



**NORWICH**  
UNIVERSITY  
OF THE ARTS

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Have Strength Find Peace / BE

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## **CONTEXTUAL INFORMATION**

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# 1. SUPPORTING STATEMENT

<b>Output title</b>	Have Strength Find Peace/BE
<b>Output type</b>	M - Exhibition
<b>Output date</b>	2018/2020-21

The works were commissioned for two mental health units in the Norfolk and Suffolk NHS Foundation Trust for projects led by the arts charity Hospital Rooms involving a number of artists. Hospital Rooms initially approached Rowe as a result of his 2014 artwork for Nuffield Health Hospital, Cambridge.

The first project was realised in 2018 for the Woodlands Mental Health Unit, Ipswich. The second was for Northside House, a forensic mental health unit in Norwich, the installation of which was delayed until March 2021 by Covid-19 pandemic restrictions.

The research processes for both projects involved a series of site visits and consultations with service providers (staff) and service users (patients) of the units, including workshops for staff and creative workshops for patients, held by Rowe. These directly informed the subject matter and concept of Rowe's work for each project, particularly using patient responses to workshop materials and tasks. The specific location within each unit also determined the nature of the work and involved discussion with staff and patients about the use of the space.

Research also involved location images and the creation of screen-printing inks from organic materials specific to location. This is an ongoing element of Rowe's practice, being both conceptual/poetic and having practical/social/ecological applications.

The co-production element of these works, involving staff and patients from mental health units in their conception, development, and location, is innovative and empowering for those individuals as well as enhancing the quality of the spaces of the units they live and work in. Moreover, the works represent what can be achieved within the severe restrictions and compliances required for working and installing artworks in mental health units.

The site-specific works are permanent installations within the mental health units. They were also publicly disseminated in exhibitions and on the Hospital Rooms website.



Fig.1 *Have Strength Find Peace* installed at Woodlands mental health unit, Ipswich



Fig.2 *BE* installed at Northside House forensic mental health unit, Norwich

## 2. RESEARCH PROCESS

Hospital Rooms commissioned six artists for each project.

The 2018 Woodlands project included: Rebecca Byrne, Nick Knight, Nancy Milner, Tal Rosner, Carl Rowe & Tim A Shaw.

<https://hospital-rooms.com/nsft-woodlands>

The 2020/21 Northside House project included: Dexter Dalwood, Naomi Harwin, Jade Montserrat, Cara Nahaul, Carl Rowe and Richard Wentworth.

<https://hospital-rooms.com/northside-house>

A main element of the research processes for these projects were the site visits and consultations with staff and patients. This included discussions on the choice of spaces to be improved and information on the extreme restrictions in terms of meetings and workshops, as well as the compliance requirements for the artworks (including infection control, ligature and self-harm risk, durability). The workshops held by Rowe for patients were crucial in the co-production dimension of these works as they informed the subject matter and concept of Rowe's work for the projects.

### ***Have Strength, Find Peace***

For the Woodlands project Rowe's workshop invited patients to make monoprint images of trees from memory and to combine these with free-form writing. Following discussion, the wish from one patient to 'bring the outside in' and from another that 'we don't want more art, we want nature' led to the decision to use images of nature from the locality. The resulting concept for the commissioned work was to create photographic screen-prints showing mature trees situated within Christchurch Park, Ipswich, combined with single words ('strength' and 'peace') taken from the workshop.

Rowe's work for the Woodlands project would be sited in the Mental Health Act Tribunal Room. From discussion with staff and patients, it was agreed that the function of artworks created for this space should aim to 'level' as far as possible the hierarchy of those in the room and enable the patient to present themselves in as calm a manner as possible.

Material/creative research for the Woodlands project included a day of photographing trees in Christchurch Park. From over 150 high resolution RAW images, two were chosen for their compositional strength and converted to TIFF files for Photoshop post-production. The images were combined with text ('strength' and 'peace') and then converted into CMYK colour channels. These files were then made into the 'transparent separations' required for the 4-colour screen-print process. Up to this point the technique described is conventional. However, for this work the proprietary black ink used for the final screen-printed layer was substituted by an ink made from carbonated acorns, sweet and horse chestnuts gathered from Christchurch Park in Ipswich at the time of taking the photographs. The outside (fabric from trees in Christchurch Park) is literally brought inside the Tribunal Room as part of the work.

