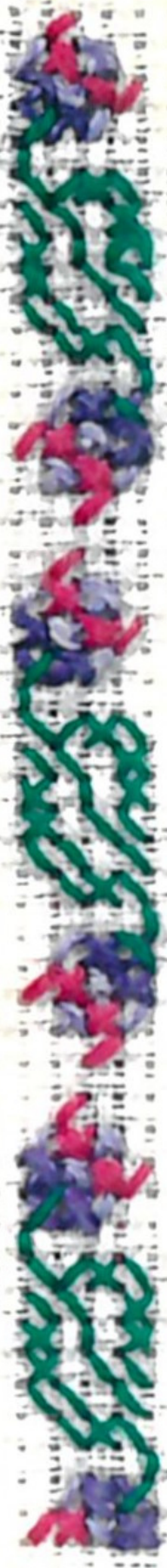


Handwritten text in red ink, appearing to be a list or series of entries, possibly names or dates, arranged in several columns. The text is somewhat faint and difficult to read due to the handwriting and the texture of the paper.



About Flourish



Flourish House is a mental health recovery community. Based on the International Clubhouse movement, we help people to build meaningful relationships through meaningful activity. As a community, we help each other to gain a sense of well-being and recover confidence.

Our vision is to live in a society where people who have mental health difficulties are valued as neighbours, colleagues and friends.

Flourish Artists

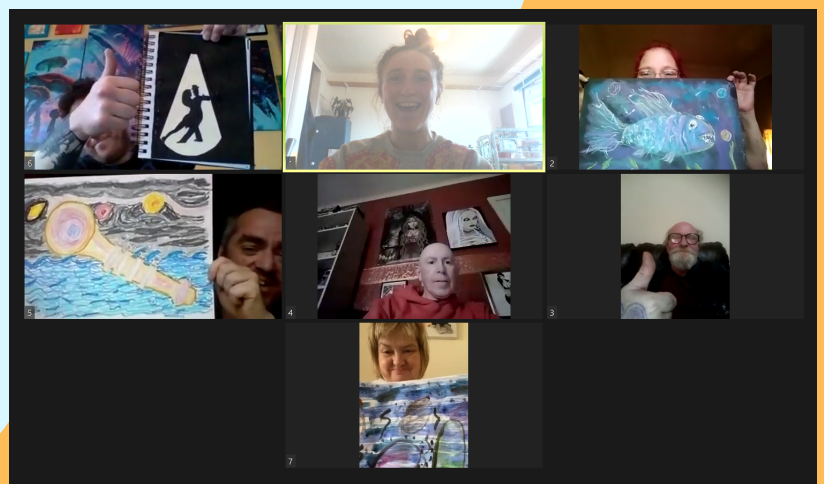
The Art Group at Flourish House is a space for members to relax and express themselves. Over the pandemic, this community of artists have been working together over zoom trying new approaches and techniques.

A creative practice and outlet has been very important for many people during the pandemic.

During the lockdowns the art group met online to share skills, connect, create with, and support each other.

Much of the work was shared in their monthly mail out to members to brighten the harder days.

Now we're able to meet again in person we'd like to share what we made during the lockdowns with the wider Glasgow community.



Artists

Neil Patterson
James Smith
Graham McGivern
Angela McEwan
Fiona Donald
Baljinder Purba
Lorna Carlisle
Audrey Hunter
Tony Kelly
Janette Adams
Julie Liu
Ann Hope
Ameena Zafar
William Spiers
Paul White
Anna Rogers
Michael McFadden
Becky Male
Peter Faulkner
Andrew Garrow
Margaret Jackson



