The National Centre for Arts and Health
Tallaght Hospital, Dublin

Annual Report 2013
INTRODUCTION

The National Centre for Arts and Health (NCAH) exists to improve patient care and to promote the benefits of the arts in health. Quite simply, we aim to provide high quality, best practice arts programmes for our patients, visitors and staff and to provide leadership through research and education of international standing in the field of arts and health.

This report sets out the highlights of our extensive programme during the year 2013.

Our strategic priorities are:

1. Investing in patients
   - SATISFACTION Improving patient satisfaction with the healthcare experience
   - ENRICHMENT Enriching the healthcare environment through arts
   - ENGAGEMENT Engaging the creativity and talents of patients in hospital, providing opportunities for stimulation and self expression
   - SELECTION Tailored art programmes for specific patient groups in collaboration with clinical departments
   - RANGE OF ART FORMS Investing in a broad range of arts and engaging with patients to determine best arts programmes

2. Investing in people
   - PATIENTS Our key client base is patients and our programme is focused on improving the hospital experience for our patients
   - STAFF Build a network of interested clinicians who are knowledgeable and supportive of the arts.
   - STUDENTS Invest in, and educate, students as a key creative resource in hospitals

3. Investing in learning and growth
   - ACADEMIC STANDING Further engagement with TCD and other universities to formalise the academic standing of NCAH
   - PARTNERSHIPS Making alliances with key partners in the arts and healthcare sectors
   - WIDEN HORIZONS Encourage and support patients’ engagement in arts, culture and leisure interests through partnerships with local arts organisations
   - EDUCATION & TRAINING Continue to develop accredited undergraduate and postgraduate education for students of both arts and health sectors
   - CENTRAL BASE A national centre, based at Tallaght Hospital

NCAH has a ten year track record of striving for excellence in all aspects of arts for patients in hospitals, in particular providing tailored arts programmes for patients, staff and medical students. The current arts programme includes exhibitions, live performances, creative writing classes, artist residencies, seminars, research projects, arts therapies, design projects and participatory art sessions on wards and in waiting rooms.

The hospital arts programme features a number of national innovations and strives to promote best practice in arts and health, through professional development, evaluation and research. NCAH has a strong research track record with several peer reviewed publications and the establishment of the only accredited post graduate course for artists wishing to work in healthcare settings with NUI Maynooth. NCAH has engaged in collaboration with many major cultural institutions in the State, including the Irish Chamber Orchestra, the National Symphony Orchestra of Ireland, the National Gallery of Ireland, the Irish Museum of Modern Art, RUA RED Arts Centre and the National Concert Hall. This annual report features a number of highlights from 2013.
WORLD PREMIERE: PERFORMANCE OF *MATTER*

A new work by composer Ian Wilson and poet Leontia Flynn.

The premiere of Ian Wilson and Leontia Flynn’s new work, *Matter*, which was written during a residency with people with Parkinson’s disease at the Age Related Health Care Unit at Tallaght Hospital, took place in the hospital atrium on 23rd October 2013 at 1pm. Ian Wilson, composer and Leontia Flynn, poet, were in residence for four weeks between August and September 2013, and their piece, which focuses on the experience of people with Parkinson’s disease, is written for narrator and string trio.

The work was premiered by members of the Irish Chamber Orchestra - Kenneth Rice, Joachim Roewler and Malachy Robinson with acclaimed Irish actress Ingrid Craigie as narrator. The Irish Chamber Orchestra is the only Orchestra in Residence in a hospital in Ireland and we were delighted to continue to partner with them. We were excited that this first performance was primarily for patients in the hospital and for those people with Parkinson’s disease who took part in the project – these people are the work’s most important audience. The event was particularly interesting as it was held in a busy, public area of the hospital and therefore pushed the boundaries of conventional classical music performance. ‘Matter’ was performed to great acclaim in the atrium of Tallaght Hospital. Public premier is planned in 2014, and the whole project is thanks to support from the Meath Foundation.

![Kenneth Rice, Joachim Roewler, Malachy Robinson with acclaimed actor Ingrid Craigie performing 'Matter' by Ian Wilson for patients and staff in the hospital atrium, November 2013]

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1 Photographs courtesy of Emer Brady
This project built on a 3 year residency with Ian Wilson, in which he composed works reflecting the experience of stroke, Parkinson's disease and dementia. The works have been premiered within the hospital and in public venues, as well as receiving a touring award from the Arts Council for a national tour. In 2013 a film crew from John Kelleher Productions made a documentary about the composer in residence experience, to be broadcast on national television in 2014. We thank all the patients and staff who generously agreed to participate in this project and shared their experiences for the performance and the film.

