



Waterford Healing Arts Trust Annual Report 2022



An Roinn Coimirce Sóisialaí
Department of Social Protection

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Welcome

In 2022, 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. 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 addition to delivering the arts and health programme, throughout the year, the executive management team and the board worked towards the development of a three year strategic plan 2023-2025, outlining a clear plan for launching as a national resource organisation for arts and health in Ireland.

The outputs in this annual report are measured against the strategic objectives outlined in our 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 Programme

Setting: Acute hospital - staff
Target: 12 sessions delivered by 2 artists, reaching 15 people
Actual: 27 sessions delivered by 1 artist, reaching 67 people



The Artist in Residence programme is open to all art forms, supports emerging and mid-career artists and focuses on the collaborative process rather than the production of a new body of work, while not excluding the possibility of the latter.

We were thrilled to welcome Catarina Araújo to be our Artist in Residence from September to December 2022. Catarina is a Cork-based visual artist and was selected through an open competition. Originally from Portugal, Catarina holds an MA in Art

and Process from MTU Crawford College of Art and Design. Working with sculpture, printmaking and film, her practice researches mental health and behavioural patterns by exploring the connection between the body, mind and past experiences. She aims to expand the field of art and mental health, using artistic approaches to explore new methods of addressing mental health distress.

As access to patients at UHW was still limited due to COVID-19 restrictions, Catarina focussed on creatively collaborating with staff at the hospital. Through her project Pause || Play, she offered staff the opportunity to take some creative time out from their busy lives through drop-in sessions at lunchtime and a series of evening workshops, where individual concepts were developed through conversations, leading to the creation of small-scale sculptural work. Catarina also offered bespoke art making experiences to healthcare teams at their workplace.

Art at the Kitchen Table (Participatory Programme for the Older Person)

Art at the Kitchen Table

Setting: Private Residence

Target: 23 sessions delivered by 1 artist, reaching 23 people

Actual: 65 sessions delivered by 3 artists, with average of 1 participant per session.

Art at the Kitchen Table Studio

Setting: WHAT Centre for Arts + Health and Old Market Arts Centre, Dungarvan

Target: No target set

Actual: 27 sessions, 2 artists, with average of 11 participants per session. (14 sessions, 1 artist, with average of 7 participants - Waterford). (13 sessions, 1 artist, with average of 4 participants per session - Dungarvan).



*Art at the Kitchen Table 2022
(West Waterford participant)*

Led by artists Caroline Schofield, Eilis O’Toole and Jill Bouchier, Art at the Kitchen Table (AKT) continues to bring art making opportunities to people in their own homes, supporting participants to create art independently, beginning with a conversation and a creative invitation. This programme aims to provide opportunities for older people who continue to be isolated for various reasons, to discover or reignite an interest in art and to develop the necessary skills to continue making art independently after their AKT sessions have concluded.

In 2022, realising that the participants wanted to continue their art making under the guidance of the artist, WHAT set up two AKT Studios, in the WHAT Centre and in the Old Market Arts Centre in Dungarvan. This strong link with West Waterford has been particularly supported by Waterford City and County Council Arts Office. The AKT Studio provides an opportunity for individuals who have completed their initial block of three one-to-one sessions with the artist in their own homes, to come together as a group and explore art making together. In this way, participants are further developing their art making skills and making an important step back into society.



Art at the Kitchen Table Studio 2022

The actual number of sessions delivered through this programme was higher than targeted due to the easing of restrictions from COVID-19 and generous funding from Waterford City and County Council, which allowed us to grow the programme.

In December, as part of *Experience 2022: Introduction to Arts, Health & the Older Person* training for artists to work with older people, AKT participant Roger Green generously agreed to be the subject of an 'In Conversation' with WHAT Assistant Director Maeve Butler, in order to offer a valuable insight about his experience of the programme to the participating artists.

"I looked forward to switching off from myself and the mountain in the home" (Participant)

"As a family carer, I thoroughly enjoyed attending the studio sessions with my Mum. I enjoyed the chat about a selected painting and the chance to be creative and see my Mum respond to the creative environment and the very positive effect on her mental wellbeing" (Participant)

Arts Programme in Paediatrics

Art Kart in Paediatric Ward

Setting: Acute hospital – paediatrics
Target: 96 sessions delivered by 1 artist, reaching 150 people
Actual: 83 sessions delivered by 1 artist, with an average of two participants per session.



Art Kart Artist Eilis O'Toole

WHAT's Art Kart continued to provide opportunities to young patients in UHW to experience the intrinsic benefits of the arts in 2022. Artist Eilis O'Toole creatively engages hospitalised children in visual art making at their bedside.

Eilis brings a range of skills and experience to this role, in particular her training in working with children with sensory issues and other complex and diverse needs. Employing an inclusive, person-centred approach, Eilis continues to make a profound impact on the ward, engaging all paediatric patients who wish to participate in art making at levels appropriate to their needs and capacity. Children are offered the opportunity to exhibit their work in colourful frames created especially for the Paediatric Ward, located along a corridor leading to the entrance to the ward. The artist fees for this programme are funded by the HSE.

