

Liberty Bligh is a Visual Artist, Eco-Arts Workshop Leader and an Art Tutor, working towards becoming an Art Therapist.

Combining vibrant colours in a variety of mediums, Liberty enjoys creating work that highlights nature's control over the environment. Her work is inspired by the Highlands and Islands of Scotland. Liberty uses foodstuffs such as couscous, lentils and bulgar wheat to provide innovative and environmentally friendly solutions to creating texture and depth in her work.

With experience in working with children and adults of all ages, her background in nursing, special needs, child development and advocating for vulnerable adults, places her in an ideal position to help individuals achieve their full creative potential and activate self esteem. Liberty's self esteem boosting workshops for all ages include bread therapy, card making, colour expression and group mandalas (special collages).

Liberty unites her passion for the environment and her innovative ideas to create unique and stimulating Eco-Art workshops and embraces the surrounding Highlands as her source of inspiration. Workshops include milk bottle bird feeders, milk bottle watering cans, recycled paper bag kites, mystery art bags and make your own wrapping paper.

Examples of work include;

Legacy Stone Garden at Kirkhill Primary school, Kirkhill
Eco-Garden at Inshes After School Club, Inverness
Community exhibition "A Woman's Journey" with a collated poetry book by women overcoming adversity, trauma and domestic abuse
Community Exhibition and collaborative Art Project with Heartstone, entitled "Ganga and the Shark" at Eden Court and Merkinch Community Centre, Inverness
Self esteem boosting workshop with Lone parents in Balintore
Holiday Activity Schemes Highlands – Eco Art Workshops Glachbeg
Highland Schools Eco Forum – Eat your own Art Workshops Inverness
Highland Open Studios 08
Exhibitions of Artwork across Highlands
Paintings in International collections

Liberty runs two Art Classes each week (during term times) on a Tuesday morning and a Thursday evening. All levels are welcome and spaces are available.

All of her workshops can be tailor made to fit individual requirements. This includes adapting workshops to incorporate cross curricular subjects, helping schools to work towards Eco Schools status, work with vulnerable adults and children around specific target areas and continuing professional development training for childcare and education professionals.

| Liberty Bligh 07913 626102 liberty919@btinternet.com