

**Planning your visit to Outer Space,
This will only hurt for a second,
exhibition by Amy Claire Mills**

Visual Story



What is a visual story?

A Visual Story is a visual & written accessible guide to assist you with your visit.



Visual Story

Visual stories are used to prepare a person for and increase the predictability of a new environment or situation. This helps bring familiarity to a process and to reduce anxiety and stress.

This guide provides information on how to access the exhibition: This will only hurt for a second at Outer Space, and what to expect when you arrive and who to ask for assistance.

Outer Space



The exhibition 'This will only hurt for a second' by artist Amy Claire Mills will be held at Outer Space gallery.

Outer Space is a not-for-profit contemporary arts organisation. Who collaborate with artists and arts workers to develop, make, and present critically engaged creative practice in a supportive professional environment.

To find out more about Outer Space, the exhibitions and public programs you can visit their website: [Outer Space](#)

Exhibition Information



This will only hurt for a second is an installation artwork of soft sculptures by Sydney artist Amy Claire Mills.

The exhibition is on at Outer Space gallery from the 4 - 25 November 2023.

Outer Space is located within the Judith Wright Arts Centre at: 420 Brunswick St, Fortitude Valley QLD 4006

Gallery opening hours are: 10am - 5pm
Wednesday – Saturday

How to get to Outer Space

Parking at Outer Space

There is no parking onsite at Outer Space. Visitors can find several carpark options nearby. [Wilson Parking](#) and [Secure Parking](#) operate carparks close by. Visit their websites for more information on locations and pricing.

Public transport to Outer Space

Fortitude Valley can be accessed by both bus and train networks.

Fortitude Valley Train Station is located beneath the Valley Metro complex. Pedestrian access to the station is via 2 thoroughfares near the corner of Brunswick and Wickham Streets .

The 199, 196 and 195 buses all stop directly outside the Judith Wright Arts Centre.

For public transport timetable information, contact TransLink on 131 230 or [plan your journey online](#).

Access Information



Access

The Judith Wright Arts Centre is a wheelchair accessible venue. Lifts and ambulant toilets, are available for use on all levels.

To find out more about the access features of the venue you can call 07 3872 9000 or email centremangement@arts.qld.gov.au

Within the exhibition I can access an audio description of the artworks by scanning a QR code at the entrance of the gallery. I can listen to this through my phone with headphones.

Getting Ready



To prepare for visiting the exhibition, I can use this visual story as guide.

I can bring things that will help me feel comfortable if I want to. These might include:

- Noise cancelling headphones
- Water bottle
- Sunglasses
- Sensory & fidget toys
- Ipad or phone

Inside the exhibition



Inside the exhibition, I can find a range of large soft sculptures and artworks that I am allowed to touch.

This is an interactive installation; the artist made the works about sensory exploration. It is okay to touch all the artworks and explore the materials the artist used to make the work. I cannot move any of the large soft sculptures or the text works on the floor or walls.

Before touching any artwork, I must make sure that I have clean hands and that I don't bring food or drinks into the exhibition space. If I have any questions, I can ask a staff member for assistance.

Inside the exhibition



The exhibition is very colourful with many different textures, patterns and colours used in the artworks.

If I have sensory sensitivities or feel overwhelmed in the gallery, I can exit the exhibition and access seating in the foyer of the Judith Wright Arts Centre.

There will be gallery staff or volunteers in the space to help me if I need it.

About the artist



The exhibition was made by artist Amy Claire Mills.

Amy Claire Mills is an artist, curator, and producer who lives in Eora/Sydney. Amy's art practice focuses on advocacy, identity, and resistance, which is influenced by her experiences as a disabled woman. Through her work, Amy explores disability culture and its social and political impacts, taking on both the role of an artist and subject.

I can find out more about Amy and the exhibition by visiting the Outer Space website: [Exhibition website](#)