"It was a good experience. It was fun. Loved mixing all the colours"
(Parent)

Storytelling in Paediatrics

Setting: Acute hospital – paediatrics
Target: New programme, no targets set
Actual: 27 sessions delivered by 1 artist, reaching 249 people



Storyteller Joe Brennan in the Paediatric ward

Following storyteller Joe Brennan’s successful residency in 2021 at University Hospital Waterford and his pilot programme in the Paediatric Ward, WHAT continued to provide Storytelling sessions in the Paediatric Ward one afternoon per week in 2022. These sessions continue to be very warmly received by patients, family members and staff and are an ideal fit for this setting. Storytelling in Paediatrics is funded by the Hospital Saturday

Fund and a video about this programme featured at *The Art of Being Healthy and Well: National Symposium* in June. The symposium explored the role of creativity and arts in health and wellbeing and was organised by the Creative Ireland Programme, the Department of Health (Healthy Ireland), the Health Service Executive and the Arts Council.

“I think you are doing a spot on job. Passed away the time, he enjoyed his time. He was saying he loved the stories and was talking about it afterwards” (Parent)

While it has been the intention of WHAT to also offer storytelling on the wards dedicated to care of the older person at UHW, to date access to these wards is still restricted in the context of COVID-19.

Arts Programme in Renal Dialysis

Target: 72 sessions delivered by 2 artists, reaching 15 people
Setting: Acute Hospital – Chronic Dialysis Unit
Actual: 49 sessions delivered by 2 artists, reaching average of 3 participants per session.

The Arts Programme in Renal Dialysis aims to provide patients with the opportunity to participate in art making, to develop artistic skills and to work with a trained artist. The programme provides a high quality experience, which lifts spirits, supports motivation and reduces anxiety during treatment. The programme is also beneficial to staff, as they see another side to their patients and the art making sessions provide new opportunities for connection and conversation.



Arts in Renal Dialysis

In 2022, artist Philip Cullen and WHAT Assistant Director Maeve Butler continued to deliver this multi-artform participatory programme for patients in Renal Dialysis, supported by the PuncHESTOWN Kidney Research Fund. They were joined in September by WHAT artist Jill Bouchier.

In the first part of the year, Philip continued to develop his approach by engaging patients from a distance via email, phone, Zoom and Skype. Maeve supported long-term dialysis patients on writing projects, linking in on a weekly basis to identify needs and maintain connections.

Due to the easing of COVID-19 restrictions, and following the agreement of a new infection control protocol for artists working in renal dialysis, WHAT resumed in person sessions in the Renal Dialysis Unit in September 2022, delivered by Philip Cullen and Jill Bouchier. Jill has worked with WHAT for many years, delivering a wide range of programmes. She delivered 12 sessions in Renal Dialysis to the end of the year, using the Art Kart model. Jill received mentoring from WHAT management and from Philip, who has developed a deep knowledge and understanding of the dialysis setting over the last 15 years. Philip continued to have access to WHAT training supports and regular evaluation meetings.



Launch of Alfie's Escapades, by Liz McCue

In December 2022, WHAT hosted the posthumous launch of *Alfie's Escapades*, by long-term renal dialysis patient Liz McCue, to coincide with the first anniversary of Liz's death.

In the wider renal world, Maeve Butler gave presentations on the WHAT Arts Programme in Renal Dialysis to the **Irish Nephrology Nurses Association** conference in May 2022 and to the **Shared Haemodialysis Care Forum (UK)** in August 2022. WHAT was also invited to join the **PAINT Project** (International MaPping Exercise of Arts Interventions in ReNal UniTs) led by Queens

University Belfast (QUB). This research project will conduct a global mapping of arts interventions for people living with kidney disease with a view to identifying policy recommendations for future work in this area. The PAINT Project is funded by both the Northern Ireland Kidney Research Fund and the QUB Global Research Partnerships Development Fund and the project partners include WHAT, the World Health Organisation, Queens University Belfast Renal Arts Group (RAG), the Center for Arts and Health at the University of Florida, and Dr Mayleen Laico from the Chong Hua Hospital, Philippines.

The Arts Programme in Renal Dialysis is funded by the PuncHESTOWN Kidney Research Fund.

Will you join me in getting lost... I know the way?

Target: No target set
Setting: Nursing Care Home
Actual: 2 x 10 week block of art making sessions delivered by one artist to one participant and an extended research phase



Corina Duyn & Caroline Schofield at GOMA to recce for their exhibition

WHAT artist Caroline Schofield and artist Corina Duyn continued their collaborative art making in 2022. This is an unusual project because Corina lives in a nursing home. Over the course of the year, they spent time learning, being surprised, inspired and excited by each other, their practice, their methods and their approaches, and they began to shape a way of working together, a new creative process which allows Corina to push the boundaries of her physical limitations and realise her artistic ambitions. With funding from Creative Ireland/Waterford, Caroline and Corina began working towards a major exhibition, which will take place in GOMA Gallery of Modern Art in January 2023. The focus of the exhibition will be Corina's journey into nursing home care at the age of 59.

"There is always a way" (Corina Duyn)

Iontas Arts & Mental Health Programme

Target: 280 sessions delivered by 9 artists, reaching 100 people
Setting: Mental Health Settings
Actual: 341 sessions delivered by 10 artists, participants experienced the arts through Iontas 3,447 times in 2022.