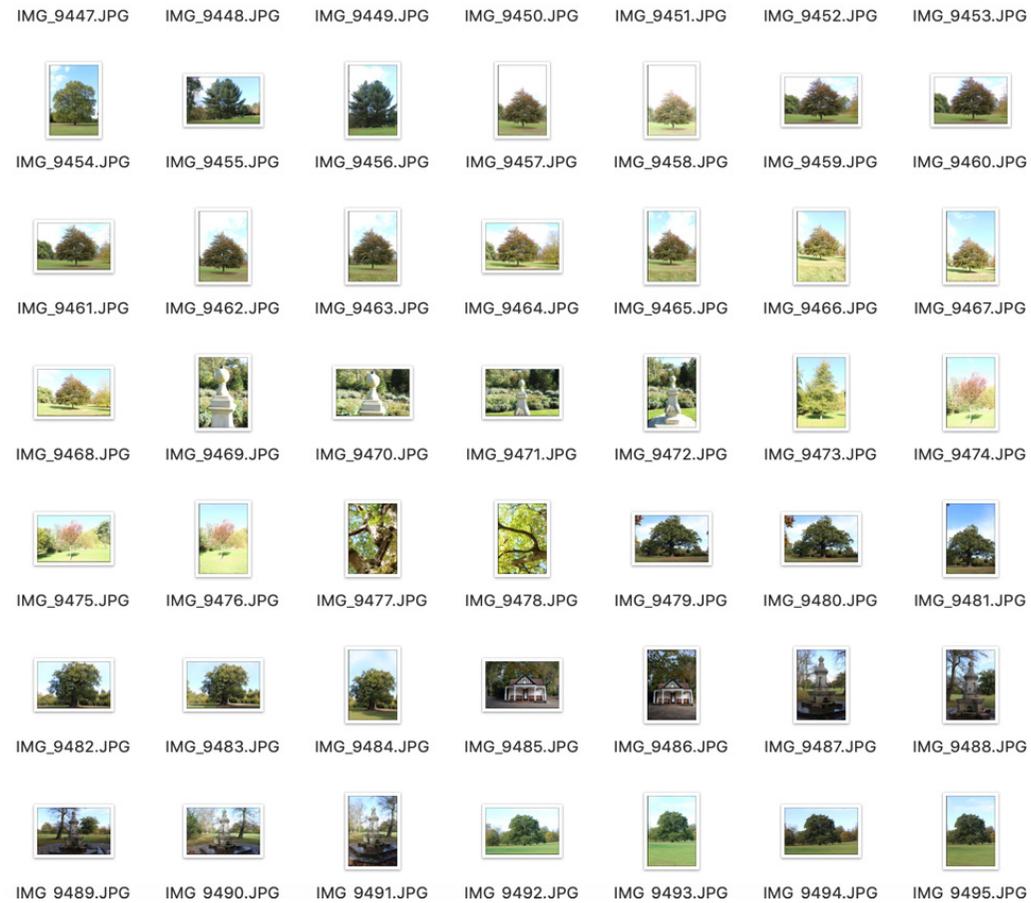


Fig.3 *Have Strength Find Peace*: Selection of photographs of trees in Christchurch Park Ipswich



Fig.4 *Have Strength Find Peace*: Nuts collected in Christchurch Park, Ipswich



Fig.5 *Have Strength Find Peace*: Carbonated nuts for pigment



Fig.6 *Have Strength Find Peace*: Grinding the carbonated material for ink dye



Fig.7 *Have Strength Find Peace*: Print element of the work



Fig.8 Woodlands: Mock-up of the work in photoshop



Fig.9 Woodlands: Installation of the work

# HOSPITAL ROOMS

## Workshop at Northside House with Carl Rowe



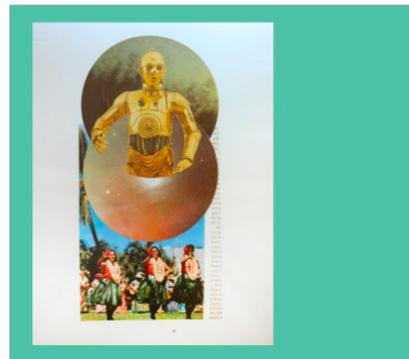
Hospital Rooms is a charity that will be working with 6 artists to create artworks for Northside House. We would like to invite you to join a workshop with artist Carl Rowe to share your experiences of the service and inform the artwork he will make.

**Friday 16th Oct**  
**10.30am -12noon**

Please join Carl for a Surrealism and collage workshop where he will help you to create unusual and unexpected images through collaging magazine and newspaper images.

Carl will be there to guide you through the process along with Tim and Phoebe. You don't need to have any previous art experience and all materials will be provided.

We will look forward to seeing you at the workshop!



