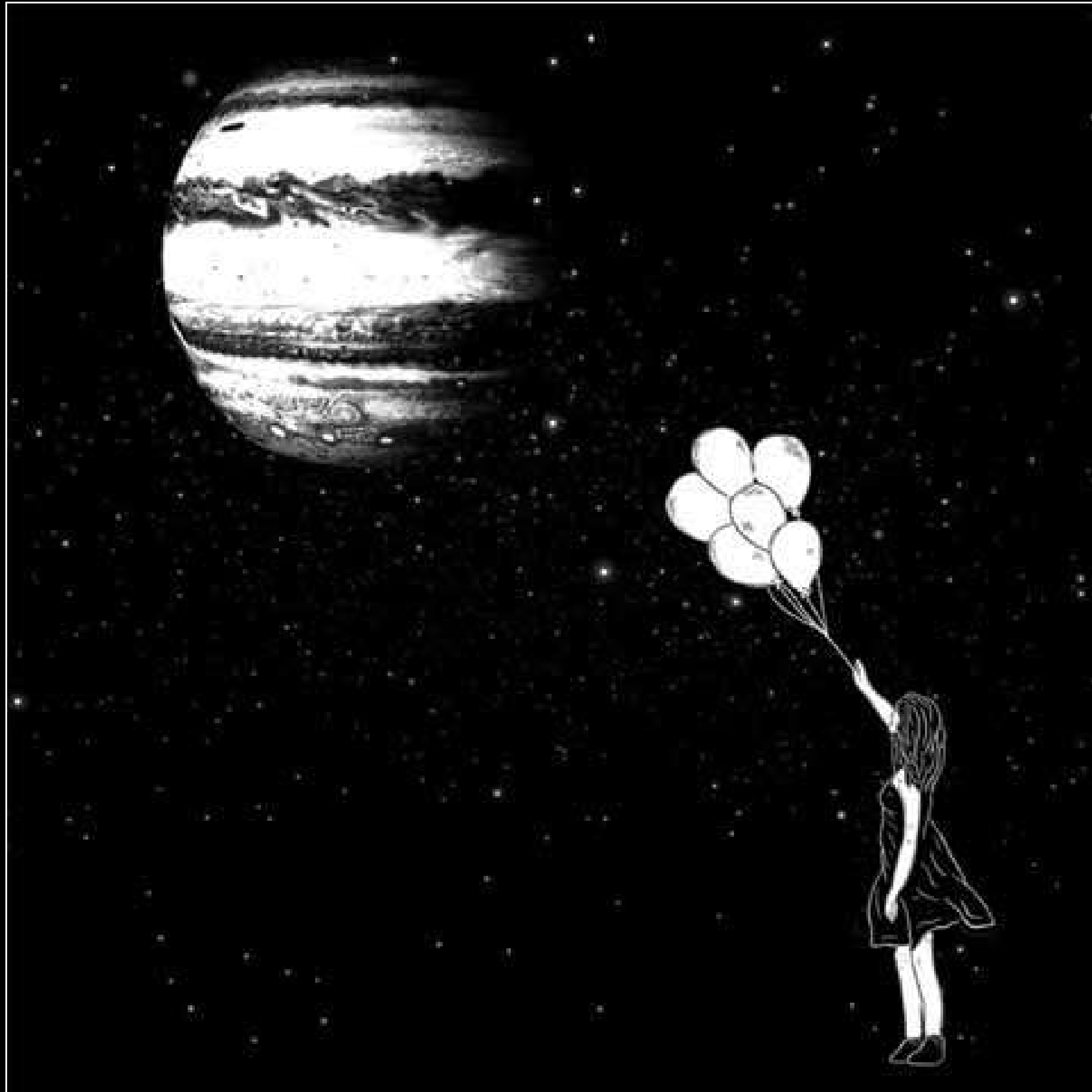


# The University of Nottingham

## Physics & Astronomy Yellow Book Selected Entrants



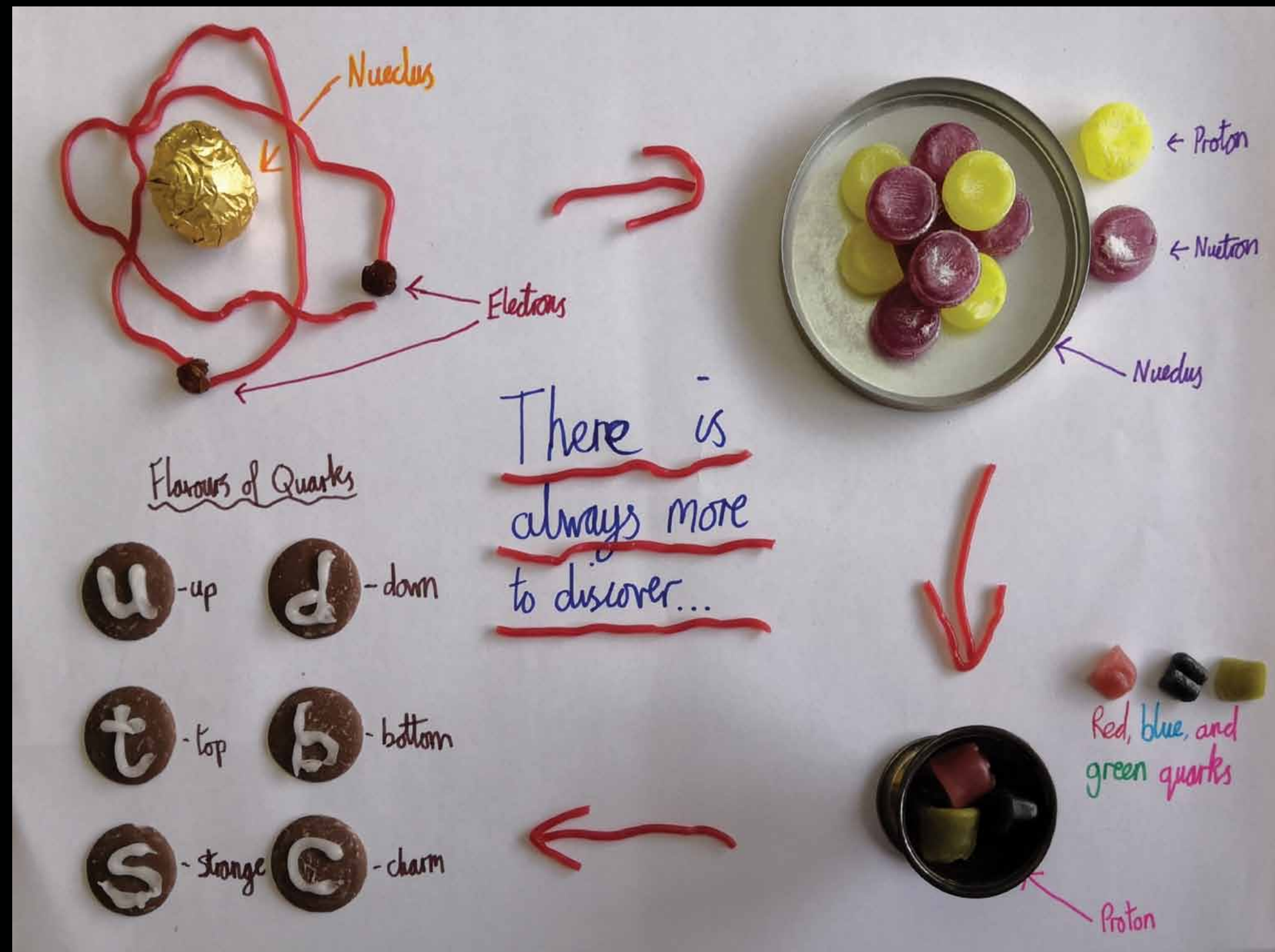
The girl represents humanity drifting into space where other dimensions exist and pull us like muses into another heavenly world.

**Awakening**  
**David Holloway**

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I'm inspired by the thought that there is still so much left to discover about life and the universe we live in. I've represented this in the form of sweets!

**Food For Thought**  
**Lydia Johnston**

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My son has profound hearing loss and recently underwent surgery for cochlear implants. It went well, however his recovery was tough. Putting my headphones on and listening to music helped me through some difficult times. Music is always there for us. It can comfort, inspire and help release emotions. This image is about connecting with music and nature. Both of which have come to the forefront of many people's lives over the last year.

