

## Artists in the exhibition

Afsoon Afsoon  
AHETAS  
Franki Austin  
Niki Bañados  
Anna Bisset  
Uta Brouet  
Bella Brown  
Eleanor Burkett  
Francesca Busca  
Julie Brixey-Williams  
Bernie Clarkson  
Frank Creber  
Margy Creber  
Rosy Coleman  
Jon Delgado  
Melis Erdem  
Jessica Fonseca  
Matthew Frame  
Chloe Fremantle  
Valerie Large  
Stephen Gregson  
Jon Halls  
Caroline Halliday  
Caroline Hands

Jessica Holmes  
Kate Hughes  
David Ian Bickley  
Giovanna Iorio  
IMMUTO collective  
Rodger Kibble  
Harriott Knuckles  
Irene Lafferty  
Liz Lowe  
Flora Malpas  
Anna Masters  
Annarita Mazzilli  
Lynda McDonalds  
Henrietta MacPhee  
Daiane Medeiros  
Lucile Montague  
Sarah Müller  
Sabi North  
Beatriz Perez  
Judit Prieto  
Jonathan Pulido  
Liz Purkis  
Gabiella Rhodes  
Rosie Reed Gold

India Rose  
Katja Rosenberg  
BENIGN SAMUEL  
Sisetta Zappone  
Sabrina Scolaro  
Lucinda Sieger  
Chris Smith  
Jessica Smith  
Miguel Souto  
Doreen Spears  
Tereza Stehlikova  
Alison Stenhouse  
Caroline Streatfield  
William Stok  
Amanda Taylor  
Leah Theakston  
Christopher Thomas  
Barbara Thwaites  
Celia Toler  
Paul Tucker  
Wong Young Chang  
Philip Williams  
Sean Wyatt

## Special thanks to our collaborators



Front page image: 'Interventions' (detail) by Jon Halls

*We look forward to welcoming you!*

### Online programme details

[www.artcatcher.co.uk](http://www.artcatcher.co.uk) (at-a-glance online overview of events)  
[www.towerhamlets.gov.uk/arts](http://www.towerhamlets.gov.uk/arts)

# We Grow into the Forest

## EXHIBITION PROGRAMME

An interdisciplinary  
group art exhibition  
inspired by our  
relationship with nature

14-24 March 2019  
12 noon-6:30pm

The Art Pavilion  
Mile End Park, Clinton Rd,  
London E3 4QY



[www.towerhamlets.gov.uk/arts](http://www.towerhamlets.gov.uk/arts)

## Thursday 14 March

### EXHIBITION OPENING 6.30-9pm



**7pm Opening concert**  
Singer songwriter Lucinda Sieger presents songs inspired by nature. Accompanied by Ian Chappory, percussion.

**8pm Poetic Migration**  
Performance piece by guest artists Jordina Ros and Pere Estadella, Catalonia

## Friday 15 March

**6-8pm Storytelling**  
Share your own story of how you connect with nature. Facilitated by Judit Prieto of Art from Heart, curators of the exhibition. Free, donations box. Drinks provided.

## Saturday 16 March

**11am-1pm Make your own instrument!**  
Workshop for all ages, working with natural and recycled materials. We will create a musical piece at the end. Facilitated by Mauro Lacandia. Phone or text 07799411587 to register. Suggested donation £5/3.



**11am-3pm Sustainable Market**  
Stalls with great organic products and information stalls about sustainable living



**3-5pm Tree of your Soul Dance Workshop**  
Suitable for experienced dancers as well as beginners. Taking inspiration from paintings organised by Mazzilli Dance Theatre. Free, donations box.



**5.30-8.30pm Short Film Festival**  
With contributions about the exhibition theme by artist filmmakers from the UK and beyond. Featuring an exclusive scenes preview of the documentary "Sisters of Wilderness", telling the story of five young Zulu women from underprivileged backgrounds who go into the wilderness for the first time in their lives on a self-discovery journey, which offers them an opportunity to grow and heal, and serves as a reminder that we are intimately linked to nature and what we do to her we do to ourselves. Producer Ronit Shapiro will be present for Q&A, Free, with a suggested donation of £3.



