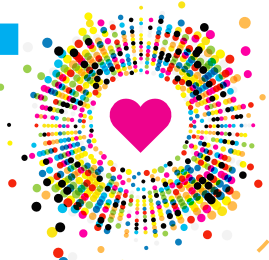


LOVE ART



For all art lovers

ISSUE NO. 13 SPRING



**FEATURED ARTIST:
ANNE MARIE WHITTON**

**HVAF - A SMALL
GUIDE TO MINDSET**

MANDY LAMYMAN

INCLUSIVITY'24

IN THIS ISSUE...

Issue number 13 is here!! This time we are bringing you a review of our January conference which focused on Inclusivity, our theme for the year. This issue shares articles from two of our members Ann Marie Whitton and Mandy Lamyman, and our special item is a short piece on having a healthy mindset. Read on to find out more.

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WHO CAN JOIN HERTS VISUAL ARTS FORUM?

All makers and artists who reside in or around Hertfordshire are welcome to apply. Sculptors, painters, glass artists, fine artists, photographers, textile artists, and a huge variety of other creatives are among our Members. With no prerequisites, we provide Members with a place to develop, exhibit their work, and get to know one another. We also welcome Members who simply love art!

5 GREAT REASONS TO BE A MEMBER

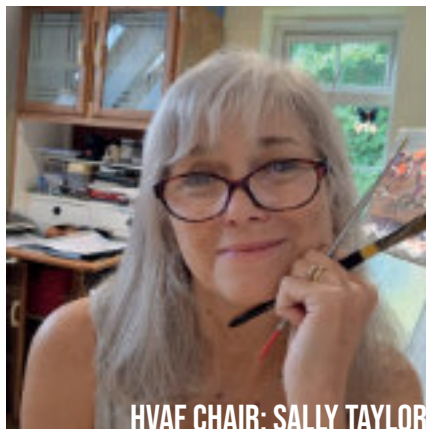
1. CONNECT AND WORK TOGETHER
2. MEMBER-ONLY ACTIVITIES
3. MONTHLY E-NEWSLETTERS
4. YOUR GALLERY ON OUR WEBSITE
5. BE FEATURED IN THIS MAGAZINE

FIND OUT MORE:



WELCOME

This new year started with gusto!



HVAF CHAIR: SALLY TAYLOR

PUBLICATION DATES

ALL INFORMATION INCLUDING ARTICLES AND IMAGES TO BE EMAILED TO NEWS@HVAF.ORG.UK

- APRIL: COMPILISSUE 14
- MAY: DEADLINE FOR COPY/IMAGES - 10TH
- JUNE: ISSUE 14 PUBLISHED

I am pleased to bring you a review of our conference, hosted in the beautiful Old Palace at Hatfield House. It was just so lovely to meet other artists in person and spend a whole day talking about art!

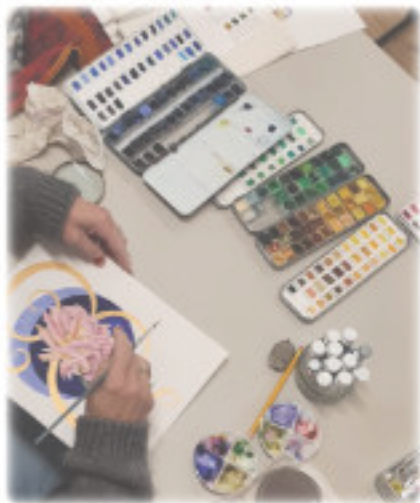
2024 is looking like it's going to be such fun with so many events being planned. We've provided a highlight on our Big Events for 2024 article - there is something for everyone at Herts Visual Arts Forum.

It's lovely to share the work of two more Members, Anne Marie Whitton and Mandy Lamyman. Both artists express their creativity in very different ways and you can see this in the work that they produce, and both have galleries on our website so you can easily view more images. I know they would both love to hear from you.

As you may be aware, this publication is for both members and non-members of HVAF - a community of people who Love Art - and with our theme Inclusivity for this year, I can safely say "Art is for Everyone".

I hope you enjoy this edition of Love Art. If you'd like to receive your own copy through the post, just visit the magazine section on the website and subscribe. For a small annual fee we'll send a copy directly to you.

Sally Taylor



WELCOME TO *New & Returning Members*

WE ARE DELIGHTED TO WELCOME THE FOLLOWING CREATIVES INTO HERTS VISUAL ARTS.