Musicians Liam Merriman and Jane O'Brien Moran at Aidan's, WRCC

In 2022, service users based in mental health settings in Waterford city and county continued to engage with approximately 340 arts experiences through Iontas, WHAT's year-round multi-disciplinary participatory arts and mental health programme. Iontas is delivered in partnership with the Waterford Wexford Mental Health Services (WWMHS) by a core team of artists with expertise in arts and mental health, and aims to realise processes and outcomes that are ambitious relative to participants' ability. The programme spans a range of settings including rehabilitation and recovery (Odhran Lodge and Grangemore, St Otteran's Hospital); acute

and sub-acute hospital units (Department of Psychiatry, UHW); high support hostels (Ard na nDeise); Psychiatry of Later Life (Aidan's, Waterford Residential Care Centre); Child and Adolescent Mental Health Services and through the community with support from the Community Mental Health Teams.

The Iontas team of artists are musicians Jane O'Brien Moran, George Higgs, Leah Clarke and Liam Merriman; writer and dance artist Lani O'Hanlon; visual artists Jill Bouchier, Ciara Harrison and Adele Stanley; and drama facilitator Liam Meagher. The programme continues to connect with participants via a blended approach, using phone, post, Zoom, video and podcast recordings, in addition to in person outdoor and indoor sessions, subject to public health measures.

In 2022, WHAT continued to partner with the Occupational Therapists from the Community Mental Health Teams to build on the new systems initiated in 2021 by Project Co-ordinator Aisling Kennedy to grow this programme, making it more accessible for people living in the wider community, and increasing levels of engagement. Highlights in 2022 included:

- WHAT Musicians Liam and Jane delivered over 45 weeks of music at Aidan's Unit, a psychiatry of later life facility at Waterford Residential Care Centre, facilitated by Tanja Warkentin, Occupational Therapist and supported by ADON Joan Croke-Power.
- 2022 was a momentous year for the visual arts programme in the Department of Psychiatry as it marked the first return of in-person sessions in nearly two years. 30 in-person visual art workshops were held with artist Jill Bouchier and an average of 8 participants from the Department of Psychiatry. These sessions were facilitated by the nursing team led by Paul Phelan and Emma Quann.

- Writer Lani O’Hanlon lead a 12-week creative writing workshop, co-facilitated by Occupational Therapist Eileen Byrne, for participants from the Waterford community. Called *Things We Are Part Of*, the workshop aimed to enhance participants’ overall sense of wellbeing by cultivating artistic creativity and promoting social connectedness.

- Artist Ciara Harrison, supported by the team at CAMHS, led a 15-day mixed media project called *Common Ground* for five teenage service users. The smaller group numbers maximised quality and experience and Ciara reflected that the same sprinkle of magic might not have happened had the group been any bigger.



Common Ground with artist Ciara Harrison

- An average of 15 participants from across the WWMHS joined storyteller Joe Brennan for 12 weeks of storytelling workshops in the winter of 2022, facilitated by the nursing team. Joe encouraged participants to cultivate their own storytelling skills. At the end of the project, the stories were translated into a beautiful illustrated map for each participant.



Chime by artist Laura McNamara and the Recovery Hub at Odhrán Lodge

- Five ceramic discs filled with colourful clouds formed the beautiful artwork CHIME. The name comes from a recovery model used by the HSE, which stands for Connectedness, Hope, Identity, Meaning and Empowerment. These are also values which underpin the Iontas programme. The artworks were created as part of the Iontas programme by artist Laura McNamara and service users attending the Recovery Hub at Odhrán Lodge, St. Otteran’s Hospital in Waterford. The project was facilitated by Lesley Nugent and Deborah Howlett.

Iontas is supported by a stakeholder group comprising representation from service users, artists, healthcare professionals and the voluntary sector, and is funded by the WWMHS through an annual Section 39 Grant Aid Agreement.

"It was amazing, I made so many memories." (Participant reflecting on her experience of taking part in the visual art project, 'Common Ground' with artist Ciara Harrison)

Open Studio

Target: 36 sessions delivered by 1 artist, reaching 13 people
Setting: WHAT Centre for Arts + Health
Actual: 29 sessions delivered by 1 artist and 1 volunteer reaching up to 10 people per session. *(COVID restrictions prevented Open Studio from resuming in person until March 2022, hence the number of actual sessions is lower than the target)*



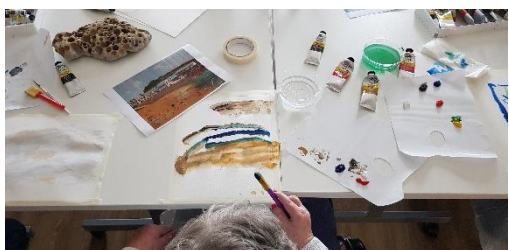
WHAT's Open Studio offers accessible art making opportunities for people who are socially isolated for reasons of ill-health or disability. As a result of the easing of public health restrictions, Open Studio resumed in person sessions at the WHAT Centre for Arts and Health in March 2022, led by artist Jill Bouchier. Jill's inclusive approach sees her working with the Open Studio participants using one-to-one collaborative arts methodologies 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. Participants pay a nominal fee to participate in this programme. Jill is assisted in Open Studio by volunteer Sarah Lee.

