



# Waterford Healing Arts Trust Annual Report 2019



## WATERFORD HEALING ARTS TRUST Annual Report 2019

In 2019 Waterford Healing Arts Trust (WHAT) continued to brighten up the lives of patients, staff and relatives of University Hospital Waterford through arts experiences. These experiences included our ***Iontas Arts and Mental Health Programme, Artist in Residence*** programme, ***Open Gallery***, our art viewing project for patients living with dementia and their family members/ carers, ***Healing Sounds***, our live music programme on the wards and in the hospital foyer; our mobile ***Art Kart*** in the Paediatric ward; our ***Artist on Call*** service, responding to individual patient needs; our ***Arts Programme in the Renal Dialysis Unit***; the ***Staff Art Wall*** and the extensive ***UHW Art Collection***. We also ran a pilot ***Arts Programme on Medical 4*** (Oncology Ward). Through these programmes, we seek to soften the clinical environment and alleviate stress and anxiety for patients, family members and staff. We also support the development of arts and health throughout Ireland and manage the resource website [www.artsandhealth.ie](http://www.artsandhealth.ie).

### ARTS PARTICIPATION & ENGAGEMENT

#### Artist in Residence at University Hospital Waterford

We were delighted to have **Catherine Sweeney-Brown** as our Artist in Residence for 2019. A musician and music therapist, Catherine was based at the WHAT Centre for Arts and Health at UHW for six months and worked primarily with the Neonatal and Special Care Baby Unit at the hospital. During her residency, Catherine focused on developing a positive soundscape for the very young patients in the Neonatal and Special Care Baby Unit by modifying the acoustic environment and by introducing babies and their families to live music. The feedback to her residency was overwhelmingly positive from parents and staff. “Both baby and I found the music very relaxing. Baby settled really well during and after listening. In the Neonatal ward it really helped to take my mind off the worries about my baby’s health.” (Mother)



As well as the live music experience, Catherine also created some recordings, available online, for parents to access at any time. Created with the intention of soothing and calming young babies and their parents, these pieces feature flutes, bells, voice, sansula, koshi wind chimes, singing bowls and keyboard. These recordings are available here: <https://soundcloud.com/user-291966488/sets/music-for-babies-by-catherine-sweeney-brown> and Catherine’s report on her residency is available here: <http://waterfordhealingarts.com/wp-content/uploads/Final-Report-on-Residency-CSB.pdf>

Visual artist **Jennie O’Neill** was Artist in Residence from November to December 2019. A graduate of WIT, Jennie was the recipient of the Waterford Healing Arts Trust Graduate Award 2019 and was offered this residency as part of the award. Working mostly with patients directed to us through our Artist on Call programme and via the Occupational Therapy team, as a starting point, Jennie offered each patient an origami (folded paper) gift to begin a conversation and the art making process. This often led to more origami making, drawing and knitting, depending on the individual needs of the patient.

## Art Kart and Artist on Call

WHAT's *Art Kart* and *Artist on Call* programmes invited patients at UHW to participate in art making throughout the year, thereby offering patients first-hand experience of the intrinsic benefits of the arts.

Every week artist Boyer Phelan facilitated the *Art Kart* in the Paediatrics ward as a means of creatively engaging hospitalised children in art making and invited them to exhibit their work on the ward, on a rotating basis. WHAT's Artist on Call programme continued to provide opportunities for all UHW patients to access art-making upon request and, in 2019, we particularly focused on working with long term patients at UHW.

## Arts Programme in the Dialysis Unit

Artists Boyer Phelan and Philip Cullen facilitate a multi-artform participatory programme for patients in Renal Dialysis, supported by the PuncHESTOWN Kidney Research Fund. In addition to providing the patients with the opportunity to participate in art making and develop artistic skills, the programme also aims to reduce anxiety for patients during their treatment. The arts programme engages the artist and the patient on a one-to-one basis, thereby allowing for a deep level of engagement, and in 2019 this included music, visual art, creative writing, poetry and conversations on many topics, including literature, films, politics and history.



Outcomes in 2019 included the display of patients' artworks, music sessions, the commissioning by UHW of photographic light boxes to brighten a busy basement corridor using beautiful nature photography by a dialysis patient and *Flowers*, a floral screen for the window in the Renal Dialysis Patient Tea Room, created with watercolours painted by two patients. Waterford Healing Arts Trust also supported a renal dialysis patient with the launch of his latest self-published novel and two patients are working towards their next publications.

The success of this programme is evident in the positive feedback from patients and staff, reflective journals by the artists and the ongoing support from the PuncHESTOWN Kidney Research Fund.

## Open Gallery



Open Gallery, our dementia-inclusive art viewing programme, continues to go from strength to strength. Developed by WHAT in 2018 inspired by Meet Me at MoMA, an internationally renowned programme at MoMA in New York, Open Gallery invites people living with dementia – primarily, but not exclusively – and their family members / carers to look at, chat about and enjoy paintings from the UHW Art Collection in a safe and welcoming space, supported by professional artists.