## **BE**

Rowe's Northside House workshop, involving patients and staff, focused on collage, using a large range of cut-out images and exploring using text. For Rowe, the collage process involves taking images from their context-dislocated images- and assembling these into new shapes, new contexts, new meanings, which he views as relevant to recovery from mental illness. One collage, produced by a patient, included the text 'BE Younique', which focused the form of Rowe's work and its meaning – 'BE', fill missing parts with new parts: be yourself. It was agreed that Rowe's work, *BE*, would be located in the lounge/ TV/ Table Tennis area of Catton Ward at Northside House. This influenced the form and size of collaged panels to be used in the work, to provide visual interest and focus as a counterpoint to the television images.

Rowe focused the work on a wall-sized painting of the word 'BE' with a number of images screen-printed onto plywood sheets over an acrylic base colour and fixed to the wall without obscuring the text.

Fig.10 Northside House: flyer for Rowe's creative workshop

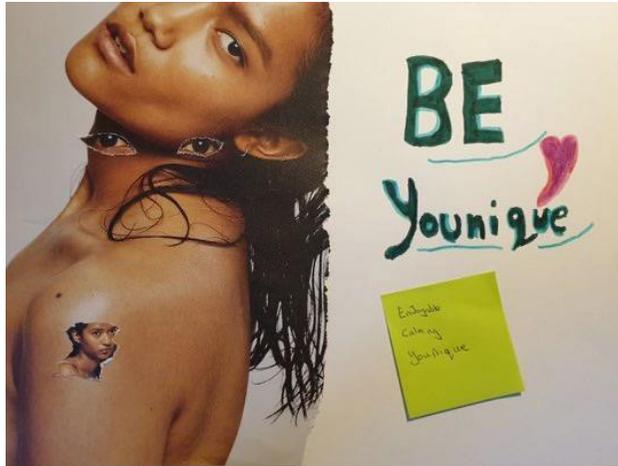


Fig.11 Northside House: patient collage from creative workshop



Fig.12 BE studio collage experiments



Fig.13 BE screen-print and acrylic experiments



Fig.14 *BE* finished panels

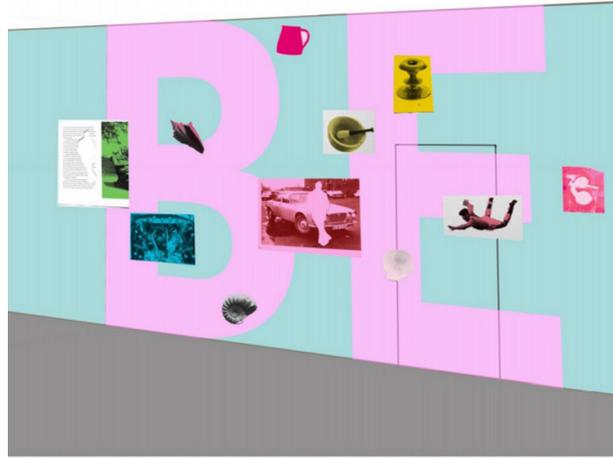


Fig.15 Digital mock-up of work



Fig.16 Installing the artwork

### 3. RESEARCH INSIGHTS

Rowe's research in the creation of screen-printing inks from organic materials specific to locations informed the work produced for the Woodlands project and influenced his subsequent work for a Global Challenges research project to produce natural carbon dyes from local vegetable matter and bio-waste as a replicable, sustainable, process of printmaking to disseminate health information in low-income areas of rural Ethiopia.

Co-production with staff and patients from mental health units to improve their living and working conditions developed Rowe's socially-engaged art practice and is a model for the increasing number of artists involved in arts and health projects. The works also represent what can be achieved within the severe restrictions and compliances required for working and installing artworks in mental health units. The artworks have been made to comply with healthcare use (hygiene, durability, visual disturbance) and in particular the risks associated with mental healthcare (self-harm including ligature risk, potential misuse against other service users).

*Have Strength Find Peace*, completed December 2018, comprises of two framed photographic screen-prints (120cm x 90cm), mounted over a large-scale text (480cm x 200cm) which is painted directly onto the wall using high quality emulsion. The work is located in the Mental Health Act Tribunal Room, Woodlands Mental Health Unit, Norfolk and Suffolk NHS Foundation Trust. The work is positioned on the wall above where the panel of professionals sit when conducting interviews and hearings with patients, and therefore in full view of the patient as they engage with the panel and their tribunal hearing.

*BE* completed March 2021, comprises plywood panels cut to irregular sizes (between 30cm and 60cm) with screen-printed images photo-mechanically derived from collage material. The panels are secured to the wall using security fixings over a wall painted in a light blue-green with the word **BE** painted in a sans-serif font in pink. The panels are on the text but do not obscure the word. Overall dimensions of the installation are c.400cm x 200cm.