GLENN COULING
YVES SANCIER
AMY ROSE PERKINS
STEVE ELLIS
DAVID LITTLEWOOD
AMY WEBB
ANA ARMASU
KATE M BEARD
ANTONIA SERVADEI
NERIMAN KELESZADE
NADE SIMMONS
LIZ TRUMBLE
MISHI REHAL

WELWYN & HATFIELD
WELWYN & HATFIELD
DACORUM
ST. ALBANS
BARNET
DACORUM
NORTH HERTS
NORTH HERTS
ST. ALBANS
EAST HERTS
NORTH HERTS
WELWYN & HATFIELD
SW HERTS

JESS DISTILL
PENNY PROCTOR
CARLY SIMMONS
FIONA BODY
GEOFFREY HOWE
NATHALIE DANIEL
LINDA NOONE
FIONA RHEINBERG
GHAZAL ZARGAR
JULIE WALKER
KEITH LUCAS

ST. ALBANS
BARNET
NORTH HERTS
ST. ALBANS
SW HERTS
NORTH HERTS
SW HERTS
SW HERTS
WELWYN & HATFIELD
EAST HERTS
WELWYN & HATFIELD

Welcome



MEMBERSHIP

HINTS & TIPS

DATE FOR YOUR DIARY

27TH MARCH, 7PM

The date may change, so please visit the website nearer the time.

These online sessions are a great way for any Member to find out more about HVAF, from uploading images to your online Gallery page to upcoming events and how to get involved.

Even if you have attended before, log on and find out more. We each approach our Membership differently so why not benefit from someone else's view?

WHAT'S INCLUDED?

- How your Membership works
- The membership year and what to expect
- How to prepare and upload images into your online Gallery
- Becoming involved in your area by attending the area group meetings
- An introduction to the Organising Group (OG) team, its role and activities.

FIND OUT MORE:

HVAF CONFERENCE 2024



HATFIELD PARK

#LOVEHERTSART
WWW.HVAF.ORG.UK

INCLUSIVITY

A BIG BEAUTIFUL CANVAS OF IDEAS AND VALUES:

'Inclusivity' was the theme for this year's HVAF Annual Conference. Hosted by Hatfield House in their stunning Old Palace conference venue, over 60 artists gathered for the day to listen, discuss and debate. The setting was spectacular, with life-size portraits, very high vaulted ceilings and 'tapestry' wall hangings adorning the red brick timbered walls.

Unfortunately, the heating wasn't working, and it was a chilly day! We soldiered on wearing our coats, drinking many cups of tea and coffee, and exchanging ideas often in heated debate following each speaker – all designed to keep us warm!

HVAF Chairman Sally Taylor welcomed everyone and the event kicked off with a presentation by Hattie Knight. Hattie was from the Hatfield House team and shared some of the history of the venue. Then we heard from one of the main speakers Christine Anderson

from Woolenwick Infant & Nursery School. She explained the focus on inclusivity in their school and some of the projects they've run to reinforce this. This was followed by some lively discussion about bringing more inclusivity into our art. Next, we heard from another key speaker, Nicola Anthony, who talked about her art practice.

After a break for lunch, Tony Searle, HVAF Vice-Chairman, explained a new initiative being considered in HVAF. Provisionally called 'The Academy' this would introduce workshops to help members as they develop their art careers. The conference delegates were asked for ideas on which topics should be offered. There is a great potential opportunity here for members to participate – as learners or as teachers, possibly developing their skills in recording the delivery of training sessions.

FIND OUT MORE:

WWW.HVAF.ORG.UK/OUR-EVENTS/CONFERENCE

Ann Marie Whitton

My love of art started young. During a career in teaching, I practised for two decades becoming a professional artist, full time, in St Albans.

Working from my garden shed studio, lockdown gave me a chance for introspection and inspired a direction change. Using natural and recycled materials led to making inks from plants growing in my garden and finding things to make three-dimensional art.

After my time at Newlyn School of Art inks were naturally a major part of my installation at Tremeneere Sculpture Garden. I discovered that old copper piping



made a great green, but, also, that when flattened out I was able to use it to make 3D sheds, something I had previously explored in card and plaster. Three of these were in the Royal West of England Annual Exhibition. Another will be at the Royal Society for British Artists in London.

