

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