



Waterford Healing Arts Trust Annual Report 2021

Contents

Welcome	2
Strategic Objective 1: Delivering excellence in artistic programming in healthcare and community contexts	2
Artist in residence	2
Art at the Kitchen Table	3
Arts Programme in Paediatrics – Art Kart and Storytelling	4
Arts programme Renal Dialysis	5
Artist on Call	5
Arts Programme in Palliative Care	6
Iontas Arts & Mental Health Programme	7
Open Studio	9
Open Gallery: Dementia Inclusive Art Viewing Programmes	9
Staff Programme	10
Well, Festival of Arts & Wellbeing	10
Healing Sounds	11
Strategic Objective 2: Adapting our work to the realities of Covid during 2021	13
Strategic Objective 3: Supporting artists to deliver arts and health programmes	13
Strategic Objective 4: Transforming the Hospital Environment	14
Art Collection	14
Exhibition Programme	15
Public Art Commissioning	16
Strategic Objective 5: Championing Arts and Health Practice in Ireland	17
artsandhealth.ie	17
Continued delivery of our national work	19
Support arts and health practitioners through training, peer-learning and exchange	19
- Checking In	19
- Experience: Introduction to Arts, Health and the Older Person	20
Position the work of arts and health within relevant policy frameworks	21
Advocating for the integration of arts programmes into healthcare services nationally	21
Surviving or Thriving	22
WHAT People	24

Welcome

2021 was once again a challenging year due to the COVID-19 pandemic and Waterford Healing Arts Trust (WHAT) continued to find ways to brighten up the lives of patients and staff of University Hospital Waterford (UHW) and other healthcare settings through arts experiences. Due to public health restrictions, WHAT worked off-site until May, adapting our work and continually seeking ways to support patients and staff. We also continued our national work, leading the development of arts and health in Ireland and, in particular, supporting artists and arts and health practitioners through advice clinics, training and peer exchange.

In early 2021, Waterford Healing Arts Trust developed a one-year strategy responding to the continuing pandemic and allowing time to develop a clear plan for launching the organisation as a national resource for arts and health in 2022. The outputs in this annual report are measured against the strategic objectives outlined in this strategy.

Strategic Objective 1: Delivering excellence in artistic programming in healthcare and community contexts

Strategic area: We will support the wellbeing of people by offering creative and responsive arts experiences across multiple settings

Artist in residence

Setting: Acute hospital - staff
Target: 12 sessions delivered by 2 artists, reaching 15 people
Actual: 36 sessions (a mix of zoom, recordings and in person) delivered by 1 artist, reaching 510 people



Telling the Story, with Joe Brennan

We were thrilled to welcome storyteller Joe Brennan to be our Artist in Residence for 2021. Under the project title *Telling Tales*, Joe worked with staff of UHW for six months, offering opportunities to experience oral storytelling in different ways, including a weekly *Thursday Tale*, a *Storytelling Lounge* and *Telling the Story*, a 12-week programme of storytelling workshops. Staff teams could also avail of one-off

Introduction to Storytelling workshops with their colleagues. Joe's encounters with healthcare staff and his observations of life at the hospital also led him to create *The Curing Walk*, an extraordinary new original story of hope in the midst of darkness, which captures the spirit of generosity and inherent goodness in people.

'A creative space within the clinical environment, a chance to switch from logical, clinical, results driven mindset to one where exploration, imagination are encouraged. I looked forward to that two hours – that literally created a space for listening – for creativity in a cluttered and busy day'. (UHW staff member and participant of Telling the Story)

Art at the Kitchen Table

Setting: Private Residence
Target: 23 sessions delivered by 1 artist, reaching 23 people
Actual: 14 sessions delivered by 1 artist, reaching 6 people

Art at the Kitchen Table (AKT) was developed in 2020 to support older people in Waterford city and county to make art in their own homes. Artist Caroline Schofield visits a person at home and they create art together: painting, drawing and collage/mixed media. The programme was developed to address the isolation experienced by older people who had had to cocoon at home for long periods of time during COVID and to offer participants a chance to develop a new, or re-ignite a previous interest in art. The project aimed to bring joy and creativity, to impact positively on wellbeing, and to support people to look forward as we emerge from COVID.



Art at the Kitchen Table



Art at the Kitchen Table

The actual number of sessions delivered through this programme were lower than targeted due to the ongoing pandemic restrictions during 2021, but the sessions resumed towards the end of the year. In addition, the participant numbers were lower because the programme methodology was adjusted so that each participant received three visits from the artist, instead of just one, in order to support the participants to develop sufficient skills and confidence to continue making art independently after the sessions finished. Art at the Kitchen Table was funded by Waterford City & County Council in 2021.

"I enjoyed the sessions immensely. It was the highlight of my mornings with Caroline...I think you are doing a wonderful job especially coming to the home where otherwise I would not be able to attend classes." (Art at the Kitchen Table participant)

"Thanks very much for having Caroline come today. She was just great with M, got him engaged and painting; she was great with him in a very nice and caring way... A great program as it's hard taking him out... Everything he does, she sees beauty in it. It does you good. For him, but for me too." (Primary carer of Art at the Kitchen Table participant)

Arts Programme in Paediatrics

Art Kart in Paediatrics

Setting: Acute hospital – paediatrics
Target: 12 sessions delivered by 1 artist, reaching 60 people
Actual: 8 sessions delivered by 1 artist, reaching 48 people



Art Kart Artist Eilis O'Toole

In late November 2021, artist Eilis O'Toole commenced working in the Paediatric Ward, UHW engaging children in art making at the bedside every Monday and Wednesday afternoon. Prior to starting, Eilis received mentoring sessions with Helium artist Eszter Nemethi. The number of sessions and participants reached was lower than targeted as the recruitment and induction process took slightly longer than planned, so the sessions began slightly later in the year.

