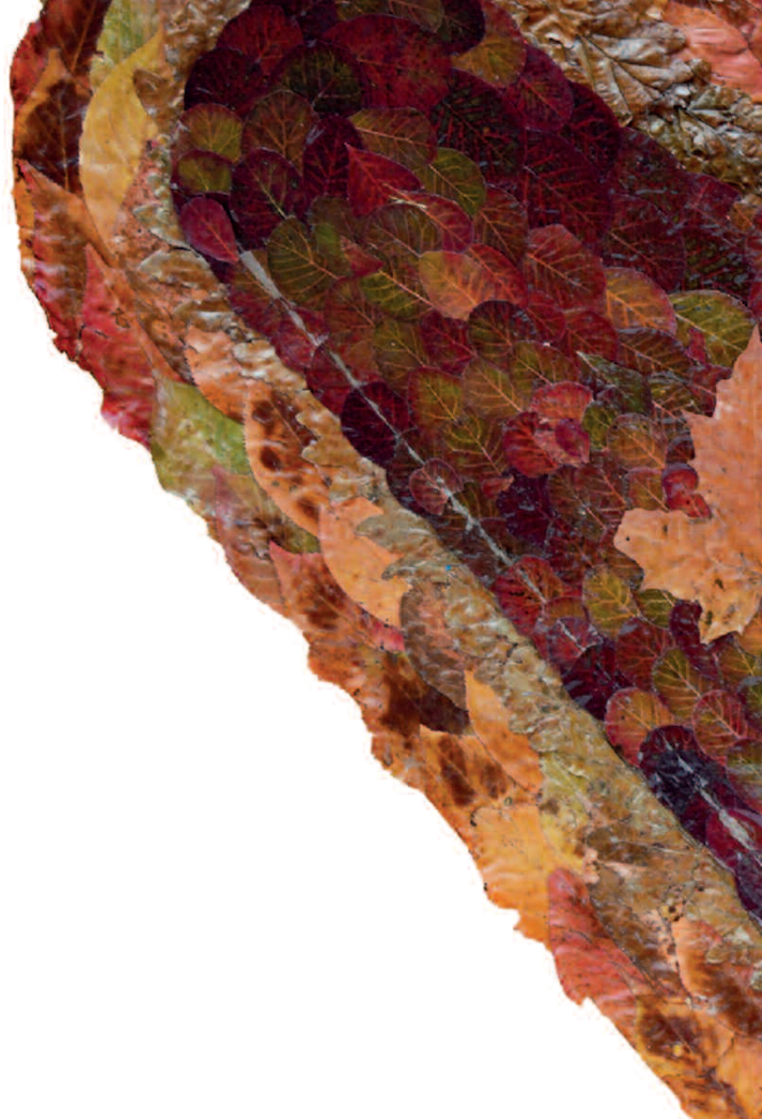


One Day

an exhibition of art

Catherine Duddy
Catherine Ellis
Mary McLaughlin

Garden of Reflection Gallery
Bishop Street
Derry - Londonderry
11th - 25th February, 2016





COMPASSIONATE COMMUNITIES

The One Day Exhibition was made possible by the contribution of volunteers who gave freely of their time and their talent.

Firstly, the three local artists, Mary McLaughlin, Catherine Duddy and Catherine Ellis who produced very insightful and thought provoking art pieces.

Working behind the scenes ensuring a very professional exhibition were Steve Lewis and Caroline Murphy.

Christine Cowley for her help in opening the exhibition.

Mickey Rooney for the photography.

CLEAR Project supported by the Public Health Agency for funding the exhibition.

Finally, the staff at the Garden of Reflection Gallery for all their support and commitment.

Further information on Compassionate Communities North West is available at the following:

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The One Day Exhibition

The One Day Exhibition is an exhibition of art using art forms such as paintings, sketches and 3D art installations on the theme of frailty and the power of community connectedness. All pieces of art were designed to educate the general public and raise awareness on the issues facing people who have become socially isolated as a result of frailty and/or some other circumstance.

