The Art of Our Healing

An exhibition by participants of the Mental Health Association of Central Australia

The Residency, corner Parsons and Hartley Streets, Alice Springs
Monday 10 to Sunday 23 October

Join us for the following events:

Monday 10 October
Exhibition opening
World Mental Health Day
10:00am to 12:00pm
RSVP to 8950 4620 or info@mhaca.org.au

Wednesday 12 October
Live music by the Story Teller from
11:30am to 1:30pm
The Bakery is open for lunch

Or visit at your leisure from 10am-3pm on week days,
or from 10am-4pm on Sundays for Devonshire Tea by Linda Wells

www.mhaca.org.au
The Art of Our Healing

An exhibition of art and craft by participants of the Mental Health Association of Central Australia

10–23 October 2016
The Art of Our Healing

An exhibition by participants of the Mental Health Association of Central Australia
Celebrating Mental Health Week 2016

Mental Health Week is Australia’s way of raising community awareness about mental health and celebrates World Mental Health Day which falls on 10 October every year.

It’s a chance for all of us to improve our knowledge of how to maintain good mental health. Everyone in our community can learn how to build resilience, and how to aid people in recovery from mental illness.

Mental Health Week is also an important opportunity to showcase the amazing achievements and talents of people attending mental health services.
That’s why, for four months in 2016, participants of MHACA sat together in the Drop in Centre on Lindsay Avenue crafting felt, papier mâché, collage and block print creations for this exhibition.

The Art of Our Healing was a showcase of their wonderful artistic skill and ability.

Creating art together has provided them with an opportunity to belong, to renew the human bonds that keep people well. This social connectedness is vital to the process of recovery from and living with a mental illness.

Working together and feeling supported allows participants to express themselves creatively, and to learn new skills. This, in turn, improves quality of life.

The Art of Our Healing was proudly sponsored by a grant from the Northern Territory Government Community Benefit Fund.
Name: Sarah Irwin  
Title: Untitled  
Materials: Bowl, papier mache, novelty paper, own images of art-works.
Name: Sally Westaway
Title: Untitled
Materials: Bowl, papier mache, novelty paper.
Name: Ternaya Laughton
Title: Untitled
Materials: Bowl, papier mache, novelty papers.
Name: Chris Raja
Title: Untitled
Materials: Bowl, papier mache, novelty papers.
Name: S.C.
Title: Untitled
Materials: Bowl, papier mache, textured paper.
Name: Juan Taylor and R. S.
Title: Untitled
Materials: Pillow, block printed. Block design by Juan Taylor, block printing by R.S.
Name: Sarah Irwin
Title: Untitled
Materials: Felted scenery, wool tops, wool embroidery with wool yarn.
Name: J. M.
Title: ‘Sturt desert peas’
Materials: Felt, Sturt desert peas, wool tops, hand embroidery, work in progress.
Name: Chris Raja
Title: ‘The Healer’
Materials: Painting, acrylic paints,
Name: J. M.
Title: Untitled
Materials: Pod, wet felted, purple merino wool tops.
Name: Melissa Strachan
Title: Untitled
Materials: Pod, wet felted, blue-grey mauve wool tops.
Name: M.W.
Title: Untitled
Materials: Pod, wet felted, purple, spiral, wool tops.
Name: W.C.
Title: Untitled
Materials: Pod, wet felted, coloured merino wool tops.
Name: Anonymous
Title: Untitled
Materials: Pod, wet felted, oval bowl, wool/silk tops.
Name: Amanda Knight
Title: ‘Represents how I have been able to grow as a person, from all personal self-recovery’
Materials: Vessel, red wool tops, wet felted.
Name: Amanda Knight
Title: Untitled
Materials: Pod, wet felted, brown-white wool tops.
Name: D.R.
Title: Untitled
Materials: Pod, wet felted, turquoise wool – silk tops.
Name: Annie
Title: Untitled
Materials: Pod, wet felted, yellow–blue wool tops.
Name: W.C.  
Title: Untitled  
Materials: Pod, wet felted, yellow wool-red silk tops.
Name: W.C.
Title: Untitled
Materials: Pod, wet felted, black wool
- blue silk tops.
Name: Sarah Irwin
Title: Untitled
Materials: Pod, wet felted, wool tops.
Name: Juan Taylor
Title: Untitled
Materials: Pod, wet felted, black, yellow, red wool tops.
Name: Melissa Strachan
Title: Untitled
Materials: Bowl, papier mache, novelty paper, text & baby dragon.
Name: Annette Brooks
Title: Untitled
Materials: Box, repurposed, collaged words.
Name: Annette Brooks
Title: Untitled
Materials: Box, repurposed, collaged words.
Name: Annette Brooks
Title: Untitled
Materials: Small pillow, hand stitched, pastel illustrations and text.
Name: Annette Brooks
Title: Untitled
Materials: Small pillow, hand stitched, pastel illustrations and text.
Name: Annette Brooks
Title: Untitled
Materials: Large pillow, hand stitched, pastel illustrations and text.
Name: Annette Brooks
Title: Untitled
Materials: Calico bag, pastel illustrations and text.
Name: Annette Brooks
Title: Untitled
Materials: Calico bag, pastel illustrations and text.
Name: Chris Raja
Title: ‘Tiger and the Serpent’
Materials: Painting, acrylic paints, mixed media, ininti seeds.
Name: Melissa Strachan
Title: Untitled
Name: Melissa Strachan
Title: Untitled
Materials: Pillow, block printed, hand painted.
Name: Annette Brooks
Title: Untitled
Materials: Drawing, own illustration, pencil colouring – truck.
Name: Annette Brooks
Title: Untitled
Materials: Drawing, own illustration, pencil colouring – car and caravan.
Name: W.C.
Title: “Help at Hand”
Materials: Bowl, papier mache, plaster hand, barbed wire.
Name: Sally Westaway
Title: ‘The courage of others, inspired me to come ‘out of the shadows’
Materials: Image of textile printed shirt, accompanying story on wall.
"The Courage Of Others
Inspired Me To Come Out Of The Shadows"

