

MEDIA RELEASE - 16/11/2018

NEW MINDFUL EXHIBITION OF WORKS BY ONE OF BRITAIN'S MOST SIGNIFICANT 20TH-CENTURY ARTISTS: WILHELMINA BARNS-GRAHAM.

National charity Paintings in Hospitals has partnered with Imperial Health Charity, the Wilhelmina Barns-Graham Trust and emerging curator Briana Oliver to develop 'Linear Meditations', a new mindful hospital exhibition featuring the works of influential British abstract artist Wilhelmina Barns-Graham.

At Charing Cross Hospital, London, from the 14 November 2018, 'Linear Meditations' dives into the representations of water made by Wilhelmina Barns-Graham in her drawings, paintings and etchings between 1975-2002. Capturing water in a variety of forms, from glaciers to seascapes, the exhibition explores the power of water to both calm and captivate.

The exhibition will be accompanied by a series of mindfulness activities for patients, staff and visitors of the hospital. These will include mindful drawing, mindful listening and yoga. Mindfulness involves paying special attention to what is happening in the present moment: in our thoughts, our bodies and our surroundings. Studies show that practicing mindfulness can help us to manage depression, anxiety and stress.

Curator Briana Oliver says:

"We've integrated mindfulness into all elements of the exhibition, including our artwork labels. The labels prompt mindful reflection and provide a tool that patients and carers can use when experiencing difficult emotions. I hope this exhibition will create empowering and uplifting care spaces that inspire health and happiness for all."

Linear Meditations will tour three healthcare spaces: Charing Cross Hospital, St Mary's Hospital and Hammersmith Hospital through 2018 and 2019. The exhibition will then be available for other hospitals across the country to borrow from the end of 2019.

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paintings in hospitals

EXHIBITION FACTS

Title: Linear Meditations
Opening Date: 14 November 2018 – 30 November 2019
Venue: Imperial College Healthcare NHS Trust
Website: <https://www.paintingsinhospitals.org.uk/Event/linear-meditations>
Twitter: @artinhospitals
Facebook: @PaintingsinHospitals
Instagram: @PaintingsinHospitals

MEDIA ENQUIRIES



Images: 'Glacier Encounter', 'Eight Lines' and 'Eye of the Storm' by Wilhelmina Barns-Graham. Courtesy of the Wilhelmina Barns-Graham Trust.

For further details, hi-res images, or interview requests, please contact:

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EDITOR'S NOTES

ABOUT PAINTINGS IN HOSPITALS

Paintings in Hospitals is one of the longest established organisations in the 'arts and health' sector and the *only* national art collection of its kind. Founded in 1959, the charity uses art and creativity to inspire better health and wellbeing for patients and carers. Paintings in Hospitals is partnered with over 175 health and social care organisations in England, Wales and Northern Ireland, loaning its art and hosting hands-on workshops to create care spaces that encourage, enrich and empower everyone who uses them.

The Paintings in Hospitals collection holds over 3,900 artworks, including pieces by Bridget Riley, Antony Gormley, Ian Davenport, Maggi Hambling, Andy Warhol, Anish Kapoor, Howard Hodgkin, Patrick Caulfield, Helen Chadwick, Sonia Boyce, Alexander Calder, and many more. Paintings in Hospitals has also partnered with national museums and collections, including the V&A, Wallace Collection, and Hayward Gallery, enabling the charity to bring more world-class art to people who cannot reach it alone. Paintings in Hospitals receives no Government funding and relies entirely on grants, donations, and support from the public to continue its work. Paintings in Hospitals is a Registered Charity (No. 1065963).

Website: www.paintingsinhospitals.org.uk

Twitter: @artinhospitals

Facebook: Paintings in Hospitals

Instagram: PaintingsinHospitals

ABOUT THE WILHELMINA BARNS-GRAHAM TRUST

The Wilhelmina Barns-Graham Trust was established by the Scottish artist Wilhelmina Barns-Graham in 1987. The Wilhelmina Barns-Graham Trust exists to enhance the reputation and understanding of Wilhelmina Barns-Graham as one of Britain's most significant 20th century artists, and through her legacy supports young people and other individuals to fulfil their potential in the visual arts. The Trust is registered as a charity in Scotland No. SCO16854.

The aims of the trust are:

- To foster, protect and promote the reputation of Wilhelmina Barns-Graham
- To advance the knowledge of the life and work of Wilhelmina Barns-Graham through exhibitions, research and publications
- To create an archive of key works of art and papers, to serve as a source of information about Wilhelmina Barns-Graham's life and works and to provide access to this collection
- To support and inspire art and art history students through the provision of bursaries and scholarships

Website: <https://www.barns-grahamtrust.org.uk/>

Twitter: @WBGTrust1

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END OF ALL