# Rachael Barns

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*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. As an exhibiting artist with over 25 years teaching experience, she is keen to share her passion for using waste plastics, teach new skills and techniques and provide a supportive environment for creative play.*

**Education**

*Open College of the Arts*
Creative Arts Award – Oct 2023

*Arden University*
Psychology MSc (Distinction) Sept 2021

**Recent Exhibitions**

*Beyond the Frame – Cromer Artspace*
October 2026

*Resurgence – LAC at The Undercroft*
August 2026

*NCCS Summer and Winter Shows*
From June 2026

*Markshall Estate Essex*
From March 2026

*Bayfield Hall Sculpture Trail*
September to October 2024 - 2026

*Raveningham Sculpture Trail – Alchemy.*
July to September 2023 - 2026

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

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

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

**Memberships**

Lonely Arts Club
Norfolk Contemporary Craft Society
Norfolk Contemporary Art Society

**Teaching/Faciliation**

*Community workshops*
Working with primary school children to create sculptures using waste materials.
June 2025 to present

*Waste plastic workshops*
Leading workshops with adults, young people and children to create jewellery, collage etc using waste plastics.
March 2024 to present

*Deepdale Hygge & Folk Festival*
Leading creative calm, 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