Drawing and painting has developed through printmaking, to 3D

Instagram; [annmariewhittonartist](#)
Website; [annmariewhitton.co.uk](#)
Facebook; [www.facebook.com/annmariewhitton](#)
YouTube; [www.youtube.com/channel/UC_FZsDS9o1CEL23GMsqyQQ](#)

“ I MAKE
INKS FROM
THE PLANTS
GROWING IN
MY GARDEN”



FIND OUT MORE:

THE ARTIST'S GUIDE TO MINDSET

A healthy mindset is a basis on which to build and grow, and to have a fulfilling career and a happy life.

There are two types of mindset:

- the Fixed Mindset when we don't believe we can change, where we may be hiding inside our comfort zone; and
- the Growth Mindset where our belief is that we can improve through hard work, self-care, and a positive outlook.

Those who have the growth mindset are not afraid of failure; they learn from mistakes and take on board an attitude of continuously improving. As artists, we embrace change and those mistakes which are viewed as 'happy accidents'.

Looking after our mind and our body is crucial. Eating well,

exercising, and developing a healthy work-life balance give us the ability to overcome problems and help us to reach our goals.

How do we achieve a healthy mindset?

1. Connect with others – meeting up with other artists can help any feelings of isolation and can help our creative juices to flow as we explore ideas together.
2. Create space to think, reflect, and appreciate what we all have around us. Perhaps go out for a walk or find a nook in our homes to read a book.
3. Be kind to others - volunteer to help where we can. Studies have shown that being a more giving person helps us feel more positive about ourselves.

Top tips on how to grow your mindset

- Keep your long term goals in mind. These can be simple goals such as giving yourself more time for walking outside, reading a book, or creative play.

- Take risks – try something new, mix it up a bit.

- Appreciate the journey you are on, seeing the value of each step you take.

- View challenges as opportunities to learn and grow.

- Be you!

How to overcome procrastination

- One bite at a time. Try not to think about the work you have to do. When it becomes overwhelming just remember to tackle one thing at a time. You will soon be surprised by how much you have achieved.

Become accountable.

Become an active member of an artistic community and share what you are creating with others.

This could be achieved by becoming a member of an art group on social media and regularly posting an image of your work.

You could join a local art society or group as a way of helping you form relationships with other artists.

Find joy in the failure

Fear of failure is a big thing which many artists struggle with. Set yourself some regular time just for you and your creativity. Use this time to practice new skills, make rubbish art – anything to break the cycle of pressure and perfection.

Prioritise health

If you are feeling overwhelmed, try to make better use of the time you take to avoiding work. Listening to a podcast, watching a video, or maybe clearing your studio may help to clear your mind.

Above all, if you are finding things difficult and feeling ill, please seek medical advice from your doctor.

Meditation

Regularly meditating provides lifelong benefits by lowering stress and improving focus.

Here's how to try meditation:

1. Find a quiet space.
2. Focus on calm breathing.
3. When starting out your mind will wander; don't worry if this happens, just refocus on your breathing.
4. When you feel relaxed and satisfied, you've finished.

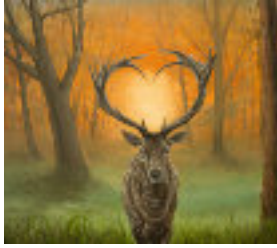
There are apps you can use to help you, such as Calm App and Headspace. These can also help you fall asleep!

At the end of the day, taking time for yourself and your creativity is important. Enjoy the journey.



EXHIBITIONS

MARDLEYBURY GALLERY



Date(s): Monday, January 1 to Tuesday, December 31

Timing: Thursday to Sunday 11am-4pm

Venue: Mardleybury Gallery

Cost : Free

Gallery with paintings from Leon Barnes & other Local Artists.

www.hvaf.org.uk/workshops-exhibitions/mardleybury-gallery

START YOUR NEW YEAR HERE



Date(s): Wednesday, January 10 to Saturday, March 16

Timing: 11am - 3pm, Wednesdays, Fridays and Saturdays

Venue: Baldock Arts & Heritage Centre, Old Town Hall, High Street, Baldock, SG7 6AR

Cost: Free

This is an exhibition of Andrew Prothero's photographic wall art along with Deborah Prothero showing paintings in watercolour and acrylic, and Sue Peterson showing her mosaic works.

www.hvaf.org.uk/workshops-exhibitions/start-your-new-year-here-1exhibition

JOURNEYS IN COLOUR



Date(s): Saturday, January 20 to Wednesday, March 6

Timing: 10am - 5.30pm Monday - Saturday 11am - 5pm Sunday

Venue: Sofas & Stuff, St Albans.