The importance of this supportive, creative space in the lives of Open Studio artists was made abundantly clear by its absence during COVID. In 2022, the silence, loneliness and isolation have been replaced by creativity, joy and re-connection. The group will begin working towards an exhibition in 2023.

Open Gallery: Dementia Inclusive Art Viewing Programme

Target: 20 sessions delivered by 2 artists, reaching 32 people
Setting: Acute, Care Home, Private Residence
Actual: 25 sessions delivered by 2 artists, reaching an average of 8 residents per session and 3 staff members.



Open Gallery is a dementia inclusive art project which invites people, including those living with dementia – and their family members / carers – to look at, discuss and enjoy paintings from the UHW Art Collection in a safe and welcoming space, supported by professional artists Caroline Schofield and Jill Bouchier.

While COVID restrictions on the elder care wards at UHW remained in place, WHAT continued to deliver Open Gallery at Waterford Residential Care Centre (WRCC). As the sessions have progressed with two groups of residents, their confidence, interest and motivation has grown, which has facilitated the artists to push the boundaries and develop the Open Gallery model.



Open Gallery at Bonmahon

Sessions in 2022 continued to use artworks from the UHW Art Collection as the basis for the Open Gallery conversations, but sessions now include art making by the participants, inspired by the artworks they have learned to read, analyse and interpret.

In September, an art-based day trip to Bunmahon was held for the group, planned by WRCC and WHAT, which involved art making outdoors and collecting found objects for future Open Gallery sessions. This was the highlight of the year for Open Gallery participants, artists and WRCC facilitators.

In December, as part of *Experience 2022: Introduction to Arts, Health & the Older Person* training for artists to work with older people, artists Caroline Schofield and Jill Bouchier, and WRCC Activity Co-ordinator Paula Flanagan, presented a case study on Open Gallery, which was very warmly received.

In 2022, Open Gallery was funded by the Hospital Saturday Fund and Waterford City and County Council.

Arts Programme for Healthcare Staff

Target: 24 sessions delivered by 2 artists, reaching 16 people
 Setting: Acute – Staff
 Actual: 4 art workshops delivered reaching 4 people; 6 creative writing workshops delivered reaching an average of 8 people.
 10 sessions delivered by 2 artists, reaching 12 participants.
 The actual number of sessions appears lower than the target as staff were also supported to make art via the Artist in Residence programme.

To continue nurturing long-term relationships with healthcare staff in UHW, to boost staff morale and to build champions for WHAT's work, the organisation continued to offer opportunities for HSE staff to engage in arts activities in 2022. Initiatives included an ongoing Creative Writing workshop (online) with writer Lani O'Hanlon which commenced in April 2022 for six weeks and the resumption of a block of four in-person visual art workshops in the WHAT Centre, led by artist Philip Cullen, attended by 6 people.

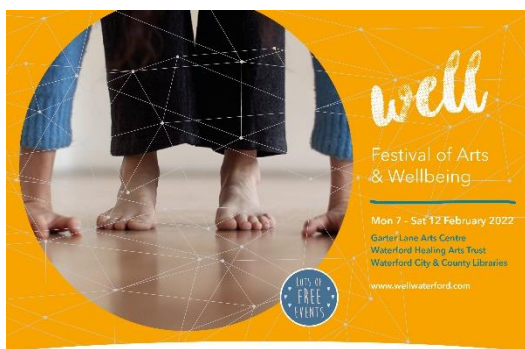
To offset costs, healthcare staff pay a nominal fee to participate in these programmes.

WHAT continued to build on other opportunities for staff, including the Artist in Residence scheme (*see page 2*) and the Staff Art Wall (*see page 16*).

Well Festival of Arts & Wellbeing

Target: 20 sessions delivered by 28 artists, reaching 600 people
Setting: Acute, Care Home, Private Residence
Actual: 12 events, 10 artists, reaching 5242 people

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



In 2022, the Well Festival moved to its new date in February (from its traditional date in October). In line with public health guidelines, most WHAT events for the festival took place online, giving this Waterford-wide festival the opportunity to reach beyond the county borders and welcome arts fans from near and far. Each day, festival-goers had the opportunity to witness colourful, beautiful, thought-provoking music, art, movement, poetry and literature, and to experience the joy of

creativity through a range of workshops and interactive opportunities for all ages.

WHAT events included:

- The festival keynote event **Why Arts?** with journalist Gemma Tipton and Consultant Geriatrician, art collector and champion of arts in healthcare Dr Paul Finucane;
- **Fancy a lift?**, daily poetry postcards, curated by Waterford writer Joanne McCarthy;
- **The Curing Walk**, a new story by storyteller Joe Brennan, presented to medical professionals involved in care of the older person;
- A **continuous professional development workshop** for artists, led by Caroline Schofield;
- **Daily Musical Postcards** delivered online by WHAT's Healing Sounds musicians;
- **A Better Place** exhibition, featuring the work of artist Donna McGee, at UHW;
- **We haven't had an earthquake lately**, the festival flagship event where readers shared their favourite uplifting poetry and prose;
- For younger audiences, the **Wellies** programme invited paediatric patients at UHW to create a Poet's Tree and witness the creation of a new inspiring work of art outdoors at UHW by Curtis Hylton of The Walls Project.

The Well Festival is funded by the Arts Council, the HSE, Waterford City and County Council with additional support from Sanofi.