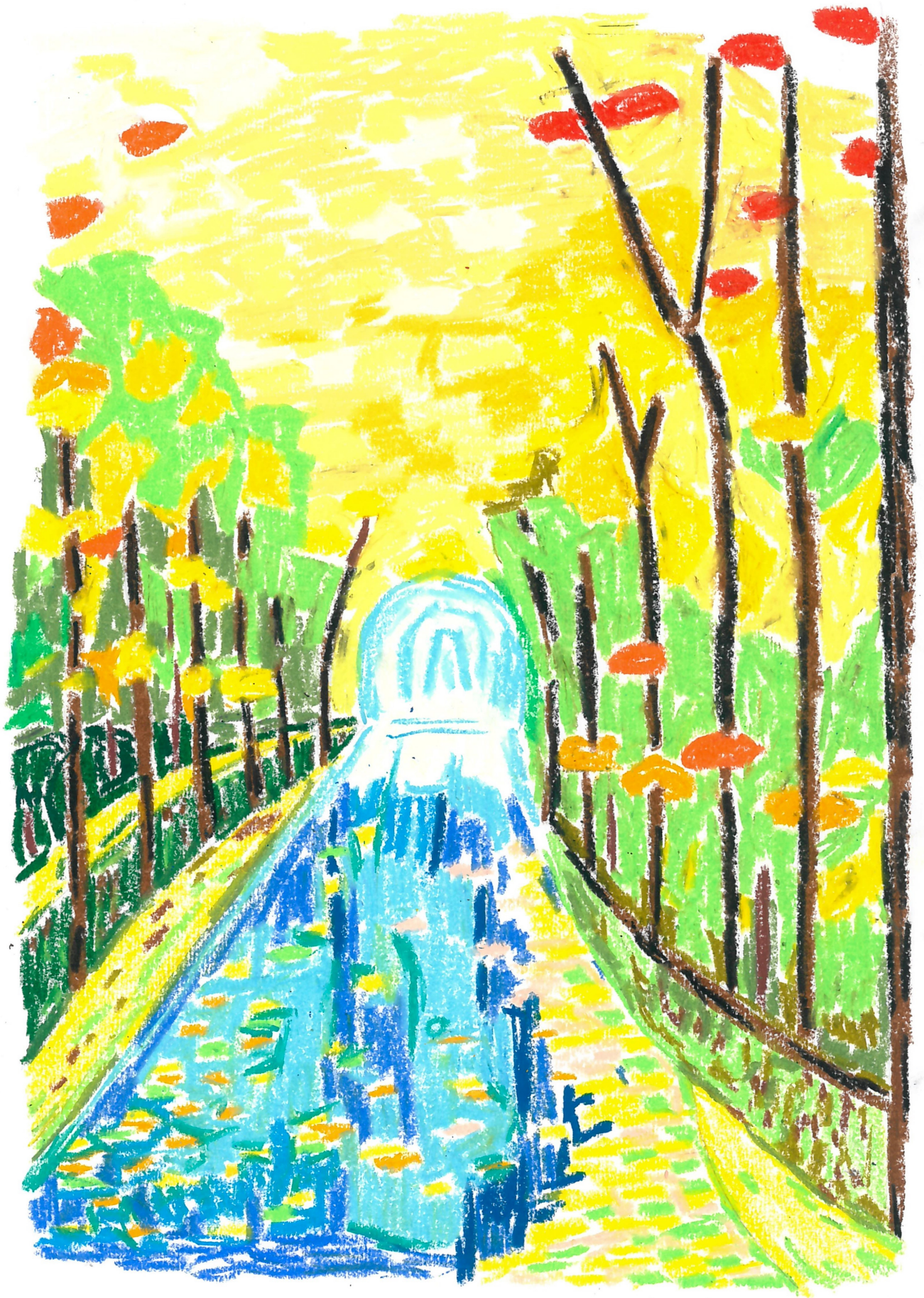


Flower Of Scotland
Neil Patterson
2021



Heart and Soul
Neil Patterson
2021

Neil



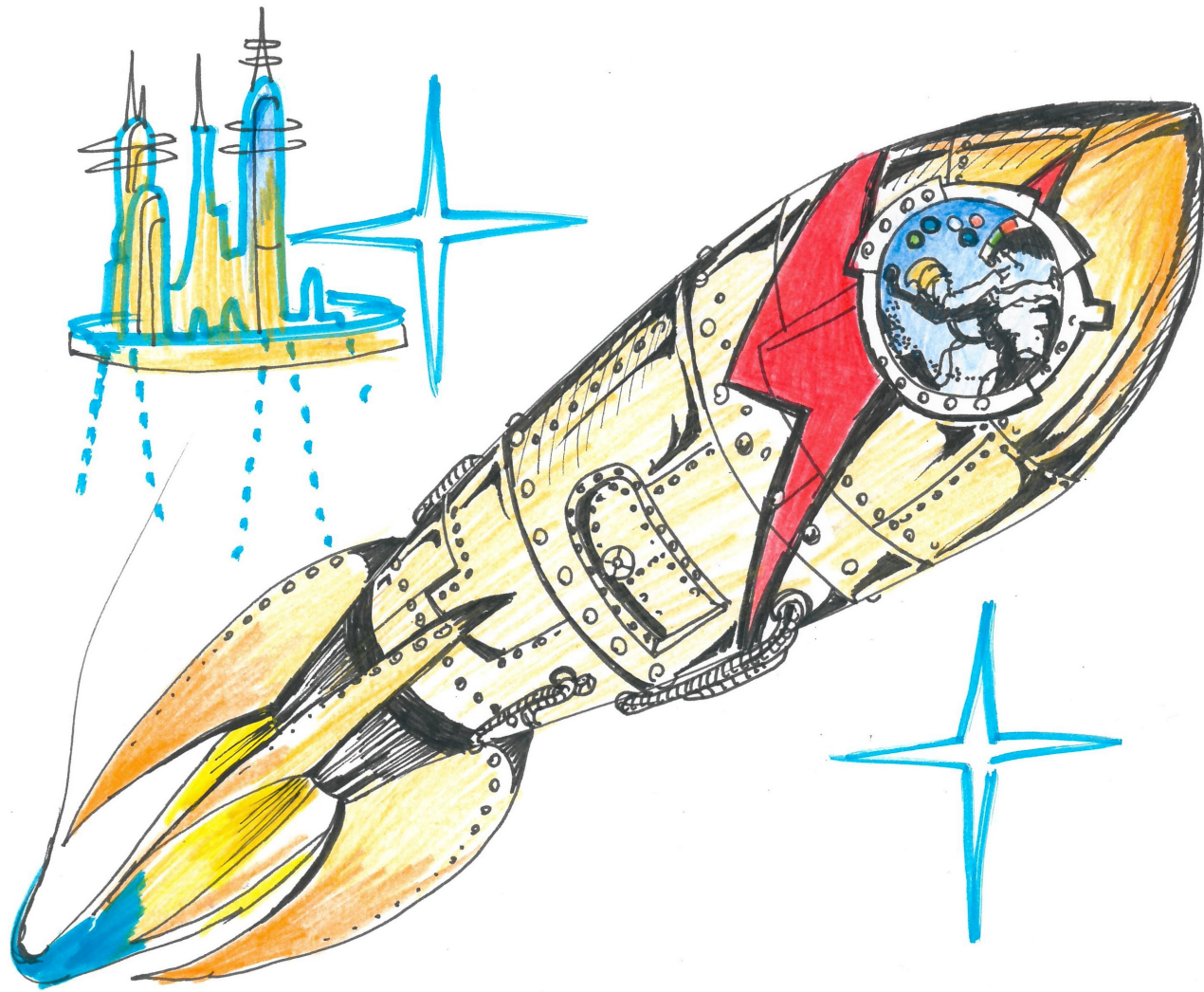
Light At the End Of The Tunnel
Neil Patterson
2020



James Smith

Battle of Langside, 2021

Made to illustrate the life of Mary Queens of Scots written by Jean G for 'In the Flo'



James Smith
2020

James Smith
Rocket Man
2020

Made during an expressive drawing zoom listening to the Flash Gordon soundtrack..

James On Art In Lockdown and Life

Art helped me through a difficult time and helped me stay focused. It's given me a sense of purpose and reason to get up in the morning

I started to feel like an artist and really progress about 40 years ago this was when I started to draw people and faces.

My favourite thing about being an artist is drawing images on paper and using colour to create something that is personal to me.



James Smith
2021

The Colour Orange



Graham McGivern - Figure By The Window



Graham McGivern - Light Study



Graham McGivern - Drop In



One Day At A Time
Angela Mcewan
Cross Stitch 2021



Lock Down's here
 don't come near, stay well clear
 wear a mask, it's a task
 stay healthy fit and wealthy
 It'll go away some day
 Things will get better as i write this letter
 Read the words, feed the birds
 See you soon, my little bloom.