Cost: Free

A pop-up show of new larger work by Sarah How, investigating colour and movement from feeling and recent sketches.

www.hvaf.org.uk/workshops-exhibitions/journeys-colour

FIND OUT MORE:

WORKSHOPS

EXPRESSIVE VASE OF TULIPS



Date(s): Tuesday, March 19

Timing: 10am - 12pm

Venue: Megan's Restaurant, Welwyn Garden City, AL8 6AP

Cost: £30

Get ready to unleash your inner artist with my tulips painting workshop! Learn clever tricks and enjoy the power of simple, bold brush-marks to create colourful and expressive tulips. This fun and social painting class will leave you with a beautiful painting to take home.

www.hvaf.org.uk/workshops-exhibitions/expressive-vase-tulips-painting-workshop

SKETCHING & PAINTING IN PURBECK



Date(s): Sunday, April 28 to Friday, May 3

Timing: 4pm on the 28th - 10 am on the 3rd

Venue: Kingston, Dorset

Cost: From £750 for 5 nights half board

Four days sketching, painting and exploring in the beautiful area of Purbeck in Dorset with Helen's expert guidance.

www.hvaf.org.uk/workshops-exhibitions/sketching-painting-purbeck

CREATIVE PATTERN WEAVING



Date(s): Thursday, February 15 to Thursday, April 4

Timing: 10.30am - 1pm

Venue: Baldock Arts & Heritage Centre

Cost: £30

Enjoy a wonderful weaving class...learn new patterns, explore textured picks, experiment with tactile yarns.

In the Thursday morning classes we will be working on Rigid heddle looms and covering all aspects of how to use them to reach your creative potential!

www.hvaf.org.uk/workshops-exhibitions/creative-pattern-weaving-workshops

FIND OUT MORE:

WWW.HVAF.ORG.UK/WORKSHOPS

THE ILLUSTRATIONS OF...



Mandy Lamyman

I'm Mandy Lamyman, a self-taught artist who loves to paint using watercolour or acrylics, as well as sketch. I enjoy creating bespoke cards to order, often receiving very strange requests, and have self-published a children's book about a little green dragon called George.

I started when I was young and my love for creativity has never wavered. My style is illustrative and unique and has been described as quirky – especially as dragons seem to appear a lot.

Beyond the canvas, my journey to self-publish 'George the Dragon's First Adventure' was amazing – from learning how to set out the colour spreads, creating a dummy book, and painting the illustrations, to seeing the finished book was humbling.

I love to share and help others to enjoy art and all the wellbeing that it can bring. Through my art and storytelling, I hope to inspire others to embrace the joy that creativity brings.

FIND OUT MORE:

WWW.HVAF.ORG.UK/GALLERIES/ILLUSTRATEDBYMANDY

“I love to share and help others to enjoy art and all the wellbeing that it can bring.”



Meet your **AREA COORDINATOR**

Sharing stories and experiences is such an important part of what Herts Visual Arts can offer.

Regular meetings with other artists provide a great way for sharing your art journeys and events coming up,

plus helpful, practical, tips and tricks.

To find out more information about the meetings held in your area, email the local Area Coordinator, who will be happy to help.



VACANT

BARNET/N LONDON:
barnet@hvaf.org.uk



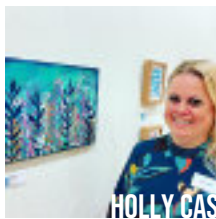
DEBBIE KNIGHT

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harpenden@hvaf.org.uk



VACANT

ST ALBANS AREA:
stalbans@hvaf.org.uk



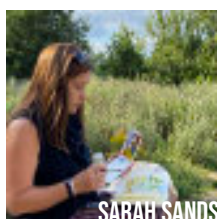
HOLLY GAS

CENTRAL HERTS:
welwynhatfield@hvaf.org.uk



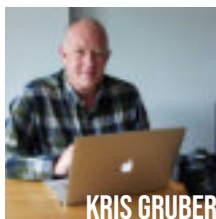
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SARAH SANDS

SOUTH WEST HERTS/NORTH LONDON:
swherts@hvaf.org.uk



KRIS GRUBER

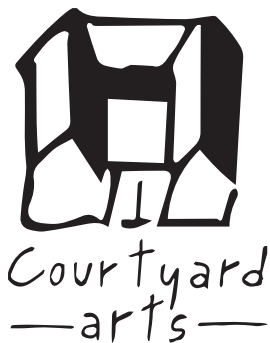
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VAL LAWSON

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nherts@hvaf.org.uk

FIND OUT MORE:



A UNIQUE, ARTISTIC HUB IN HERTFORD

- ACRYLIC PAINTING
- CERAMICS
- COMIC CHARACTER DESIGN
- DRAWING MEDIA
- FUN ART
- FUSED GLASS
- HOME EDUCATION
- LIFE DRAWING
- MIXED MEDIA
- OIL PAINTING
- POTTERY
- PRINTMAKING
- STAINED GLASS
- WATERCOLOUR PAINTING

COURTYARD ARTS HAS BEEN A MEETING PLACE FOR CREATIVE MINDS FOR OVER 25 YEARS.