![Performance of 'Matter' in the hospital atrium, November 2013](image)

**TALLAGHT HOSPITAL MUSIC PROGRAMME GOES INTERNATIONAL!**

During 2013, the National Centre for Arts and Health received funding from Culture Ireland to bring a performance of 'Bewitched' by Ian Wilson to an international conference *Culture, Health and Wellbeing* held in Bristol, UK. The performance was very well received by an international audience of 350 clinicians, artists and the general public. [www.culturehealthwellbeing.org.uk](http://www.culturehealthwellbeing.org.uk).
ART IN THE NATIONAL CHILDREN’S HOSPITAL

The programme of arts in the National Children’s Hospital is a joint initiative by the National Centre for Arts and Health and the National Children’s Hospital Play Department, funded by the National Children’s Hospital Fundraising Department. Together we have developed an internationally leading arts programme tailored to the needs of children in NCH (which has attracted positive PR in 2013 from USA and Health Matters) lead by Art Therapist, Ms Aimee O’Neill. Each month 300 children, on average, receive arts interventions – be these sessions in the waiting room, A&E, play room, at the bedside or being involved in environmental projects. This gives an annual total of approx 3600 children receiving our service each year.

The current art programme is as follows:

- Six Create While You Wait Art Sessions in the Out Patients Department and Accident and Emergency waiting areas
- Weekly Art Therapy for Children with Diabetes
- Weekly Inpatients Art Sessions – Group and/or Individual (Bedside)
- Exhibition of children’s art in various areas of the hospital
- Environmental projects in NCH
- Art projects for teenagers in the hospital
- Musician at the Bedside for Babies and parents
- National Concert Hall Musicians Outreach programme (monthly in school room)

*Children from Beech and Oak Ward taking part in an art group in the playroom*
Create While You Wait

Create While You Wait is a mobile creative art workshop. This project takes place in waiting areas of the National Children’s Hospital, such as OPD and A&E. It provides art making, creative activity and play, a fun and calming experience, and relieves anxiety and boredom. Create While You Wait art sessions are facilitated in the A&E and OPD waiting areas by the art therapist and by professional artists who volunteer their time.

![Artwork produced by children in the Create while you Wait sessions](image)

Art Projects to Improve the Hospital Environment

Art Over Bays A&E

Children on Oak and Maple wards worked with Aimee to create art to hang over the bays in the treatment areas of the paediatric A&E department. Colourful murals created by professional artists had already transformed these four bays; however staff had requested some art for overhead. The themes of the bays included fairies, outer space, pirates and Treasure Island. Children in Inpatients created glass paintings along similar themes to hang over the beds in the bays for colour and distraction. A consultant in A&E reports he regularly uses that art overhead to distract children, by asking them to find, or count out, characters in the artworks.

The Oak Ward Mural Project

Two bathrooms on Oak ward were very drab and Aimee was asked to complete murals with the children to brighten them up. With the help of mural artist Michael Masterson, a patient of Tallaght Hospital who donated his mural designs and the teenagers who were patients at the hospital, this project has transformed the bathrooms from drab environments to child friendly bathrooms. Many teenagers who come to hospital stay in their rooms and do not mix with others patients. This project has offered lovely opportunities for this age group to meet and get to know other young people on the wards, whilst being involved in a creative project. It has helped reduce feelings of isolation of boredom and allowed teenagers to take ownership by leaving their mark on the hospital. Using Michael’s designs and under Aimee’s guidance the teenagers on Oak and Maple wards have commenced work on the project. Half of the first bathroom has been painted. Below are some images showing the progress of this work.
Bathroom 1 Before

First mural complete and second mural in progress below
Creative Art Support Groups

Departments within the NCH sometimes ask Aimee to facilitate once-off or occasional creative art support groups tailored to a specific group of children in the NCH. This year Aimee facilitated art groups for the endocrinology, diabetes and the play department. The endocrinology department organised an education morning for parents of girls with turners syndrome. As part of this Aimee facilitated an art group for 10 girls with turners syndrome aged 8 – 12, who may feel self-conscious and lack confidence. This was a relaxed and informal group, the focus of which was on allowing the girls to meet other girls with turners syndrome and engage in a creative arts project that focused on building self-esteem. The girls were invited to make art that celebrated their talents and then share their artwork with the group.

