattern of a human shape. He loves experimenting with new materials and techniques.

Currently, he is also learning photography.



E.B.

Pressure

Work done applying acrylic painting with a balloon punch technique, mixing colors and creating interesting shapes.



E.B. is a very smiley and somewhat reserved young lady, who uses arts as a way to express herself. She has been at Cabrini House for just under three years. She likes innovation and enjoys using various creative techniques as

a way to relax and share her emotions and feelings. Her confidence within arts is flourishing, being always sure about textures, shapes and colours she wants to use in her art works. She loves painting and colouring in, as well as making interesting collages, using glue, different textured and coloured paper, and glitter. Her work is characterised by the vibrant colours she uses.



Bird in Flight

Work done with acrylic paints on a canvas. The work was inspired by artists in abstract expressionism. The artist used bold segments of vibrant colours, which remind a tropical bird in flight at sunset.

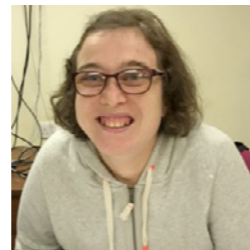
U10



U11

“Mosaic is my favourite activity. I would like to do mosaics every Wednesday”

L.L. RESIDENT OF CABRINI HOUSE



S.H.

S.H. is a joyful and sociable young lady who is full of artistic potential. She has been living at Cabrini since 2016. S.H. has a wide range of interests,

including arts. She is innovative and delicate with her work and likes experimenting with new activities and techniques. In each session she is always looking to use different materials and textures. She uses every opportunity to create art, and share her feelings. S.H. is really expressive in her work, and likes to see what emotions her art evokes in people. Her pieces are characterised by its joyful colours and shape.

Spring

Work done with acrylic paints on a canvas. The work was inspired by artists in abstract expressionism. The artist used a medley of shades of pink and blues, with the work making viewers think of spring and flowers.



U12

I.G.

Happiness

Work done with acrylic paints on canvas using a delicate stroke. The artist wanted to capture up the happiness of a new day, expressing how he felt when he gets up in the morning.



I.G. has been living at Cabrini House for his entire adult life. In that time he has experienced and enjoys many types of creative forms including, music, dance, drama --which he

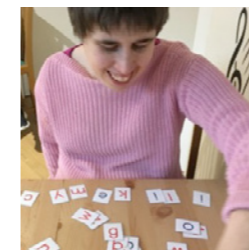
takes part in at a college currently. He also has a large familiarity with many types of artistic forms such as, sketching, colouring books, as well as acrylic and water colour based painting. He also enjoys paper crafts, particularly making seasonal themed cards to share and celebrate an occasion with everyone, truly making everyone feel involved and festive alongside him, highlighting his generous and caring nature. More recently, he has begun to expand his creativity into making mosaics, which is his current passion.

“I like making cards for every birthday and occasion. It makes people smile” **I.G. RESIDENT OF CABRINI HOUSE**

R.L.

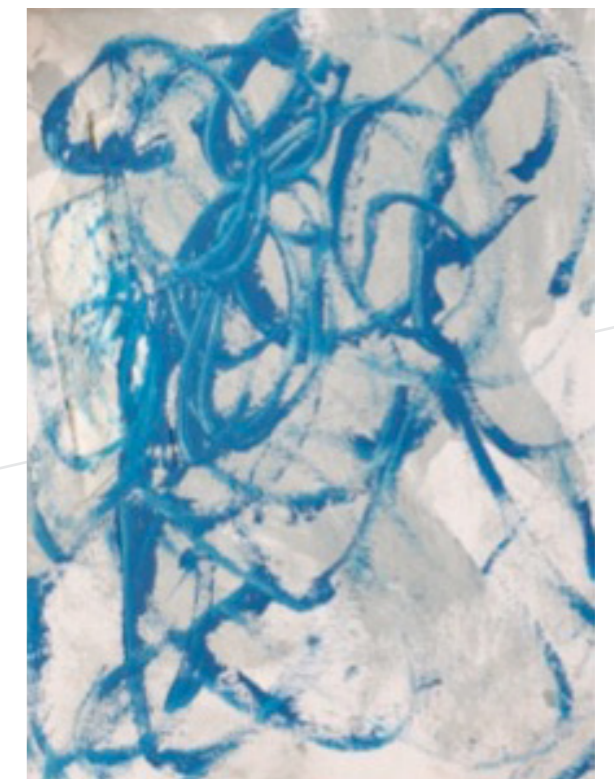
World Winds

Work done with acrylic paints on canvas. The work was inspired by artists in abstract expressionism. Due the sharp streak on the canvas and colours and textures used; the result reminds of cold world winds.



R.L. is a talented young woman full of energy and vitality. The joy that comes off her is easily spread around. She has been living in Cabrini House for roughly 3 years. R.L.'s big passion is reading, spending hours and hours surrounded by books. She

has been introduced to art as a positive way to improve and develop her creativity and skills. She has experimented with different painting techniques, her stroke is characterised by the quickness and energy of the artist. She shares through her energetic work feelings, emotions, memories and knowledge, most of them probably inspired by the extensive range of books that she has read.



U13

