



# newsletter

## March 2026

### SETTLING IN

January and February have been extremely productive with some wonderful workshops. Both ourselves and collaborating artists have been stunned with all the support that has been given to us by the public and our peers. We have many ideas going forward and would love to hear of any ideas that you may have for future workshops. Just drop us an email [artzone@artbear.co.uk](mailto:artzone@artbear.co.uk)

March is busy for both of us as we have various commitments with Norfolk and Norwich Art Circle and we are both exhibiting at The Spring Art Show at The Forum, Norwich from 11 March until 15 March



Congratulations!

Fantastic work produced in my 2 morning workshops at Artzone bungay over the past 2 Fridays. I am so impressed with the gorgeous sculptures and the wonderful feedback. We all had a fantastic time.

Bookings Open for April Sculpture Workshop Limited spaces.

February two part sculpture workshop at @artzonebungay is now completed. A wonderful group of creative people who have really achieved unique sculptures that they will treasure. I will hold another sculpture workshop in April on the mornings of the 17th and 24th. Please contact me to book your place as spaces will be limited. You will make a wire armature, build your sculpture using air dry clay and then learn about dealing with cracks (an inevitable part of the drying process), bonding the finished sculpture and adding a kiss of bronze gilt. You will leave the workshop with a beautiful, completely unique hand sculpted piece to treasure.

Gift Vouchers are available for gifting this experience - could be a super special Easter or Mother's Day gift.

£95 for two sessions - all materials provided.

Email [jksculptures@outlook.com](mailto:jksculptures@outlook.com) for more information and to secure your booking.



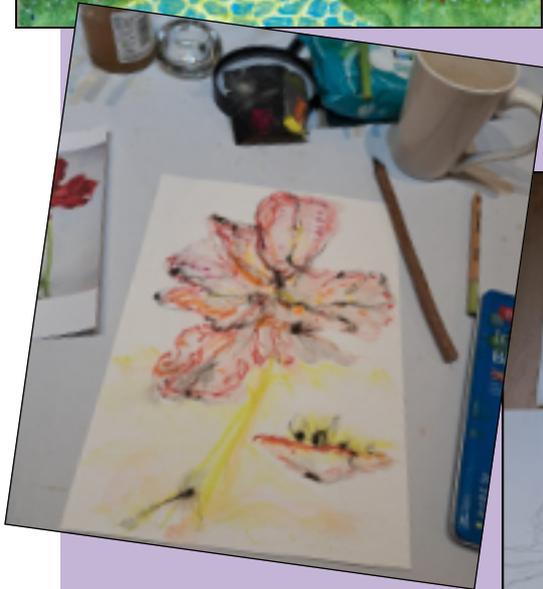
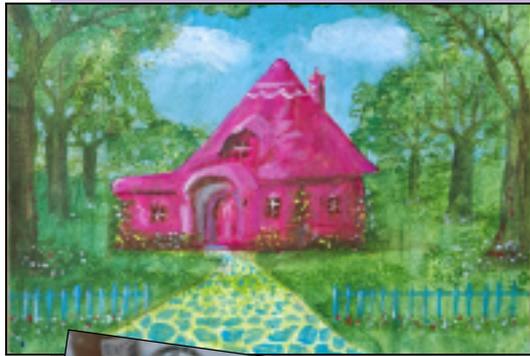
### LIFE DRAWING

Our 1<sup>st</sup> Life Drawing: Figure session was a fun and informal session. Our lovely friend Beth Reeks, professional model extraordinaire kept us on our toes with some amazing poses and we had to try and keep the giggles to a minimum. We are now fully booked for next month, but we will now add another workshop onto our April schedule, see below for info

If you are interested in a figure drawing session please email us: [artzone@artbear.co.uk](mailto:artzone@artbear.co.uk)



# WORKSHOP IMAGES



**artzone art workshops**  
 24A Upper Olland St, Bungay NR35 1BH  
 email artzone@artbear.co.uk tel 07789192311



**GIFT  
 VOUCHERS  
 NOW  
 AVAILABLE**

NOT SURE WHAT PRESENT TO BUY?

WHY NOT GET A GIFT VOUCHER FOR YOUR LOVED ONE OR ASK FOR ONE FOR YOURSELF. ANY AMOUNT AVAILABLE, REDEEMABLE FOR 'ARTZONE' WORKSHOPS OR AN ORIGINAL 'ZAWADZKI' ARTWORK



**Monday 2 March  
 6 - 8pm**

**'Meetup@artZone!'**

Hosted by: Ally & Paul Zawadzki (artZone)

An informal creative get together, normally the first Monday of each month. Come along and have a chat about anything you want - from fine art, craft, music, photography, poetry and anything else! You don't have to be an artist, just bring your ideas, sketches, work in progress, and your enthusiasm. It's about sharing experience and ideas, and maybe learning something new.

