

**Art Panel members Emma Hurrell and Kelly Seaman in conversation with Arrushi Goswami**

**How do you feel about seeing your art on the wall of a trust building and what does this mean to you?**

I feel a bit shy but very proud. Overwhelmed. It was nicely framed and it is nice for me to see it here.

**How did you hear about the art project?**

When I went to see the CAMHS in Hemel Hempstead, the doctors said to me about this. They told me I should send in my artwork and I sent it on the internet to Katie. During sessions they found that I was good at art and doing it at GCSE's so they gave me some information. At first I didn't want to, I wanted to hide but I am glad I did.

**What appealed to you about the art project?**

It is nice because it is giving people like me, deaf people, a chance to send something. I was worried but I enjoyed doing art so it appealed to me.

**How has making this displayed art, and having it accepted by the panel, contributed to your wellbeing and recovery journey?**

I stopped worrying so much and I am doing a lot better and a lot more art. I feel a lot more confident.

**Has your art-making continued/increased since having work accepted by the art panel? If so how?**

I have been doing more different paintings and a lot of art at college and going for work experiences. I make soap and I sell them. I include postcards of my art in these. I want to do media art and films next year.

**How important to you was it that the art panel was made up of a mixture of people with different experiences of mental health: service users, carers, young people, mental health professionals, representatives from university of Hertfordshire?**

It is lovely to know that different people from different aspects were involved but I wondered if there were any deaf people there and different needs as well. Different people have different views when they are selecting and they are thinking differently.

**How helpful did you find the themes; hope, resilience, empowerment, choice, memory, unspoken, stillness and journey?**

I found them helpful and my art was about dreams, worries and hope. The themes that I worked with were hope and journey, because life is a journey. I work hard so also resilience. Yes the themes helped me to decide what to do.

**How do you feel seeing the other people's art displayed here?**

The other art is beautiful, nicely framed. Some are sad and some very bright. Some paintings look sad and then there are some beautiful colour ones.



**What do you think are the benefits and disadvantages in having one consistent person throughout the art project?**

Different people might do things differently, so having one person was helpful to do it in the same way. If it is one person they may do it in the same way, not sure.

**Would you like to take part in any future creative projects with us?**

Yes I would like to.

**Is there anything else, not already covered, about the art displays you want to talk about?**

Thank you for looking after the art, it is nicely framed and the name plates are really nice.

**Do you have any questions for us?**

Q: Yes I would like to know if there were any other deaf people involved in the art panel?

A: There weren't however there were lots of different people involved.

Q: When did the artwork go up in the buildings?

A: In these buildings it went up last summer and autumn.

After the interview mum commented on the change she has seen in Arrushi. She said how much better Arrushi is now and how being part of the art project has really helped her in her recovery. She said since seeing her art on the wall at The New Maynard Gallery exhibition, it has really helped with her depression and encouraged her to do more with her artwork. She is making herbal soaps, packaging them with postcards of her art, and selling these through a charity and has begun to write short stories.

She commented on how Arrushi has grown in confidence and that her favourite piece is 'Dream' because they had a very meaningful discussion about it. The art has helped us as parents understand more about Arrushi and the art has provided an outlet for her worries.