Storytelling in Paediatrics

Setting: Acute hospital – paediatrics
Target: New programme, no targets set
Actual: 8 sessions delivered by 1 artist, reaching 48 people

Due to the relaxing of COVID restrictions in October 2021, Artist in Residence Joe Brennan commenced a series of storytelling sessions at the bedside of children and their parents in the Paediatric Ward, as well as telling stories to children who were waiting in the corridors for assessment.



Storyteller Joe Brennan on the Paeds Ward

“This is brilliant, it’s badly needed. Is this new? It should be here all the time. And for the older patients on the other wards.” (Parent)

Arts Programme Renal Dialysis

Target: 72 sessions delivered by 2 artists, reaching 15 people
Setting: Acute Hospital
Actual: 72 sessions delivered by 1 artist, reaching 9 people
Weekly tel calls and emails from WHAT Asst Director, reaching 5 people



Dialysis patient Ben Kelly with his sister at the Braveman launch

The Arts Programme in Renal Dialysis aims to provide patients with the opportunity to participate in art making and to develop artistic skills, to work with a trained artist, to provide a high quality experience and to lift their spirits, support motivation and reduce anxiety during treatment. In 2021, artist Philip Cullen delivered this multi-artform participatory programme for patients in Renal Dialysis, supported by the PuncHESTOWN Kidney Research Fund. Philip continued to develop his approach by engaging a patients from a distance via email, phone, Zoom and Skype.

Maeve Butler, WHAT Assistant Director, also supports long-term dialysis patients, particularly on writing projects such as memoirs and poetry. In 2021, to support the continuation of the WHAT Arts Programme during COVID-19, Maeve linked in on a weekly basis with a number of patients, identifying their needs and maintaining connections, seeking new ways to facilitate their interest in the arts programme. Philip and Maeve supported young renal patient Ben Kelly to produce *Braveman*, a comic book featuring a superhero who is both inspirational and entertaining, while offering the reader a rare glimpse into the challenges and camaraderie of life on dialysis. The comic was officially launched in November at B. Braun Wellstone Wexford Renal Care Centre where Ben now receives treatment. Maeve also worked closely with patient Liz McCue on a collection of short stories for her second book to be published by WHAT. Sadly, Liz passed away in December 2021. WHAT intends to publish this book posthumously in December 2022.

In 2021 artist Jill Bouchier was appointed to deliver in-person sessions in dialysis, to replace Boyer Phelan, who has retired. Due to COVID restrictions, Jill was unable to commence these sessions in 2021 as planned.

Artist on Call

Target: 20 sessions, reaching 10 people
Setting: Acute
Actual: Approx 40 packs disseminated in 2021

In 2021, the art resource pack *In Your Own Time* created by artist Caroline Schofield continued to be used for patients in UHW. This high quality resource pack includes art materials, images of paintings from the UHW art collection and information about each artist, along with some prompts to support patients to make their own art. This initiative was initially developed in 2020 and made possible with the generous support of Viforpharma. *In Your Own Time* was reprinted in 2021 and made available to the wider hospital with support from the Quality and Patient Safety team.

Arts Programme in Palliative Care & *Will you join me in getting lost, I know the way*

Target: 40 sessions delivered by 2 artists, reaching 14 people
Setting: Acute, Care Home, Private Residence
Actual: 14 sessions in total:
8 sessions at nursing home (1 artist collaborating with a resident/artist)
2 staff workshops delivered by 1 artist,
2 musician prep sessions delivered by 1 musician,
3 sessions at SEPCC with 5 musicians reaching 17 patients & 15 staff

The Arts Programme planned for Palliative Care was once again impacted in 2021 due to COVID and the delay in opening the new South East Palliative Care Centre. In its place, WHAT artist Caroline Schofield commenced working with artist Corina Duyn in 2021 initially through the Art at the Kitchen table programme and, subsequently, under a new experimental programme strand *Will you join me in getting lost, I know the way...* Corina is an artist, writer and puppet designer/maker living with ME (Myalgic Encephalomyelitis) and the progression of her condition resulted in her having to move into full-time nursing home care in 2021 at the age of 59. The increasing limitations imposed by her illness have taken a toll on her creative life and presented her with significant challenges to continuing to make art. Caroline Schofield began collaborating with Corina with a view to supporting her to continue to create art and they completed eight sessions together in 2021. They plan to continue in 2022.

When the new South East Palliative Care Centre (SEPCC) at UHW opened on a phased basis in September 2021, Caroline Schofield delivered two drop-in art making workshops in the WHAT Centre for Arts & Health in November for SEPCC staff to support them in their new roles and as an awareness-raising exercise, ie. by experiencing an art workshop with Caroline themselves, staff would gain a greater understanding of the impact/benefits such a session could have on their patients, in time.



SEPCC staff workshop with artist Caroline Schofield

Following two training and preparation sessions delivered by mentor musician Liam Merriman and SEPCC's Assistant Director of Nursing Mairead Bluett, a new programme of Healing Sounds music sessions commenced at the SEPCC in December 2021. Musicians working in pairs engaged with patients through live music brought to them through the garden door of each patient room, upon request. Four of the musicians also joined staff for their first Christmas party for staff and patients, the live music bringing a comforting and uplifting element to the evening, helping patients, family members and staff to relax together for a short while.

