

## PRESS RELEASE

## IMMEDIATE USE

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### **EXHIBITION “PERFECT ANTIDOTE TO DARK DAYS”**

The Window Gallery in Broomfield Road, Chelmsford hosts an “uplifting narrative exhibition” for the month of January, in her second show, by artist Teigh-Anne Shave.

The second of her narrative exhibitions created for the space, continues the message from “The Loss of Hope” of January 2020 and brings to life the concept of what the artist considers a Joy Germ to be, inspired once again by Joan Whites “Joy Germ Day” celebrated all over the world on the 8<sup>th</sup> of January.

The narrative exhibition is made up of 6 large paintings with added 3d characters which start out as water bottles filled with unrecyclable plastic. Teigh-Anne said, “These beings are literally filled with rubbish and then turn into something joy-filled”.

The progression tells the story of a germ fully in his head, worrying, angry and stressing in a loop who then becomes changed by a joy germ who fully sees through their heart with compassion, love, and nonjudgement. Their love starts to change the brain germ as soon as it lands. Pulled up by the joy germ they are held as the 'infection' spreads transforming it to see with it's heart also, becoming a joy germ. They then go on to spread joy wherever they go too.

“This is also a story of our own two sides and how we can 'rescue' ourselves with it being our own heart/mind. I became a Joy Germer in 2010 when I started the Share a Smile campaign and teaching laughter yoga, but the design of the character was created years later when I started sending my Nan postcards every day after she turned 100 and felt depressed. Each one had a face made of a heart for eyes (a hug) and a smile. She loved them and told me how they made her day! They made her smile and she felt loved. She lived until she was 102. “

“For me, winter used to be very difficult and in all those years of depression I think I'd have benefited from someone saying, "you are loved" and then I realised I could be that person. I figured we could all do with a little joy germ spreading right now so created this piece to shine some light in the wintery month of January, spreading a different kind of infection,

and with valentine's day approaching to let people know they are loved no matter what. Our future selves are whispering it in our ears...we just have to listen.”

Fellow illustrator, Candy Joyce, who curates and manages the gallery, said, “Teigh-Anne's vibrant, colourful and joyful work is the perfect antidote to the cold, dark days of January. It is an honour to show Teigh-Anne's work in the Window Gallery again, two years after her first solo exhibition and to see the work progress. The narrative in both displays is in perfect synch with the mission of the Window Gallery which is to spread kindness and make people smile.”

The Joy Germs will be used in Teigh-Anne's next retreat, with participants being able to create their own, at the end of February 2022. Smaller versions of the characters will also be available later in the year. To find out more about this go to [www.tashave.co.uk](http://www.tashave.co.uk) or [www.windowgallery.org](http://www.windowgallery.org) for more information on The Window Gallery.

Notes:

\*According to Joan White a “JoyGerm” is any sincere man, woman or child, teen or in between, who believes positively the “bright sides the right side”. Her campaign saw thousands sign up to spread Joygerm Fever – “the highly contagious, wonderfully incurable disease with prescribed treatment of large daily doses of Kindness and Courtesy, Merriment and Mirth, Silliness and Sacredness, plus Happiness and Humour. Teigh-Anne spoke to Joan last year and she kindly send over membership packs and information. Email [Teigh-anne@tashave.co.uk](mailto:Teigh-anne@tashave.co.uk) if you would like one.

Larger resolution photographs are available.

