

THE TWILIGHT PROGRAMME
at St.Patrick's University Hospital presents

A Story to Be Told

A CELEBRATION OF THE ARTS FOR
MENTAL HEALTH AWARENESS & WELLBEING

OCTOBER 2015

Events open to the public will take place in
St. Patrick's University Hospital
James Street, Dublin 8
www.stpatricks.ie
www.facebook.com/stpatricksmhs
www.twitter.com/stpatricks

For further information, please contact
The Twilight Programme:
Paula Higgins: phiggins@stpatmail.com
Sinead Moloney: smoloney@stpatmail.com

For General Hospital Enquiries - (01) 2493200
Support & Information Service - (01) 2493333
or email info@stpatmail.com

Walk in My Shoes Support Line for 18-25 year olds:
(01) 2493555 or email help@walkinmyshoes.ie



All Public events are FREE



Graphics: Oonagh Young, Design HQ

St Patrick's
Mental Health Services



Introduction

A Story to Be Told

People tell myths and tales as a way of making sense of their world. Stories pass from one generation to the next, bearing witness to the ordering of knowledge and providing the distilled wisdom of each age for generations to come. In Ireland, groups of people once gathered around fires, coffee tables and bar stools listening to storytellers sharing tales which entertained, mystified, instructed or healed. The listener and the storyteller participated in an experience which connected them to their community, to their family, to their tribe, and more importantly to their identity of self.

In an era where television, mobiles, laptops and tablets have become primary vehicles for instruction and entertainment, our ability to imagine begins to diminish. The Twilight Programme believes in the importance of ritual and the tradition of storytelling; and that the hearing and telling of stories stimulates the imagination, generates ideas and inspires creativity.

The Twilight Programme was established in 2007 for service users residing in St Patrick's Mental Health Services. The programme provides a friendly and welcoming creative space for people to access during the evenings, and at weekends. The Twilight team foster social, therapeutic and creative opportunities for individuals and groups to engage in activities that stimulate, add meaning and restore balance to peoples lives. At the heart of the Twilight Programme is a collaborative process between service users, volunteers, creative arts therapists and professional arts practitioners. We acknowledge the value and importance of developing these ongoing relationships which we hope is reflected in our programme this year for Mental Health Awareness & Wellbeing - 'A Story to Be Told'.

The Twilight Programme is delighted to launch this publication, which highlights the treats on offer and gives you an idea of the tremendous effort which has gone into this year's programme by all the participants. We would like to take this opportunity to thank all of the service users for sharing their stories and tales with us, and to all of our creative collaborators.

This year's festival is 'literally' going to be out of this world with tales of different times and strange and foreign lands, told through the medium of film, music, song, poetry, book clubs, creative writing, tours and animation! In between the lines there will be space to reflect with some gentle offerings of meditation and yoga... We hope there is something for everyone!

Sinead & Paula / Coordinators & Creative Arts Therapists
TWILIGHT PROGRAMME

It Made You

It Made You, an album of original songs written by songwriters of St. Patrick's Mental Health Services and renowned Irish songwriter Sean aka 'Doctor' Millar. Hosted by the Twilight Programme, Sean worked with people residing in SPMHS, facilitating 10 weeks of collaborative song writing workshops through which stories about life, love, loss, strength and recovery were told. The result is a very special album of 9 original songs, beautifully conveyed by the voices of Sean Millar, Gavin Glass, Jack Lukeman, Cillian Gavin, Aoife Cullinane, Brendan Carvill, Kevin Nolan and Paula Higgins. 'It Made You' was proudly supported by St. Patrick's Mental Health Foundation with all sale proceeds from the album going to it's 'Walk in My Shoes' campaign.

The album is currently available to purchase from the WIMS online store www.walkinmyshoes.ie or from the Information Centre at SPMHS. Contact Paula or Sinead on the Twilight Programme for further information - phiggins@stpatsmail.com or smoloney@stpatsmail.com

WALL OF WORDS

Throughout the month of October, the walkway to the Phoenix Room (3rd floor) will be trans-formed into an interactive 'wall of words'. We want to find out:

What inspires you?
What keeps you going?
What gets you through?