An art group was organised for children recently diagnosed with type-1 diabetes. In this group the children had the opportunity to meet other children with shared experiences, to write down any worries they may have and these were then concealed inside the head of worry monsters that they created. They then discussed the importance of sharing any worries or problems and the children were invited to share with the group what they had written inside their monster if they wished.

*Aimee with Mia, Jenny and Nia, participants in the diabetes art group displaying their worry monsters and masks*
Syringe Art

The play department was undertaking work with a group of children who were needle phobic and an art group was introduced as part of this. During this session the children were given syringes to use as art instruments. Playing with the medical equipment can help to provide a normalising and desensitizing experience for the children with phobias and fears. In this group the children first created monsters, which they then sprayed with magic blood from their syringes. There was much fun and laughter and a lot of mess making. Mess making can be a way for children to release confusing or difficult emotions. It can also be a liberating experience to be allowed to create mess in hospitals, which are normally such sterile and clean environments.

Art Therapy

Art Therapy is an established part of the diabetes service lead by Prof Edna Roche. This specialized service uses art therapy to help address the psychosocial issues of chronic illness. Art therapy is a form of psychotherapy that uses a creative medium to allow children and teenagers an additional and alternate way to explore their feelings and life experiences with a professionally trained art therapist. Art therapy combines creative processes with self-expression and has been recognised for its therapeutic role in helping children overcome stresses and trauma associated with physical illness, medical procedures, surgery and hospitalisations. Referrals come from the multi-disciplinary psychosocial team and Aimee sees children on a 1:1 weekly outpatient basis for periods of 8 to 16 weeks.

Art therapy example from practice

Megan² aged 8 was diagnosed with type-1 diabetes at the age of 4 and two years later diagnosed with coeliac disease. It was reported that she found the coeliac diagnosis especially hard to accept and to cope with. Her mother reported frustration and low moods that would last for a few days and was concerned about the impact of this dual diagnosis and the amount Megan had to deal with from such a young age. Megan was referred to art therapy to help her explore her feelings around her illnesses and to try help her reach some level of acceptance in order to help her cope better.

² Name changed for patient confidentiality
Megan met with the art therapist once a week for 15 weekly sessions. She engaged extremely well looking forward to her art therapy session each week. She used her art to directly explore her feelings around her illnesses. She developed a strong positive relationship with the therapist, who acknowledged and accepted her angry and frustrated feelings. This in turn helped her to accept her feelings and over time helped her better accept her diagnoses. Her mother reports that over time Megan appeared brighter and happier in herself, and in particular seemed to become less upset about issues related to her coeliac disease. Below are some examples of Megan’s art produced in art therapy.

In image 1 Megan used scale and colour to visually represent her feelings, as well as writing about those feelings. She writes about feeling sad when she is at a party and can’t have cake and that she misses not having injections. She writes about being scared of her new diabetes pump site and being excited when she discovers new gluten-free foods. This in turn allowed a dialogue to develop between the therapist and Megan’s about these experiences.

The therapist asked Megan to take this a step further and create symbols for the feelings represented. Megan used clay for this directive and interestingly each emotion was symbolically represented by different foods (Image 2). Happiness was represented by gluten-free brownies and pastries, excitement by ice-cream and sweets and frustration by cake. This demonstrated the huge impact her diet restrictions due to her illnesses had on her emotional state, which would have further impacted upon her sense of self.

In image 3 Megan used a combination of words and symbols to express what she does not like about diabetes. These included a clock representing time limits, a blue cross indicating injections, and a family surrounded by circles and dots indicating a need for support. In image 4 she expressed what she enjoys about it, with a group of people indicating support and a family surrounded by circles and dots indicating a source of happiness.
In images 3 and 4 Megan drew the things she likes and dislike about diabetes and coeliac disease. The symbols on her diabetes drawing represent things like her injections, having to check her sugars and the question marks represent how she finds it difficult explain to diabetes to people. On her coeliac drawing she has written across it that she generally dislikes everything about it.

In Image 5 the therapist asked Megan to create symbols to visually represent her illness. She created small characters from clay and pipe cleaners; a sheaf of wheat with a red crossed out sign for coeliac and a sugar cube character for diabetes. The therapist then encouraged Megan to dialogue with each of these characters in order to tell them what she felt about each of them.

