

Waterford Healing Arts Trust (WHAT) Annual Report 2014



The work of WHAT is often likened to a series of onion rings. At the centre of the onion both historically and philosophically, is WHAT's work with patients in University Hospital Waterford (UHW) whereby ill health provides people with both the opportunity and the reason to engage in arts experiences. Further out through the rings, WHAT provides arts experiences in the WHAT Centre for Arts and Health for people living in the community and works creatively with clients of the Waterford Mental Health Services. At the outer ring, WHAT supports the development of arts and health on a national level through www.artsandhealth.ie, working in partnership with other agencies on providing continuous professional development in the arts and health field and building its arts and health library as a resource for research. There is no hierarchy between these rings or strands of work. Rather they complement each other. In 2014, WHAT progressed all these strands with the aim of delivering each of them to the highest standard possible, in other words, doing what we did before, but doing it better.



Visual art

Every year WHAT curates a series of exhibitions, some of which are inspired by the hospital context and some which offer a window on an outside world.

In January, WHAT's artist in residence 2013 Jeffrey Gormly invited people to attend a supper and discussion at the launch of his exhibition *dreamMirror*. The exhibition promoted creativity as an option for everyone via a series of blackboard artworks with which viewers interacted using chalk. Three of these *dreamMirror* blackboards have since been installed permanently in non-clinical spaces throughout the hospital.

Waking up in Waterford, from April to June 2014, was a solo exhibition of paper-cut artworks by Paul Bokslag which gave an insight into the artist's previous experience of hospitalisation in UHW from entry via A&E through to surgery and recovery. The exhibition was accompanied by a picture story book written by the artist.



Waterford in Stitches was an exhibition of tapestries that were produced by the UHW tapestry group since their inception back in 1998. The exhibition was launched in UHW, in September by philanthropist Norma Smurfit as part of Waterford's 1100th birthday celebrations and was sponsored by the AIB. The tapestry group gave a public tour of the exhibition as part of *Culture Night*.

In October, participants of WHAT's Open Studio workshop exhibited artworks they made in *The Feel Good Factory* in Garter Lane Arts Centre. This exhibition, which was launched by Brent Pope as part of *Well, festival of arts & wellbeing*, celebrated those things that made each participant feel better.



Sparks, created by Aoife Price and illustrated by Oonagh Young and Una Gildea as part of the *Well festival* was an exhibition of illustrations made from a book of the same name which gave an insight into a journey through mental health difficulties.



Following the first phase of this project in 2013, which explored through research and performance the impact on families of living with people suffering from mental health difficulties, WHAT commissioned artist Dominic Thorpe to produce a solo exhibition entitled *Another Expanse*. The artwork was informed by conversations with families in Waterford, Dublin and beyond and was presented in Waterford Central Library as part of the *Well festival*. It was accompanied by a public talk by Dominic.

November 2014 saw the Watercolour Society of Ireland back in UHW having first exhibited in the hospital thirteen years previously. This *Winter Exhibition* featured 55 original watercolours and was launched by Lord Burlington of Lismore Castle.

The *Staff Art Wall* is a series of bi-monthly exhibitions by HSE staff members based in Waterford on view in the post room corridor of UHW. Exhibitors in 2014 were by Peter Foskin, Caroline O'Regan, Patricia Chesser-Smyth, Pat Whelan, Mary Grehan and Carmel Ann Daly.

WHAT curated a collection of 560 original artworks in UHW which is continually expanding through commissions, donations and loans. WHAT added to this original artworks by Jeffrey Gormly and Paul Bokslag. Parts of the collection were mediated by Una Kavanagh, a MA in Cultural management student in 2014. WHAT responded positively to requests for artworks from numerous sites in UHW including the Department of Psychiatry, Medical 3 ward and the X-ray department.