We invite you to share your thoughts with the wall through images, words, quotes, and lyrics. Materials & instructions provided at the wall.

Tuesday 29th September

AUTUMN COLOURS HOLISTIC WORKSHOP with Deirdre Casey

Phoenix Room 6.30 - 8.00 | Service Users Only

Join Deirdre for this reflective session, working with the healing colours of nature - red, orange and gold - to harvest the best parts of ourselves, cultivate the energy and wellness within, and, reflect on what we'd like to bring into our lives this winter. The session will be a combination of music, movement, poetry and reflection - all facilitated within a welcoming, nurturing space.

Wednesday 30th September

YOGA & VISUALISATION WORKSHOP with Celia Richard

Phoenix Room 6.00 - 8.00 | Service Users Only

This session is a meditation to focus the inner eye, yoga to loosen emotions trapped in the body, then a guided visualisation to access inner wisdom and cast a compassionate eye on our old self. This is a chance to set new goals and enjoy deeper peace of mind.

Thursday 1st October

STOP MOTION ANIMATION PROJECT LAUNCH with Jennifer Kidd

Phoenix Room 6.30 - 8.00 | Open to the Public

Animation artist Jennifer Kidd took a group on a six week crash course in Stop Motion Animation, each week the participants learnt how to create animation puppets, develop story boarding, set design and finally a stop motion animation. This exhibition is the end result of a very enjoyable project, the work produced will be on view in the format of an animation video, as well as personal display boxes for each participant showing the models they created.

Friday 2nd October

(Also Friday 9th, 16th, 23rd and 30th October)

CREATIVE WRITING PROJECT with Nicole Rourke

Phoenix Room 6.00 - 7.30 | Service Users Only

These workshops in creative writing aim to explore personal expression in an inspiring and enjoyable way. Each session is designed to stimulate the imagination and nurture creative expression in a supportive environment. Nicole Rourke is a freelance performer and creative workshop facilitator. She is also co-director of Big Smoke Writing Factory in Dublin.

Saturday 3rd October

MUSICAL STORIES with Paula Higgins

Special Care Unit 9.45 - 11.00 | SCU Service Users Only
Dean Swift Ward 11.00 - 12.15 | DSW Service Users Only

We all have a musical soundtrack, a soundscape to which the most triumphant, poignant, challenging and beautiful moments in our lives are attached. Join music therapist Paula for an exploration of the music that is, and has been, meaningful to you in your life.

A LITTLE LUNCH MUSIC with Arietta Quartet

Ridgeways Cafe 1.30 - 3.00 | Open to the Public

Arietta, a quartet of musicians, consisting of violin, viola, cello and recorder, are delighted to join us in SPMHS for a very special performance. The quartet will present several musical 'ages' from the 16th century onward including a couple of tunes from Latin America and Irish & English Folk traditions. There will be room for lively tunes, nice harmonies, quiet sounds and overall a pleasant ambience with a mixture of pieces of chamber music, folk tunes, tangos and airs.

Sunday 4th October

MEET THE MORNING MEDITATION with Paula Higgins

Phoenix Room 11.00 - 12.30 | Service Users Only

Join Paula for a guided imagery in music meditation where music, imagery, affirmation, poetry and body scan techniques will be used to support you in accessing a place of deep relaxation.

STORYTELLING THROUGH MUSIC with Paula Higgins

Vanessa Ward 2.00 - 3.30 | Service Users, Family & Friends

Join Paula for an afternoon of reminiscence, a sharing of stories through the music and songs that sit as the backdrop to the special times in our lives. Please feel free to bring cds, ipods, lyrics, instruments, poems, stories and friends/family to the session!

Monday 5th October

SPOKEN WORD NIGHT with Flying South

Phoenix Room 7.00 - 9.00 | Open to the Public

Flying South is Ireland's first open mic event centred around the theme of mental health. They endeavour to provide a safe space for creative mental health expression and performers from all genres are very welcome. Featured performers for the night are Nicole Rourke, The Scareblues Band, Luke Clerkin & Alvy Carragher.

