

ARTSPEAK

at home

**"To live a creative
life we must lose
our fear of being
wrong."**

CREATE

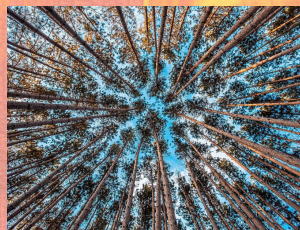
PARTICIPATE

NEWS

ARTSPEAK AT HOME IS AN ACTIVITY GUIDE AND NEWSLETTER AIMED TO INSPIRE YOU TO KEEP CREATIVE AND STAY ENGAGED IN THE ARTSPEAK PROGRAMME AS WELL AS THE BROADER CULTURAL OFFER IN NOTTINGHAM AND FURTHER AFIELD.

WITH EACH EDITION, THERE WILL BE NEW TASKS, ACTIVITIES, NEWS AND OTHER CREATIVE CONTENT TO ENJOY. IT IS ALSO A PLATFORM FOR MEMBERS WORK TO BE SHARED AND CELEBRATED.

AUGUST 2021



Hello

With the summer weather finally arriving and society further opening up, we're focusing on the great outdoors in this month's Artbook.

We look to Artists who were inspired by the outdoors, suggest things to look out for, and give ideas of creative tasks for you to do.



We really appreciate the support and interaction we've received from members who have read the previous artbooks and joined our online activities. Moving forward we'll continue to focus on providing opportunities for you to participate in person, in different indoor and outdoor settings.

We've really enjoyed being able to meet some of you face to face over the last couple of months and are very excited to be able to invite you to more of our upcoming activities covering a range of artforms and interests.

Scenes of the outdoors

If you could have any view from your home what would it be? Somewhere with water? Something coastal, a landscape, maybe a busy market place, or an urban cityscape?



Maybe you already have the perfect spot for watching the world go by.

When admiring an Artist's work, it's always interesting to consider where they got their inspiration from. They don't always have to go far as it appears 'the view from the window' is a well explored subject.

Pierre Bonnard, Camille Pissarro and Henri Matisse are examples of highly regarded Artist's who produced some of their most renowned work whilst studying the outside from within.

Pierre Bonnard (1867 – 1947)

Pierre Bonnard was a French painter, illustrator, and printmaker.

Bonnard was known for his use of bold colour and the stylised decorative qualities in his paintings. He was a leading figure in the transition from impressionism to modernism and was a founding member of Les Nabis, a Post-Impressionist group of avant garde painters.

Bonnard painted landscapes, urban scenes, portraits and intimate domestic scenes. The colours used, his painting style, and the background were often the primary draw to the image rather than the subject itself.

His greatest source of inspiration during the final years of his life were that of his home, Le Bosquet, in France. Bonnard's villa sat on a steep hill, below an olive grove overlooking the bay of Cannes. It was the views of his local surroundings, his garden and those within his home that he regularly depicted to create an extensive portfolio of paintings.

Among this work includes, 59 paintings of the dining room, 21 paintings of the sitting room, 15 paintings of the bathroom and six paintings of his bedroom.



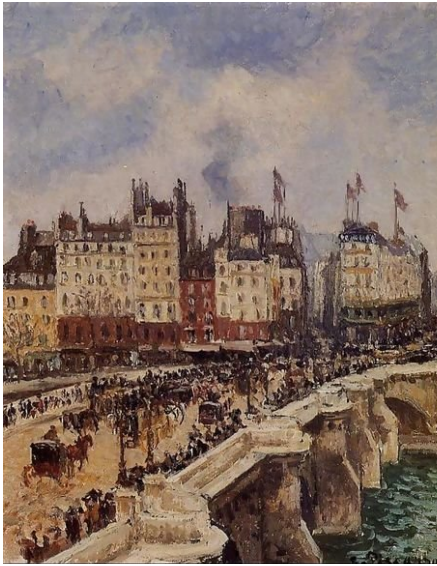
Pierre Bonnard, La porte-fenêtre avec chien, 1927 (Christie's)

Camille Pissarro (1830 - 1903)

Camille Pissarro was a Danish-French Impressionist and Neo-Impressionist painter.