Image - Be Strong, Fiona Donald 2020
 Words by Willie Spiers

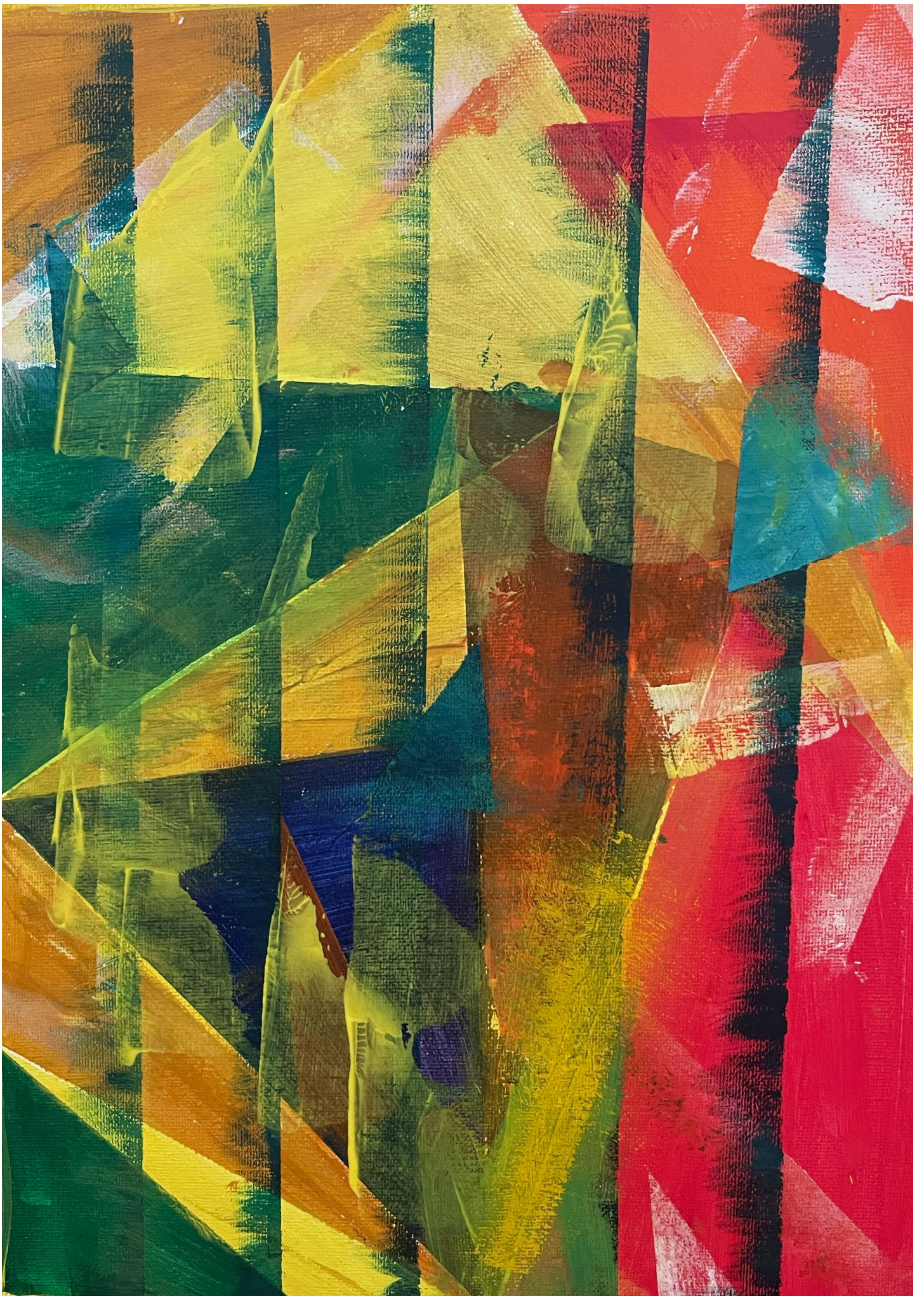


My illness came during the night
I got a fright
Bipolar came, I'm no the same
no one's to blame, I'll live again
Look over there - don't go into despair, grab a chair
look at the sun, have some fun
go out and run, phone your mum
a know you could, you're in a good mood
stay safe in your own place.

Image - Baljinder Purba 2020
Words by Willie Spiers



Baljinder Purba



Baljinder Purba



L Carlisle

Balthazar
Lorna Carlisle



Lorna Carlisle
The Colour Blueie

L Carlisle



Lorna Carlisle
White Rabbit



Giraffe
Audrey Hunter



Highland Coo
Audrey Hunter



Owl
Audrey Hunter



Tony Kelly

Shane 2021

In January 2021 many Flourish members adopted trees around the city to visit each day

Flourish House
as quiet as a mouse
the virus came, no one's to blame
it's driving everyone insane
I stay strong, sing a song, get along
look at the moon, it will be over soon
give it a try, no one has to die
bye!