Tuesday 6th October

RELAX, RENEW & RESTORE - GUIDED MEDITATION with Sinead Moloney

Phoenix Room 6.00 – 7.30 | Service Users Only

This meditation will begin with breath awareness to help cultivate an open and deep relaxation; followed by a slow mindful body scan which has proven to be an extremely powerful and healing form of meditation for stress reduction. Without moving a muscle, we can put our mind anywhere in the body we choose and feel, and tune in to whatever sensations are present in that very moment.

Wednesday 7th October

SCHIZO-POETRY - FRAGMENTS OF MIND BOOK LAUNCH with Kevin Nolan & Susanne Wawra

Lecture Hall 7.00 – 9.00 | Open to the Public

Schizo-Poetry - Fragments of Mind is a collection of poetry written by composer Kevin Nolan and visual artist Susanne Wawra. These poems reach from light to dark, bliss to despair, humour to sincerity. They are brimming with sensations, emotions and sentiment in their exploration of life, feeling and meaning. While each individual poem tells a story and provides us with a fragment of mind, it is the juxtaposition of both renditions that takes on its own dynamic. For the launch of this inspiring publication we will be joined by John Saunders, Director of Shine.

SEVEN SIMPLE TECHNIQUES TO HANDLE FRUSTRATION, TENSION AND ANXIETY with Menchu Hernandez from YogaHub

Phoenix Room 6.00 – 7.30 | Service Users Only

The way we create unhappiness is simple: the mind zooms in on a small inconvenience and turns it into a huge aggravation, bringing about unwelcome physical changes. During this session, we will explore seven simple and short techniques to resolve emotional upsets rapidly, and look at ways to develop your own emotional barometer.

Friday 9th October

CREATIVE WRITING PROJECT with Nicole Rourke (see 2nd Oct for information)

Phoenix Room 6.00 – 7.30 | Service Users Only

Saturday 10th October

WORLD MENTAL HEALTH DAY

IMAGINE YOUR SOUND MUSIC WORKSHOP with Mairead O'Donnell & Mischa O' Mahony

Phoenix Room 11.00 - 12.30 | Service Users, Family & Friends

Special Care Unit 2.00 - 3.30 | SCU Service Users Only
Dean Swift Ward 3.30-5.00 | DSW Service Users Only

These workshops aim to tap into the imagination using words/vocalization, body percussion, percussion instruments from around the world & song. As performing musicians, Mischa and Mairead will also serenade with ukulele, saxophone and fiddle which when combined create a stimulating & lively atmosphere. Mischa O Mahony & Mairead O' Donnell are experienced facilitators in Music and Healthcare settings.

Sunday 11th October

JONATHAN SWIFT WALKING TOUR with Alice Coghlan

Meet Sinead at Reception 9.00am (see posters for more information). Tour starts from Jury's Hotel Christchurch at 10.00 until 12.00 | Service Users, Family & Friends

Take a stroll around the Dublin of St Patrick's famous founder satirical writer Dean Jonathan Swift. Led by theatre director, writer and Swift enthusiast Alice Coghlan. Together we will learn about his life, times and Dublin writings, as we tour the sites of his birthplace, his ministry at St Patricks Cathedral, his burial, as well as surviving examples of the architecture of his early eighteenth century Dublin. The tour will culminate with the visionary tale of the founding of St. Patrick's Hospital.

MOVIE MATINEE - THE KING'S SPEECH with Sinead Moloney (Cert 12A)

Vanessa Ward 3.00 – 5.00 | Service Users, Family & Friends

Based on the true story of the Queen of England's father and his remarkable friendship with maverick Australian speech therapist Lionel Logue. "The King's Speech" stars Academy Award nominee Colin Firth as King George VI, who unexpectedly becomes King when his brother Edward abdicates the throne. Academy Award Winner Geoffrey Rush stars as Logue, the man who helps the King find a voice with which to lead the nation into war. Starring Colin Firth, Geoffrey Rush, Helena Bonham Carter.

