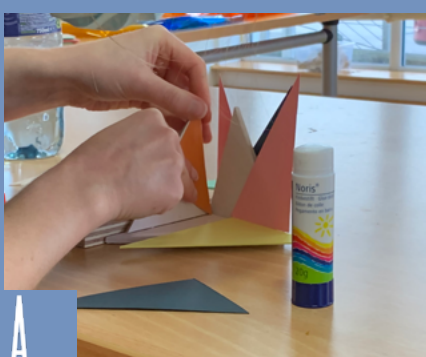
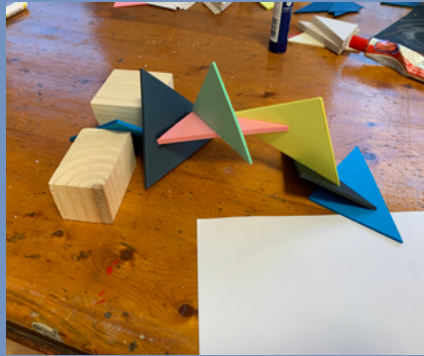


# REPORT



CATRINA  
Araújo



# PAUSE || PLAY ▶

WATERFORD HEALING ARTS TRUST

ARTIST IN RESIDENCE 2022

CATARINA ARAÚJO

## INTRODUCTION

The Waterford Healing Arts Trust (WHAT) promotes quality art programmes in Ireland by supporting the professional development of artists working in healthcare settings.

Dr Abdul Bulbulia was the first to present the idea of bringing the arts into the University Hospital Waterford (UHW), resulting in WHAT being founded. Currently, WHAT delivers multiple art programmes, exhibitions, and manages the UHW Art Collection and commissions public art.

In 1994, the Artist in Residence Programme was launched as a part of the WHAT ethos, allowing artists to engage with healthcare staff, patients and the community to facilitate and deliver art programmes. This enabled artists to emerge and develop their practice in the arts and health sector.

The Artist in Residency programme is funded by the Arts Council of Ireland. The programme runs through an open call to all artists, offering a six-month residency, where the artist has access to a studio space,

digital darkroom, arts and health library, dance floor in the multi-use studio space, internet and administrative support as requested. It also offers mentoring support from WHAT staff. The work of the artist can vary from engaging with patients to healthcare staff at the UHW. The project needs to be at its core collaborative and/or participatory-led engaging through artistic explorations.

For further information on WHAT follow the link: [www.waterfordhealingarts.com](http://www.waterfordhealingarts.com)





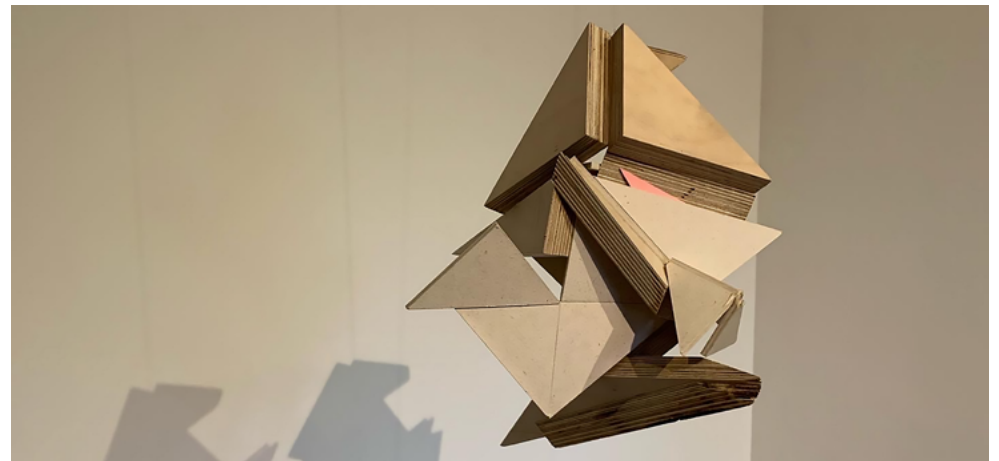
## THE ARTIST

Catarina Araújo is the recipient of the Artist in Residency programme 2022.

Araújo is a Portuguese Cork-based visual and socially engaged artist. She recently completed 15 months of an artist residency with the Radical Institute Studios of Sanctuary in collaboration with Sample-Studios, which focused on cultures of care and the sustainability of socially engaged, collaborative and participatory art practice.

