



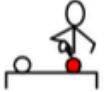








Every Body Was Welcome








Self-led Sensory Tour of Euan Uglow: An
Arc From The Eye




February to May 2026

Note: this self-led tour discusses ways to approach nudity in art, Euan Uglow's process, and suggests some positive ways to look at bodies in the exhibition. All elements of the tour are optional.













        
This self-led sensory tour has been created by young people

      
with visual impairment, supported by MK Gallery Associate Artists

  
Collar & Cuffs Co and Robin Clements.

       
The young people represent several schools in our city, and

         
all receive support from the Sensory Team based at St Paul's

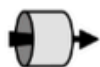
 
Catholic School.



How To Use The Sensory Resources



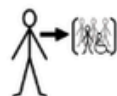
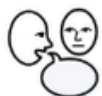
You can borrow our trolley and take it with you as you



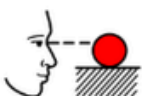
move through the galleries.



On the trolley, there is a box for each of the artworks we've



chosen. You can tell which box belongs to each artwork by



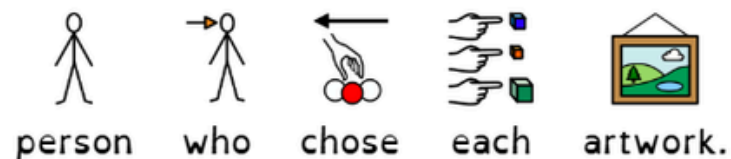
looking at or feeling the picture on the lid.



Inside the boxes are lots of things to explore. You can use this



binder to find out information about the sensory items and the



person who chose each artwork.




There is also a Yoto Player with sounds, music, and a recording




of the words in the binder. You can find instructions for the Yoto



Player and a Track List on the trolley on a separate sheet.


 Thank you for putting everything back in the right box ready for

 the next visitors to use - there is a picture inventory in the













 lid of each box to help.







 We hope you enjoy the sensory tour. You can tell our

 staff and volunteers about your experience - we will use

 your feedback to help make future sensory tours even better.

  
Where To Find The Artworks




           
We will add a map to this book very soon: we are












     
waiting to find the artworks ourselves!











          
We know that Musicians is in Gallery 1; Diagonal is in





           
Gallery 3; Sunset at Lemba and Snake are in Gallery 4; and













        
Head of Pat and Skull are in Gallery 5.












 About  This  Exhibition




 This  exhibition  is  called  An  Arc  From  Eye.  The  paintings  are

 mostly  by  an  artist  called  Euan  Ugnow, though  some  are  by



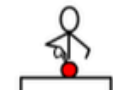
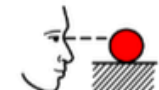


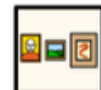

 artists  that  inspired  Euan.


 Euan  was  born  in  1932  and  died  in  2000.  He  is  mainly








 known  as a  painter,  and  he  really  liked  to  create  still  life









 pictures  and  nudes.



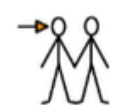


       
Some people find looking at naked bodies uncomfortable. That's okay.

    +    
You can choose what to look at, and you can leave the gallery at

       
any time for a break; you can come back when you feel ready.

      ++ 
The young people who created this sensory tour also felt











        
uncomfortable to start with. When they learned about Euan's way

    
of painting, it helped them to feel better.




? Euan Made Art or How To Look At Bodies

Euan was very interested in looking at things carefully. To make sure he painted what he saw correctly, he would take his time - sometimes years! - and he would measure his models again and again.








Models had to sit or lie in Euan's studio for a very long time. Sometimes, Euan would place measurement marks on their skin so he could ensure his models were in exactly the right position.



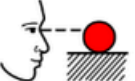




Euan did not rub out his measuring marks when he finished his










paintings. The measuring marks show his attention to detail, and









how carefully he had made each picture.

