

*Rachael Barns is an interdisciplinary artist from Norwich in the UK. Working sustainably, she limits materials to those that would otherwise be discarded or those she already owns. She considers this a stance against consumerism, the associated waste and its impact on the Earth. Currently focusing on stitch, print and fabric manipulation to create installations, artist's books and abstract sculptural forms. Her work relates to her wider interests concerning the psychological and neurological benefits of nature, alongside ideas around Posthumanism, New Materialism and the Anthropocene.*

## **Education**

*Open College of the Arts*  
Creative Arts Degree – from Sept. 2021

*Arden University*  
Psychology MSc (Distinction) Sept 2021

## **Exhibitions**

*Bayfield Hall Sculpture Trail*  
September to October 2025

*Raveningham Sculpture Trail – Alchemy.*  
July to September 2025

*Outpost Member's Show*  
15 – 22 September 2024

*Raveningham Sculpture Trail – MYTHOS*  
July to September 2024

*Unconsumed II, Norwich Shoe Factory*  
7 – 15 June 2024

*Norfolk Makers' Festival, Norwich*  
*Under the Surface.* 13 – 21 April 2024

*Foxyard Studio, UN/FAMILIAR*  
January to February 2024

*Raveningham Sculpture Trail - Amplify the Positive.* July to September 2023

*Echo Studios (Brazil) - In Natura*  
June 2023

## **Publications**

*Haus a Rest – issue 66 – Accumulation*  
Featured work – Gathered

*Haus a Rest – issue 43 – Artists' Books*  
Featured work – Some places are more meaningful than others

*SUIDP – Order*  
Interview pp. 20-21

## **Memberships**

Outpost Norwich

## **Teaching experience**

*Deepdale Hygge & Folk Festival*  
Leading tree weaving, Wonderful Waste, yarn bombing and crochet workshops.  
September 2017 to present

*The Parkside School, Norwich*  
Art & Design Coordinator.  
October 2017 to August 2019

*City College Norwich*  
Art workshops and exhibition curation with groups of young adults with profound and multiple learning difficulties and disabilities.  
September 2012 to December 2015