

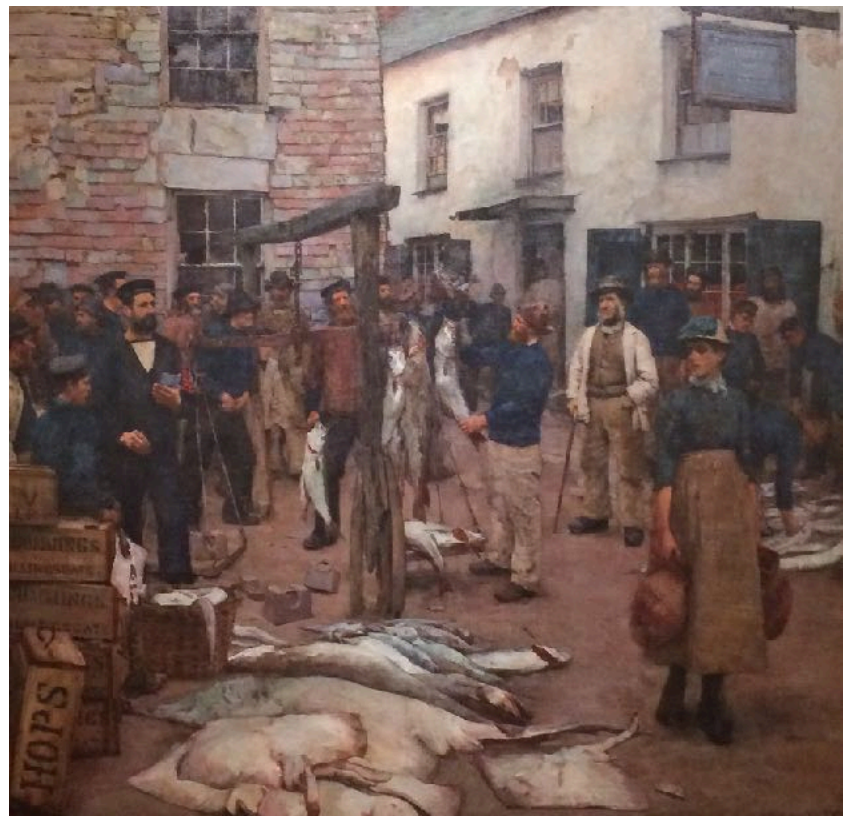
PAF NEWS

A quarterly newsletter for the Friends of the Polperro Arts Foundation

Heritage Art Trail

This Spring we will be setting up a new venture. We will make use of modern technology to celebrate Polperro's rich history of high quality art works that we have outlined in earlier newsletters.

At selected points around the village, mainly in the harbour area, we will install small signs with 'QR' codes linked to images of a number of historic paintings stored on our PAF website. Visitors will be able to point their smart phones or tablet computers at the QR codes and see how the view in front of them was depicted many years ago by, say, Mouat Loudan or Philip Priestley.



Mouat Loudan, Polperro fish sale, 1888



Try it with the example on the next page. Aim the camera in your phone or iPad at the image of one of our signs, tap on the internet link that appears, and in a moment or two Edward Frampton's beautiful work 'When the sun to the westward sinks...' will pop up on your screen. Now imagine you are standing at the exact place on The Warren where Frampton set up his easel back in 1896.

David Tovey has kindly allowed us to use images selected from his personal collection of paintings, subject to any copyright restrictions that may be still in place. We are starting with eleven pictures and our



Philip Priestley, Jew's House, 1920s



small but distinctive signs will be attached to walls, gateposts and telegraph poles, with permissions as appropriate, as close as possible to where the artists worked. We are printing flyers to publicise the trail based on Tracy's map of the village.

Our target is to have the trail in place before the Easter holidays. Keep an eye open for the signs and our flyers, enjoy the trail when it appears, and we would be delighted to hear your thoughts. Bear in mind too that the paintings themselves are already available for display in the Chapel where there will be occasional public exhibitions, with the next one starting on 15th April.



Philip Maurice Hill, Polperro, 1936



Edward Frampton, When the sun to the westward sinks and bathes all things in gold, 1896

Reflections on photography as therapy

by Paul Lightfoot

The other day, by chance, I came across the story of an ex-policeman who was involved in a violent incident several years ago. It led to a debilitating case of post traumatic stress disorder and left him almost totally dysfunctional. He attributes his eventual recovery to the gift of a camera which in turn led him to become more and more absorbed in photography, first as a hobby and later as a profession.



Cardinham, from Bury Castle

Delving a little further I discovered that the therapeutic value of photography for people experiencing mental health problems is a well established field of study. There are books and learned research papers discussing and explaining it all, and a Scottish university even offers a dedicated course on the subject. I'm embarrassed to admit that despite being involved in photography for many years, this was all new to me.

It should not have come as a surprise, especially living here in Polperro. Our best known photographer is Lewis Harding who recorded village life and built up a wonderful collection of portraits of local fishermen from the 1850s to the 1870s. Harding had returned home in a poor state of health after a traumatic period of assisting in an Australian penal colony. Local doctor Jonathon Couch introduced him to what was then an entirely new art form, as an early example of what we now think of as occupational therapy.

You don't need to have suffered any trauma to experience similar benefits. For many, simply recording a moment that has some personal importance or social significance is therapeutic in itself. For me, it's

the act of crafting pictures: adjusting the shutter speed to recreate the right sense of movement of water; picking out leading lines that will draw the eye into a landscape; waiting for the sun to break through and light up a picturesque old church in the middle of the countryside; composing a seascape framed within the rule of thirds; or capturing the moment when a bird flips its head and a catchlight briefly sparkles in its eye.



Autumn in Loqan Woods



Outside the harbour, Polperro



Blue tit

Others know better than me that similar principles apply in any form of art, or indeed any activity that requires you to focus your mind and lose yourself in the creative process. Recently one of our group was telling us how she can spend hours or even days fixating on just a square inch of a painting in order to get the shade and texture exactly as her artistic eye tells her it should be. Similarly writers will spend ages crafting and revising every sentence and paragraph (including this one!) with a final tweak or two to make it all seem spontaneous.

While the creative process is rewarding in itself, when you get things just right the finished product can also bring an enormous sense of quiet satisfaction, sometimes later reinforced by overhearing the comments from visitors in our gallery - as long as those comments don't include the word 'Photoshop'.

About the Foundation

The Foundation was set up in 2001 to support and promote local established and aspiring artists and to increase awareness of locally-produced art and the long history of art in Polperro. After 19 years at the Chapel Rock gallery in Foresters Hall overlooking the inner harbour, in 2020 the PAF moved to our present site in the Polperro Village Hall next door to the Crumplehorn Inn. Any surplus from sales of our work is used to support supplementary art-related activities in the Polperro School.

Our Team

Currently we have nine exhibiting members all of whom live and work locally: **Rachel Brown**, embroiderer; **Sandy Horton**, glass; **Paul Lightfoot**, photographer, writer, newsletter editor; **Sue Lord**, artist; **Steve Morton**, ceramics; **Charles Summers**, artist and fan-maker; **Babs Taylor**, artist; **Tracy Watts**, graphic designer and illustrator; and **Lisa Woollett**, author and photographer. **Jane Wilson** (mixed media) and **Jennie Hale** (ceramics) are our guest artists. **Marian Joyce** kindly volunteers for us.

Do let us know if you would like to join us as an artist or volunteer.

Contact us

Our gallery is open daily, normally from 11am until 4pm at this time of year. Alternatively please contact us by email <polperroarts@gmail.com> or through our website: <www.polperroarts.org>