

A child's hand is shown reaching into a large white bin filled with multi-colored rice. The rice is a mix of red, yellow, green, and blue. A blue cup and a green shovel are also visible in the bin. The background is a solid orange color.

# well

Festival of Arts & Wellbeing

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**Mon 9 - Sun 15 October 2017**

Garter Lane Arts Centre  
Waterford Healing Arts Trust  
Waterford City & County Libraries

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[www.wellwaterford.com](http://www.wellwaterford.com)

ALL  
EVENTS  
FREE



## Well-come!

Waterford Healing Arts Trust (WHAT), Garter Lane Arts Centre and Waterford City and County Libraries are delighted to bring you the 5th **Well Festival of Arts and Wellbeing**, celebrating the personal and societal benefits of the arts. Coinciding with World Mental Health Day and World Hospice Day, this multidisciplinary and highly accessible festival champions the links between arts and wellbeing with a wide-ranging programme of innovative events for all ages.

Thanks to our generous funders and supporters, this year **every Well event is free** to attend. Some may still need to be booked, so be sure to check each listing. We are also thrilled to introduce **Wellies**, a new strand for children and young people.

We've got a cracking programme this year, so come along, be surprised and Be Well!

*From the Well Festival team.*

### • Festival Partners



### • Funding Partners



### • Major Sponsor



### • Supporters



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### Event Key



visual art



music



workshop



dance



film



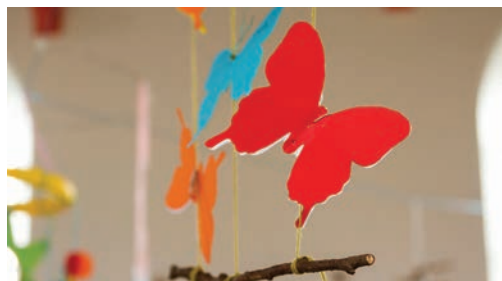
nature



performance



literature



## Walking Through Nature – Documentation

In 2016, participants of *Iontas*, an arts and mental health programme run by Waterford Healing Arts Trust, created an installation of mobile artworks and sound inspired by nature. This exhibition of beautiful photographs by Waterford based photographer and videographer Keith Currams documents their work.

**Central Library**, Lady Lane, Waterford

**Mon 9 – Sat 14 Oct**, 10am–5.30pm (Wed open to 8pm)

Launch of exhibition: **Mon 9 Oct**, 11am



## The Point of Viewing – Darragh Lyons

This stunning show features key strands of Darragh's work: *Show Your Colours* explores the colourful and complex experience of living in a community; *Elemental* is a representation of close relationships; and *Letting it all in* considers inner space, light and shadow. The theme of home, constant throughout, can become particularly poignant when viewed from a hospital setting.

**University Hospital Waterford**

**Thurs 24 Aug – Mon 16 Oct**, 8am–6.30pm

*Darragh will give a free public talk about this exhibition at UHW on Tues 10 Oct, 11am.*



## Night Flowers – Tom Meskell

These beautiful, large-scale flower lanterns, created by participants in workshops with artist Tom Meskell in September, will light up the night outside UHW. With the theme of flowers always present in hospital, these night flowers celebrate the good intentions and well wishes of visitors, and the wishes for recovery for patients.

[www.tommeskell.com](http://www.tommeskell.com)

**University Hospital Waterford**

**Mon 9 – Fri 13 Oct**, 7pm–9pm



## Archetype / Uchronia – Sinéad McDonald

*Archetype* is a site-specific installation exploring the relationship between motherhood and bereavement, and the often hyper-ridiculous media representations of female grief and 'hysteria'.

Accompanying *Archetype* is *Uchronia*, a series of real and alternate self-portraits. Together they question whether we have the power to shift our own narratives.