Window to a Wonderland by Andrew Folan is a series of lenticular artworks commissioned by WHAT through the Per Cent for Art Scheme for each of the four new Cystic Fibrosis rooms in UHW. Andrew's artworks are designed to engage CF patients of a range of ages when isolated in hospital due to their ill health. Animations of these artworks are viewable on the WHAT website.

Music

WHAT restructured its *Healing Sounds* programme in 2014 so that musician Liam Merriman who has many years experience of bringing live music into healthcare settings, mentored Caoimhe Murray (flute) and Greg Power (voice and guitar) to responsively engage patients of the oncology ward and Medical 2 ward in live music on a monthly basis. This programme was sponsored by Merck Serono.

A separate *Healing Sounds in the Foyer* programme brought musicians Becky Coady, Comhaltas Ceoltóirí Éireann, Jane O'Brien Moran, Gavin Barr and his friends, the *Bealtaine* choir with Ann Woodworth, Colin Harries, De La Salle Singing Group and the Gaelcholaiste Port Lairge choir to a wide audience of staff, patients and visitors in UHW through a series of lunchtime concerts. Trad musicians The Carty Sisters performed in UHW as part of *Culture Night*.



Participatory and collaborative art

Working in partnership with the Waterford Mental Health Services, WHAT expanded its arts and mental health programme to offer clients a wider range of arts experiences and rebranded it as *Iontas*. As in previous years, Mary Prendergast, Leah Clarke and Jane O'Brien Moran engaged clients in the art of music making. Added to this in 2014, writer Lani O'Hanlon invited clients to write poetry and prose, visual art workshops were delivered by Jill Bouchier, Philip Cullen involved clients in shadow puppetry and Libby Seward got people dancing. Composer George Higgs wrote a rap song called *The Lunch Wrap Rap* with the clients of the Activation Therapy Unit (ATU) in St. Otterans. These workshops took place across six mental health settings in Waterford city and county including the ATU and St Aidan's Ward in St Otterans hospital, the Department of Psychiatry at UHW, Brook House, Ard na nDeise high support hostel and Newport day centre in Dungarvan. The programme also successfully piloted art workshops in the acute ward of the Department of Psychiatry. The *Iontas* programme was steered by a working group comprising representation of staff and clients of the participating sites, the voluntary mental health sector and WHAT.

Musicians Mary Prendergast and Jane O'Brien Moran facilitated an ongoing programme of music workshops in the WHAT Centre for the *Tory* group who are clients of the Brothers of Charity, resulting in public performances in UHW at Easter and Christmas. Other clients of the Brothers of Charity, a group called *Quest*, piloted a music programme with Mary Prendergast. This proved to be a great success and they have decided to continue the programme with WHAT in 2015.

The *Open Studio* workshop is an art-making facility for people with diverse artistic and personal needs that was facilitated in 2014 by Claire Meaney, Julie Dowling, Sarah Lee and Angela Doran. Two places were allocated each week for clients of the Department of Psychiatry in UHW, enabling them to bridge the hospital setting with their experience of living in the community. WHAT monitored participants' creative progress through entrance and exit interviews. The participants exhibited their work as part of *Well festival* in Garter Lane Arts Centre in an exhibition entitled *The Feel Good Factory*.



Art Kart and Artist on Call

Boyer Phelan enabled children in the paediatrics ward of UHW to make art via the *Art Kart* which visits the ward twice a week. With funding from the PuncHESTOWN Kidney Research Association, Boyer and Phillip Cullen engage patients of the Dialysis unit in art making and creative writing. With the creation of a new tea room in the Dialysis ward, an art project was conceived on the theme of tea which aimed to involve a wide range of patients. *Artist on Call* continued as a means of enabling all UHW patients to access creative opportunities upon request. Through this programme, Mary Grehan worked on a weekly basis with a dialysis patient who began painting for the first time on her 90th birthday. Martin Kennedy engaged clients of the Department of Psychiatry in weekly art making workshops.

