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MH, oil on linen, 30x40cm, by George Harding 2020, www.georgejharding.co.uk

George Harding is an oil painter and fine artist based in Bristol, UK. He writes about his portrait of MH 'I have been lucky enough to work with MH in my care job over the past few years. He has down syndrome, autism and is mute. I have a mental illness but have slowly been able to work part-time as I have got better. I go to work at a community centre to help MH live a more fulfilling life. He also helps me be more accepting of my illness and capabilities. He never feels sorry for himself and always does the next right thing. His humanity is as important as everyone else's and he brings joy to my life and everyone he comes into contact with. During the pandemic his funding has been cut and I no longer work with him at the centre and his future is in flux. It is sad that this is the way the most vulnerable in society are treated who don't have a voice. My portrait of MH is to highlight his humanity and is part of a larger series that I am doing of staff and clients at my work.'