Fundraising

In March, the Waterford Omagh Peace Choir performed a special concert in aid of WHAT in the Edmund Rice Heritage Centre, Waterford. The Waterford Omagh Peace Choir was formed in 1998 in the aftermath of the terrorist bomb in Omagh. The choir has members from Omagh and Waterford who come together for workshops and concerts to promote a message of peace and reconciliation through music.

Also in March, WHAT hosted an Easter Fair at the Woodlands Hotel with a cake decorating demonstration by Catherine Hartney and a demonstration by Chocolatier Robert McCarthy. We also raised funds through a flag day at Ardkenn stores.

In September, WHAT hosted What-a-Harvest as part of the Waterford Harvest Festival which brought together art, food and health in the historic Port of Waterford building. 197 5” x 7” paintings were produced by artists and raffled at the event. Creative entrepreneurs from Waterford competed in a unique food sculpture competition called Stuff Yer Face!

All proceeds from these events went towards funding the ongoing arts programme of WHAT.

Patron
Michael D Higgins, President of Ireland

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.

Fundraising committee
Mary Baxter (Chairperson) Julie Dowling Deputy (Chairperson) Ann Ellis, Hazel Watson, Mary Tritschler, Mona Kenny.

WHAT Staff
Mary Grehan (Arts Director), Claire Meaney / Joanna Cunningham (Assistant Arts Director), Claire Meaney / Emma Eager (artsandhealth.ie project co-ordinator), Susan Crossan (Administrator), Emily Power (Assistant Curator), June Bolger (Admin Assistant), Larry White / Peter Foskin (Artsworker – Art Collection and Exhibitions), Gavin Barr / Martin Byrne (Music Co-ordinator) and Paula Doyle (Admin Assistant).

In 2012, the Waterford Healing Arts Trust said goodbye to Larry White and Gavin Barr and welcomed in their place on the FAS Community Employment scheme Peter Foskin and Martin Byrne. WHAT also engaged Emily Power as Assistant Curator via the TUS scheme. Claire Meaney was replaced by Joanna Cunningham as Assistant Arts Director and by Emma Eager as artsandhealth.ie project co-ordinator when Claire went on maternity leave. Volunteers Denis Power, Sarah Lee, Julie Dowling and students from Newtown School Transition year also supported the work of WHAT.

Acknowledgements

We would like to thank all our 2012 funders and sponsors including the Arts Council, the HSE, FAS, Waterford City Council, Waterford County Council, the Ireland Funds, Punchestown Kidney Research Association, Leargas, the Department of Arts, Heritage and the Gaeltacht and Roche Pharmaceuticals.
2012 was an exciting year for the Waterford Healing Arts Trust. We sustained existing programmes such as Healing Sounds, artist-in-residence, Music in Mental Health settings and Art Kart, and piloted new ones including Music in Special Care Baby Unit and All Wrapped Up. We explored meeting points between the world of art and the world of medicine through Body Conversations, an exhibition by Dorothy Ann Daly, The Quiet Heart, an exhibition in which artist-in-residence Martin Fahy looked at the dual nature of the heart as a physical and emotional organ, and Waiting List, a reading by poet Shirley McClure through which she recalled her experience of breast cancer through poetry.

It was the year we began to engage pre-term babies in live music, women undergoing breast cancer treatment in felt-making and nursing students in creative writing.

**Participatory and collaborative visual arts programmes**

Waterford Healing Arts Trust (WHAT) continued to engage patients, health service users and others in the community in arts based programmes during 2012. A broad spectrum of creative opportunities were offered to adults, children and babies with the aim of reducing the often stressful experience of life in hospital.

WHAT’s Artist-on-Call provided a creative opportunity for those patients who requested it and whose ward is not routinely serviced by the Art Kart.

In partnership with the WRH Breast Cancer Services WHAT launched a participatory programme entitled All Wrapped Up in October 2012 Breast Cancer Awareness Month. Women treated for breast cancer were engaged in the design and creation of their own individual wrap/scarf using felting techniques. The programme aimed to promote a sense of collective sharing and community among the women and raise awareness around breast cancer. The workshops were led by the artist Ger Kennedy in the WHAT Centre and were sponsored by Roche Pharmaceuticals. Feedback to the programme was very positive and it continued in 2013.