In each session, two or three paintings from the hospital art collection are discussed by the participants. Often we don't reach the third painting in the session as the conversations have become so animated! These sessions are about all the participants making observations, describing, building connections and enjoying art together.

We continued to run two strands for Open Gallery: Strand One took place every month on the elder care wards at UHW, while Strand Two took place every month in the WHAT Centre for Arts + Health and was for people living in the community, in their own homes and in a local nursing home. Open Gallery is facilitated by artists Caroline Schofield and Jill Bouchier, with Maeve Butler, Acting Asst. Arts Director, WHAT, Amy Power, Assistant Art Curator, WHAT and Keith Irish, Art Installer, WHAT. In 2019, Open Gallery was funded by the Hospital Saturday Fund and the National Lottery.



Outputs in 2019 included a presentation by the Open Gallery team at the annual *Arts and Health: Check Up Check In* national networking event in April 2019 and, with significant input by Dr John Cooke, Consultant Geriatrician, UHW and CNMs Annette Croke and Sinead O'Sullivan (Medical Ward 5), a case study and podcast about the project on [www.artsandhealth.ie](http://www.artsandhealth.ie) and a feature in The Munster Express newspaper, as part of a series to mark our 25<sup>th</sup> Anniversary.

Case Study: <http://www.artsandhealth.ie/case-studies/open-gallery/>

Podcast: <http://www.artsandhealth.ie/resource/podcasts/>

#### **Pilot Arts Programme on Medical Ward 4 and Cherry Ward**



From October to December 2019, after a period of research and preparation, including a visit to the arts team at the Prince and Princess of Wales Hospice in Glasgow and attendance at a palliative care conference at Mountbatten Hospice, Isle of Wight, artist Caroline Schofield and writer Lani O'Hanlon delivered a pilot Arts Programme on Medical Ward 4 (Oncology) at UHW. This was originally intended to be an Arts in Palliative Care programme delivered to patients at Waterford

Hospice, located in the new Dunmore Wing at UHW. As the hospice had not opened, we adapted our plans and, with the support of the Clinical Nurse Managers, began working with patients on the Oncology Ward. The Oncology Ward moved to the Cherry Ward at the new Dunmore Wing in December.

The aim of the programme was to offer people the opportunity to develop their own creativity as a means of personal expression, to try something new and develop new skills and to engage in a relaxing and meaningful activity during a difficult time in life. Caroline Schofield led Creative Art Workshops with individual patients where they were supported to create their own individual piece of art, using paints and mixed media, in a relaxed setting. Lani O'Hanlon led sessions entitled *Once Upon a Time*, where she shared stories and poetry with patients and, in time, drew stories from participants which they crafted into poems together.

The pilot programme ran for 12 weeks and was funded by Waterford City and County Council. In a review meeting, the Clinical Nurse Manager stated that all patients who participated benefited from doing so and his recommendation was that the project should continue and, if possible, increase the number and frequency of the sessions.

See also 'Artist Exchange and Mentoring Programme'

### **Iontas Arts and Mental Health Programme**



*Ceramic artworks created by people accessing the mental health services in Dungarvan with Adele Stanley*

Based on a partnership with Waterford Wexford Mental Health Services (WWMHS), our *Iontas* arts and mental health programme delivered 309 arts experiences in creative writing, music, visual art, drama and dance across eight mental health settings in Waterford in 2019. Most of the workshops were facilitated by WHAT's core team of artists – Liam Merriman, Jane O'Brien Moran, Leah Clarke, Jill Bouchier, George Higgs and Lani O'Hanlon. To expand the creative experiences of

participants, artist Liam Meaghar was invited to engage service users in drama in the Dept of Psychiatry (DOP), UHW and the Activation Therapy Unit, St Otteran's Hospital. Artist Adele Stanley introduced ceramic workshops at Day Centre, Mental Health, Dungarvan Primary Care Centre, and Susan Enticknap brought kite making to the Activation Therapy Unit.

In 2019:

- we rolled out the Pilots Choir - a new choir for people in Waterford who use the mental health services, their families and friends, and people who work in the service.
- we introduced dance to St Aidan's Ward, St Otteran's Hospital for the first time
- musicians Jane O'Brien Moran and Leah Clarke shared their *Iontas* work at a workshop attended by 20 people as part of *Arts and Health: Check Up, Check In* national networking conference.
- we presented information on *Iontas* to a stakeholder group at the Central Mental Hospital in Dundrum on 10 May 2019 attended by 18 people.
- The *Iontas* programme was featured in The Munster Express newspaper as part a series to celebrate our 25<sup>th</sup> Anniversary.



*Iontas musicians Jane O'Brien Moran + Leah Clarke sharing their practice at an Arts + Health: Check Up Check In workshop*

Feedback for this programme continues to be positive. According to one of the nursing managers at the Department of Psychiatry, UHW, "The positive effects singing and music has on individuals is well known – stirring up emotions, memories – both positive and negative. The large attendance numbers to each of the sessions was testament to the positive effect music had on each participant. Participants verbalised that they looked forward to each session – planning which songs they would request to listen to or sing themselves. There was often comments like "that was great" "I feel lighter and happier after coming along today." Active participation through playing percussion instruments and chimes etc. enabled all to be part of the experience and come away knowing that they contributed to the uplifting sounds that were produced".

