

Waterford Healing Arts Trust (WHAT)

Annual Report 2011



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Introduction

2011 was a significant year in the Waterford Healing Arts Trust in terms of developing its national remit via artsandhealth.ie, a national website for the arts and health sector in Ireland. We continued to promote health and wellbeing via a range of artforms and formats through hospital based and outreach programmes and build partnerships in Waterford Regional Hospital and wider community.

Hospital based programmes



Engaging patients and health service users in art making experiences is central to the work of the Waterford Healing Arts Trust. The **Art Kart** sessions in Renal Dialysis, Paediatrics and the Department of Psychiatry were facilitated by artists Philip Cullen, Boyer Phelan and Martin Kennedy. **Artist on Call**, an initiative whereby

WRH staff can request the services of an artist for a patient proved to be a flexible and responsive way of bringing art to the bedside of patients.

The weekly **Open Studio** in the WHAT Centre for Arts and Health which aims to reach those who are socially isolated due to chronic health problems and disability continued to bridge WRH with the wider community. The highlight of this programme in 2011 was *Separate Storms*, an exhibition of artworks by twelve Open Studio participants.

The **Music and Mental Health Settings Programme** in partnership with St Otteran's Hospital continued to bring music making experiences into 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. According to Mick Daniels, CEO of Slushee who fundraised for the music programme for Alzheimer's patients through the production and sale of the 'Effin' Eddie' DVD, "*the Waterford Healing Arts Trust music programme is worth its weight in gold. It opens up a line of communication with patients when words are not there.*"



A progression of this programme was the piloting of one to one sessions in guitar playing, vocals and writing funded by the National Concert Hall and led by Liam Merriman for clients who have displayed significant motivation and ability through the programme to date in Grangemore, St. Otteran's Hospital which resulted in a performance by participants for their peers, the first of its kind to date. Another series of one to one sessions funded by County Waterford Arts Office was hosted in Newport Day Care centre Dungarvan.

In the words of one client who participated in such a session in Grangemore:

"I thought it was brilliant. If I'm playing on my own, I feel alone. With you [the musician] there, the two guitars came out brilliant.... I felt at ease and could do it simple. I feel I'm getting better at it, and if I can relax I play better..."

What is the WHAT effect?

In 2011 WHAT made a promotional DVD entitled *What is the WHAT effect?* featuring elements of its programme such as the Art Kart service, the art collection and exhibitions, music programme in St. Otteran's hospital and interviews with nursing staff and patients. Those interviewed describes the positive impact of WHAT's various arts programmes. According to one renal dialysis patient, *'The Healing Arts, if I was to say the difference it's made I just couldn't say. It will just have to be seen in what we do. It's given me life again.'*

Mary Grehan promoted best practice in arts and health through a presentation at the 12th Annual Interdisciplinary Research Conference at the School of Nursing & Midwifery, Trinity College Dublin in November and at the National Campaign for the Arts briefing of the Seanad. Claire Meaney presented the WHAT programme to MA Music Therapy students at University College Limerick in October.

The Waterford Healing Arts Trust continues to play an active role in the Arts and Health Co-ordinators Ireland network (ACHI). Claire Meaney was deputy Chair of the network in 2011.

Fundraising and Finance

In 2011, the WHAT fundraising committee, under the Chairpersonship of Mary Baxter organised a number of fundraising events including A Bridge Evening in Faithlegg House in January, a Fashion Swao Party in February, a Flag Day in April and sold Christmas cards and opened a Pop-up Shop in December. In total, €8,980 was raised through these fund-raising events.

Funding was received from the Arts Council, Waterford City Council, Waterford County Council, Punchestown Kidney Research Association and Waterford Mental Health Services.

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), Susan Crossan (Administrator), June Bolger / Lorraine Barron (Admin Assistant), Larry White (Artsworker – Art Collection and Exhibitions), Gavin Barr / Siobhan McLaughlin (Music Co-ordinator) and Paula Doyle (Admin Assistant).

In 2011, the Waterford Healing Arts Trust said goodbye to Siobhan McLaughlin, Lorraine Barron and Layla Hughes and welcomed in their place on the FAS scheme Gavin Barr, Paula Doyle and June Bolger. The scheme is managed by Garter Lane Arts Centre. We were assisted by volunteers Denis Power, Sarah Lee, Natasha Edmondson, Julie Dowling and students from Newtown School Transition year.