Artist in Residence

Through a process of open competition, WHAT engaged John Conway as artist in residence for six months from July. Based in the WHAT centre, John developed a number of art projects during his residency and engaged with patients in the Renal Dialysis Unit through illustration, watercolour painting, crochet and embroidery. He has also worked with patients via the *Art Kart* and *Artist-on-Call* programme in departments such as Paediatrics and the Department of Psychiatry. He embarked on the production of a body of work which will be exhibited in UHW in 2015.



Well, festival of arts & wellbeing

Following on from the success of the 2013 *Well festival* and coinciding with World Mental Health Day, WHAT once again joined forces with Garter Lane Arts Centre in hosting this unique festival in Waterford which explores the personal and societal benefits of the arts. The foyer of UHW came alive every lunchtime with a range of quirky and engaging events from music with *Brass Goes Pop*, dance with *Best Foot Forward* and Libby Seward, Task Training Centre's one-day exhibition *The Chair Project*, and comedy with midwife Bridie Hodge. WHAT partnered with Waterford Healthy Cities to raise awareness about the impact of quality design in our built environment through a collaborative workshop with GP trainees and architecture students and a tour led by architect Fintan Duffy of some of Waterford's public spaces. People were invited to share their own favourite feel-good poetry or prose in a highly inclusive event in The Book Centre called *We haven't had an earthquake lately*. The *Well festival* was sponsored by Genzyme.



Literature



23rd April 2014 was World Book Night. In celebration of this, WHAT and the Association of Friends of UHW joined forces to distribute free books to patients in the hospital.

On 2nd October, WHAT distributed a *Menu of Poems* to all patients at UHW on their meal trays. The menu was compiled by poet Kate Dempsey and Kildare Arts Service on behalf of the Arts and Health Coordinators of Ireland (AHCI) and was distributed to patients through the country. On the same day, poet Kathy D'Arcy hosted one-to-one poetry clinics in the patient's library of UHW and a workshop with expectant mothers in the ante-natal ward.

Arts Programmes for HSE staff

WHAT continued to cultivate a community of arts champions within the HSE staff via the *Culture Vulture Club*, a programme of diverse cultural outings for HSE staff. Highlights of the Culture Vulture events included Wilhelm Sasnal's exhibition at Lismore Castle, Eleanor McEvoy's concert and the play *Beowulf* at Garter Lane Arts Centre and Handel's *Messiah* in the Cathedral of the Most Holy Trinity Waterford.

In July, Emily Power led a week-long summer arts camp in the WHAT Centre for children of HSE staff aged between 8 -12 on the theme of mark making. The results were displayed in the UHW canteen. In October, Lani O'Hanlon facilitated a creative writing programme for HSE Staff entitled *The Archive of Memory*.

National support organisation

WHAT supports the development of arts and health practice on a national basis through *artsandhealth.ie*, a national online resource featuring news, resources and monthly case studies. Original opinion pieces were written by Angela DeBurca, Katie Verling, Ailbhe Murphy and Caroline Peppard for the website in 2014. New content was disseminated via bi-monthly e-bulletins and social media. The website is supported by an editorial panel with representation from Create, Arts and Health Coordinators Ireland (AHCI), Association of Local Authority Arts Officers (ALAAO), artists and the HSE.

The Room, a documentary by Roisin Loughrey of the arts programme in the Sacred Heart Hospital, Castlebar, with artist Tom Meskell, was produced with *artsandhealth.ie*'s first documentation bursary and launched in Castlebar in May 2014. The documentary was shortlisted for an Irish Humans Rights film award in June 2014. The second bursary was awarded to Helium for documentation of their project *Cloudlands*.



Aideen Barry and George Higgs were awarded bursaries to engage clients of disability and mental health services respectively in action-research, collaborative projects by WHAT, Arts Disability Ireland (ADI), Create and the Arts Council who have been working together on an enquiry around the intersections and divergences between arts and health and arts and disability practice. Michelle Brown was engaged as witness writer for the project. The outcomes will be disseminated in 2015.