He found the view from his window overlooking the Pont-Neuf, the oldest bridge over the River Seine, gave him no end of inspiration.

"Since I've been in Paris, I've been able to work from my window incessantly."



Camille Pissarro, Le-Pont Neuf, 1902
(Camillepissarro.com)

Pissarro described the bridge as 'An exquisite and captivating subject,'

This view from his apartment window gave him a new perspective each season and he was able to depict the bridge in sun, cloud, rain, mist, frost and snow.

Whilst residing there for the final three years of his life, Pissarro produced 13 paintings of Pont-Neuf.

Henri Matisse (1869 - 1954)

Henri Matisse was a French artist, known for both his use of colour and his fluid and original draughtsmanship.

In 1905 the art movement Fauvism emerged and this painting is celebrated as one of the most important early paintings of this period. Fauve paintings are characterised by a strong, saturated palette of unmixed colours and broad brushstrokes.

Henri Matisse's painting 'Open Window, Collioure' was painted in the small town of Collioure on the Mediterranean Coast of France during the summer he spent working there with Andre Derain.

The image is considered an icon of early modernism and represents the foundation of Matisse's new approach to art. The forms of the subjects would also be simplified making the work appear quite abstract.



Henri Matisse, Open Window, Collioure, 1905 (National Gallery of Art)

What's your favourite spot to view the outdoors? Is it from a window in your home, a particular point in a garden or local park? It might vary depending on what interests you most about the outdoors. Is it wildlife, flowers, trees? Or perhaps being able to watch the weather and the ever changing skyscape?

ArtSpeak Programme Manager Sharon loves seeing birds enter her garden and shares her recent bird watching tales -

"I had a nuthatch on our feeder and it always came from the same direction. I spotted it going in and out of a hole in the wall where it has now nested for three years. I put a nesting box up but a pair of blue tits felt more at home behind an air brick at the top of the house.



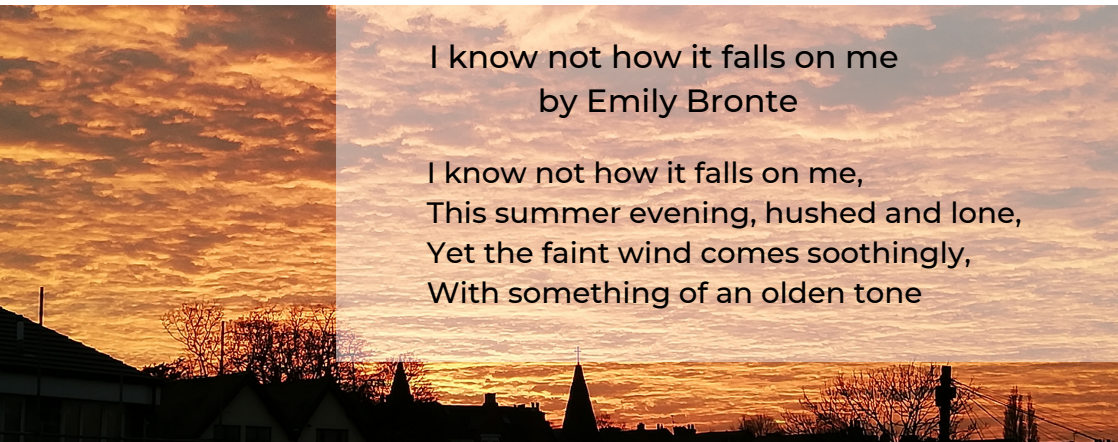
The smallest and most vocal of our garden birds is the wren, tiny in size but with a powerful song. Magical! They build their nest out of found objects. I saw the adults taking moss from the lawn for their nest. I heard the young but never managed to see them fledging. When this happens its over in a day or two so you have to be out to watch it happen."

