

Charlie Marshall Local Artist

Local Dunfermline artist **Charlie Marshall** is showing his paintings here in the Fife Health Charity Community Art Gallery at Queen Margaret Hospital.



Fife Health
Charity

The paintings show familiar places from the local area. Charlie works in oil paint, using rich colours and layers to bring these landmarks to life. Many visitors may recognise the places in his work.

This exhibition is very personal for Charlie. While living with long-term pain, he attended the NHS Fife Pain Management Service at Queen Margaret Hospital. As part of the pain management clinics, Charlie took part in art classes and creative groups. At first, art helped him cope with pain. Over time, it became something much more – helping him feel positive, focused and hopeful about the future.

Charlie later shared his experience through **Pain Talking**, an NHS Fife online resource that helps people understand and manage long-term pain. Pain Talking focuses on learning skills such as pacing activities, relaxation, setting small goals and looking after mental wellbeing.

“Art has saved me and given me a purpose. It helped me learn how to live with pain and look after myself.”

Today, Charlie has been an artist for over ten years. He paints, teaches art classes and exhibits his work. Art is now an important part of his daily life and wellbeing.

Charlie hopes his paintings bring a moment of colour, calm and comfort to everyone visiting the Fife Health Charity Community Gallery.

You can find the exhibition space by entering via the Phase One entrance and turning right.

Pain talking

If you are living with long-term or persistent pain, support is available. **Pain Talking** is an NHS Fife online resource that helps people understand and manage pain.

Find out what could work for you at nhsfife.org/paintalking

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