Weekly Art Kart sessions in the Department of Psychiatry, Paediatrics and Renal Dialysis, were facilitated by artists Martin Kennedy, Boyer Phelan and Philip Cullen respectively. Martin Kennedy embarked on a modular visual art project in the Department of Psychiatry in which participants explored the themes sea, sky, land and forest. Boyer Phelan led a project called ‘All About Us’ in Renal Dialysis in which he gathered the written memories, stories and poems of patients and staff. These were published in a book of the same name which was launched by poet, Michael Coade in October 2012. Philip Cullen enabled Dialysis patients to reflect on their lives through audio recordings of stories, haiku, writing, drawing and photography which he aims to assemble in a multimedia format and make it available to family and friends of the artists.

**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 newcomers and experienced practitioners, the national arts and health website, artsandhealth.ie and its continuing professional development programme.

artsandhealth.ie went from strength to strength with monthly case studies of best arts and health practice, opinion pieces from a range of perspectives, resources in terms of evaluation documentation and initiatives, guideline documents etc. as well as current news. Website updates were distributed through quarterly e-bulletins and social media. An editorial panel was established comprising representation of artists, Arts & Health Coordinators Ireland, Association of Local Authority Arts Officers, the Arts Council, Create, the HSE and WHAT.

The WHAT library continued to grow as a resource for research and learning in the field of arts and health. New titles by Robin Rio, Eina McHugh, Jonah Lehrer and Ann Davis Basting among many others were added to the library in 2012.

The continuing professional development programme comprised 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:

- Documenting Arts + Health took place in April and was co-hosted by WHAT, Create, the national development agency for collaborative arts in social contexts and Visual Artists Ireland. It was a peer-based artists’ clinic suitable for artists of all disciplines who are working collaboratively in healthcare settings and were interested in exchanging and developing techniques to documentate their work. The clinic included input from UK based artist Alison Kershaw, Irish artist, Cliona Harney, arts consultant Sarah Seaton, Patrick Fox, Director of Create, Mary Grehan and Claire Meaney of the Waterford Healing Arts Trust.
- In October, WHAT and Create again co-hosted a CPD workshop entitled Evaluating arts + health collaborative practice in Trinity College Dublin. The workshop was for artists of all disciplines who work collaboratively and was designed to provide artists with the skills required to evaluate their own practice to ensure the provision of a high quality experience for participants. The workshop was facilitated by Susanne Burns who is a senior arts leader, freelance management consultant and trainer with 28 years senior management experience in the cultural sector in the UK.
- Introduction to Arts and Health was a half-day workshop written and delivered by Mary Grehan and Claire Meaney which introduced artists, healthcare professionals and other interested parties to the principles and ethos of arts and health practice. The workshop was supported by examples of good practice from the bank of case studies on artsandhealth.ie
- WHAT supported Music Network’s Continuing Professional Development Programme for musicians working in social settings by hosting a training weekend in the WHAT Centre which included on-the-ward training.
- Helmet hosted a one day CPD for musicians and storytellers called Scales & Tales based on a collaboratively participatory arts project around music and storytelling in the WHAT Centre
- Niamh O’Connor facilitated a Reflective Practice and Peer Critique session for WHAT musicians and visual artists in which they reflected on their work based on Liz Lerman’s Critical Response Process.
- Mary Grehan partnered with the WRH Clinical Placement Coordination team in the delivery of creative writing sessions which enabled first, second and third years students on placement from Waterford Institute of Technology Nursing School to reflect on their work placement in Waterford Regional Hospital.
- WHAT hosted a Music and Health training programme for mental health nursing students at Waterford Institute of Technology in which took the form of a lecture by Gavin Barr and two practical workshops by Liam Merritt and Leah Clarke.

