PAPER CLAY – BOWL MAKING

1. Tear up paper into small pieces (old newspaper, or other scrap paper pieces are perfect).
2. Add to this until you have a good sized pile (don't worry you can always do more if not enough).
3. Place paper in basin or container and fill with a little warm water so it just wets all paper
4. Add pva glue and use hands to mix and mush into a pulp. (top tip, you can make your own PVA with simple kitchen ingredients, see below)
5. Cover underside of a bowl with cling film
6. Grab a small amount of pulp and squeeze out excess water
7. Place paper pulp onto covered bowl bit by bit, using bowl as form to mould around
8. Once you are happy with the form leave to dry, placing next to a radiator can help speed this up.
9. Pop your dried paper clay bowl off and peel off cling film if stuck.
10. Now you have your own handmade paper clay bowl!

GRAMPIAN HOSPITALS ART TRUST

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OUR WEEKLY ARTROOM VIRTUAL SESSIONS ARE EVERY WEDNESDAY 1.30PM TO 2.30PM. THEY ARE FREE AND OPEN TO ALL.

In our latest **VIRTUAL SESSION**, by popular demand – we tried out some drawing exercises. These simple and playful ways of drawing made for some unexpected and fun creations. We also looked at creative ways to bind and collect our drawings to keep as a book.

Our next session is on Wednesday the 24th February – where we will be trying out some new techniques. All you need is something to draw on, and any pens, pencils or paints you have with you. No previous art experience is necessary. Just bring yourself, have a blether and see what you think. We would love to see you there.

If you would like to join a session, you can find out more on our social media, via Eventbrite, or feel free to send us an email.

anna.weir@nhs.scot • amy.benzie@nhs.scot • yvette.bathgate@nhs.scot

HOW TO BOOK A VIRTUAL CREATIVE CONSULTATION/ ARTROOM 1-2-1:

We can arrange virtual creative consultations with our Artroom artists via the virtual-patient-visiting app, or using your own device. These emulate the experience we would usually have in person, offering a friendly face, advice and creative support, as well as helping if you feel stuck as to where to start/where to go next.

ART PACKS can be dropped off before the session and are filled with a selection of materials to use during the session and for you to keep for future creative endeavours. Bespoke materials can be arranged if there is anything specific that you'd like to try.

Please contact us to arrange your own Virtual Artroom Meet-up:

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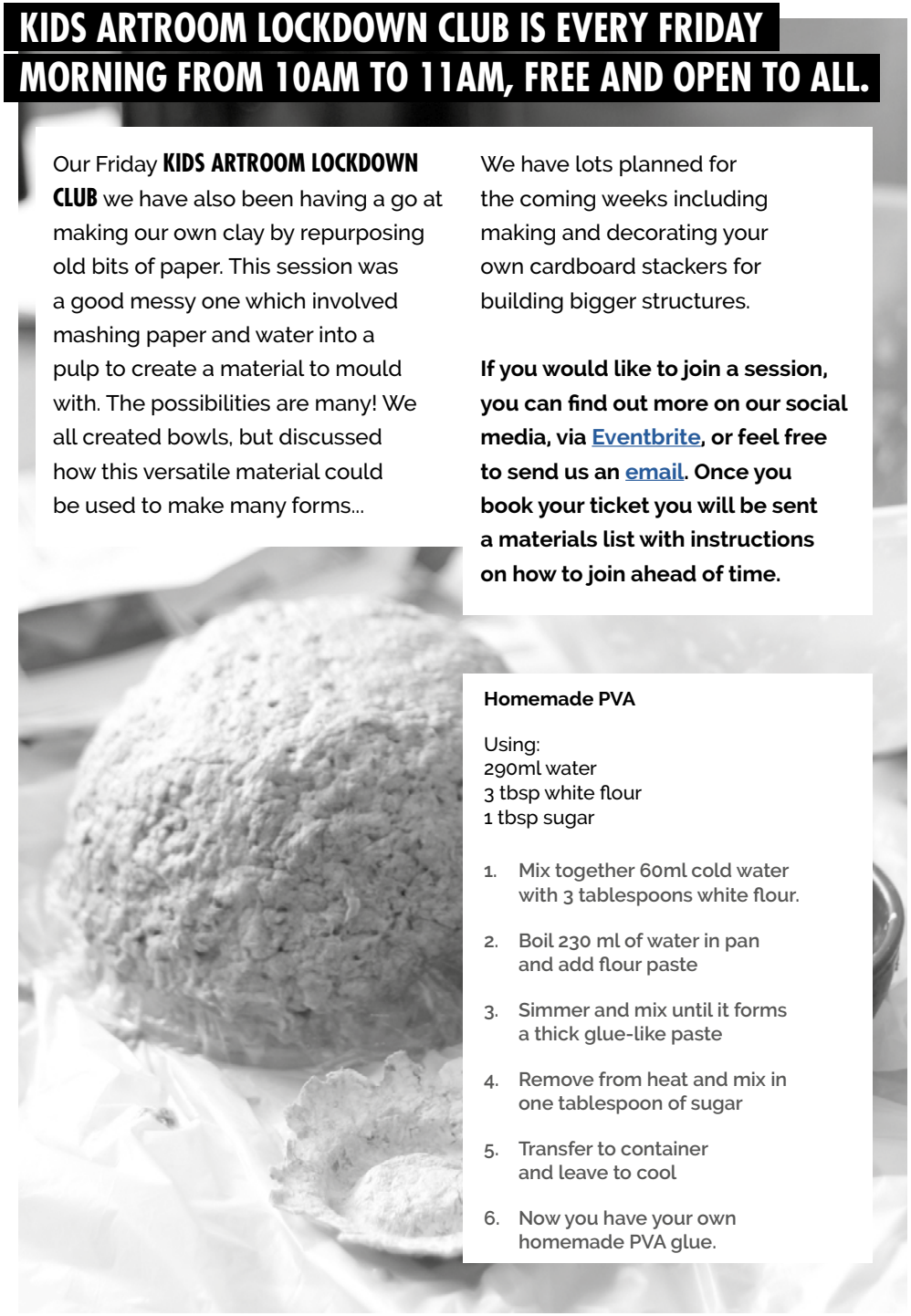
KIDS ARTROOM LOCKDOWN CLUB IS EVERY FRIDAY MORNING FROM 10AM TO 11AM, FREE AND OPEN TO ALL.

Our Friday **KIDS ARTROOM LOCKDOWN CLUB** we have also been having a go at making our own clay by repurposing old bits of paper. This session was a good messy one which involved mashing paper and water into a pulp to create a material to mould with. The possibilities are many! We all created bowls, but discussed how this versatile material could be used to make many forms...

We have lots planned for the coming weeks including making and decorating your own cardboard stackers for building bigger structures.

If you would like to join a session, you can find out more on our social media, via Eventbrite, or feel free to send us an email. Once you book your ticket you will be sent a materials list with instructions on how to join ahead of time.



Homemade PVA

Using:
290ml water
3 tbsp white flour
1 tbsp sugar

1. Mix together 60ml cold water with 3 tablespoons white flour.
2. Boil 230 ml of water in pan and add flour paste
3. Simmer and mix until it forms a thick glue-like paste
4. Remove from heat and mix in one tablespoon of sugar
5. Transfer to container and leave to cool
6. Now you have your own homemade PVA glue.