

"Nova Thursdays: inspiration, routine, friendship, motivation, learning, meditation, hope, positivity, wackiness, fun, fantasy, new tools, new techniques, learning to be ok with myself on screen, laughter, appreciation, feeling someone cares, celebrating each other."

Nova Art has been wonderful for me during lockdown. I have been in complete isolation since March with very little contact from outside my walls. Nova has been like a lifeline providing company, inspiration, motivation and routine for me.

It took me months to do any art for the first months, which from doing art every day, shows how depressed and despondent I was.

I have learnt about online communication methods and can laugh not stress and fix problems that arise most times.

I have become more confident, less conscious of my face on-screen. (I haven't had a haircut since Dec last year and my hair is halfway down my back, while also falling out due to my auto immune disease, so I am not looking my best).

I feel I have got to know people more than in the usual class. It is quieter, you peer into people's homes, meet pets and through our discussion of artwork completed, learn more from each other. You have to be patient and take turns to speak, respect everyone else and maintain quietness that doesn't always happen in the usual large classes. We have met and enjoyed artists from other Nova groups too which has been great.

It has given me a sense of normality too. Others are feeling like I do too which is reassuring.

Having materials dropped to us has been wonderful and has meant we can try different techniques from home.

Lynne Kells