

# Natu

## Introduction

Art has always been my outlet and nature my solace and both have carried me through life. In my sculptural work I reunite vintage books with the natural world from which their paper pages are sourced, with trees in particular being a recurrent theme. To make each sculpture I first create a wire armature to establish the basic shape, I then pad the skeleton with cotton wool to fill out the form before covering with strips of vintage book pages and finally insert and fix the structure into carefully selected topical base books before adding the finishing details.

It has been a long-term dream to create a book of my own work after sculpting with other peoples' books for many years. Due to the recent worsening of health issues sculpting has become more of a challenge and so this seemed the perfect opportunity to make that dream a reality, proving that every cloud really does have a silver lining.

It is my wish that others facing similar health battles or challenges of any sort will feel seen and less alone.

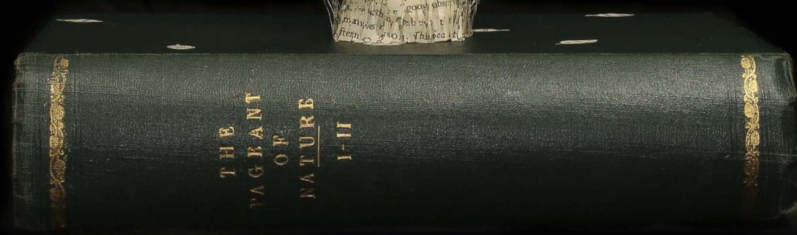
I hope you will find a few moments of peace with this book and a renewed connection to the natural world and consequently your own nature, which really is, the ultimate form of healing.





I sculpt using other peoples' words;  
their stories, poems and knowledge,





but now it is time to share my own.