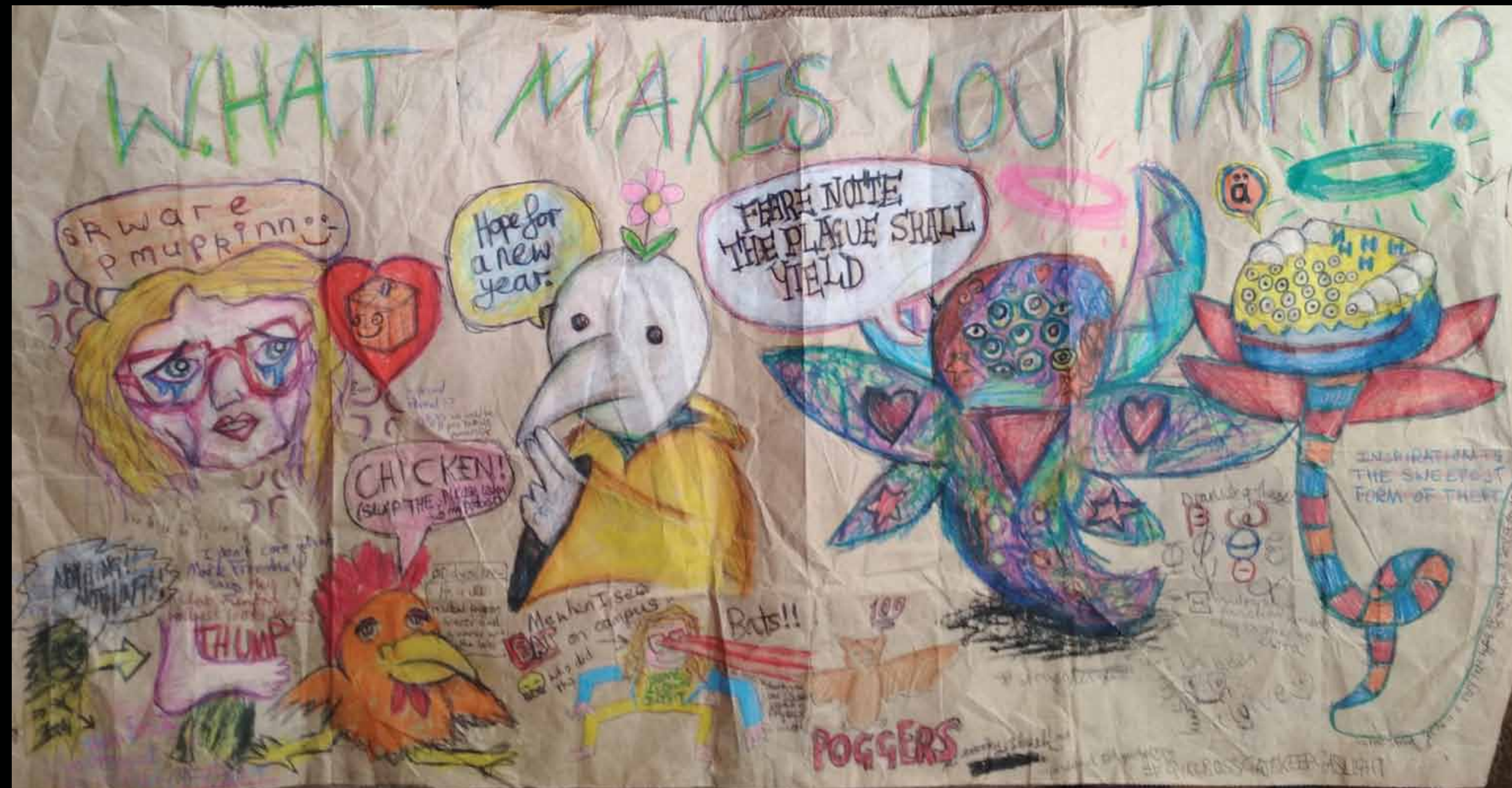
**Listening**  
**Emily Sephton**

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I kept a food bag from when I had to isolate upon arrival at uni. A month later I drew all over that bag, giggling hysterically as I scraped the bottom of the barrel for anything that brought me joy. This drawing was a step towards spring and summer in a year which began so horribly.

**What Makes You Happy**  
Amy Bradbury

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Growing up, the idea that a woman could go off travelling on their own seemed to be just that – an idea; something that I felt didn't happen often, nor was ever really spoken about. I have since travelled around multiple parts of the UK on my own, and found a sense of freedom I never knew existed.

