

TOGETHER, ALONE MASTERCLASS

COMFORT



BY KATHRYN RATTRAY

ALL ABOUT KATHRYN

Kathryn Rattray is a freelance photographer and visual artist based in Dundee. Kathryn is self-taught in all aspects of her photography and artist's practice.

Over the past decade Kathryn has worked extensively across her hometown of Dundee where she has established herself as a photographer working in the arts. During this time Kathryn has created a diverse and extensive portfolio as well as being commissioned to undertake a large body of commercial and private client work.

Her photographs have been represented online, in art magazines, books and other media. The arts are her passion and she excels when engaged in this field. Her style is bold and contemporary with an exceptional use of colour and her admiration of the changing nature of light is central to how she creates her work.

Kathryn lives in Dundee with her two children - she spends her free time filling their lives with adventures.



THE COMFORT FLATLAY EXPLAINED

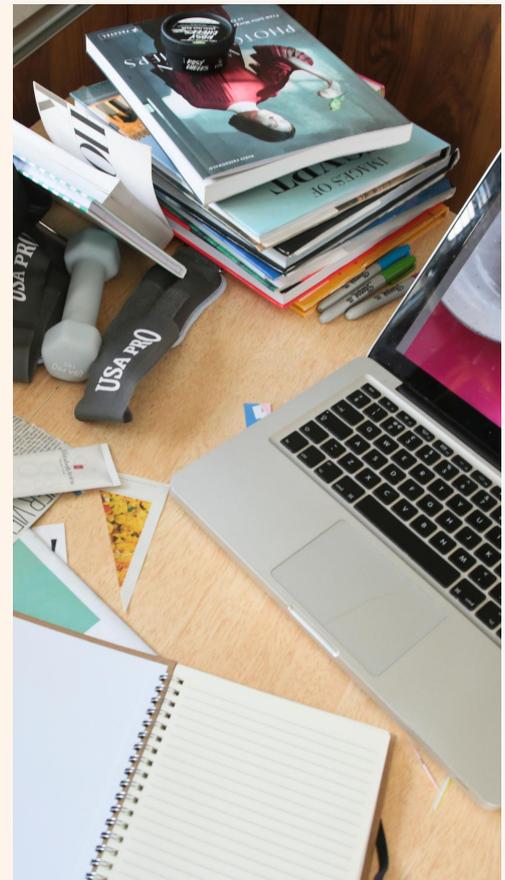
Flat lays are the buzz word of the season(s). I first encountered this phenomenon on Instagram when the cool, hip, (usually loaded) bloggers would lay out their Gucci Loafers, Gap Jeans, crisp white T and Jo Malone Perfume, (and fling in a swanky watch for good measures) as they proudly show off their #ofotd (outfit of the day). As a guilty pleasure I loved, (still love), looking at flat lays and yes it's often met with slight pangs of jealousy as I pull on worn out Levis, a pair of battered up Converse and no swanky watch to be seen, anywhere!

One thing I still ponder is, "where do they get the time to do all this?"

The flat lay actually is not a new phenomenon at all, magazines have been doing it for years. Think of that middle page spread of fashion, jewellery, and beauty products, conditioning and tempting us to buy and telling us what to wear.

COMFORT AND SELF-CARE

For Together Alone, I thought we could shift the focus and use this technique to think about comfort and self-care. My CLiCK Comfort Flat Lay is a sneak peek into just a few things that make me happy, keep me calm (often sane), encourage me to do things that help my self-care and spark my creative mind. Unlike the heavy priced flat lays of Instagram and the magazine world mine is a more affordable and a less showy option, showing you can make the simplest of things look a million dollars. I hope you enjoy it.



MY COMFORT FLAT LAY



Just like 'in the magazines', I have numbered my comfort flat lay.

