

### Support Organisation for Arts and Health in Ireland

WHAT hosted a number of professional development workshops / talks for artists engaged in Arts and Health work nationally:

*Two Voices* – a round table discussion led by Marie Brett and John McHarg on the differences between Arts and Health and Art Therapy based on the *High Ground* exhibition in March.

*Transplant* – a public talk in the RCSI in partnership with Create and Artlinks, followed by a day long workshop for artists in April based on Tim Wainwright and Jon Wynne's residency at Harefield Hospital, UK.

*Musical Minds* – a day long CPD workshop in partnership with Artlinks facilitated by Kevin O'Shanahan and Caoimhe Conlon in May for musicians working in mental health settings

*For the best* - a video-linked discussion about collaborative arts and health in practice with Mark Storon and Anna Ledgard took place in December. The seminar took place in the Science Gallery Dublin with two way live-streaming to the WHAT Centre for Arts and Health

Mary Grehan worked with the HSE South (Cork) Arts and Health programme on generating feedback within the Arts and Health sector nationally in response to the Guidelines for Participatory Arts in Healthcare Contexts.

WHAT answers queries to Arts and Health on an ongoing basis and hosts visits from national and international visitors, including Helen Zigmond from the Arts and Health Foundation, Australia and Diane Hickey from New Zealand. The former Minister for Health, Mary Harney, visited the WHAT Centre for Arts and Health in July.

As Chair of the Arts and Health Coordinators Ireland, Mary Grehan led a successful application to the Arts Council for a series of *Dialogues* for artists working in the healthcare settings which will be rolled out through various venues in Ireland in 2011.

Mary Grehan made presentations on the work of the Waterford Healing Arts Trust to the Trinity College Dublin nursing students and National College of Art and Design art students as part of an Arts and Health elective in February, at the TCD Nursing and Midwifery Conference in November and at the Cork Arts and Health Conference, *Perspectives on Practice*, also in November.

In December, the Waterford Healing Arts Trust, in partnership with Create, the national agency for collaborative arts, was awarded a tender by the Arts Council to develop an independent National Arts and Health website.

### Fundraising and Finance

In 2010, the WHAT fundraising committee, under the Chairpersonship of Mary Baxter organised a number of fundraising events including *Whatarvision*, a singing competition based on the Eurovision which featured WRH staff members and other people around Waterford City, *The Night Before Christmas on Craggy Island*, a comedy written and directed by midwife Bridie Hodge and starring a number of WRH staff members and a concert by the Waterford Omagh Peace Choir.

Funding was received from the Arts Council, Waterford City Council, Waterford County Council, Punchestown Kidney Research Fund and the National Concert Hall.

### WHAT Committee

Mr. Gordon Watson (Chairperson) Ann Ellis (Deputy Chairperson), Dr. Abdul Bulbulia (President), Mary Baxter, (Treasurer), Cllr. Tom Cunningham, Mary Tritschler, Patricia Sullivan, Dr. Peter Jordan, Sean Swift, John O'Connor, Lila Kelly, Mai Lannigan and Dr. Jack Gallagher.

### WHAT Staff

Mary Grehan (Arts Director), Claire Meaney (Assistant Arts Director), Susan Crossan (Administrator), Anna Lisowska / Lorraine Barron (Admin Assistant), Larry White (Artsworker – Art Collection and Exhibitions), Layla Hughes / Siobhan McLaughlin (Music Co-ordinator) and Deirdre Hayden (Admin Assistant).

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**Waterford Healing Arts Trust  
Annual Report 2010**

**Introduction**

2010 was a busy one for the Waterford Healing Arts Trust whereby the organisation continued to promote health and wellbeing via the arts through local and regional programmes and capacity building measures on a national basis.

**Participatory Arts Programme**

Engaging health service users in art making experiences is central to the work of the Waterford Healing Arts Trust. The Art Kart sessions continued in Renal Dialysis, Paediatrics and the Department of Psychiatry and *Artist on Call*, a new initiative whereby WRH staff can request the services of an artist for a patient, was launched.

*Transition* was an innovative visual arts project facilitated by Claire Meaney involving the clients of Grangemore unit in St Otteran's Hospital whereby the participants painted over reproductions that had been hanging for many years in St Otteran's Hospital and gave them a new lease of life, thus bridging participants' own transition from St Otteran's to Grangemore.



**Who do you think you are?**



A participatory arts programme aimed at promoting mental health and well being among young people through creative activity in partnership with Squashy Couch Café concluded with an intervention in John Roberts Square in June whereby members of the public were invited to contribute to a collaborative artwork using badge-making.