Image 6 shows an art project that Megan took the lead on. Using a variety of different materials she told the therapist that she wanted to create a cereal called ‘Happy Pop’. According to Megan the cereal in the bowl would represent her level of happiness. Just like her symbols for her emotions, food featured once again in this art project. She added small symbols to represent activities she enjoyed such as horse riding, reading and watching movies, which she said she could do at times that she needed cheering up. When asked during our final review session how full her happiness cereal bowl was her reply was “overflowing so much that my mum has to hoover bits off the ground!” These are just a few examples of the variety of ways in which Megan used art to communicate and explore her feelings and experiences with the art therapist. Having those feelings understood and acknowledged helped Megan over time to better come to terms with her illnesses.

In my own area of Paediatric Diabetes the input from an art therapist has been invaluable and has made a very lasting difference for these children struggling with a chronic disease.

Dr Edna Roche, Associate Professor and Head of Department of Paediatrics, Trinity College Dublin Department
MUSIC FOR OUR YOUNGEST PATIENTS!

Traditional musician Mairead O’Donnell with one of our youngest patients.

Music for babies and their parents was a project that explored the role of music to support our youngest patients and their parents during the stressful time of being in hospital. With support from the HSE Health Promotion, we delivered a pilot programme of weekly music sessions with children in hospital and their families in 2013. Hospital stays are stressful for babies and parents. Opportunities for play are limited and parents are under pressure. We aimed to introduce music sessions for parents and their babies at the bedside to ease the stress of hospital, promote bonding and support parents to soothe and stimulate their babies while in hospital.

This pilot project has been a huge success and the NCAH are committed to funding further sessions. Very few interventions are appropriate with this age group, but music, singing and play were brought to patients with a wide range of benefits reported by parents and staff.

The aims of this project were to:
- Offer parents and their babies support through music when ill in hospital and to explore the benefit of this programme in the community
- To explore the role of music on health and well-being
- To provide arts programme to our youngest patients

We evaluated the programme through feedback from participants and staff, to observe whether they perceived a reduction in stress experienced by parents and babies in hospital and improvements in bonding and play. NCAH also incorporated learning from this project into its national training programme for artists working in healthcare settings and presented the work at national conferences during 2013. All funds received went towards paying the musician in residence to provide direct music sessions with patients.

My child was getting a bit distressed and grumpy; the music really distracted her and calmed her down. Fantastic to see something like this for children.

Parent of a 2 year old girl.

The visit from Mairead really brightened up baby’s mood and gave his parents some ideas as to how to engage him....Please come back! This service provides a welcome distraction and is essential to make time in hospital a more positive experience. Parent of a 1 year old boy.

3 Photographs by Tommy Walsh
As the musician involved in this project, I feel the programme was very beneficial for these young children. In the majority of cases, particularly in the individual rooms with babies the reaction was one of wonder and happiness. There were lots of smiles and surprise from parents and grandparent too in relation to how well the little ones responded to the sounds and songs. By selecting appropriate music (i.e. soothing/lively/fun) my intention was always to aid in creating a nurturing atmosphere for babies and parents. The social aspect of this programme proved very significant also with people enjoying a bit of chat and trying out various musical instruments. By explaining how to make some percussion instruments and the power of singing to promote bonding with babies, some parents were definitely given food for thought.

Mairead O’Donnell, Traditional Musician in Residence.

In relation to staff feedback, the reaction was also very positive with the Play specialist and Manager of the unit being very supportive throughout the programme. On one occasion the musician was called by a nurse to be with a 3 year old girl who was very distressed whilst having a blood transfusion in a treatment room. The nurse commented that the music made the patient very peaceful and quiet... I think this service would be of great benefit to patients. The Manager of the unit, Caitriona Fox, comments that this service was of benefit by distracting and also relaxing babies and parents. It has made some painful procedures a little more bearable for the children and parents.

Mairead brought a feeling of fun and music every Thursday morning to Maple Ward. The service she provided was calming, relaxing and distracting for both child and parent during hospitalisation. The feedback from both staff and parents has been excellent; to see a child smile and interact with staff in a positive way is brilliant. To distract both child and parent from the trauma they are going through for a short time has great effect, I believe, on recovery rates and the support they feel in hospital.

Catherine Garland, Hospital Play Specialist.

This pilot project has convinced all at the hospital of the benefit of music for our youngest patients, in terms of reducing the stress of hospital stay, promoting parent and baby play, interaction and bonding and in enhancing the hospital environment for all. We fully intend to continue to provide this service and to build on the pilot funding provided by this project grant.
**KIDS CLASSICS!**

In 2009 the National Concert Hall partnered and supported *Kids Classics* in piloting a small but tailored outreach music programme that sent talented musicians directly into Tallaght Hospital. This pilot was hugely successful and with the support and encouragement of the medical teams, the Community Foundation for Ireland and The National Concert Hall joined together to develop and support a 3 year programme in 2010 with *Kids Classics*. Musicians Gráinne Hope, Julie Maisel along with guest musicians, undertake interactive music workshops in the NCH schoolroom and visit wards on a monthly basis in the National Children’s Hospital, Tallaght.

