

MEDIA RELEASE

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Community exhibition celebrates relationship between art and wellbeing

The powerful relationship between art and wellbeing has been explored in a new exhibition now open at the City of Launceston's Queen Victoria Museum and Art Gallery at Inveresk.

Minds Do Matter is an annual exhibition sponsored by the community mental health service Wellways that promotes the therapeutic and reflective process of art, and aims to reduce stigma associated with mental illness.

The community was invited to enter their artwork based on this year's theme, Inspirations.

More than 150 works are now on show at QVMAG's Community Gallery at Inveresk. A range of artistic mediums have been used by artists from around the state.

QVMAG Director Richard Mulvaney says this year's *Minds Do Matter* includes pieces crafted with steel, flax and textiles.

"We're thrilled to be hosting this community exhibition that celebrates the calming and restorative effects of visual arts and design."

"*Minds Do Matter* has attracted so many great entries, each with a unique approach to this year's theme."

The exhibition runs until 29 October 2017.

QVMAG Director Richard Mulvaney and Wellways Regional Manager John Edwards will be available for interview today at 10am at the Community Gallery at the [Museum at Inveresk](#).