WHAT engaged scientist Stefanie Fleischer on a TUS scheme to collate national and international research around the impact of arts and health practice on wellbeing, older people and mental health service users. This literature review was presented to the Arts and Health Co-ordinators Ireland (AHCI) in October and at WHAT's *Introduction to Arts and Health* workshop in November. WHAT continued to build its library as a resource for arts and health research with a focus on high-quality interventions into healthcare context, related research and evaluation.

Continuous Professional Development

In November, WHAT's third *Introduction to Arts and Health* workshop was attended by 17 people from around the country who all wanted to learn more about this growing practice. It was facilitated by Mary Grehan, Claire Meaney, Stefanie Fleischer and mental health nurse Jennifer Croke and accredited by Nursing and Midwifery Board of Ireland. The workshop was based on a resource document written by Mary Grehan entitled *Arts and Health: ten points to consider*.

As part of the *Well festival*, Mary Dineen, Chairperson of *Arts + Minds*, Cork, led a workshop for mental health professionals based on *Arts + Minds* as an example of good practice.

WHAT offered mental health nursing students at Waterford Institute of Technology (WIT) an insight into the potential of arts experiences in mental healthcare through a participatory music workshop with Liam Merriman. WHAT involved mental health nursing students on work placement in its *Iontas* programme. Mary Grehan co-facilitated a programme of reflection through creative writing for 1st, 2nd & 3rd year general nursing students on placement in UHW in partnership with the clinical placement team. This used writing as a method of exploring topics such as 'dealing with conflict' and 'a patient's perspective'.

Internal capacity building and governance

WHAT reviewed and restructured its internal code of practice and disseminated this to WHAT artists, board members, staff and the staff of UHW. WHAT also provided professional supervision on a group and one-to-one basis to artists who deliver its participatory programmes with music therapist Joanna Cunningham.

Following the adoption of a new constitution in 2013 and the establishment of a membership base, WHAT held an EGM in January 2014 under its new constitution at which a new committee was elected by the membership. This committee participated in board training facilitated by Liam O'Dwyer of *Boardmatch*. WHAT established a governance sub-committee chaired by Claire Tully, Director of Nursing at UHW, to work towards becoming compliant with the governance code. WHAT developed its 2015 - 2017 strategy based on the recommendations of John Everett's independent evaluation of the organisation. As part of this, a fundraising strategy was developed by a fundraising sub-committee with co-opted expertise under the chair of Ann Ellis.



In October, Clive Lee, Professor of Anatomy at the Royal College of Surgeons of Ireland (RCSI) Dublin, gave a talk to members on the relationship between art and anatomy.

Funding

Throughout 2014, WHAT held a number of very successful fundraising events. In July, WHAT's annual flag day took place at Ardkeen Stores as did a coffee morning in The Book Centre. In September a quiz night was organised in The Cove Bar. October saw WHAT host an autumn walk at Mount Congreve gardens and in November and December, WHAT's Christmas cards were sold in UHW and local shops. All proceeds from these events went towards funding the ongoing arts programme of WHAT.

