



FOR IMMEDIATE RELEASE

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New, interactive performance, curated and produced by young people, inspired by their own experience of mental health disorders.

HOLD is an original and moving piece of installation art, exploring mental health and the challenges of getting what you need.

Will you reach out....?

Will you take the call...?

The new artwork from Effervescent invites gallery goers to do just that. HOLD features a light installation, an aerial performer and original music. And a telephone that connects you to the heart of the issue...



Charlie Cornforth in HOLD at Radiant Gallery. Photo by Greenbeanz Photography

www.radiantspace.org.uk

Office Tel: +44 (0)1752 227448 | Email: phil@eff.org.uk

Radiant Gallery, 12 Derrys Cross, Plymouth, Devon PL1 2TE

Instagram: EffervescentUK | **Facebook:** Radiantspace / EffervescentUK | **Twitter:** @EffervescentUK

HOLD is the second artwork resulting from a long-term collaboration between Professors Rebecca Langlands and Kate Fisher at the University of Exeter, and Plymouth-based social design agency Effervescent.

It has been made by a group of seven young people aged 13 - 17, and continues Effervescent's tradition of making work that is sometimes challenging, often edgy but always beautiful.

The project is part of a two-year study to explore how being given the opportunity to curate and produce work in a gallery space can impact young people's mental wellbeing.

One of the young people from the creative team explained what their involvement in the project has meant to them;

"I hope the audience are going to understand what it means. I think it will move people and have a real impact on them.

"It's something that motivates me. It's scary but it's making me braver. At first I felt nervous but that's not a bad thing because it led to something really good."

The piece was devised and created over eight weeks with seven young volunteers in collaboration with local and regional artists, musicians, engineers and designers. For many of the group, this was their first experience of a professional creative media environment.

Phil Innes, Effervescent Creative Producer adds;

"At Effervescent we are passionate about giving people who have lived through extraordinary experiences, an opportunity to share them with the public. Quite often, that's about saying things that are hard to say, and even harder to hear."

HOLD is in the Radiant Gallery, Plymouth City Centre from Friday 26th April to Saturday 8th June. The installation is open to the public from 10am to 5pm Monday to Saturday. On Thursday, Friday and Saturday afternoons you can experience an exciting extra live performance dimension of the show.

Entry is free and booking is not required.

The project is funded by The Esmée Fairbairn Foundation, Arts Council England, and National Lottery.

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Notes to editors:

- *Image credit: Greenbeanz Photography.*
- *HOLD is currently open to the public from 10am to 5pm Monday to Saturday until Saturday 8th June. The installation can be viewed throughout these times, but between 1pm and 5pm, Thursdays, Fridays and Saturdays, there is an additional live performance element to the show provided by an aerial dance performer. Entry is free and booking is not required.*
- *Effervescent is an award-winning charity that designs transformational campaigns and art works to help other charities and organisations to make a real difference to their communities. Effervescent's work is unique in its field. We curate and create shows at Radiant Gallery with Plymouth's most vulnerable children and young people. Through the process of each project, we help people recover from the effects of the traumatic experiences they have endured, whilst drawing on their insight, perspective and creativity to create outstandingly powerful exhibitions. Effervescent is based in Plymouth; it's a not-for-profit micro-organisation based in Radiant –a converted Halifax bank in the city centre.*
- *Radiant Gallery is co-curated and produced by children and young people – many of whom have had no prior involvement with professional arts or artists. Last year 42% of visitors to the gallery were people who had rarely or never stepped foot in an art gallery before.*
- *The gallery is a ten minute walk from both Rail and Bus terminals, situated on the corner of Derrys Cross roundabout and Union Street. You can find further information on our website [here](#)*
- *The project is funded by The Esmée Fairbairn Foundation, Arts Council England, and National Lottery.*
- *You can find high resolution images in this [Dropbox Folder](#)*
- *Should you require; a separate filming session, additional images or interviews, please contact Phil Innes (Creative Producer) Effervescent who will be happy to help. Mobile: 07773 337714 Office: 01752 227448, Email: Phil@eff.org.uk*

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