

Waterford Healing Arts Trust (WHAT) Annual Report 2015



The work of the Waterford Healing Arts Trust (WHAT) is based on many conversations. At the heart of what we do are the conversations between artists and service users of University Hospital Waterford (UHW) and Waterford Mental Health Services which aim to bring the patient on a journey into their own creativity. As our work is based on a partnership with a range of healthcare settings, we talk to healthcare professionals about their needs and expectations. At governance level, the Board of Directors puts policies and strategies in place to ensure efficient use of resources and transparency around this. We talk to potential and actual funders and sponsors about how their investment in our programmes can meet their goals as well as ours. In Waterford city and county, we've been part of the conversation around the Three Sisters Bid for Capital of Culture 2020 and together with Garter Lane Arts Centre and the library service, we explore the relationship between arts and wellbeing via the *Well festival*. On the national front, we exchange our learning with our peers via the networks of Arts and Health Co-ordinators (AHCI) and the conversations of the editorial panel of www.artsandhealth.ie ensure this website content is engaging and relevant to a national audience. In 2015, we invested in the conversation with the wider public via our new website and social media with a view to promoting public understanding about the role of arts in health care. Our mission is broad – to promote wellbeing through the arts – but it is these many conversations that translate our aspirations into the actions and outcomes described in this report.



From *No, Wait...* by John Conway

Visual art

WHAT's programme of temporary exhibitions offers patients, staff and visitors access to contemporary art in University Hospital Waterford (UHW). In March 2015, WHAT's 2014 Artist in Residence, John Conway's first solo exhibition *No, Wait...* was launched in UHW by performance artist Dominic Thorpe. The exhibition contained new work by the artist produced during his residency. A performance at the opening night by the artist was inspired by his engagements with patients during his residency and his thoughts on palliative care.

In April 2015, Down Syndrome Ireland presented with the support of WHAT the exhibition *Here I Am*, a selection of photographs of children from the Waterford area who have Down Syndrome alongside some words from their parents. The photographs came from a new publication of the same name which was launched in 2015.

WHAT curated two exhibitions for the *Well festival of arts and wellbeing* in October 2015. The *Building Memories* exhibition featured the work of fifteen people who use mental health services at St. Otteran's Hospital. Working with artist Jill Bouchier via WHAT's *Iontas* arts and mental health programme, the participants took St Otteran's building and grounds as their starting point for making work for this exhibition which was launched by poet Mark Roper.



From *Here I am* exhibition

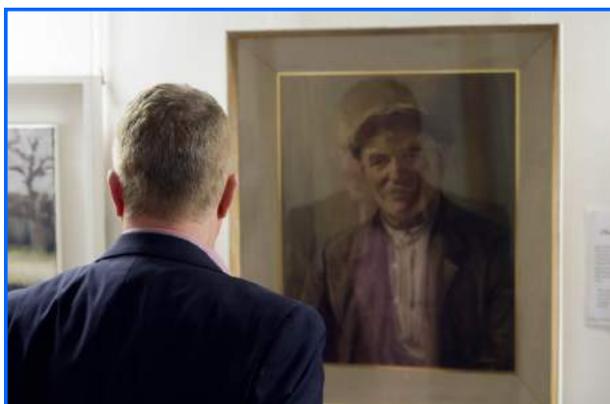
Gems was an exhibition of 21 highlights of the WHAT art collection as selected by 24 staff, patients and visitors to UHW which went on view in the hospital for the month of October.

In early November, 2015 Artist in Residence Marie-Jeanne Jacob's exhibition *The Little Things* was launched by Joan Dalton. The exhibition comprised a comic journal documenting her residency at UHW, a series of interactive life-sized comics installed in UHW and artwork made by clients of the Child and Adolescent Mental Health Unit (CAMHU) through bespoke workshops led by Marie-Jeanne.



We jumped from Marie Noonan's Staff Art Wall exhibition *Family Goes Global*

Throughout 2015, WHAT featured original artwork by HSE staff Laura Grimes, Boyer Phelan, Breda Cummins, Jane O'Sullivan, Marie Noonan and Marley Irish as part of its *Staff Art Wall*, an ongoing rotating exhibition that celebrates the creativity of those working in the HSE. WHAT mentored staff who exhibited their work for the first time in the process of curating their work.



