

Inside My Studio

Giving you a peek into the place where the exciting arty stuff happens!!



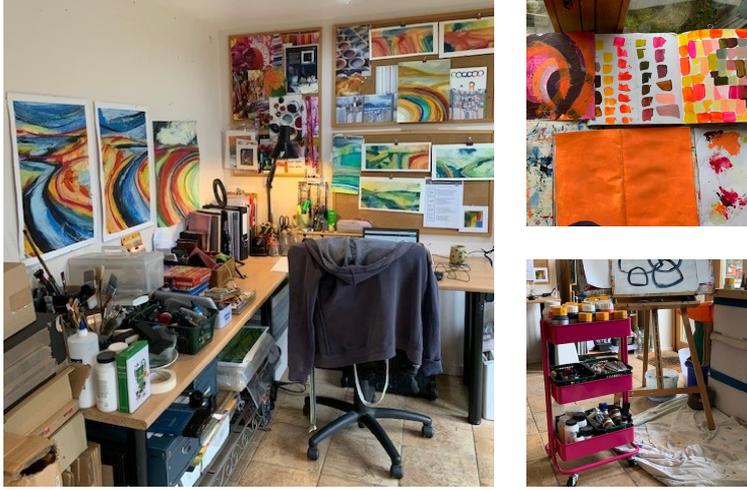
hello again lovely subscribers

Can you believe it's August already? Where is the time going this year? I'm just back from two weeks away from the studio. I've really missed this space. In this newsletter I would like to invite you in and show you around!

Hope you're enjoying reading my email newsletters, it's a great way to keep in touch.

Welcome to my studio space

This month I thought I would give you a look around my studio, from my crammed bookshelf to my comfy sofa-bed, this is a place I just love to be. In fact, as I'm typing I'm looking down the garden over the roses and sunflowers and it makes me happy to have such a view. So let me show you around, pull up a chair and have a cuppa in hand and welcome inside to my creative space



My studio used to be a pigsty and then a garden shed and now its my peaceful studio space. It's a space i use most days of the week and it's very much an 'in-use' space rather than a tidy, minimalist gallery space. It's somewhere I go when I need to work, or just to get away from the world,, sometimes somewhere I go to escape and have a little nap on my comfy chenille sofa-bed (yes, I have a sofa-bed, great idea eh, so we can always use it as a sleeping space too if we have a house full!).

So let me give you a guided tour.

I have a large L shaped desk which I use to write and paint at, with three large cork boards on the wall in front of me which i use for my inspiration. I may pin work in progress while I sit with it to see how I really feel about it. I also use them as mood boards which I change at the beginning of a new creative phase. At the moment this is full of images of dark pinks, oranges, deep navy blues, reds, ambers and greens - jewel-like colours I'm really drawn to.

As well as my desk I also have a painting table, with a view down the garden. This is next to my easel so i can switch between them while I'm waiting for work to dry. This has become one of my favourite places to work and I'm thinking about investing in a larger table. I do quite like to work standing up and I love spreading things out so I can compare and contrast.

Underneath my painting table I have stash of paper, boards and a catalogue of work which I've made since I started painting a few years ago. I'm now the proud owner of a brand new paint trolley, [recent purchase from hobbycraft](#), BRIGHT PINK of course, with three shelves already full of paint.

My corner next to my sofa bad is where I keep all of my packaging supplies, cardboard, bubblewrap and boxes of frames.



I have LOTS of storage and am constantly updating this as it never feels as if I have enough space. In an earlier part of my creative journey my work was very different to the colourful paintings you

now see and I still have cards, prints and originals of this work. I will decide one day what to do with it all. Maybe another selling event, who knows?

My book shelf, once spacious and open, is now double-stacked with books for both my art practice and my art therapy work, uni notes, papers. Again I really do keep trying to get rid of the ones I don't use but I do find it quite difficult as you never know when you will feel inspired by something from years gone by. If anyone has any tips on decluttering please do drop me a line!!

As well as my books I do love my little stacks of pebbles, which I have collected from walks on beaches up and down the country and also abroad. each stone holds special memories. My diffuser, which I use for my aromatherapy oils is a godsend. I have a variety of oils from bergamot, sweet orange and pine needle, to lavender, chamomile and ylang ylang. My choice of oil very much depends on what i need and what kind of mood I'm in.