'I just love the Earthquake evening... I leave feeling energised and full of inspiration. It is a creative credit to you all. Various lines from all the poems have been popping into my head throughout the day. I'm looking forward to next year already!

(Participant)

Healing Sounds (Environmental Enhancement)

Setting: Acute hospital, care home, private residence
Target: 20 sessions delivered by 5 artists, reaching 2686 people
Actual: 47 sessions (a mix of video recordings and indoor and outdoor sessions) delivered by 5 artists, reaching 1033 people.



Healing Sounds in SEPC



Healing Sounds Outdoors at UHW

In 2022, the Healing Sounds programme continued to develop and adapt to changing circumstances, subject to prevailing public health guidelines. As COVID restrictions remained in place for the year at UHW, all Healing Sounds sessions for these patients and staff took place outdoors during the summer, at locations on the hospital grounds where there is high visibility for patients and staff from a number of wards. A text line was set up for these outdoor sessions so requests could be texted to the team from patients and staff, and responded to live and in the moment. This allowed for some interaction, which benefitted the patients and was encouraging for the musicians.



Healing Sounds at WRCC

Healing Sounds sessions at Waterford Residential Care Centre (WRCC) took place indoors from February, and in May, musicians were allowed to move indoors at the South East Palliative Care Centre (SEPC), much to the enjoyment and relief of patients and staff. It had been a long two years for the musicians, performing outdoors in all weathers.

Being indoors allows for a completely different experience for patients/residents, staff and the musicians. There is greater interaction between musicians and patients/residents, and their family members/visitors, leading to a more fulfilling experience for all. In addition, there are far greater opportunities to build relationships with the staff, to increase their awareness and understanding of the potential for live music in the setting, and to involve them in the ongoing development of the programme.

Healing Sounds in the palliative care setting in 2022 was part-funded by Waterford City and County Council. Additional funds were raised by the WHAT Fundraising Committee through a quiz in October 2022.

“Please pass on our sincere thanks to all the team for the joy they brought to Dad (and ourselves)... It meant the world to us to see Dad so happy and singing along to the music. It enabled us to make some wonderful memories during Dad’s final weeks and for that we are eternally grateful.” (Family member)

Strategic Objective 2: Adapting our work to the realities of COVID during 2022

2022 saw the phased easing of COVID-related restrictions and a gradual return to in-person sessions in many – but not all – settings. The arts and health programme continued to be delivered in a flexible way, using a blended delivery model to connect with participants and healthcare staff. This involved using phone, art packs, post, Zoom/Skype sessions, recorded videos and podcast recordings, in addition to in-person outdoor and indoor sessions, subject to the prevailing public health measures. In-person indoor sessions were conducted within the framework of strict infection control protocols, such as antigen testing before sessions and continuing to wear face masks at all times.

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

Artists' Peer Exchange/Networking:

WHAT supports artists to reflect on and develop their arts and health practice through local, national and international peer exchange, mentoring and training. This programme is for artists who work with WHAT and others working in the area of arts and health. This strategy of investing in artists facilitates the ongoing exchange of ideas, research and experimentation, thereby ensuring the development of consistently high quality collaborative programmes.



Art at the Kitchen Table mentoring session

Actions in 2022 included:

- Continued mentoring and support of new artists recruited in late 2021 working in Renal Dialysis and Paediatrics.
- Mentoring and support of artists delivering WHAT's Open Gallery dementia inclusive art viewing programme;
- Mentoring and support of artists delivering WHAT's Art at the Kitchen Table (AKT) programme; A continuous professional development training workshop about Art at the Kitchen Table, delivered by artist Caroline Schofield, as part of the Well Festival of Arts and Wellbeing 2022;
- Mentoring of Healing Sounds musicians by their peer, trainer and mentor musician Liam Merriman;
- Peer exchange for WHAT artists delivering programmes in palliative care settings with Mountbatten Hospice, Southampton and Isle of Wight and participation by Caroline Schofield and



Mountbatten Hospice Conference

Liam Merriman in *The True Value of Hospices*, international conference hosted by Mountbatten Hospice in October 2022.

- Participation by Healing Sounds musicians Liam Kavanagh and Michelle Haberlin in *Experience 2022: Introduction to Arts, Health and the Older Person*, training for artists, presented by WHAT in partnership with Age & Opportunity and Uillinn West Cork Arts Centre.
- Dementia training by WHAT artists Eilis O'Toole, Joe Brennan, Liam Kavanagh and Michelle Haberlin (along with WHAT Asst Administrator Ann Murphy) in December.
- The ongoing encouragement and support of WHAT artists to self-refer for training and mentoring opportunities in Ireland and abroad.

Strategic Objective 4: Transforming the Hospital Environment

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

Curatorship of Art Collection (Environmental Enhancement)

In 2022, WHAT continued to curate and manage the UHW Art Collection, Ireland's largest hospital-based art collection comprising over 600 original artworks.



'No Zebra Crossing', by Anna Moore, donated posthumously to the UHW Art Collection in 2022

The WHAT team expanded in 2022 with the arrival of Art Installer Tom Quilty and Assistant Art Curator Ann Nolan, both of whom brought comprehensive experience and skills to their roles. Under the leadership of Project Co-ordinator Aisling Kennedy, the art collection team continued the reorganisation and mediation of the art collection to optimise its positive impact and ensure an appropriate fit between artwork and context. The team also responded to requests, queries and feedback from UHW management, staff, patients and visitors, carried out upgrades and repairs to various artworks, and supported the use of artworks as resources in the Open Gallery, Art at the Kitchen Table and Artist on Call programmes.

