

# Helena Eflerová

Based in Hampshire, United Kingdom.

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Helena Eflerová is an art facilitator and multidisciplinary artist whose practice encompasses art, health and wellbeing. She has a proven track record delivering art and craft workshops to the general public, targeted groups and individuals.

Both short and long term projects are designed with a person centred approach, focused on the client's interests, benefits and abilities. She is fluent in English, Czech and Italian languages; and has strong communication skills using verbal and non-verbal language (Makaton/picture/eye pointing).

Her knowledge and expertise encompasses working with primary/secondary school children (ages 5-12) at after school clubs and exhibition/educational programming; young adults (including college and University undergraduates); the elderly in residential care homes and adults with disabilities.

Helena is a member of the AIR (Artists Interaction and Representation) and the LAHF (London Art Health Forum).

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## PROFESSIONAL EXPERIENCE

- 2015-to date Seasonal Craft Team Leader at The Lantern Community. Management of the Seasonal Craft Workshop, staff and Companions (adults with learning disabilities), providing and facilitating a variety of Arts and Craft activities and experiences to Companions in a workshop setting.
- 2015 *Ecclesia/Synagoga* project engaged with the general public of all ages and targeted audiences with four workshops: **Self-portraits in ceramic**, handsized heads, using basic hand building and modelling techniques. **Belonging Scrapbook Poster**, using photographs to explore the community and belonging themes. **Inner Poetry and Play**, combining poetry and Contact Improvisation dance techniques to explore the inner self and universal spirituality themes. **Group Felting**, using hands and feet to make a collective large felted blanket. Learning transferable skills of felt making.
- 2014 Facilitating **Mark making in clay** and **Slip Silueta** workshops for children (6-11) and adults with learning disabilities as part of the *Embodied Vistas* project encompassing making their own unique A3/A4 wall posters and one collective paper scroll by using hand/tools print making techniques in response to the Deptford Creek, held at the A.P.T. Gallery (London) and GalleryMuse (Petersfield).
- Faces* project engaged with the general public of all ages and targeted audiences with three workshops: **Portraits of ancestors in ceramic**, memorial handsized heads modelled from a photograph, using basic hand building and modelling techniques. **Family Three Photographic Collage**, wall poster with a tree outline and family member's portraits, using paper collage and scrapbooking techniques. **WW1 Poetry and Play**, combining poetry and Contact Improvisation dance techniques in response to WW1 stories.
- 2013 **Portrait in ceramics** workshop, inspired by the artwork Anima/Animus at the Winchester Cathedral, offering the opportunity for participants to produce their own or each others portraits in clay. The six hour sessions were aimed at beginners with no experience of ceramics or those looking for a little inspiration to make a memorial object.
- 2012 **Hunter/Hunted** textile mobiles inspired by Hunter/Hunted artwork at Mottisfont Abbey and the stories of hunting in Mottisfont estate. Facilitating drawing, cutting, stitching and gluing; transferable skills for children enabling them to collectively make two window mobiles for display at Mottisfont's educational room.
- 2010-2015 Facilitating one to one and group art and craft workshops to adults with learning disabilities, physical impairments and mental health issues held in the community and in client's homes. Activities including: photograph scrapbooks and posters; collage; cards; handmade ceramic; personalised clothing; jewellery; paintings and drawings. Working in conjunction with a variety of

charities and organisations such as: YOU Trust, Mencap, Fitzroy, Winchester Cathedral, National Trust and Arts Council England.

- 2010 Engaging with elderly people suffering with dementia in residential care homes, undertaking handmade ceramics and drawing sessions - Commissioned by Every Care.
- 2010 Exploring a variety of art techniques as a means for integration and communication during one to one sessions with a child with the profound physical and mental disabilities. Mediums used including: sound and light sensory tools; colours in abstract mark making and painting; modelling and handling tactile objects. Trained in communication via clear eye pointing - Commissioned by Independent Living Solutions.
- 2009 Working collaboratively with two Southampton based artists in the summer project 'Artist Trolley', inviting the general public to participate in variety of art and craft workshops such as jewellery design; masks made of recycled plastic and Papier Mâché self-portraits.
- 2007 'Dropping colours from the graze line' project inviting the local community to participate in drawing their own thoughts on environmental issues and logical climate changes in the New Forest - Commissioned by the Carbon Foot Print, Public event Painting the village green in Brockenhurst, New Forest.
- 2006-2007 Part-time visiting artist lecturer of ceramics at the West Wales School of Art in Carmarthen, South West Wales. Working with a small group of undergraduate students; leading class sessions following academic brief; demonstrating ceramic techniques and processes; and one to one mentoring.
- 2006 Part-time gallery assistant and art facilitator at Mission Gallery, Swansea. This role included: customer service in the gallery shop; invigilating exhibitions; assistance with installing exhibitions; participating in community workshops with vulnerable children and asylum seeker communities.
- 2004-2005 Teacher of art & craft at Gors Community School, Swansea. Art facilitator and designer of long term project 'The Historical Time line in Ceramic Tiles'. Working with children from 5-12 years, highlights included promoting the understanding of history in chronological order from prehistory to modern times; visual language; drawing on paper; basic ceramic techniques such as rolling, cutting, slabbing, low and high relief, colour coordination; and ceramic slip painting, glazing and firing.

## **EDUCATION**

- 2007-2009 MA Fine Art, Winchester School of Art.
- 2003-2006 BA (Hons) Ceramics, West Wales School of Art.
- 1992-1998 FD Art & Craft, The Art & Craft College of Prague.

## **TRAINING**

- 2010-2015 YOU Trust e-learning and workshops: Safe Guarding Adults; Safe Guarding Children and Young People; Equality and Diversity; Health and Wellbeing Awareness; Asperger and Autism Awareness; Domestic Abuse Awareness; Mental Capacity Act Including Deprivation of Liberty Safeguards (DoLS); Dementia Awareness; Manual Handling; Infection control; Fire Prevention and COSHH Awareness; Protecting Personal information and NVQ 2 Learning Disabilities.
- 2009-2010 Foundation in Art Therapy, BAAT London.
- Audio Visual Description Course Making, Lynne Cox, Audio Description Association, London.