

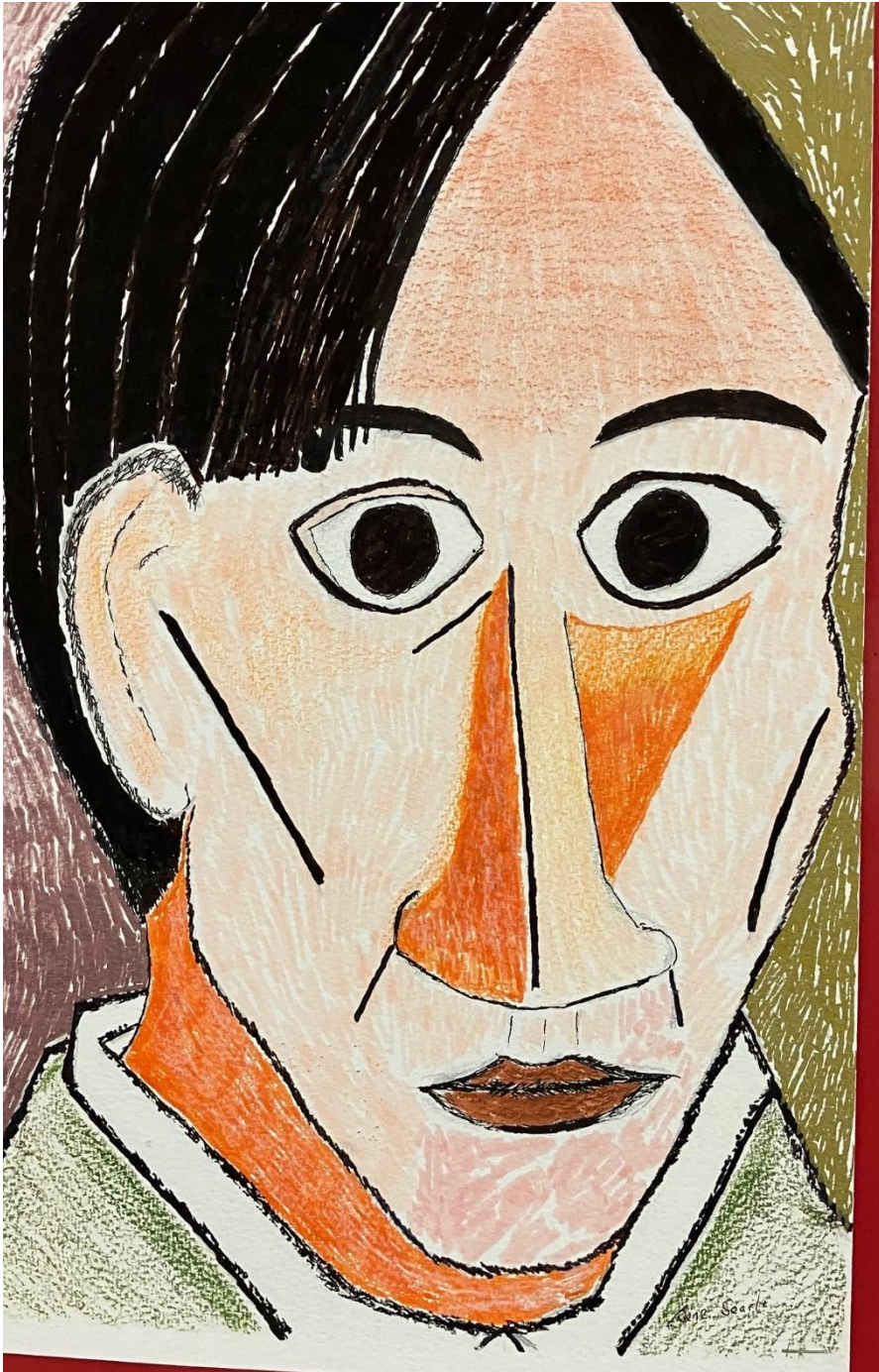
**Conquest Art**

Enriching the lives of people with disabilities

***Magazine***



**Spring 2023 No. 124**



Published by



**Conquest Art**

Enriching the lives of people with disabilities

Originally established 1978. Registered Charity No. 1171582

**Patrons:** Lady Shepperd, Alison Lapper MBE, Mayor of Epsom & Ewell

**Founder:** Ursula Hulme MBE, NRD, MFPS, BAAT

**President:** Judy Sarssam **Vice President:** Anne Bland Botham

**Trustees:**

John Gumbel (Chairman) - Brian Tanner (Treasurer)  
Anne Bland Botham - Charlotte Atkinson - Michael Bryne  
Bob Jones (Charity Secretary) - Lesley Lee

The aims and objectives of CONQUEST ART are the relief and rehabilitation of people with disabilities, in particular by encouraging them to lead fuller and more active lives, and, wherever possible, assisting them to cope with their disability through active participation in the visual arts.

