

Meet Secret Art Young Ambassador Millie Griffiths

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How do you feel when you make art?

When I make art I tend to always find a sense of escapism. A feeling of freedom. I have discovered with time, despite this sounding very simple, my art is generally all about how to express feelings. Once I enter that freeing moment when I paint, it creates the perfect condition to truly depict my feelings through abstract art. Recently, I started to understand my art a bit more. I realised that the process of painting for me, is a bit like a journey - from the moment I start painting, to the moment I realise it's finished. A bit like a journey you go on throughout a day. Where I found that you experience different things, emotions and changes of scene - this constant state of change is much like the process of altering, layering and contemplating how to change the painting to achieve a successful art work.



Untitled by Millie Griffiths

When did you realise you wanted to become an artist?

When I was 12 years old I took a small sketchbook to the park. At the time I was more passionate about sport and never considered art being any more than a hobby to me. However, that morning I went out of my comfort zone and discovered abstract art as I didn't know what to draw (figuratively) and more than that I felt like experimenting with something I had never done. I got completely encapsulated by this process as I found

something that it was unique to me and peaceful. I discovered that I had a lot of creativity within me that had to be visualised on paper.

What colours do you use in your art?

I've always used primary colours. I like the child-like look of them as I find they really stand out and give off a nostalgic feeling. I have always loved photography and noticed I was drawn to these colours in particular. They really captured my attention, and from there on began to incorporate this colour palette into my art.



Unfamiliar by Millie Griffiths

Explain why you are joining as a young ambassador for the secret art campaign?

I am honoured to be a part of this charity as well as being an ambassador for it. The crisis in Ukrainian is shocking and I feel it so important for all of us to address and respond to it in any way possible. It is impossible to understand what they are going through. To think of the families suffering and people who are unable to see their families and loved ones out

there is horrific. To make even the smallest of a difference is so important and I believe raising funds for artists such as ourselves is truly an incredible thing to do.



Abstract Rain by Millie Griffiths

Images from Millie Griffiths account on Instagram [Millie Griffiths Art \(@milliegriffithsart\)](https://www.instagram.com/milliegriffithsart/) • [Instagram photos and videos](#)