*Iontas* was supported by a steering group comprising representation from healthcare professionals, the voluntary sector, service users and WHAT.

### **Open Studio**

WHAT provided accessible art making opportunities for people who are socially isolated for

reasons of ill health or disability through this weekly visual art workshop led by artist Jill Bouchier in the WHAT Centre for Arts and Health. One-to-one collaborative arts methodologies have been developed so that participants who have diverse artistic and personal needs can work at a level that is in keeping with their individual ability and ambition. Feedback from the group participants – and their support workers, where relevant – has been extremely positive and most participants return to the group for each new term of sessions.

### Arts programmes for HSE staff

Artist Philip Cullen facilitated a watercolour painting workshop which was well attended and enjoyed by all.

In July, artist Ciara Harrison delivered a week long **summer art camp** at the WHAT Centre for Arts & Health for children of HSE staff. Entitled *Pulling Faces and Telling Tales*, Ciara supported the children, aged 5 – 8, to seek inspiration from the characters they invented throughout the week and they learned to draw, print, weave, sew and tie-dye. The camp finished with a celebration of their colourful creations.



See also **Staff Art Wall** in Exhibitions.

### Movers and Shakers

In 2019, musician Mary Prendergast continued to deliver a weekly music making facility for people attending Brothers of Charity services Cois Cille, Ceím Eile and Solas. Ten people with severe to moderate intellectual disabilities eagerly attend the WHAT Centre each week with their carers for this interactive music programme. It is an important part of the participants' week and they enjoy the special celebrations Mary puts on to mark Valentine's Day, Easter, Halloween and Christmas.



### Seven Summer Stars

Seven Summer Stars is a group of young teenagers with Cystic Fibrosis who have been making art and connecting creatively as part of a pilot online art programme led by Helium Arts in partnership with Cystic Fibrosis Ireland, the Irish Museum of Modern Art and Waterford Healing Arts Trust. The first phase of the project took place in spring 2019 with seven young people aged 12-16. Using digital tools and online mediated meet-ups,

along with access to professional artist mentors, the project supported a group art journaling experience over six online sessions. Artist Rachel Tynan, who has been collaborating with young people on Helium's creative projects since 2012, was the lead artist. An Cosán Virtual Community College provided the online technology and moderated the online sessions. WHAT hosted a special showcase of the work at the WHAT Centre for Arts & Health on Wednesday 29 May.

## PRESENTING ART TO AUDIENCES

### Curatorship of art collection

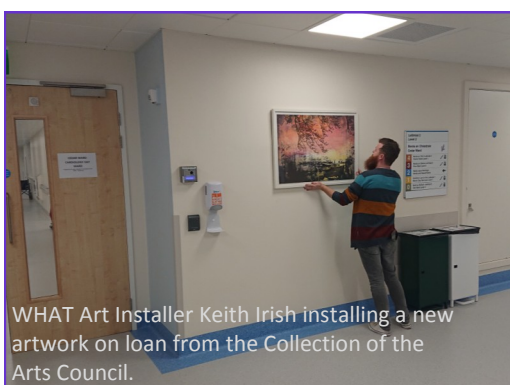
WHAT curates Ireland's largest hospital-based art collection comprising over 600 original artworks on public display in UHW, with works by Paul Mosse, Carmel Mooney, Robert Ballagh,

Donald Teskey and Pauline Bewick, among others. During 2019, biannual stocktakes were conducted and elements of the collection were re-organised and re-located within UHW to optimise the impact and appropriateness of particular artworks in different settings. A new corridor linking to the new Dunmore Wing and the waiting room of the Dermatology Department were fitted with artwork hanging systems to facilitate the frequent changeover of artworks.



Clinical Placement Co-ordinators Nora Flynn and Trish Gardiner enjoying *Colours through Nature* by artist & dialysis patient Kate Quinn

WHAT responded to requests for artworks from different departments including the Coronary Care Unit, radiology, maternity and dermatology. Such requests are an indication of the impact artworks can have in the hospital setting. One such request resulted in WHAT commissioning renal dialysis patient and photographer Kate Quinn to reimagine light box artworks leading to the MRI suite. In addition, the intake of donations in 2019 was tightly controlled to improve the quality of the collection. Donations were received by Ken O'Neill, Anna Moore, Anne Marie Hayes, Pauline Diamond, Una Walsh and Ger Duffin.



WHAT Art Installer Keith Irish installing a new artwork on loan from the Collection of the Arts Council.

In late 2019, WHAT received a significant loan of 19 artworks from the Collection of the Arts Council. These artworks are on display in the public corridors of the hospital and in the Dunmore Wing.

WHAT continued to mediate the collection through the provision of accessible wall-based information about the artworks, the artists and the contexts in which they were made.