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Thurs 31 Aug – Sat 28 Oct**

11am–5.30pm, Tues–Sat and during evening performances





## The Infinite Whatever – Debbie Godsell

Coined by New York Times travel writer Eric Werner, *the infinite whatever* describes as “thin” places where “the distance between heaven and earth collapses and we glimpse the divine, transcendent, or *the infinite whatever*”. Godsell responds to Werner’s theory with imagery of places where one can experience a sense of wellbeing.

**Garner Lane Arts Centre**, O’Connell St, Waterford

**Thurs 31 Aug – Sat 28 Oct**

11am–5.30pm, Tues–Sat and during evening performances



## 1000 Meanings: Shot in Limbo

Many asylum seekers spend years in the direct provision system in Ireland. This pop-up exhibition is created by asylum seekers, living in Waterford’s four direct provision centres, who collaborated with art therapist Philip Cullen to learn basic photography skills and develop a series of photographs which explore their lives in limbo.

**Garner Lane Arts Centre**, O’Connell St, Waterford

**Tues 10 – Sat 14 Oct**

11am–5.30pm, Tues–Sat and during evening performances



## The Royals & Passage East Community Singers

The Passage East Community Singers have been together since 2010. The group is led by singer and musician Jane O’Brien Moran and offers a relaxed and fun way to sing away the winter evenings together in harmony.

The Royals is a music group of mental health service users who work with musicians Jane O’Brien Moran, Leah Clarke and Liam Merriman through *Iontas*, WHAT’s arts and mental health programme.

**Central Library**, Lady Lane, Waterford

**Mon 9 Oct**, 11am–12 noon (to coincide with the opening of the Walking Through Nature exhibition)



## Exploring Famous European Artists

Workshop 1, with Ben Hennessy

Well-known Waterford artist Ben Hennessy will explore the artwork of a famous European artist in each workshop session. These workshops are kindly hosted by the Waterford Europe Direct Information Centre.

**Central Library**, Lady Lane, Waterford

**Mon 9 Oct**, 10am–12 noon

School event



## Invitation to Dance for Parkinson's

Experience a gentle movement class designed for people with Parkinson's and carers, facilitated by Waterford Dance Artist-in-Residence Dee Grant, in association with the Parkinson's Association of Ireland Waterford branch. Participants are invited to try out, sit or stand. Enjoyable options are provided for all abilities.

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Mon 9 Oct**, 11am-1pm

Adm free. Enquiries: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## The Leaside Serotones

The Leaside Serotones is a choral group made up of HSE Cork mental health service users, staff and friends. The group loves to sing songs which are upbeat, fun and offer comfort. Expect reggae, pop, soul, blues and country.

For more information about The Leaside Serotones, see

[www.artsandmindscork.com](http://www.artsandmindscork.com)

**University Hospital Waterford foyer**

**Mon 9 Oct**, 1pm-2pm



## Birds of Prey: Déise Nature Trail

A wonderful birds of prey show and nature trail along the Déise Greenway with Mayfield Birds of Prey and Heather Cagney. This event is kindly hosted by Waterford Sports Partnership and the Europe Direct Information Centre.

**Kilmacthomas Library**

**Tues 10 Oct**, 10.30am-12 noon

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) or 0761 102975

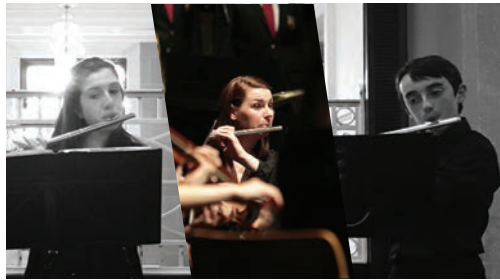


## Digital Self-Portraiture Workshop

Artist Sinéad McDonald and photographer Aileen Drohan of SEMS (Southeast Makerspace) will work with young people to explore the use of photography, self-portraiture and the written word to tell their stories. Inspired by the exhibition *Archetype/Uchronia*, participants will explore themes of wellbeing, belonging and the future. *Please note this event is for young people living in direct provision.*

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Tues 10 Oct**



## The Arista Flute Trio

The Arista Flute Trio from Cork are looking forward to performing some light classical and popular favourites to transport their listeners to an oasis of tranquillity. They hope to engage with the audience and bring them along on a wistful journey of musical expression with the dulcet tones of their flutes.