**Gracious Solitude**  
Sabina Howes

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**A sign of better things to come, spring is on the way, a new day approaches.**

**Light at the end of the Tunnel**  
**Steve Simmonds**

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I learnt that starfish can regenerate the whole body from one severed limb!

**Nature is Amazing**  
Gilli Fawcett

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**Seeds Ready To Fly**  
**Kamilla Kwiatkowska**

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**Sleep, Crochet, Cat, Repeat**

**Keeping Warm**  
**Helen Washington**

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Taking time away from 'busy' is the most intimate and undervalued gift you can give to yourself. A daily intention to pause, reflect and give thanks.

**Sunset Reflections**  
Lara Crowther

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Every environment - even ones we see everyday - has beauty and joy in it. Sometimes the beauty of growing things, reaching for the sun or exploding into colour; sometimes the joy someone found in creating a place or planting a place or decorating a place. This house didn't have to be blue, but it is, because that gave someone joy.

**Lifting the Blues**  
Kenneth Huggett

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This scene seemed such a good metaphor for all the things going on at present - a sign to remember the sun is always shining behind the clouds - Rainbows are often seen as signs of positive change - a beautiful scene to witness during lockdown - #ArtLiftingLockdown

**Hope Through The Storm**  
Will Johnston

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I painted this in watercolour based on a Kingfisher that raised my spirits when I was out walking. The process of painting it was very relaxing and helped enormously during lockdown. I'm a total amateur with no art training and hadn't painted using watercolour for around 40 years so I urge everyone to try. You never know what you might be able to do.

**Kingfisher**  
**Jeannie Atha**



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Painted during the lockdown I returned to this subject after a smaller, simpler piece I made in 2014. It measures 29 x 46 inches and is an acrylic work.

**Maybe Next Year**  
Paul Dexter

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A digitally illustrated piece inspired by the daily task of finding entertainment within our own homes during lockdown. Without the ability to travel or even leave our homes, we are forced to reconsider our daily lives and reimagine things which may have seemed mundane previously in order to find joy in the ordinary.

**Holiday From Home**  
**Bridget Stanger**

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**Floral illustration to  
say Thank You.**

**Thank You  
Sue Bee**

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Despite it being the first evening of the pandemic lockdown and the fear and uncertainty it brought, the beautiful sunset provided a reassuring warm calm glow.