### Visual Art Exhibition Programme

From January to August, WHAT curated and presented the fourth of its series of exhibitions entitled ***A Better Place***. This series invites artists to submit works they consider will make UHW a better place for patients, staff and visitors by enhancing the hospital environment. Submissions were received from 49 artists in March. These were displayed in the hospital and voted on anonymously by patients, visitors and staff. Deirdre Dunne's work was selected for a full solo exhibition, which was launched in June by Grace O'Sullivan MEP and continued until late August. The exhibition was a huge success, with more than 40 attending the opening, a number of artworks being sold, extensive coverage in local press and universally positive feedback from the viewing public.

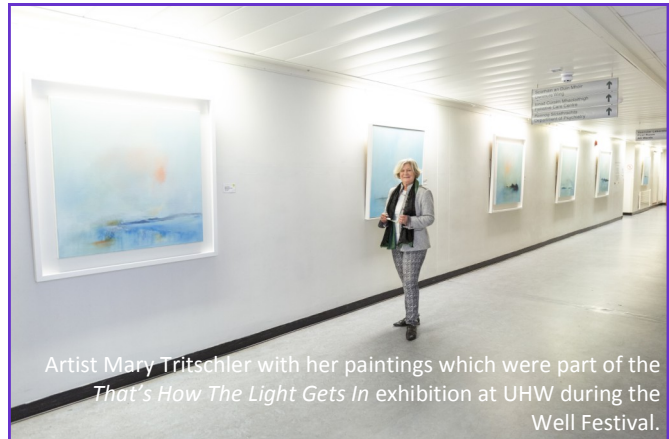


Grace O'Sullivan, MEP, Claire Meaney, WHAT Director and *A Better Place 2019* artist Deirdre Dunne

Recent WIT art graduate Kasia Polyponko showcased some interesting sculptural work, entitled ***Incantation of Morae***, in the foyer of UHW in March 2019. Kasia was awarded the fourth Waterford Healing Arts Trust Graduate Award in 2018. This award recognises the ambition and innovation of the work, as well as its fit within an acute hospital setting, and offers the student a bursary and opportunity to showcase their work at UHW.

In April 2019, WHAT toured its special exhibition ***A Celebration of Waterford Healing Arts Trust in 25 Objects*** to Garter Lane Arts Centre. The exhibition reflects the evolution of WHAT over the last 25 years. It featured a carefully curated collection, including paintings, sound recordings and sculptures. The exhibition tells the story of WHAT and represents the landmark moments in the organisation's development and the artworks produced through our art programmes, artist residencies, public art commissions, exhibitions and music programmes, as well as our national arts and health development work. The exhibition accompanied *Arts and Health: Check Up Check In*, our national networking conference, at Garter Lane Arts Centre.

***That's How the Light Gets In***, an exhibition by artists Ann Brennan, Blawnin Clancy, Aidan Dunne, Ciara Gormley and Mary Tritzschler, considered how light and landscapes can influence our health and wellbeing. The exhibition was curated by staff from various departments at UHW in collaboration with Waterford Healing Arts Trust. Through regular meetings and discussions, the team of staff chose the theme of the exhibition, visited art exhibitions and artist studios and selected the artists, while at the same time considering the



Artist Mary Tritzschler with her paintings which were part of the *That's How The Light Gets In* exhibition at UHW during the Well Festival.

sensitivities of the hospital art viewing experience. Inspired by Leonard Cohen's song Anthem and the line "There is a crack in everything, That's how the light gets in", the curatorial group chose artworks that explored light and landscapes to be enjoyed and experienced by staff, patients and their families. The exhibition was launched on Thursday 10 October by poet Mark Roper, as part of the Well Festival of Arts & Wellbeing in Waterford and continued at UHW until December.

In 2019, the ***Staff Art Wall***, a WHAT initiative designed to celebrate the creativity of HSE staff, featured paintings and photographs by staff nurse Geraldine Malthouse, WHAT assistant arts administrator Stefanie Fleischer, former radiographer Lilian O'Neill, staff nurse Marley Irish, UHW porter Barry Edwards and clinical nurse manager Adrian Crellin. This continues to be a popular and successful initiative, reflected in positive feedback from the viewing public and an increase in applications from staff to show their work.

### **Healing Sounds live music programmes**

WHAT delivers its programme of monthly live music performances for UHW patients, staff and visitors in two strands: *Healing Sounds in the Foyer* offers opportunities for musicians new to performing in hospital settings to perform in the hospital foyer for diverse audiences. Musicians who performed in 2019 included The Music Makers, The Knotted Chords (guitar and voice), Fallaway House (guitar and voice), The Kalimbas (guitar and voice) (harp), Mary Prendergast (voice and accordion), Mount Sion Boys Choir, Joey Whelan (classical guitar), Jill Devlin (harp), Darren and Rose (voice and clarinet), Abbey Road (guitar and voice) and the Suir Ukulele Strummers. Feedback to these monthly performances from the patients, visitors and staff was universally positive. This programme is sponsored by AIB Ardkeen.

