

Areté Visual Arts Exhibition at Horwood Farm Art Space

Somerset Art Weeks Festival 2015:

Saturday 3rd to Sunday 18th October.

Clearing the Attic:

Areté Visual Arts is once again taking part in Somerset Art Weeks Festival. This year the Festival is focused around gallery spaces and arts organisations and introduces the theme of **Momentum**.

At the beginning and the end of momentum is **Stasis**, the pause at the end of a journey, the resting breath in the liminality before the next journey starts, and our exhibition in October will look at the theme from a variety of perspectives. The exhibition will include installation, painting, mixed media, and felt panels, curated in the exciting setting of newly opened Horwood Farm Art Space, at the south eastern extremity of Somerset, a turning point to enjoy before retracing your steps. In the transitional moment or pause is the threshold of momentum.

We work under the title of Arété, the act of living up to one's full potential; arête which in French means stop, wait is an appropriate variation for the project.

Areté Visual Arts began work on the Clearing the Attic theme in 2013/4 with workshops which explored the static moment, the uncleared attic. Each participant investigated their own ideas about what the attic meant for them and a wide range of approaches and subject matter were addressed. Participants gained inspiration from the variety of things in their attics including storage boxes, vintage clothes, trunks full of memorabilia, even the attic of the mind. Workshops provided a means to process stored memories, to come to terms with the remembered, to make sense of and understand often difficult, painful or nostalgic memories and emotions. The workshops and discussion groups supported participants to gain momentum and to move on.

AVA addresses Somerset Art Works aims for the Festival, as our goals are:

- *To provide and increase opportunities for member artists to engage in mutual support and development, to work, think and critically engage with their practice*
- *To promote the economic development of member artists*

We feel particularly that artists working in a rural setting need the support of other artists to minimise isolation, provide opportunities to collaborate, to support one another to take advantage of opportunities for economic development, to inspire momentum. Arété Visual Arts is keen to work with other local arts groups and organisations to maximise opportunities during the Festival and is setting up a meeting to discuss further ways to generate cultural discussion, collaboration and increase footfall.

Momentum sets the tone for Somerset Art Weeks Festival 2015. Alongside members' exhibitions and events, SAW invited artists to create new work exploring aspects of the theme through contemporary visual arts and craft. They aim to inspire artists to feature new and exhilarating commissions, group shows, participatory activities and film screenings. The Festival encourages artist-led research on cultural meanings, taking as a starting point what social, physical and or economic mobility looks like in Somerset.

For more info and advice about the Momentum theme, please visit the Momentum project page: <http://somersetartworks.org.uk/what-we-do/projects/current-projects/momentum/>

Fay Hutchcroft, Patricia Gould, Juliet Duckworth, Jane Manning, Alessandra Alexandroff, Sarah Edgley, Liz Clay, Lesley Featherstone