No need to book, but please let us know if you intend to come along.



Tea/coffee/biscuits supplied - feel free to bring your favourite treats.  
 A small donation for refreshments would be appreciated.



# art workshops MARCH 2026

\*Unless stated - all workshops are led by Paul Zawadzki (MA), and booked with artZone at [www.artbear.co.uk](http://www.artbear.co.uk). Check website for details and upcoming workshops

Monday 2, 6 - 8pm Free  
'Meetup@artZone'

**CANCELLED**  
\*Tuesday 3, 10am - 12pm £20  
The Artful Drawing Club  
With LUCY PERRY  
Booking: [www.artfulmind.uk](http://www.artfulmind.uk)

Wednesday 4, 2 - 5pm £30  
Acrylic scene (Fantasy)

Thursday 5, 10am - 12pm £20  
'Let's Go!' for absolute beginners

Friday 6, 10am - 1pm £20  
Life drawing - Portrait

Friday 6, 5 - 8pm £30  
Oil painting (Scenic view)

Sunday 8, 2 - 4pm £20  
Mother's Day card making

Monday 9, 10am - 1pm £30  
Watercolour painting (Scenic view)

**CANCELLED**  
\*Tuesday 10, 10am - 12pm £20  
The Artful Drawing Club  
With LUCY PERRY  
Booking: [www.artfulmind.uk](http://www.artfulmind.uk)

Monday 16, 5 - 8pm £30  
Watercolour painting (Scenic view)

**CANCELLED**  
\*Tuesday 17, 10am - 12pm £20  
The Artful Drawing Club  
With LUCY PERRY  
Booking: [www.artfulmind.uk](http://www.artfulmind.uk)

Wednesday 18, 10am - 1pm £30  
Acrylic scene (Fantasy)

Thursday 19, 10am - 1pm £30  
Oil painting (Scenic view)

Thursday 19, 2 - 4pm £20  
'Let's Go!' for absolute beginners

Friday 20 2 - 5pm £20  
Life drawing - Figure

Saturday 21, 10am - 12pm £20  
Still life (Spring flowers)

Sunday 22, 2 - 4pm £20  
Still life (Spring flowers)

Monday 23, 5 - 7pm £20  
Still life (Spring flowers)

**CANCELLED**  
\*Tuesday 24, 10am - 12pm £20  
The Artful Drawing Club  
With LUCY PERRY  
Booking: [www.artfulmind.uk](http://www.artfulmind.uk)

Thursday 26, 1 - 4pm £30  
Watercolour painting (Scenic view)

Thursday 26, 6 - 8pm £20  
'Let's Go!' for absolute beginners

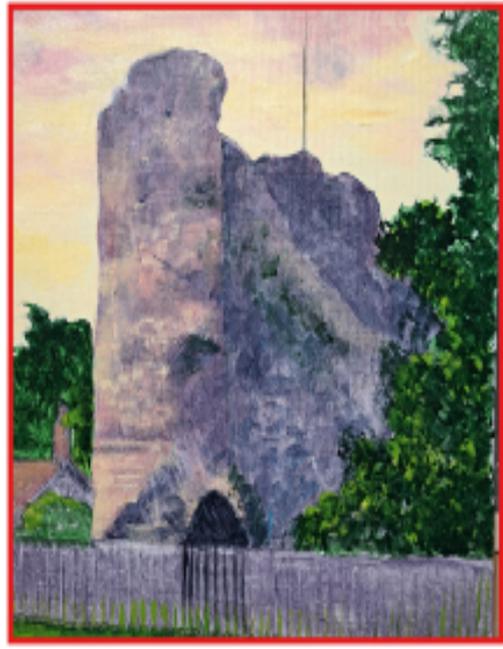
Friday 27, 6 - 8pm £20  
Life drawing - Portrait

Sunday 29, 2 - 4pm £20  
Easter card: acrylics/collage

Monday 30, 10am - 1pm £30  
Acrylic scene (Fantasy)

**CANCELLED**  
\*Tuesday 31, 10am - 12pm £20  
The Artful Drawing Club  
With LUCY PERRY  
Booking: [www.artfulmind.uk](http://www.artfulmind.uk)

Friday 31, 2 - 5pm £30  
Oil painting (Scenic view)



All our workshops are held at 24A Upper Olland Street, Bungay NR35 1BH



Diana Capstick is an artist and maker based in Suffolk... working between land and studio, paper and clay, structure and play. She studied at Great Yarmouth College of Art and Design and recently completed her MA at Falmouth University.

For many years she lived in Bungay, and although she now works from her studio in Mellis, she continues to return to Bungay to run courses in a place she knows and loves. Her teaching spans all age groups... from children discovering materials for the first time to adults reconnecting with their creative voice.