Artist Philip Cullen presented a sculpture and DVD arising from his participatory arts project with patients in the WRH oncology ward to the staff of the unit.

The weekly Open Studio in the WHAT Centre for Arts and Health continued to gain ground with a steady attendance of on average twelve participants per week. WHAT also hosted its first week long summer programme for children facilitated by Boyer Phelan and Martin Kennedy in the WHAT Centre in July.

Musician Leah Clarke led three workshops for the young people and children attending the Central Remedial Clinic and their siblings between June and August.

The Music and Mental Health Settings Programme in partnership with St Otteran's Hospital was rolled out through the Activation Therapy Unit, St Monica's Ward, St Aidan's Ward, all in St Otteran's Hospital, as well as Brook House and Ard na nDeise high support hospital. Eight mental health nursing staff and six disability care staff attended two music training sessions hosted by Kevin O'Shanahan in order to enhance their involvement in the programme. Kevin also mentored the four WHAT musicians in the course of the year – Leah Clarke, Jane O'Brien Moran, Liam Merriman and Mary Prendergast.

WHAT hosted a programme of monthly participatory music sessions for the patients in Renal Dialysis which was evaluated through one to one interviews with patients and co-funded by the National Concert Hall.

A programme of participatory music sessions for clients of Tory Services in the WHAT Centre for Arts and Health culminated in two public performances, one in the Ferrybank Festival in July and the other in Waterford Regional Hospital in December.



WHAT hosted monthly Tea Dances for the young at heart with participation from people living in nursing homes and those living independently in the community. Live music was provided by Sure Sound and dancing was led by Libby Seward.



**Artist in Residence**

Emily Robyn Archer took up the position of Artist in Residence at the Waterford Healing Arts Trust for a six month period in May. During her residency, Emily instigated *The Post Room Project* in WRH whereby staff and patients were invited to contribute to an artwork which was distributed via the internal postal system. The final works were animated and displayed in a series of wall base postboxes as part of Emily's final exhibition.

Emily also facilitated a programme of weekly drawing workshops in the WHAT Centre for Arts and Health for HSE staff.



**Performances**

*Healing Sounds* music programme featured live performances by Peter Ozanne, Anam Beo, Hollering Pine, Sure Sound, Sarah McCarthy, Leah Clarke, Eamonn Kenny, Konor Halpin, Donna Roche, Jane O'Brien Moran and Christchurch Cathedral Choir. WHAT hosted an open mic session featuring WRH staff in April in celebration of National Music Day and hosted performances by three musicians - Jane O'Brien Moran, Leah Clarke and Una McSweeney - in nine wards as part of Culture Night in September.

In celebration of All-Ireland Poetry Day in October, Poet Michael Coody gave a public reading in the WRH church and *A Menu of Poems* was circulated to patients in the hospital via the catering department. The *Menu of Poems* project was rolled out across a number of hospitals in Ireland and was coordinated by Arts and Health Co-ordinators Ireland.

Animated State Dance Theatre Company, who was in residence in the WHAT Centre for Arts and Health in the course of 2010, performed *Eat, Sleep, Dance... Breathe* in the WRH hospital foyer to a large audience in October. Dancers Jess Rowell and Lorcan O'Neill danced in response to audience members' thoughts on what dance meant to them.



**Exhibitions**

*The High Ground*, an exhibition of work by a group of Artists entitled *Art 13* from St. Raphael's Centre in Youghal was launched by Poet Thomas McCarthy in March.

This was followed in July by a solo exhibition entitled *Hide & Seek II* by Margaret O'Brien Moran in which Margaret visualised her experience of migraine through black and white and colour photography.

**Art Collection**

The Art Collection in Waterford Regional Hospital grew thanks to generous donations and loans from artists and collectors. Members of the Contemporary Irish Arts Society visited the WHAT Centre for Arts and Health and WRH in July and presented WHAT with a series of five prints from the Graphic Studio Sponsors Collection.

**Per Cent for Art Panel**

WHAT assembled a panel of twelve public artists on behalf of the HSE Capital Projects Scheme through an open competition process from which forthcoming public art projects will be commissioned under the Per Cent for Art scheme.

**Staff programmes**

The *Culture Vulture* club for HSE staff kicked off in September with a visit to Lismore Castle Gallery, followed by visits to the Wexford Opera Festival in October, Garter Lane Arts Centre in November and Christ Church Cathedral in December.

*Those were the Days*, a film about the history of St Theresa's Unit. WRH, produced by WHAT, was launched in January.

