



Bex King

FEAST is an upbeat collection of watercolours, started in the lockdown of 2020. The collection depicts yummy food – reflecting a bit of comfort and familiarity during those uncertain times.

It started with a wobbly jar of Nutella – That was the first time Bex had ever drawn or painted, and it's been a whole new experience.

In Bex's words "Painting has now become a very absorbing and healing practice for me. The moment I got the sense of working through the process of looking, noticing and then seeing it take shape— I have felt a sense of contentment that I haven't felt before. It's quite meditative and exciting all at the same time! It has really centred me, and I feel much more positive because of it. I can't imagine not having drawing and painting as part of 'me' now.

My grandfather 'Pop' has been a huge influence for me. He was a commercial artist in the 1940s painting food advertisements and portraits. (I have one of his paintings of an advert for Ryvita hanging in my kitchen). I think he would be pleased that I have taken the artistic baton.

Painting food was not only a still life ready and available during lockdown, but I also love the emotional resonance that food can carry. I associate food with comfort and nostalgia, providing a feeling of safety and familiarity in a world that was feeling a bit chaotic at the time.

I love to get a sense of realness and authenticity in my artwork – my kids all laugh at me for talking about the shine and the shadow – but I think that can really give it it's reality and enhance the viewer's connection to a memory or even trigger a sentiment or emotion. I like that feeling – when it looks real.

I am gaining the courage now to explore new avenues and paint faces. I love the connection that this can bring between the viewer and the piece of art".

Exhibition runs February 15th to 24th 2024

Gallery open Thursday to Saturday 11-5.30pm or by appointment





 $\label{eq:Full English} Full English \\ \mbox{Print on archival 220gsm watercolour paper. Unframed \pm 40}$



Alphabetti Spaghetti Watercolour, 35.0 x 24.0 cm. Framed £ 250.







Burger Watercolour, 30.5 x 20.0 cm. Framed £ 250





Cheesecake Watercolour, 20 x 29.5 cm. Framed £ 195

Ferrero Rocher Watercolour, 22.5 x 24.5 cm. Framed £ 195



Cherry on top Watercolour, 300 x 240 cm. Framed £ 240





Ready for Spaghetti Watercolour, 37.5 x 32.0 cm. Framed £ 250



Filthy Watercolour, 34.4 x 23.2 cm. Not for sale





Olives in a plastic tub Watercolour, 25.5 x 22.0 cm. Framed £ 250. Print on archival 220gsm watercolour paper. Unframed £ 40



Party Rings Watercolour, 23.8 x 18.5 cm. Framed £ 195





Kids tea Watercolour, 28.5 x 28.5 cm. Framed £ 250. Print on archival 220gsm watercolour paper. Unframed £ 40







Tony Watercolour, 34.5 x 45.0 cm. Not for sale



Poppy Watercolour, 34.5 x 45.0 cm. Not for sale



The Goodest Boy Watercolour, 38.0 x 45.0 cm. Not for sale