

HELEN GAYNOR, painter, writer and musician, whose qualifications include a H Dip in Digital Media Design, IT Carlow, 2014, an MA in Creative Writing, UCD, (first honours) 2013, a BA in Fine Art (Painting), NCAD, (Honours with Award for Thesis) 1995, and a B Ed in Music and Education, 1980, has worked in both music and education, prior to embarking on her creative practice.

This diversity is reflected in its breadth. She works in mixed media, painting, poetry, and has worked on collaborative sound pieces with fellow musicians, has written a short screenplay, collaborated with jewellery designer and maker Lina Varna on the exhibition *Sacred* funded by Creative Ireland, has joined with artist, writer and curator, Catherine Bowe, to produce the exhibition *And Creatures Dream... A New Language* (2017), which focused on painters from or based in Wexford.

In 2016, Gaynor exhibited in France at the completion of a residency there, exhibited at al'Opera, Velletri, Italy in 2018, while 2020 saw her inclusion in an online exhibition of 19 artists, curated by Valeria Ceregini, with such artists as Damien Flood and Richard Long, to mark the impact of Covid 19 on their work.

After, she presented her experiences of lockdown by publishing *A Wilderness Of My Own*, a book that combines image (painted, photographic and digital) with prose and poetry, a reflection on restricted living, and marked by time to observe and appreciate Nature.

Co-founder of Music for Wexford, former student of flute and recorder at the RIAM, and member of the Capriol Consort, Helen has studied conducting at the AOIL Summer School at UL, and privately with composer/conductor Liam Bates, has directed an award-winning choir, has been guest conductor for other choirs, has a BA in Education and Music, several music and other Diplomas, and has done shorter courses in professional music practices, short story, screenwriting and poetry. Helen is a current participant in the WFO Community Opera project.

Her work is included in the OPW, EPA, AXA, Boyle Civic Arts Collection, Wexford Vocational College, Co. Wexford Education Centre, Wexford Co. Council, Kelly's Resort Hotel, Wexford Healing Arts Trust and private collections in Ireland and abroad.

In the struggle to find time, work on the poetry collection is ongoing!