Monday 12th October

TRAD TUNES with Barry McGee & Friends

Vanessa Ward 6.30 - 7.30 | Service Users, Family & Friends

Join Barry and friends for an evening of trad tunes and craic on Vanessa Ward, playing Irish traditional music in a relaxed and informal setting. You are welcome to bring your instruments along and to join in on the session should you wish. Family and friends are welcome too – the more the merrier!

Tuesday 13th October

(Also 20th, 27th October & 3rd, 10th November)

GULLIVER'S TRAVELS BOOK CLUB An Introduction with Alice Coghlan

Phoenix Room 6.00 – 7.30 | Service Users Only

Read, enjoy and explore St. Patrick's founder Jonathan Swift's greatest satirical fantasy Gulliver's Travels at our weekly book club. Join Gulliver on his travels to the miniature land of Lilliput, the giant land of Brobdingnag, the floating island of science Laputa, and finally the land of the Houyhnhms wise talking horses and wild yahoos. Led by Alice Coghlan who directed Gulliver's Travels for the Irish stage, this fun and friendly book club will meet over high tea and cake each week, to chat about their experiences of reading this wonderful book together.

*Copies of the book will be available each night, and prior to the project from the Information Centre.

Wednesday 14th October

FULL CIRCLE PLAYBACK THEATRE PERFORMANCE

Phoenix Room 7.00 - 8.30 | Open to the Public

Playback Theatre is theatre created through a unique collaboration between performers and audience, where an audience member tells a story from their life and the actors re-enact this story through various 'Playback Forms'. The actors response is a creative, spontaneous, physical improvisation within a framework of structured ritual.

Thursday 15th October

EVERYDAY MINDFULNESS with Menchu Hernandez from YogaHub

Phoenix Room 6.00 – 7.30 | Service Users Only

Most of us, at some stage in our lives, get trapped in worlds that only exist in our minds: the Past and the Future. These worlds mainly bring about unhappiness. In this session, we will practise a few simple mindfulness techniques to bring you back into your present experience without judgement.

Friday 16th October

CREATIVE WRITING PROJECT with Nicole Rourke (see 2nd Oct for information)

Phoenix Room 6.00 – 7.30 | Service Users Only

Saturday 17th October

MUSICAL STORIES with Paula Higgins

Special Care Unit 10.00 - 11.30 | SCU Service Users Only
Dean Swift Ward 11.30 – 1.00 | DSW Service Users Only

We all have a musical soundtrack, a soundscape to which the most triumphant, poignant, challenging and beautiful moments in our lives are attached. Join music therapist Paula for an exploration of the music that is, and has been, meaningful to you in your life so far.

MOVIE MATINEE - SILVER LININGS PLAYBOOK with Paula Higgins (Cert 15A)

Phoenix Room 2.00 – 4.00 | Service Users, Family & Friends

Life doesn't always go according to plan...Pat Solitano has lost everything and now finds himself living back with his mother and father after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life and to remain positive; when Pat meets Tiffany, a mysterious girl with problems of her own, things get complicated. Tiffany offers to help Pat reconnect with his wife, but only if he'll do something very important for her in return. As their deal plays out, an unexpected bond begins to form between them, and silver linings appear in both of their lives. Starring Bradley Cooper, Jennifer Lawrence, Robert De Niro, Jacki Weaver, Chris tucker, Julia Stiles

Sunday 18th October

MORNING MEDITATION with Heidi Morrison

Phoenix Room 11.00 - 12.30 | Service Users Only

This session will guide participants through a sequence of relaxation exercises and guided meditation. This will accompany gentle music and soft lighting.

ROMANTIC STORIES OF PRE-RAPHAELITE ART with Heidi Morrison

Vanessa Ward 2.00 – 3.30 | Service Users Only

This session will offer participants an opportunity to gain insight into stories that inspired Pre-Raphaelite art. A power point presentation will demonstrate these stories through themes of love, life and passion delivered by Heidi is a visual artist and an art therapist.