Portrait of Tomas O' Muirithe by Isabel Odell on loan to UHW from Waterford Municipal Collection

WHAT added to its extensive art collection of 534 original artworks on view in UHW with drawings by John Conway, Dominic Thorpe and Tom Campbell. We partnered with the Oncology Ward in commissioning original artworks by Paul Bokslag for its family room. WHAT installed photographs of old Waterford by Annie Brophy supplied by Waterford City and County Archives to trigger memories for patients with dementia in Medical 3 ward and original artworks in numerous sites in the hospital in response to demand .

In partnership with the HSE South/ South East and Saolta University Healthcare Group WHAT formed a new Public Art Panel of artists through a process of open competition. Between 2016 and 2018, artworks will be commissioned by artists on this panel for installation into new and refurbished HSE buildings. These will be funded by the Per Cent for Art Scheme.

In June 2015, WHAT gave its first arts and health award to WIT Fine Art graduate Jennifer Reynolds giving her the opportunity to showcase her work in UHW in 2016. Jennifer's graduate exhibition used photography and a praxinoscope to explore her own family genetics.

As a member of the UHW Dementia working group which aims to adapt UHW care practices to the needs of patients with dementia, WHAT successfully piloted the screening of *The Quiet Man* and *White Christmas* for patients in Medical 5 with dementia and contributed to the creation of memory boxes for patients.

Music

WHAT brought live music to patients on a monthly basis through its *Healing Sounds in the Wards* programme. Given the highly specialist nature of this work, Liam Merriman mentored musicians Susan O'Neill, Eoin O'Meachair and Beth McNinch, who were selected for the programme via open competition, to play with and for patients in Medical 3, 4 and 5 in a way that is responsive to patient's needs and circumstances.

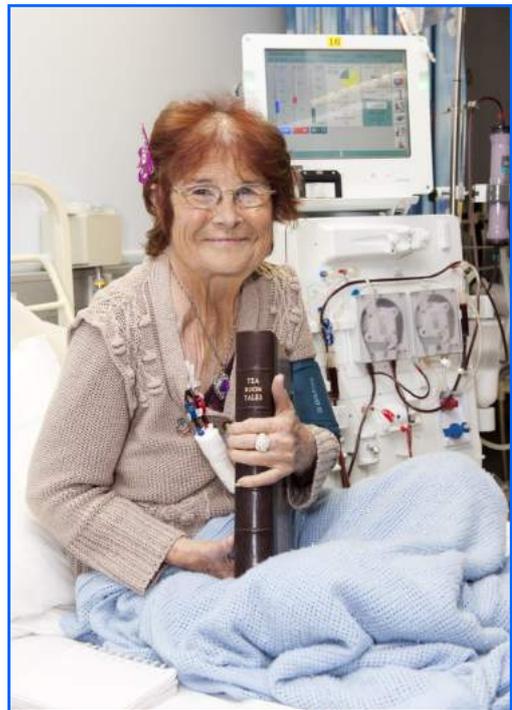


Liam Merriman and Eoin O'Meachair perform as part of WHAT's *Healing Sounds in the Foyer* programme.
Photo by Hugh O'Brien Moran

Our *Healing Sounds in the Foyer* programme featured live performances by soprano Donna Roche, jazz singer Jane O'Brien Moran, trad musicians The Carty Sisters, Liam Merriman and Eoin O'Meachair, as well as *The Suite Guitar Duo*, John Keane, Susan O'Neill and *The High Hopes Choir*. The Edmund Rice Choral and Musical Society performed in celebration of the *Bealtaine* festival in May. World Music Day in June saw a fusion of Indian dance and traditional dress brought to UHW by nursing staff and their families alongside trad music by Comhaltas Ceoltóirí Éireann. *Slaney Strings* performed for Culture night in September. *Healing Sounds in the Foyer* was sponsored by AIB in 2015.

Participatory and collaborative art

Twice a week, Boyer Phelan engaged creatively with UHW paediatric patients via the Art Kart. With funding from the Punchestown Kidney Research Association, Boyer and Phillip Cullen facilitated a multi-disciplinary participatory arts programme for patients in the Dialysis Unit. Dialysis patient Lizzie McCue produced *Tales from the Tea Room*, a book of musings based on the Dialysis Unit tea room which she presented at the UHW Quality Improvement Conference in October. Martin Kennedy facilitated the Art Kart in the Department of Psychiatry. *Artist on Call* continued as a means of enabling all UHW patients to access art making upon request.