*Healing Sounds on the Wards* is a fortnightly programme of live music engagement which aims to soften the clinical environment and reduce anxiety for patients of all ages. In 2019, following a



competitive and rigorous recruitment process, WHAT appointed two new musicians – Liam Kavanagh (viola) and Michelle Haberlin (violin/ fiddle) – to join Alan Browne being mentored by music and health practitioners Liam Merriman and Eoin O Meachair to engage hospital patients in live music experiences at the bedside. *Healing Sounds on the Wards* in 2019 focused on patients in the oncology ward, stroke unit, renal dialysis unit and the elder care ward, with positive feedback from patients and staff during and after each session. *Healing Sounds on the Wards* also took place on Culture Night 2019, thereby bringing this national festival to patients who would not otherwise be able to participate in this occasion. *Healing Sounds on the Wards* was also featured in The Munster Express newspaper as part a series to celebrate our 25<sup>th</sup> Anniversary.



*Healing Sounds on the Wards* live music session

## Public Art Commissioning

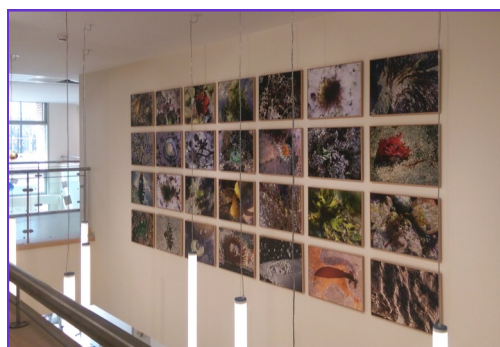
### Dunmore Wing



Following the commissioning of artworks by artists Róisín de Buitlér and Christine Mackey for the new Dunmore Wing at UHW in 2018 under the Per Cent for Art scheme, these works were installed in April 2019. The commission called on the artist to create an artwork of the highest quality to reflect the ethos and nature of UHW and the South East Palliative Care Centre (located on the ground floor and lower ground floor of the Dunmore Wing), and contribute to a positive and comforting environment for all patients, staff and visitors. The commission was managed by Waterford Healing Arts Trust.

*Rian: Imprint* by Róisín de Buitlér (pictured on left) is a glass sculpture which focuses on evoking a peaceful, tranquil atmosphere of reflection and reminiscence, using colour and abstract forms suspended in space. Inspired by nature, translucent glass colours emitting tender hues of light suggest calm movement. Caring words, supportive moments and joyful memories recalled are suggested by accents of blended colour. Soft nurturing shapes nestling close to each other convey intimate moments of closeness: a held hand, a stroked face or a gentle squeeze of human contact. Soft indents echoed in its neighbouring form suggest the gentle imprint left by human interaction on the mind and spirit. This sculpture is located in a double height space at ground floor level in the Dunmore Wing and is visible from the lower ground floor circulation area and from outdoors via a large, double height window to the front of the building.

*Ocean Flowers* by Christine Mackey (pictured right) is a montage of 28 digital photographic prints which explore the Waterford coastline and beyond. Christine spent time walking between the tides, photographing the seaweeds and other micro-organisms that live on the edge of the shores, or are found in rock pools, attached to shells, or lying across sands swept ashore by the receding sea's mighty waves. The artist used a macro lens which magnified in close detail the diversity of forms which make up the population of over 500 seaweeds on Irish shores.



This unique approach presents what is normally beyond our daily vision: the sea's complex and ever changing communities of plants and animals. The diverse images vary in colour, texture and location. This artwork is located at ground floor level in the Dunmore Wing, with further images from this series displayed on the Cedar, Pine and Cherry floors above (levels 2, 3 and 4).

### Waterford Residential Care Centre

In partnership with the HSE Capital Projects Team, staff and residents of St Patrick's Hospital, Waterford, in 2019 WHAT began commissioning artwork for the new Waterford Residential Care Centre, a 100 bed residential facility on the site of St Patrick's Hospital, due to open in 2020. Artists Conall Cary and Peter McMorris were selected to create some etched brass artworks with artist Helen McLean creating a mosaic piece.

### **Menu of Poems**

To celebrate Poetry Day, three poems, in the spirit of 'reaching out; and 'listening with great care' were selected by Ailbhe Darcy. They included poems by Muriel Rukeyser, Marianne Moore and Tara Bergin. This project, initiated in 2009 by WHAT, is now facilitated by Arts and Health Co-ordinators Ireland, managed by Galway University Hospitals Arts Trust and supported by the Health Executive Service and Poetry Ireland. A total of 420 menus were distributed to wards on meal trays at UHW, with a further 100 distributed to outpatient clinics and other healthcare settings for patients, visitors and staff.