**University Hospital Waterford foyer**

**Tues 10 Oct, 1pm-2pm**



## The Loneliest Hour

Premiere Screening and Q&A with Belong Film Club

*The Loneliest Hour* is a short film written and directed by members of the Belong Film Club, a group of Waterford filmmakers with acquired brain injuries. The film tells the story of publicans Jack and Rose, and their family and friends, whose lives suddenly change after difficult news.

**Garter Lane Arts Centre, O'Connell St, Waterford**

**Tues 10 Oct, 2.30pm-4.30pm**

Free, but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## Art Workshop with the Solas Centre

Garter Lane Studio Artist Sharon Fleming will lead a craft workshop with members of Solas Cancer Support Centre's Art Club. Sharon is a Waterford based ceramic artist whose work is inspired by nature as well as patterns and textures found in everyday surroundings. *Please note this event is for Solas Centre members.*

**Garter Lane Studios, 5 O'Connell St (beside Delaney's Florist)**  
*Venue is not wheelchair accessible.*

**Wed 11 Oct**



## The Claddagh Rogues

Folk band The Claddagh Rogues started life in 2007 during an artist-in-residence project at the Cork Simon Community, producing passionate music rooted in the troubles of life. Lead singer and songwriter James O'Flynn explores experiences of homelessness, addiction, mental health difficulties and recovery. The band is currently touring their new album *For the Record*.

**University Hospital Waterford foyer**

**Wed 11 Oct, 1pm-2pm**





## Songbirds

### Music, Communication and Wellbeing

A CPD session for musicians working in healthcare settings.

UK musicians Ros Hawley and Mark Fisher specialise in working collaboratively in healthcare settings. Using their project *Songbirds* as a starting point, the musicians will share techniques and approaches to practice in a series of creative activities, developing skills in interaction, communication and wellbeing essential for working in healthcare settings.

**Waterford Healing Arts Trust Centre for Arts & Health**

**Wed 11 Oct, 2pm-4pm**

Places limited - Advance booking essential.

Enquiries: [www.waterfordhealingarts.com](http://www.waterfordhealingarts.com) / 051 842664



## Growing for Wellbeing - Workshop

Horticultural therapist Caitriona Kelly, of Grow GIY HQ, will show the benefits of growing for your wellbeing and mental health. Kindly hosted by the Waterford Europe Direct Information Centre.

**GIY Grow HQ, Dunmore Road**

**Wed 11 Oct, 2.30pm-3.30pm**

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 0761 102975



## High Society - Movie in Medical 5

A successful, popular jazz musician tries to win back the affections of his ex-wife, who is preparing to marry another man. This charming musical comedy features an all-star cast including Bing Crosby, Grace Kelly, Frank Sinatra and jazz supremo Louis Armstrong.

**University Hospital Waterford**

**Wed 11 Oct, 2pm**

*For patients in Medical 5*



## Uncovering the Creative Me - Art Workshop

Accessing our inherent creative selves can help us see things differently and bring moments of joy into the everyday. This workshop will concentrate on the concept of beginning a creative practice journey. Participants will use the senses to explore writing and mark making in a fun and creative environment.

**Garter Lane Studios, 5 O'Connell St (beside Delaney's Florist)**

*Venue is not wheelchair accessible.*

**Wed 11 Oct, 7pm-9pm**

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## Best Foot Forward

### Dance Workshop for 50yrs+

A chance to dance for fitness, health and wellbeing for people aged 50+. These classes are for anyone interested in having fun, socialising, improving circulation and posture, and connecting mind and body. Come alone or bring a friend. All levels of ability welcome, no previous experience necessary.