Euan was not looking at bodies because they were beautiful or

sexy. His pictures are not rude, they are just of naked people,

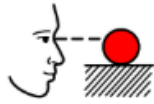
and we all have bodies under our clothes.



When



we



look at



Euan's



work,



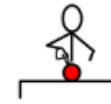
we



can



choose



what

to



give



our



attention

to.



We



can

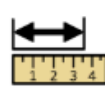


look

for





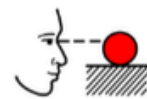
Euan's












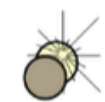


measuring



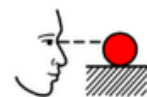






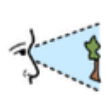





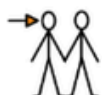


marks.





          
We can look at how Euan has used colour - he liked to

        
use only a few colours, and he liked his artwork to be

  
matte. Matte means not shiny.

      
We can look at the marks in the surface of the canvases to

        
see Euan's brushstrokes - we cannot touch them, but we can

   
look closely and slowly.



When we look at how Euan made his paintings, it can help



us feel more comfortable looking at naked bodies: we're not



looking just at the bodies, we're looking for treasures and clues







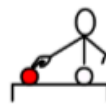



left behind by the artist who painted them.











If we want to, we can think about how the bodies on the



walls are similar or different to our own bodies.

We can remind ourselves that Euan's nude paintings are just


bodies, not perfect bodies or bodies that represent everyone.








        

We can bring our own bodies to MK Gallery, and know that









  

every body is welcome.



 You can listen to the song created for the sensory tour to help

 people feel okay looking at bodies. It's called Every Body Was Welcome.

Chorus

I brought my body to the gallery today,
 Every body was welcome.
 I brought my body to the gallery today,
 My body was the same,
 My body was different.

Verse 1

Bodies hung on walls, quiet and still.
 Carefully curated,
 Skin and muscle, fat and bone.

Chorus

I brought my body to the gallery today,
 Every body was welcome.
 I brought my body to the gallery today,
 My body was the same,
 My body was different.

Verse 2

Bodies in art galleries are not rude,
 Even if they're nude.
 I can choose to look,
 I can choose not to.

Bridge

My body gets to decide.
 My body gets to decide.

Chorus

I brought my body to the gallery today,
 Every body was welcome.
 I brought my body to the gallery today,
 My body was the same,
 My body was different.

Verse 3

I can look past bodies, colour and canvas.
 Lines and surfaces, space and shape.

Verse 4

I can feel measurements,
 I can measure myself.
 Not by beauty, not by judgement,
 But by what holds me together,
 Skin and muscle, fat and bone.

Bridge

My body gets to decide
 My body gets to decide

Chorus

I brought my body to the gallery today,
 Every body was welcome.
 I brought my body to the gallery today,
 My body was the same,
 My body was different.

Bridge

My body gets decides
 My body still decides
 My body always decides

Outro

I brought my body to the gallery today,
 And it came home with me again.

Lyrics & Melody written by Julia Collar
 Sound recording produced using AI



How

We

Developed

The

Sensory

Tour



3



The group met for three two-hour sessions at St Paul's Catholic



School. We were able to use the school's dedicated unit for



Visually Impaired students, which meant there was access to



+


specialist equipment, such as 'visualisers', to explore the artworks and



support the young people's sight.












 In our first session, we explored Euan Uglow as a person and










 an artist. We thought about bodies by exploring squishy models


























 of skin, fat, and muscle, and x-rays of bones. We made and


























 tested some body measuring devices.







































 Next, we worked from large copies of Euan's pictures. The staff













































 at the school had turned some into tactile images. Together with












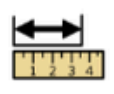

 descriptions of the pictures, we narrowed down 15 images to our













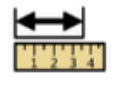











 six favourites. We particularly liked finding measuring marks on the



 pictures.