## Sunday 17 March

**11am-1pm Nature blossoms: Celebrate Spring!**  
Join Ken, Manager of Tower Hamlets Cemetery Park, for a guided tour, he'll show you the glorious variety of spring bulbs, woodland and grassland wildflowers blooming around Mile End Park. He will also give you an insight into their ecological value, food value and share a bit of their folklore! Free, donations box.



### 4-6pm Poetry Workshop by Newham Poetry Group (English speaking)

See description below. Free, donations box.

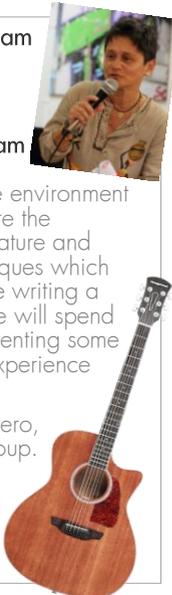
### 6-8pm Poetry workshop by Newham Poetry Group (Spanish speaking)

Each session will be inspired by the environment around the Pavilion. We will explore the relationship between people and nature and also add other elements and techniques which assist in making poetry and creative writing a powerful tool of self-expression. We will spend one hour writing and one hour presenting some results. All abilities welcome. No experience necessary. Free, donations box.

Both workshops run by Sonia Quintero, Founder of the Newham Poetry Group.

### 8-9pm Poetry and Music

Workshop participants can perform their pieces to an audience. With guitarist Tuomo Karjalainen.



## Thursday 21 March

**7.30-9.30pm Welcome Spring Concert: A Wonderful World**  
Pieces to welcome the new season by 24 singers of the Crofton Singers Choir. Free, donations box.



## Friday 22 March

**6-9pm Stories of Women: Interactive Life Drawing Workshop**  
Stories of Women is a completely model-centred life modelling and drawing experience, presented by Spirited Bodies. This life drawing performance invites you into the branches of Esther's life as she explores her roots, untangles the threads and gets to know her knots. We have many ancestors and we awake them when we are truly alive. Some drawing materials provided. Free, donations box.



## Saturday 23 March

**11am-12.30pm: Awake in Nature**  
An experiential workshop to help deepen our connection with the natural world. Spending time both indoors and outdoors (Mile End Park), we will explore our relationship to nature, developing a renewed vitality and sense of belonging in the other-than-human world. We will work with a focus on using our senses and inhabiting the environment mindfully.



By gently contacting our childhood wonder and delight in our natural surroundings, we may discover that this whole planet is in fact, our home. Facilitated by Jo Goldsmid. Free, donations box.

### 2-4pm Upcycle!

Fun and creative workshop for all ages. Some of the things you can learn to make: Wallets out of juice cartons + Jewellery out of magazine paper + Book marks or fridge magnets out of scrap cardboard and textiles + Pencil pots or plant pots from yoghurt pots and textiles + Bags from old t-shirts. Facilitated by ecoActive. Free, donations box.



### 6-7pm Author's reading: "Wolf"

Rachael Ball reads from her illustrated book "Wolf", a graphic novel about confronting childhood grief and overcoming the loss of a loved one. With Q&A session. Free, donations box.

## Sunday 24 March

**11am-1pm Collagraph**  
Printmaking workshop for all ages using leaves and sustainable inks. Facilitated by Sisetta Zappone. See next column for more info. Free, donations box.



### 4-5.30pm Monoprint

Printmaking workshop for all ages. These workshops are great for beginners and those experienced alike, or just anyone creative wanting to have a go with printmaking techniques. They are fun inspiring hands-on course that support participants to experience a range of alternative and unconventional processes. Everyone will experiment and create their plates and prints using unusual materials and media. Materials are all included and participants will be able to take home their templates and prints. Both workshops are facilitated by artist printmaker Sisetta Zappone. Free, donations box.



### 5.30-6.30pm The Importance of Trees

Presented by Sarah Shorley the Woodland Trust, and presenting the Tree Charter. The Charter for Trees, Woods and People sets out the principles for a society in which people and trees can stand stronger together.



The Tree Charter was launched in Lincoln Castle on 6 November 2017; the 800th anniversary of the 1217 Charter of the Forest. Free, donations box.

## CLOSING CEREMONY 6.30-9pm

**7pm We Dance into the Forest**  
Young Amici, an inclusive London dance company, have created a short performance based on the themes of the exhibition.



**8pm Closing Concert**  
Sounds of upliftment by the Crofton Singers Choir

