

Press Release: August 2021

How Do You Feel?

Saturday 14 August, 11am to 9pm



Gaylene Gould and Raquel Meseguer at Frank Bowling | Land of Many Waters July 2021  
image by Lisa Whiting Photography for Arnolfini. All rights reserved.

This Saturday 14 August Arnolfini, in partnership with arts company **The Space to Come**, will host a day of intimate and interactive events, inviting visitors to explore the work of painter Frank Bowling using their senses, imagination and memory.

Devised by **Gaylene Gould** of **The Space to Come** in collaboration with dance theatre practitioner **Raquel Meseguer**, Arnolfini, and a range of artists, writers and guest speakers, this relaxed event has been designed to create new, accessible ways to explore visual art.

Three 'Feeling Tours' during the afternoon will use stillness, reflection, and conversation to help visitors explore their senses of Frank Bowling's abstract paintings. Visitors will be able to experience the paintings in a peaceful environment, prompted by playful invitations from tour guides, before reflecting on their experiences with others. Afterwards visitors will be able to process their responses through conversations with colour theorist and Director of the Centre for Fine Print Research **Dr Carinna Parraman**, and a writing workshop with multidisciplinary artist and writer **Valda Jackson**. Programme co-curators Gaylene and Raquel will also share their thoughts on the relationship between rest and emotional awareness.

In the evening visitors will be welcomed in to the galleries to experience artist **Frank Bowling's paintings in a restful, relaxing environment either sitting or lying**. Visitors will be led by choreographer Raquel Meseguer and musician **Jamie McCarthy**. McCarthy will interpret different paintings through improvised responses, inspired by **Bowling's own improvisatory painting techniques**. **Visitors are invited to** explore and enjoy the artwork in a new way, whilst sharing in the experience of relaxing and resting together within a public space.

The How Do You Feel? programme began with a Radio 4 documentary broadcast earlier in the year called Transcendence: How Can I Feel Art Again presented by **curator and Founder of The Space To Come Gaylene Gould**: "Culture plays such a crucial part in our emotional development. If we are allowed to simply *feel* art, we can deepen our emotional ranges and rediscover parts of ourselves that we may have forgotten. How Do You Feel? is an experiment to see what happens when we use art to help us get us out of our busy heads and back into our bodies, to awaken our senses and our connection to each other. At The Space To Come we use art and conversation as tools to connect and heal us. Frank Bowling's lush paintings are a wonderful aid."

There are three Feeling Tours, available from 11am through to 5.40pm, with two Improvised Rest sessions in the evening, at 6.30pm and 8pm. Each session is £5, £3 concessions. For full details, timings and to book please visit [arnolfini.org.uk/whatson/howdoyoufeel/](http://arnolfini.org.uk/whatson/howdoyoufeel/)

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For further information please contact Sara Blair [sara.blair@arnolfini.org.uk](mailto:sara.blair@arnolfini.org.uk)

Additional images are available here : [bit.ly/HowDoYouFeelAtArnolfini](https://bit.ly/HowDoYouFeelAtArnolfini)

## LISTINGS

Saturday 14 August 2021, 11am – 9pm

The Space to Come | How Do You Feel?

Arnolfini, 16 Narrow Quay, Bristol BS1 4QA 0117 917 2300

[arnolfini.org.uk](http://arnolfini.org.uk) @ArnolfiniArts

Join Arnolfini for a day of intimate and interactive events, inviting visitors to explore the work featured in the current Frank Bowling |Land of Many Waters exhibition using senses, imagination and memory, whilst making new connections. How Do You Feel? has been devised by Gaylene Gould of The Space to Come in collaboration with dance theatre practitioner Raquel Meseguer, Arnolfini, and a range of artists, writers and guest speakers. This relaxed event has been designed to create new, accessible ways to explore visual art.

