

## Introduction

The work that has been exhibited on this website is the work of the service users here at St George's hub based in Chapel Ash Wolverhampton. St George's hub is a place for change, giving support to the most disadvantaged people in our community.

The arts and crafts group was set up in September 2012 and was a place that was set up to allow the service users to express themselves in a creative manner, to begin to explore different materials and to produce art. This was not something that came easy for the group and for some this was the first time they had the opportunity or allowed themselves to indulge in the art materials let alone produce pieces of work.



Sometimes the space was used to escape from the stress that life brings us, sometimes it was used for people to have a rant about what was not going well for them, sometimes it was about having a good old laugh and a cup of hot tea, but all the time working and communicating through their art.



Art is a diverse range of human activities and the products of those activities





Art has been defined as a vehicle for the expression or communication of emotions and ideas, a means for exploring.



Art can simply refer to the developed and efficient use of a language to convey meaning with immediacy and or depth.



Art is an act of expressing feelings, thoughts





Art is also used by art therapists, psychotherapists and clinical psychologists as art therapy. The end product is not the principal goal in this case, but rather a process of healing, through creative acts, is sought. The resultant piece of artwork may also offer insight into the troubles experienced by the subject and may suggest suitable approaches that can be taken to resolve the trouble.



I see this exhibition as a celebration of the work and effect that went into doing something that did not come naturally. This was sometimes scary but this allowed people to enter into the unknown and has produced some thought provoking art.

