



COLOUR  
Streams

# Colour Streams Weekend Retreats

**Helen King**

**Fabric applique, slow stitching and hand embroidery**

**October 14 - 16 2022**

Treat yourself to a weekend discovering the extraordinary creativity of our guest artist *Helen King*. Come alone or with your friends to enjoy this weekend retreat on beautiful Macleay Island in the company of like-minded creatives following Helen's lead to produce your own version of her exquisite floral pieces using applique and surface work.



## **A LITTLE ABOUT HELEN**

Based on the Sunshine Coast, Helen's art work combines elements of fabric applique, slow stitching and hand embroidery, enhanced with 'made up' loops and scoops from threads, string and twine.

She imagines an artist 'painting' with threads as she creates. Helen works instinctively from her imagination. Using extensive intricate thread work and stitches, she layers, embellishes, and enhances her applique pieces. Always fascinated by and keen to emulate the beautiful shapes of intertwining vines and leaves, she experiments and explores to great effect. She describes her work as a 'creative joy'.

Helen enjoys the freedom of working without a pattern, or rules and constraints.

Ever evolving and discovering, she continues to dream and develop and be true to her own creative style.





## **OUR RETREAT THEME**

### **Fabulous Floral Flourishes**

Using Helen's techniques create your own wall hanging. Stitchers of all abilities will feel comfortable because you can achieve a gorgeous result using the simplest of stitches or embroidering to your heart's content.

Be inspired by examples of Helen's beautiful work. Under her guidance, you will learn how to compose an arrangement, discover new skills and indulge in the beautiful world of floral fabric joy.



## WHAT IS INCLUDED?

Your weekend retreat cost is \$475 inclusive of:

- Pickup from Macleay Island Ferry Terminal
- Transfers across the weekend
- All meals, snacks and drinks
- 2 days instruction by Helen King

Colour Streams will also provide:

- A hand dyed background linen piece 55 x 40cms
- A small piece of contrasting hand dyed linen for the vase shape 25 x 25cms
- 5 skeins of Rana threads chosen by you to compliment the floral fabric
- 2 x packets of Stamens
- DMC Cotton Perle 10g Ecru (to stitch on the flowers and leaves)
- Size 18 Chenille Needles
- Large eye wool needle (for the stems of flowers.)

You will need to provide:

- Small pieces of floral fabric with favourite flowers and leaves, (to cut out) . What ever you would like to include on your wall hanging. Shelley Burton from **The Fabric and Felt Studio** at Gumdale will be bringing a selection of Anna Maria Horner fabrics to Colour Streams for your selection (available at \$26.95 per metre). (For best effect, the flowers and leaves should be of various sizes and colours – as realistic as possible neither flat nor stylised.) Feel free to bring any favourite pieces of floral fabric from home!
- Tacking cotton natural colour
- 4.5 cm marking pins
- Pin cushion
- Stitch picker
- Approx. 14.5cm sharp embroidery scissors
- Tweezers
- 19cm embroidery hoop (optional). These will be available for purchase from Colour Streams for \$7

**Colour Streams will also extend a 10% discount to you for any other purchases made throughout the retreat.**

## **YOUR WEEKEND ITINERARY**

### **Friday 14 October**

Staging Place - **Redland Bay Marina** - Banana Street, Redland Bay

Tap into Google Maps for directions OR

The public transport to Redland Bay is excellent and very simple - please refer to the Translink Journey Planner.

If you are driving and wish to park for the following two days, please contact us to help you arrange it. The advantage of bringing your car is that it is reasonably cheap with a group and you can take yourselves touring the island if you'd like. If not, we will do the pick ups and drop offs.

Plan to arrive on Macleay by whichever means by 4pm at the latest - if you arrive early, there is a great lunch to be had at the Macleay Island Bowls Club.

### **4pm**

Meet at our studio to choose your stitching goodies for you weekend of stitching. Helen will be there to guide you in your selections!

Share some bubbly and canapes to celebrate the beginning of our weekend together and then we shall drop you to your accommodation where we will let you get settled in before dinner.

### **6pm Onwards**

Dinner

## **Saturday 15th October**

### **8.10 - 8.30am**

Pick up from your accommodation

### **8.30am**

Buffet breakfast with coffee, tea, and juice and delectable snacks all day.

### **9.00am**

Over to Helen and enjoy!

### **12.30pm**

Break for a buffet lunch and take in the lovely views.

### **4.30pm**

If you can tear yourselves away, needles down and 'home' for a little down time prior to dinner.

We have lovely beaches for a paddle or swim depending on the tide. A nature trail or just chill with a glass of wine while you contemplate your day.

### **6pm Onwards**

Dinner

## **Sunday 16th March**

**8.30am** - Breakfast buffet

**9.00am**

Over to Helen again - make the most of your day!

**12.30pm**

Break for a buffet lunch and take in the lovely views.

**4pm**

Sadly, it is time to go. We hope that you have enjoyed your weekend and look forward to you joining us again for another fabulous retreat.

**4.15pm**

Transfer to ferry for return to Redland Bay.

