



Nature Journaling

in Watercolour.

A Multiply funded course - 31st August - 5th October 2024.
Run by Pete Carthy: Nature Inspired - artist.



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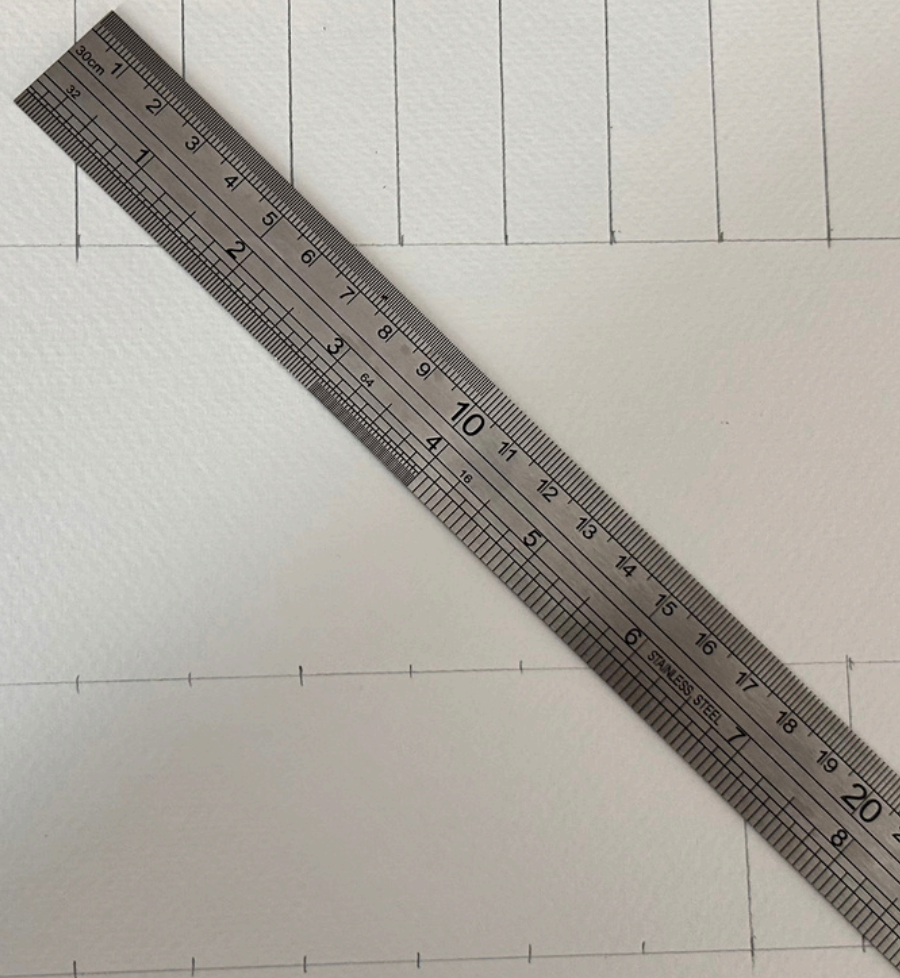
Nature Journaling in Watercolour.

The Nature Journaling course was an opportunity to learn about nature and also to begin to learn how to capture that immersive experience through the medium of watercolour.

Through the experience learners were able to develop other skills such as maths, mindfulness, improving mental and physical wellbeing and social skills.

It was delivered over six sessions on Saturdays at the Focus Centre, Galashiels with the last session at Wooplaw Community Woods. 31st August - 5th October 2024.





A wide variety of mathematical skills were incorporated into sessions. Such as number, data handling, measure, fractions, addition, subtraction and proportion






A summary of the six-week block:

- Week 1: Introduction to the medium of watercolour
- Week 2: Skies and Cloud
- Week 3: Plants/wildflowers
- Week 4: Animals/insects
- Week 5: Fungi
- Week 6: Landscapes

The course was open to any adult over 19yrs, old who lived in the Scottish Borders and had no formal qualifications in maths.

