

# Feel Good!



rowan



Summer 2022



# Hello and welcome to Feel Good!

Welcome to our summer newsletter. Much has happened since our last publication in December. We are now fully open and have welcomed back many familiar faces as well as some new ones - including me! I joined Rowan in April, having worked on the transformation of Kettle's Yard. When



I walked through the door, I immediately felt at home - students and staff were welcoming and full of ideas for the future. The atmosphere is warm, enterprising, and full of fun. And, of course, I am delighted to be surrounded by such great art. Rowan is an exciting, creative and extremely valuable - I feel privileged to be here.

Workshops and outings are now in full swing. We have ventured out for walks to discover the local countryside and visited the Fitzwilliam Museum. In May quiz nights resumed (with Gordon's team winning again!), and in June we welcomed over 80 people to share cake and view the students' work at our event to mark the Queen's Platinum Jubilee. In July we took part in Cambridge Open Studios to showcase all the amazing artwork created by our student artists. Do visit our online shop where you will discover many of their best works for sale.

Visitors to Rock Road Library in Cambridge may have seen one of our latest works - a new noticeboard produced by our woodwork team. Elsewhere in the city Rowan students contributed to a large ceramics wall in the Grand Arcade while staff, students and volunteers attended several local events including the Chesterton Festival, and the Cambridgeshire County Day. Other fundraising efforts have included our first ever skydive in April while our annual Exhibition, entitled The Great Outdoors, also raised much-needed funds.

We have been busy, but we are not stopping there, and we have more exciting projects and events coming up soon. Over the summer we will be part of a city-wide project reflecting on the impact of Covid-19, leading a well-being session for the wider community by showing how art helps us share and cope. We are also working with a local interior design company to design a mural and cushion for the new Cambridge University Institute for Sustainability Leadership building - expect an exhibition there in the future! And, for September, we are planning new evening workshops for the wider community, including some after-school opportunities and one-off sessions. Recreating the energy and fun of Rowan day sessions in the evening. It promises to be an exciting time. Please come in, join us for fun, art, and if there is time, a cup of tea.

*Cherie Evans*

Chief Executive Officer

# Our stories

## Meet Cathie

Cathie has been coming to Rowan since 2015. She started by trying out a variety of workshops including ceramics and woodwork. She then found textiles to be her greatest joy and has been loving it ever since. She now attends twice a week. We sat down with Cathie to speak to her about Rowan.

### Why do you enjoy coming to Rowan?

"Making new friends, talking to people"

### What do you like about being in textiles?

"I like being with other people and learning new skills."

### What is your favourite stitch?

"Doing the kantha stitch. [The Kantha stitch is a small straight running stitch that can be clean and simple or multi coloured and elaborate.] That is my favourite one I like doing. I find it the easiest and it looks pretty. I am still learning new techniques on the sewing machine."



### What piece of work are you most proud of?

"Quite a few different things. Completing my fish canvas (see photograph), finishing two canvases that sold at the Rowan Great Outdoors art exhibition, especially the bird canvas that my Mum bought. Those ones are all in different stitches. I also made some cushion covers, some that sold and one that I have at home."

Sitting with Cathie we went through her textiles journal and it was wonderful to see her remembering past projects.

“My Mum had a big birthday in April 2018 and I wanted to make her something special for a present. She likes to read so I decided to make a book wrap / cover. Her favourite colours she said are pastels. I found a piece of material with a design and did embroidery on the bird, and some machine patterns. Then put together with a ribbon clasp with Velcro and a decorative button.”

Cathie attended a talk about kantha stitch at the Cambridge Quilters. She took along her current work to show a few people. Before the talk began, she was called to the front to show her beautiful piece of stitching to everyone. She said she was a bit nervous, but it was worth it when a whole room applauded her work. After the talk, Angela, the speaker, asked to see her work again and gave Cathie some very helpful advice. Cathie received a gift of hand-dyed threads in appreciation of her beautiful work. Fantastic work, Cathie!



# Dates for your diary



## **Walk for Rowan Sunday 25 September 10:30am**

Join us and walk with friends to raise vital funds for adults with learning disabilities. To take part in the walk or for more information email Rose on [fundraising@rowanhumberstone.co.uk](mailto:fundraising@rowanhumberstone.co.uk)

## **Rowan Christmas Fair Wednesday 7 December 5pm - 8pm**

A wonderful evening of live music, mulled wine, a raffle and, of course, the Rowan pop-up shop with lots of beautiful artworks on sale.

## **The Big Give Christmas Challenge**

**Running from Nov 29 to Dec 6**

Rowan is thrilled to once again be involved with the UK's biggest matched funding campaign, the Big Give Christmas Challenge – a campaign where donations to participating charities are doubled!

## **Cambridge Half Marathon Sunday 5 March 2023**

Rowan is delighted to have 10 charity places available for the TTP Cambridge Half Marathon. The event takes you on a beautiful route through the city of Cambridge, passing many historic landmarks including two iconic colleges of the University of Cambridge.

For more information about how to get involved, contact [fundraising@rowanhumberstone.co.uk](mailto:fundraising@rowanhumberstone.co.uk) or call 01223 566077

# Our studios

Each edition, we will be shining a light on one of our studio workshops!



In the textiles studio you can learn an abundance of skills from a variety of embroidery stitches to using the sewing machine, making practical gifts such as bags, aprons and books covers, to getting involved with larger group projects and commissions.

"When a student artist is working on a single square or piece of work it may not seem like much" says textiles tutor Hilary. "But when it is part of a larger project, such as the Mill Road Winter Fair bunting or a quilt for an exhibition, it all comes together to create something spectacular."

"All of the student's daily work is recorded in their personal journals with stitched covers. Some of our students have as many as five! One book takes about a year to complete and is a great way to look back and to record their progress"

"It is great to see a student who learns a new skill over time to create something beautiful. When Elizabeth

started in textiles she had never knitted before but over time, and after lots of practice, she knitted more than 200 squares to create a large bedspread as a gift for her parents. The pride in her achievement was clear to see when she carried her big parcel out to the taxi that day."

"We work on many different items to sell in our shop including vintage embroidery, book covers, embroidery cards and more!"

We are keen to have an extra day of textiles focused on clothes making. There are some FREE places available to trial this in August. If you would like to attend these classes, please contact us on [hetti@rowanhumberstone.co.uk](mailto:hetti@rowanhumberstone.co.uk)

"Makes me feel happy"

Luisa

# Volunteer Spotlight!

We have many volunteers at Rowan who support us by working alongside student artists in the studios, both one-to-one and in groups, as well as supporting events throughout the year.

We would like to introduce you all to two of our volunteers, Mark and Veronica, who both give their time to Rowan each week to support our student artists.

“I come from a background of support work, and I am trained as a teacher of those with learning disabilities, albeit 40 years ago! I enjoy being with all the staff who are very approachable, and the students. The policy at Rowan, it seems, is that if anyone needs your attention then anything is dropped to give this. It is the happiest place; this is my main reason for wanting to be here.” Mark.



Veronica started as a volunteer with us in 2014 in the textile's studio. From supporting weekly sessions, attending trips to many different destinations, running a gallery to display student artwork to being involved in the River Cam Project in 2017 - she is a wonderful support to our students and our staff.

“Rowan is a friendly supportive and safe place where students can socialise and gain a sense of achievement from their work. This positive atmosphere is established and maintained by the staff and all who work here.”





# rowan

*Creating art, Improving lives*



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