![Kids Classics session in progress](image)

With the variety of musical instruments and tunes used, *Kids Classics* provides access to for each child and their parent to experience live music in the most unique and creative way. They also provide children and their parents with respite and distraction from their daily programme of tests and difficult treatment while in hospital. The overall purpose of the project continues to be about bringing the joy and fun of music, with its many advantages for emotional and physical wellbeing, to children who are most in need of this positive interaction.

![Artwork installed above MRI scanner at Tallaght Hospital](image)

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4 Photo courtesy of Tommy Walsh
ART AND THE RENAL DIALYSIS UNIT

All artworks featured in this section were completed by patients during their renal dialysis sessions and consent given by all featured to be included in this report.

The Renal Dialysis Unit Art Programme is one of the most established arts and health programmes in our hospital. Tallaght Hospital was the first site nationally to explore art for patients on dialysis and thanks to partnership and support from the Punchestown Kidney Research Fund. This partnership continues to flourish and every penny donated by the PKRF is used for art materials for patients and to pay the Artist in Residence and Co-ordinator Lucia Barnes.

In 2013 we continued to provide weekly art sessions to patients on the renal dialysis unit and recruited four professional artists who generously volunteer their time to provide art sessions at the bedside. The art sessions aim to relieve the long hours spent in hospital in a creative and productive way. In 2012 we carried out an evaluation of the service with patients and staff. Recommendations included introducing e-readers for patients, expanding the number of art sessions available and possibly introducing craft based sessions. We have now doubled the number of sessions we offer each week in the dialysis unit and partnered with South Dublin County Libraries to pilot an e-reading scheme for patients. We currently offer art sessions to renal patients on Mondays, Tuesdays, Wednesdays and Thursdays. The artists currently working on the unit are Trees Gevers, Ciara Noone, Susan Devoy, Rachel Dempsey and earlier this year Emer Brady.

Artwork created by patients on dialysis
In 2013 we also produced a series of beautiful greeting cards with images painted by patients in the unit (available for sale from the Centre). These celebrate the talents of the patients who painted the images and raise funds for art materials for the session. At the hospital, we also held an art exhibition, Colourful Perspectives of Hospital Life, featuring work by patients from the unit. This was followed by some patients donating their work to the Occupational Health Department for permanent exhibition.

It has been a pleasure to work with the patients, who are such an inspirational and positive group of people, as well as such a committed hard working staff team. Due to the ongoing nature of dialysis treatment, there can be the same people at the same sessions for years, and they get to know each other, almost like a family. Then there are the changes with the sad passing of some patients, and happily the better outcomes for others who receive kidney transplants. So it is heartening to be able to encourage new patients commencing dialysis, that they can pursue a creative outlet during their treatment to immerse themselves in, and act as a distraction from their clinical worries. Patient welfare and their overall holistic care, are, as always, the primary concern and we are generously supported by all the staff and management of the renal dialysis unit without which this work would not be possible.

During my time facilitating art sessions in the dialysis unit over the years, I have discovered that there is a wealth of hidden talent among the many patients I come into contact with. Not only their artistic skills in drawing, painting and craft but other dimensions which are integral to their daily lives such as amazing secret recipes of the precise way to produce marmalades, jams, breads, etc.; vital technical information regarding the making of rocking horses, dolls houses, gates; household tips and practical husbandry; the passion for the Irish language, beautiful poetry, songs and phrases; Rich folklore; stories about cemetery walks, barn dances and country fairs; Propagating seeds, growing vegetables and caring for plants and much much more......! I hope to collect these contributions and collate them in an illustrated anthology of material traversing the everyday life of the dialysis patient. It would serve as a testament of their many achievements and self worth and is one of our aims for 2014. **Lucia Barnes, Artist in Residence**

In 2013 – 14 we plan to continue to organise the art sessions so that they will access as many patients as possible, and to hold exhibition of work from the unit during 2014.
ARTS SESSIONS IN THE CHARLIE O'TOOLE DAY HOSPITAL

