

Arts for Health

Placement Programme 2013

The placement follows a flexible 16 week programme of shadowing, planning and delivery under the supervision of Arts for Health (AfH) visual artist, Sarah Ruttle.

Shadowing

At the outset, the placement artist will shadow an AfH artist to establish the basics; meet the Artists' Team, navigate the working environment, take a supporting role during weekly workshops and get to know the care staff and the participants' interests and capacities.

Planning

The next step is for the Placement Artist to establish a project plan for the programme with the Arts for Health Artist. The plan must fit into the overall programme aims and must prioritise the welfare and cultural requirements of the participants. It should provide creative opportunities for the residents in the long-stay unit, supporting access to, and engagement with, the arts for older people in this context. It should offer an element of challenge and interest beyond standard transferral of skills and reflect the artist's professional practice. It can be in any artform. The level of collaboration with the AfH Artist can be negotiated at this point.

Delivery

The Placement Artist should take a lead role in the delivery of the arts project with a small group of older residents in the long-stay unit. The supervising artist will advise where appropriate and offer holding support initially and observe throughout.

The Placement Artist is expected to learn about and engage in best practice, this includes documenting their work, keeping a reflective journal, attending team meetings, engaging in pre and post workshop discussion and submitting documentary evidence of the experience, along with a short written report.

Schedule

Three hours are spent in the unit (Clonakilty) on Mondays 9.30am 12.30pm, inclusive of workshop preparation, pre and post session meetings and a further one hour is for meetings, research and support work. See letter of agreement for detailed schedule.

Remuneration

Placement/learner rate is € 20.79 per hour for:

- 3 hours each week on site for 16 weeks
- 16 hours for support work, journaling, documenting, meetings and report

Selection Criteria

Applications will be evaluated on their quality of current and previous professional practice, evidence of commitment to participatory practice and developing their knowledge of arts and health practice.

About Sarah Ruttle

Sarah has been working on the Arts for Health programme since 2008. She also currently works with West Cork Mental Health Care services and groups supported by West Cork BTEI and VEC. She offers participants the opportunity to explore art through a broad spectrum of media and techniques. Sarah gives the choice to the participant of working through their creativity with a structure or with freedom, giving them opportunity to acknowledge their abilities and develop their strengths.

Sarah Ruttle graduated from a Bachelor of Design in Textiles (University of Dundee, Scotland) in 2002. Sarah took part in a Professional Development Course for Artists working in Health Care Settings Run by Create, Arts Council, IADT Dun Laoghaire and The Adelaide & Meath Hospital Dublin, 2008, developing her knowledge and insight for work with Arts and Health. She is inspired by pattern in everyday life, portraiture and the influence of diverse cultures in people's lives and uses drawing, textiles, mixed media and photography in the development of her work.

About Arts for Health

Arts for Health partnership programme is based in West Cork and provides a managed and integrated arts programme for older people in healthcare settings. It takes place in five Community Hospitals, Bantry General Hospital Care of the Elderly Unit and five Day Care Centres. Access to, and engagement with the arts in healthcare settings improves the quality of life for the individuals in residential care and encourages conversation and links with the wider hospital community. By being integrated into the culture of the care setting, the programme allows ideas and the individual creative interests of the participants to be nurtured, developed and implemented over time.

Managed by West Cork Arts Centre, Arts for Health runs all year round and is delivered by team of professional artists from different disciplines.

Arts for Health Partnership



West Cork Arts Centre is supported by



The Arts for Health partnership gratefully acknowledges local support towards the programme with special thanks to **West Cork Older People's Network** and **Friends of the Day Care Centres**.