### **Well Festival of Arts and Wellbeing**

The seventh Well Festival of Arts and Wellbeing took place in October, presented by WHAT and festival partners Garter Lane Arts Centre and Waterford City and County Libraries. The multi-disciplinary festival celebrates the beneficial link between the arts and wellbeing and encourages the public to participate in a range of events. The festival ran from 5<sup>th</sup> – 12<sup>th</sup> October and events, mostly free to attend, included the following curated by WHAT:



### **Visual Art**

- *That's how the light gets in*, an uplifting exhibition by artists Ann Brennan, Blawnin Clancy, Aidan Dunne, Ciara Gormley and Mary Tritschler that considers how light and landscapes can influence our health and wellbeing. The exhibition was curated by staff from various departments at University Hospital Waterford.

- *Night Foxes*, created by Tom Meskell, a group of brightly-lit foxes and other animals lighting up the back of UHW, reminding us of the native animals that share our environment.

- *Playing House*, an intriguing installation of multiple tiny paper houses made by artist Jennie O'Neill, using a lifetime's collection of treasured paper materials. The exhibition explored the idea of home as something we create and carry through life.

- *Open Gallery*, an art viewing project for people living with dementia and their family members/carers. Participants are invited to look at, chat about and enjoy paintings from the UHW art collection in a safe space supported by artists Caroline Schofield and Jill Bouchier.

### **Music**

- *WIT Guitar Ensemble*, soothing classical and popular sounds from students from the Waterford Institute of Technology BMus degree course, directed by renowned classical guitarist Dr Michael



O'Toole.

- *Hot Club de WIT*, a dynamic ensemble consisting of acoustic guitars, concertina, violin and bass combining to produce gypsy sounds inspired by Django Reinhardt's Jazz Manouche style with a modern twist.

- *Achara*, an uplifting session of Irish, pop, classical and dance tunes played by Aine McCarthy Kent (harp. Flute), Michelle Haberlin (violin) and Sylvia Dowdall (piano, voice).

- *Sax n Trax*, a selection of mellow, laid back jazz

performed by WHAT's music co-ordinator and saxophone player Damien McDonnell.

- *Killian Browne & Darren Dreelan*, a lunchtime session of jazz by well-known WIT graduate musicians Killian Browne (piano) and Darren Dreelan (clarinet).

- *Healing Sounds in the Paediatric Ward*, a special music session in the Paediatric Ward of UHW with Liam Merriman, Michelle Haberlin and Liam Kavanagh.

### Talks/workshops/literature

- *Stories from the Well-field*, a performance and CPD session for artists in care settings for older people, developed and organised by artist Tess Leak, puppeteer Eoin Lynch, activities co-ordinator Sarah Cairns and composer Justin Grounds.

- *We haven't had an Earthquake lately...*, a popular evening of poetry and prose selected and read by literature lovers, with guest MC Catherine Drea.

- *Welly Tales*, a special storytelling session with Ardkeen Library pirates in the Paediatric Ward of UHW.



A feature on the Well Festival was published in The Munster Express newspaper on 1<sup>st</sup> October as part of a series to mark our 25<sup>th</sup> Anniversary. The Well Festival is funded by the Arts Council, the HSE, the Department of Social protection, Waterford City and County Council and Sanofi.

## SUPPORTING AND DEVELOPING THE ARTS AND HEALTH SECTOR

### **Arts and Health: Check Up, Check In**

WHAT/ [artsandhealth.ie](http://artsandhealth.ie) hosted the fourth annual *Arts + Health Check Up Check In* on Thursday 11 April at Garter Lane Arts Centre, Waterford. We were thrilled to bring this important event to Waterford as part of our 25th Anniversary year. Presenting this event locally also gave us the opportunity to invite a number of our colleagues from UHW to share their knowledge as our guest speakers on the day, including Dr John Cooke, Consultant Geriatrician, and George O'Neill, Capital Projects Manager. The event was attended by 105 people and was open to healthcare professionals, arts practitioners and anyone interested in learning more about this exciting field. This leading national arts and health event featured a keynote address by Nigel Hartley, who has worked in end-of-life care for 30 years, and presentations by some of the most innovative and creative practitioners working in arts and health in Ireland today. *Check Up Check In 2019* was organised by WHAT/[www.artsandhealth.ie](http://www.artsandhealth.ie) and Create, the national development agency for collaborative arts, with local partners Garter Lane Arts Centre and Waterford City and County Council Arts Office, and funded by the Arts Council and the HSE.

This event provided opportunities for participants to share their experiences, exchange ideas and support and inspire each other in their practice through a range of themed presentations, including:

- *What's My Practice?* – A series of workshops examining methodologies employed in collaborative/participatory arts and health practice, involving a range of artforms;

- *Sticking Points: What to do when you get stuck* – Artists and healthcare professionals sharing challenges they have faced in their work and look for solutions to overcome them.

- *Arts and Dementia* – Case studies of *Training Notes*, Waterford Council's training programme for musicians in healthcare settings, and *Open Gallery*, Waterford Healing Arts Trust's art project on the hospital ward, both of which have a particular focus on people living with dementia.

- *Hospital Voices* – A conversation with composer Eric Sweeney and poet Edward Denniston, reflecting on their experience as WHAT/UHW Artists in Residence 2018 and the creation of a choral work, in collaboration with patients and staff, to mark the 25<sup>th</sup> Anniversary of Waterford Healing Arts Trust.



