

PRESS RELEASE

Jennifer Lauren Gallery Takeover of Mura Ma

INSTINCTIVE ENERGIES

2 – 11 November 2023

A joint exhibition of artwork from Cara Macwilliam and Candice Swallow entitled *Instinctive Energies*, invites you to share the spirit and vitality of their art. Their work unfolds, nothing is planned, instinct and senses come to the fore. Layering is intrinsic to their work: the subtle quietness of Macwilliam, the eruption of energy from Swallow, their work flourishes and evolves over time. United in their use of distinct colours and revealed marks, Swallow uses both hard and soft lines in subtle tones or rich juxtaposing colours whilst Macwilliam uses the layering of paler shades to create rich vibrancy, with just the gentlest, intricate touch, featherlike at times. Through the monochromatic works the focus shifts to the powerful presence of the line, with Macwilliam's work revealing hidden depths.

See overleaf and [website](#) for full associated events programme.

About the Artists

Cara Macwilliam (b.1972) is a Manchester-based self-taught, disabled visual artist. She started being creative in 2018 during a severe relapse. Living with an energy limiting illness, her work allows her to reconnect to something lost long ago. The repetitive patterns and meticulous details in watercolour pencil and pen, evoke a sense of rhythm and meditation, allowing her to travel into surreal landscapes and mythologies. Macwilliam finds solace and tranquillity within the creative process.

Candice Swallow's (b.1975) primary practice features layered marks in delicate lines or eruptions of energy across her drawings. Losing her sight aged thirty-one, Swallow has developed a unique way of working with a paper block, allowing her to maintain her independence. When drawing, all her senses work in tandem especially her sense of touch, often touching her face when working. Swallow is part of the pARTnership, an art studio linked to the Grundy Art Gallery in Blackpool.

About the Gallery

Jennifer Lauren Gallery is run by Jennifer Gilbert – a Manchester-based gallerist, freelance producer and curator, working with disabled, neurodivergent, self-taught, and overlooked artists. In 2017 she launched the Jennifer Lauren Gallery to internationally showcase these artists, having previously spent years managing a national arts charity for under-represented artists. Jennifer is passionate about showcasing the voices and artworks of these artists to wider audiences, allowing their true artistic language to shine.



Candice Swallow. *Untitled*. Pastel and graphite on paper, 24x32cm

JENNIFER LAUREN

GALLERY

Exhibition Address / Mura Ma
15 Stockport Road, Marple, Stockport, SK6 6BD
Open Thursday–Saturday, 11am–4:30pm
Or by appointment outside these times
Free entry

Cara Macwilliam, *Midsummer's Veil*, Gouache, watercolour & ink on paper, 56.5x76cm



Candice Swallow, *Untitled*, Graphite on paper, 24x32cm

NOTES TO EDITORS

Launch Event / Wednesday 1 November 2023, 6–8pm / All welcome

Address / 15 Stockport Road, Marple, Stockport, SK6 6BD

Dates / 2–11 November 2023

Opening Times / Thursday–Saturday, 11am–4:30pm, or by appointment outside these times / Free entry

Website / jenniferlaurengallery.com

Access info

/ Accessed via small ramp into space

/ Installation photographs, and iPhone video, will feature on Jennifer Lauren Gallery website

/ BSL video and audio descriptions of the artists' styles of work on the website

Quote from exhibiting artist Cara Macwilliam

“As a working-class Mancunian of the 1970’s, my home town means the world to me. To have my first showing here is poignant. I’ve been blessed to have my work shown in London, Paris and NYC but it’s just as important that artists are able to be seen in their own regions. It also means that many family and friends will be able to access my work for the first time. Showing alongside Candice Swallow from Blackpool makes it even more special for me, she’s an astonishingly accomplished artist.”

Associated Events

Friday 3 November, 7–9pm – Supper Club with local chef Claire Woodier

Book here (coming soon), for a three course menu & welcome drink, inspired by the artwork of Cara and Candice. BYO wine/beer/spirits, soft drinks provided

Sunday 5 November, 11am–12:30pm – ‘Exploring the unseen’ clay workshop with Cara Macwilliam [Book here](#) for a workshop looking at your internal self and emotions, with polymer clay provided. £10

Thursday 9 November, 6:30–8:30pm – In-person richly illustrated talk about automatic drawing with College of Psychic Studies Curator and Archivist Vivienne Roberts, followed by Q&A with exhibiting artist Cara Macwilliam. [Book here for the talk](#), to include light refreshments. £10