Claire Meaney presented a workshop at the Arts care Sustainable Creativity in Healthcare conference in Belfast in May and Mary Grehan presented a paper entitled ‘Arts and Health – an intercultural marriage’ at the Arts - Health - Entrepreneurship conference hosted by the Helsinki Metropolia University of Applied Sciences in October and was funded by Leangas to attend a meeting of European partners.
The annual exhibition of art by HSE staff called Inside Out was launched by soprano Vanessa Wheeler in the Index Gallery, Waterford Central Library, in November 2012. Approximately 35 artworks from more than 15 HSE staff members from Waterford city and county were featured in the exhibition. This was the tenth and final exhibition in this series and ideas were invited from staff for other ways of showcasing the creativity of HSE staff from 2013 onwards.

**Art Collection**

The Art Collection in Waterford Regional Hospital continued to grow throughout 2012 thanks to generous donations and loans from artists and collectors. Works by Martin Fahy, Theo Neijenhuizen, Joan Crosby, John Kelly, Jill Bouchier and Emily Moore were donated to the collection by the artists. Claire Fanning donated works by Celia Richards, Barbara Rae and Pat Murphy from the collection of her late father, Willie Fanning. Recycled wheelchairs by Patricia Turifi and Eileen O’Sullivan were donated by the Reinvent the Wheel Project of Muscular Dystrophy Ireland. Dr Abdul Bubulia loaned a large work by former artist-in-residence Laura Fitzgerald. WHAT supported the Rheumatology Department to commission an original work by Laura Cramer for their unit in memory of nurse Ciaran Duffy.

**Staff programmes**

Emily Power led a week-long summer programme primarily for the children of HSE staff aged between 8 and 12 years entitled Making Sculptural Mayhem. The children were encouraged to test the limits of a range of materials using a repetitive element. At the end of the week, a mini exhibition for parents showcased the work the children completed.

**Summer Programme**

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**Staff programmes**

The Culture Vulture club for HSE staff included visits to the National Concert Hall, Kite Studios, Soma Gallery, Tons of Money and The Odd Couple in Brewery Lane Theatre, Carrick on Suir, a trad session in Quigley’s pub the Quay, a screening of Some Like It Hot in the Theatre Royal, and finally to De La Salle school for A Very Scary Christmas. In September 2012, a Culture Vulture Working Group was established comprising HSE staff members Anne Ellis, Anne Kelly and Catherine Whelan to support the running of the Culture Vulture programme.

In September and October, Deirbhile Dromey delivered a programme of creative writing workshops for HSE staff the Autumn. Deirbhile introduced the staff to storytelling, characterisation, plot development etc. Feedback to the course was excellent. One staff member said ‘there was lots of laughing and fun. It gave me confidence. It made writing more accessible.’

A programme of visual art workshops entitled Outside In for service users attending the Activation Therapy Unit in St. Otterans’ hospital was facilitated by artist Natasha Edmondson in January and February 2012. These encouraged participants to extract visual elements of their environment which formed the basis of artworks they produced. The programme concluded with an exhibition and awarding of certificates to participants.

**Artist in Residence**

Artist Marie Brett partnered with WHAT and the WRH Maternity Services on The Amulet Project’s national, participatory arts programme that creatively explored the concept of an amulet or keepsake in the context of pregnancy and infant loss. Marie met with two women who had experienced pregnancy / infant loss and were referred by WRH Maternity Services during which the amulets of the women were discussed and documented. Audio recordings and photographs of the amulets appeared in an exhibition entitled Anamnesis which went on view in Waterford Central Library in April 2013.

**Participatory and collaborative music programmes**

The WHAT Music and Mental Health Settings programme in partnership with St Otteran’s Hospital continued throughout 2012 to bring music making opportunities to the clients of the Dept of Psychiatry, WRH, Activation Therapy Unit, St Monica’s Ward and St Aidan’s Ward of St. Otteran’s Hospital, Brook House, Ard na Deise high support hospital and Newport Day Centre in Dungarvan. Nursing staff said that clients were ‘more engaged and animated’ during and after music sessions and that ‘live music interaction has a very beneficial effect on some patients’.

