

Helena Lillywhite Bio

Helena Lillywhite's artistic practice is deeply rooted in her connection to life and nature. Through an intricate play of light and shadow, she deconstructs and simplifies forms, creating compositions that are both aesthetically refined and structurally compelling. Her work often begins with a recognisable subject before evolving into a more abstract interpretation.

Drawing from her background in graphic design, Lillywhite frequently employs digital flat planes as the foundation of her pieces, which she then transforms into dynamic three-dimensional structures. This fusion of digital precision and sculptural depth gives her work a distinctive presence, balancing abstraction with tangible form.

Emotion plays a central role in her creative process. Horses and human figures serve as recurring motifs, allowing her to explore expression and movement. Strong contrasts are integral to her compositions, where negative space and juxtaposed planes create depth and intrigue.

Lillywhite's talent has been recognised through numerous awards, including Best in Show at the Grey Cube Online Gallery (2021), the ASHREI Art Prize overall winner (2020), and the Roger Fenton Prize (2018). Her work has been exhibited in prestigious venues such as The Deakin University Contemporary Small Sculpture Award, Sculptures in the Garden (Mudgee), Toorak Village Sculpture Exhibition, and the Gippsland Sculpture Exhibition, among many others. She is also an active committee member of the Sculptors Society.

Her sculptures can be found in public collections, including the City of Sydney's collection at the Juanita Nielsen Community Centre, as well as in private collections across the UK and Australia. With a commitment to pushing artistic boundaries, Lillywhite continues to captivate audiences with her evocative and thoughtfully constructed works.

Awards

Best in Show - Grey Cube Online Gallery - 2021

ASHREI Art Prize and Exhibition - overall winner and winner of the Physically Energised category - 2020

The Roger Fenton Prize winner - Sculpture Concourse Art Space Exhibition - 2018

Exhibitions

Sculptures In the Garden, Mudgee, NSW - 2025

Deakin University Contemporary Small Sculpture Award, VIC - 2025

Gippsland Sculpture Exhibition, VIC - 2025

Sculpture on the Spot, The Sculptors Society, The Concourse, Chatswood, NSW - 2024

Face to Form, The Sculptors Society, Observatory Hill, NSW - 2024

Sculpture in Randwick, The Sculptors Society, Randwick, NSW - 2024

Sculptures In the Garden, Mudgee, NSW - 2024

Toorak Village Sculpture Exhibition, VIC - 2024

Sculpture on the Farm, Fosterton, NSW - 2023

Gippsland Sculpture Exhibition, VIC - 2023

Chan • Art • Sculpture 2022 Nan Tien Sculpture Award, Berkeley, NSW - 2022

Les Petit Salon de Sculptures, Q Station Manly, NSW - 2021

Sculpture in the Vineyards, Wollombi Valley, NSW- 2022

Created at Blenheim House, Randwick, NSW - 2022

Toorak Village Sculpture Exhibition, Toorak VIC - 2022

International Women's Day Art Prize, Randwick, NSW - 2022

Sculpture Society Concourse Art Space, Chatswood, NSW - 2021
Sculptures In the Garden, Mudgee, NSW - 2021
Brenda Colahan Fine Art Gallery, Putney, NSW - 2021
Les Sculptures Refusées 2021, Q Station Manly, NSW - 2021
ARTPark Australia, Walsh Bay Sculpture Walk, NSW - 2021
ARTPark Australia, Woolloomooloo Finger Wharf, NSW - 2021
Audrey Fine Art, Pyrmont, NSW - 2021
Gippsland Sculpture Exhibition, VIC - 2021
Toorak Village Sculpture Exhibition, VIC - 2021
Sculpture Society, Chatswood Chase, NSW - 2020
Soho Galleries, Woollahra, NSW - 2020
ASHREI Art Prize, Woollahra, NSW - 2020
Sculpture Society, at the Incinerator Willoughby, NSW - 2020
Sculpture Society, Chatswood Chase, NSW - 2019
Soho Galleries, Waterloo, NSW - 2019
Moulton Galleries, Mosman, NSW, Group Exhibition - 2019
Toorak Village Sculpture Exhibition, VIC - 2019
ARTPark Australia, Woolloomooloo Finger Wharf, NSW - 2018 - 2019
Sculpture Society, Concourse Art Space Chatswood, NSW - 2018
Sculpture Society, Darling Park Sydney, NSW - 2018
Toorak Village Sculpture Exhibition, VIC - 2018
ARTPark Australia, Woolloomooloo Finger Wharf, NSW - 2017- 2018
International Women's Day Art Prize, Randwick, NSW - 2017
Sydney Children's Hospital Art Program, Randwick, NSW - 2015
Sydney Children's Hospital Gold Telethon, Randwick, NSW - 2013
Sydney Children's Hospital Art Program, Randwick, NSW - 2013

Collections

City of Sydney, public collection. Juanita Nielsen Community Centre Woolloomooloo NSW.
Collaboration with Sculptor John Gardner.
Lillywhite's work has been purchased by private collectors both within the UK and Australia.

Artist Statement

My work is driven by a search for emotion within form. Whether I'm working in an abstracted way or leaning toward realism, I strive to capture feeling and presence in each piece.

Light, shadow, and the spaces in between intrigue me. I often play with angles and negative space, allowing shifting light to animate and transform my sculptures. This dialogue between solidity and openness creates a sense of movement and depth that I find essential to my practice.

Nature and the forces of nature are at the core of my inspiration. My works may not always represent the literal, but they always echo the rhythms, energy, and spirit of the natural world. Through materials like bronze, sheet metal, ceramic and wire, I aim to express both strength and fragility, grounding my sculptures while letting them evoke memory, energy, and transformation.

Sculpture, for me, is a balance between abstraction and reality, an ongoing exploration of how form, space, and light can hold and express emotion.