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Courtyard Gallery



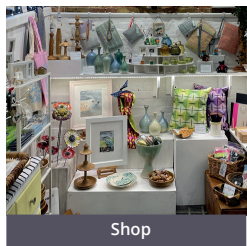
NEW! Stables Gallery



Adult Classes



Children's Classes



Shop



Volunteer with Us



Become a Member



Refreshments in the Courtyard

Courtyard Arts & Community Centre

Port Vale,
Hertford
SG14 3AA

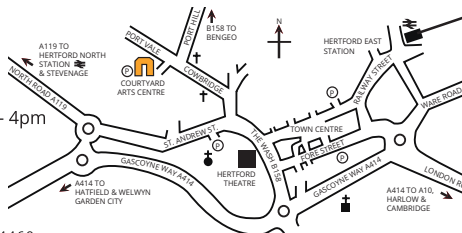
Tel: 01992 509596

www.courtyardarts.org.uk



Opening Times:
Tuesday - Saturday 10am - 4pm

Courtyard Arts
 courtyard_herts



Courtyard Arts & Community Centre is a registered charity, number 1044469.

BIG EVENTS FOR 2024



Herts Visual Arts Forum's programme of events shares our members' creativity with the public throughout the year.

Over four days in early May, the Living Crafts showground at Hatfield Park becomes a great festival featuring all kinds of arts and crafts. Come along to take part in the many workshops and demonstrations, or just browse through the marquees. With amazing original arts and crafts on show, you may be tempted! This year will be the 50th anniversary of Living Crafts, making this year's show extra special with 'celebration' as the focus.

Hot off the heels of Living Crafts is our Big Makers Fair at the wonderful South Mill Arts in Bishop's

Stortford. A fair of artisan makers and creators, covering sculpture, ceramics, textiles, jewellery, furniture, glass. Artists from across Hertfordshire show work in three dimensions, celebrating form, scale and texture. Buy art direct from the artists, and enjoy the visual surprise and delight of contemporary creativity.

In the middle of summer we return to Hitchin Town Hall for our summer Big Art Fair. Once more we will have artists exhibiting their beautiful work. Past events have truly wowed our visitors with fabulous feedback, including "fantastic show", "very inspiring", "absolutely amazing art!" and "marvellous exhibition".



FIND OUT MORE:



Our highlight of the year is Herts Open Studios when artists open their doors to visitors or share in pop-up galleries. You can see artists at work, find out about their creative process, and take part in workshops. Watch out for the yellow branding to guide you to one or more open studios – it'll appear throughout the county in September!





THE SETTLEMENT

Classes for Adults in Letchworth Garden City

The Letchworth Settlement is a unique centre of learning and creativity in the heart of the Garden City. With over 40 specialist tutors providing an outstanding quality of teaching in arts & crafts, languages, creative writing, and the humanities, you are sure to find something of interest.

See the full programme at www.letchworthsettlement.org.uk

Except for one-day workshops, you need to be aged 18 or over and be a Settlement member to enrol on a course. Becoming a member is easy! Call 01462 682828 or visit us at 229 Nevells Road, Letchworth Garden City, SG6 4UB.