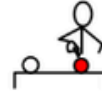
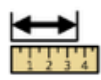
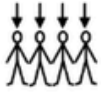
 Euan's  pictures  do not  necessarily  have  deep  meanings. They are  about  what  he  saw  when  he  was  painting  people,  objects,  and  landscapes.  We  used  ten  senses  to  think  about  how  we  could  create  a  sensory  experience  of  what  each  painting  shows.

 We  used  our  skills  as  artists  to  make  some  sensory  resources  to  go  in  our  boxes.  We  created  mosaics,  sewing  patterns,  smell  tubes,  tactile  fabric  and  silicone  measuring  marks  on  dolls,  music,  and  a  sensory  bottle.

   
Making Our Own Measuring Devices

     +    
Euan made his own measuring devices and tools to help him set
    +  
up his studio, models, and painting precisely.

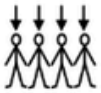
       + 
We made our own tactile measuring devices using ribbon and jute;
        
our jute measuring devices are in our sensory boxes labelled
     
with our names so you can explore them.



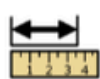
Everyone's measuring device is different and unique. This is because



the devices are the distance from our wrist to our elbows and



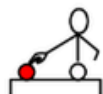
everyone's body is different!



to



We used our measuring devices to measure our feet, and



the










we discovered that the distance from wrist to elbow is roughly














of












the same as the length of our feet.











 ++   +  +   
We also measured tables and chairs, and discovered that our

  
measurements were different.

       
We learned that this means that Euan's measurements are just

      
Euan's measurements. They would not work for anyone else. So,

      1   
when we find measuring marks on one of Euan's paintings, we

         
know we are only seeing what he saw. If we were there,

+        
and wanted to make our own picture, we might experience things


differently.

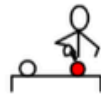


Euan Uglow, *The Musicians*, 1953. Oil on canvas, (courtesy of Amgueddfa Cymru - National Museum Wales)

The Musicians



Musicians



Liam created the sensory box for this picture. Listen to Liam on



the Yoto Player to find out more, then try his suggestions if




you would like to.











Euan Uglow, *The Diagonal*, 1971-77. Oil on canvas, (courtesy of Browse & Bowby, London @ The Estate of Euan Uglow)

The Diagonal



The Diagonal

Evelyn and Larry both chose the same picture, but had

very different ideas about it. Listen to them on the Yoto Player

and explore their sensory resources if you would like to.



Euan Uglow, Snake, 1976. Oil on canvas, (Arts Council Collection, Southbank Centre, London)

Snake



Snake

















Holly & Reagan chose to collaborate together to create this
sensory box. Listen to them on the Yoto Player - they asked
Robin to help share their ideas.



Euan Uglow, *Sunset, Lemba, Cyprus*, 1980. Oil on canvas laid on panel, (private collection)

Sunset, Lemba, Cyprus

 
Sunset, Lemba, Cyprus

        
Ogba created this sensory box. You can hear him on the Yoto
+       
Player, and then try out his sensory resources if you would like

to.



Euan Uglow, Skull, 1994-97. Oil on canvas, (private collection)

Skull



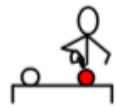
Skull



Freddy



created



this



sensory



box.



He



asked

Robin to



write



down

+

and



read



his



thoughts

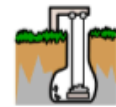
+

and



ideas.

Will you



excavate



his



sensory



resources?



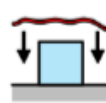
Thank you

for



putting

the



covering



back



on top


























afterwards.











Euan Uglow, Head of Pat, 1978-83. Oil on canvas, (private collection)

Head Of Pat




 
Head Of Pat

    -   
This is Ogba's second sensory box - he found it hard to
 +       
choose and had so many good ideas! You can hear him on the
 +      
Yoto Player, and then try out his resources if you would like
to.

       
We'd like to say a special thank you to all the staff in

       
the Sensory Team, and to the young people's other brilliant support

     
staff, for their enthusiasm, creativity, and for creating the tactile

  
images for the sensory boxes.