The following day, Friday 12 April, artist Marie Brett hosted a workshop, entitled ***Sustaining the Self***, looking at the concept and practice of self-care for artists who work in difficult or demanding healthcare settings. Drawing on her extensive experience, Marie shared ideas and creative strategies for a nourishing and reflective practice, fostering supportive networks and working towards sustainability. This workshop took place at Waterford Healing Arts Trust, with support from Create.

### **Introduction to Arts & Health**

WHAT/ artsandhealth.ie toured its eighth day-long Introduction to Arts and Health CPD workshop to Midlands Regional Hospital Tullamore in November 2019. 25 participants attended, including artists and healthcare professionals interested in learning more about arts and health.

This practical workshop drew upon the resources and case studies of artsandhealth.ie and WHAT's Introduction to Arts and Health // 10 Things to Consider and was structured around arts and health project design and related problem solving. Participants also had the opportunity to learn about the Helium Arts programme bringing arts experiences to children's hospitals around the country and a case study on Waterford Healing Arts Trust.

### **artsandhealth.ie**

In 2019, WHAT continued to support the development of arts and health nationally via artsandhealth.ie, an online resource which promotes best practice in the field of arts and health via current news from the sector, monthly case studies, commissioned opinion pieces and national and international resources. A cross-sectoral editorial panel comprising representation from the Arts Council, Create, AHCI (Arts and Health Co-ordinators of Ireland), AOLAAO (Association of Local Authority Arts Officers), artists and the HSE that meets twice a year guided the content and direction of the site. Content reflects a regional spread and a range of art forms

and healthcare contexts. Case studies in 2019 reflected national and international examples of arts and health best practice in theatre, dance, music and visual art.

In 2019, the following perspective pieces were commissioned:

- Cecily Maher, Waterford Social Prescribing Co-ordinator, discussed the growing role of Social Prescribing within healthcare provision, which connects individuals to non-medical sources of support within their local community.
- Dr Katherine Taylor, a clinical psychologist with the NHS, advocated for arts-led interventions within child and adolescent mental health to support young people's recovery journeys.
- A special podcast perspective was commissioned to explore the Open Gallery programme for dementia patients at University Hospital Waterford.
- Susannah Hall, Head of Great Ormond Street Children's Hospital's arts programme, explored the Temporary Tattoo Parlour at the hospital, developed by artist Davina Drummond, with adolescent patients. The project illustrates how a socially engaged approach has responded to teenagers' feelings of isolation in a child-centred environment.

artsandhealth.ie awarded its 2019 Documentation Bursary for the creation of high quality documentation of an arts and health project to visual artist John Conway to document *Other People's Practices*, an innovative artist-in-residence/research programme supporting three artists to produce collaborative, socially engaged projects in a forensic mental healthcare setting. The resulting publication will be disseminated widely in partnership with the artist with a view to raising public awareness around the nature of arts and health practice. The bursary is awarded via open competition and is promoted nationally and internationally.

Visual artist and musician Tess Leak was awarded the 2018 artsandhealth.ie Documentation Bursary to work with filmmaker Sharon Whooley to document *Stories from the Well-Field*, a cross-disciplinary performance project with older participants in St. Joseph's Ward, Bantry General Hospital. The film was completed in 2019: <https://vimeo.com/363098266>

In 2019, WHAT created opportunities for increased engagement in artsandhealth.ie by:

- having a face-to-face presence at relevant national gatherings in 2019 such as *Arts and Health: Check Up, Check In* (Waterford) and the Introduction to Arts and Health (Midlands Regional Hospital Tullamore November 2019)
- hosting talks for Nursing Students at UCD (April) and for arts practitioners at MART Gallery and Studios, Rathmines (February)
- providing advice clinics to health professionals and arts practitioners at leading national events including the VAI Get Together 2019
- targeted social media engagement linking to relevant national and international events, initiatives and research;
- continuing the Spotlight Series, highlighting the involvement of health professionals in arts and health practice
- continuing the 'In Conversation' series with health professionals on the role, impact and challenges of bringing arts and creativity to health settings



### **Artist Exchange and Mentoring programme**

In 2019, WHAT supported artists to reflect on and develop their arts and health practice through peer exchange, mentoring and training. Actions in 2019 included the mentoring of the *Open Gallery* artists and *Healing Sounds on the Wards* musicians, the delivery of a CPD session as part of Well Festival (see above) and training and peer exchange for the Creative Arts on Medical 4 (Palliative Care Pilot) artists (see below).

In September, WHAT artists Caroline Schofield, Lani O’Hanlon and Acting Assistant Arts Director Maeve Butler travelled to the Prince and Princess of Wales Hospice in Glasgow to meet with artists Kirsty Stansfield and Jeni Pearson who run the arts programme there. The team received training, mentoring and learning to support the development of a Palliative Care Pilot Programme at UHW (see above). To add to their learning, the group also travelled to Mountbatten Hospice, Isle of Wight to attend a Palliative Care Conference from 30 October -1 November. Lani O’Hanlon also delivered a creative writing workshop at this conference.