This is achieved by:

1. Providing a friendly environment where people with disabilities can develop their creative talents.
2. Providing information on the special techniques which enable people with disabilities to discover new abilities and gain self-confidence.
3. Organising public and private exhibitions of our members' work, thereby increasing public awareness of the Charity's activities.
4. Maintaining contact with members of the Charity through the Conquest Art magazine, which is circulated to members and supporters of the Charity three times a year.
5. Fundraising. The expansion of our groups means increasing calls on our financial resources and we undertake active fundraising activities.

*In consultation with The Charity Commission some of the details of the aims and objectives are currently being reviewed and updated.*

**Conquest Art CIO**

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Stoneleigh, Epsom, KT19 0RT  
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## ILLUSTRATIONS ON COVERS

Paul Heard (Reigate Park group) .....	Front cover
Jane Searle (Godalming group) .....	Inside front cover
Mike J (Kingston group) .....	Inside back cover
Bryan Webb (Guildford group) .....	Outside back cover

# Conquest Art Magazine

Spring 2023

No. 124

## FROM THE EDITOR

Well, it has been quite a start to the year, hasn't it? Snow in March? I had my beautiful niece come to stay with me and her granny over the February half term. Unlike her Auntie, she is very creative and loves to paint and draw. She drew and coloured in this lovely picture of a cat as she knows I love cats and lost mine last year. I have the picture on my fridge and can look at it every day and be reminded that art is just so wonderful for the mind.



What do you all think? She is an artist in the making!

We will be holding our **Annual Meeting** on **Thursday, 1st June 2023** - full details on page 29. The artwork for the President Awards will be on display and you can be assured of excellent tea and cake. We do hope that you will be able to attend the meeting to hear the award winners, get up to date with all that has been happening since our last Annual Meeting in 2019 and have a good social gathering.

An online Exhibition will be held this year in September on our website. Full details to follow on how our members can participate.

So, whatever the weather outside, make yourself a good cup of tea or coffee and enjoy all the news and wonderful paintings!

Tina McJarow

*Conquest Art Magazine is published three times a year. Articles, drawings and letters are welcome by the Editor c/o Conquest Art (contact details on page 1).*

## *LETTER FROM OUR PRESIDENT*

Dear Conquest Members and Helpers,

The messy world we are living in can so easily pull us into anger, confusion, and despair so it is really necessary to pull back in the sure knowledge that wonderful things are also happening, the world may be in turmoil but there are oases of peace and absorption where the soul can be soothed.

Artists are blessed and able to absorb themselves in vibrant colours, beauty imagined and the joy of creation.

Concentrating on that creation relieves both the pain in the body and any turmoil in the mind. You only have to begin playing and experimenting with the pigments to find relief and joy.

I so hope you are indulging yourself with time to paint, draw or sculpt.

I hope my choice of ' Energy ' as the topic for this year's Annual Award will also inspire, whether it be wild exploding colours, the portrait of a cat about to spring, or a seascape full of turning blades, I hope you will enjoy talking about and exploring the myriad of ideas which illustrate the topic. What about an invoice with a big PAID right across it? A running figure a laughing face or that glorious sun waking up the Daffodils, on and on one could go.

Get Painting please!!

All good wishes everyone,

Judy Sarssam



## Start of the Year for Formby...

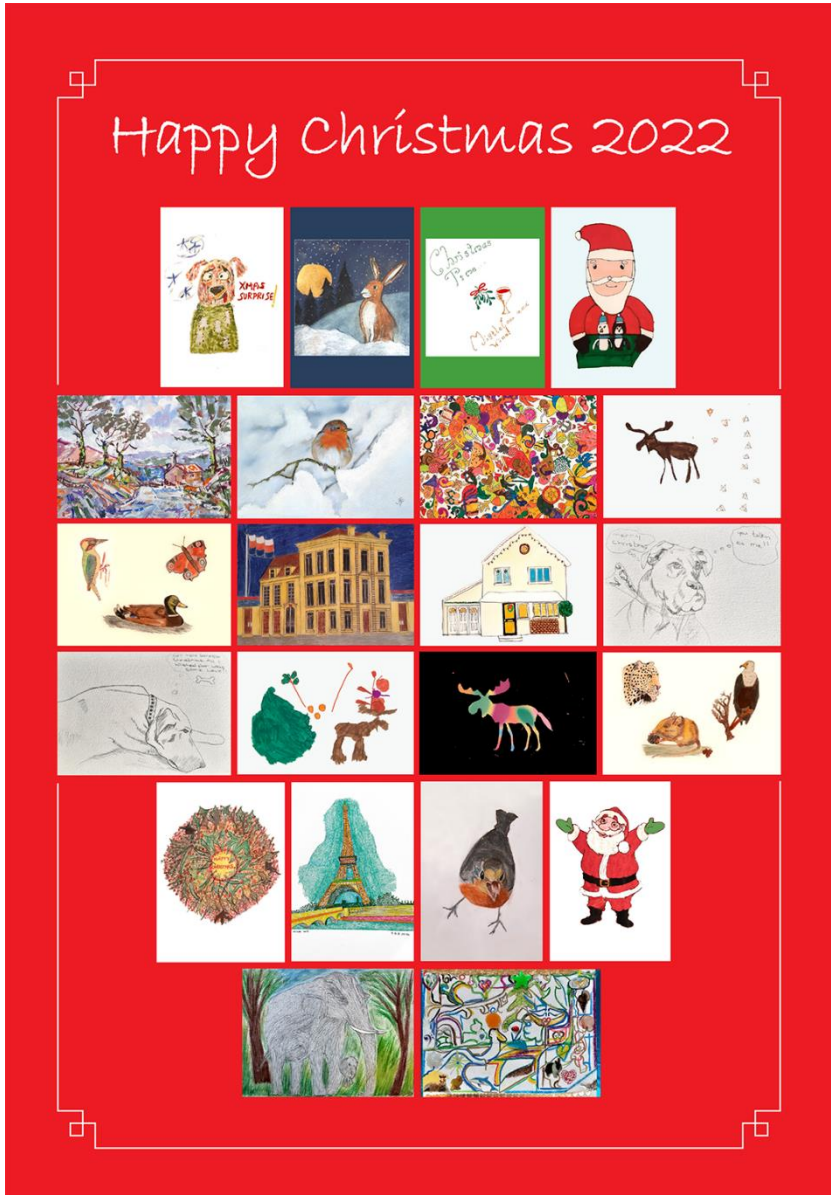
To ease our members into 2023 we gave each of our members an A4 black and white picture. They were asked to colour it in and when all eight pages were joined together, they made a complete poster sized picture.