“The patients and families are so thankful for your service. The feedback has been all strongly positive. The benefit of the Healing Sounds has been great; One of the patients said ‘Ye are making memories for people; the value of this cannot be underestimated.’ The night staff report that after the session the patients are relaxed and relay to them how they enjoyed the music.” (Assistant Director of Nursing, SEPCC)



Healing Sounds outside SEPCC at Christmas time

“The music yesterday evening on Oak (Ward) has received great feedback from our patients and families. So great to see such a holistic and open atmosphere developing on the ward. Thank you for all that you do to make Oak a nourishing place to be and work.” (Director of Nursing, SEPCC)

Iontas Arts & Mental Health Programme

Target: 280 sessions delivered by 9 artists, reaching 100 people

Setting: Mental Health Settings

Actual: 313 sessions delivered by 9 artists, reaching 140 people

The COVID-19 pandemic brought continued challenges in delivering our Iontas Arts and Mental Health Programme in person for most of 2021. Artists and healthcare partners rose to the challenge of engaging people accessing the services to bring new ways of working that were appropriate to public health restrictions at the time. Artists Liam Merriman, Jane O’Brien Moran, Leah Clarke, Jill Bouchier, George Higgs, Lani O’Hanlon, Liam Meagher, Joe Brennan and Adele Stanley brought a varied programme including outdoor garden sessions across art form, online workshops and visual art packs to people accessing the mental health services.

Collaborative artworks were created with artist Liam Meagher and seven participants from Grangemore, a rehabilitation and recovery unit. A small exhibition titled 'Hilarious Imaginings' was held at Odhran Lodge in September 2021 to celebrate this creation of collaborative artworks.



Musician Liam Merriman

A mix of online and later in-person music workshops with musicians Liam Merriman and Leah Clarke and an average of twelve participants from Grangemore were held at St. Otteran's Hospital throughout 2021. Ten weeks of hand drumming sessions were held with musicians Liam Merriman and Jane O'Brien Moran, facilitated by Occupational Therapist Sinéad Long for nine participants from Aidan's unit at Waterford Residential Care. These lively sessions were trialled

originally for five weeks but proved so successful sessions were extended until the end of the year. Liam and Jane followed strict infection control procedures and engaged participants in animated sessions that incorporated gentle movement and music.

Online visual art workshops took place with artist Jill Bouchier and an average of eight participants from the Department of Psychiatry. Due to ongoing restrictions in acute settings visual art sessions remained online throughout 2021, with workshops remaining an engaging and creative space for participants.

Music workshops with composer and musician George Higgs and participants from Ard na nDeise, from the rehabilitation and recovery unit at Odhran Lodge, were held also in 2021. An average of eight participants took part in these weekly singing and percussion workshops. Sessions were full of fun and engaged participants in a variety of ways, depending on their musical and singing abilities.

From October to November 2021, ceramics art sessions for six community participants were led by ceramic artist Adele Stanley, expanding the programme to reach wider into the Waterford community with the support of the Community Mental Health Team.

Intas continued to be supported by a steering group comprising representation from mental healthcare professionals, service users and WHAT. The programme is funded by Waterford Wexford Mental Health Services. Director Claire Meaney managed the programme in 2021, with management handed over to the new Project Co-ordinator, Aisling Kennedy when she commenced working in August.



*Ceramics created
with artist Adele Stanley*

"All participants spoke of finding the sessions very calming. This was evident by the way they became absorbed in their work." (Occupational Therapist reflecting on the ceramics workshops with artist Adele Stanley)

Open Studio

Target: 36 sessions delivered by 1 artist, reaching 13 people

Setting: Private Residence

Actual: 9 sessions delivered by 1 artist, reaching 8 people

WHAT provides accessible art making opportunities for people who are socially isolated for reasons of ill health or disability through our Open Studio weekly visual art workshop led by artist Jill Bouchier in the WHAT Centre for Arts and Health. Unfortunately, due to the pandemic this workshop was postponed for most of 2021. Jill quickly adapted to working with participants by phone or by post and continued to connect with people at a level that is in keeping with their individual ability and ambition. The in-person workshop resumed in October 2021, much to the delight of the participants and their carers.

Open Gallery: Dementia Inclusive Art Viewing Programme

Target: 20 sessions delivered by 2 artists, reaching 32 people

Setting: Acute, Care Home, Private Residence

Actual: 14 sessions delivered by 2 artists, reaching 104 people (81 residents, 23 staff)

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. These sessions delivered by artists Caroline Schofield and Jill Bouchier are about all the participants making observations, describing, building connections and enjoying art together.

Due to ongoing restrictions at UHW it was not possible to deliver this programme on the elder care wards at hospital in 2021. When COVID-19 restrictions eased in September 2021, the Open Gallery programme resumed in person at Waterford Residential Care Centre (WRCC) and Aperee (Havenwood) Nursing Home following a series of online sessions in both locations in 2020.



Open Gallery at WRCC

“Through the encouragement from Caroline and Jill and the relaxed atmosphere throughout the sessions, our residents have grown in confidence and enjoy viewing the art and giving their opinion on it...they have really shown that art is for everyone and our residents have grown into the sessions and now enjoy giving their opinion because they know it will be received in a positive way.” (Activity Co-ordinator, Waterford Residential Care Centre)

Staff Programme

Target: 24 sessions delivered by 2 artists, reaching 16 people
Setting: Acute – Staff
Actual: 11 sessions delivered by 1 artist, reaching 8 people

In October 2021, we recommenced our series of Creative Writing for Staff Wellbeing with writer Lani O’Hanlon. Attended by eight staff members from various departments at University Hospital Waterford, the group met weekly on Zoom and worked towards creating a finished piece of poetry or prose which was shared back to the group at the last session in December 2021. The actual numbers reached were below the target because we were unable to deliver the sessions in person due to ongoing COVID restrictions.