Fig.17 Installed artwork



Fig.18 *BE* Installed artwork

## 4. DISSEMINATION

The two works are permanently installed in the mental health units. They can potentially be viewed by appointment and with permission of the leadership teams at each of the units.

The works were also disseminated to a public audience at exhibitions and on the Hospital Rooms website.

*Have Strength Find Peace* was in an exhibition of work produced for the Woodlands project at the Waterfront Gallery, Ipswich 28 June – 19 July 2019. The project is also documented in a booklet published by Hospital Rooms. An overview of the project, including Rowe's work is available on the Hospital Rooms website can be accessed on the Hospital Rooms website <https://hospital-rooms.com/nsft-woodlands>

*BE* was in an online exhibition of work related to the Northside House project 10 March – 9 April 2021 and was discussed at an online research symposium Arts and Mental Health: Facing the Future on 10 March 2021, at which Rowe presented his research for the work.

<https://artspaces.kunstmatrix.com/en/exhibition/4931771/arts-and-mental-health-facing-the-future>

[https://zoom.us/webinar/register/WN\\_rmtYfd6eTHOrAd28wl8SVA](https://zoom.us/webinar/register/WN_rmtYfd6eTHOrAd28wl8SVA)

The installation and public exhibition of the work produced for the Northside House project at the EAST Gallery, Norwich was planned for 23 November to 19 December 2020 but cancelled due to restrictions related to the Covid-19 pandemic. An overview of the project, including Rowe's work is available on the Hospital Rooms website can be accessed on the Hospital Rooms website <https://hospital-rooms.com/northside-house>. A physical exhibition of works from the Northside House project and the publication of a project booklet are planned for Summer 2021.

The flyer features a central photograph of a hospital room with several colorful abstract artworks on the walls. The room contains two pairs of chairs, a small table, and a desk. The text is arranged around the photo, providing details about the exhibition.

**Hospital Rooms**

Please join us for an exhibition showcasing the artwork created for Woodlands, Norfolk and Suffolk NHS Foundation Trust

**Waterfront Gallery**

Waterfront Building  
19 Neptune Quay  
IP4 1QJ

Carl Rowe  
Nancy Milner  
Rebecca Byrne  
Nick Knight  
Tal Rosner  
Tim A Shaw

Opening 28 June 6 - 8pm

29 June - 19 July  
9 - 4pm

ARTS COUNCIL ENGLAND

Nancy Milner, Review Room, Lark Vard

Fig.19 Exhibition flyer for Waterfront Gallery exhibition



Fig.20 Rowe's work reconstructed for the exhibition at Waterfront Gallery, including the black pigment & dye as part of the display (*not part of the work installed at Woodlands*)



Fig.21 Close up of the display of Rowe's work for the exhibition at Waterfront Gallery



Fig.22 Publication documenting the Woodlands project

**Topic** Arts and Mental Health: Facing the Future

**Description** Norwich University of the Arts, in association with Hospital Rooms and the Norfolk and Suffolk NHS Foundation Trust (NSFT) is pleased to present an online research symposium investigating the role that creativity can play in mental health and wellbeing.

The symposium will include contributions by academics, artists and organisations who have developed and supported arts and health projects. It forms part of a radical project taking place at Northside House, a forensic mental health unit in Norwich, where world class artists and forensic service users are transforming clinical spaces.

**Presenters include:**

David Cutler, Director, Baring Foundation

Dr Clive Parkinson, Director of Arts for Health, Manchester School of Art

Professor Simon Willmoth, Senior Research Manager, Norwich University of the Arts

Ged Pattison, Lead Nurse for Secure and Forensic Services, NSFT

Su Pashley, Secure and Forensic Services People Participation Lead, NSFT

Niamh White, Co-Founder, Hospital Rooms

Tim A Shaw, Co-Founder, Hospital Rooms

Dr Nicola Simpson, Research Associate, Hospital Rooms

Phoebe Eustance, Project Curator, Hospital Rooms

Cara Nahaul, Artist

Jade Montserrat, Artist

Richard Wentworth, Artist

Carl Rowe, Artist and Course Leader for Fine Art, Norwich University of the Arts

Naomi Harwin, Artist

This is a free event but places are limited so please register your interest now to avoid disappointment. A full programme will be circulated to registered attendees before the event.

Please contact [research@nua.ac.uk](mailto:research@nua.ac.uk) if you have any questions.

**Time** Mar 10, 2021 11:00 AM in [London](#)



Fig.23 Programme for Research symposium 10 March 2021



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