**Garter Lane Studios**, 5 O'Connell St (beside Delaney's Florist)  
*Venue is not wheelchair accessible.*

**Thurs 12 Oct**, 2.30pm-4pm

Admission free. Enquiries: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## Book Club Social

### With guest Claire Keegan

Good literary fun with author Claire Keegan reading from her award-winning book *Foster*. Bring along a book for our book exchange and join us for some refreshments. All welcome. Kindly hosted by the Waterford Europe Direct Information Centre.

*#bookclubsocial*

**Tramore Library**

**Thurs 12 Oct**, 7pm-8pm



## The Creative Check Up

Come to our mobile "Field Hospital" and have your creative health checked!

This medical team with a difference wants to engage with you in a playful exploration of your artistic health. Are you getting enough art? Do you sing three times a week? A quick visit to the Creative Check Up clinic will soon find out and will send you home with a prescription for all the arts you can add to your life to put the pep back in your step!

### • CLINIC 1

**University Hospital Waterford foyer**

**Thurs 12 Oct**

11am-1pm

### • CLINIC 2

**Carrickphierish Library**, Gracedieu, Waterford

**Thurs 12 Oct**

3pm-5pm

### • CLINIC 3

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Fri 13 Oct**

11am-1.30pm

*Follow The Creative Check Up on Facebook*





## Exploring Famous European Artists Workshop 2, with Ben Hennessy

Well-known Waterford artist Ben Hennessy will explore the artwork of a famous European artist in each workshop session. These workshops are kindly hosted by the Waterford Europe Direct Information Centre.

**Central Library**, Lady Lane, Waterford

**Fri 13 Oct**, 10am-12 noon

*School event*



## Wild Thing (you make my heart sing)

Waterford Healing Arts Trust Artist-in-Residence Ciara Harrison has worked with the staff of UHW to create a temporary art installation of "wild" fabric flowers in the foyer of the hospital and a special individual bloom to be presented to each patient.

**University Hospital Waterford**

**Fri 13 Oct**, 10am-4pm



## We haven't had an earthquake lately...\*

Do you reach for a favourite piece of writing when you need to be inspired, comforted or cheered up? Join us for this popular annual event where avid readers share their favourite writings by everyone from Shakespeare to Seamus Heaney - with musical interludes! Guest MC Mary O'Neill, WLRfm.

Kindly sponsored by The Book Centre, Waterford.

*\*Inspired by AA Milne's Winnie the Pooh*

**The Book Centre**, Waterford

**Fri 13 Oct**, 6pm

Free but ticketed. To book: [www.waterfordhealingarts.com/](http://www.waterfordhealingarts.com/) / 051 842664



## Meetings with Ivor – A film by Alan Gilsenan

Ivor Browne has been a central figure in Irish mental health for many decades. Some people wish he wasn't. Yet many people owe their lives to him. This thought-provoking film captures the essence of an extraordinary human being who managed to be part of the establishment while still being one of its greatest critics.

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Sun 15 Oct**, 7.30pm-9pm

Free but ticketed. To book: [www.garterlane.ie/](http://www.garterlane.ie/) / 051 855038



## HEALING SOUNDS

Waterford Healing Arts Trust musicians will bring a special Well Festival Healing Sounds interaction-based performance to children in the Paediatric Ward at UHW. Healing Sounds in the Ward is a monthly programme of live music engagement which aims to soften the clinical environment and reduce anxiety for patients of all ages.

**University Hospital Waterford Paediatric Ward**

**Tues 10 Oct, 1pm-2pm**

*For patients and their families*



## WELLY TALES

Ardkeen Library and Waterford Healing Arts Trust are delighted to bring a special storytelling session to the Paediatric Ward of UHW to celebrate Well 2017.