Monday 19th October

TRAD TUNES with Barry McGee & Friends

Phoenix Room 6.30 - 7.30 | Service Users, Family & Friends

Barry and friends return for a night of trad tunes in the Phoenix Room, playing Irish traditional music in a relaxed and informal setting. You are welcome to bring your instruments along and to join in on the session should you wish. Family and friends are welcome too – the more the merrier!

Tuesday 20th October

GULLIVER'S TRAVELS BOOK CLUB 'LILLIPUT' with Alice Coghlan

Phoenix Room 6.00 – 7.30 | Service Users Only

This week join Gulliver on his travels to the miniature land of Lilliput. Led by Alice Coghlan who directed Gulliver's Travels for the Irish stage, this fun and friendly book club will meet over high tea and cake each week, to chat about their experiences of reading this wonderful book together.

*Copies of the book will be available each night, and prior to the project from the Information Centre.

Wednesday 21st October

GULLIVER'S TRAVELS SCREENING & PANEL DISCUSSION with Wonderland Theatre

Phoenix Room 8.00 – 10.00 | Open to the Public

A 90 minute screening of Wonderland Productions critically acclaimed 2010 theatre production of Alice Coghlan's adaptation of Gulliver's Travels, written by St. Patrick's founder Jonathan Swift, followed by an interactive panel discussion. This colourful family friendly production featured 24 puppets and masks, a talented ensemble of actors, comedy, satire, epic and song and much imaginative design and storytelling. Come and join Coghlan and some of her cast, crew and puppets to learn all about how it was made and developed and why!

Thursday 22nd October

YOGA PRACTICES TO BALANCE YOURSELF with Menchu Hernandez from YogaHub

Phoenix Room 6.00 – 7.30 | Service Users Only

In Yoga philosophy, the origin of most illness is in our thoughts, which eventually affect our energy (prāna or life force) and our physical body. During this session, we will learn the five causes of disease, and explore some yogic techniques to manage stress, anxiety and depression, in order to bring balance back into our bodies.

Friday 23rd October

CREATIVE WRITING PROJECT with Nicole Rourke (see 2nd Oct for information)

Phoenix Room 6.00 – 7.30 | Service Users Only

Saturday 24th October

CHARACTERS FROM IRISH LEGENDS COLLAGE WORKSHOP with Eithne McAdam

Special Care Unit 10.00 – 11.30 | SCU Service Users Only
Dean Swift Ward 11.30 – 1.00 | DSW Service Users Only

This workshop will give participants the opportunity to create images of legendary characters using two-dimensional and textured art materials and magazine cuttings.

MY OWN STORIES - GUIDED MEDITATION with Eithne McAdam

Phoenix Room 2.00 – 3.30 | Service Users Only

Participants will be guided through this meditation session with the use of storytelling and sound recordings in a quiet and comfortable setting.

Sunday 25th October

JONATHAN SWIFT WALKING TOUR with Alice Coghlan

Meet Sinead at Reception 9.00am (see posters for more information). Tour starts from Jury's Hotel Christchurch at 10.00 until 12.00 | Service Users, Family & Friends

Take a stroll around the Dublin of St Patrick's famous founder satirical writer Dean Jonathan Swift. Led by theatre director, writer and Swift enthusiast Alice Coghlan. Together we will learn about his life, times and Dublin writings, as we tour the sites of his birthplace, his ministry at St Patricks Cathedral, his burial, as well as surviving examples of the architecture of his early eighteenth century Dublin. The tour will culminate with the visionary tale of the founding of St. Patrick's Hospital.

