

**OUT OF SIGHT
OUT OF MIND**



REVOLUTION

2023 Exhibition Summary



Contents

Introduction **3**

The Theme **4**

2023 Exhibition in Numbers **5**

Exhibitors **6**

Team Work **7**

Manifesto Room **8-9**

Accessibility **10**

Events **11**

Collaboration **12**

What does it mean to you? **13-22**

Sources of Support **23**

Credits **24**

Get In Touch **25**





Lor

introduction

Out of Sight Out of Mind is an annual exhibition that shows artworks made by people who have experience of mental health issues. It is also organised by people who have experience of mental health issues.

The 2023 exhibition was the 11th and showed artworks made by 213 people, in different media, over three floors of Summerhall galleries in Edinburgh.

Each Out of Sight Out of Mind is unique, shaped by that year's Planning Group and exhibitors.

This document is a summary using photos, numbers, facts and the thoughts shared by organisers, exhibitors and visitors.

The 2023 exhibition can still be viewed on the website:

www.outofsightoutofmind.scot

“A beautiful collaboration of unique voices lifting each other up and placing fragments of humanity together, shaping a whole.”

“Mental health is a journey; the exhibition is a space for people on any part of that journey.”

2023 Theme

Many exhibitors responded to the Scottish Mental Health Arts Festival theme which was **'Revolution'**. Some artworks were about personal revolutions whilst others offered visions for revolutions on a societal or global scale.

Not all artworks related to the theme. The exhibition is a platform for people to express whatever they want to using their art.

"We have been after a theme like this for a while. We have wanted something with punch, and we finally have it."

"Revolution can embody movement. It is not static, but a process of change and transformation. It can also be quiet and mindful, characterised by small gestures of the everyday which can have a large impact."



REVOLUTION

OOSOOM 2023 in Numbers



153
artworks



213
exhibitors



40
materials grants given



Lorem ipsum

987
visitors to the website



1769
visitors to summerhall

17
people took part in the
planning group

20
'exhibition volunteers'
joined in October



Exhibitors

This year 213 exhibitors, as individuals and as part of groups, showed 153 artworks (some people make artworks together). There were 40 applications for materials grants.

Artworks were in many different forms including sculpture, painting, drawing, photography, printmaking, animation, mixed media, film and textile.

Show your artwork in 2024:

Apply for a Materials Grant between April and June.
Make an artwork submission between April and mid July.

Get in touch using the details on the final page
or visit the website nearer the time.



There are many ways to be involved. If you would like find out about joining to help in 2024 then please get in touch using the details on the last page.



Team Work

17 people took part in the Planning Group meetings throughout 2023. A further 20 people, who were either exhibitors or volunteers, joined to help in October, all working alongside CAPS staff and the Summerhall team.





Manifesto Room

The exhibition's Planning Group created a Manifesto Room as part of the exhibition.

They wrote their own 'Manifesto for a revolution' (with the support of artist Rosanna Irvine) which is a statement of their shared intentions, motives, and views to guide a revolution.

It was written on a wall at the exhibition and hundreds of people added to it by sharing their own manifestos around the room.

REVOLUTION

Manifesto For A Revolution by Out of Sight Out of Mind Planning Group

1. This revolution will not be out of sight.
2. This revolution will not be out of mind.
3. This revolution will be quiet. This revolution will be loud.
Ear defenders will be provided.
4. This revolution will be multi-sensory. Ears. Eyes. Fingers.
Toes. Taste. Touch.
5. Equalising. Empowering. Enlightening. Equitable.
Engaging.
6. This revolution will be internal and external, individual
and collective.
7. We continue this revolution building on what has gone
before. We live this revolution in solidarity with the
world. We live this revolution every day.
8. Kindness is the architecture to the world we want to be
living in, where we act with care and love.
9. We want our political and economic system to be kind
and to nurture kindness.
10. All of our voices will be embraced, including yours,
regardless of ability and method of expression.
11. We will create our own narrative, resisting all
stereotypes and othering.
12. This revolution is creating a world where there are
places that are safe, non-hierarchical, where people
can go to anytime and be themselves.

