



Selected illustrations  
by Lauren Herraman  
+ Lauren Mullinder



Women's &  
Children's Hospital  
Foundation

Arts in Health

Lauren Herraman employs watercolour, pen and pencils as her tools of choice, using a traditional hand drawn approach to the works she creates. She quietly observes life's quirks and charms right down to the finest of detail.

*Throughout the years Herraman has lived around the globe, where she has enjoyed inventing an array of enchanting characters and conjuring up scenes of animals and people interacting. The images provide a glimpse into imaginative worlds; inspired by animals, people, nature and the places she has lived.*

For Herraman, drawing is a cathartic process where she relishes being swept away by the blissful flow of creativity. Each illustration is accompanied by written content, such as a tongue twisting alliteration designed to tickle your funny bone, and to engage and encourage young readers into the literary world. She thoroughly enjoys sharing her work with others and it is her greatest aspiration to have her illustrations published in children's books and seen by larger audiences.

*Herraman now lives and works on the Fleurieu Peninsula where she creates custom illustrations for clients within Australia and overseas and as well as a range of illustrated cards, prints and art objects. Herraman facilitates children's educational workshops at the Art Gallery of South Australia, where she inspires students to celebrate their unique form of expression.*

This collection of works is a sentimental reflection of artworks Lauren has developed over the past decade in her arts practice. She holds these illustrations close to her heart, as each piece evokes a special memory from a certain time in her life. From an emerging artist, surrounded by the ferns and forests of Belgrave, Victoria to her adventures living nestled between the lakes and mountains of Nelson, Canada. To returning home, and the present day where she is now happily settled by the sea.

Learn more about Lauren Herraman's practice: [www.laurenherraman.com](http://www.laurenherraman.com)  
+ Instagram [@lauren.herraman](https://www.instagram.com/lauren.herraman)



Winston the wonderful  
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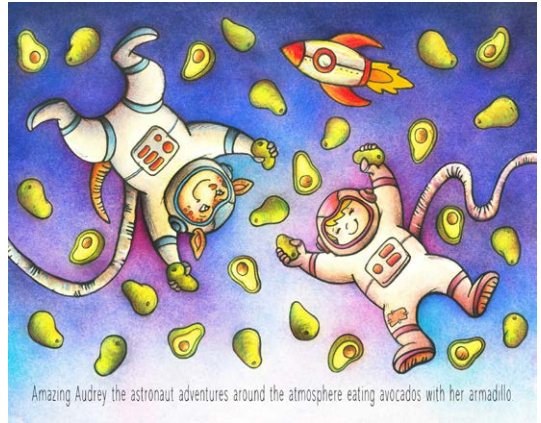
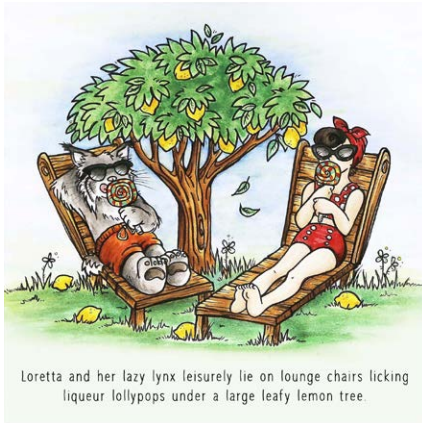


Image top left: *'Loretta and her Lynx'*

Image top right: *'Audrey and her Armadillo'*

Image bottom left: *'Bessie and her Bear'*

Image bottom right: portrait of Lauren Herraman

[www.laurenherraman.com](http://www.laurenherraman.com)

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Established illustrators Lauren Herraman + Lauren Mullinder share a passion for drawing and creating images full of wonder.



Image top: 'Bears in a Bath'  
 Image bottom left: 'Strawberry Fields'  
 Image bottom right: portrait of Lauren Mullinder

[www.laurenmullinder.com](http://www.laurenmullinder.com)  
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Through their skilled craft and imagination, they create illustrations to take the viewer on travels to magical places.

Lauren Mullinder is an award-winning illustrator based in the north eastern foothills of Adelaide. She has been drawing for as long as she can remember and has always had a passion for art and reading.

After many years of working in the advertising and graphic design fields, Lauren had the opportunity to illustrate her first picture book in 2015 and has never looked back. She has now illustrated several children's books, with her most recent picture book 'Birdie Lights up the World' being released in June 2023. Lauren spends her time drawing, exploring the natural world, developing illustration workshops and engaging with authors and creatives through her involvement with the Society of Children's Book Writers and Illustrators.

*"I've always loved drawing, ever since I was very young. The ability to pick up a pencil and tell a story, convey emotion and connect with others through images alone is such an amazing thing."*

This exhibition explores the next phase of Lauren's illustrative journey. Moving away from commercial and digital illustration and exploring traditional techniques, Lauren's goal is to recapture that elusive moment of wonderment that children often feel when they first pick up a paintbrush or pen.

*"My love for art stems from my childhood and is ingrained in who I am today. Going back and exploring traditional mediums like watercolour and coloured pencils and then experimenting with how they can work together, provides a moment of joy that is nostalgic of those early years of discovery. It's not about perfection or right and wrong, it's about how being in the moment and taking a step back from this fast world of technology and digital information, can allow you to reconnect with your own creativity and create something new and unique that tells your story."*

To see more of Lauren Mullinder's practice: Instagram [@laurenmullinder](https://www.instagram.com/laurenmullinder)  
+ [www.laurenmullinder.com](http://www.laurenmullinder.com)



Image: "*Ballet of Butterflies*" by Lauren Mullinder



The Women's and Children's Hospital Foundation (WCH Foundation) improves the health and wellbeing outcomes for children and families under the care of the Women's and Children's Hospital and the broader Health Network.

The WCH Foundation Arts in Health program creates an interactive and vibrant hospital environment that improves the health and wellbeing of the hospital patients, their families and staff. Through art, play and music, we encourage curiosity and creativity and reduce the stress of being in hospital.

The Arts in Health Exhibition program provides a space away from the stresses of treatment to distract, entertain and inspire by improving the hospital environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through specific Arts in Health activities and externally from local artists and art collectives.

This exhibition was planned and exhibited on the lands of the Kaurna People, we pay our respects to the Kaurna Elders past and present and to the Elders of the lands this brochure reaches.

Cover Image: detail of 'My dad the ludicrous Lorikeet ' by Lauren Herraman

Back Cover Image: detail of 'Birds of a Feather' by Lauren Mullinder



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