Project Coordinator Hannah enjoys watching the sunset from her balcony.

"I'm situated quite high where I live so I get a nice, elevated view of the local area. As my balcony is west facing, it's in a perfect position to get the evening sun and I regularly see some impressive sunsets. I find it calming and uplifting to watch and love seeing the range of beautiful colours that scatter the evening sky. Even on days that have been overcast and cloudy, the sun will often burst through at the end of the day before disappearing below the horizon."

**I know not how it falls on me
by Emily Bronte**

**I know not how it falls on me,
This summer evening, hushed and lone,
Yet the faint wind comes soothingly,
With something of an olden tone**



Things to look out for whilst outside during the summer months:

Nature

Butterflies - The Painted Lady

Look out for this beautiful species in gardens and other flowery places in late summer. They like dry open spaces but during warm weather they can be spotted pretty much everywhere.

They're known as the Thistle butterfly as Thistle plants are their favourite nectar plant for food. So, if you have any of these in your garden, or spot any in your local parks or gardens, there's a good chance a Painted Lady won't be far away.



The Painted Lady is a long-distance migrant, spreading northwards from the desert fringes of North Africa, the Middle East, and central Asia, recolonising mainland Europe and reaching Britain and Ireland. Their journey across to Europe is a fascinating one, as radar records revealed that Painted Ladies fly at an average altitude of over 500 metres on their southbound trip and can clock up speeds of 30 mph by selecting favourable conditions.



Birds

Have you noticed a lot more birdsong recently?

Bird song can be heard at all times of the year but during the Spring and Summer mornings they can be louder and more persistent. This is known as the dawn chorus and is generally produced by male songbirds that are looking for a mate.

Summer visitors to the UK –

As the weather gets warmer, a number of birds return to the UK after spending the winter in warmer climates. Two of these summer migrants include Swifts and Swallows.

Where to spot a Swift –

Swifts spend most of their time soaring across the sky. Although they naturally nest in holes on sea-cliffs they have also adapted to urban life. Look out for them in nooks and crannies on the sides of buildings as they are known for choosing areas like this to roost.



Looking for Swallows -

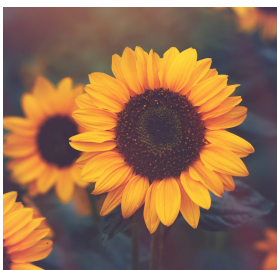
Barn Swallows breed in the UK and usually raise two or three broods. You're more likely to spot them in quiet, rural areas but there's still a good chance of seeing them nesting in the eaves of buildings and perched in flocks on telephone wires.



If you have a garden and want to maximise your chances of seeing birds all year round, there are a few things you can do to ensure you keep attracting them each season.

Depending on what space you have available, you could try some of the following tricks to encourage them into the garden:

- Plant flowers with abundant seedheads such as sunflowers and teasels
- Encourage climbing plants like honeysuckle and ivy
- Plant shrubs and crab apple, cotoneaster or rowan trees



Have a go...

What's your favourite thing about summer?
Are there any particular sights, sounds or smells
you associate with the season?

Why not create your own Journal of the things you love about the season?
Using a scrapbook you could do some of the following activities to capture the
aspects of summer and the coming Autumn months that you like the most.

- **Photography:** this could be a mixture of printed photographs you already have and images you take specially when you're out in your favourite spots. You could take images of all the things you associate with the season or be more specific and work with individual themes like flowers, nature, water etc.
- **Drawing:** whether it's landscapes, skyscapes, snippets of local scenes, or individual items you see, why not start sketching the things that catch your eye. Experiment with drawing mediums and introduce colour, texture and tone to see which result you like best. You could work with pencil, charcoal, pastel, chalk or ink.
- **Diary extracts/poetry/creative writing:** Whatever your favourite writing style, use it to capture your favourite summer memories, reminisce on summers gone by, write about the things you do, or things you notice during the season.
- **Pressed flowers:** what flowers do you notice and love to see during the summer months? Keep a memento and collect your favourites by using the simple technique of pressing flowers.