There is a long standing programme of arts in the Charlie O'Toole Day Hospital. Art and music sessions are provided nearly every day of the week to support the work of the staff in the day hospital. Alongside this weekly programme, 2013 saw the exciting residency of the Irish Chamber Orchestra and film crew, creating Ian Wilson's new work for patients in the unit who were their first critical audience! In 2014 we hope to extend the bedside art service to in-patients in the Age Related Health Care Unit.
BEDSIDE ART ON REFERRAL FOR IN-PATIENTS

One of the most exciting developments this year has been the extension of our bedside art service. Patients in bed in the adult wards can now request a visit from an artist. A number of clinical teams have joined us to support patients by referring suitable people to the art programme. Currently we see patients from the renal dialysis team, oncology day ward, haematology service, palliative care team and psychiatry teams at the hospital. Patients can also self refer. A musician also visits Webb ward once a fortnight. Three artists are leading the service, Aimee O’Neill, Aileen Curtin and Deirdre Glenfield. There is huge interest in this service and a need to expand further and we hope to build on this service. The art service offered is a recreational, therapeutic service to offer distraction, stimulation, creativity and/or relaxing arts activities at the bedside. We aim to increase the number of sessions and to establish a creative room in the hospital so that those requiring art therapy can receive private sessions.

We thank the staff in both departments for making this work possible. Patients receive 1:1 art sessions at the bedside or during chemotherapy treatment. This is sensitive work as the individual needs and circumstances of each patient must be taken into account. We are currently evaluating this service. Comments from patients:

* I had not painted for years and this gave me an opportunity to try again. I hope to continue painting when I am discharged.*

* I think this is a very good idea for helping patients. Difficult to work in bed, need an art room in the hospital!* 

* I found art very interesting... it is relaxing and once involved one is consumed. It can be abstract and real – can be intriguing but interesting.*

![Artwork by patient from the oncology department](image-url)
Through the Lens FILM FESTIVAL

Our bi-annual film festival continued in 2013. Through the Lens is currently the only Arts and Health Film Festival in Ireland, held in conjunction with Rua Red Arts Centre. In May 2013 we co-hosted a series of films on the theme of Older Age, and was a Bealtaine event. Four films were shown, with discussion led by medical experts after each film.

THROUGH THE LENS
ARTS AND HEALTH FILM FESTIVAL

The National Centre for Arts and Health and RUA RED announce the return of Through the Lens, Ireland’s only Arts and Health Film Festival. Booking is essential.

THE IRON LADY | TUES 21 MAY, 11AM
An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene.

UP | SAT 25 MAY, 11AM
ADULTS £3 FREE WITH CHILD
By tying thousands of balloons to his home, 78-year-old Carl sets out to fulfill his lifelong dream to see the wilds of South America. Russell, a wilderness explorer 70 years younger, inadvertently becomes a stowaway.

UNTOUCHABLE | MON 27 MAY, 6PM
After he becomes a quadriplegic from a paragliding accident, an aristocrat hires a young man. Dren, from the projects to be his carer. Dren moves to the mansion, changing the boring life of Philippe and his employees.

BRAIN FREEZE | WED 29 MAY, 1PM
TAKING PLACE IN EDUCATIONAL CENTRE, TALLAGHT HOSPITAL
At the age of 47 and on the cusp of the breakthrough that is every artist’s dream, the comedian John Kawie suffered a devastating stroke which he thought would derail his career... and life.

€3 PER FILM / €10 FOR ALL FILMS

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ARTS AND MENTAL HEALTH

Catherine Brady, Art Therapist provides an award winning art therapy service in the psychiatry wards at Tallaght Hospital and advises the National Centre as a member of the Hospital Arts Committee. The centre supports her work wherever possible, in particular providing music therapy and music performances for patients on the psychiatry wards. Ms Brady also contributes education sessions to the Centre’s courses for medical students and artists. Music therapy sessions continue to be provided in 2012 by Rory Adams and the National Gallery of Ireland Outreach Programme continues to collaborate with us to bring suitable programmes to patients. In 2013 Hilary Moss developed a weekly singing group for patients. For the last year, patients have met on Monday mornings to sing, make music and talk – not a bad way for any of us to start the week!

LITERATURE AND WRITING

This year we continued to develop our links with South Dublin County Council Libraries. We hosted an event as part of the Redline Book Festival here in Tallaght and continued to lend e-readers to patients. The benefits of reading, creative writing and journaling in hospital have received some attention in terms of benefits to well-being for patients in hospital. Further research is needed in this area and we continue to develop links in this area.