1. Chamomile Tea

2. Peppermint Tea

I've started swapping my morning coffee for a cup of peppermint tea. (Not every morning as some mornings all that will work is a massive shot of caffeine). I also love a cup of chamomile tea as I snuggle into bed for the evening...here's why I like a big cup of both teas:

- Can help relieve stress and help you unwind before bed
- Can help an upset stomach and help your digestive system
- Great for your skin
- I find they help to reduce muscle spasms and period pains
- Feels like they give my immune system a boost
- Peppermint tea can be helpful for bad breath

3. TOP SECRET JOURNAL

Yes, I am 41 and yes, I cut out letters from a magazine and spelt out TOP SECRET on my 95p new journal.

I love having a journal, in my bag and at the side of my bed. I write in these journals, my thoughts, feelings, dreams and desires.

Sometimes I open the book from the back and use it as a place to rant and off load private stresses.

I find writing things down helps me process what I want out of life. I also believe that writing things down no matter how serious, daft or strange helps me make sense of the world I live in.

I mostly write down my dreams and goals. Some dreams are so ridiculous that if I told you you'd shake your head in disbelief and sometimes they are so insignificant you would also assume I'm a bit batty, for example, reminding myself to smile.

I recommend everyone makes themselves a Top-Secret Journal - the words and all its contents are for YOU and no one else.





4. Rosy Cheeks

Ok, so around 4 weeks ago I felt that my skin was dry and dull. I treated myself to this little pot of fabulousness. It is from Lush and smells, well quite truly Lush. I slap it on twice a week and instantly I feel relaxed and happy. I then 'hot cloth' it off and my skin ALWAYS looks radiant as a result. I don't usually lie on my bed in a zen like state during my face mask routine, to be honest I mostly carry on pottering around the house at the same time.

5. SHARPIES

What's not to love? The Sharpie has got to be one of the best inventions. All my journals are filled with rainbow texts and bright bold colours. I choose my three favourite Sharpie colours for the Flat Lay.

6. Women Photographers.

I have lots of photography books. But I must confess I never tend to buy them at full price. Often, they are gifted to me and or I buy them as bargain in a charity shop. I'm really not a big reader, I try but I often fall asleep. But what I do love is 'picture' books. I use them to zone out and inspire my work as a photographer.

Top tip: start trolling your local charity shop for a photography book. You might even get a 'belter' of a bargain, just like me!



HINTS 'N' TIPS

NOW IT'S YOUR TURN TO THINK OF THE THINGS THAT MAKE YOU HAPPY AND TAKE A PHOTO OF YOUR SELF-CARE CALM CLICK FLAT LAY. WHY DON'T YOU EVEN TREAT YOURSELF TO A NEW FACE MASK #BECAUSEYOURWORTHIT. (SORRY L'ORÉAL #NOTSORRY ;))

WHAT YOU NEED

- Brightly coloured A3 paper (this comes as part of our workshop packs – contact us at www.clickmagazine.online to have one sent out to you). You could also use a plain coloured surface in your house, or a plain scarf if you don't have paper
- 5-6 of your favourite self-care items. These can be things that you use for a self-care activity, or things that represent self-care to you
- Table or any surface
- Natural sunlight