“I enjoyed these creative writing sessions so very much. I felt they were incredibly beneficial for my overall wellbeing...It was so wonderful to experience writing, talking and sharing a giggle with a group of colleagues, all the while cultivating a skill that I have wanted to pursue for quite some time.” – Participant of Creative Writing for Staff Wellbeing

Well, Festival of Arts & Wellbeing

Target: 20 sessions delivered by 28 artists, reaching 600 people
Setting: Acute, Care Home, Private Residence
Actual: 1 event, 14 contributors, 39 people attending in person, 28 watched online



Claire Meaney, WHAT Director, at ‘Earthquake’ 2021

The Well Festival of Arts and Wellbeing champions and celebrates the health benefits of participation in the arts by everyone. The festival is presented by Garter Lane Arts Centre, Waterford City and County Libraries and Waterford Healing Arts Trust.

Having completed a hybrid festival in 2020, the partners embarked upon an independently facilitated review of the festival. The major recommendation of this review was that, despite the eight successful years of the festival to date, due to scheduling

challenges among the partners and within the wider Waterford community, the festival would change dates and, from 2022, would take place in February each year. To highlight this significant move, and to avoid having no Well presence at all in 2021, the festival hosted its annual much-loved flagship event *We haven’t had an earthquake lately...* at Garter Lane Arts Centre in October. This event celebrates the joy of reading and members of the public were invited to come along and enjoy an uplifting evening of readings and music, with guest MC Petra Kindler and well-known Waterford musician Paul Dillon. The exhilaration of coming together for a live in-person event was palpable among the participants and audience of literature lovers. The event was also live streamed.

The Well Festival is funded by the Arts Council, the HSE, the Department of Social Protection, Waterford City and County Council and Sanofi. ‘We haven’t had an Earthquake lately’ was supported by The Book Centre Waterford.

Healing Sounds

Setting: Acute hospital, care home
Target: 20 sessions delivered by 5 artists, reaching 2686 people
Actual: 23 sessions (a mix of video recordings and indoor and outdoor sessions) delivered by 5 artists, 2923 reaching people



Healing Sounds Outdoors

Healing Sounds is a programme of live music engagement which aims to soften the clinical environment and reduce anxiety for patients and staff. Due to the continuing COVID-19 pandemic, in 2021 the Healing Sounds team of musicians were unable to deliver live music experiences at the bedside of patients at UHW. As an alternative, the Healing Sounds team – Liam Merriman, Eoin O Meachair, Alan Browne, Liam Kavanagh and Michelle Haberlin – delivered a series of outdoor sessions at UHW from May to September 2021, reaching many more patients and staff. This was an opportunity for the programme to be delivered to as many patients and staff in the hospital as possible, during and within COVID-19 restrictions.

Following sessions in Waterford Residential Care Centre (WRCC) and Waterford Cheshire during Well Festival 2020, and due to ongoing restrictions at UHW, the Healing Sounds programme continued to develop in these settings from October to December 2021. The team performed in pairs in the atrium of WRCC, followed by visits to the bedsides of residents at the Farronshoneen and Ferndale households (wards), alternating each visit. The ongoing pandemic allowed time for the musicians along with the team at WHAT to pursue further training. Liam Merriman delivered a refresher session prior to returning to the ward setting (WRCC & Cheshire).

In 2021, the musicians also continued to create video recorded Musical Postcards for patients and staff. The team used the 'Acapella' app to remotely record and master the musical postcards to a higher standard this year.



Musical Postcards created by Healing Sounds musicians using Acapella app



Healing Sounds musicians with new WHAT jackets, outdoors, 6 Dec 2021

A branded jacket was produced for the team in 2021 which meant that they would be prepared for colder outdoor sessions into autumn and winter, weather and COVID-19 restrictions permitting.

See also previous 'Arts Programme in Palliative Care' for Healing Sounds at SEPCC.



Healing Sounds at WRCC

"When everyone is singing in unison it is very uplifting, but I think for me when they play for an individual resident in their room, maybe someone with advanced dementia... you can see the power of music having a positive effect on that individual." (Activity Co-ordinator, WRCC)

Strategic Objective 2: Adapting our work to the realities of COVID during 2021

2021 continued to be a challenging year to work in healthcare contexts due to restrictions imposed with the ongoing COVID-19 pandemic. Throughout the year, the arts and health programme continued to be delivered in a flexible way, using a blended delivery model to connect with participants. This involved using phone, art packs, post, Zoom/Skype sessions, recorded videos and podcast recordings, in addition to in-person outdoor and indoor sessions, depending on the public health measures at the time.

Strategic Objective 3: Supporting artists to deliver arts and health programmes

The Healing Sounds music programme includes ongoing mentorship of three mentee musicians by senior musicians Liam Merriman and Eoin O Meachair. The team regularly met in 2021 for ongoing repertoire development. Liam Merriman delivered a refresher session for all musicians prior to returning to the ward setting at WRCC and Cheshire. Two special training events with the Palliative Care nursing team from SEPCC took place prior to delivering the programme in this setting.



