



## A Creative Approach to Landscape

**Date** 19 June 2025

10am – 4 pm

Cost: £78 includes some great tuition, a stunning venue, tea and coffee throughout the day and home-made tray bake. You need to bring your own packed lunch. There is a fridge and microwave if required.

For materials, please see the 'what to bring' list below.

If you have any special access/food allergies or disability requirements, please contact us by email: [info@cowshedcreative.co.uk](mailto:info@cowshedcreative.co.uk)

### Course Description:

Explore ideas and creative techniques to understand the landscape and our response to it. Fresh and expressive methods will be demonstrated and taught; giving you innovative ways of responding to the landscape, using paint and mixed media. The course will cover expressive techniques and ways of working that will lead you to:

- find that initial idea
- explore it using colour theory, mark-making and composition.

Please bring materials listed in What to bring section

**Alex Jakob-Whitworth** Alex is a Contemporary Artist living and working in Cumbria. She studied Fine Art at Leeds University and followed this with a Distinction in an MA in Art and Psychotherapy from Sheffield University. Primarily she is a mixed-media painter and her work is rooted in drawing and the more formal elements of art, whilst exploring more abstract and expressive pathways. Alex believes that we can all be creative and is known for her encouraging approach to sharing her skills. She has worked in a wide variety of settings, including health, well-being, community and education. She has been teaching and tutoring for over 30 years.

Alex has exhibited her paintings widely including with the Society of Equestrian Arts, The Pastel Society in London, and at the Venice biennale.

**What to bring:** You may like to wear an apron or old shirt

- A3 tough cartridge paper/ mixed media paper – several sheets

What to bring continued:

- Watercolours - and attendant brushes.
- A few chalk pastels – soft or hard
- Gesso (or you can buy on the day from me at £2 cash per person but *please let us know 14 days in advance*)
- Drawing equipment *including* an ink pen (dip or liner) and a dark coloured ink (these can be “rented” on the day for £2 cash per person - again, *please let us know 14 days in advance*)
- Spray bottle/mister
- Paper towels
- Masking tape
- Newspaper or newsprint for transporting your work home.
- Board for fixing your work onto
- Reference material - bring a picture or pictures that mean something to you. I will have plenty though!