Step 1: Place your flowers between two pieces of parchment paper. Place a book on top to flatten the flowers and make them easier to iron.

Step 2: Turn your iron on low.

Step 3: Once the iron is warm, remove the book from the parchment paper.

Step 4: Press the iron on the paper for about 15 seconds.



Get outdoors with ArtSpeak Ambles



Spending time in a green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

Some of the benefits identified by the charity Mind are:

- Improve your mood
- Reduce feelings of stress or anger
- Help you take time out and feel more relaxed
- Improve your physical health
- Improve your confidence and self-esteem
- Help you be more active
- Help you make new connections

We understand it's not always easy to find the motivation to go outside and it's sometimes nicer to have some company.

We've got a new programme of walks as part of our ArtSpeak Ambles series and welcome you to join us to explore some of the parks and green spaces in Nottingham.

We'll ensure all walks are accessible and are keen for ideas from participants about where to go in the future. Initially we'll be focusing these walks around the local history and nature in the area through our Local History walks and talks, and exploring different Photographic themes in our Photography walks.



You're invited...

Join us for a relaxed, sociable walk around some of the green spaces and parks in Nottingham.

Local History/ Nature Walks and Talks

The first Wednesday of each month, 10:30 - 12:00

Upcoming walks:

4 August - Wollaton Park

1 September - Victoria Embankment

6 October - Highfields Park

Free to attend

Photography Walks

The third Wednesday of each month, 11:00 - 13:00

Upcoming walks:

18 August - Beeston Marina

15 September - Highfields Park

20 October - Location TBC

£5 per session

For more details and to book a place for any of these walks click [here](#)

The location for future walks will be influenced by the interests of participants.

Water Photography

There are unlimited possibilities with this area of photography. We've put together a few tips and examples to get you inspired, either in preparation for our ***August Photography Walk***, or for the next time you're near a body of water.



Consider themes under this area of photography that could give you more of a focus and help add interest to your images, making them more unique.

Go abstract –

Look for colourful reflections, water droplets or fill your frame with water in motion.

Experimenting with different shutter speeds can change how you capture the motion of the water, either freezing the movement or creatively blurring it to appear more like a mist. If you're an avid photographer and have access to a range of lenses, a telephoto lens is a great one to use when photographing waterfalls or weirs as you can more effectively isolate cascading water.



Incorporate nature -

An interesting way to approach nature when exploring water photography is by looking for reflections of subjects/wildlife on the water, this will also add symmetry to your image. For the best results, try positioning yourself close to the water's edge and shoot from a low perspective.

After cool, clear nights dew will form and embellish spiders webs, and roosting insects, like dragonflies or damselflies. Consider where their habitats are and get up early to capture the morning dew. Achieve impressive frame filling shots by using a macro lens/close-up attachment.



Working in the UK you're likely to be interrupted by rain whilst out taking photographs. If you're prepared, you can still capture some really effective images. Make sure you protect your kit using an umbrella, protective rain sleeve or cover. If you're photographing nature on a lake or pond you might also have the option of working from a hide.

Rain will stand out more against a dark background so consider how you can change your shooting position to utilize this. This is another good opportunity to experiment with your shutter speeds. Working with a slower shutter speed will show rain as long streaks, while faster speeds will suspend droplets mid-air.



Equipment to consider using - working with a tripod can be helpful when photographing moving water and if working in windy conditions, particularly if you're by the sea. Have a go at freezing the waves for some atmospheric action shots next time you're at the coast.

You're invited...