FIND OUT MORE:

Hazel Godfrey

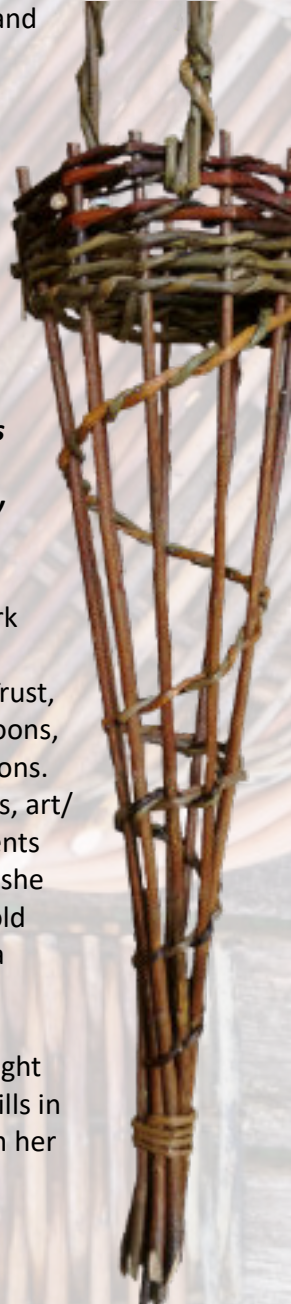
A contemporary basket-maker and willow artist whose inspiration comes from nature, landscape, and the human condition.

The willow Hazel uses is locally grown in North Herts; this provides for the mainstay of her weaving.

"I also love working with various other natural materials including cane, bark, leaves, found items, and more recently beeswax".

Hazel makes commissioned work for a variety clients include the Forestry Commission, Wildlife Trust, Woodland Trust, J.D. Wetherspoons, and Mammoth Screen Productions. Her work is exhibited in galleries, art/craft shows and community events across the Home Counties, and she has also exhibited work on a Gold Award winning stand at Chelsea Flower Show.

For over 15 years, Hazel has taught willow weaving and basketry skills in Herts and Bucks, as well as from her studio near Hitchin.



BEING A MEMBER

Are you an artist or artisan living and/or working in or near Hertfordshire? You are welcome to join Herts Visual Arts Forum! Here, you will find sculptors, painters, glassworkers, photographers, and much, much more!

There are no minimum requirements for becoming a member; we provide a space where you can create and grow your art practice and show your work. You can also get involved with other artists and makers to share ideas, exhibit together and develop your own artists' community within our membership base.

The Herts Visual Arts Forum membership year runs from 1st April until the end of March the following year. However, you can join (or renew) at any time from the beginning of January each year and gain some bonus months of membership! Whenever you join HVAF, your membership will be valid from the moment you sign up until 31st March the following calendar year.

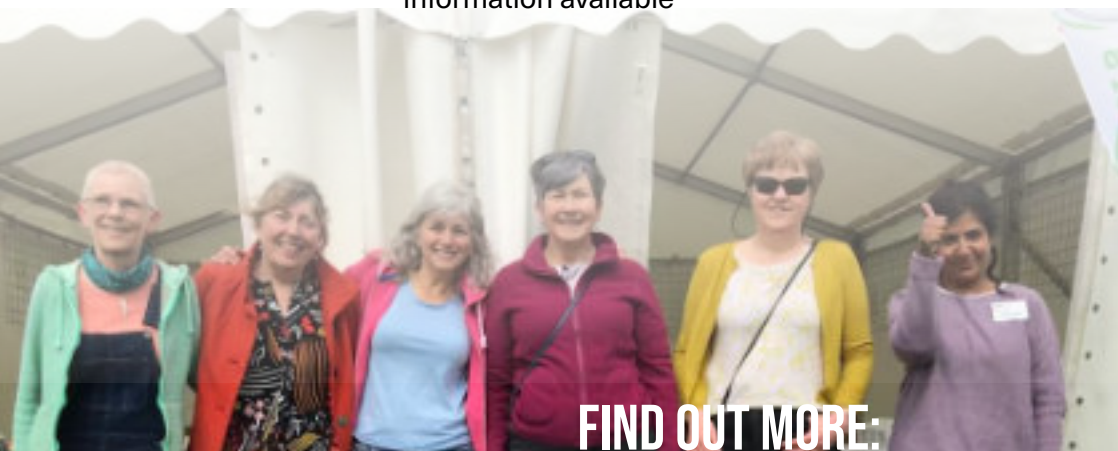
Our existing members have told us they join for a variety of reasons, such as to exhibit their work or to meet other artists and attend regional meetups. They also find the supporting information available

through their membership hugely helpful.

"Thank you so much to all for having this organisation to support Herts artists. It has made a real impact on me being able to find a network for life after my Uni degree."

"Thank you for getting everyone together. It does make a difference and keeps us motivated and engaged in our professional practice."

"Thank you. Love being an HVAF member. It means being an artist is not a lonely experience and gives me lots of opportunity."



FIND OUT MORE:



LOVE ART?

Search HVAF

FIND OUT MORE:

WWW.HVAF.ORG.UK