HOW TO CREATE YOUR COMFORT FLATLAY

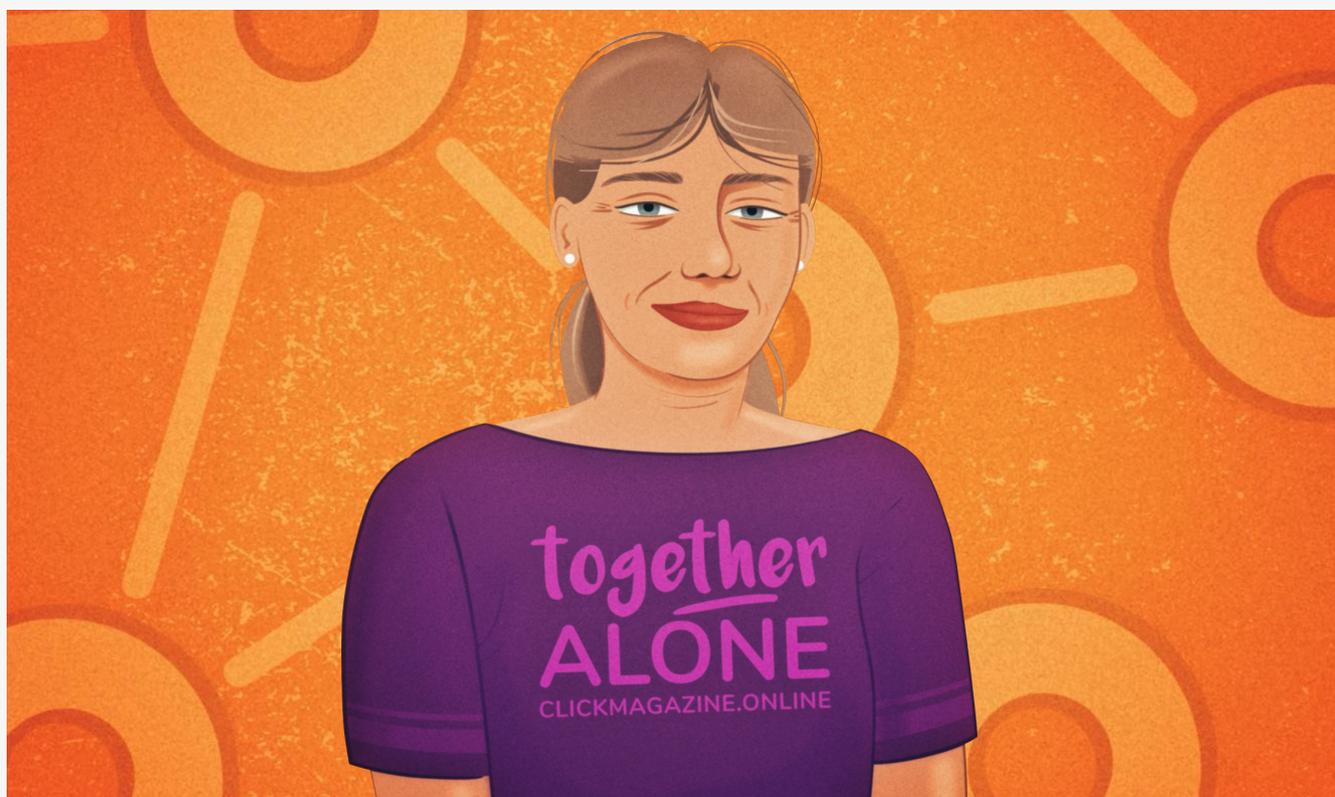
- Lay the A3 paper or other coloured background on the table or any surface preferably in natural light, by a window and or outside
- Lay your favourite self-care items in a neat pattern on top of the paper. Move the items about until you feel it looks best – play about with it and trust your judgement when you think you like how it looks
- Photograph from above looking through the camera until your flat lay fits perfectly into the view – you can use your grid setting to help with this
- Take lots of pics whilst still moving the objects around
- You might have to stand on your tip toes as you lean over the flat lay
- Keep a steady hand
- Take your time and try out different ways of arranging the items until you are happy with how it looks



ENJOY!

LOVE KATHRYN X

ABOUT TOGETHER, ALONE



For many women in the sex industry, the coronavirus pandemic is exacerbating feelings of stigma, loneliness, and social isolation. Together, Alone is our wellbeing based arts project which aims to foster a sense of community and solidarity by building a “self-care toolkit”. We invite women to creatively share what self-care means to them. What works? What doesn’t work? And where self-care doesn’t go far enough, what needs to be done to better support the mental wellbeing of women?

This will be a place where we will share tips, as well as focus on the links between self-care and creativity with masterclasses from artists to build skills and ideas. You can find all the masterclasses at www.clickmagazine.online and we can also send you out a workshop pack with copies of the masterclasses, along with all the materials you might need to do them.

We would love to hear from you about what works / doesn’t work for you, any tips that you have and what you think about the masterclasses. We can’t wait to build Together, Alone with you!