

CASTLES



IN

16

– 26 October

THE

10am

– 5.30pm

Closed on weekends

 AIR

The Arena, L1 @TheBridge,
Ascent Building,
Singapore Science Park 1,
Singapore 118222

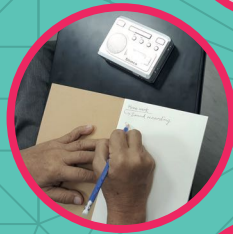
Castles in the Air



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Out of a collaborative process, *Castles in the Air* presents the artistic outpouring of 11 participants and clients with schizophrenia, psychosis and other mental illnesses from the Early Psychosis Intervention Programme in the Institute of Mental Health (IMH), Singapore Association for Mental Health (SAMH) and Club HEAL; who underwent a series of creative workshop sessions guided by multi-disciplinary artist, anGie seah.

Castles in the Air encourages open dialogue and discussions - emphasising that recovery is possible for individuals with mental health conditions and the importance of strong support networks. In the transformative process of artistic creation, there are endless opportunities for growth, respite and possible healing.



Collaboration and Community Partners



Castles in the Air was generously supported by the NCSS Mental Health Public Education Grant.



Borne from a desire to address public stigma towards mental illness and define individuals with mental health conditions as artists in their own right, Johnson & Johnson and Chan + Hori Contemporary worked with community partners in mental health to conceptualise a guided initiative that culminated in an art exhibition. *Castles in the Air* presents a gathering of minds and unrestrained voices, where exploration is encouraged through the tools and process of art-making. The desire to artistically create and express beyond the written and spoken language is innate in all of us. Dealing with the untamed realm of our senses and endless possibilities of our imagination, we have all demonstrated moments of raw, uninhibited artistic expressions when we were young.

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In the process, the clients gained access to a studio space at the SAMH MINDSET Learning Hub, interacting freely and engaging in art-making with anGie Seah over the course of a month. Exploring inner landscapes through freedom of expression, what emerged was a myriad of drawings and paintings. Participants were provided with audio recorders, to imagine and create what their final artwork would sound like. They also underwent paper manipulation exercises, tracing and folding paper to translate subjects they were addressing into forms and shapes."

Castles in the Air encourages open dialogue and discussions - emphasizing that recovery is possible for individuals with mental health conditions and the importance of strong support networks. In the transformative process of artistic creation, there are endless opportunities for growth, respite and possible healing. This programme bears testament to the creative zeal of our human spirit, weaving together a myriad of aspirations and possibilities beyond static realities.

A starting point:

"Voices in their head"

Early on in our lives, we make patterns and representations with anything that comes to mind; unconsciously exploring the boundaries of space through objects that we arrange and depict.

In this way, we begin to learn about a relationship with the world which goes beyond practicality.

The desire to make images and communicate that which is otherwise unsayable is innate in all of us.

Art-making is transformative for exploring inner landscapes and psychological depths.

As the artist-instructor playing the role of a navigator, I have guided the participants in ways of manipulating materials to express and engage themselves using their tactile senses. And yet, I've also allowed them to "present" themselves through their inner dialogues.

The participants' psyche allows them to juxtapose any form or shape into the subject they are dealing with.

I hope to emphasize the absence of any logical definition, such that this aspect becomes a strength in their articulated expression.

By putting ourselves in their shoes and presenting these alternate visions of their inner voices, we can see and understand more about the untamed realm of their senses and the creative possibilities beyond static reality.

Written by anGie Seah

"Art-making is anthropological for me"



anGie seah

Born in 1979, anGie seah is a Singaporean artist. Her multi-disciplinary practice traverses the mediums of drawing, sculpture, performance art, sound and video to respond to the enigmas of life. Since 1997, anGie has exhibited works, taken part in artist residencies and participated in performance art festivals locally and internationally. For more than a decade, she has been actively initiating art projects and participatory workshops within communities for families, underprivileged children, youth-at-risk, children and seniors with special needs, people with mental disorders and the elderly suffering from conditions such as dementia and strokes.

By working within a community, it is her way of attaining a more complete understanding.

It gives her the chance to widen her practice and understand the realities of life, through people.