In 2022 Araújo secured the Project Realization award by the AIC Scheme from Create and the Arts in Context award by Cork City Council. In 2021 she was granted the Agility Award by the Arts Council and a Postgraduate Studio Residency at Sample-Studios. In the same year, she became an artist facilitator with Graffiti Theatre: BEAG, where she works to deliver art projects to the early years.

As an artist, she aims to expand the field between art and mental health, where artistic approaches are a central tool to explore new methods to find sustainability in life. Araújo explores psychological and physical well-being, by observing with curiosity the meaning of pausing and play, and how art can help us to incorporate it into our lives.



# THE RESIDENCY

## Proposal

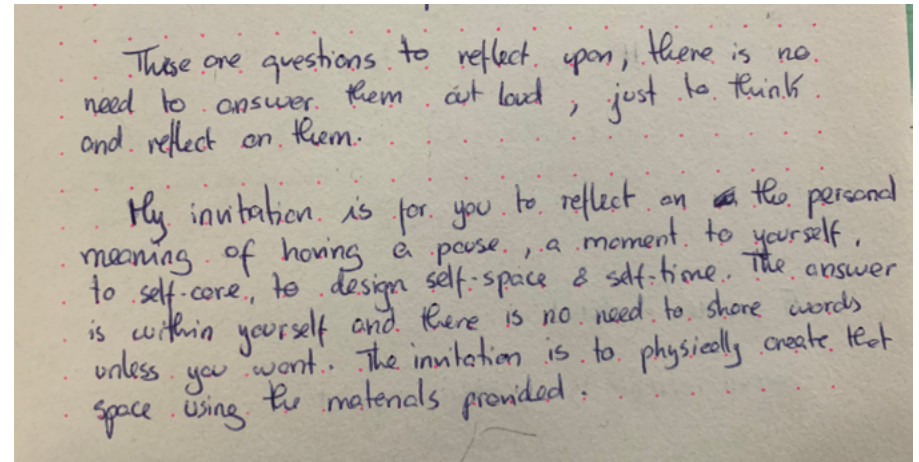
*Pause || Play* proposes to offer the UHW healthcare staff time to engage in a creative, imaginative, participatory and collaborative art project, with a focus on hands-on methods and process-centred in its nature to reflect on the importance of taking a pause. This project was designed by Araújo, using an art-led and community-centred methodology that allows it to evolve in a natural, creative, and human-centred manner. Through weekly encounters, participants will engage in playful workshops, where individual concepts will be determined through conversations, which will then lead to the development of sculptural work on a small scale.

## Invitation

I invite you to take a moment to reflect on what it means to you to pause, to self-care, to create self-space and set aside time for yourself. There is no need to share words unless you wish to. This is the place for you to create everything you want by using the materials provided, there is no right or wrong answer - all is possible.

## Reflective Questions

- Have you ever thought of pressing pause?
- What would you do if you could press pause?
- Would you go somewhere?
- How long would you like that pause to last?
- Would you press play afterwards?
- Would you dare to have a radical pause?



Note: Throughout the residency, I kept a journal. It is part of my art practice to reflect and take notes on the sessions, on how things evolve, what to repeat and what not.

## Time-Line

The project started on the 5th of September and ran until the 19th of December. This included 12 sessions that took place on a Monday.



## Sessions

Initially, there were only two daily sessions: a drop-in from 12:30 to 2 pm, and an evening session from 5:30 to 7:30 pm.

Later, a session was requested to be held at Odhran, the UHW Mental Health Services, due to the facilities being outside the main hospital, the staff could not attend any of the sessions. A session was then offered to them at lunchtime at their own facilities.

## Art Pack

An Art Pack was created to reach the staff who could not attend any sessions offered. In this pack, there was an invitation, a poem and materials.

# II INVITATION ▷

Hello,

I'm Catarina Araújo, the WHAT artist in residence.

I would like to invite you to press pause in your day, it does not matter what time of the day you choose, what matters is that you press that button and allow yourself to explore for a moment. You may have noticed that inside this envelope there are different things: a paper block, some paper, string and a glue stick - these are the materials I am challenging you to use to create something! Isn't that exciting? I hope you have as much fun as I have when I am playing around with these materials.





**GUIDANCE:**





1. Take some time to explore the materials
2. There are no wrong ways of doing this, whatever you do will be right
3. Feel free to use other materials too
4. Have fun!
5. Once you are happy with the final result, please send me a photo! I would love to see what you come up with. Email: [cataraujo22@gmail.com](mailto:cataraujo22@gmail.com) or WhatsApp: 0892320886

If you enjoyed this pause and you would like to have another one, please let me know and another envelope will come to you! If you know another staff member who might like a pack please send me their details.