Lyn Carse, Formby volunteer



## Our New Year Christmas Party in Ewell!

Once again, our Christmas card designs proved to be a great success and our members were delighted to receive their own personal set of printed cards to send to their friends.





Unfortunately, our Christmas party had to be postponed, due to a heavy snow fall on the day, so instead, we had a party on our return in January! It was a great way to start the new year off with some fun. Our 'professional' Bingo caller, Mike, did a great job to whizz through the games so that every member had an opportunity to win a super art prize.



We still don't know who that strange looking man is lurking in the doorway ....

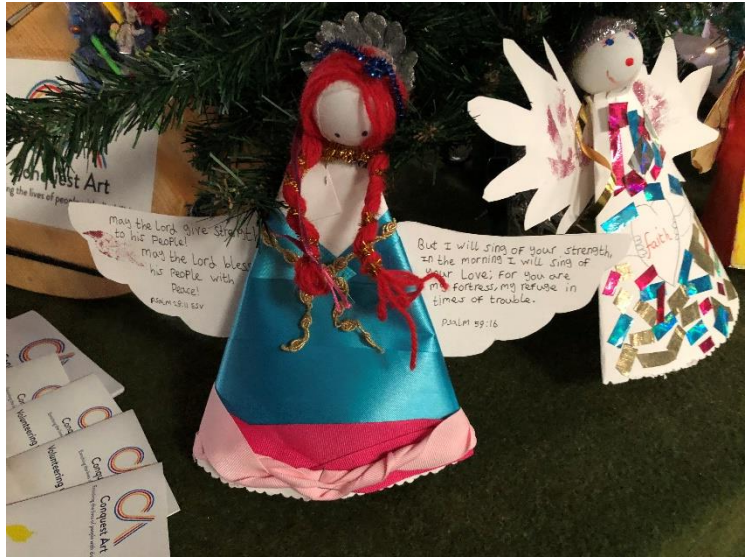
Julie Foard, Ewell volunteer



## Halesworth Group News...

Greetings from the Halesworth group. Christmas seems long ago now but we were very busy leading up to the festivities.

Our Parish Church, St. Mary's holds an Annual Christmas Tree Festival and we always take part.



The theme was inspiring Angels, so our members made beautiful paper Angels to decorate the tree, with inspiring words such as Kindness, Peace, Friendship etc.



'Gerald' our ageing Giraffe was taken out of retirement to go alongside the tree and was adorned with new antlers, clothes and gauze wings! The children in particular enjoyed his appearance and was greatly admired.



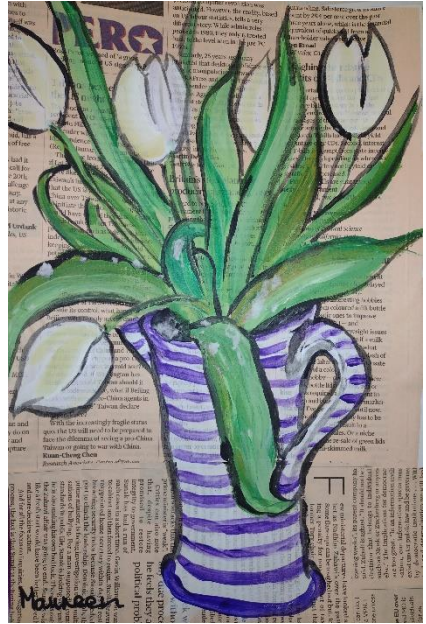
We also had our Christmas Party with games, songs and cake. Davina, our group leader informed us she would be leaving us in the New Year, so we presented her with flowers and thank you from all the members.

Now we are looking to new beginnings, with Spring approaching, we busy preparing Easter theme Artwork, which we hope to display in our local Library in May/June.

