

New art exhibition in Brixton features work created by people living with learning disabilities and mental health support needs

A new art exhibition called 'A Breath of Fresh Air' featuring work created by people living with learning disabilities, autism and mental health support needs has launched at the SHARP Gallery in Brixton.

The artwork was created in workshops at Connect & Do, a community hub based in Brixton and Penge that brings people of different backgrounds together to connect with others, feel creative and purposeful. Connect & Do is run by Certitude, London's leading adult social care providers for people with learning disabilities, autism and mental health support needs.

Jeff, Workshop Facilitator at Connect & Do and co-organiser of the exhibition, says:

"These pieces represent a release from tension, the experience of something new, or a rekindling an old passion or skill. A 'breath of fresh air' for the mind, body and senses."

Martyn, one of the exhibiting artists says:

"I'm happy to show people my work. I like to challenge myself, to try things outside of the box. It's about the process. The most important thing is that I like what I've done. The pieces I've made for this exhibition are pieces that I'm really proud of and willing to show, maybe not the whole world, but certainly to Brixton!" – Martyn, one of the exhibiting artists.

Connect & Do involves a wide range of free workshops and events at their community centres in Railton Road, Brixton and Melvin Hall, Penge. The workshops offer opportunities for socially isolated people to interact and mix with others in the wider community. Connect & Do aims to break down barriers and provide a space where people can learn and feel part of the wider community.

'A Breath of Fresh Air' runs until the 25 October at the Sharp Gallery in Brixton. The gallery is open every Monday from 1 – 4pm.

More about Certitude

Certitude provides personalized support across London to people with learning disabilities, autism and mental health support needs as well as families and carers.

Website: <http://www.certitude.london>

Twitter: <https://twitter.com/Certitude>

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Head Office: 31-33 Lumiere Court, 209 Balham High Road, Balham, London SW17 7BQ

At Certitude, we exist, simply, to support those who need us - to help them develop new skills, to meet new people, and experience new things. So that they can bring their own unique brilliance to the world.

More about the Sharp Gallery

The SHARP Gallery is a unique and innovative project, turning a drab meeting room into a gallery space. Since 2011, it has exhibited the work of over 120 artists, many of whom using mental health services.

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