**Sunset on Scooters!**  
Ian Batters

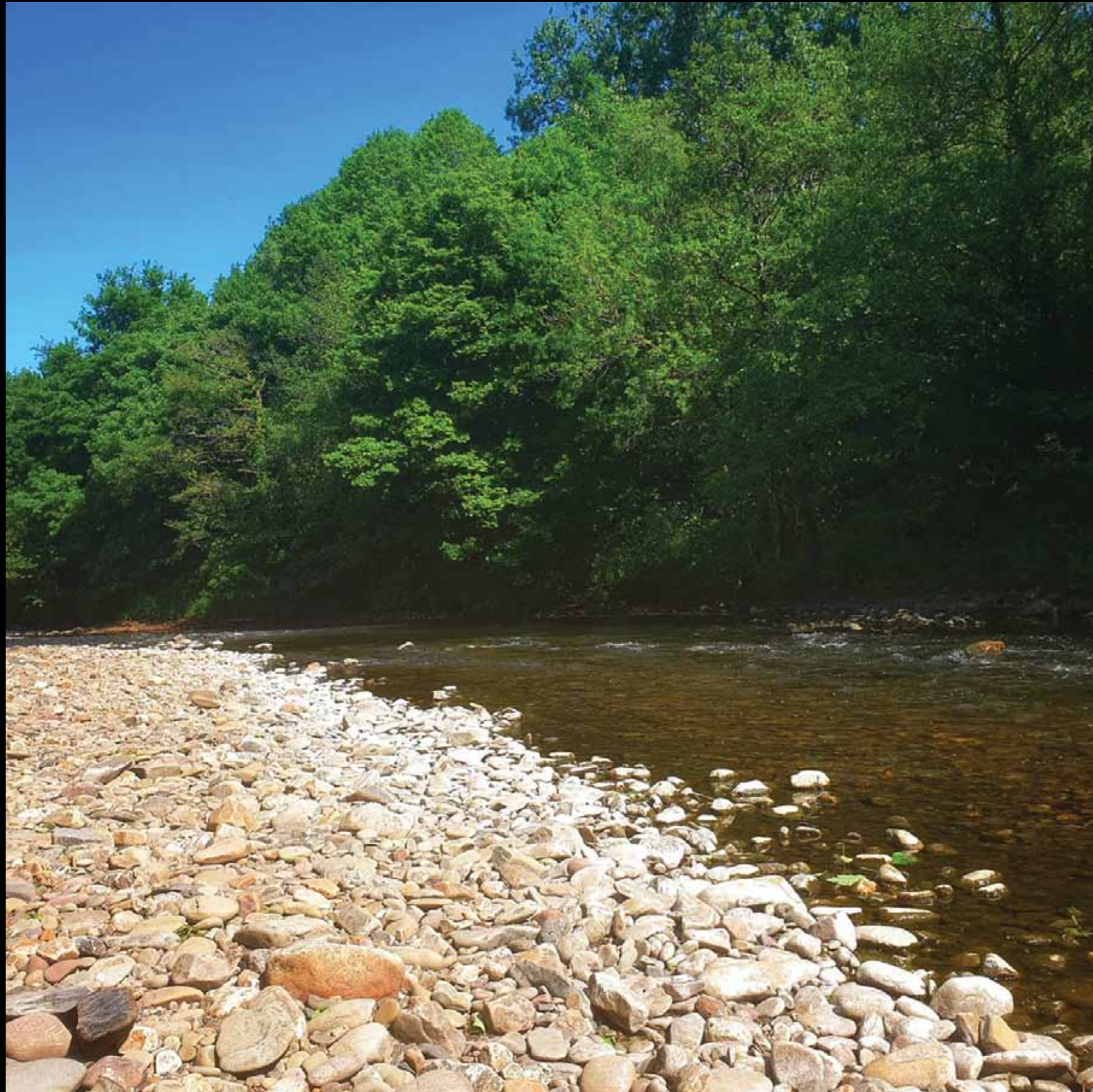
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**Nature - Take a walk  
to feed your soul.**

**The Calm of the River**  
**Mair Eleri Davies**

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I used all my favourite acrylic blues to cover this old canvas making a mysterious textured sea, then filling it with a highway of coloured fish cut out of old paintings. The bright orange is a perfect complementary colour so the rising shoal of little fish lifted the whole picture as well as my mood! Collage is easy, fun and therapeutic!

**Under The Sea**  
Sally Ann Dyer

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I have recently taken up dotting - this tealight holder is the third item I have completed. As a perfectionist, embracing this deceptively simple craft has helped me calm my mind, focus on what's in front of me and learn to relax and live with the imperfect.

**Calming Dotting**  
**Maggie Baird**

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This is how I feel when going for my allocated exercise to our local park 'Pishiobury Park'. Happy with buttercups. We must all try and look for the best in life how ever hard it is. Back home is tough, but when the sun is shining how can you not smile!

**Smile Shadow with Buttercups**  
Sarah Harvey

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Here is my second free portrait of an NHS worker - for #portraitsforNHSheroes This is Sarah Lord who is a Nursing Assistant after a very long shift, and works for the St. Clare Hospice. She's doing an invaluable job. Thank You - We bow to you.

**Sarah Lord**  
**Sarah Harvey**

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A selection of cotton scarves which I printed using natural leaves and dyes: ecoprinting. Love the whole process of collecting leaves outdoors, preparing them, the dyeing process and the sheer delight in unwrapping the bundles to see the natural detail captured on fabric.

**Capturing Nature's Details**  
Maggie Baird

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**A little piece of beauty**