Evaluation

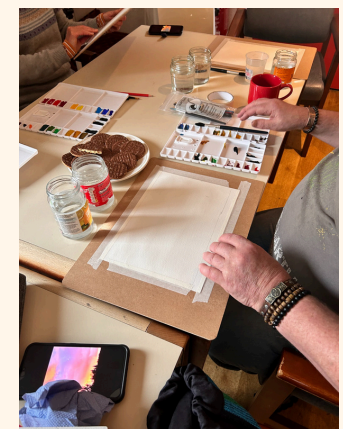


Learners were evaluated using a technique Pete Carthy had developed from Evaluation Support Scotland.

‘Golden Moments’ were collected from learners at the start, during, and end of sessions.

Golden Moments

- Excited to be here + learning new skills. Scared about putting brush to paper – about what I am going to produce.
- Enjoyed it – good to learn how to use the brush, see how the paint worked. Made me look forward to proper painting.
- “Happy to be here, taking time for myself.
- Losing control and enjoying the process.
- Can’t wait to start painting, experiment, and practice.
- Great coming, relaxed, and happy.
- Experimented with different colours – see what I can do.
- Enjoying it, but finding it more advanced than I was anticipating.
- Enjoyed the structure of sessions, and taught well.
- Learning different techniques.
- Followed Pete’s videos – led me to his art website and social media.
- Rowland Hilder perspective – interesting
- Amazing new brush strokes, pleased with what I have achieved.
- Nice being out in the woods on the last session.
- I liked the sound of the course and it has been great.
- Has been a calming and meditative afternoon, really enjoyed it.





Impact of the course.

- A skill you can take with you: appreciate nature differently.
- Meeting new and interesting people.
- I would like to keep working on my nature journaling.
- Liked committing – felt special.
- Nice speaking to other people – got me out of the house and improved my social skills.
- Good experiences, good memories.
- Have learnt that doing art takes my mind off other things.
- It has revived things I have not done for years.
- I would like to make it something of a habit.
- Made me more sociable.
- Reignited a passion for being creative.
- Like having 'my time' busy mum and giving out a lot, good to have my own dedicated time.
- More mindfulness developed.
- Observation is getting better, looking, and seeing better – seeing the detail.
- I've decided I like watercolour.
- Next time I go camping, I'll take a paint and brush with me.
- Glad I have been on the course.
- Developed a new interest – looking to develop nature journaling.
- I love being in nature, but journaling has enabled me to have a deep dive into the details of a place – connecting emotionally.
- Balance – feel centred when I journal and paint.
- Giving myself time, and doing something for my mindfulness, is so important to me.
- Putting time in for myself – taking that time is a mental battle, nature journaling gives me that opportunity.
- Shame course is finishing, I have found it challenging, but overall I have enjoyed the experience.

Comment on Pete's teaching style.

- I enjoyed the patient, non-judgmental approach.
- I found that Pete had lots of enthusiasm and loved doing nature journaling, it was infectious – I wanted to be a nature journaler too.
- I liked the fact that the first few sessions gave us the building blocks for understanding the medium of watercolour. Pete was then able to build on that with more complex art.
- Pete explained the maths, nothing was too much trouble, and he took the time to teach me, so I understood.
- Pete is a good teacher, he has a patient approach and is methodical, breaking the task down into manageable chunks.
- Fun course – Pete has been friendly, encouraging.
- I would recommend Pete to anyone that wanted to know how to be a nature journaler.





Comments on keeping in touch.

- Whatsapp group is a great way to stay in touch and see what other people are doing – its encouraging.
- Christmas Social.
- I hope Pete can find other funding to run another course.

With thanks

This course would not have been possible to run without the support and funding from the Multiply team from Scottish Borders Council. Special thanks to Katy Jenkins and Mary MacReid.

Thanks to Tracey Alder from the Focus Centre, Galashiels and Dave Donnelly of Wooplaw Community Woodland.

Thank you to Madeleine, Pete's assistant - who made all the cups of tea/coffee and kept everyone fed and water pots full of clean water.

Of course thanks to the learners who made the whole course so special and memorable.



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Next steps...

Source more funding to run additional courses.



Pete Carthy: Nature Inspired
Art, Photography, Print & Poetry.



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