Waterford Healing Arts Trust,
Waterford Regional Hospital,
Dunmore Road,
Waterford
Tel: 051 842664
E-mail: WHAT@hse.
www.waterfordhealingarts.com
www.artsandhealth.ie



Support Organisation for Arts and Health in Ireland

The Waterford Healing Arts Trust continues to grow as a hub of energy and support in the arts and health sector in Ireland through its ongoing advice service for newcomer and experienced practitioners, artsandhealth.ie and its continuing professional development programme.

In partnership with Create the national development agency for collaborative arts in social and community contexts, WHAT developed **artsandhealth.ie**, the first national arts and health online resource in Ireland. Funded by the Arts Council, the website was launched by the Minister for Arts, Heritage and the Gaeltacht Mr. Jimmy Deenihan in October. It promotes best practice and debate via resources, case studies and opinion and disseminates news on behalf of stakeholders. It is promoted via Facebook, Twitter and a quarterly e-bulletin.



WHAT was involved in developing *Dialogues arts and health* a national peer learning initiative for artists working in healthcare settings funded by the Arts Council. This initiative culminated in a national exchange day in Dublin in December in which Mary Grehan chaired a discussion around Partnership in Arts and Health.

The **continuing professional development programme** comprises a mix of capacity building for the sector on a national basis, partnership work with other organisations and dissemination of learning from existing arts programmes:

- **eXchange day** – In February WHAT hosted a national exchange day to facilitate practical peer learning and critical reflection among arts and health practitioners and academics. This included Pecha Kucha presentations by eight A&H practitioners
- **A Residential Music & Health** weekend was held as part of Music Network's CPD for musicians aspiring to work in healthcare settings also in February. This workshop facilitated learning experiences through performance / facilitation on the wards of WRH.
- **Hedge School** - was held in May, a discussion for arts and health researchers around 'The academic home for arts and health' in the School of Nursing in Trinity College. A podcast of the event will be featured on artsandhealth.ie.



- WHAT hosted two introductory arts and health sessions for GP trainees in 2011
- **Bag of Tricks** – *Sharing repertoire for engaging diverse participants in visual art workshops.* Claire Meaney was awarded Arts Council Arts Participation Bursary in 2010 through which she carried out research into arts facilitation in healthcare settings in Ireland and the UK and through her role in the weekly open studio in WHAT. The learning from her bursary was shared with other arts practitioners in this workshop.
- With the aim of encouraging mental health nursing staff to co-facilitate the

WHAT Music in Mental Health Settings programme in the future, Kevin O' Shanahan led two music training days for this group in September and October.

WHAT offered a creative solution to encouraging renal dialysis patients to take their phosphate binders to prevent Renal Bone Disease by inviting patients to decorate their own individual 'reminder plates' as part of the Renal Bone Disease Awareness Week in September.



Artist in Residence

Maria McKinney took up the position of Artist in Residence at the Waterford Healing Arts Trust for a six month period in April during which time she produced a solo exhibition



which opened in WRH in October. Entitled *Lingering Spaces*, it featured drawings and digitally manipulated photographs which considered the (in)action of waiting in an acute hospital context.

In the words of the artist:

"Like an airport or train station, hospitals serve as gateways to both arriving and departing individuals. It is where we go to be made well or to receive a result. Both of these undertakings make it a place whereby a period of waiting is convention..... A chair is ascribed many bodily attributes: legs, arms, feet, back and head. As such it may be interpreted as a substitute in lieu of an occupant. It waits for one to wait"

Performances

The *Healing Sounds* music programme featured live performances for patients in wards and outpatients clinics. A *Healing Sounds* panel of performers was established from musicians who had completed Music Network's CPD training. Performers included Eamonn Sweeney, Allison Sleator, Kathleen McPhail, Margaret & Siobhan Lynch, William Glynn and Kate Powell. As part of the Tall Ships Festival Scheepsfolk, a maritime folk group from North Holland and Compass Point, a three piece sea shanty band performed in WRH.



The WRH staff choir participated in *Come the Sails*, at the launch of the Tall Ships on 30th June. This performance by a massed choir of spoken word and choral pieces by Marion Inglesby, Eric Sweeney, Megan Nolan and Peter Surr was commissioned by Waterford Choral Society.

WHAT commissioned an interactive dance work by **Animated Dance Company** entitled *Touching Lives* which was performed in the WRH foyer as part of Celebrating Nursing and Midwifery Week in September.

The national *Menu of Poems* project was run in partnership with Arts and Health Co-ordinators Ireland. WHAT commissioned an anthology of eight poems edited by Mark Roper on the theme 'A Moment in Time'. In celebration of All Ireland Poetry Day in October, HSE staff gave a public reading in the WRH church and *A Menu of Poems* was circulated to patients in the hospital via catering department. This was a joint initiative with nine other arts and health programmes nationally.