Healing Sounds musicians refresher session

The Iontas team of artists exchanged practice and developed new ideas through a series of online meetings in the first quarter of 2021.

Philip Cullen mentored artist Jill Bouchier who will be delivering art sessions in the Dialysis Unit in 2022.

The new Art Kart in Paediatrics artist Eilis O'Toole received online mentoring from Helium artist Eszter Nemethi before commencing work on the ward in November 2021.

All WHAT artists were invited to attend an online Equality, Human Rights and Diversity (EHRD) training session with Maureen Gilbert in September.

This EHRD training was part of a larger Consortium Training series with national organisations Create, Age & Opportunity and Arts & Disability Ireland funded by the Arts Council Capacity Building Support Scheme. Through this programme four WHAT staff members received training which will, in turn, increase their capacity to manage arts and health programmes and to support artists to deliver these programmes. The training programmes included:

- digital training with UK-based Studio We and Us re navigating online platforms, various digital tools and the ethics of the digital space;

- online facilitation skills, methodologies, community and movement building, with Dirk Slater (Fabriders), who educates and facilitates discussion around social change issues;
- interactive workshops examining current legislation and key considerations around developing an Equality, Diversity and Inclusion policy, with disability and equality consultant Maureen Gilbert;
- EDI policy development with UK based Hassan Mahandaile and Francesca La Morgia, of Mother Tongues Festival.

Strategic Objective 4: Transforming the Hospital Environment

Strategic Area: We will transform the hospital environment through the arts

Art collection

Target: Monitor/audit existing art collection (very limited access expected in 2021)

Setting: Acute

Actual: Monitor existing 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.



Kate Quinn commission

Up to May 2021, the WHAT team was working offsite while the art collection continued to soften the clinical environment and invite patients and staff to engage with contemporary art in our absence. In July 2021, WHAT and the Renal Home Therapies Team commissioned artist and renal dialysis patient Kate Quinn to create two light box artworks for the Renal Home Therapies unit at UHW. This commission was funded by the Waterford Branch of the Irish Kidney Association.

In August 2021, Aisling Kennedy commenced working with WHAT as Project Co-ordinator with responsibility for the management of the Art Collection and delivery of the Exhibition Programme. With this increase in our organisational capacity, we were able to monitor the art collection and recommence responding to artwork requests, repairs and donations.

Exhibition Programme

Target: 1 exhibition Q4 2021

Setting: Acute

Actual: 1 exhibition Q4 2021, plus 3 Staff Art Wall exhibitions



Goat Island, by Donna McGee

In 2021, WHAT curated and presented the sixth of its series of exhibitions entitled *A Better Place*. This series invited artists to submit works they consider will make UHW a better place for patients, staff and visitors by enhancing the hospital environment. Submissions from 55 artists were received and the artwork images were anonymised as part of the selection process. Hospital staff were invited to vote on their favourite artwork submissions after viewing the images displayed in UHW. The chosen artist was Donna McGee, a self-taught artist from Dublin and her *A Better Place* exhibition was on show from December 2021 to February 2022.



Laura Grimes

In 2021, the Staff Art Wall, a WHAT initiative designed to celebrate the creativity of HSE staff, featured the artworks of three staff members:

- A photography exhibition by Adrian Crellin entitled *5K*. Adrian works as a Clinical Nurse Manager on the Cherry Ward (oncology) at UHW.
- *Frozen Forests*, a collection of photographs by Eileen Reid, Music Co-Ordinator with WHAT.
- *Colour and Light*, an absorbing collection of watercolours by Laura Grimes, who is based in the Pathology Department of UHW.

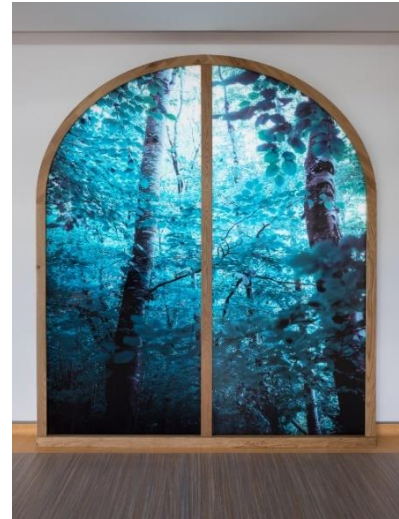
Public Art Commissioning (healthcare capital projects)

Target: Install 2 current commissions (mortuary) and commence 2 new commissions to install 2022

Setting: Acute

Actual: Installed 2 commissions (mortuary) and commenced 1 new commission to install 2022

In July 2021, Waterford Healing Arts Trust supported the installation of artworks by artists Conall Cary and Marielle MacLeman at the new Mortuary in UHW, under the Per Cent for Art Scheme. The mortuary provides a dignified, efficient, and compassionate service that attends to the needs of relatives and the respectful care of the deceased. Conall Cary and Marielle MacLeman's proposals were selected as part of a competitive process as they reflected the mission of the mortuary to provide a supportive, comforting and peaceful environment at a difficult time. Inspired by botanical walks filled with the flora and ferns of County Waterford, Marielle created a series of collages and digitally printed murals for the intimate spaces of the Mortuary. Conall created a lightbox artwork inspired by concepts of radiance, balance, and nature to evoke feelings of calm and serenity.



Conall Cary



Marielle MacLeman



In partnership with the HSE Capital Projects Team, WHAT also commenced project managing the commissioning of artwork through the Percent for Art Scheme for the new Cardiac Catheterisation Laboratory at University Hospital Waterford.