Warm wishes,

CATARINA Araújo





## II PAUSE.

A cocoon is a space or a place to grow  
This growth is not necessarily positive or negative  
It is just growth.

A cocoon is a passage to the next moment.  
A moment to breathe in.

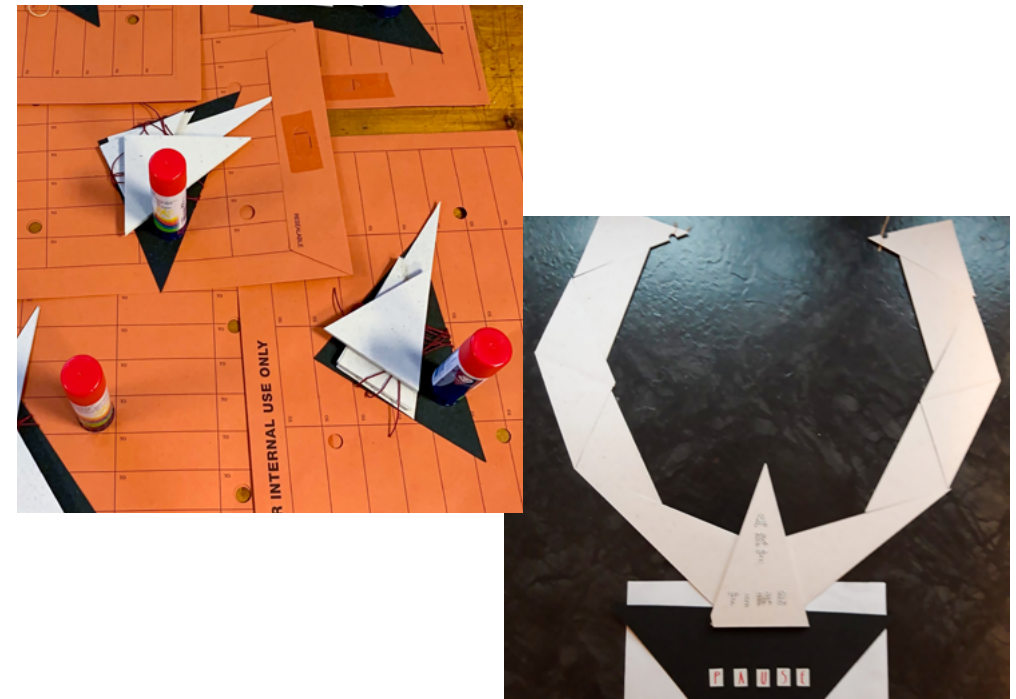
A moment to breathe out.

Built step by step, block by block, angle by angle.  
After all the frantic effort  
It offers STILLNESS.

A moment to breathe in.

A moment to breathe out.

▷ PLAY.





## REFLECTION

As the WHAT Artist in Residency 2022, I gained great insight and inspiration into my art practice and had the chance to reflect on what future projects I would like to be involved in and develop throughout my career.

Through these four months, the most valuable learning was that it is impossible to please everyone and in doing or trying so I was devaluing and compromising the work. The project has some quiet beauty in it and at first sight, it seems quite abstract, but it will work and reach the ones that are open to it and it will be useful and helpful to them. I understand and am working on accepting that it is okay if I don't reach everyone, it is okay if people are sceptical and it is okay if they have different expectations.

Ultimately, the value of the project does not rely upon what you do during the session and its outcome, it depends on each participant's commitment to himself/herself on allowing that time to be dedicated to themselves. The hands-on approach helps shift focus from the busy day in the hospital into something that stimulates your mind and body to create and think differently.

Most of the participants who attended any of the provided sessions mentioned they felt more relaxed, that it was good to take time for themselves, and that it felt good to challenge themselves to do something different. Some said that they felt invigorated after coming

to the workshops, and some felt the sessions were therapeutic, and using participant's words:

- 'Mondays are such a difficult day but now after this, what a turnaround! Such a happy Monday'.
- 'I didn't believe that these would leave such a positive impact (...) it really stayed with me for the rest of the week, and hopefully, I keep making time to have creative breaks'.

It warms my heart to see and experience how impactful these four months were, even to some participants that only came once. I am so grateful for this opportunity, to have the possibility to design, develop and facilitate 'Pause || Play'. I am also thankful to the WHAT team for all their support, with special thanks to WHAT Director Claire Meaney, and Aisling Kennedy, the Project Co-ordinator.





PAUSE || PLAY ▶

CATRINA  
*Araújo*

the arts  
council  
an chomhairle  
ealaíon

funding  
the arts

HE