**University Hospital Waterford Paediatric Ward**

**Thurs 12 Oct, 2pm-3pm**

*For patients and their families*



## MAKING FACES - After-School Workshop

Explore lots of different facial expressions and create your own portraits using drawing and collage techniques with artist Nicola Chestnutt. Suitable for children aged 7+ years. Kindly supported by Tesco Community Fund.

**Garter Lane Studios, 5 O'Connell St (beside Delaney's Florist)**

*Venue is not wheelchair accessible.*

**Fri 13 Oct, 4pm-5pm**

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## SENSORY ART PLAY - Workshop with Eilis O'Toole

Parents and toddlers (1-3yrs), come and explore the world using your five senses. Sensory play enhances learning through hands-on activities that stimulate a child's senses, as well as being lots of fun! Kindly hosted by the Waterford Europe Direct Information Centre.

**Dungarvan Library**

**Sat 14 Oct, 11am-12 noon**

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie)  
or 0761 102975



## INSIDE OUT

Go inside teenager Riley's head and meet her emotions: Joy, Sadness, Fear, Anger and Disgust. Riley is struggling to adjust to a new life in San Francisco. When Sadness accidentally gets herself and Joy lost inside the depths of Riley's mind, an emotional rollercoaster ensues. Director: Pete Doctor. Rating: PG.

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Sat 14 Oct**, 3.30pm-5.15pm

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## BIG HERO 6

From the Walt Disney Animation Studios team responsible for *Frozen* and *Wreck-It Ralph* comes *Big Hero 6*, an action-packed comedy adventure about the special bond that develops between Baymax, an inflatable healthcare robot, and prodigy Hiro Hamada. Directors: Don Hall, Chris Williams. Rating: G.

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Sun 15 Oct**, 3.30pm-5.15pm

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



Dr Mark Rowe was a huge hit at the Well Festival of Arts & Wellbeing 2016. He devised this unusual prescription, which we'd like to share with you, so sit down, take a moment and read on...



## A PRESCRIPTION FOR HAPPINESS

- *Express gratitude regularly* - dynamite for your wellbeing
- *Be kinder* - live to give
- *Cultivate great relationships* - a recipe for real contentment
- *Set and work toward goals* that allow you to grow
- *Make time for what matters*
- *Exercise regularly* - the greatest pill of all
- *Cultivate realistic optimism* - oxygen for opportunity
- *Embrace Simplicity* - the ultimate sophistication
- *Explore Spirituality* - the purpose of life is a life of purpose
- *Have the courage to choose*

Signed: *Dr. Mark Rowe*



[www.DoctorMarkRowe.com](http://www.DoctorMarkRowe.com)

# Well Festival Calendar

## MONDAY 9 OCTOBER

8am-6pm	The Point of Viewing - <i>visual art</i> » p4
11am	Walking Through Nature - <i>launch</i> » p4
11am-5.30pm	Walking Through Nature - <i>visual art</i> » p4
10am-12pm	Exploring Famous European Artists (1) » p7
11am-1pm	Invitation to Dance for Parkinson's » p8
11am-12 pm	The Royals & Passage East Community Singers » p7
1pm-2pm	The Leaside Serotones » p8
7pm-9pm	Night Flowers - <i>visual art</i> » p5

## TUESDAY 10 OCTOBER

8am-6pm	The Point of Viewing - <i>visual art</i> » p4
11am	The Point of Viewing - <i>free public talk</i> » p4
10am-5.30pm	Walking Through Nature - <i>visual art</i> » p4
10.30am-12pm	Birds of Prey: Déise Nature Trail » p9
11am-5.30pm	Archetype / Uchronia - <i>visual art</i> » p5
11am-5.30pm	The Infinite Whatever - <i>visual art</i> » p6
11am-5.30pm	1000 Meanings: Shot in Limbo - <i>visual art</i> » p6
Time n/a	Digital Self-Portraiture - <i>workshop</i> » p9
1pm-2pm	The Arista Flute Trio » p10
1pm	HEALING SOUNDS » p18
2.30pm-4.30pm	The Loneliest Hour - <i>film and Q&amp;A</i> » p10
7pm-9pm	Night Flowers - <i>visual art</i> » p5