Marilyn Pettit, Halesworth Volunteer

## Newspaper, Matrix and biscuits at Kingston?

Our group was experimenting with painting on newspaper. We discovered that a vase of white tulips looked best painted on pink newspaper.



The next week we found that some pink amaryllis looked effective painted on some random vertical writing.



When two of our members said that the vertical writing reminded them of the 'code rain' in the Matrix film, it led to an interesting discussion with the rest of the group who had not seen the film!

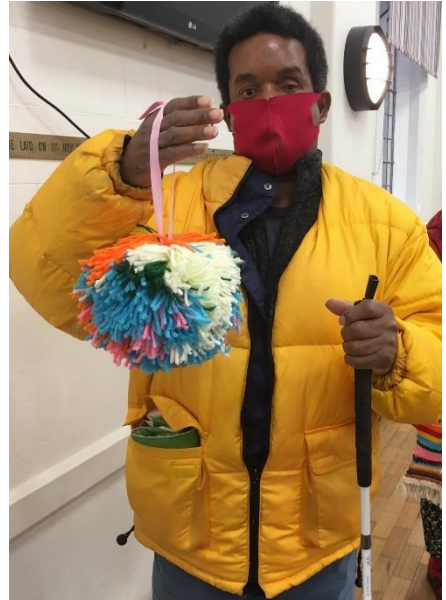


Gus produced a very creative version of the vertical writing, where as well as the amaryllis he added a custard cream and a jammy dodger – the biscuits we were eating with our cup of tea.

Diane Morrissey, Kingston volunteer

## Weaving at our Epsom Group

Since we have been fortunate to recruit new members to our Epsom group we have seen an encouraging interest in weaving and the making of pom-poms! It has been a positive achievement for our blind and partially sighted members to be able to create these beautiful textiles!



Other more able members have been very helpful in teaching the finer points of weaving and this unites members and creates socialising. Charli says that she loves art in any form and Ian has said that volunteers give him the motivation and inspiration to create.

We are really proud of all our members, not forgetting our brilliant volunteers and look forward to a new year of exciting artwork and happy artists!

Christine Loizou, Epsom group leader



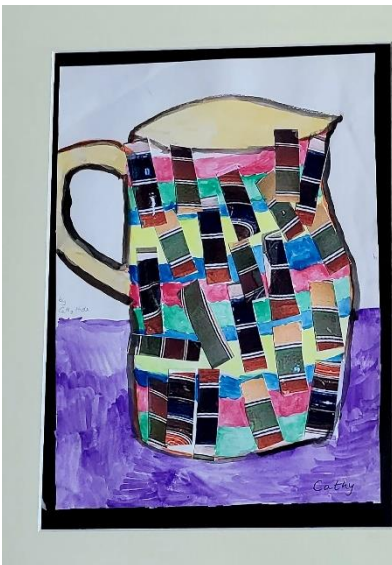


Artist: SONIA LEWIS from the Godalming Group

## Ashtead Pottery

The Ashtead group has been busy preparing for an exhibition they have been asked to contribute to. It is the centenary anniversary of Ashtead Pottery, which was started in 1923 and which employed disabled ex-Servicemen injured in the First World War.

The organiser of the exhibition, which will be held locally in the week after Easter, came to give a talk about the Pottery and how she hoped Ashtead Conquest Art would like to produce artwork related to the pottery. This will form part of the exhibition.

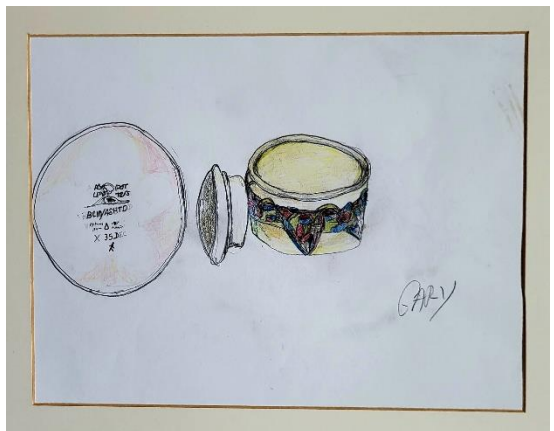




Pottery featuring Winnie The Pooh and other characters from the book were given to the then Princesses Elizabeth and Margaret.



Our members were very enthusiastic and have produced some wonderful artwork. They are looking forward to seeing the exhibition and maybe trying their hand at the pottery wheel or paintings mugs which will be fired in a local school kiln.



Susanne Meyers, Ashtead group leader



Artist: PETE WEST from the Stoneleigh Group



Artist: STELLA HOSEGOOD from the Ewell Group

## Lots Happening in Reigate!

Members of Reigate Park branch were sad to hear recently of the death of Mary Thompson last year (right). Mary was a much loved and energetic leader to the group for seven years until June 2011. She was succeeded by Kathy and Tara and continued to keep in touch with the group for many years.



