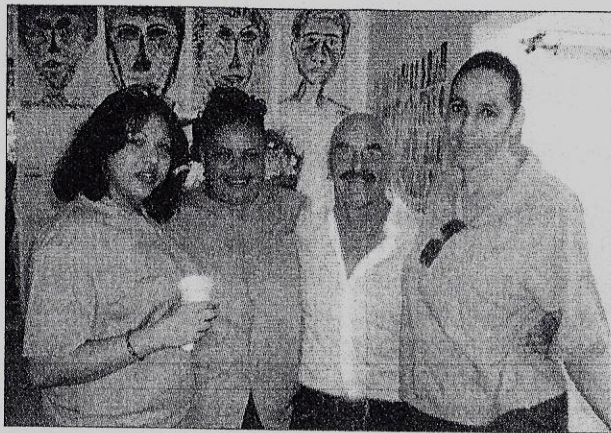
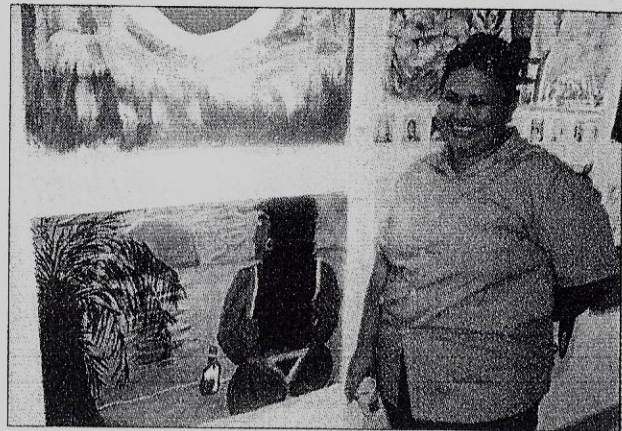


Debbie Bush-Jefferson kneels beside her painting: "That is exactly where my mind was at the time, some nice cool water, flowers and trees."



A proud moment as they see their work in the National Gallery, (l-r) Betsy Lopez-Watler, April Manderson-Wright, Tony Crosbie, and Debbie Bush-Jefferson.



April Manderson-Wright stands beside one of her paintings, "a picture of the person I'd like to be one day," she said.

# More art From Within goes on public show

FROM Within II is the sequel to From Within, the exhibition of work from participants in the National Gallery's Outreach Programmes, Inside Art, Art Zone, and Art Magnet, that originally took place during September 2003.

This year's exhibition opened on Friday, 21 May at the National Gallery, and art workshop participants went to the Gallery on the opening evening to view their paintings and drawings with their friends and family.

Among them was Debbie Jefferson who explained why the prisoners at Fairbanks Prison looked forward to the weekly Inside Art sessions.

She said: "I'm very appreciative of the art class, it does a lot for us mentally. We're locked down with no place to go but we can do this art, and we can let whatever's inside of us out.

"On the last afternoon, we were asked to do a portrait of where our mind was at the time; what we were feeling."

Pointing to her painting, she said: "That is exactly where my mind was at the time, some nice cool water, flowers and trees."

Artist Betsy Lopez-Watler said, "They're so interested in our feelings, and letting us be ourselves. They encourage us. Some of the girls have gone from doing some little scribbles to wonderful work, because they just relax more.

"At each class you get more and more relaxed and you feel more free at doing your work. You come out

feeling free, even though you're not."

Another artist, April Manderson-Wright, said: "Before starting the programme it was hard for me to express my feelings. Since doing this, I've written hundreds of poems and I am releasing a lot of anger and stress."

June Blair, an officer at Fairbanks Prison, said: "In the art class they can express themselves. When they come out, you can see the difference in them; they are more relaxed. It helps to make the officers' work at Fairbanks much easier."

Visiting artist Tony Crosbie has been instrumental in organising the workshops and in stimulating the work that made up both last year's and this year's exhibition.

"When I came here last year, I did a five-week course and showed them different techniques. They liked that and brought me back for two months," he explained.

However, he was also keen to point out that the outreach programmes involved a team effort, and was satisfied that it would continue when he had gone back home.

"We've achieved a lot, not only me, but everybody involved in the project. The people on the project have been fantastic, and are a great support to each other," he said.

Nancy Barnard, Acting Director of the National Gallery said: "I think it's fantastic that we have all the participants coming out tonight,