Poem by Willie Spiers





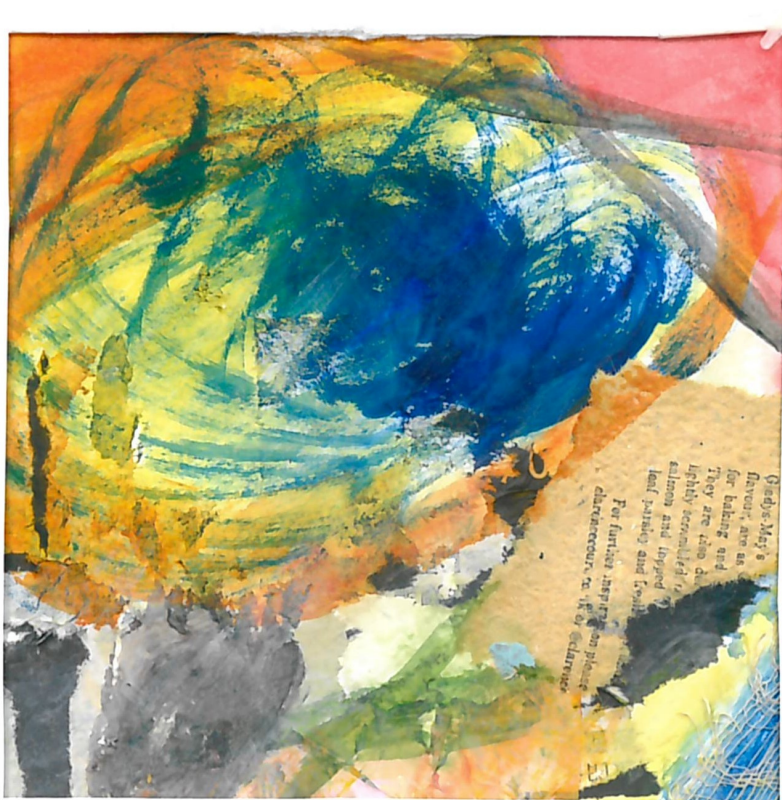
Janette Adams
Abstract Embroidery



Our Magic World
Julie Liu

Eyes
by Julie Liu

Oh little you,
Contain all the happiness, anger, sorrow and joy
With the breast of the sea.
Even the light will be shy,
When you are moved.



《叶子·彩蝶》
作者 水墨紫

如果 你在我的窗前走过
带给我一片鹅黄的叶子
我会把它别在胸前
静寂地等待
当时光逝去
它幻化成美丽的彩蝶
日日地 在你的枝头翻飞

Chinese version

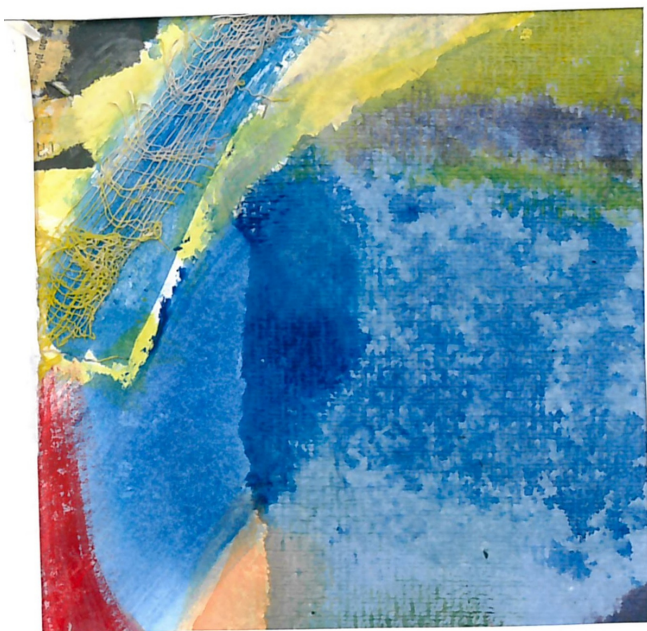
眼睛
文/水墨紫

小小的你啊，
以海的胸怀
包容了一切的喜怒哀乐。
当你动情，
光也会羞涩。



Leaf . Colourful butterfly

If you pass by my window
Bring me a piece of yellow leaf
I would wear it on my chest
And wait silently
And as time passes by
It becomes a beautiful colourful butterfly



Windows To Our Magic World, Julie Liu

Gratitude is Me
Gratitude is Free
Gratitude is blessed
not messed
Kind and caring
I would like to think I am
Gratitude is I am so grateful
to all family and friends I have made
Gratitude is to have a great attitude
and certainly not to be rude
a stranger or passer by
a simple nod of the head and a hi
a simple smile as it might have been
a while I think that is gratitude
with an awesome attitude
that is my take on gratitude