What is your revolution?





Accessibility

In 2023 the Planning Group aimed to make the exhibition as accessible as possible.

The exhibition started in the 'Information Room', which displayed a large map of the building which showed the lifts, toilets and exhibition spaces. In this room visitors could collect the exhibition information in large print and Easy Read formats, as well as borrow transparent coloured overlays (which can be helpful when reading text), as well as ear defenders and stim/fidget toys. This room also shared Sources of Support for mental health and information about other art and mental health projects.

There were always members of the team in the galleries to welcome visitors and answer questions.

All floors of the exhibition were lift accessible and additional signage helped direct visitors. All of the artwork videos on show were captioned and seating was available on each floor.

If you have any suggestions of how accessibility could be improved at the exhibition so that your experience can be better please let us know.

Email: exhibition@capsadvocacy.org





Events

The Launch:

The exhibition launched on the evening of 10 October which was World Mental Health Day. Around 300 exhibitors, their guests, and organisers came along. Members of the Planning Group (Alan, Eileen and Marcel), Dr Linda Irvine Fitzpatrick (Thrive Edinburgh) and Pam (CAPS), took to the stage to give speeches and open the exhibition.

OOSOOM Uncovered:

At the Uncovered events (one online and one in person) exhibitors, visitors, and organisers gathered and chatted about the artworks. We all learned something more about the artworks on show.

Zines for a Revolution:

The 'Zines for a Revolution' workshop was led by members of the Planning Group. They read about the etymology of the word revolution and chatted about what it meant to them before making a zine together.





Collaboration

Out of Sight Out of Mind **Planning Group** members all have experience of mental health issues. They are central to directing, planning and delivering the exhibition.

Out of Sight Out of Mind is a collective advocacy project at **CAPS Independent Advocacy**. CAPS staff work with the Planning Group and the exhibitors to develop and deliver the exhibition.

Out of Sight Out of Mind is funded by **Edinburgh Health and Social Care Partnership** as part of **Thrive Edinburgh**, and it is part of the year-round **Edinburgh Thrive Arts Programme**.

It is part of the **Scottish Mental Health Arts Festival** which was the inspiration for the first exhibition in 2013. The festival is a **Mental Health Foundation** project.

Out of Sight Out of Mind has taken place at **Summerhall** since its beginning in 2013 and is considered the home of the exhibition.



What does it mean to you?

Each year exhibitors, visitors, and organisers are invited to respond to the question 'What does it mean to you?'

What people said in 2023 is shared over the following pages.

If you would like to share your own please visit the website:

www.outofsightoutofmind.scot/what-does-it-mean-to-you-2023

This exhibition continues to be one of the most important events of the year.

The work is powerful, beautiful, moving, important, raw revolutionary!

Accessible

Fabulous!

Thank you all!

For months I've been numb to protect myself but art and OOSOOM artists have started a revolution inside me.

I hurt but it's so good to feel again.

Onwards and upwards.

La Lutta Continua!

P.s. love seeing work that's real and angry and loving and not 'there, there, dear!'

I've been coming to this exhibition for a few years and it's always a interesting and thought provoking...but...this year it just got better - some beautiful drawing and painting; creative needlework, film, sculpture, ... the artists here made me feel some of their emotions, made me smile, made me think. All in a previous venue.

Thank you everyone involved.

Art is for Everyone.

Challenge.

Growth.



I never give myself time to think about my mental health (it's scary).

I like this exhibition.

I like thinking about mental health of others, and mine, but through art. It feels easier and more comfortable.

Safer.

Thanks :)

This has been marvelous.

I am organising an exhibition soon and it has given me so many thoughts and ideas. Loved the interacting.

Amazing find, thoroughly enjoyed the experience.