## **IMPORTANT INFORMATION**

### **EXCLUSIONS**

- Accommodation - please book directly but we are happy to help if you need us
- Ferry transfer to and from the island

### **NUMBERS**

To ensure the retreat is rewarding for everyone including Helen we have capped attendance at 12 participants so **PLEASE - BOOK SOON!**

## **ACCOMMODATION**

Here on Macleay, we are so lucky to have gorgeous BnBs whether large houses for a group or cosier rooms in an island garden.

We thought it best for you to book directly to ensure that you have the accommodation that suits your budget and your group size. If you are having problems, then please let us know and we'll see what we can do. Can we emphasise that weekends on Macleay are popular, so again, **BOOK SOON!**

### Highly Recommended

- Bundaleer - 9 Coondooropa Street - gorgeous beachfront property perfect for groups with big entertainment area - 4 bedrooms 2 bathrooms \$600 for 2 nights - book at neilandjen1@hotmail.com
- Peggy's - 42 Attunga Street - charming apartment near the beach - call Peggy on 0416 636 093
- Annie's - 2 bedrooms - 1 x Queen + 1 x Twin \$85pp per night - call Annie on 0411 876 283
- Curious Cottages - Multiple locations - call 0466 892 687

## **MEALS**

All your meals and most drinks during the Retreat are included. Please let us know if you have any specific dietary requirements or allergies.

## **SUNDAY NIGHT**

If you wish to stay over on Sunday night, please let us know as we will need to help organise meals for you as Sunday night on the island tends to be very quiet and most eateries are closed.

## REGISTRATION

Either email ([chris@colourstreams.com.au](mailto:chris@colourstreams.com.au)) or telephone (0400 344 793 or 0412 759 408) to register.

Your \$50 non-refundable deposit is due within 7 days of registering. The remainder of your payment, i.e. \$ 425, will be payable by October 1.

If you wish to pay fully now, or in part payments over the next few weeks, that's fine! Payments can be made directly to our account. Our account details are (please use your name as your reference):

Account Name: Colour Streams  
BSB: 484 799 (Suncorp Metway)  
Account Number: 604 32 1332

Alternatively, if you wish to pay by credit card (we accept all major cards), please contact us.

## THE FINE PRINT

- Colour Streams reserves the right to cancel the event due to low enrolment, unavailability of Helen King, or other events that would make the event non-viable
- If Colour Streams cancels the event, registrants will be offered a full refund
- Cancellations with less than 5 days notice, i.e. 9 October, to the event date will not be eligible for a refund
- Refunds will not be available for registrants who choose not to attend the event
- Cancellations will be accepted in writing via email to [chris@colourstreams.com.au](mailto:chris@colourstreams.com.au) and must be received by 5pm AEST, 9 October.
- Refunds will be credited back to the original credit card used for payment or to the original bank account.



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## **ABOUT THE REDLANDS COAST**

The Redlands Coast is perfectly positioned along picturesque Southern Moreton Bay, between Brisbane and the Gold Coast. Less than 30km from Brisbane, Redland City is a popular tourist destination and gateway to Brisbane's aquatic playground, the Moreton Bay Marine Park. This nature lover's paradise boasts 330km of coastline, tranquil islands, pristine beaches and peaceful hinterland, wrapped in sunshine 280 days a year. Redland City also has vibrant business districts, modern shopping centres, hundreds of restaurants and plenty of entertainment.

The indigenous Quandamooka people are believed to have been living in the Moreton Bay area for at least 20,000 years. They are the traditional owners and proud custodians of the lands and waters in much of the region today known as the Redlands. The annual Quandamooka festival from July to September is a unique opportunity to learn about the Redlands and Moreton Bay from the Quandamooka people's experience.

The islands of Southern Moreton Bay have been the home of the Nunukul and Gorenpul indigenous tribes for hundreds of centuries. The first known European to set foot on the Bay Islands was the English navigator Captain Matthew Flinders in 1799. After a penal settlement was established in 1824, convicts were harvesting timber on the islands for the next two decades. In 1842, the Moreton Bay district was opened to free settlement, and the islands continued to supply timber to the mills on the mainland. Oysters, produce and cattle farming were other business activities pursued until the 1950's.

## **ABOUT MACLEAY ISLAND**

Macleay Island is the second largest of the Bay Islands. Macleay Island is sheltered in the vast marine park of Moreton Bay. It is rich in native flora and fauna, edged with mangrove foreshores and sandy beaches, providing respite from the outside world. An eco-tourism dream, the island offers a variety of experiences.

The island is a bird paradise, home to more than 200 species.

The calm waters are great for swimming, fishing, sea kayaking and snorkeling. Mingle with the locals playing golf, lawn bowls or tennis, explore the bicycle and heritage trails. Watch the dolphins, turtles, dugongs or go for beach walks.

Macleay Island seems to incite a creative inspiration that has drawn hundreds of artists to live and work on the island, some of whom are quite established and recognised nationally and internationally. The Arts Complex gallery is open to the public daily