Strategic Objective 5: Championing Arts and Health Practice in Ireland

Strategic Area: Continued promotion of best practice in arts and health through www.artsandhealth.ie

- Activity:** Generate content that is relevant, current, engaging, thought provoking and inspiring, reflecting geographic spread, diverse art forms and broad healthcare contexts
- Target:** Continued resource content generation (national and international): current news from the sector, 12 case studies, 4 commissioned opinion pieces
- Actual:** 152 news items from the sector added to the site in 2021, 12 case studies commissioned, 3 opinion pieces commissioned
- Activity:** Ongoing content quality assurance
- Target:** Rebuild the website with mobile functionality and responsive web design
Review and enhance website accessibility and navigation/functionality
- Actual:** Commenced redesign of new website to be launched in 2022
- Activity:** Specific COVID-related supports for artists and healthcare professionals
- Target:** 3 artists' bursaries; Establish user-led online Networking Hub; COVID resource page and private advice sessions; Commission COVID Chronicles and Poetry Prescriptions
- Actual:** 3 artists' bursaries awarded in 2021; User-led online Networking Hub – deferred due to funding; COVID resource page updated; 7 private advice sessions; 1 Poetry Prescription featured on site
- Activity:** Increase awareness about the site and arts & health practice
- Target:** Bi-monthly online conversation; 10th anniversary public celebration;
Link site to arts and health initiatives / events across Ireland
- Actual:** 3 curated online conversations have taken place with a combined audience of 496 people (live attendees / video views); An online panel discussion exploring the theme "Looking to the Future: Arts and Health in Ireland" took place on 22 Oct attended by 68 people to commemorate the 10th anniversary of artsandhealth.ie
- Activity:** Maintain an effective Editorial Panel
- Target:** Rotate panel members to bring new representation on board: Spring – HSE; Autumn – Healthcare professional, WHAT Committee, AHCI (Arts and Health Co-ordinators Ireland), ALAAO (Association of Local Authority Arts Officers)
- Actual:** New artist rep and WHAT Board rep joined the panel in September 2021; a member of HSE Health and Wellbeing Division will join the Editorial Panel in 2022.

WHAT supports the development of arts and health nationally via artsandhealth.ie, a comprehensive 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. Content reflects a regional spread and a range of art

forms and healthcare contexts. Where relevant, site content is linked to existing research in the field.

A cross-sectoral editorial panel comprising representation from the Arts Council, Create, AHCI, ALAAO, artists and the HSE continues to guide the content and direction of the site. In 2021, in response to the COVID-19 pandemic, artsandhealth.ie continued to develop supports and initiatives for arts and health practitioners. In addition, site content highlighted the experiences of practitioners, healthcare staff and health service users at this unprecedented time and the new pathways that have been forged to engage with healthcare communities.

In 2021, these supports and initiatives included:

- A bursary offered on a competitive basis to artists working in healthcare to reflect on their participatory practice. This follows from a similar bursary in 2020 developed in response to the curtailment of arts programming in health settings. Three awards were offered in 2021: to visual artists Ciara Harrison and John Conway, and songwriter and musician Sadhbh O'Sullivan. Outcomes arising from the 2020 bursary were disseminated via artsandhealth.ie, including a digital publication by dancer Helga Deasy and an audio reflection by writer Sylvia Cullen).
- A public webinar series of curated conversations featuring arts practitioners and healthcare professionals. These conversations provided in-depth insights into arts and health practice and the possibilities and challenges of working in a changed health landscape. Conversation themes included New Pathways to Connect, Cultural Leadership and Public Art in Healthcare. The conversation series had reached an audience of 635 people by December 2021 (live attendees and video views).
- Case studies focusing on projects created or re-developed in response to the pandemic to inspire practitioners and aid peer learning.
- Commissioned perspectives exploring the landscape of arts and health during times of physical distancing from the viewpoints of an arts and health co-ordinator, a healthcare professional and a health service user.
- The Arts Council Collection in Healthcare Settings: This series, developed in partnership with the Arts Council Visual Arts Collection Department, showcases artworks on loan from the Arts Council Collection to clinical settings across Ireland. Artworks are chosen by participating health settings and insights from contributors have shone a light on how art can inspire and provide solace at a time marked by the physical absence of artists in health settings. In 2021 this series featured Arts Council artworks on loan to University Hospital Limerick, St Vincent's Hospital, Dublin and St James' Hospital, Dublin.

In 2021, artsandhealth.ie continued to encourage greater participation by the healthcare sector in contributing to site initiatives and content, while also recognising the pressures faced by the sector. In the main, health professionals contributed to less time-intensive initiatives including the Conversation series, the Arts Council Collection series and Poetry Prescriptions (sharing poems they have written or been inspired by).

To commemorate the 10th anniversary of artsandhealth.ie an online panel discussion took place on 21 October exploring the theme “Looking to the Future: Arts and Health in Ireland” and was attended by 68 people.

