

The “UNLOCKED” exhibition demonstrates how essential the studio is for survival on the journey of mental health recovery.

**STUDIO
UPSTAIRS**
Leading Creative Recovery



Unlocked

EXHIBITION

**SAT 6th & SUN 7th NOVEMBER
11am - 4pm**



The painting was a way of expressing all the pent-up feelings and emotions about my having cancer and being isolated from everyone during lockdown. It felt like an explosion and release of everything from the inside to the outside - Hayley Hellings (studio member)

This exhibition showcases the vitality of the artwork created in the shared studio. The Open Studios held every year are a tribute to this; the quality of work has gone from strength to strength, giving several artists the confidence to exhibit independently.



Units 1 & 2 Albion Dockside Estate BS1 6UT
<https://www.studioupstairs.org.uk>
bristolstudio@studioupstairs.org.uk

0117 930 0314