

# How We Used to Live



How We Used to Live, a solo exhibition of recent works by Alex Fox

**Opening Event: Wednesday 5 April 2023, 5pm-8pm**

**Exhibition Dates - Thursday 6 April to Sunday 30 April 2023**

Trowbridge Gardens Gallery, 1 Trowbridge Road, Hackney Wick, London, E9 5LD

Welcome to an exhibition of Alex Fox' recent work; a selection of oil paintings, depicting a time gone by and a glimpse into *How We Used to Live*.

## About the Exhibition:

The title of the exhibition is borrowed from a long running television series which was shown in schools across the UK for decades. Each programme would feature the same family in certain periods of history, educating children about the differences between our lives now and the era covered in the programme.

The artist's family also spent periods of time in circumstances that belonged to a different era, with no electricity and water drawn from a well, and light cast from oil lamps burning into the small hours. A single stove in the living room provided the only source of heat in this isolated farmhouse located in the middle of the Friesian fens in The Netherlands - only accessible by boat. The water which surrounds the building on all sides formed a murky barrier which played on the imagination of the artist as a child, as did the lamplit journeys in the middle of the night to a primitive toilet at the back of a disused pitch-black barn, accompanied by the eerie hissing noises of the barn owls perched high above in the rafters.

Now, however, solar panels have been installed, smartphones stay charged and connected, the warm glow of oil lamps increasingly replaced by the cold light of LEDs and backlit screens. Other changes loom, prompting the creation of paintings depicting how we used to live, with the question as to whether the artist's own family will continue to experience these circumstances in the future.

## About the Artist:

After completing his MA at City & Guilds of London Art School, Alex Fox has exhibited work widely including at the Royal Academy, the London Art Fair, Miami Art Basel collectors event and currently at the Victoria and Albert Museum. His public art projects include a commission by Audley Runnymede, Stone Studios in Hackney Wick, London and The Amelia Scott, Tunbridge Wells.

You find further details about the Artist via: [www.alexanderfox.net](http://www.alexanderfox.net) / [@alexjrfox](https://twitter.com/alexjrfox)

During the exhibition, Alex will lead a drawing workshop; dates and further details to be confirmed.

*All artworks in the gallery are for sale, please contact Alex Fox directly on: [ajrfox@gmail.com](mailto:ajrfox@gmail.com)*

More info on other events and exhibitions in the series can be found: [www.ARBEIT.org.uk](http://www.ARBEIT.org.uk), or email: [community@ARBEIT.org.uk](mailto:community@ARBEIT.org.uk)

Arbeit Studios (Arbeit Project Ltd.)  
**We Make Space Work**  
[info@arbeit.org.uk](mailto:info@arbeit.org.uk)

Existing Sites: Trowbridge Gardens: 1 Trowbridge Road. E9 5LD (Registered Address) | 49 White Post Lane. E9 5EN | 117 Wallis Road. E9 5LN | 778-782 High Road Leyton. E10 6AE | Unit 41 Uplands Business Park. E17 5QJ | 9 Martel Place. E82FR | Unit OH, East 10, Enterprise Park. E10 7DQ | Basement, Barin g House, Canton Street. E14 6JW | 232 Hornsey Road. N7 7LL | 8a - 10a Kilburn Bridge. NW6 6HT | Unit 11, Redif House, Wantz Road, Dagenham. RM10 8PS | 182 New Cross Rd. SE14 5AA | Stroud Green Road N4 3ED | 210-218 Trafalgar Rd SE10 9ER | 1 - 6 Pintle Place, Hancock Road, London, E3 3UP