As part of the redevelopment of the artsandhealth.ie website, made possible through funding from the Arts Council’s Capacity Building Support Scheme 2020, extensive R&D was conducted in 2021, including a focus group, one-on-one interviews with stakeholders, a survey and a site audit. The aim of this redevelopment is to make the website an appealing space for the artists, arts professionals, healthcare communities and researchers who are engaged or interested in arts and health. The main programming for the site, in addition to final coding and user testing was scheduled for completion by March 2022.

artsandhealth.ie experienced a decline in visitor numbers in 2021 compared to 2020 (5.5% decrease in total website visitors over an 11 month period, based on data from Google Analytics). In 2021, 39,023 site visits were recorded from January – November, compared to 41,200 site visits in the same period in 2020. In fact, visitor growth has slowed substantially since 2018 as technology usage has changed, eg. the number of users accessing the site via mobile phone has increased (mobile accounted for 50.4% of users in 2020 compared to 31% in 2016), but the website as it stood in 2021 was 10 years old and was not mobile compatible. Overall, the website infrastructure could no longer meet the evolving digital viewing habits of visitors to the site. With the launch of the new site in March 2022, it is anticipated that there will be a corresponding increase in visitors due to significant advances in its functionality, i.e. its mobile responsive configuration, more user friendly navigation and emphasis on keeping visitors on the site via content personalisation and a built-in tagging and category system.

Strategic Area: Continued delivery of our national work through other WHAT actions / initiatives

Activity: Support arts and health practitioners through training, peer-learning and exchange

Targets: 2 national “Checking in” events (total 160 participants)
Programme of international peer exchange and networking online for arts and health practitioners (10-12 participants)

Actual: 1 “Checking In” event (7 speakers and 65 participants)
3 day Experience, Introduction to Arts, Health and the Older Person (14 speakers and 18 participants)

Checking In

WHAT hosted Checking In, an online session of reflection and renewal in arts and health practice, on 30 November 2021. This was scheduled in lieu of *Check Up Check In*, our national networking conference event which was postponed due to the pandemic. It was open to healthcare professionals, arts practitioners and anyone interested in the learning more about the exciting field of arts and health. It featured performances from Justin Grounds,



Checking In November 2021

composer and violinist with Arts for Health West Cork and leading examples of new arts and health practice for the current pandemic era including:

- *Tune In with The Happiness Ensemble* with Aoise Tutty Jackson
- *Adventures in Storytelling* with Joe Brennan
- *A Bird at My Window* with Manuela Corbari and Sarah Fuller
- *The Man in the Middle* with Dr Paul Hartel

Presentations were followed by *A Sensual Life*, a workshop for all attendees, where writer and dance artist, Lani O’Hanlon, encouraged participants to cherish their imagination, sensuality and playfulness through creative writing. The event was attended by 68 people.

“Always a very useful and informative forum to hear from artists around the country and full of interesting practical tips with shared experiences.” – Attendee

Experience, Introduction to Arts, Health and the Older Person

This online learning programme, was held over three mornings in December 2021, in partnership with Age & Opportunity, Waterford Healing Arts Trust and Uillinn West Cork Arts Centre. The programme outlined the essential elements involved in working with older people in an arts and health and/or community context, and featured presentations by some of the most experienced and inspiring practitioners working in this specialised field of practice.



Experience was devised in response to the need for more training and practical orientation for arts practitioners who already have experience of participatory work in a health and/or community context, and who are interested in developing their practice to include working with older people. The programme aimed to be inspiring and pragmatic, and participants gained an overview of approaches and ways of thinking in this rewarding area of work, practical information and advice for different art forms and disciplines, valuable insight from recent case studies, and opportunities to share ideas and build contacts with their peers.

The exciting line-up of speakers included Consultant Geriatrician Dr Paul Finucane, Clinical Nurse Manager Margo Daly, Activities Director at Bantry General Hospital, Sarah Cairns, dance artist Philippa Donnellan, musician Liam Merriman, artist Caroline Schofield, composer Justin Grounds, collaborative theatre company Outlandish Theatre Platform, Director of Creative Ageing International Dominic Campbell and Project Co-ordinator of artsandhealth.ie Emma Eager, with additional contributions from Tara Byrne (Age & Opportunity), Claire Meaney (Waterford Healing Arts Trust) and Justine Foster (Uillinn West Cork Arts Centre). This training event was attended by 18 artists.

“It was such an amazing and inspiring few days, full of essential information and lovely to get the chance to meet other practitioners and people working in this area. Thank you so much!” – Participating artist

Activity: Positioning the work of arts and health within relevant policy frameworks and advocating for the integration of arts programmes into healthcare services nationally

Targets: Engage in the conversation happening at government departmental level re: arts and health policy
Work with peer organisations to launch arts and health campaign to influence policy
Continued involvement in Arts Council working group to develop arts participation policy
Support research work “Mapping arts and health in the Midlands”
Active membership of AHCI and involvement in working groups

Actual: See narrative below

In late 2020, a Memorandum of Understanding was signed by Government departments (Arts Council, HSE Healthy Ireland, Creative Ireland and Dept of Health/ Slaintecare) ‘concerning the use of creative programming to deliver national health and wellbeing policies and strategies’ with a programme of work agreed over a two-year period (2021-2022). The WHAT Director Claire Meaney was interviewed by a member of this group in 2021 to inform their research.

In October, Claire attended an online consultation meeting with the Arts Council and 6 other arts and health managers about the development of a new Arts Council Arts Participation Policy. In November, Claire attended a meeting hosted by the HSE in relation to experiences of arts and health in the HSE.

WHAT supported *Mapping Arts & Health across the Midlands*, a research project funded under the Arts Council’s Invitation to Collaboration Scheme 2020 and led by the Arts Office of Laois County Council, working in collaboration with partner organisations Offaly County Council Arts Office, Westmeath County Council Arts Office, Anam Beo, Helium Arts and Music Generation (Offaly/Westmeath). The research was carried out by researcher John O’Brien and completed in June 2021.