ArtSpeak Ambles - Photography Walk

Wednesday 18 August, 11:00 - 13:00

Beeston Marina, The Quay, Riverside Road,
Beeston, Nottingham NG9 1NA

Take a stroll along the Beeston Marina and reach the Beeston Rylands Weir to capture the movement of this fast-flowing water. This session is a great opportunity to continue to train your photographic eye and depict life on the water whilst enjoying sightings of wildlife and boats.



Working with Photography tutor Sammy, you'll be set different tasks and challenges and receive advice and guidance along the way.

Our Photography walks are suitable for all levels of photographic skill and experience, just bring along a camera or camera phone.

For booking details click [here](#)

Previous Photography Walks

Previous Photography walks as part of the ArtSpeak Ambles programme have involved exploring the themes of urban nature and water. Some of our members who took part have kindly shared a selection of their images.



Our first Photography walk took place along the Victoria Embankment and around the Memorial Gardens. The participants were tasked with looking for plants, and foliage growing in unusual places in this urban setting.



When we slow down and take time to really appreciate our surroundings and look at things through fresh eyes it's amazing what can be discovered.



It was a bright, sunny and very hot day. The group experimented with composition and vantage points to capture some interesting images.

Images by ArtSpeak member John Walker

For our June Photography walk Photographer Sammy led group members around some key architectural spots in Nottingham City Centre for a session based on Architecture Photography.

There are unlimited possibilities with this theme of photography as it can be a great way to experiment with different vantage points whilst capturing the scale or more intricate details of buildings.

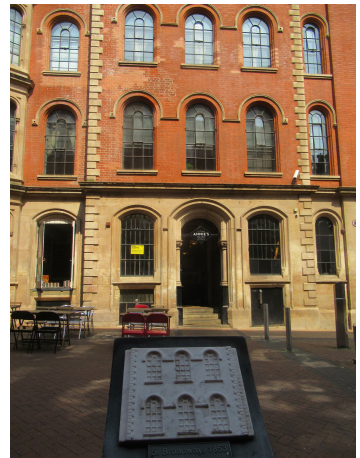
The walk began at Nottingham Contemporary where participants focused on the exterior of the building, taking notice of the materials and details in its structure.



They then explored the grandeur and beauty of the interior of St Mary's Church, and moved on to the renowned Architecture in the historic Lace Market Area, before looking at more contemporary varieties of buildings constructed for specific modern day use in the City's Trinity Square area.



Images by Photography Tutor Sammy



Images by ArtSpeak member Carol Williams

Other dates for the diary

YOU'RE INVITED

ARTSPEAK ART CLUB

EXPLORE YOUR CREATIVITY

We recently launched our new Art Club at 25 Prospect Street.

Sessions will continue to run on the **second and fourth Tuesday** of each month at 15:00 - 17:00.

The ArtSpeak Art Club is being run by Anna Roebuck.

Anna is a mixed media artist, working in lots of mediums, but her main specialisation is recycling and specifically recycled plastics.

She owns her own studio, The Making House, in Burton on Trent, where she produces work for commissions, community projects and private sale. Anna also delivers high-quality workshops in a range of art and craft techniques.



The ArtSpeak Art club is a relaxing and welcoming space for you to explore your creative potential whilst learning and developing skills in a range of art mediums.

There'll be the opportunity to try something new each week. Anna has many skills and a lot of experience so will come full of ideas for the group to try. She welcomes input from regular participants as to what to do in future sessions.

Visit the '*ArtSpeak Art Club Page*' on our website for updates about what is being explored and produced each session. Click [here](#) to view.

For more information about Anna's work check out her work and previous commissions and projects [here](#)

£5 per session including materials.

Depending on the activity, there may occasionally be an additional cost for materials but all participants will be notified beforehand.

Venue details:

25 Prospect Street, Radford,
Nottingham NG7 5QE

There is onsite parking available.

If travelling by bus from the City Centre, get the 78, or 79 on the turquoise line to Gregory Boulevard. It is then a 3min walk to the building from here.

