

# What's On



Artist John Stedman and one of his works on show at the post office in Palm Bay

## 'It's never too late to start something new'

» John Stedman took up painting less than three years ago and now proudly displays his abstract work in a gallery at the post office at Summerfield Road in Palm Bay, Cliftonville.

He said: "The local post office really is the heart of the community and having a gallery here allows me to display my work to hundreds of people. Reaction has been very encouraging and

I want people to feel free to drop in and have a look around."

Mr Stedman, who retired from Thanet College six years ago, said: "I am totally self-taught. It is never too late to take up new interests and you are never too old to start something new. I reckon 60 is the new 40." Two years ago he was diagnosed with multiple sclerosis. He said: "That has slowed down my walking somewhat, but I won't let it

prevent me from being creative – painting is very therapeutic." Mr Stedman works for the Stepahead Support charity in Margate, helping mediate between parents and their teenage children.

The gallery has open viewing every Saturday morning.

■ For further information, contact John on 07969 463 407 or visit [www.johnstedmanart.com](http://www.johnstedmanart.com)