Alongside studio-based collage, mixed media and sculpture, Diana also creates land art... responding to landscape, texture and the quiet narratives held in place. Her workshops are thoughtful, exploratory and hands-on... grounded in experience with a genuine love of making.

## ALLY ZAWADZKI

### CONTEMPORARY ABSTRACT ARTIST

Waveney Valley contemporary abstract artist Ally Zawadzki constructs wall art and sculptural pieces which draw upon their recognisable origins and materials inspired by natural organic forms, as well as conjuring up designs from the depths of her imagination. These practice-led investigations and an experimental approach to her work occasionally

involve the construction of a piece using reclaimed materials, which is then destroyed (or 'deconstructed') to form the basis of further investigations resulting in the finished artwork ('reconstruction'), using more traditional mediums.



Ally deliberately goes against established conventions of painting - sometimes using mediums that compromise each other in layers that, when distressed and manipulated, produce unexpected and pleasing results. Her current series explores abstract themes in strong colours, patterns and textures, frequently working over an initial layer of magazine or newsprint. Working in acrylic and oils on canvas, pieces are distressed, revisited and repainted several times until the result satisfies her vision - with each layer of process visible in the final piece. She also experiments with manipulating wax and oils with scratched designs based on prehistoric cave paintings.

She enthusiastically embraces the idea of allowing spontaneity to influence the development of her paintings - embracing the idea of the 'happy accident'. This way of repeatedly manipulating and transforming the surface, examines the very nature of materials we are comfortably familiar with and raises questions about preconceptions and tactile experience.

Ally is an active member of Easterly Artists, Black Dog Arts and Norfolk & Norwich Art Circle (Chairman 2025) and exhibits regularly.



# art workshops APRIL 2026

\*Unless stated - all workshops are led by Paul Zawadzki (MA), and booked with artZone at [www.artbear.co.uk](http://www.artbear.co.uk). Check website for details and upcoming workshops

Wednesday 1, 5 - 7pm £20  
Life Drawing - Portrait

Thursday 2, 10 - 1pm £30  
Acrylics on Thursday (Sunset)

Thursday 2, 5 - 8pm £30  
Acrylics on Thursday (Sunset)

Friday 3, 10 - 1pm £30  
Oils on Friday (Lighthouse & beach)

Friday 3, 5 - 8pm £30  
Oils on Friday (Lighthouse & beach)

Monday 6, 10 - 1pm £30  
Monday Drawing Group (Intro)

Monday 6, 6 - 8pm Free  
'Meetup@artZone'

Thursday 9, 10 - 1pm £30  
Acrylics on Thursday (Cows)

Thursday 9, 5 - 8pm £30  
Acrylics on Thursday (Cows)

Friday 10, 10 - 1pm £30  
Oils on Friday (Cityscape)

Friday 10, 5 - 8pm £30  
Oils on Friday (Cityscape)

\*Sunday 12 10.30 - 1.30pm 1 of 2 £30  
Animal Collage and mixed media  
With: Diana Capstick  
Booking: [diana.capstick05@gmail.com](mailto:diana.capstick05@gmail.com)

Monday 13, 10 - 1pm £30  
Monday Drawing Group (Perspective)

Wednesday 15, 11 - 2pm £25  
Life Drawing - Figure with Beth

Thursday 16, 10 - 1pm £30  
Acrylics on Thursday (Lake/river)

Thursday 16, 5 - 8pm £30  
Acrylics on Thursday (Lake/river)

\*Friday 17 10 - 12.30 1 of 2 £95  
Sculpture Workshop  
Name: Jean Kiekopf  
Booking: [jksculptures@outlook.com](mailto:jksculptures@outlook.com)

Friday 17, 5 - 8pm £30  
Oils on Friday (Vintage machinery)

\*Sunday 19 10.30 - 1.30pm 2 of 2 £30  
Animal Collage and mixed media  
With: Diana Capstick  
Booking: [diana.capstick05@gmail.com](mailto:diana.capstick05@gmail.com)

Monday 20, 10 - 1pm £30  
Monday Drawing Group (Shading)

Thursday 23, 10 - 1pm £30  
Acrylics on Thursday (Indoor plants)

Thursday 23, 5 - 8pm £30  
Acrylics on Thursday (Indoor plants)

\*Friday 24 10 - 12.30 2 of 2 £95  
Sculpture Workshop  
Name: Jean Kiekopf  
Booking: [jksculptures@outlook.com](mailto:jksculptures@outlook.com)

Friday 24, 5 - 8pm £30  
Oils on Friday (Sunset)

Monday 27, 10 - 1pm £30  
Monday Drawing Group (Still life)

Wednesday 29, 5 - 8pm £25  
Life Drawing - Figure with Kevin

Thursday 30, 10 - 1pm £30  
Acrylics on Thursday (Cityscape)

Thursday 30, 5 - 8pm £30  
Acrylics on Thursday (Cityscape)



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