Valuing people's contribution, including staff, volunteers, artists and visitors - from how it's been organised and run, displaying the artwork in a thoughtful and professional way, to having fidget toys available. Treating all people taking part in this with respect makes inclusiveness and diversity not just catch phrases but a real experience, that makes all of our lives better, richer, more meaningful.

OOSOOM was a celebration and reflection of the wonder of neurodiversity. It was a welcoming space, from submission to our group visit. Descriptions of the art pieces although potentially triggering allowed for a window into the journey of others and it felt safe to explore our thoughts. Thank you for a fabulously organised and supported event.

Great and skilled works of art, thank you. 😊

Marilyn would be proud!



As the P.A. (Personal Assistant) For one artist here, I'm very proud to have helped manifest her work/vision and it be exhibited amongst so many wonderful pieces.

Inspiring.

Such beautiful and honest depictions of the human experience.

Thank you to everyone who contributed.

It's given me a moment to pause, breathe and reflect.

This has been a great and inspiring art journey and as a director of an arts therapy group online, I felt a great sense of common share purpose with all the art creators. Everyone has had to overcome a lot of "background noise" in society to get to what is really important and meaningful for them.

Everything.

Great exhibition!

Thought provoking.

Makes it easier to understand that sometimes things are not what it seems.

We never know what people are going through.

BE KIND!!

That's a good start for a social REVOLUTION.



A reminder of the healing powers of art.

I'm inspired!



Connection.
Love.

VISIBILITY
BELONGING
UNIVERSAL THEMES
HUMANITY

OOSOOM is a wonderful opportunity! I love the atmosphere, the creativity and the chance to take part. Always interesting and innovative, powerful and moving. I especially appreciate what OOSOOM can show about difficult subjects and wide ranging emotions, pain and joy. The shared insights and gentle connections are precious too. Most of all our honesty, when possible.

It cheered me up and made my heart glad. People that feel and think and bring beauty and meaning. That is beautiful. So many brilliant artworks. Nicely displayed. Felt held in a caring environment. Very worthwhile exhibition. Found the artists statements to be so useful.

It is good to see works by those who are in pain, in sorrow, in stress, though none the less press on. It is a way of communicating not through spoken words. It is more satisfying in a way it transcends language.

Hope. The exhibition shows people care and help each other. That matters. It gives hope.



The thing that strikes me most from the very beginning is the availability of stim toys, ear defenders, and coloured sheets for neurodiverse visitors. It means a lot to me as a neurodivergent person, that we can authentically be ourselves in spaces like these, after decades of exclusion and being forced to fit in in my personal life.

Having an exhibition that peers into the minds of people who have experienced mental health issues and allows them to tell their story is refreshing, in contrast to the media narrative that stigmatises and demonises them instead of giving them a voice.

25% of people are affected by mental health issues at any one point - we all know someone who is affected and that person can possibly be you at some point.

We should make the world listen if we are to improve our collective mental health. Mental health is especially important for neurodivergent people; the misunderstandings from the neurotypical world are responsible for the shockingly high rates of mental health issues in the neurodivergent population. For example, 8/10 autistic people will have some symptoms of anxiety!

I think this has been a great exhibition.

It opens your eyes.

to all types of mental health and ways people use art to try to escape this. love the exhibition some fantastic pieces.

A wonderful exhibition that is vibrant, raw and real.

Amazing creativity and breadth of mediums and ideas.

Gets better every year.

Makes me feel less alone.



Feel privileged to view such powerful and vulnerable pieces of art. Thank you to everyone who shared a part of themselves in this exhibition. ❤️

An incredible exhibition. So brave of everyone to lay their souls bare.

