

helen cowans arts

designing - creating - inspiring

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lectures

Hares; Magic and Mystery.

NEW for 2018 onwards.

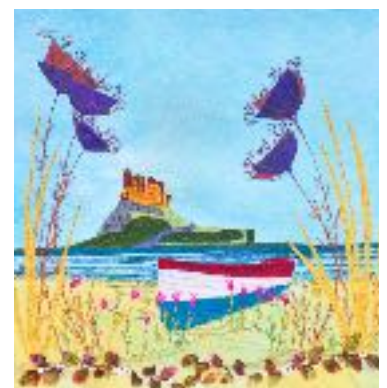
Art work inspired by the folklore, history and habitat of the hare.



A Further Horizon. Land of the Far Horizons. PART 2.

NEW artwork inspired by the history and landscape of Northumberland and the Scottish Borders.

One of contrasts from sea to moors with castles, bastles and battles.



All talks are illustrated with slides (I bring my own computer and projector) and are accompanied by artwork / samples for you to see in person.

Talks last approximately 45 minutes.

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workshops

NEW Sketch and draw with your machine (For those who can do FME but "don't draw")

1 day

Simple method (and not at all terrifying) for those who consider themselves unable to draw but would like to sketch with their machines.

Basic experience of FME essential.

Requires machine capable of dropping / covering the "feed dogs".



NEW Contemporary flowers

1 day

Big, bold contemporary flowers using appliqué and stitch.

Lots of flower designs to choose from.

Can be all by hand or a mix of hand and machine.



NEW Introduction to Mixed Media

1 or 2 day

Experiment with gels, transfers, inks, paints, collage..... all sorts of wonderful adventures in fabric, paint and paper.

Finish with a selection of pieces and many ideas for future work.

Requires a room suitable for "wet" work.

Charge for specialist materials.



NEW Intuitive Painting

1 or 2 day

Can't paint? Yes you can! Nothing can be wrong with this type of painting as it develops throughout the day from your imagination. Painting with fingers and sponges, layering colours and then using free hand shapes and stencils to finish. Practise on paper for ideas on textiles.

Requires a room suitable for "wet" work.



FME for beginners and refreshers

1 or 2 day

Learn how to use your machine to embroider in a free and easy way. Explore the basics of control and finish the day creating 3D flowers on water soluble fabrics.

Requires machine capable of dropping / covering the "feed dogs".



Inner Goddess - wall hanging

1 day

Express your own inner goddess using appliqué, batik fabrics, sequins and beads. Various templates to choose from.

Hand or machine work.



Landscape Impressions

1 or 2 day

Interpret a landscape picture with layers of rich silks and velvets, embellish and enrich with beads and wrapped cords.

Hand or machine work.



Three sided towers - various versions one or two days;

Towers of Flowers - 2 day workshop to create towers overflowing with pretty flowers. Requires simple machine sewing.

Snowflake Towers - 2 day workshop to create a glittering icy tower that shimmers and sparkles. Requires simple machine sewing.

Towers in a day - Same construction but a quick and easy method to decorate your towers. Requires simple machine sewing.



Helen is a qualified adult tutor and has taught for 15 years, including C&G to Level 3 in embroidery and machine embroidery. She is a trained public speaker with 20 years experience.

Fees for 2018/9

Lecture - £95 plus travel

Workshop - 1 day £225 plus travel, 2 days £420 plus travel. Longer hours pro rata.

Travel 45p a mile

I take bookings from 1st April - 31st October each year.

Please note if the venue is more than 100 miles from home (NE71) I will require a lecture and workshop or a two day workshop with accommodation in a B&B/ Premier Inn / Travelodge or similar.