Arise and Go: Poetry and Music with Stephen James Smith and Enda Reilly in the atrium of Tallaght Hospital

5 Photo by @Rocshot
Mother’s Gift To Me  
A poem by patient ‘MacFan54’  

Among my earliest memories  
Are those of ‘be’-ing  

Under the stairs  
Was my special place  
Mine alone  
There  
I learned to be alone  
Never lonely  

Mother nurtured  
My imagination  
Tended it like a joyous  
Precious  
Seed  
Ever-so-gentle  
Ever-so-encouraging  
Ever-so-loving  
Ever-so-kind  

One day as an Indian  
She would paint my brave’s face with  
Imaginary paint  

Another day  
As a clockwork toy  

She would noisily wind up  
The imaginary key  
In middle of my back  

Under the stairs  
It always  
Smelled safe  
Shoe polish  
Brasso  
Gardening shoes  
Rubber boots  
Old coats  

Sweet homely smells  
The door was solid  
But six thick glass blocks  
In the wall of my haven  
Allowed speckled light to  
Shimmer through into  
My  
Sacred  
Space  

In THERE and  
Through HER  
I learned to ‘be’  
And in ‘learning to be’  
“T BECAME!”  

MUSIC PROGRAMME  

Weekly music performances continue to be an important feature of hospital life, thanks to support from the Volunteer Coffee Shop and the Meath Foundation. Performances include international musicians including African, Filipino and Nepalese musicians. These performances are extremely popular with patients, visitors and staff and we hope they bring energy and creativity to the hospital.

Musicians Sharon Murphy and Pauline Johnson gave an extraordinary commitment during 2013, volunteering their musical skills on a weekly basis for patients in the Charlie O’Toole Day Hospital and Webb ward.

WORKPLACE CHOIR OF THE YEAR  

One of the most exciting developments in the hospital in 2013 was the establishment of the hospital workplace choir for staff. RTE Lyric FM ran a competition for workplace choirs and Tallaght Hospital completed and WON! All thanks to Maria Campbell, Health Promotion Officer, for establishing, developing and leading the choir and Amy Ryan who is the Choir Director. Not only did the choir win the RTE Lyric Fm Workplace Choir of the Year competition, but they went on to be invited to perform with the Chieftans at an intimate fundraising concert at Barretstown. The choir continues to rehearse and work towards their next event. NCAH is proud to support the choir. The health benefits of singing are well documented, particularly in terms of providing a social outlet, energy and positive motivation within the workplace. The choir has been a fabulous initiative developed by staff for staff at the
hospital and many staff commented that they met and mixed with staff from different departments as would not have been possible within the formal workplace.

The proud members of Tallaght Hospital Workplace Choir of the Year!

Members of the choir singing at the hospital carol service and visiting the wards at Christmas
STAFF ARTS WORKSHOPS

In addition to the workplace choir, there are both creative writing and visual art opportunities for our staff. A staff creative writing group was initiated by staff member Teresa Hanley which is proving very popular. A staff card making workshop was also held in 2013 led by staff member Sioban Tynan-O’Mahony.

Cards made by staff at evening workshop, December 2013

EXHIBITIONS

Every year we hold three exhibitions in Hospital Street, in our gallery space. The aim of the exhibitions is to enhance the hospital environment and to bring art to those who cannot access traditional venues. Local, national and community artists are featured, with the main aim to enhance the hospital environment with colour, variety and creativity.

This year we curated two exhibitions, a selection of artists work from Headway Ireland and a solo exhibition by an emerging artist Alison Baker Kerrigan.

Potted Plant by Kevin B Higgins, member of Headway Ireland.
Headway aims to bring about positive change in the lives of those affected by Acquired Brain Injury (ABI). This exhibition was the work of participants in the day service programmes in Clontarf, Donnybrook and Lucan. Through participation in art classes members of the group find an outlet for self expression, increased self confidence, creativity, improved motor skills, attention, concentration, social interaction, memory, reminiscence.

"I like art because it passes the time and helps you concentrate. I feel good because I like to do art and it helps me...I can’t get the words out...it helps me communicate. It helps me out a bit”.

"It lets you express yourself. You’ve something to say to people and you can’t get it out. You come in and get it out in the colours. You express yourself non-verbally. You can tell a lot about a person and they way they’re feeling from what they’re painting and what they’re interested in.”

Alison Baker Kerrigan is a photographic artist living and working in Dublin. Her exhibition showcased her new work as an emerging artist, featuring excerpts from various fine art projects with broad reaching themes such as Legacy & the Landscape, Colonialism, a conceptual representation of a Cancer Journey and examples of 19th Century Photographic Processes. [www.abkphotography.com](http://www.abkphotography.com)

![Inside Out by Alison Baker Kerrigan.](image)

**Wood Turners Exhibition**

Every year the Wood Turners also continue to exhibit their beautiful work at the hospital for one week every May.