Exhibition Programme

Target: Two exhibitions
Setting: Acute
Actual: Two exhibitions and seven Staff Art Wall exhibitions
The total audience for 2022 for all exhibitions was 42,903 people.

Exhibitions in 2022 included:

- *After West of Sumer*, an exploration of plants known for their associations with modern medicine and traditional herbal remedies, featuring botanical art by 14 members of the Chelsea Physic Garden Florilegium Society (UK) and others by Sophia Rosamund Praeger and Lydia Shackleton (IE), on loan from the National Botanic Gardens of Ireland.



Camellia Sinensis, from
After West of Sumer

- *A Better Place 2021-2022*: This annual exhibition featured work by artist Donna McGee, who was selected following an open competition and public vote. (This exhibition ran from late 2021 to early 2022 and was included in the Annual Report 2021)



Step Into The Looking Glass

- *Step Into the Looking Glass*, by artist Lorna Donlon, inspired by her residency with UCD Conway Institute of Biomedical and Biomolecular Science in 2021 and collaborations with UHW laboratory staff. *Step Into The Looking Glass*, featured a series of objects that have meaning to each staff member. A series of photographs with staff members holding their objects accompanied the exhibition.

Staff Art Wall 2022:

WHAT continued to celebrate the creativity of HSE staff through the Staff Art Wall, with the following exhibitions:

- *Colour*, a collection of paintings by radiographer Tudor Varga
- *Dunmore East Magic*, acrylic paintings by Dermatology nurse Marley Irish
- *Hidden Treasures of the Greenway*, paintings by Healthcare Assistant Dymphna O'Herlihy
- *Wild at Heart*, a collection of photographs by Michelle Byrne, Occupational Therapy Assistant.
- *Lifelines*, sketches of aboriginal people by Ophthalmologist Aisling McGlacken-Byrne.
- *Farewell Sunset*, a collection of photographs by Healthcare Assistant Geraldine Duffin. Geraldine had exhibited on the Staff Art Wall many times, and this was her final show, as she retired from UHW in January 2023.



Luisne, by Tudor Varga



Lifelines,
by Aisling McGlacken-Byrne

Public Art Commissioning (healthcare capital projects)

Target:	Commence and install two new commissions in 2022
Setting:	Acute
Actual:	Commenced and installed one new commission in 2022



From 'The Seasons', by Conall Cary

In 2022 WHAT continued its work with the HSE Capital Projects Team on a Per Cent for Art Commission at the new Cardiac Cath Lab at UHW. The successful proposal, *The Seasons* by artist Conall Cary was inspired by the work of historical naturalist photographers who pioneered technical methods that revealed the wonders of the microscopic natural world. The work features a series of light boxes and 20 photo gravure prints. The lightboxes and 10 prints were installed in 2022, with 10 more prints to be installed once building work is completed.

Menu of Poems



Menu of Poems

WHAT worked in partnership with members of the AHCI (Arts and Health Co-ordinators of Ireland) and supported by Poetry Ireland, HSE Health Promotion and Saolta Arts to commission poet Rita Ann Higgins, to curate a short anthology for the Menu of Poems to mark Poetry Day 2022. Featuring *Stargazer* by Imelda May, *Gazebo* by Martina Evans and *Lucky Mrs Higgins* by Rita Ann Higgins, the anthology was distributed to health service users via meal trays, outpatient clinics and other healthcare avenues. 420 inpatients received the Menu of Poems in Waterford. Recordings of each poem, read by the poet, were also posted online.

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

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, Arts and Health Co-ordinators Ireland, the Association of Local Authority Arts Officers, artists and the HSE continues to guide the content and direction of the site.

New Website

The most significant development in 2022 was our newly redeveloped and relaunched website in April 2022 with funding from the Arts Council's Capacity Building Support Scheme 2021. The website is now a more appealing space for the artists, arts professionals,

healthcare communities and researchers who are engaged or interested in this area of work. Extensive R&D was conducted in 2021 including a focus group, one-on-one interviews with stakeholders, a survey and a site audit.

Content

In 2022, site content highlighted the experiences of practitioners, healthcare staff and health service users, and the new pathways which have been forged to engage with healthcare communities. These supports and initiatives included:

- The Documentation Bursary, which was reinstated following a two-year pause. There were five applicants and the bursary was adjudicated by a sub-committee of the Editorial Panel. The bursary was awarded to dance artists Philippa Donnellan and Ailish Claffey, and filmmaker Simon Fitzpatrick to produce a short film about a dance and performance project with older adults, their family members and professional carers at Naas Day Centre and McAuley Place, Naas.

- Áine Rose Connell, a visual artist and poet with a background as a speech and language therapist, was awarded the inaugural Emerging Artist Bursary to reflect on her arts and health practice to date.

- Outcomes of three bursary awards offered in 2021 – to visual artists Ciara Harrison and John Conway, and songwriter and musician Sadhbh O’Sullivan – were featured on the website.

