

# Helen Foroughi

Contemporary Textile Artist

41 Beechwood Road  
Uplands, Swansea, SA2 0JD  
T +44(0)1792 296 866  
Email: [helensweaving@btinternet.com](mailto:helensweaving@btinternet.com)  
Website: [www.helenforoughi.co.uk](http://www.helenforoughi.co.uk)

## Profile

Helen trained and received her BA Hons Degree Textile Design at Central School of Art and Design in London. With over 20 years of tapestry weaving behind her, she has developed a unique way of handling her field. She uses the medium of weaving as her tool of expression, the work is not pre designed but rather evolves from a basic idea much the same as one would work on a painting, the warp being the canvas and the various yarns and paper the paint. With a combination of contrasting materials (Nylon monofilament, linen, cotton, silk, wool, metallic yarns and hand made paper) Helen incorporates lino prints into her weavings, producing delicate almost stained glass effects, the flow of light through her work being important. Colour is a key element achieved by painting dyes on the papers that she prints and weaves, the process is involved and intricate, many of her pieces taking weeks to complete. The final results are unique weavings displayed on Perspex forms or panels which she has exhibited nationally and internationally.

Her inspiration stems from the numerous countries and cultures that she has lived in: Africa, Bahrain, Greece and Israel to name a few. Her work reflects themes, patterns and colours that she has experienced in these places. Her love and fascination of native art, ethnic textiles and weavings, ceramics, miniatures, maps, aerial views and building patterns is apparent in her work. She also gleans her inspiration from images and themes in the prayers and writings of the Bahai Faith.

Helen works to commission and makes specific pieces for galleries and exhibitions, exhibiting throughout the UK and abroad. She also runs various textile workshops including natural dyeing, carpet knotting and tapestry weaving.

## Qualifications

BA Hons Textile Design 1987 - Central School of Art & Design, London.  
Art Foundation 1984 - Central School of Art & Design, London.

## Training

Chemistry for Conservation 1991 - International Academic Projects Summer School, London.  
Textile Conservation Workshop 1988 - London University, Institute of Archaeology.  
Natural Dyeing & Tapestry 1983 - Fibreworks, Athens, Greece.

## Awards

2010 Arts Council of Wales funding to attend a paper making course at West Dean College.  
2008 Arts Council of Wales professional development £4500  
2006 Theo Moorman Trust for Weavers £2500 grant for materials and to provide time out to develop work.

## Professional Membership

Fibre Art Wales, Secretary 2007- 2010, Chair 2012.  
CIRIC - Creative Industries Research & Innovation Centre, Swansea Metropolitan University.  
The Makers Guild Wales 2001 - 2004  
Contemporary Applied Arts London 1988 - 1991

## Exhibitions

- 2013 "Dialogue & Conversations" F.A.W. Quilt Museum & Gallery, York.
- 2012 "Dialogue & Conversations" F.A.W. Gwynedd Museum & Gallery, Wales.  
F.A.W. National Eisteddfod South Wales.  
Summer Show Craft in the Bay, Cardiff.  
Textile Extravaganza Resist Gallery, Llantrisant, Wales.
- 2011 Solo exhibition, White Room, Swansea Grand Theatre, Wales.  
"Fibre Voices" Newport Museum and Art Gallery, Wales.
- 2010 "Fibre Voices" Beverly Art Gallery, Wales.  
"Journeys" F.A.W. touring exhibition, Ruthin Library Gallery, Wales.
- 2009 "Fibre Voices" F.A.W. birthday exhibition, Ceredigion Museum, Wales.  
"Homelands" F.A.W. Green Mountain College, Vermont, USA.  
"Journeys" touring exhibition, Rhondda Heritage Park, Wales.  
"Fibre Voices" F.A.W. birthday exhibition, Ucheldre, Wales.
- 2008 Independent artist, Bahai Arts Academy, Wellington College, Berkshire.  
"Journeys" F.A.W. touring exhibition, Banbury Museum, Oxfordshire.  
"Festival of Arts" Warwick University.
- 2007 Designer Craftsmen at Chelsea, F.A.W. London.  
"Artists Profile" Model House, Llantrisant, Wales.
- 2006 "Sparkles" Craft in the Bay, Cardiff.
- 2005 Fibre Art Wales, Cardiff International Arena.  
"Homelands" F.A.W. Braintree District Museum, Essex.  
"Homelands" Rhyl Library and Art Gallery, Denbigh.  
"Origins" F.A.W. Arts Council Southern Ireland.
- 2004 "Origins" F.A.W. Knit & Stitch London, Dublin & Harrogate.  
"Homelands" F.A.W. Brewery Arts Centre, Cirencester.  
"Celebrating Ten" Minerva Arts Centre, Powys.  
"Homelands" F.A.W. Theatre Mwldan, Ceredigion.
- 2003 "Art in the Frame" Jersey.  
"Fibre Visions" Gloucester City Museum and Art Gallery.  
"Fibre Visions" Bangor Museum and Gallery.
- 2002 F.A.W. at the Grand Theatre Swansea.  
"Fibre Visions" St Donats Arts Centre Gallery, Wales.
- 2001 Christmas Show, Craft in the Bay, Cardiff.
- 2000 Oriel Makers, Cardiff.  
Washington Gallery, Penarth, Wales.

## Lectures & Workshops

- 2011 Tapestry Weaving: Craft in the Bay, Cardiff.
- 2008 Textiles Workshop, Asda: Connecting Children, Bridgend.  
Weaving with Nature: Botanical Gardens, Swansea Parks.  
Textiles for Junior Schools: Model House, Llantrisant.
- 2007 Natural Dyeing: Model House, Llantrisant.
- 2004 Textile workshops for Junior Schools: Llantarnam Grange Arts Centre.
- 2002 Tapestry Weaving: Art in the Frame Foundation, Jersey  
Natural Dyeing, Rug making, Tapestry Weaving: Craft in the Bay, Cardiff.  
Tapestry Weaving: Crafts in Action, St Donats Castle. Wales.
- 2001-3 Natural Dyeing & Weaving Tutor: Bahai Academy for the Arts Summer School, Sidcot.

## Residencies

- 2012 Artist in Residency banner project with Olchfa Comprehensive School Swansea, commissioned by Cardiff Council for St David's Day parade co-ordinated by Craft in the Bay, Cardiff.
- 2006 Artist in Residency banner project Newton Primary, Swansea.  
Artist in Residency banner project Waunarlwydd Primary, Swansea.
- 2005 Artist in Residency project Llantarnam Grange Arts Centre, working with Croesyceiliog Junior School to make a textile hanging to celebrate the school's Golden Jubilee.
- 2002 Unity Banner project, Thomas Breakwell Community School, Cardiff.

## Publications/Articles

- Instinctive Quilt Art. Batsford publishers 2011
- Celebrating 10 Years FAW 2009
- The Journal for Weavers, Spinners and Dyers June 2008
- One Wales October 2001
- House and Garden October 1988