Bookable in advance. £5, £3 concessions [arnolfini.org.uk/whatson/howdoyoufeel/](http://arnolfini.org.uk/whatson/howdoyoufeel/)  
#HowDoYouFeel #Arnolfini



## About The Space to Come

The Space to Come is an arts company that explores how art can heal and connect us to grow a culture of care. The company brings artists, facilitators, thinkers and the public together in imaginative ways for meaningful exchanges. Their projects create space for transformative conversations between diverse people that explore ourselves, each other and the world afresh. Their projects are often intimate and immersive whilst being revelatory and restorative. They believe that if we create new ways to relate to ourselves and each other then we can make space for what is to come. The Space To Come is founded and led by Gaylene Gould who is an artist-curator, a coach and a cultural broadcaster. She recently presented the BBC Radio 4 documentary *Transcendence How Can I Feel Art Again* which explored how and why art can evoke sensational and emotional responses in us and how to reclaim that feeling. The How Do You Feel project for the Arnolfini gallery is a continuation of that research.

## About Arnolfini

Woven into the fabric of Bristol since 1961, Arnolfini is a pioneer of interdisciplinary contemporary arts, presenting an ambitious, eclectic programme of visual art, performance, dance, film and music, carefully curated to appeal to a broad audience. **Housed in a prominent Grade II listed, accessible building on Bristol's harbourside,** Arnolfini is an inspiring public space for contemporary arts and learning, greeting over half a million visitors each year and offering an innovative, inclusive and engaging experience for all.

An internationally-**renowned institution, throughout its history Arnolfini's programme** has welcomed artists from a wide variety of cultures and backgrounds, supporting and developing their work, investigating their influences and aspirations.

Arnolfini has long-standing relationships with a variety of partners and celebrates the heritage and wide-reaching impact of the organisation through sharing a 60 year archive of exhibition slides, publications and artist book collection.

In 2019, Arnolfini relaunched its major exhibition programme with Still I Rise: Feminism, Gender and Resistance Act 3 and continues to build on the multicultural, diverse and inclusive ethos that has prevailed since its inception.

Arnolfini remains at the heart of the Bristol community, always mindful of founding director **Jeremy Rees' principle to 'Enjoy Yourself', inviting everyone to join in.**

### **About UWE Bristol**

The University of the West of England (UWE Bristol) has a global and inclusive outlook, with approximately 30,000 students and strong industry networks and connections with over 1,000 employers. Research at UWE Bristol focuses on real world problems and the University plays a pivotal role in the regional economy. With over £300 million invested in infrastructure, buildings and facilities across all Campuses, UWE Bristol is creating a place for learning that is innovative, ambitious, connected, enabling and inclusive. UWE Bristol is ranked 28<sup>th</sup> in the Guardian university league table, as well as 11<sup>th</sup> in the UK for student satisfaction, and has recently been awarded the highest possible rating in the Teaching Excellence and Student Outcomes Framework (TEF) 2018, achieving GOLD Standard.

### **About Arts Council England**

Arts Council England is the national development agency for creativity and culture. By 2030 we want England to be a country in which the creativity of each of us is valued and given the chance to flourish and where everyone of us has access to a remarkable range of high quality cultural experiences. Between 2018 and 2022, we will invest £1.45 billion of public money from government and an estimated £860 million from the National Lottery to help deliver this vision. [www.artscouncil.org.uk](http://www.artscouncil.org.uk)

## About Ashley Clinton Barker-Mills Trust

Arnolfini Gallery is supported by a linked charity, the Ashley Clinton Barker Mills Trust (ACBMT). Arnolfini founders Jeremy and Annabel Rees were first introduced to the artists and benefactors Peter and Caroline Barker-Mill in 1963, by the London gallerist Lesley Waddington. It was a fortuitous meeting that was the catalyst in allowing Arnolfini to develop from a small volunteer-run private gallery into a major international arts centre. **The Trust's principle object is to 'support' Arnolfini and it does this primarily by making** annual grants from the income earned on its investments to make quarterly payments. It has also been able to make small fund one- off capital grants to help the Arnolfini transition to its current financial model.