- The online Conversation Series of curated conversations, featuring arts practitioners and healthcare professionals. These conversations provide in-depth insights into arts and health practice and the possibilities and challenges of working in a changed health landscape. Conversations featured the following themes and speakers:

- February: Mental health: A narrative storytelling research project in community residences, with Dr Suzanne Denieffe (WIT), Paula Lowney (HSE), Joe Brennan (writer/storyteller)

- April: Dance and Health, with Philippa Donnellan (dancer), Carolann Courtney (formerly Kildare Arts & Wellbeing Specialist), Shann Morris and Irene Kelly (Naas Day Care Centre)

- June: Creative engagement with children in health contexts, by Helium Arts.

All conversations were recorded and edited for viewing on artsandhealth.ie.

Case studies to inspire practitioners and aid peer learning, included:

- Dance and Health: *Yes, But Do You Care?* A collaboration between visual artist Marie Brett, dancer Philip Connaughton and the Dementia Carers Campaign Network

- Staff wellbeing initiatives: Skibbereen HSE Campus Choir

- Public art: The Three Sisters at St Luke’s General Hospital Kilkenny, The Balloon Tree at CHI Connolly Outpatients & Urgent Care Centre and CHI Tallaght Emergency Care Unit

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:

- March: *OURSELVES: A Nurse Poet Bears Witness* by Beda Higgins

- June: *Wellbeing and the Museum*: Helen O’Donoghue and Bairbre Ann-Harkin (IMMA)

artsandhealth.ie is co-funded by the Arts Council and the HSE.

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

- Activity:**
- a. Support arts and health practitioners through training, peer-learning and exchange
 - b. Position the work of arts and health within relevant policy frameworks and advocate for the integration of arts programmes into healthcare services nationally

Expanding Arts in Healthcare

In a new development in 2022, WHAT worked with RENEW, the inter-agency arts and health working group, to deliver Expanding Arts in Healthcare, a national programme of networking and professional development supports for healthcare professionals, and complementary initiatives that cultivate and support the arts, health and wellbeing ecosystem in Ireland. The programme is supported by the HSE, the Arts Council, the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media (Creative Ireland Programme) and the Department of Health (Healthy Ireland Programme) and led by WHAT.

1. Professional development supports for healthcare professionals

As part of Expanding Arts in Healthcare, WHAT hosted a series of four online workshops in June 2022 to understand the needs of healthcare professionals who are interested/ involved in environmental enhancement initiatives or the delivery of arts activities in Acute Mental Health Services, Older Persons Services or Paediatric settings. Based on the needs identified, a follow-on training programme was delivered in October and November 2022 alongside the production of a digital toolkit for enhancing healthcare environments with art. The training programme included the following webinars:

- Inclusive methods of arts engagement for older people in long stay care: Webinar for healthcare professionals
- Bringing the Arts into Acute Mental Health Settings: Practicalities & Approaches: Webinar for healthcare professionals
- Developing arts programmes for older people in long stay care: Webinar for healthcare managers

2. Developing a picture of arts and creative activity taking place in HSE based and funded settings

WHAT worked with consultancy firm Quality Matters to map arts and creative activity taking place in HSE-led and funded settings in HSE Community Healthcare Services and Acute Hospital Services in CHO Area 2 (Galway, Roscommon, Mayo) and CHO Area 3 (Clare, Limerick and North Tipperary), followed by an analytical review of the range of models of practice in these areas. The mapping exercise produced a snapshot in time of arts and creative activity, specifically activity taking place from September 2021 – September 2022. An advisory group of HSE representatives from Community Healthcare Services and Acute Hospital Services in CHO Area 2 and CHO Area 3 supported this mapping project.

A Mapping Report will be produced in early 2023 which will inform a model for a national mapping exercise of arts and creative activity in healthcare settings. Healthcare professionals

leading on or supporting the delivery of arts and creative activities in the designated areas were invited to take part in a survey in October.

3. Arts in Healthcare Peer Support Network

In October, WHAT delivered a series of co-design online workshops to support the development of an Arts in Healthcare Peer Support Network for healthcare professionals and arts practitioners involved or interested in bringing arts activities to healthcare settings. The peer support network will provide practitioners with opportunities for peer support and advice, to exchange ideas and expertise, and share challenges they are experiencing. The co-design workshops brought together healthcare professionals and arts practitioners to establish how people want to connect with each other (i.e. type of platform, forms of communication) and what a networking hub should offer. A pilot initiative will be developed in 2023 based on outcomes of the co-design process.

Experience 2022: An Introduction to Arts, Health and the Older Person

WHAT partnered with Age & Opportunity, and Uillinn West Cork Arts Centre to deliver *Experience 2022: An Introduction to Arts, Health and the Older Person*, an online learning programme held over three mornings in December 2022. 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.



Susan Langford, MBE,
Magic Me International

The exciting line-up of speakers included Susan Langford, MBE, founder of Magic Me International, who has particular expertise in arts with older people living in care homes, including people living with a dementia; Brian Dooney, Engage Programme Training and Development Facilitator, Age & Opportunity; Ailish Claffey, a dance artist, consultant and curator who has worked with diverse groups within the community for the last two decades; John Conway, visual artist based in Rua Red South Dublin Arts Centre; Sarah Cairns, Activities Director, Bantry General Hospital, with additional contributions from Claire Meaney and

Maeve Butler (Waterford Healing Arts Trust), Caroline Schofield and Jill Bouchier (WHAT artists), Paula Flanagan, Activities Co-ordinator, WRCC, Marie Brett (artist); Justine Foster (Uilinn West Cork Arts Centre), and Roger Green, participant of Art at the Kitchen Table.