**Donated Art**

We are always amazed at the generosity of artist who donate their original artwork to the hospital to enhance the environment for patients. This year artist Sash Sykes donated a beautiful piece for the iCO, where her father had been a patient. We also received a donation from a patient who painted while on renal dialysis and donated his work back to the hospital as well as mural designs from mural artist Michael Masterson.
RESEARCH AND EDUCATION

The research programme at the National Centre for Arts and Health continues to grow. 2013 saw new publications, including:


One of the first arts and health PhD studies in Ireland was completed and Medical Students undertook research projects at the hospital. Student projects included a survey of the aesthetic and cultural interests of patients in the Age Related Day Hospital and a project on Stravinsky syndrome: giving a voice to chronic stroke disease.

Our education programme continues to include regular training sessions for the arts team in the hospital, the facilitation of the Post Graduate Certificate in Arts in Healthcare Settings with NUI Maynooth and a Medical Humanities module for TCD Medical Students, as well as national seminars and events, including presentations at the Meath Foundation Research Day, MSc in Dementia at School of Nursing, TCD and at the University of Limerick MA in Music Therapy.

In 2012 we represented Ireland at an international Arts, Health and Wellbeing Conference in Bristol, UK, funded by Culture Ireland. We performed ‘Bewitched’ to an international audience of 350. We also won a prize for best poster at the Tallaght Hospital Clinical Audit Seminar and hosted training days for two groups of arts and health specialists from Florida and Texas.

An artwork by patients and staff in the Renal Dialysis Unit, featuring ‘Our favourite mugs’. This project was a fascinating comment on the aesthetic deprivation of hospital, whereby one’s own favourite mug is contrasted with the standard, low cost mugs often provided in institutional care settings.
VISION FOR THE FUTURE
The National Centre for Arts and Health strives to continue to enhance the quality of the aesthetic environment of the hospital, to explore the application of the arts as a therapeutic tool in the hospital environment and to be a centre of research and standards of excellence in arts in health. Our vision is to provide the highest quality arts and health service to patients based on academic excellence through research and training and to continue to expand services despite current constraints on resources.

ACKNOWLEDGEMENTS

Patients
We wish to thank the many patients who have engaged with us and who help us to develop the service. All photos shown in this report have full written consent given by patients.

Funders and Supporters
NCAH is dependent on grants and fundraising to run its programmes, there is no core funding or budget for arts in the hospital. The Centre relies on, and is very grateful for, funding from a wide range of organisations, especially the Volunteer Coffee Shop, The National Children's Hospital Appeal, Punchestown Kidney Research Fund, Tallaght ICA and a number of other key sponsors. We wish to acknowledge all the organisations and the people who have funded and supported our programme in 2013 especially the funders named above, as well as The Adelaide Society, The Arts Council, South Dublin County Council, Private donors, RUA RED Arts Centre, RCPI, Culture Ireland, Irish Chamber Orchestra, Royal Irish Academy of Music, National Gallery of Ireland, South Dublin County Libraries, Chronic Pain Ireland, the ICA, Arthritis Ireland, Alternative Entertainments and the Des Carty Music School.

Arts Committee and Colleagues
Special thanks to the Arts Committee and the many members of staff throughout the hospital who support the artists and provide clinical leadership. A special thanks to the nurses and nurse managers who make this work possible under difficult circumstances.

Artists Team
Finally we would like to thank the current team of artists who give their time, energy and support to the programme. Artists currently involved in the programme include Rory Adams, Julie Maisel, Grainne Hope, Aimee O'Neill, Lucia Barnes, Deirdre Glenfield, Mairead O'Donnell, Ian Wilson, Kenneth Rice, Joachim Roewler, Malachi Robinson, Deirdre Glenfield, Pauline Johnson, Becky Coffey, Alison Baker, Aileen Curtin, Susan Elliot, Nadette Foley, Rachel Dempsey, Melissa O'Toole, Tuyen Twee, Sharon Murphy, Trees Gevers, Ciara Noone and Susan Devoy. Our artists, both funded and volunteers, all give their professional expertise generously and sensitively.

All donations and sponsorship received go directly towards providing arts experiences for patients. For more information on donating or sponsoring the art programme in the hospital please contact Hilary Moss, Director of Arts and Health.

For more information or to support the programme please contact
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