Blue Poem

Ann Hope

2021



Ticking Clocks

Ann Hope

2021

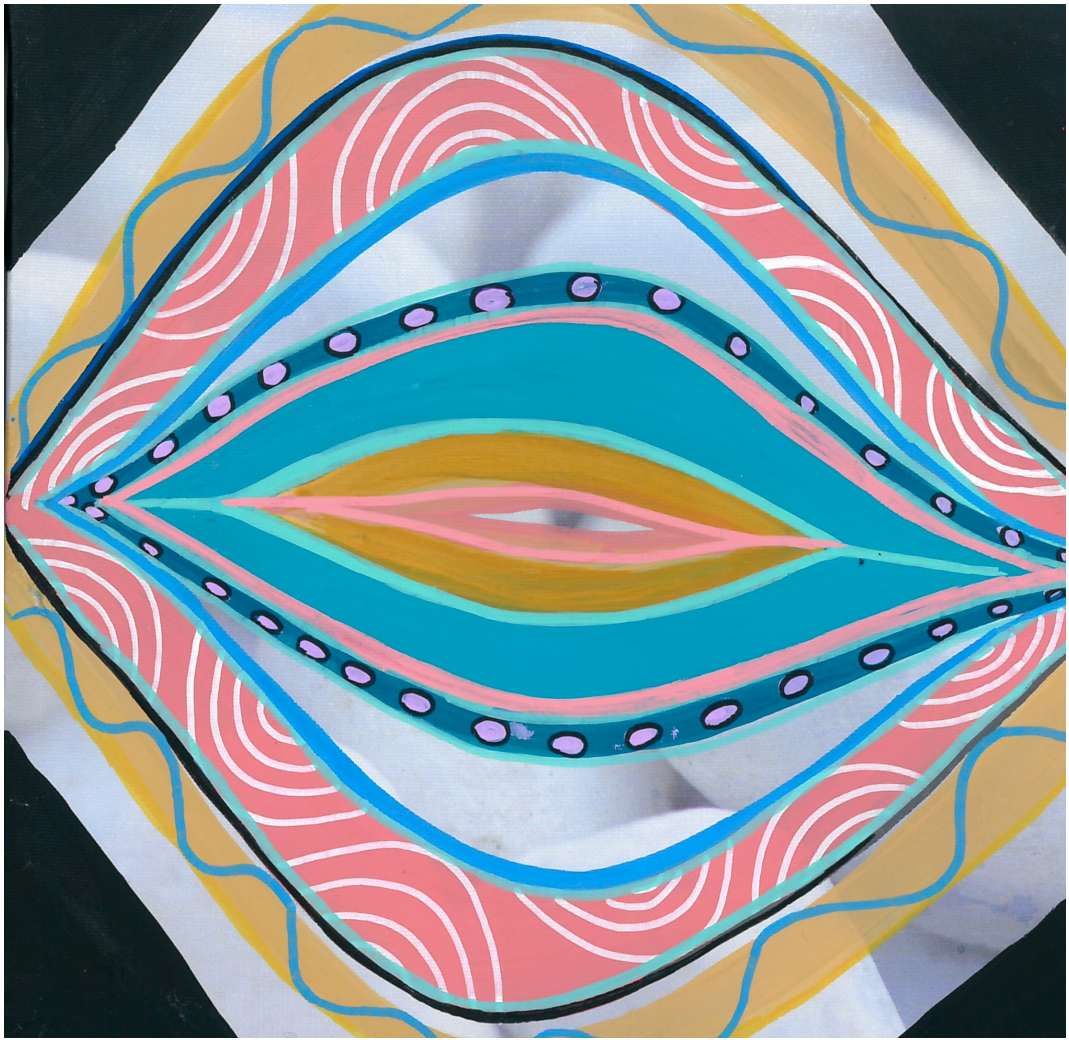
Who am I the invisible man
I deserve to be there
I have a name a voice
I try not to make a noise
that happy cry
don't ask the answer why
You now have a name
life is definitely not the same
as your voice now came
the noise was the rain
and that cry
don't question the why
enjoy life and don't let it pass by



Ann Hope
Red Poem
2021



Ameena Zafar



Ameena Zafar



Margaret Jackson
Sunshine Explosion
The Great Plane

Responsive Art Project

Photography

The following photos were taken as part of Flourish House's Responsive Art Project .