**Holiday  
Fiona Mills**

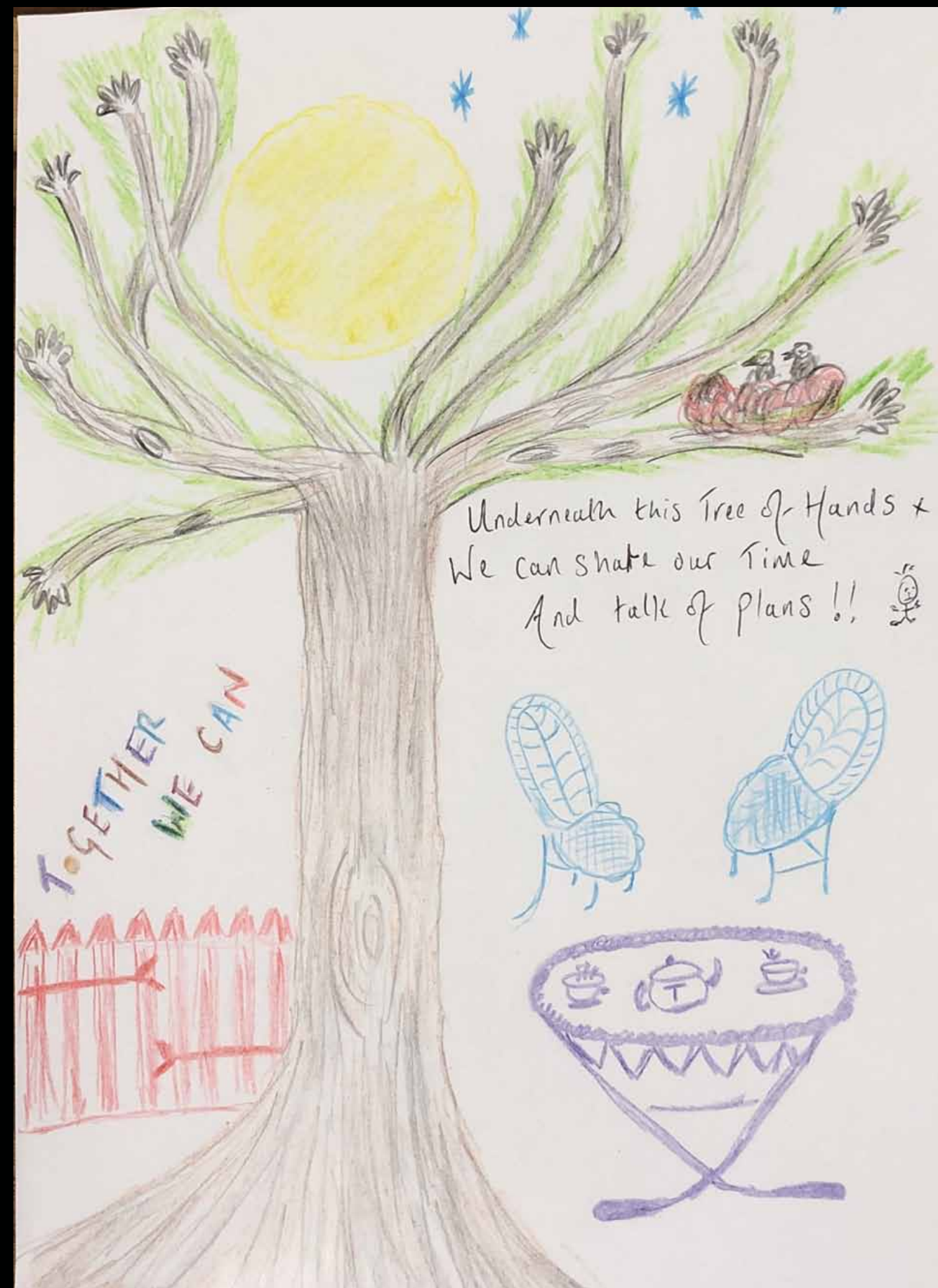
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Let us hold hands together  
and grow great beauty like  
that of the trees

**Tree of Hands**  
Paula Howells

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The phoenix used to arise from the ashes when it died. My artwork represents a metaphor of reviving the soul from an illness or old self, and becoming a beautiful, reawakened person.

**Rising**  
**David Holloway**

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This is a portrait of Giang lying on a floor upside down. I try to draw a portrait as often as I can, every day when I'm feeling well enough - I think of it as my daily art therapy and I do believe drawing and painting helps my mental health more than anything else I do.

**Giang**  
Helen Leigh-Phippard

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I love spending time in my bee garden and act as if they are spirits of my beloveds. The music inspired this piece as I pondered: if everyone believed this, perhaps they would be adored; cherished, talked to not feared and more would be done to save them?

**If Bees Were Spirits**  
Teigh-Anne Shave

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A connection with nature is important to me to foster a sense of wellbeing. Friendly nature spirits reside in woodlands, and reward those who look after the forest.

**Heart of the Outwoods**  
Lauren Foster

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**The hope and promise  
of a new day.**

**Lockdown Morning  
Thea Arnold**

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