Sunday 25th October

MOVIE MATINEE – A BEAUTIFUL MIND with Sinead Moloney (Cert PG)

Vanessa Ward 3.00 – 5.00 | Service Users, Family & Friends

A human drama inspired by events in the life of John Forbes Nash Jr. From the heights of notoriety to the depths of depravity, John Nash experienced it all. A mathematical genius, he made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery through schizophrenia. After many years of struggle, he eventually triumphed over his tragedy, and finally - late in life - received the Nobel Prize. Starring Russell Crowe, Jennifer Connelly, Ed Harris, Paul Bettany

Monday 26th October

Bank Holiday

A DAY OF REST!

Tuesday 27th October

GULLIVER'S TRAVELS BOOK CLUB 'BROBGINAG' with Alice Coghlan

Phoenix Room 6.00 – 7.30 | Service Users Only

This week join Gulliver on his travels to the giant land of Brobgingnag. Led by Alice Coghlan who directed Gulliver's Travels for the Irish stage, this fun and friendly book club will meet over high tea and cake each week, to chat about their experiences of reading this wonderful book together.

*Copies of the book will be available each night, and prior to the project from the Information Centre.

Wednesday 28th October

MENTAL HEALTH IN THE MOVIE'S with Michael Doherty & Panel Discussion

Lecture Hall 7.00 – 9.00 | Open to the Public

The Twilight Programme is delighted to host Michael Doherty from RTE to give a lecture on 'Mental Health in the Movies'. Michael will be looking at how Hollywood has handled the topic of mental health on screen spanning fifty decades, and will be supported by a cross-section of relevant movie clips, including recent movies which have portrayed mental illness, such as Pixar's Inside Out and the Irish film Patrick's Day. The lecture will be followed by a panel discussion with Michael Doherty, Tanya Sweeney, Coleman Noctor and Nick Kelly.

Thursday 29th October

BUILDING YOUR CIRCLES OF INFLUENCE AND EXCELLENCE with Menchu Hernandez from YogaHub

Phoenix Room 6.00 – 7.30 | Service Users Only

During this session, we will explore the difference between our circle of influence (the things that we can control) and our circle of concern (the things beyond our control). Drawing from Yoga philosophy and NeuroLinguistic Programming, we will learn further techniques to accept what we cannot change and to build the courage to change what we can.

Friday 30th October

CREATIVE WRITING PROJECT – OPEN MIC NIGHT with Nicole Rourke, Paula Higgins

Phoenix Room 6.00 – 8.00 | Service Users, Family & Friends

Following on from our series of creative writing workshops with Nicole Rourke, and inspired by stories told throughout the month of October, the Twilight Programme is delighted to host an open mic night where you are invited to share your creative musings – poems, songs, stories, myths, legends, fables, dances, dreams, memories and any other delights that you might have.

Saturday 31st October

LIFE STORIES – BOOKPAGE CRAFTS with Celia Richard

Special Care Unit 10.00 – 11.30 | SCU Service Users Only
Dean Swift Ward 11.30 – 1.00 | DSW Service Users Only
Phoenix Room 2.00 – 4.00 | Service Users Only

Celia is a French visual artist whose practice focuses on topics such as empowerment, resilience, recovery and wellbeing. Join Celia for these special Autumn workshops focusing on creating new images out of old books and compiling your own creative journal.

Tuesday 3rd November

GULLIVER'S TRAVELS BOOK CLUB 'LAPUTA' with Alice Coghlan

Phoenix Room 6.00 – 7.30 | Service Users Only

This week, join Gulliver on his travels to the floating island of science Laputa. Led by Alice Coghlan who directed Gulliver's Travels for the Irish stage, this fun and friendly book club will meet over high tea and cake each week, to chat about their experiences of reading this wonderful book together.

*Copies of the book will be available each night, and prior to the project from the Information Centre.

Tuesday 10th November

GULLIVER'S TRAVELS BOOK CLUB 'HOUYHNMS' with Alice Coghlan

Phoenix Room 6.00 – 7.30 | Service Users Only

This week, join Gulliver on his travels to the land of the Houyhnmms wise talking horses and wild yahoos. Led by Alice Coghlan who directed Gulliver's Travels for the Irish stage, this fun and friendly book club will meet over high tea and cake each week, to chat about their experiences of reading this wonderful book together.

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