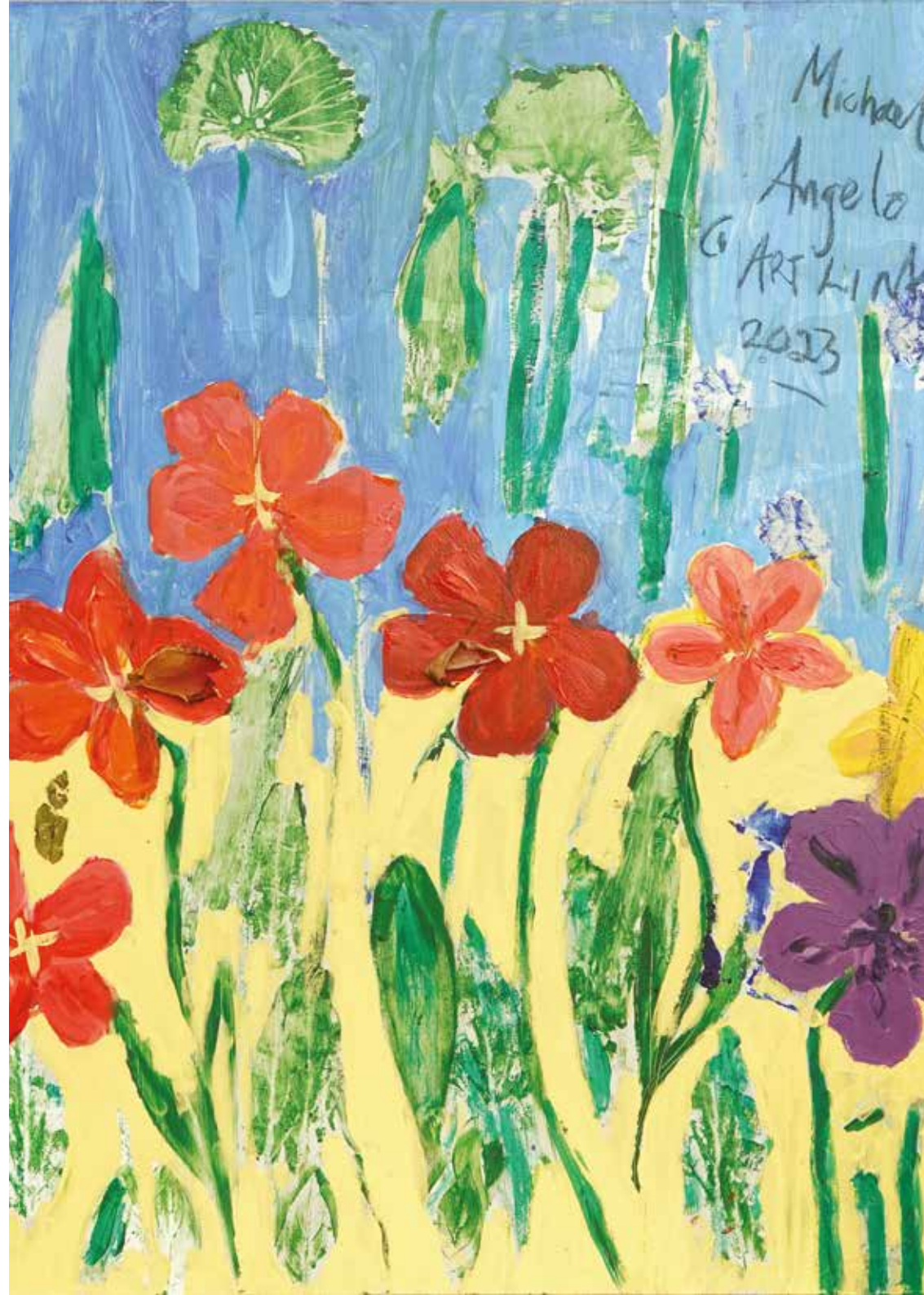
Felt very privileged to view this amazing artwork.
Thank you

Feels connecting, makes you think!
And lets me know about some groups to try.
I used the lift in the exhibition. I have a phobia of lifts.
(Trauma). That was a massive achievement.

People being so vulnerable and sharing their stories is
such a beautiful collection.
Thank you.

It's great to see that oosoom goes from strength to
strength.
Such an extensive body of human expression, creativity
and outcomes of people wanting to express and connect.
Keep going!

Thank you for providing a platform.