“It has broadened how I think about delivering art to adults who need support as well as older adults”
 – Participant

Other National / International Support Work



Maeve Butler attending Creative Brain Week at Trinity College Dublin with members of the AHCI

Recognising the importance of keeping up to date with arts and health developments nationally, internationally, and building international links, the WHAT team attended national and international events as follows:

- In March, Claire Meaney and Emma Eager attended Creative Brain Week online and Maeve Butler attended the conference in person at Trinity College Dublin.
- Claire and Emma attended the Art of Being Healthy and Well National Symposium, organised by RENEW, at the Royal College of Physicians in June and Maeve attended the event online. A

video of WHAT’s Storytelling Programme in the Paediatric Ward with artist Joe Brennan was showcased at the symposium.

- Maeve attended and gave presentations on the Arts Programme in Renal Dialysis to the Irish Nephrology Nurses Association conference in May 2022 and to the Shared Haemodialysis Care Forum (UK) in August 2022.

- In July, Claire attended a workshop hosted by the HSE to input to the development of the *Healthy Ireland in the Health Services Implementation Plan 2022 - 2025*

- In October, WHAT contributed to Age & Opportunity - Artist's Care Exchange programme with a presentation by Maeve Butler and musician Liam Merriman.

- Maeve Butler, along with artist Caroline Schofield and musician Liam Merriman, travelled to *The True Value of Hospices*, international conference hosted by Mountbatten Hospice in Southampton in October 2022. The team gave presentations and workshops on WHAT’s work in palliative care settings, together with Acting Director of Nursing Mairead Bluett and Acting Asst Director of Nursing Leah Smith from the South East Palliative Care Centre at UHW, who presented online.

WHAT also commenced working on the development of a Memorandum of Understanding (MOU) with Arts and Health Co-ordinators Ireland (AHCI) to reflect their commitment to work together where appropriate and to share knowledge and expertise for the betterment of the



Claire Meaney meeting Minister Catherine Martin at the Art of Being Healthy and Well National Symposium

arts and health sector. Claire, Maeve, Emma and Aisling are all members of AHCI and attend bi-monthly AHCI meetings. Claire is a member of a policy subgroup and Emma and Aisling are members of a Best Practice and Standards Sub-group.

To support artists, health practitioners, students and others seeking additional support to develop work, conduct research, establish connections in the sector, WHAT delivered nine online and two in-person advice clinics in 2022.

Strategic Area: Preparation for the launch of the National Resource Organisation for arts and health in July 2022

Activity: Organisational Development: National Resource Organisation (Arts and health capacity building)

Waterford Healing Arts Trust has been working towards becoming a National Resource Organisation since 2019. The purpose of this development is to extend the national work already being undertaken by WHAT/ artsandhealth.ie to strengthen the arts and health sector in Ireland and to provide a central resource for all those involved in or interested in learning more about arts and health.

From September 2021 to August 2022, the executive team and the board of WHAT undertook a comprehensive business planning process to establish the structure, strategic approach and objectives of this new, national resource organisation for arts and health, which will include the continued delivery of the existing artsandhealth.ie and Waterford Healing Arts Trust programmes within the scope of the new organisation.

As part of this process, WHAT worked closely throughout 2022 with branding agency Totem, based in Dungarvan, developing the new brand and identity for the new national resource organisation.

The new organisation is Arts and Health Ireland, trading as Réalta – the National Body for Arts and Health in Ireland. The first strategic plan of the new organisation will span 2023-2025 and Réalta will be officially launched in early 2023.

WHAT People

WHAT Board

Catherine Drea (Chairperson), Olive Gaughan (Treasurer - Appointed 14/02/22), Tom Cunningham (Secretary), Anne Woodworth, Joan Dalton, Shirley O'Shea, Mark Breen, Patricia Cronin (Appointed 14/02/22), Ryan Keane (Appointed 25/04/22), Damien McGlynn (Appointed 25/04/22), Aidan Barrett (Resigned 20/06/22), Claire Tully (Resigned 20/06/22) Dr Carmel Ann Daly (Resigned 20/06/22)

Staff

Claire Meaney (Director), Maeve Butler (Asst. Director), Aisling Kennedy (Project Co-Ordinator), Eileen Reid (Music Co-ordinator), Ann Murphy (Asst. Arts Administrator), Tom Quilty (Art Installer – appointed May 2022), Ann Nolan (Art Curator - appointed November 2022), Susan Crossan (Administrator – retired April 2022), Anne O'Hanlon-Bermosa (Asst. Arts Administrator – retired May 2022).

Editorial Panel of artsandhealth.ie

Claire Meaney (WHAT Director), Emma Eager (artsandhealth.ie Project Manager), Ailbhe Murphy/ Damien McGlynn (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, Ciara Harrison, Eilis O'Toole, Catarina Araújo, 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 Meagher, Alan Browne, Adele Stanley and Joe Brennan.

Contact

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