



## Welcome to March!

It's nearly Spring! There are lovely daffodils everywhere and the sun is out in full today as I write this. A welcome change from the weeks of drizzle!

I hope you are all keeping well and enjoying all that this year has to offer. I feel like this year is flying by and whilst I seem to be getting things done, there also seems to be lots of other intentions for this year that I wasn't aware of - you know those curve balls that just arrive to provide us with a little detour so that we take in the whole view! I have written about this in my latest blog post - I know that for some of you this will resonate having had more than one conversation about this recently!

<https://www.clarebrown.co.uk/blog/let-life-lead-the-way>

I am reflecting on my own detours and diversions this month which have provided rich reflection, across the spectrum of my work with organisations and clients as well as my art practice and family life. Some things have had to be put on the wait pile, other things have become more important - I guess that's life for all of us at different times and just the ebb and flow of life.

Thanks for being someone who is happy to receive my foray into newsletter and blog writing. I am enjoying it so far and I hope that it brightens up your email box in some small way as we head into spring!



Aside from being inspired by the onset of spring and sunshine and getting out on the beach, I have also been inspired by The Creative Act by Rick Rubin. This is essentially a book about our creative essence and how we tap into something beyond ourselves in the process of creating. If you are fascinated by the mysteries of life, enjoy exploring the spiritual nature of creativity, or just want to be transported into a world of possibility, then this is for you! Here is a taste: -

"Though artists generally aren't aware of it, the end work is a by-product of a greater desire. We aren't creating to produce or sell material products. The act of creation is an attempt to enter a mysterious realm. A longing to transcend. What we create allows us to share glimpses of an inner landscape, one that is beyond our understanding. Art is our portal to the unseen world."

Yes! I don't think it matters what we are creating, when we don't get too attached to the outcome and just enjoy the process, magic happens. This is true of life I feel.

My other favourite source of inspiration at the moment is The Piano on Channel 4. Oh. My. Word! In fact there are no words to adequately describe the joy of this programme. Wonderful people from all walks of life sharing their stories and how the piano has had a positive impact on them. Some of the people and stories are amazing. Tear inducing. (mind you I cry at adverts so don't go by me - although others have said the same thing!) A must watch.

I have also been inspired by some of the amazing women in my life this month. Some of them clients who have shown great patience and perseverance and been rewarded with new roles and responsibilities, others who are following their dream and have secured places at prestigious universities, based on their work. All of them wonderful examples of soft power. And of course a shout out to all the women everywhere, whether you are mothering creative projects, small people or your garden!



As some of you know I have been on an eight month programme with the St Ives School of Painting. It has been such a wonderful journey with amazing tutors and fellow artists. I am really sad it is ending as I have just loved the opportunity to try new things, focus on my creative practice and connect with a gorgeous group of women who are all bringing their beauty and creativity into the world in so many different ways. I have taken away so much from this time and feel I am even more in love with life, my work and paint!!!

I have also loved having my granddaughter with us and playing with clay, barbies and paint! There is something so vibrant and creative about a small person - their curiosity, expressiveness and willingness to dance their way through the rainiest of days! It sure does rub off and I am so grateful for that!

I have had the chance to explore new opportunities with fellow artists. I was invited by a local academy to go and visit their campus and explore how I might be able to support them in growing their campus as a creative hub and bringing different creative work into the school, providing access to different work for the students and the wider community. I went with my dear friend and artist Fran Mason (@seasewed on instagram) who not only has years of experience developing communities but is also a great artist and has created a community art group in Torbay, see below for details. We talked about accessibility of the arts and how important it was to maintain creative activities for all students from primary upwards as well as the wider community.

So I am excited to announce that I will be exhibiting some of my work on the theme of Landscape and Nature in their small gallery space for the start of term in September. This is both terrifying and exciting! We are also talking about how we might use technology and other resources to ensure that it can be accessed in lots of different ways. (they have experts for that as this is not my field of dreams/expertise, but it will be fun to learn!)



Over the next month, in the studio, I am really going to be focusing on integrating the learning I have taken from the Porthmeor Programme and exploring some of the ideas and themes that emerged over the course of the last 8 months. There is so much to reflect on and I know that this will continue to help me develop my work and creative practice. I have a wonderful tutor who is going to mentor me over the coming months so we will see what evolves!

I am looking forward to the Spring Session of the Natural Wisdom Programme with my lovely friend Ian Watson at Dartington Hall on the 21st and 22nd April. I am doing my sun dance so that we have some lovely spring weather and we can hopefully catch the cherry blossom and explore the gardens.

Also as mentioned earlier my friend Fran has created a wonderful community art group called BAYCat (Community Art Torbay) which meets monthly in the Artisan Gallery in Lucius Street in Torquay. Its a friendly space to bring your sketchbook and be inspired whilst chatting and catching up in a wonderful gallery environment. Everyone is welcome. The next meeting is April 3rd, 9.30 to 11.30am.

My thoughts have also turned to the garden and I am hoping that with the weather a little warmer I can get outside and tidy things up and prepare for some planting and growing.

I hope that the warmer weather finds you well and that you have a lovely month. I look forward to catching up with you soon. x



A recent work from my Landscape as Autobiography series, this one inspired by the coast near my home where I beach-comb.

Copyright © 2023 Clare Brown. All rights reserved.

Our mailing address is:  
43 Avery Hill, Kingsteignton, Devon, TQ12 3LB

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