Musician Liam Merriman facilitated six one-to-one music and creative writing sessions for five clients of Waterford Mental Health Services that were mostly referred by Consultant Psychiatrist Dr Darina Sloane. This included a client from Newport Daycare Centre in Dungarvan who received a bursary from Waterford County Council Arts Office to travel to WHAT for one-to-one creative writing sessions. These sessions culminated in a performance and celebration by clients in St Otterans Hospital.
WHAT piloted a programme of music for babies and parents in the Special Care Baby Unit in 2012 which was funded by the Ireland Funds. This was received very positively by medical and nursing staff on the ward as well as by parents of babies who reported that the music ‘brought something normal and natural into what can be a stressful place’ and ‘the music helped to calm the babies. Throughout the weeks their [babies] reaction became more and more noticeable, with heart rate and breathing levels evening out.’

Weekly music sessions continued with the clients of Brothers of Charity’s Tony Services. The group performed publicly in Waterford Regional Hospital in April and December as part of Ferrybank Festival in September. According to Mary Prendergast who facilitated the sessions with the support of Brothers of Charity staff, ‘each member has their own individual personality which comes out through the music and each has their own part in the group’. Mary attributes the success of this group to the enthusiasm of participants, the support of staff and the consistency of the programme.

On the request of the Brothers of Charity, WHAT piloted three music-making workshops led by musician Mary Prendergast for four adults with profound autism. This was a particularly challenging group to work with. Nevertheless the care staff were pleased with the reaction of the participants to the music and were keen to see it continue. All participants stayed in the room for the whole of each session. Eye contact between participants and musician was good and one participant even got up to dance, something the staff had not seen before.

WHAT brought together members of the De La Salle Choir and Deise Active Retirement Association in a special performance directed by Br. Ben O’Hanlon of the Dawn Chorus in May at the William Vincent Wallace Plaza as part of the Bealtaine Festival which celebrates creativity in older people. This was followed by a reception sponsored by the Tower Hotel.

**Healing Sounds**

*Healing Sounds* aims to enhance the hospital environment for the benefit of patients, staff and visitors and to reduce anxiety and stress for all through a programme of quality live music performances. It promotes a range of musicians and musical styles and, where appropriate, encourages patients and staff to engage with the performing musicians.

In 2011, WHAT established a panel of three groups of musicians for the *Healing Sounds* programme comprising Eamon Sweeney, Alison Sleater and Kathleen McPhail, Kate Powell and William McGlynn and Siobhan and Margaret Lynch. Each group of musicians played four times in the hospital over a period of twelve months from July 2011 until June 2012. Jordan’s Rigout, Melissa Jennings, Donnall, Joe Haney and Peter Vogler also performed in WRH as part of the *Healing Sounds* programme in 2012.

In celebration of Love Live Music Day in June, the Tramore Gospel Singers and the Brothers of Charity *Music in Motion* choir performed a special concert in the WRH foyer. The *Music in Motion* choir comprises staff and service users of the Brothers of Charity Services who use the lámh sign system to sing along to songs. The event marked the first collaboration between the two choirs.

**Poetry**


Also on All Ireland Poetry Day, WHAT circulated *Menu of Poems*, a short anthology of poetry compiled by poet Mai Leonard in partnership with the Naas General Hospital Arts Committee and Poetry Ireland and featuring poetry by Tony Curtis, Noel King and others. These were distributed to patients of Waterford Regional Hospital via their meal trays.

**Exhibitions**

*Emergence* was an exhibition of dynamic, colourful artworks by the members of the Arts Ability County Wexford Community Workshop in New Ross that went on public display in WRH in March 2012. The exhibition which was based on two research visits by the artists to WRH was launched on 13th March by Ann Ennis. A painting by Mary Holohan was purchased by WHAT for the WRH art collection.

*Body Conscious* was the first in a series of exhibitions on the theme of the body selected and curated by WHAT through an open submission process. This exhibition of delicate textile works by Berlin-based artist Dorothy Ann Daly, was launched in June 2012 by artist Mary Ruth Walsh. Dorothy Ann suffers from multiple sclerosis and is confined to a wheelchair. She has continued making art despite living with a physically debilitating illness. According to the artist, ‘Much of my past work referred to self image. However I am no longer concerned about my size and body shape in terms of fashion. It is now more important to me to maintain what muscles I have and to strengthen my body.’