A group of Flourish House members worked with Becky from Openaye to explore the local area, work on their photography skills and capture images that represent Glasgow to them.

The next stage of the project is passing the photographs to the creative writing group who will in turn create work to pass to an illustration group.

Photography Credits

In order of appearance

Through the leaves - Audrey Hunter	B
Bee - Audrey Hunter	
Sunshine - Peter Faulkner	
Tunnel - Audrey Hunter	
Sign your name - Anna Rogers	
Of with his head - Lorna Carlisle	
Many Shades of Blue - Michael McFadden	
Self Portrait - Andrew Garrow	
Hat Brim - Becky Male	
Shadow People - Michael McFadden	
Hanging Baskets - Anna Rogers	
By the pond - Andrew Garrow	
Tired Eyes - Becky Male	
Bricks - Audrey Hunter	
Hot House - Michael McFadden	
Tactile - James Smith	
Clearing - Michael McFadden	
Paul White	
Shiver - Peter Faulkner	
Walls - Paul White	
Stair 1 - Peter Faulkner	
Stair 2 - Peter Faulkner	
We Are what we repeatedly do - Anna Rogers	
Cone - Anna Rogers	
Flourish - Audrey Hunter	
Stay Funky - Peter Faulkner	

Back cover Glasgow 2021 Anna Rogers





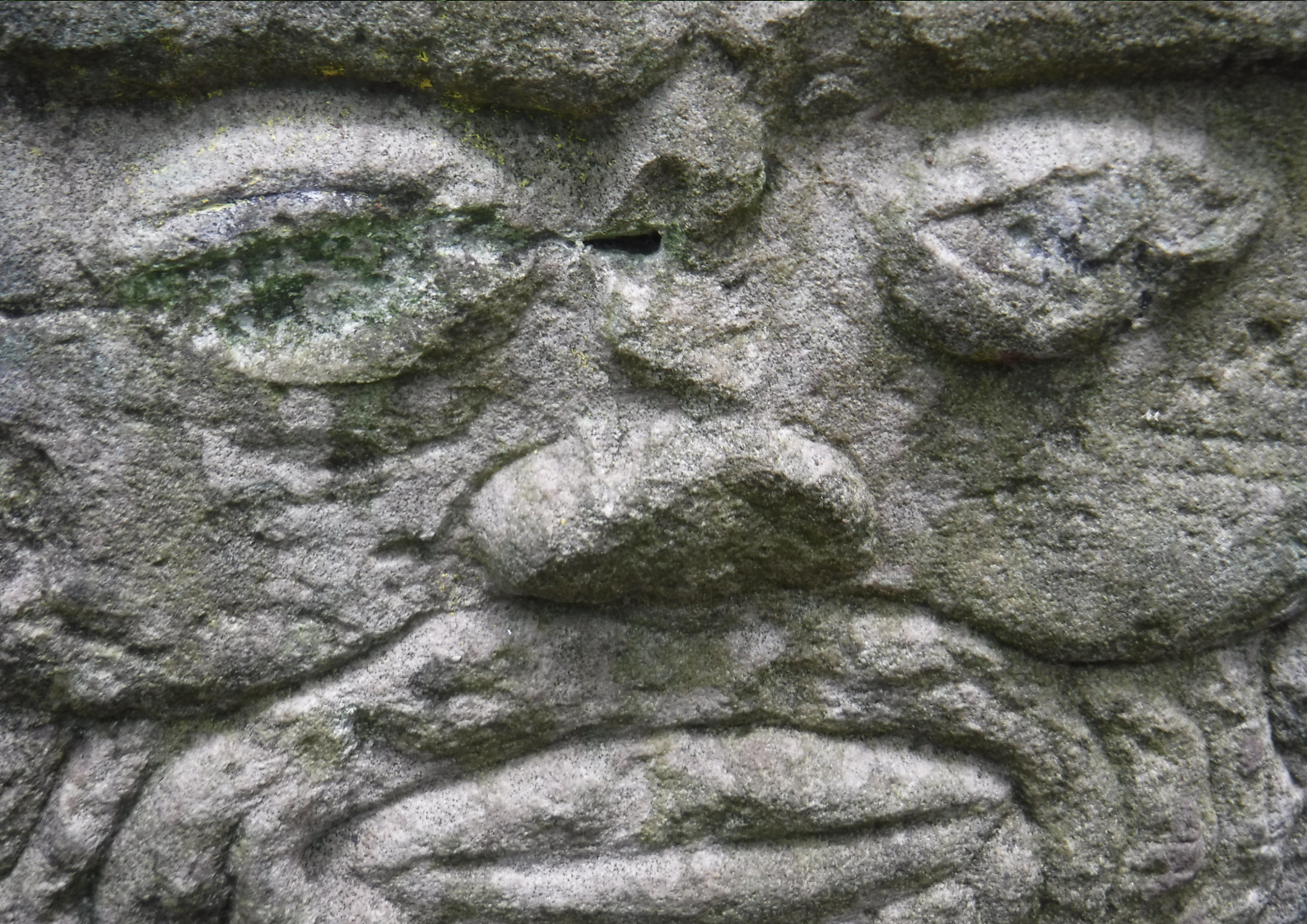












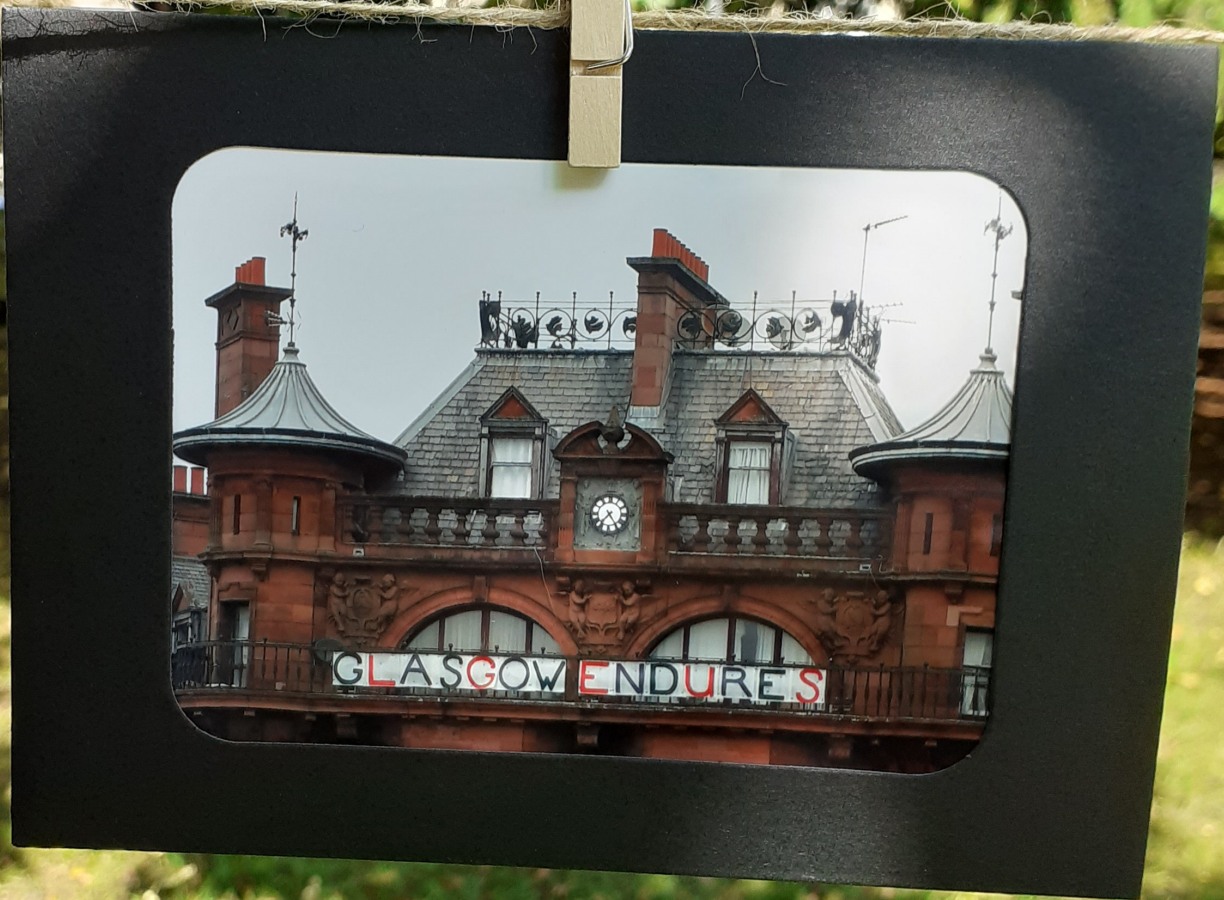




WE ARE
WHAT WE
REPEATEDLY DO







GLASGOW ENDURES