WHAT staff members Claire Meaney, Maeve Butler, Aisling Kennedy and Emma Eager are members of Arts and Health Co-ordinators Ireland (AHCI) network and attend monthly meetings. Claire was a member of a subgroup for AHCI which managed a significant research project which sought to map arts and health activity in Ireland. This research was carried out in 2020 and published in early 2021.

Recognising the importance of keeping up to date with developments internationally, and building international links, Claire Meaney, Maeve Butler and Emma Eager virtually attended the Culture Health and Wellbeing Conference *Inequality, Power, Sustainability* in the UK in June 2021 and Maeve Butler attended the conference on Arts in Palliative Care: *(un)learning for uncertain times*, hosted by St Columba’s Hospice, Edinburgh in October 2021. New international links have emerged from both of these events and follow up knowledge and practice exchange has taken place.

Surviving or Thriving

Activity: Support the wellbeing of arts professionals during the COVID crisis: “Surviving or Thriving?” programme presented by WHAT in partnership with the Arts Council

Targets:	6 public discussions with arts professionals, made available through podcasts on WHAT website (250+ participants per discussion) 6 follow-up workshops to focus on self-care approaches (20 participants per workshop) Develop suite of resources for continued support of arts practitioners
Actual:	Panel exchange attendees: 531 Workshop attendees: 105 Podcast listenership: 391 (to June 2021, submission of report to Arts Council) Resource page views: 482

In March 2021, the Arts Council/An Comhairle Ealaíon and Waterford Healing Arts Trust (WHAT) launched an innovative new online series designed to support the wellbeing of arts professionals in Ireland, with particular relevance to the present COVID-19 pandemic. Entitled *Surviving or Thriving?* the series of panel discussions, workshops and podcasts, were open to all those working in the arts in Ireland, and aimed to strengthen resilience, restore confidence and promote connectedness across the arts sector. The programme featured panel exchanges chaired by psychologist Dr Maureen Gaffney, with guest speakers from a range of art forms, including writer Anne Enright, musician Eleanor McEvoy and artist Austin Ivers, in addition to follow-up workshops and online resources exploring self-care and wellbeing. *Surviving or Thriving?* took place over three weeks from 15 March to 01 April 2021, with podcasts and other online resources available ongoing on the WHAT website.

Surviving or Thriving? was developed in response to the cessation of arts activity due to the COVID-19 pandemic, which had a profound professional and personal impact on artists and arts workers, with major structural impacts for organisations. This impact was detailed in the Arts Council report *Survive Adapt Renew*, published by a special Advisory Group to the Arts Council in June 2020 as an early response to the onset of the COVID-19 pandemic. This report included among its recommendations the need for a commitment to building resilience, inclusion and sustainability in the sector as it faces into the future.

Each element of *Surviving or Thriving?* sought to inspire and support, while acknowledging current challenges and realities. Recognising the need to break through the saturation of online events available and to offer real value to the target audience of arts professionals, WHAT liaised with national and regional art form and development organisations who offered their expertise and guidance in developing the programme and putting together a high calibre line up of speakers. These organisations included Music Network, Visual Artists Ireland, Theatre Forum, Words Ireland, Create, Age and Opportunity, Minding Creative Minds and Dance Limerick.

Surviving or THRIVING?

SUPPORTING WELLBEING IN THE ARTS SECTOR

From **Waterford Healing Arts Trust**,
in partnership with the **Arts Council**.

An online series of panel discussions, workshops and resources seeking to strengthen resilience, restore confidence and promote connectedness across the arts sector.

Chair: Dr Maureen Gaffney
Mon 15 March – Thurs 01 April, 10.30am daily (online)

Adm free but booking required.
Further details and to book: artsCouncil.ie or waterfordhealingarts.com



Surviving or Thriving flier. A suite of artwork was created for each strand of the Surviving or Thriving series: Visual Art, Literature, Theatre, Dance, Music and Arts Participation

WHAT People

WHAT Board

Catherine Drea (Chairperson), Aidan Barrett (Treasurer), Anne Woodworth, Claire Tully, Carmel Ann Daly, Joan Dalton, Shirley O'Shea, Mary Dorgan (until June 21), Tom Cunningham, Mark Breen, Suzanne Parker (until August 21)

Staff

Claire Meaney (Director), Maeve Butler (Asst. Director), Susan Crossan (Administrator), Aisling Kennedy (Project Co-Ordinator, from August 2021), Stefanie Fleischer (Asst. Arts Administrator until October 2021), Anne O'Hanlon Bermosa (Asst. Arts Administrator), Eileen Reid (Music Co-ordinator), Ann Murphy (Asst. Arts Administrator from November 2021) and Mark Donohue (Art Installer from November 2021).

Editorial Panel of artsandhealth.ie

Claire Meaney (WHAT Director), Emma Eager (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), Marielle MacLeman (Artist Rep), Tess Leak (Artist Rep), Gerardette Bailey (Arts Officer Meath County Council).

Artists

Philip Cullen, Jane O'Brien Moran, Leah Clarke, Liam Merriman, Jill Bouchier, Lani O'Hanlon, Eoin O Meachair, Liam Kavanagh, Michelle Haberlin, George Higgs, Caroline Schofield, Liam Meaghar, Alan Browne, Adele Stanley and Joe Brennan.

Contact

Waterford Healing Arts Trust (WHAT), The WHAT Centre for Arts and Health, University Hospital Waterford, Dunmore Road, Waterford, X91 ER8E.

Tel: 051 842664 | E-mail: WHAT@hse.ie

www.waterfordhealingarts.com | www.artsandhealth.ie

Registered charity no.: CHY 13173

Charities Regulatory Authority reg no.: 20040284