The inspiration behind the song “Living in the Shadows” came out of the tragic event of April 28th last year with the execution of the Bali 8 including the two from Australia Andrew Chan, Myuran Sukumaran and the wonderful support of his spiritual advisor Pastor Christie Buckingham.

Prior to the Bali 8 I was “living in the shadows” not really wanting to interact with the world outside my home, except for allowing it to come in with the support of my MHACA support worker, then having heard the tragic news of the execution of the Bali 8 and hearing of their courage especially Christie’s willingness to be there right at the end supporting Myuran witnessing his courage of turning a “horrible, heinous thing into a honourable thing”, as quoted by Christie, by forgiving his executioners, and singing right to the end as 100 rifles were fired.

After hearing about that, of their amazing courage, I realised it was about time that I stopped ‘Living In The Shadows’, feeling sorry for myself and get out of the house, so I went to MHACA and designed The Butterfly Shirt during their craft session with Philomena.

The Branches representing both Andrew and Myuran’s Spiritual Leader and the Eight Butterflies representing the Bali 8 with Andrew and Myuran leading the way to Heaven.

I also continued learning Living In the Shadows for Alice’s Centralian Eisteddfod, which I had previously overlooked as I felt extremely overwhelmed about being in it, as I had been a regular participant of the Eisteddfod, and I also hoped to be encouraging people that they no longer need to be Living In The Shadows. I realised instead..... I was actually singing it to myself...................
Living in the Shadows

Living in the shadows,
Hiding from the sunlight,
Hiding from the one light that help to guide you.
Hiding from tomorrow,
Hiding from the day,
Only brings a sorrow
That won’t go away.
Wand’ring in the darkness,
Living ev’ry midnight,
Doesn’t ever rid night of nightmares as love might.
Life is full of dangers,
Strangers ev’ry turn.
Living in the shadows,
That’s no way to learn...
The more you learn,
The more you seek,
The more you find,
The more you care,
The more the world is kind.
One thing I can tell you:
Life should be your lover,
Help you to discover your reason for being.
Soon you will be seeing
What you’re all about.
Living in the shadows,
You’ll never find out.

From musical Victor/Victoria

Sally Westaway...
Entrance to the exhibition at The Residency
A beautiful display of pods

Artist Chris Raja
Artist Sally Westaway played harp at the opening of the exhibition
MHACA CEO Sabine Wedemeyer opens the exhibition

Artist Sarah Irwin
Alice Springs Mayor Damien Ryan formalises the opening
Acknowledgements

This exhibition was proudly sponsored by the NTG Community Benefit Fund and NTG Department of Health

And delivered in partnership with The Residency (Heritage Alice Springs Inc), Philomena Hali (artistic consultant) and MHACA participant artists

Photography by Mike Cassidy (MHACA Training Officer) and booklet compiled by Sarah Ford (MHACA Community Engagement Officer)
Contact Us
Phone: 08 8950 4600
Email: info@mhaca.org.au
Web: www.mhaca.org.au
14 Lindsay Ave
PO Box 2326
Alice Springs NT 0871