

Feathered
friends 

A COLLECTION OF
SMALL BIRDS WITH
MEANINGFUL STORIES

BY CARLA ELIZABETH



Feathered
friends 

This collection is dedicated to everyone navigating difficult journeys, however big or small, and to those who walk beside them.

May these birds bring moments of comfort, encouragement, perspective and quiet strength.

With much love

Carla 

EVERY BIRD TELLS A STORY

The *Feathered Friends* collection began as a small creative distraction during breast cancer treatment.

I started drawing a kingfisher during my first chemotherapy session as a way to relax and occupy my mind. It proved hugely comforting, so I decided to keep going, and before long it began to grow into something much more meaningful.

Birds have always quietly been a joy in my life. Watching them hop around the garden, spotting them whilst exploring places like Minsmere, or appearing unexpectedly on a walk – they bring moments of calm and create a gentle connection with nature.

As the drawings progressed, each bird began to take on its own theme:

- Hope
- Determination
- Grace
- Community
- Remembrance
- Adaptation

The birds became small reminders of hope, resilience, and the quiet comfort found in nature.



THE KINGFISHER

A flash of hope

A kingfisher is rarely seen for long.

One moment, the riverbank is still, and the next, a streak of turquoise flashes across the water before disappearing again.

You might wonder if you imagined it.

But if you're lucky, the bird settles on a branch nearby, perfectly still, as if it had been there all along.

Hope can feel a little like that.

It doesn't always stay for long, but when it appears, it has the power to brighten everything around it.



THE WOODPECKER

Pure determination

Walk through some trees and you may hear a woodpecker even if you can't see it.

The steady tapping echoes through the woods as the bird works patiently at the bark.

Tap by tap.

It is not hurried or dramatic, but it is incredibly persistent.

Sometimes progress in life looks very similar.

Small steps, repeated again and again, eventually lead to the reward.



THE AVOCET

Grace in changing tides

With its striking black and white feathers and gently curved bill, the avocet is one of the most elegant birds along the Suffolk coast.

It moves through shallow water with calm precision, sweeping its bill from side to side in search of food.

Watching an avocet is mesmerising and peaceful.

Even when the wind lifts and the tide changes, this majestic bird continues its slow, steady movements.

A quiet reminder that grace can exist even during uncertain times.



LONG-TAILED TITS

The comfort of company

Long-tailed tits don't seem to like travelling alone.

They move through hedgerows in lively little flocks, chattering and bouncing from branch to branch together.

If you spot one, there are usually several more close behind.

Their constant companionship is part of what helps them thrive.

Some journeys are simply easier when we don't face them alone.



THE ROBIN

A gentle reminder

Robins often seem to appear exactly when you need them.

A small red chest on a fence post, a quiet presence in the garden, or a curious visitor following you as you work outdoors.

They have long been associated with remembrance and comfort.

Whether that is folklore or coincidence, their appearance often feels timely and oddly reassuring.

A gentle reminder to pause, notice the small moments, and hold close the memories that matter.



THE NUTHATCH

Finding another way

Nuthatches move through trees in ways that seem almost impossible.

Unlike most birds, they climb both up and down trunks with ease, often travelling head-first as they search for hidden food.

It is an unusual way of moving through the world, but for the nuthatch, it works perfectly.

Nature is full of creatures that succeed not by following the obvious path, but by finding another way.



FEATHERED FRIENDS

Supporting Others

Whilst creating the *Feathered Friends* collection, I became increasingly aware of the many organisations that support people affected by breast cancer.

For this reason, a donation of roughly 21% from every *Feathered Friends* product helps support three charities whose work provides care, encouragement, and practical support to people navigating difficult journeys.

- Breast Cancer Now
- Little Lifts
- Cancer Support Suffolk

Their work reflects many of the same themes found within these birds – hope, resilience, kindness and community.

**BREAST
CANCER
NOW**
The research
& care charity

little lifts

Cancer
Support
Suffolk



WHY BIRDS?

How it all began

Looking around my home, it's clear that birds have quietly surrounded my life for many years – sculptures, fabrics, drawings and paintings.

Strangely, I didn't fully notice this until I was well into creating the *Feathered Friends* collection.

My husband first introduced me to birdwatching in 2017. Keen to impress, I confidently identified a large white bird in a field... as a swan. It turned out to be a goose – a slightly embarrassing start, but thankfully, my bird identification has improved since then.

After a career in graphic design, I returned to painting in 2022 and began developing my own style, particularly inspired by the wildlife and landscapes of Suffolk.

Being diagnosed with breast cancer meant I had to slow down and spend time on recovery and being creative was a massive part of that. Slowly but surely, the *Feathered Friends* project came together. I could not be more proud, and I hope it spreads some positivity and joy to others.



SMALL BIRDS
GENTLE REMINDERS
QUIET MOMENTS



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