

**FACING THE BLANK PAGE
A ONE-OFF WORKSHOP WITH ARTIST ANNE RIGGS.**

WHEN: Sunday 13 June, 1-5pm

WHERE: Northcote Town Hall Arts Centre, 189 High Street, Northcote

COST: Free

BOOKINGS: Bookings are essential (limited places available).

BRING THE FOLLOWING:

- A book that you are prepared to cut up and repurpose

Many artists and writers are confronted by the blank page.

We yearn to draw, write, paint, create. Yet why is it so hard to start? To face a blank page and place our mark upon it? Are we afraid? Are we empty of ideas? Do we stop ourselves, criticise, do anything (the laundry) just to avoid starting? It seems so odd when making, writing, painting is the thing we most love doing.

Over the past few years I have been working with text and visual arts in my artist books. It is a step away from the purely visual books I was making. Words and phrases are chosen somewhat randomly from an interesting, out-moded, or maybe a poetically written book. I cut snippets out, have piles of them, sitting around in bowls, on plates, in bags waiting to be re-arranged in to a book, a page, an idea. I combine the text with paintings, drawings, collage, sewing - weaving small stories, life stories, meditations and musings on my own life and circumstances.

We will be using this technique of choosing words and phrases and repurposing them into artworks to kick start your creativity and a book. We will talk about the rhythm of words, how they might sit on the page, and be integrated with your artwork. We will draw, paint, stick, sew. We will work together to complete one or two pages, and I will show you a technique for binding loose pages into a Japanese-style book.

Creating your own hand-made books is a beautiful way to tell your story. This workshop gives you practical ways to start a new project and approach your story from a different perspective. You will share a creative space with like minded people where you can spend time with your creativity, experiences and feelings and at the same time recharge the inner batteries.

Art making is a wonderful way to find rest from difficult and painful experiences. You will find you become absorbed in your art making and this can give your mind a rest of your thought. Creating gives you time to restore by doing something enjoyable, as well as meaningful, with others who have a similar experience.

Anne Riggs is a visual artist with a research and practice interest into the effects of arts practice on recovery after trauma, loss and grief.