

# Helen Walsh



Helen Walsh is an Artist and Creative Practitioner who lives and works on the Solway coast. Helen specialises in drawing and textiles, in particular embroidery. She is continually fascinated by the natural world and our connection to it. She is particularly interested in birds and their feathers and uses them as symbols in her work to explore the human desire to transcend. Choosing to work predominantly with natural fibres such as silk and linen Helen finds herself consistently drawn to traditional textile skills such as embroidery, knitting and dyeing and enjoys the connections with the often forgotten makers of the past that working this way gives her.

Helen is also a skilled and experienced workshop leader and works on a variety of community and education based arts projects working with a diverse range of people in a variety of settings. The challenge of adapting her approach to suit the needs of participants to enable them to fulfil their creative potential is what drives her.

You can find more about Helen at [www.delicatestitches.co.uk](http://www.delicatestitches.co.uk)