Dialysis patient Lizzie McCue with her *Tales from the Tea Room*.
Photo by Aileen Drohan, Photozone.

The *Open Studio* workshop is an art-making facility for 12 people with diverse artistic and personal needs. WHAT developed an accessible information flyer and needs assessment process. Before each block of workshops the participants met with the facilitating artists to determine their creative goals. Shorter blocks of workshops ensured higher attendance and a better progression for participants. In 2015, the *Open Studio* workshop was delivered by Claire Meaney and Jill Bouchier with the support of volunteers Julie Dowling, Sarah Lee and Barry Edwards.

Based on a partnership with Waterford Wexford Mental Health Services (WWMHS), *Iontas*, WHAT's Arts & Mental Health Programme, delivered 210 participatory workshops in creative writing, music, visual art, comics and dance in 2015 across six mental health settings in Waterford. Artists Leah Clarke, Liam Merriman, Jane O'Brien Moran, Mary Prendergast, Jill Bouchier, George Higgs, Lani O'Hanlon and Marie-Jeanne Jacob engaged over 100 mental health service users in the programme. For the first time, a group of service users



Artwork from *Building Memories* exhibition

performed publically alongside the Passage East Community Choir as part of *Well festival*. Others exhibited their work in *Building Memories – Reflecting on St. Otteran's Hospital*. A system of displaying participants' artwork on a rotational basis in the Dept. of Psychiatry, UHW and the Activation Therapy Unit, St. Otteran's Hospital was developed. *Iontas* is supported by a steering group comprising representation from healthcare professionals, voluntary sector (Shine), clients and WHAT.

Musicians Mary Prendergast and Jane O'Brien Moran facilitated an ongoing programme of participatory music sessions in the WHAT Centre for two groups of clients of Brothers of Charity - *The Music Makers* and *Movers and Shakers* - leading to public performances in UHW at Easter and Christmas and the production of a CD.

WHAT also supported composer George Higgs and Helium on the *Music for Small Ears* project whereby George collaborated with parents, toddlers and babies as they waited for vaccines and developmental check-ups in the Primary Care Health Centre in Waterford.

Artist in Residence

In February WHAT hosted its first information session for artists interested in applying for its artist in residence programme. Through a process of open competition, WHAT engaged Marie-Jeanne Jacob as artist in residence for a six month residency based in the WHAT Centre from April. Marie-Jeanne developed custom-made gift packs as a starting point for collaborative working with patients on a one-to-one basis at the hospital bedside. She also ran a bespoke programme for users of the Child and Adolescent Mental Health Unit (CAMHU) and worked creatively with patients attending the chronic pain management programme in UHW. She produced a comic journal documenting her residency at UHW, an exhibition of artwork made



by clients of CAMHU and a series of interactive life-sized comics installed in three patient waiting areas in UHW all of which formed an exhibition called *The Little Things* in November. WHAT reviewed its artist in residence programme with the aim of maximising meaningful collaboration between health service users and artists in the course of future residencies.

Artist-in-residence Marie-Jeanne Jacob Photo by John Power



Oksana Doherty and Rafal Krzemppek dance the tango in the UHW foyer.
Photo by Dan McMahon

Well festival of arts & wellbeing

The Waterford Library Service joined WHAT and Garter Lane Arts Centre to deliver the third *Well festival of arts and wellbeing* in tandem with World Mental Health Day in October, thus expanding this festival across the county. The festival which explores the relationship between arts and wellbeing delivered 31 events across 11 venues including a festival within a festival in the foyer of UHW featuring a range of arts experiences from tango to comedy. A highlight of this was the installation of 26 papier maché dogs in UHW foyer, 20 of which were made by 20 people in a two day intensive workshop in the WHAT Centre in July with artist Tom Campbell. *We haven't had an earthquake lately* invited people to share their own favourite feel-good poetry or prose in a highly inclusive event in The Book Centre. The *Body in Space* workshop for GP trainees and architecture students looked at the importance of good design in primary care. The exhibition *Building Memories* featured artwork by 15 mental health users and *The Royals*, a group mental health service users performed for the first time in the UHW foyer alongside the Passage Community Choir. The *Well festival* was sponsored by Genzyme and Waterford City and County Council.

