

Art Panel members Hollis Dixon and Joanne Williams in conversation with artist Sean Blackmore

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

I feel it is excellent and I feel very happy. I feel it is amazing that people can see my art work. It helps people with mental health issues and helps their self-esteem. It makes me feel proud to have my work displayed.

How did you hear about the art project?

I heard about it from my art therapist Gill, during my art therapy sessions. Gill mentioned it to me after my first session; she liked my use of colour.

What appealed to you about the art project?

I just like doing art work as a whole. I was pleased to be a part of it and pleased to have two pieces of work chosen.

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

It has helped with my wellbeing. It has given me more confidence to do more art; combining my love of art and love of birds and using my observation skills. It was good to discover another thing I am good at.

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

My art work has continued and got better. I have joined an art therapy group and am using different mediums, acrylics and pastels. I have started a new painting, which is of the London skyline and my art is getting bigger and more experimental.

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, and representatives from the University of Hertfordshire?

I feel it was very important. Everyone had their own ideas and everyone was represented.

How helpful did you find the themes: Hope, Resilience, Empowerment, Choice, Memory, Unspoken, Stillness and Journey?

I found them helpful and I used the theme of 'Journey' for both of my pictures; the birds in my pictures were in flight. 'Journey' also reflected the progression in my art.

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

I really enjoyed looking at the other paintings; it was brilliant to see people's art work and techniques and I have seen some new techniques that I might use. I liked a painting that was done in coloured biro and I would like to try this myself.



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

My art therapist Gill was the consistent person throughout the project. I would like to have met the people on the panel and the other artists.

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

I would like to have the chance to be on the art panel in the future.

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

I think it would be good to have music accompanying the paintings, the painting of the sea, could have sounds of water or waves; especially for people who are visually impaired; also things you could touch with texture. Before doing this interview I was anxious and a bit scared, but it was ok in the end. 'Scary, but ok'.

Sean's artwork is displayed at Kingfisher Court:

'Gull in Flight' (oil pastels on paper)

'Carmine Bee Eaters in Action' (mixed media on paper)