:) This exhibition is very beautiful and inspired. People with mental issues are talented and hardworking. I hope they will overcome their problems and their life will be wonderful and valuable. I wish you all the best from the bottom of my heart.

Like previous years, this exhibition has been fantabulous in catering for people whose voices need to be heard. It's amazing to see all the different art pieces. Some moving, relatable, some with messages of hope. Everyone has a unique story to tell and by sharing to the wider community people will notice. Thanks <3

It's all in your head!

I am not alone!

Some really beautiful and meaningful poetry and art. Very thought provoking! Thank you all for sharing.

Thank you so much for giving incentive and inspiration for me to be even more creative with a theme of revolution to help me keeping positive and happy when I am going through so much trauma, anxiety and depression. Many thanks.



It was a very good experience, can't wait for the next one!

For an hour or so, I forgot the busy outside world existed.
I looked deep into myself.
I keep going.
Thank you.

Uplifting.
We are not alone.
Smashing thoughts fabby

It means giving space to share different perspectives.
It means validating different artistic journeys to a collective
and appreciative space.

Downward spiral!

Good to see that despite their despair, they have made
beautiful art, very inspiring!

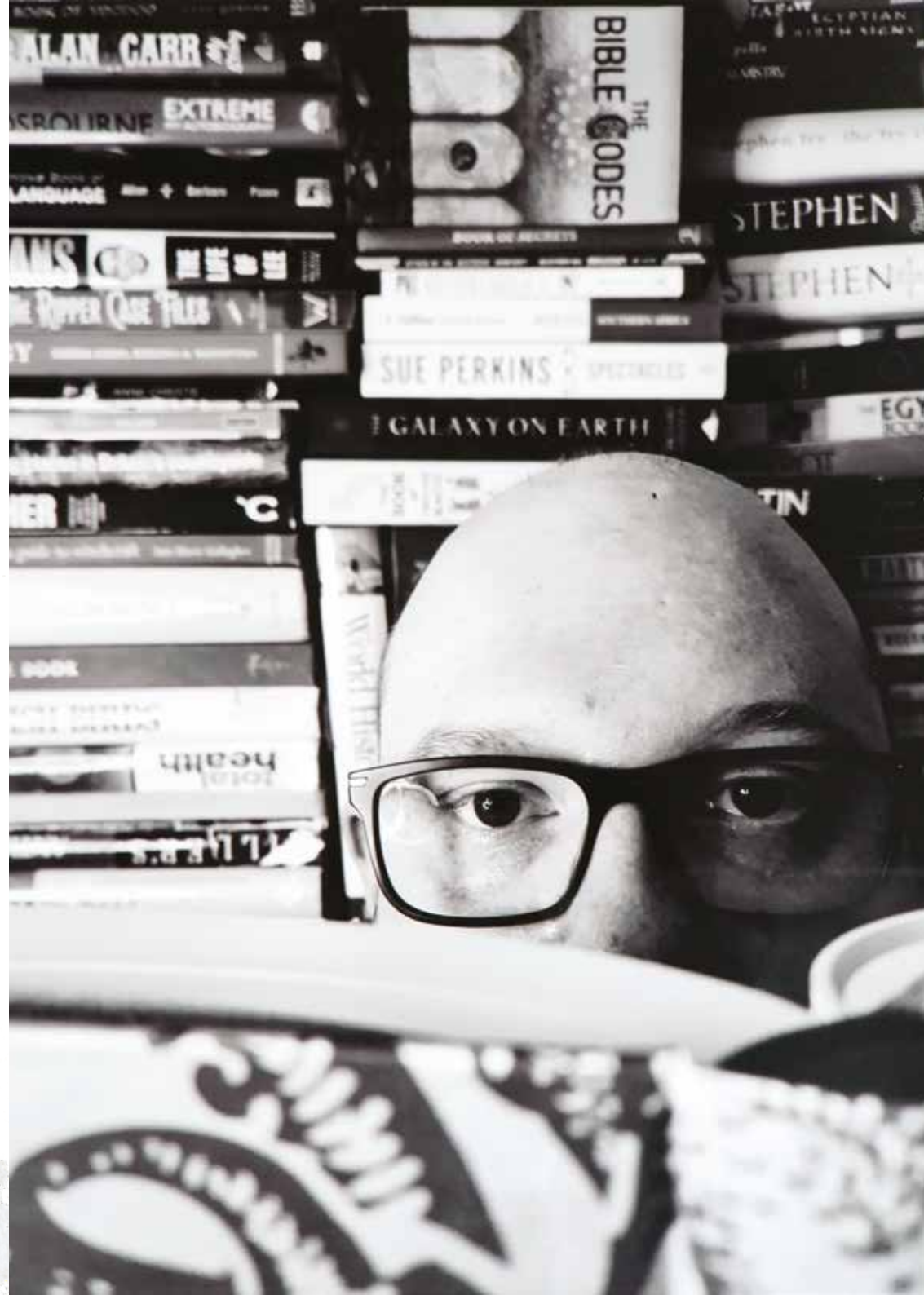
It meant a lot more than you can imagine.