“My most surreal experience this year was coming into the front hall during a difficult day at work to see a number of people doing the tango..... It made me smile.” HSE staff member

Literature

In May, WHAT was part of a nationwide initiative which brought a *Menu of Poems* to UHW patients via their meal trays. The poetry featured in this short anthology by Crystal Zheng, Noel Crook, Leanne O’Sullivan and Suheir Hammad was selected by Palestinian-American poet Naomi Shihab Nye and compiled by Galway University Hospital Arts Trust on behalf of the Arts and Health Co-ordinators Ireland (AHCI) and in partnership with Cúirt International Festival of Literature. The project was supported by Poetry Ireland.



Menu of Poems edited by Naomi Shihab Nye on a patient’s meal tray in UHW

Arts Programmes for HSE staff

WHAT's *Culture Vulture* club, a community of arts lovers within the HSE and WHAT’s membership, went on a number of cultural outings including *Carousel* in Theatre Royal, an introduction to Japanese Noh theatre with Ryoko Aoki, *Hanging with the Elephant* performance by Michael Harding and the WLRFM *Christmas Concert* in the Cathedral of the Most Holy Trinity.

In October, writer Lani O’Hanlon facilitated a 6 week programme of creative writing for HSE staff entitled *The Archive of Memory*. In July, Marie-Jeanne Jacob brought children of HSE staff on a week-long *Adventure through the Unknown with Art as an Ally*.

National support work

WHAT supported arts and health practice nationally via a range of initiatives including art-sandhealth.ie a national website featuring news updates, resources, monthly case studies and quarterly perspective pieces. The latter were commissioned from Dominic Thorpe, Clive Parkinson, Dylan Tighe and Dr Pat Bracken in 2015. New content was disseminated via bi-monthly e-bulletins and was linked to existing research in the field. Readership was up 24% on 2014. The website was supported by a multi-sectoral editorial panel with representation from the Arts Council, Create, AHCI, ALAAO, artists and the HSE.



Dylan Tighe's perspective '*Dante or the DSM*? Art and the re-imagining of 'mental health'*' was commissioned for art-sandhealth.ie.

Cloudlands, a documentary film by Siobhan Perry and Helium portraying the importance of creativity in the lives of teenage patients in Temple Street Children's University Hospital, was produced with an art-sandhealth.ie documentation bursary and launched by Amy Huberman in Lighthouse Cinema Dublin in June 2015. The 2015/16 documentation bursary was not awarded due to lack of quality applications.

WHAT partnered with Trinity College Dublin School of Nursing on research commissioned by the HSE and the Arts Council to inform a joint arts and health framework between both parties. A mixed methods methodology was used comprising a systematic review of literature, audit of arts and health practices and semi-structured interviews with key informants.

WHAT's fourth *Introduction to Arts and Health workshop* which was led by Mary Grehan, Claire Meaney and artist in residence Marie- Jeanne Jacob in the WHAT Centre in August explored the core principles of arts and health work in the context of practical examples and group tasks.

WHAT continued to grow its arts and health library as resource for research and learning and to promote best practice through active involvement in AHCI, advice clinics for newcomer practitioners and handling ongoing arts and health queries. WHAT Asst Arts Director Claire Meaney chaired the AHCI in 2015. Mary Grehan presented aspects of WHAT's work at Metropolita University, Helsinki, Galway University Hospital Arts Trust strategic think tank, Arts and Spirituality Ireland conference Dublin, WIT's Cultural Management programme and to GP trainees based at UHW.

In 2015, WHAT became an active member of the cultural steering committee for *Three Sisters 2020*, the joint bid for Capital of Culture 2020 from Waterford, Wexford and Kilkenny. In June WHAT convened an arts and health / arts and disability focus group meeting with specialists from the region to develop a range of proposals for the bid.

Mary Grehan co-facilitated a programme of *Reflection through Creative Writing* for nursing students on placement in UHW in partnership with the Clinical Placement team.

WHAT supported the professional development of its artists through training, practice exchange and peer support. Muireann Ryan delivered a voice workshop for all WHAT artists in May. The group went on a team building day out in New Ross in August and Lani O'Hanlon delivered a reflective writing workshop in October. WHAT also provided ongoing, professional supervision for its artists.

Profile raising

WHAT embarked on a public awareness campaign in 2015 with the support of Bance Nolan and Powerhouse PR with the aim of communicating its work to the wider public. Its new website, which was designed by Vitamin Studio and launched in November, features a short video that shows some of the work we do behind closed doors. See www.waterfordhealingarts.com.



