

# Nurture Nature

## Project eARTh at home collage workshops with Amanda Whewell

A seven week mixed media collage project inspired by our local High Peak countryside and English artist Mark Hearld. The themes and workshops also link into the five ways to wellbeing.

During this project we will make some cards and garlands inspired by Mark Hearld, these will be posted out to people with our love and best wishes. We will experiment with several different techniques and combine them into our own unique collages inspired by local nature. The final pieces will be framed to brighten up someone's walls.

There will be videos to accompany the worksheets, release dates and links below:

Week 1: [www.highpeakarts.org/NN1](http://www.highpeakarts.org/NN1) - available from Monday 26 April

Week 2: [www.highpeakarts.org/NN2](http://www.highpeakarts.org/NN2) - available from Monday 10 May

Week 3: [www.highpeakarts.org/NN3](http://www.highpeakarts.org/NN3) - available from Monday 17 May

Week 4: [www.highpeakarts.org/NN4](http://www.highpeakarts.org/NN4) - available from Monday 24 May

Weeks 5/6/7: [www.highpeakarts.org/NN5](http://www.highpeakarts.org/NN5) - available from Monday 7 May



**Collage by Mark Hearld**



## Notes about Mark Hearld.....

Mark Hearld is an artist who lives and works in York, he takes inspiration from the British countryside. He is also very interested in British folk art. He works mostly in collage and printmaking and also produces cards and gifts with his images printed on so you may have seen his work without realising it.

### He says:

“My art and life are populated by birds and beasts and have been since childhood. Most of the objects in my house are representations of some animal or other.... throughout my teens I helped out at the local farms in Heslington with various ponies, cattle and of course lots of fowl.....bantams with spectacular plumage, Muscovy ducks, geese and guinea fowl. These birds were the first creatures I drew from life and I have continued making images of birds and animals ever since.”

### Simon Martin, a British art expert says:

“He reconnects us with the nature outside our window, and links us back to an English folk tradition that can sometimes seem lost in the fast pace of modern life. He creates joyful images and encourages us to live visually, seeing the world as if through the eyes of a child.”

Folk art is made by creative, skilled people with no formal art training, it comes from long-established craft traditions in local communities. It includes things such as shop signs and weathervanes as well as decorative works such as collage pictures which are made to please the maker and the viewer. Folk art gives an insight into what life was like for ordinary people during the nineteenth and twentieth century.



**Collage by Mark Hearld**

## **Notes about materials.....**

This project will be done as a combination of group workshops and working from home. At the first group session you will be given a new kit with your own set of materials that you need to bring to each session and also use at home. You will also need your large A3 sketchbook each week. If you have chosen not to come to the group sessions then your kit will be delivered to you.

You will also need some materials from your previous kits, check the materials list on the worksheet each week and make sure you bring everything you need to the sessions. We will have some spare materials if you need topping up or are new to the group.

Acrylic paint, in the little tubes, will stain your clothes if it dries on them so if you spill any clean it off straight away with cold water. We will use this paint for printmaking and stencils so wear old clothes or an apron!

## **Notes about colours.....**

Before planning your design, think about the colours you have.

In your kit you have an amazing complete set of water colour paints, and from your Mexican embroidery kit you have a complete set of felt tips so for water colour or felt tip techniques you can choose any colours you like.

But for printmaking and stencils where you need to use acrylic paint you will have a limited selection of colours so before you make your stamp or stencil check your colours.

Be creative and work with the materials you have, you could choose to print something that suits the colours you have but also remember that you could use a different colour scheme, things are different colours in different light and different seasons. Also this is your design you don't have to use realistic colours so long as you are happy with how it looks.

You also have a few wax crayons for the wax resist technique so think about your colours here as well.

Finally, you have a black marker pen and a white chalk and you can use these to add details and highlights but make sure all the paints are completely dry first.

**Nurture Nature** has been designed to link into the 5 ways to wellbeing.

I've coloured the headings to link with the High Peak community bunting project.

More information on this project can be found here:

<https://www.highpeakarts.org/community-wide-bunting-project/>

Underneath each heading I've suggested some ways that we can use this project to help improve our wellbeing.

### **Connect**

Joining in the group sessions is a great way to connect with others in a covid safe environment.

If you are working from home you can message others in the group on the project eARTh whatsapp group or you can phone a friend and tell them about your project, they might like to join in as the worksheets and videos are available under 'project eARTh at home'. [www.highpeakarts.org](http://www.highpeakarts.org)

You can ask others to help you identify plants, birds or insects that you find.

We will be posting cards and garlands to connect with others in the community.

### **Be Active**

The project is inspired by our local High Peak nature and you will be encouraged to go out for a walk each week and see what you can find.

### **Take Notice**

When you are out walking take the time to really notice what you see, feel and smell around you. Look for plants, birds, animals, bugs. What are the colours you see in the sky or in the trees? Can you tell what season it is from the colours? Notice the weather: Is it bright or dull? Do you feel warm or cold? Is it wet underfoot? Are you walking on spongy grass or uneven cobbles? Can you smell blossom? Damp compost?

You could take photos or make notes or drawings. Try to identify what you see, notice the shape, size, colour, how many petals/legs/wings etc.

### **Keep Learning**

You will learn new techniques and different ways to use them. You will learn about our featured artist, Mark Hearld and hopefully a lot about our local nature.

### **Give**

During the project we will be giving our handmade cards and garlands to others. We will also be giving our finished and framed collages to a local cause where they can brighten up the walls and be on display for others to enjoy and learn about the local nature.

But there's lots more we can give, such as our smiles, our time to help others, support and encouragement and sharing ideas and thoughts on our project.