## WEDNESDAY 11 OCTOBER

8am-6pm	The Point of Viewing - <i>visual art</i> » p4
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11am-5.30pm	Archetype / Uchronia - <i>visual art</i> » p5
11am-5.30pm	The Infinite Whatever - <i>visual art</i> » p6
11am-5.30pm	1000 Meanings: Shot in Limbo - <i>visual art</i> » p6
Time n/a	Art Workshop with the Solas Centre » p11
1pm-2pm	The Claddagh Rogues » p11
2pm-4pm	Songbirds - <i>workshop</i> » p12
2pm	High Society: Movie in Medical 5 » p13
2.30pm-3.30pm	Growing for Wellbeing - <i>workshop</i> » p12
7pm-9pm	Uncovering the Creative Me - <i>workshop</i> » p13
7pm-9pm	Night Flowers - <i>visual art</i> » p5

# Well Festival Calendar

## THURSDAY 12 OCTOBER

8am-6pm	The Point of Viewing - <i>visual art</i> » p4
10am-5.30pm	Walking Through Nature - <i>visual art</i> » p4
11am-5.30pm	Archetype / Uchronia - <i>visual art</i> » p5
11am-5.30pm	The Infinite Whatever - <i>visual art</i> » p6
11am-5.30pm	1000 Meanings: Shot in Limbo - <i>visual art</i> » p6
11am-1pm	The Creative Check Up - Clinic 1 » p15
2pm-3pm	WELLY TALES » p18
2.30pm-4pm	Best Foot Forward - <i>dance workshop</i> » p14
3pm-5pm	The Creative Check Up - Clinic 2 » p15
7pm-8pm	Book Club Social with Claire Keegan » p14
7pm-9pm	Night Flowers - <i>visual art</i> » p5

## FRIDAY 13 OCTOBER

8am-6pm	The Point of Viewing - <i>visual art</i> » p4
10am-5.30pm	Walking Through Nature - <i>visual art</i> » p4
10am-12pm	Exploring Famous European Artists (2) » p7
10am-4pm	Wild Thing - <i>visual art</i> » p16
11am-5.30pm	Archetype / Uchronia - <i>visual art</i> » p5
11am-5.30pm	The Infinite Whatever - <i>visual art</i> » p6
11am-5.30pm	1000 Meanings: Shot in Limbo - <i>visual art</i> » p6
11am-1.30pm	The Creative Check Up - Clinic 3 » p15
4pm-5pm	MAKING FACES - <i>workshop</i> » p19
6pm-8pm	We haven't had an earthquake lately... » p17
7pm-9pm	Night Flowers - <i>visual art</i> » p5

## SATURDAY 14 OCTOBER

10am-5.30pm	Walking Through Nature - <i>visual art</i> » p4
11am-5.30pm	Archetype / Uchronia - <i>visual art</i> » p5
11am-5.30pm	The Infinite Whatever - <i>visual art</i> » p6
11am-5.30pm	1000 Meanings: Shot in Limbo - <i>visual art</i> » p6
11am-12pm	SENSORY ART PLAY - <i>workshop</i> » p19
3.30pm-5.15pm	INSIDE OUT - <i>movie</i> » p20

## SUNDAY 15 OCTOBER

3.30pm-5.15pm	BIG HERO 6 - <i>movie</i> » p20
7.30pm-9pm	Meetings with Ivor - <i>film</i> » p17

Please follow page references for event details and venues.





CULTUREFOX.IE

# NEVER MISS OUT



CULTUREFOX

The Arts Council's new, upgraded **CULTUREFOX** events guide is now live. Free, faster, easy to use – and personalised for you. Never miss out again.