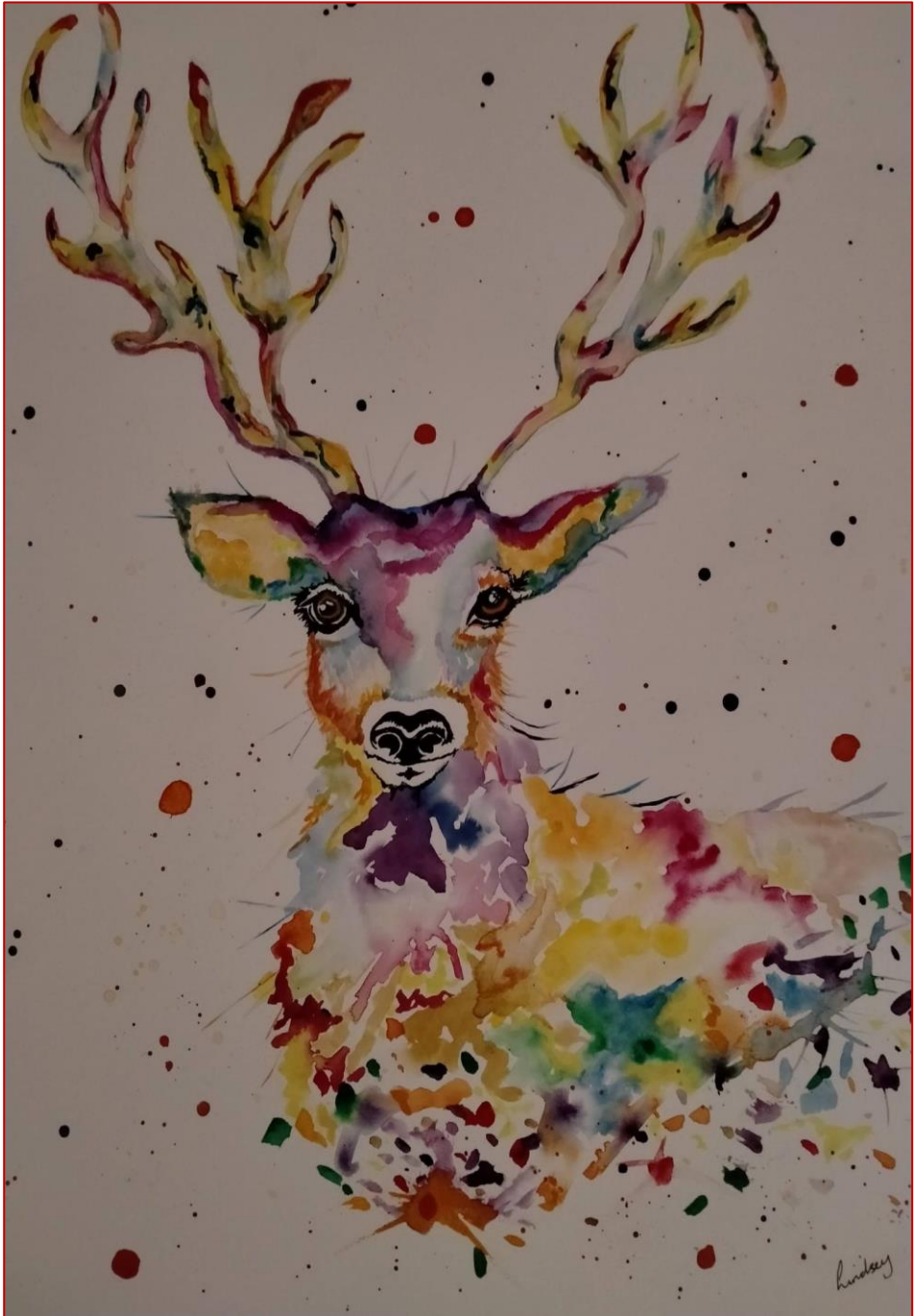
Heidi Rice (below) of Reigate Park group finds inspiration in the natural world and her beautiful mixed media paintings of trees are often embellished with artificial gold leaf and metallic water colours. In June she will be taking part in Surrey Artists' Open Studios when members of the public can visit artists at work in their studios. For more information go to <https://surreyopenstudios.org.uk/>



Reigate Park group have been working on a 'Big Picture' which now fills a large notice board in the church hall where we meet. An image of Paul Gauguin's painting 'Nave Nave Moe' was divided into 16 pieces and each piece reproduced and enlarged by members of the group. Some sections of the original painting are like small paintings in themselves; others consist of shapes and colours which may not make sense until all the pieces are put together. It is fascinating to see people's different styles come together to produce one huge image!

Kathy Adams, Reigate Park group leader





Artist: LINDSEY HEARD from the Reigate Park Group

## From Our Godalming Group ...

Sadly, that we said goodbye at New Year to our group leader Julie Stephens, who had been suffering from poor health for some time. Julie and her husband Chris were mainstays of our group. Julie - so calm and well-organised - did all our arranging and admin, often going the extra mile with open mornings, exhibitions at Godalming Museum and occasional trips off-site to exhibitions or garden-centres. We remember Chris, much disabled from an accident many years ago, for his everlasting cheerfulness, love of colour and wicked wit. As a couple they have been inspirational, and we say a heartfelt "Thank You" to them both.