My huge wooden storage cupboard (fab ebay find) only just fits into the room and i wonder whether we will ever get it out if we decide to move. It's packed to the brim with boxes of cards, frames, art supplies, paper and sketchbooks, etc etc, which take up the whole bottom shelf. in my many attempts to declutter these are the things I really can't get rid of. My sketchbooks - which I've been using since I did GCSE art, is an ever expanding collection, all shapes, sizes and types of paper, and they chart my creative journey from my tentative first sketches as a teenager to my large expressive abstracts that I make today. They really do tell my creative story in images and I love looking back through them. they help to ground me when I feel I've lost my way and they help restore my self-confidence when I feel it wavering, they are a place to play, work things out and somewhere to try new things without fear of judgement. I think I will explore them in another newsletter, maybe pick out a few of my faves and show you what's inside the covers.



meanwhile in other artists' studios.....

Gill Edwards Studio

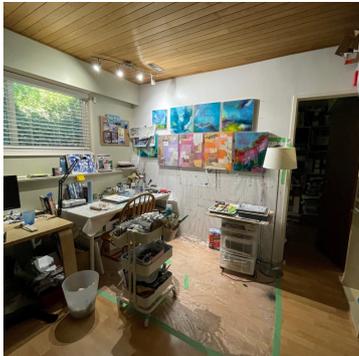


I met Gill Edwards this year through Instagram as we are part of the same art group and I noticed she was local to me, not far away in a beautiful town of Southwell. I went to visit her Open Studios event in June and really enjoyed meeting her, hearing about her inspiration and her work and seeing her studio space.

This is what Gill had to say about her studio space.

I love my studio because it's my space to play. I particularly love the sash window and the ever changing view of Southwell Minster and the trees surrounding it. The sound of the bells ringing every 15 mins is a gentle reminder of time. My Open Studio event in June was a lovely opportunity to open the doors and share my space with visitors. Having a chance to show and talk about my paintings and prints was wonderful after the long periods of lockdown. Hearing why people liked, or didn't like, certain paintings was enlightening and having buyers who want my work in their homes is unbelievably rewarding and heart warming.'

You can find Gill [at her website](#) or on [Instagram](#) and on [facebook](#).



Tamara Grand

Artist Tamara Grand

I also got to know Canadian artist Tamara Grand on Instagram. Instagram is such a great place for making connections. I think we were taking the same art course in 2020 and we have been in touch ever since.

Tamara didn't pick up a paintbrush until her mid 40s and is now going from strength to strength building her own art business and making art

inspired by her hikes into the Canadian forest and mountains.

She describes her studio space as 'small and wedged in between my husband's home office, my eldest son's 'working from home' bedroom and my youngest son's 'gaming center', the space I've carved out for art-making is perfectly suited to the way I create. I have a large table to work on, with a lovely window open to the breeze, the bird song and the soft light of my backyard just above. Last winter's addition of a painting wall gave me a place to stand and work, allowing me to scale up my canvases and providing places for partially finished pieces to rest while I figure out what to do with them. The biggest advantage to having an in-home studio is being able to pop in and out throughout the day and evening, on those days when a larger block of time isn't feasible.'

If you want to find out more about Tamara and her work you can visit her [website here](#) or find her on [instagram here](#).

If you're like me and you love to nose into the studio spaces of other creative people then you'll be pleased to know I've already lined up more artist studios to share with you for my next newsletter. Maybe I will make this a regular feature? Watch this space!!

How I title my work....



Original Mixed Media Art

Foam and Glitter

Recently I have been talking about how I choose titles for my art. Sometimes the title is glaringly obvious and comes to me straight away but other times choosing a title can be a real challenge and i might find myself staring at my art for days, waiting for the right name to come.

I do have some crafty ploys to overcome this though. I keep a list of possible quotes, sayings, random words in the back of my notebook. Other times I use my Thesaurus. This is such useful resource and is basically just full of words related to other words. I also might take inspiration from songs, poems or conversational sayings I hear in every day life. Also I draw on feelings, thoughts or emotions I had when i made the piece or it could be memories of how I felt when I visited the place which inspired the work, the weather, the time of year, the season....

Anyway the reason I'm telling you this is because this image here was named after Postscript, a beautiful poem by Irish poet and playwright, Seamus Heaney. I first heard this during a book symposium I took part in where I talked about my MA Art Therapy thesis, my art-based research into grief and loss. One of the other book contributors used this poem to put her work into context and the poem really spoke to me. So here it is and that's the story behind this piece.

if you like the look of it, it's in my online shop and you can find all of the details [here](#)

£95

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If you're interested you can watch Seamus Heaney reading his poem here by clicking on the image above or clicking [here](#)

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