It means a voice, being seen, being heard, to actually
matter.
It means thought, action, creativity and worth.
It means positivity, change and optimism.



Experience is that it is so hard to describe. Words often lose meaning. Thoughts, often, the structure undermined wanders off into a haze. This chaotic flow which is entirely fluid often lacks an expressive medium to contain it. Even then the medium has to be a robust one. After all, it carries the weight of all the suffering rendered, the healing undergone and the many, many feelings experience. Just when you think, it is impossible to do that with chaos, something like this exhibition comes along. In our quest to battle mental health, we often forget to celebrate our little victories. After all, healing is a celebration. And what better way to celebrate that to pour it all out, unhindered, unperturbed.

Today, I felt seen. I felt at home. Thank you!



Sources of Support

If you are worried about your mental health seeking help early is the best way to get back on track. Speak to your GP or contact one of the following:

Samaritans:

www.samaritans.org/scotland
Call: 116 123

Edinburgh Crisis Centre:

www.edinburghcrisiscentre.org.uk
Email: crisis@edinburghcrisiscentre.org.uk
Call: 0808 801 0414

Breathing Space:

www.breathingspace.scot
Call: 0800 83 85 87 (Weekdays: Mon–Thu
6pm–2am, Weekends: Fri 6pm–Mon 6am)

NHS 24:

www.nhs24.scot
Call: 111

Shout:

www.giveusashout.org
Text 'SHOUT' to 85258





Credits

Artwork images shown in the document:

'The Revolution Shall Be Minaturised', By Lauren Stonebanks

'Blossomest Blossom' By Queer and Bookish

'Lava Lamped 2022' By AlanAbstract2021

'Recovery', By Bex

'The Not-So-Straight Jacket', By Bel Pye

'A Day In My Head', By PZ

'Summer Flowers', By Michael Angelo

'Every (V For Vendetta)', By Mark G

"Overdue", By Ragged Bizcuit

'A Safe Place', Jai Austn

'Inspiration of Creation', By Rosalnd Alexander

To see all of the 2023 artworks visit the website:

www.outofsightoutofmind.scot

Artwork photography: Ian Dodds

Launch photos: Chris Scott

OOSOOM poster design (cover page): Michael Dawson

Document layout design: Stephanie Wilson

Copyright: CAPS Independent Advocacy



Get in touch

For more information or to take part in 2024 visit the website or get in touch:

Website: www.outofsightoutofmind.scot

Email: exhibition@capsadvocacy.org

Phone: 07989 402 634

Write to: Pam van de Brug, Arts As Advocacy Manager
CAPS Independent Advocacy, Norton Park Business
Hub, 57 Albion Road, Edinburgh EH7 5QY



CAPS Independent Advocacy is a Scottish Charitable
Incorporated Organisation. Scottish Charity Number:
SC021772