At the same time, we said goodbye to Jill Cozens who for many years has loyally managed our refreshments and been a listening ear to all members. Thank you Jill, for countless cuppas and cheeriness.

On a positive note, we have recently welcomed four new helpers - Maureen, Roxanne, Carol, and Wendy. Sheila and Nancy are very grateful for their support at this time of transition.

Nancy Wilks, Godalming volunteer

Our  
Pinboard  
Gallery



## Daffodils in Bridport

The Bridport group brightened up a grey and rainy day painting cheery daffodils.

Boo Mallinson, Bridport group leader





## Aspects of Winter

I had recently watched a programme called ‘**Tales of Winter...The Art of Snow and Ice**’ on BBC 4 (probably available on iPlayer and well worth watching.)

The programme explained that painting harsh winter landscapes had been largely unheard of as they were viewed as places of fear and danger, and not of beauty and majesty and they were certainly not considered places to visit. However, the artist and critic John Ruskin helped to change the minds of those who could afford to travel with his beautiful watercolours of the area around Chamonix in France, and winter travel and the painting of the landscapes became all the fashion.



I challenged the members of the Stoneleigh Group to think “harsh winter not snowy Christmas” and they did not disappoint.

Lesley Lee, Stoneleigh group leader.

## Obituary - Gwen Gale (Ashtead Group)

We were very saddened to learn that our longstanding member, Gwen Gale, passed away at the beginning of the year.

Gwen was one of our very first members and despite often being in pain, she smiled through this and was always happy to be amongst her fellow members. We shall miss her very much.

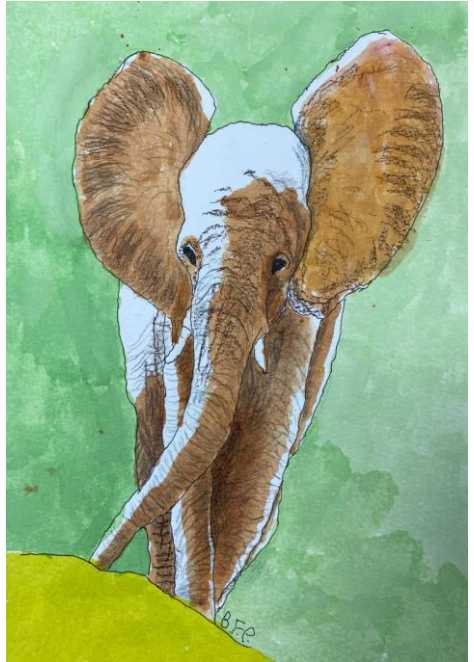
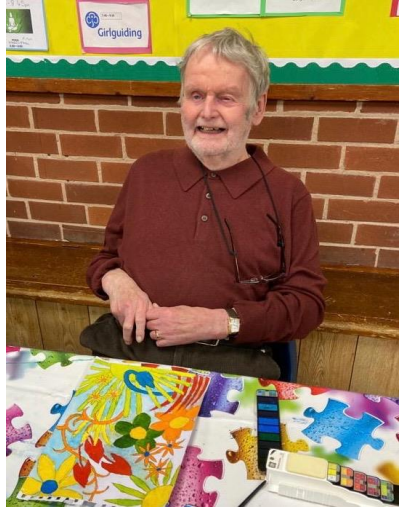


## Obituary – Barry Parkinson (Formby Group)

It is with great sadness that we have to announce the passing of our Formby member, Barry Parkinson, on 31st January, 2023.

He joined the Formby group some eight years ago after suffering a stroke which affected his right side. Barry set to and independently taught himself to write, draw and paint with his left hand with amazing results. Barry was certainly one of our most talented artists. He will be remembered by all our members with much affection, as a source of inspiration and the one who always sat by the radiator.

Many of our members have offered their love and support to Jane, his wife of 57 years.



## Donation Awarded to our Carshalton Group

Last year September, Kim Isted (Carshalton group leader) walked into the Yorkshire Building Society and noticed a sign asking for nominations for charities, so she decided to put Conquest Art forward.

The Yorkshire Building Society Charitable Foundation aims to help alleviate poverty, improve health, and save lives. Donations are made to registered charities which support children, those seriously ill, as well as elderly, homeless and disabled people.

In October, Kim received and filled out the forms to apply for a donation. All Kim's initiative, enthusiasm and hard work paid off. Our Carshalton group has been awarded £1,000!



On behalf of the Trustees, we would like to congratulate Kim very much for pursuing this and for her successful application for funds.

---



Left: Artist - Sundhar Srinivasan's latest and best yet from our Stoneleigh group





Artist: ALIX PINNELLS from the Guildford Group

## *Awards to be Won!*

### *Annual Meeting Competition*

Sadly, we have lost our dedicated Patron, Lady Shepperd, but our President Judy Sarssam has kindly offered to continue the tradition of the awards.

The awards will now be called the President Awards. The 1st, 2nd and 3rd winners will be announced at the Annual Meeting.



The theme for the competition is '**Energy**' and as usual, the interpretation of the theme is entirely open.

