

HEART AND HANDS STUDIO

St. James Church, Baildon
12:30-2:30PM, Wednesdays

Our Patch Report

On my first visit to the little white church in Baildon, I saw the ladies settle in after taking their lunch in the hall, after Emma and I had just finished setting up. The tables were set for Watercoloring for the day, filled with autumn theme props, including branches, flowers and little pumpkins, all generously given by Emma's mum from her gardens.

Frida was the first one to take her seat, and as we exchanged hellos, she shared about her interest in nature, healing and art therapy to work on her anxiety. She talked to me about the 'gap' of many activities existing in this field for adults.

As Emma gave instructions for watercolour painting, we started picking up the tools and textures of our choice- ranging from salt, plastic sheets to a variety of pigments. Some of us live drawing the natural objects from the table while others drawing from imagination. During the painting time, there was a vibrant exchange of stories- of travels, upcoming Christmas festivities at the church and more. Several of the participants mentioned how relaxing they found watercolouring and how they felt glad about the sessions being free of charge.

Towards the end, Emma encouraged everyone to move around and look at everyone's creations. We noticed a great variety in the use of shapes, textures, depth of pigments and choice of themes. Most of us seemed to agree on how watercolour is an expressive medium, and the artworks reflected the artist's personality and thoughts.

"If someone had done this with us at school, it would have made a great difference"

Participant



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The second workshop we had the next week, was experimental drawing. I felt the activity opened us up, and gave everyone an opportunity to let go, immerse and experiment without limitations. Andrew was one of the only male participants in this session, he was quiet but seemed to enjoy working on his piece. This time, I collected snippets of conversations happening around me and made illustrations of these on my iPad.

Emma also encouraged us to walk around the room and leave post-it notes with our thoughts on each other's artworks.



"I just get lost and forget about everything when I'm here. It's for myself and no one else. It's so therapeutic"

Participant

For my third session with the group, we tried printing with different tools, like lino tools, foam boards, threads, inks and so on. This time, we also had some kids in the room accompanied by adults.

Lorraine, who cooks the lunch each session for the participants, was looking forward to the second year of the church's Christmas Tree Festival beginning next month.

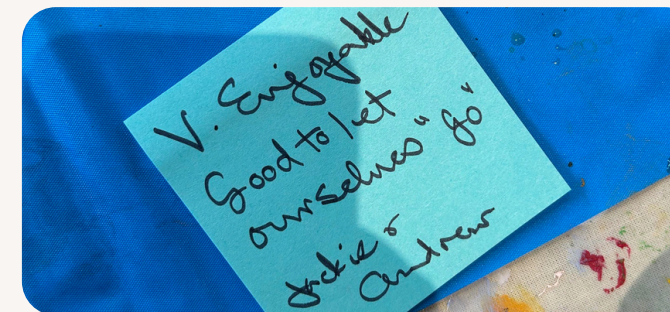
She extended an invitation for the event's preview night and shared how it brought the community and the small businesses together from last year onwards.

"It's role reversal. I'm gonna go home to my son and say- 'look what I made!' I'll put it on the fridge"

Participant



Ishleen Kaur



"I used to do art at school which I really liked. And I worked as a nurse & lecturer which required me to make diagrams. It's renewing that interest. Finding the right space to do it as I live in a cottage and not a house, about 2 miles from the church"

Sue Nicholas

