

Take some time out of your day to think about you.

Welcome to The Living City Workshops where we believe that everyone is creative and that creativity is important for our wellbeing and mental health.

Take some time out of your day to think about you with our PDF and video workshops from experienced and talented writers, artists and photographers.

These workshops are designed to help you explore your wellbeing with journaling, photography, collage, writing, and more. The workshops combine creative skills with connecting to our greenspace, place and processing the changes the last year has brought us.

You can keep your creations to yourself or help us create an online exhibition of your everyday creative wellbeing by tagging @theyeatculture on social media.

FREE
ART HEALTH
WORKSHOPS



Frottage

with Brendan



THEY
EAT
CULTURE

L i v i n g
C i t y

This is a The Living City project produced by They Eat Culture and supported by the Cultural Recovery Fund, Arts Council England and The Community Lottery Fund.

About the Artist.

Hi,

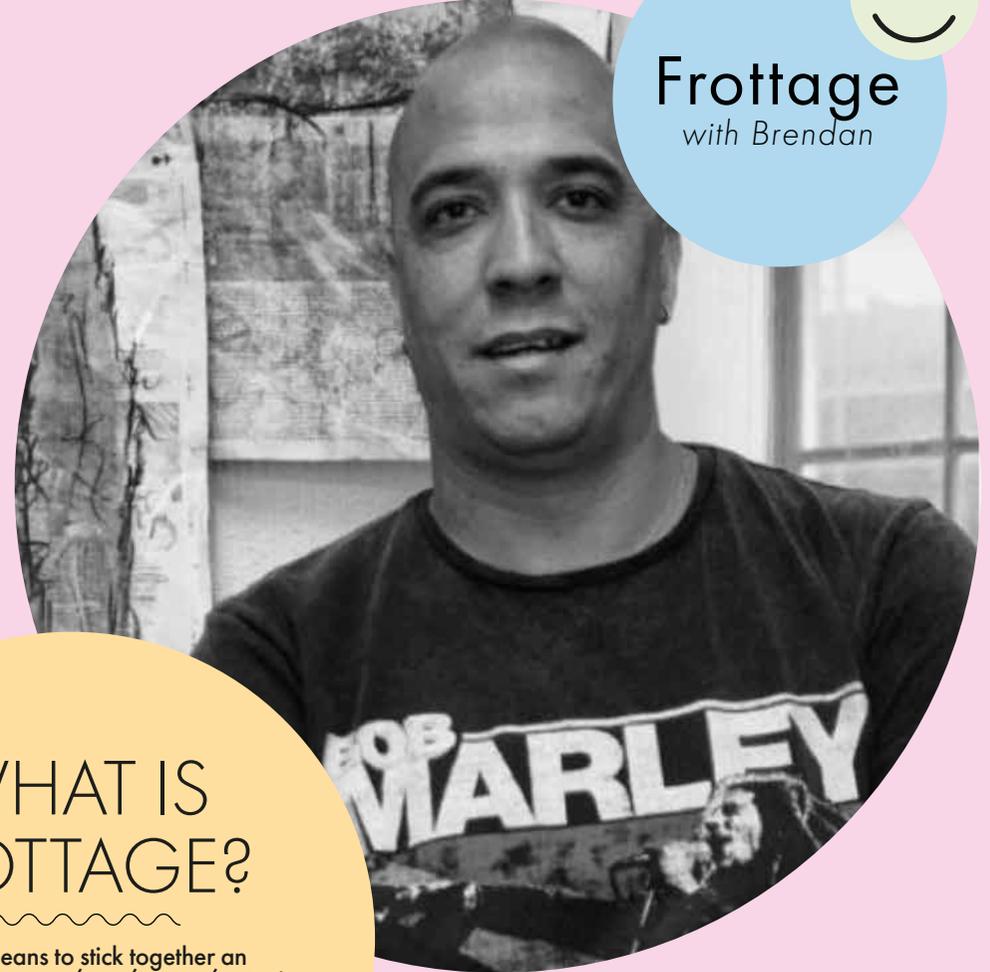
My name is Brendan Bunting I am a Lancashire Artist based in Blackpool.

My artwork explores social and political issues impact on children & young. I tend to draw monochrome figurative portraits that are mixed with newspaper cuttings that cover the issue, so a collage drawing. My artwork is not only intended to tell a story, but to act as an intervention to cause behavioural change for the better, so is deep rooted in psychology and psychotherapy. I

in my practise I also facilitate workshops that explore social issues, adversity and resilience. My workshops are designed to build stronger and more resilient communities.

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WHAT IS FROTTAGE?

Collage means to stick together an assortment of images/text/paper/material together to create a new image.

Frottage means to take a rubbing of any textured surface or material to take a copy of the texture.

Frottage with collage.

For The Living City project I want to encourage people that were maybe are a little apprehensive of drawing, to explore their city/town/community in a creative way.

The way I see it is that we can all be artists, and we live in a world full of creativity that's ours to explore. The workshops are inspired by two areas of art medium, Frottage and Collage.



How to frottage

Step 1.
Get yourself a piece of paper and drawing material (this can be pencils, crayons, charcoal, anything you can draw with.

Step 2.
Explore the space you are in, whether you are indoors or outdoors looking for textured surfaces or items.

Step 3.
Once you have found textured surface or items place your paper over the texture and then gently rub your drawing material over the paper.

Step 4.
As you rub you should see a copy of the texture appear on the paper.

You can really mix it up and layer the textured rubbings.

How to collage with frottage

Like over methods of collage you simply rip up bits of material then stick together to create a new image.

Step 1. Once you have a selection of creative rubbings (Frottage) simply rip them up, and then reconstruct on paper until you are happy with the image

Step 2. Once happy, apply glue to the bits of paper to stick image into place.

Thankyou for taking the time out of your day to frottage with US.

We hope you have enjoyed this The Living City workshop.

We would love you to share what you have created with us by tagging us @TheyEatCulture on Facebook, Instagram or Twitter or send your work to admin@theyeatculture.org.

Wild Writing
with Louise

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Shutter Release
with Claire

Frottage
with Brendan