We are hoping for the Mayor of Epsom and Ewell to attend the Annual Meeting and choose his favourite painting. A prize will also be awarded for the Mayor's Choice.

When the entries have been submitted, I get to see beforehand all the interesting interpretations on this year's theme so please come along to the Annual Meeting and see all the talented artwork on display.

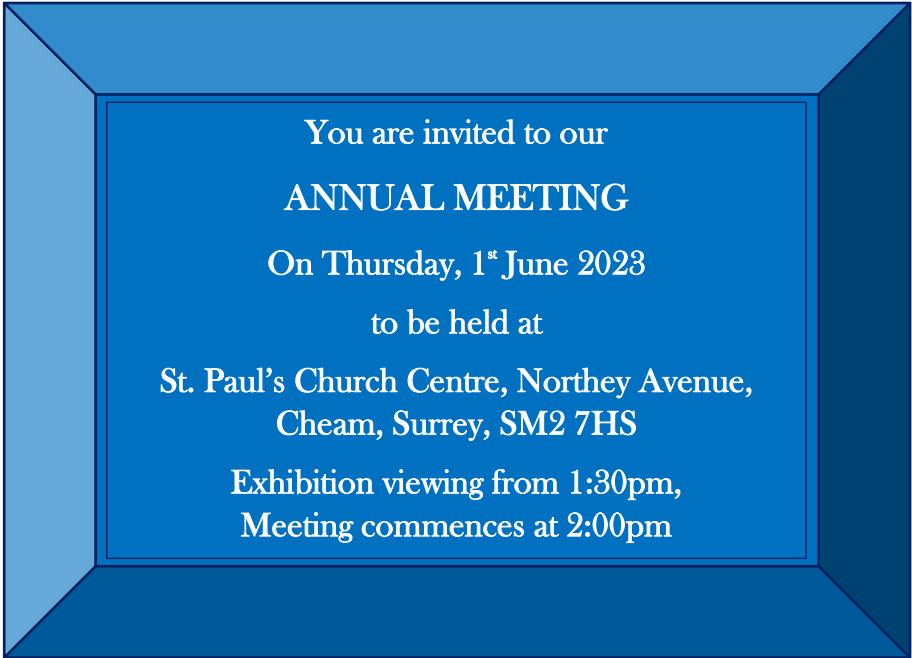
### *The Gibson Awards*

Once again, we are holding The Gibson Award and the winner will be announced at the Annual Meeting. The award was set up at the request of Gladys Gibson who made provision for an annual trophy to go to the member who has shown particular achievement during last year (2022).

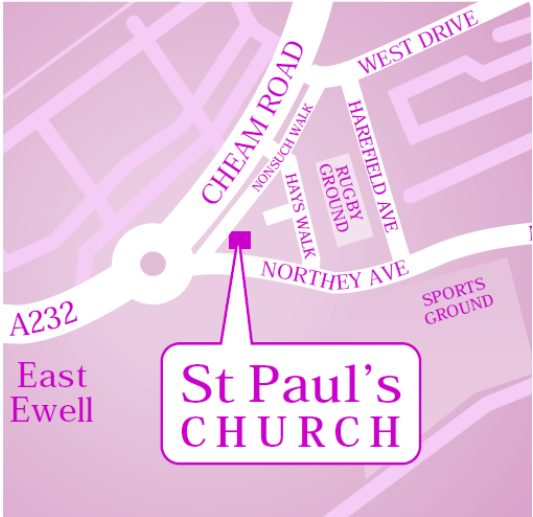


Group leaders are encouraged to nominate a member in their group who they think that Conquest Art has helped during that year.

I look forward to receiving all the nominations!



Please note that  
the entry to the  
hall is from  
Nonsuch Walk  
not Northey  
Avenue.



## LIST OF CONQUEST ART GROUPS AND LEADERS

<p><b>Ashtead Group</b> St. Michael's Catholic Church, Church Hall, The Marld Ashtead, Surrey, KT21 1RS</p>	<p>Leader: Susanne Meyers Tel: 07808 958726 Alternate Tuesdays 2:00 - 4:00pm</p>
<p><b>Bridport Group</b> Bridport Christian Fellowship Kings Square, Kings Street Bridport, Dorset, DT6 3QD</p>	<p>Leader: Boo Mallinson Email: boo@themallinsons.com Alternate Wednesdays 2:00 - 3:30pm <i>(During School term only)</i></p>
<p><b>Carshalton Group</b> The Circle Library Green Wrythe Lane, Carshalton Surrey, SM5 1JJ</p>	<p>Leader: Kim Isted Tel: 020 8395 5221 Every Tuesday 2:00 - 4:00pm <i>(During School term only)</i></p>
<p><b>Cheam Group</b> St. Paul's Church Centre Northey Avenue, Cheam Surrey, SM2 7HS</p>	<p>Leader: Anne Bland Botham Tel: 020 3536 5686 Every Thursday 2:00 - 4:00pm</p>
<p><b>Epsom Group</b> Epsom Methodist Church Ashley Road, Epsom Surrey, KT18 5AQ</p>	<p>Leader: Christine Loizou Tel: 01372 723966 Every Tuesday 2:00 - 4:00pm</p>
<p><b>Ewell Group</b> Christ Church Ewell Cheam Road, Ewell Surrey, KT17 1AD</p>	<p>Leader: Steve Deal Tel: 07500 339168 Every Monday 1:00 - 4:00pm</p>
<p><b>Formby Group</b> "The Workshop" Holy Trinity Church Rosemary Lane, Formby Merseyside, L37 3HA</p>	<p>Leader: Jeff Scott Tel: 01704 834456 Alternate Tuesdays 2:30 - 4:30pm</p>
<p><b>Godalming Group</b> Godalming United Church Bridge Road, Godalming Surrey, GU7 3DU</p>	<p>Contact: Nancy Wilks Tel: 01483 414778 Every Thursday 10:30am - 12:30pm</p>
<p><b>Guildford Group</b> St Catherines Village Hall, The Gateway Chestnut Avenue, Guildford, Surrey, GU2 4HD</p>	<p>Leader: Pamela Dalton Williams Tel: 07790 893 622 Alternate Wednesdays 2:00 - 4:00pm</p>