### **Partnerships**

WHAT continued to work closely with **Age & Opportunity/ Bealtaine Festival** to support the delivery of six artist residencies in care settings. WHAT was involved in the steering group for the residencies, the selection of six settings and the shortlisting of artists for each setting. WHAT also offered mentoring support to the artists. Through these residencies, the Bealtaine Festival created opportunities for a care setting and their residents to engage creatively with artists over the course of a number of months. Similarly, WHAT supported **Other People’s Practices** an artists’ residency and research project that supports professional artists to produce collaborative, socially engaged projects in Usher’s Island, a National Forensic Mental Health Service community centre for recovered and recovering service users of the Central Mental Hospital. Both of these projects received funding from Creative Ireland.

WHAT also partnered with **Service Reform Fund** - Mental Health South East Community Healthcare and WIT to recruit writer Joe Brennan to explore human rights and recovery for those living in mental health community houses. As part of a collaborative research team, the writer delivered a series of workshops to gather life experiences of those living and working in community residences and worked towards producing a collection of the gathered narratives.

## **SPONSORSHIP & FUNDRAISING**

### **Sponsorship**

AIB Ardkeen continued to support the *Healing Sounds in the Foyer* music programme, WHAT’s monthly programme of live music in the foyer of UHW, throughout 2019.

The Book Centre Waterford sponsored the Earthquake event as part of the Well festival.

### **Fundraising**

The Fundraising Committee had a very active year, starting off with the WHAT/AIB Ardkeen Spinathon taking place at Ardkeen Stores in April 2019. This was the third year of the Spinathon and it was again a resounding success, raising over €6000. A Bridge Evening at Faithlegg Bridge Club in May raised €400. A fundraising concert in Christchurch Cathedral featuring Fort Wayne Children’s Choir and the Irish Invitational Brass Band took place in June and raised €1986. Sales of WHAT’s tapestry-themed greeting cards raised €90. The total amount raised from fundraising events in 2019 is €8,565.08. Our sincere thanks to our Fundraising Committee for all their work.

## WHAT PEOPLE

### WHAT Board

Anne Woodworth (Chairperson), Aidan Barrett (Treasurer), Gordon Watson, Claire Tully, Carmel Ann Daly, Brenda Ronan, Joan Dalton, Shirley O'Shea, Mary Dorgan, Catherine Drea, Tom Cunningham, Mark Breen.

### WHAT Fundraising Committee

Shirley O'Shea (Chairperson), Mary Baxter, Margaret Breen, Ann Ellis, Aidan Barrett, Phyllis O'Shea, Marian Walshe, Catherine Whelan.

### Editorial Panel of [artsandhealth.ie](http://artsandhealth.ie)

Claire Meaney (WHAT Acting Arts Director), Emma Eager ([artsandhealth.ie](http://artsandhealth.ie) Project Manager), Ailbhe Murphy (Create), Ann O'Connor (Arts Council), JP Swaine (HSE), Mark Breen (WHAT Board Rep), Alison Baker Kerrigan (AHCI Rep), Caroline Schofield (Artist Rep), Marielle MacLeman (Artist Rep), Gerardette Bailey (Arts Officer Meath County Council).

### Staff

Claire Meaney (Acting Arts Director), Maeve Butler (Acting Asst. Arts Director), Susan Crossan (Administrator), Stefanie Fleischer (Asst. Arts Administrator), Anne O'Hanlon Bermosa (Asst. Arts Administrator), Amy Power (Asst. Curator), Keith Irish (Art Installer), Damien McDonnell (Music Co-ordinator until October 2019), Eileen Reid (Music Co-ordinator from November 2019).

### Artists

Boyer Phelan, Philip Cullen, Mary Prendergast, Jane O'Brien Moran, Leah Clarke, Liam Merriman, Jill Bouchier, Lani O'Hanlon, Eoin O Meachair, Liam Kavanagh, Michelle Haberlin, George Higgs, Caroline Schofield, Ciara Harrison, Catherine Sweeney Brown, Liam Meaghar, Alan Browne, Adele Stanley, Susan Enticknap.

## CONTACT

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Photo Captions: (Front cover photos, clockwise from top left)

*Arts + Health: Check Up Check In 2019* afternoon workshop being led by Keynote Speaker Nigel Hartley, CEO Mountbatten Hospice; Artist Jill Bouchier during an *Open Gallery* dementia-inclusive art viewing session; *Rian: Imprint*, a new artwork by Roisin de Buitlear, commissioned under the Per Cent for Art Scheme, installed in the new Dunmore Wing, UHW; *Playing House*, a temporary installation by artist Jennie O'Neill, in the foyer of UHW as part of the Well Festival of Arts & Wellbeing 2019; Musicians Michelle Haberlin, Liam Merriman and Liam Kavanagh on their way to a *Healing Sounds on the Wards* session on the Paediatric Ward, UHW as part of the Well Festival 2019.