3 local artists volunteered their time to produce multiple art pieces specialising in a range of mediums with the result that the artwork took a variety of different forms ensuring that it appealed to a large audience. Each artist drew upon their personal experience and their understanding of the Compassionate Communities North West project.

The Artists, Mary McLaughlin,
Catherine Duddy and Catherine Ellis



Catherine Duddy

The work is a series of three separate pieces that support each other. "Just Passing Through", a large scale, free standing piece which has been deconstructed and constructed simultaneously is made predominately from latex. Representing the human condition, our temporary existence and the transience of time.

The frustration involved, continuously trying to hold unto time, to tie it down, which is impossible, due to its very nature. If only we could stay in the "Calm Centre", listening to our hearts life would be stress free and effortless.

The work holds tension as well as fragility and has a tactile allure that is hard to resist. "Anchors Away" the second work supports The Mother Ship and consists of three framed latex hearts, also produced by a deconstructing, constructing process. This work represents the challenges we face in life when presented with a diagnosis or illness, the shift and gradual rebuilding of ourselves both mentally and physically, back to our original strength and health.

"Lost At C" The third and final component ties all the work together. It consists of a small boat made from latex and matches, and the letter "C" which is also constructed by the repetition and the laying down of matches. The piece is a play on words representing my own personal journey and battle with the "Big C", which as we all know is Cancer.

This journey, which we must face alone is paved with fear and uncertainty and forces us to take a deeper look inside. This process has been for me, insightful, empowering and transformative. Through time and reflection I have been able to see with great clarity the lesson in my cancer diagnosis and how remarkably, it has been my greatest teacher and a true gift.

"It made me think more about what it is actually like to have a cancer diagnosis and it really opened my eyes."

(Exhibition Visitor)



Lost at C

The Mother Ship



Just Passing Through

Catherine Ellis

"Unlike other items of clothing, shoes, after a while are shaped in the form of the wearer, they become as individual as the person and have the power to hold a memory of that person."

Siobhan: (Volunteer complementary therapist)

"A patient I cared for suggested I buy these shoes because they are so comfortable. After she passed away I came across them in a shop by chance."

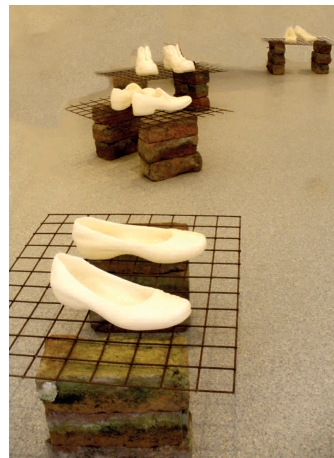
Edel: (Nursing Assistant)

"A lorry landed with 20 tonne of stone from a quarry out beyond Altnagelvin, they came in massive chunks...the man showed us how to break the stones up with a pick....Every stone you see here, I've laid it, they were all broken, fitted and placed."

Danny: (Retired Engineer, Volunteer)

"Shoes remind me of a journey. My palliative care patients go on a journey; I've met some lovely people as I've accompanied them on that journey."

Rose: (Specialist Community Palliative Care Nurse)



Invisible Spirit

"You never really understand a person until you consider things from his point of view... Until you climb inside of his skin and walk around in it."

*Harper Lee,
To Kill a Mockingbird*

Mary McLaughlin

The Autumn Of Life

In this piece I identify the autumn leaves with the approach of end of life and frailty but when combined they become a thing of beauty and strength; they acquire a new purpose in life.



"This is an essential element of compassion and empathy are fuelled by the drives of the heart and love in the broadest sense"

(Exhibition Visitor)



Strength in Numbers

The figures in this sculpture are made from fine wire and paper made to look like iron. In the making of the piece I found it difficult to get the figures to stand alone but once I put them together they became strong and stood firm. For me this was a lesson together we can make things happen 'as a team we can achieve the dream'.

"People standing firm together and holding each other through tough times does essentially help."

(Exhibition Visitor)



Friends For Life

