

Fiona Cowell



Photography: Stuart James

Biography

Fiona Cowell is a UK-based embroidery artist making three-dimensional work that explores time, inherited knowledge, ecological fragility and the value of the handmade. Her practice brings hand embroidery together with sculptural construction, informed by her training in three-dimensional art and design. She graduated from Buckinghamshire College of Higher Education in 1981, majoring in jewellery and silversmithing with a minor in textiles, and is self-taught in embroidery.

Artist statement

My work is rooted in familiar embroidery techniques, but I like to push beyond the flat surface, combining three-dimensional elements to bring my textile art to life. I'm drawn to the richness and diversity of embroidery, and I aim to transform the ordinary and familiar into pieces that invite the viewer to look closer and consider the message behind the work.

I work with a variety of threads, materials, and techniques, tailoring each piece to suit the subject and its story. By layering and blending traditional domestic embroidery with social and ecological commentary, I hope to connect with viewers in unexpected ways.

Ultimately, my goal is to create art that resonates emotionally: pieces that spark reflection, challenge social norms and invite contemplation on the legacy we leave behind.

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