
LAUREN FROST

EDUCATION

HIGHER EDUCATION

2017 - 2020 University of Sunderland. BA (Hons) Glass and Ceramics (First)

2016 - 2017 Carlisle College. Foundation Diploma in Fine Art (Distinction)

SECONDARY EDUCATION

2014 - 2016 Ullswater Community College Sixth Form

2009 - 2014 Ullswater Community College

Duke of Edinburgh Award Silver

Arts Award (Silver) Validated by Trinity College London

Sports Leadership Award



EXHIBITIONS

2021- Present Exhibiting and selling ceramics in The Bridge Gallery, Cockermouth

2021 'One Year On' Exhibition, National Glass Centre

2020- Exhibiting and selling ceramics in the exhibition 'Gifted', at The National Glass Centre

2020- Online Degree Show, University of Sunderland

2019 - 2021 Exhibiting and selling ceramics in The 'EVAN' Gallery, Penrith

2019 Exhibiting ceramics in the 'Dry Run' show at The Shipley Gallery, Gateshead

2019 Granby Bowls Exhibition, Sunderland

2018 Installation for Trinity Church Sunderland's Autumn Fair

2017- Foundation Diploma Show

2014- 2016 Exhibiting and selling photographic prints at Brougham Hall Photography Festival, Cumbria

2014 Exhibiting and selling artwork in a WaterAid exhibition in Caylus, France

EXPERIENCE

- 2021** 'Artful Ways' Panel member, commissioning work for exhibition
- 2021** Teaching ceramics skills - in-service training for primary school teachers, Carlisle
- 2021** Commissioned to design and create mugs for Rheged' Café, Penrith
- 2020** Commissioned ceramics video for Ullswater Community College "Creative Futures Festival"
- 2018- 2020** Teaching ceramics at 'Maker Days' - The National Glass Centre
- 2019** Assisting drawing workshops with six local primary schools at The EVAN Gallery, Penrith
- 2019** Exhibition curation team member at The EVAN Gallery, Penrith
- 2019** Teaching and demonstrating ceramics at The Hepworth Ceramics Fair, Wakefield
- 2017 - 2019** Crèche work at Trinity Church, Sunderland.
- 2018 - 2019** Working for a landscape gardener in the Eden Valley and Lake District National Park
- 2018- 2019** Team member at 'Globe Café'; an international students café, Sunderland
- 2018** Teaching ceramics to year 5 children at Westoe Primary School, South Shields.
- 2016 - 2017** Craft activity leader and Christmas event team member - The National Trust, Acorn Bank, Cumbria
- 2015** Leading a painting workshop at Robert Ferguson Primary school, for year 2 children
- 2011** Giant flood awareness mosaic construction team member - Eden Rivers Trust and the Environmental Agency