<b>Halesworth Group</b> United Reformed Church Quay Street, Halesworth Suffolk, IP19 8ER	Contact: Marilyn Pettit Tel: 01986 874316 Every Wednesday 1:30 - 3:30pm
<b>Kingston Group</b> St Pius X Roman Catholic Church, The Triangle, 108 Orme Road, Norbiton, Kingston Upon Thames, KT1 3SB	Leader: Somak Sengupta Tel: 078243 70910 Every Tuesday <b>evening</b> 6:00 - 7:30pm
<b>Malvern Group</b> Malvern Link United Reformed Church Church Hall, Worcester Road, Malvern, Worcestershire, WR14 1SS	Leaders: Janet Bingham - 01684 562188 / Ann Feest - 01684 311921 2nd and 4th Thursdays 2:15 - 4:15pm
<b>Reigate Park Group</b> Reigate Park Church Park Lane East, Reigate Surrey, RH2 8BD	Leader: Kathy Adams Tel: 01737 233923 Every Wednesday 10:00am - 1:00pm <i>(During School term only)</i>
<b>Stoneleigh Group</b> Stoneleigh Methodist Church Stoneleigh Crescent, Epsom Surrey, KT19 0RT	Leader: Lesley Lee Tel: 020 8393 4116 Every Monday 2:00 - 4:00pm
<b>Woking Group</b> Woking United Reformed Church White Rose Lane, Woking Surrey, GU22 7HA	Contact: Jacky Hussey Email: Jackyhussey@hotmail.com Alternate Tuesdays 2:00 - 4:00pm
<b>Worcester Park Group</b> St Mary's Cuddington The Avenue, Worcester Park Surrey, KT4 7HL	Joanna Friedman Tel: 07970 891 807 Every Tuesday 1:30 - 3:30pm

# CONQUEST ART

*Enriching the lives of people with disabilities*

Conquest Art CIO - Registered Charity No. 1171582

## MEMBERSHIP APPLICATION AND RENEWAL

I wish to apply for membership of CONQUEST ART in the category listed below: (Please tick the appropriate box)		<input type="checkbox"/>
I wish to renew my membership of CONQUEST ART (Please tick the appropriate box) (Subscriptions are renewable each calendar year and payable by 1st March each year)		<input type="checkbox"/>
I understand I shall be put on the mailing list for CONQUEST ART magazine and other information as, and when, it becomes available.		
1. <b>Group / Individual membership</b>	<b>£10 per annum</b>	<input type="checkbox"/>
We welcome people with a wide range of disabilities who would like to benefit from creative art activity in a friendly, non-competitive group. Group and individual members will receive our quarterly magazine and are entitled to exhibit their work at CONQUEST ART exhibitions.		
2. <b>Friend of Conquest Art</b>	<b>£25 per annum</b>	<input type="checkbox"/>
Open to anyone interested in the work of the Charity. Friends are encouraged to participate, wherever possible, in activities of CONQUEST ART.		
3. <b>Life membership</b>	<b>£200</b>	<input type="checkbox"/>
A Life Membership is available for anyone interested in supporting the work of the Charity.		
Cheques should be made payable to <b>CONQUEST ART CIO</b> and sent to: CONQUEST ART CIO, Room 2, SMC Centre, 1 Stoneleigh Crescent, Stoneleigh, Epsom, Surrey, KT19 0RT		
<b>ALL CAPITAL LETTERS PLEASE</b>		
Name (Mr/Mrs/Ms/Miss):		
Address:		
Postcode:	Telephone:	
Email Address:		
Date of application / renewal:		
<b>To be completed by Full Members only</b>		
Disability / Long term illness:	Age:	
Name of group (if applicable):		
<i>The Trustees expect the Charity Co-ordinator, volunteers and members of Conquest Art to be treated with courtesy and respect. Abusive or aggressive behaviour at group meetings is unacceptable and is likely to result in exclusion from the group.</i>		