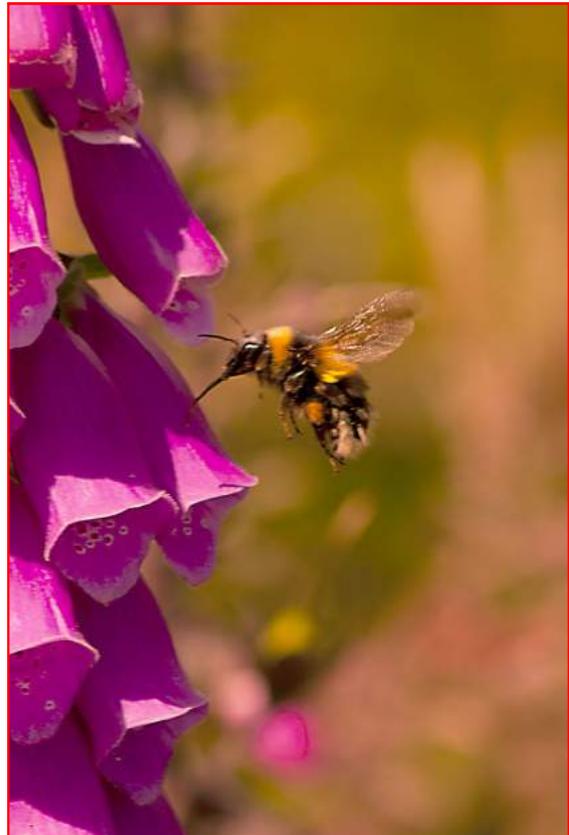
WHAT would like to thank all its 2014 funders and sponsors. They are the Arts Council, HSE South (Cork) Arts & Health Programme, Waterford/Wexford Mental Health Services, National Lottery, Punchestown Kidney Research Association, Merck Serono Ireland, Department of Social Protection, Waterford City Council, Waterford County Council, Waterford Credit Union, Genzyme, AIB Bank and many individual donors.

WHAT Committee

Dr Gordon Watson (Chairperson), Ann Ellis (Deputy Chairperson), Aidan Barrett (Treasurer), Richard Dooley, Claire Tully, Mary Baxter, Tom Cunningham, Dr Carmel Ann Daly, Julie Dowling, Dr. Jack Gallagher, Dr Miriam O'Connor and Dr Dan Walsh.

Staff and volunteers

Mary Grehan (Arts Director), Claire Meaney (Assistant Arts Director & artsandhealth.ie project manager), Susan Crossan (Administrator), June Bolger (Administrative Assistant until October 2014), Alan Browne (Music Co-ordinator from September 2014), Paula Doyle (Administrative Assistant until March 2014), Stefanie Fleischer (Researcher), Peter Foskin (Arts worker – Art Collection and Exhibitions), Laura Hennessy (Administrative Assistant from March 2014), Dermott Sullivan (Administrative Assistant from November 2014) and Terry Wall (Music Co-ordinator until September 2014).



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Financial Statements Year end 31.12.14

Prepared by O'Connell Meskill & Company

Chartered Accountants & Registered Auditors

Railway Square

Waterford City

Web Site: www.oconnellmeskill.ie

Income & Expenditure 2014

		2014	2013
Summary		€	€
Income		255,250	249,161
Expenses		(253,911)	(252,290)
Interest Receivable		1,632	2,532
Surplus/(Deficit)		2,971	(597)

Balance Sheet 2014

		2014	2013
		€	€
Debtors & Prepayments		5,974	7,692
Building Reserve Bank Accounts		102,582	81,940
Working Capital Bank Account		46,398	50,820
Deferred Income		(20,611)	(10,119)
Payroll Creditors		(21,384)	(21,320)
Accruals		(4,200)	(3,225)
Net Current Assets		108,759	105,788
Reserves/Balance Sheet Value		108,759	105,788

INCOME 2014

		2014	2013
Detailed		€	€
Arts Council		86,250	104,000
HSE		51,595	49,331
DSP		59,195	53,240
Council & Other Grants		21,323	22,839
Fundraising & Ticket Sales		6,781	6,616
Contributions		23,759	10,209
Sponsorship & Donations		3,823	2,325
Membership		970	350
Other		1,554	251
Total		255,250	249,161

Expenditure 2014

		2014	2013
Detailed		€	€
Staff Salaries		111,022	99,556
DSP Wages		59,195	53,240
HSE Overheads		21,498	20,637
Administration Expenses		10,361	11,217
Publicity & Marketing Costs		2,633	10,981
Artists Fees		46,922	39,501
Artistic Programme Costs		1,290	1,888
Consultancy Fees		990	8,035
Arts & Health Disability Enquiry		-	7,235
Total		253,911	252,290