Exhibitions



Drawing on the Body by Bernie Masterson was a solo exhibition based on the artist's observations of her mother's changing body in her latter years which ran during March and April. It opened with an artist's talk and was featured on RTE Radio Arena arts show.

The ***Captured Time II***, an exhibition of drawings by Frank Curtis and publication by Johanna Tanner, both patients in the Dialysis unit emerged from Art Kart sessions with artist Philip Cullen in the unit. The exhibition was launched in May by Fr. Liam Lawton.

Galway Hookers was an exhibition of photographs by John O' Connor on the theme of the sea. It was presented as part of the Tall Ships Festi-

Separate Storms was an exhibition of artworks by twelve Open Studio participants, which was launched by Kinsley Aikens. This exhibition was the outcome of an Arts Council Arts & Health Bursary Project awarded to Claire Meaney to find new methods of engaging participants with diverse artistic aims within the group workshop context. A free colour catalogue was produced which included a reflection and analysis of Claire's research.

Lingering Space an exhibition by WHAT artist in resident Maria McKinney was the outcome of her six month residency in the hospital.

Inside Out 9 the ninth annual HSE staff exhibition featured the work of eighteen staff members and was launched by the Director of Nursing, Claire Tully.

In 2011 WHAT put out a call for artists to respond to the theme of the body as a meeting point of interest shared by artists and health professionals. From this, six artists were selected through an open submission process for a series of exhibitions to be held in Waterford Regional Hospital from 2012 to 2013.

WHAT library

The library continued to grow as a resource for research and learning in the field of arts and health. 39 new publications were acquired, ongoing cataloguing continued and WHAT continued to be a member of national and international networks such as the Society of Arts in Healthcare in the USA.



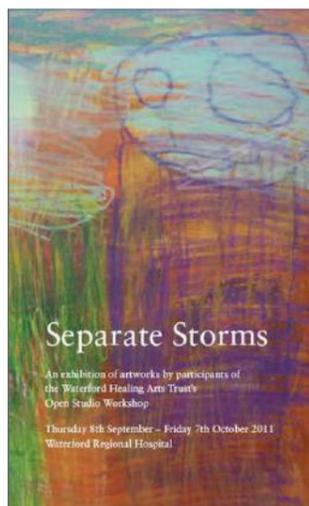
Art Collection

The Art Collection in Waterford Regional Hospital grew thanks to generous donations and loans of artists and collectors. Works by Maria McKinney, Polly Minnett, Carmel Flynn, Tom Nisbett and Frank Curtis were added to the collection in 2011.

In partnership with the WRH Intensive Care Unit, WHAT commissioned a new artwork by papermaker and artist Polly Minnett for installation in the unit.

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 Culture*** club for HSE staff included visits to the Theatre Royal for the *Cinderella Ballet* in February and *The Bee Gees Nights in Broadway* in March. We attended a screening of *The Pipe* in Garter Lane in January. There was a visit to Dr. Bulbulia's house in April to view his art collection. In September the *Cultures Vultures* went to the theatre with a trip to Garter Lane for *B is for Baby*. A visit to the De La Salle school for a literary reading by *Eibhear Walshe and Derbhile Dromey* as part of Imagine Festival took place in October. We saw a live screening of *Sleeping Beauty* performed by the Bolshoi Ballet direct

cow at the Theatre Royal in November and in December we visited Christ Church Cathedral for an evening of music and poetry entitled *Christmas Voices*.



Community based programmes

WHAT brought together members of the De La Salle Choir and Deise Active Retirement Association in a special performance of the ***Dawn Chorus*** at the William Vincent Wallace Plaza in May as part of the Bealtaine Festival which celebrates creativity in older people.

A twelve week programme of visual art workshops entitled ***Autumn Art*** in the Solas Centre led by Philip Cullen in December offered a positive creative diversion for people undergoing cancer treatment. This project illustrated how creative activity can open up a space for relaxed conversation between people that might otherwise not happen.

A programme of 25 participatory music sessions for clients of **Tory Services** in the WHAT Centre for Arts and Health culminated in two public performances, at the Tory Fun Day in Ferrybank in July and in Waterford Regional Hospital in December. One carer from Tory Services said '*many of the group enjoy the sessions so much that they come out of their shell more than usual*'.

WHAT helped raise awareness around the work of End of Life committee in WRH through the creation of an online slide show featuring a range of visual interpretations by various individuals of the **End of Life symbol**. The project was 'low in cost and high in imagination' as Mary Grehan told the Irish Hospice Foundation at a presentation in 2012. WHAT also commissioned a permanent installation of the End of Life symbol in the WRH foyer.