For booking details click [here](#) or get in touch with us at artspeak@radfordcaregroup.org.uk or 0115 978 6133 and tell us the dates you'd like to come along to, payment can be made on arrival.



ArtSpeak Ambles - Gallery walks

We'll be expanding our ArtSpeak Ambles programme to incorporate indoor gallery spaces in September and will begin with a visit to the **National Justice Museum** on **Wednesday 8 September, 10:30 – 11:30**.

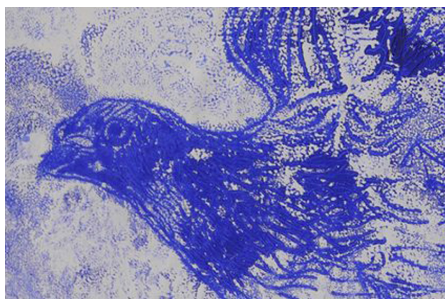


The National Justice Museum uses a combination of real spaces, real objects and real stories to explore the impact justice and the law has on us, our community and society.

They have an extensive collection of fascinating objects that bring justice and the law to life.

Within the museum is also a gallery space for temporary exhibitions which is where our walkthrough will take place. The current exhibition is **Power: Freedom to Create**.

Power: Freedom to Create, has been curated in partnership with Koestler Arts and showcases contemporary and historic artwork that has been made in criminal justice settings. Alongside these works are newly commissioned pieces created by six artists and writers.

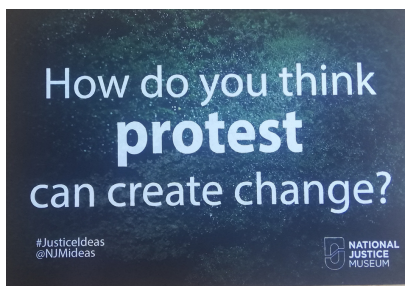
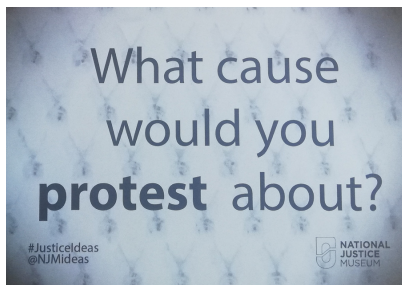
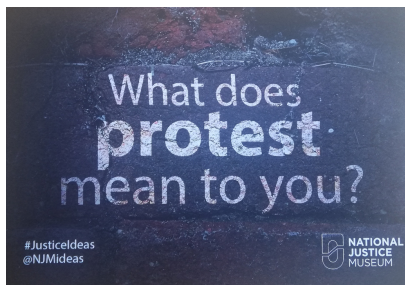


The inspiration for the exhibition began from a crafted soap sculpture from the Museum's collection. This mini and intricate sculpture captivated people's imagination and sparked a connection with the unknown artist.

It raised the question 'where does the power lie in this work of art', the discussions that followed shaped the foundation from which the exhibition grew.

Join us for a thought provoking and inspiring walk and talk around the exhibition with the National Justice Museum's Artistic Programme Manager, Andrea Hadley-Johnson. Click [here](#) to book a free space.

We'll also discuss the opportunity to participate in a Project Lab based around the Museum's next exhibition, 'Protest'. Get started by thinking about your response to the following questions.



We continually work to develop our programme and the opportunities we have for you to get involved in. We will continue to update you about the ArtSpeak programme through the 'News' section of our website which will prompt an email notification each time we publish a new post.

Keep an eye out and get in touch with us if you have any suggestions for what you'd like to see in the programme. We're always keen to meet people and discuss new ideas.

Take care and we hope to see you at one of our activities soon.

Best wishes from the ArtSpeak Team

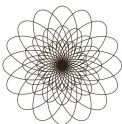


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Based at 25 Prospect Street, Radford, Nottingham, NG7 5QE



ARTSPEAK
Art, Activities & Friendship
FOR NOTTINGHAM'S 60+



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