Funding

WHAT would like to thank all its funders and sponsors who make its work possible in 2015: Arts Council, HSE South (Cork) Arts & Health Programme, Waterford/Wexford Mental Health Services, National Lottery, Punchestown Kidney Research Association, Department of Social Protection, The Ireland Funds, Waterford City Council, Waterford County Council, Waterford Credit Union, Genzyme, AIB, West Pharma and many individual donors. WHAT is also grateful for the support of its members. WHAT's hardworking fundraising committee raised additional funds via an annual flag day at Ardkeen Stores, a quiz night at The Cove Bar, a coffee morning in The Book Centre and a pop-up Christmas Bazaar.

WHAT Committee

Ann Ellis (Chairperson), Mary Baxter (Deputy Chairperson), Aidan Barrett (Treasurer), Mr Gordon Watson, Richard Dooley, Claire Tully, Dr Jack Gallagher, Dr Carmel Ann Daly, Julie Dowling, Dr Miriam O'Connor, Anne Woodworth, Anne Marie Lally, Tony Reid, Brenda Ronan.

WHAT Fundraising Committee

Ann Ellis, Aidan Barrett, Mary Baxter, Julie Dowling, Sarah Lee, Phyllis O'Shea, Shirley O'Shea and Catherine Whelan.



Editorial panel of artsandhealth.ie

Mary Grehan (WHAT and Chair of panel), Emma Eager/ Claire Meaney (Project Manager), Ailbhe Murphy (Create), Ann O'Connor (Arts Council), Justine Foster (AHCI), Caroline Peppard (HSE), James Harrold (ALAAO), Dominic Thorpe (Artist), Aidan Warner (healthcare professional), Fidelma Browne (HSE), Marie Brett/Rionach Ní Neill (Artist) and Julie Dowling (WHAT Board Rep)

Staff

Mary Grehan (Arts Director), Claire Meaney (Asst. Arts Director & artsandhealth.ie project manager until Sept 2015), June Bolger (Acting Asst. Arts Director from Sept 2015), Susan Crossan (Administrator), Alan Browne (Music Co-ordinator), Stefanie Fleischer (Asst. Arts Administrator), Laura Hennessy (Asst. Arts Administrator), Katriina Bent (Asst. Curator from Feb 2015), Peter Foskin (Art Installer until June 2015), Rafal Kostka (Art Installer from July to Sept), Ger Hayes (Art Installer from Dec 2015).

Contact

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www.waterfordhealingarts.com www.artsandhealth.ie

Financial Statements Year end 31.12.15

Prepared by O'Connell Meskill & Company

Chartered Accountants & Registered Auditors

Railway Square

Waterford City

Web Site: www.oconnellmeskill.ie

INCOME & EXPENDITURE 2015

		2015	2014
Summary		€	€
Income		282,153	255,250
Expenses		(267,927)	(253,911)
Interest Receivable		576	1,632
Surplus		14,802	2,971

BALANCE SHEET 2015

		2015	2014
		€	€
Debtors & Prepayments		6,661	5,974
Building Reserve Bank Accounts		103,282	102,582
Working Capital Bank Account		53,964	46,398
Deferred Income		(11,631)	(20,611)
Payroll Creditors		(18,296)	(21,384)
Other Creditor & Accruals		(10,419)	(4,200)
Net Current Assets		123,561	108,759
Reserves/Balance Sheet Value		123,561	108,759

INCOME 2015

		2015	2014
Detailed		€	€
Arts Council		95,500	86,250
HSE		50,603	51,595
DSP		60,506	59,195
Council & Other Grants		29,195	21,323
Fundraising & Ticket Sales		6,754	6,781
Contributions		26,730	23,759
Sponsorship & Donations		11,506	3,823
Membership		910	970
Other		449	1,554
Total		282,153	255,250

EXPENDITURE 2015

		2015	2014
Detailed		€	€
Staff Salaries		105,689	111,022
DSP Wages		60,506	59,195
HSE Overheads		20,580	21,498
Administration Expenses		10,917	10,361
Publicity & Marketing Costs		13,022	2,633
Artists Fees		50,864	46,922
Artistic Programme Costs		1,659	1,290
Consultancy Fees		4,690	990
Total		267,927	253,911

WATERFORD HEALING ARTS TRUST