



National Centre for Arts and Health

Adelaide and Meath Hospital Dublin
incorporating the National Children's Hospital



Annual Report 2011



"I regard the presence of an Arts Office, complete with arts officer, as one of the jewels in the crown of AMNCH and its mission to assist and empower people with serious health issues to live and enjoy life to their fullest potential".

Patrick: a patient of the Cardiology department.

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INTRODUCTION

The National Centre for Arts and Health exists to improve patient care and to promote the benefits of the arts in health. Situated in the hospital, the centre aims to improve the hospital experience for patients, to explore the therapeutic potential of the arts, to build positive links with the local community and to make the arts accessible to patients who cannot access traditional arts venues. The current arts programme includes exhibitions, live performances, creative writing classes, arts therapies, design projects and participatory art sessions on wards and in waiting rooms. The art programme is free for everyone attending the hospital and all art programmes are tailored to the needs of individual patients and clinical departments. We currently have a team of 30 professional artists, musicians and writers visiting the hospital and 25 arts sessions for patients every week.

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. The centre also offers consultation and advice to services establishing arts and health programmes and regularly gives presentations on its work, within both medical and arts settings.

Over the last decade, the Arts Programme in the Adelaide and Meath Hospital has evolved to provide not only a substantial arts and health programme, but also national leadership in academic and practical development of this important aspect of health.

The programme, now encompassed as the National Centre for Arts and Health, has engaged in collaboration with major cultural institutions in the State, including the Irish Chamber Orchestra, the National Symphony Orchestra of Ireland, the National Gallery of Ireland and RUA RED Arts Centre.

This annual report features a number of highlights from 2011 and plans for 2012.



Keanen, Kelly, Caitlin, Katy and Niall enjoying an art session in the NCH play room

ART IN THE NATIONAL CHILDREN'S HOSPITAL



Jamie with his pirate ship, created by himself and Aimee O'Neill, Artist in Residence

The programme of arts in the National Children's Hospital received a second year of funding and has developed significantly. This is now one of the arts office flagship programmes. In 2011 we increased the number of Create while you Wait art sessions in the A&E waiting room, OPD waiting areas and to in-patients. Ms Aimee O'Neill now supervises 11 professional artists who volunteer their time at the hospital, as well as offering art therapy individual sessions to children at the bedside and with specialised clinics. Art volunteers receive training and support to gain experience in the field of arts and health work.

An example of the art therapy work is Aimee's sessions with an eight year old boy called Jamie who was an in-patient all summer with a broken leg. During that entire time he was in traction and confined to his bed. Jamie had a fantastic imagination and really looked forward to the art sessions each week. As you can see from the photos, Aimee and Jamie spent time converting his bed into a magical pirate ship and also decorating it with his many creations for example aliens, turtles, monsters etc.



Examples of art on display in NCH A&E

In 2011 children's artworks were placed on display on the windows of the A&E waiting room to bring a sense of colour, fun and movement to the area. The display, created by children from Beech, Oak and Maple wards, was entitled Inside Out, Outside In and represents nature (bringing the outside in) and the inner world of the child (bringing the inside out). Aimee has also been working closely with the Play Department to enhance different areas in the NCH. Children on the inpatient wards have been working on a series of glass paintings to be hung from the ceilings to enhance the corridors leading to the children's A&E department and the NCH playroom. These will be on display from early 2012. Similarly a series of paintings will be created by inpatients for the corridor leading to the children's theatre to match the newly installed animal footprints to create a more child-friendly environment.

Aimee is also developing an art therapy service with clinical teams. This specialized service will use art therapy to help address the psychosocial issues of chronic illness. Art Therapy provides a safe and creative way for children and adolescents in hospital to explore emotions and experiences. It can assist with dealing with anxiety around hospital experiences, coping with a new diagnosis, gaining a greater sense of control over difficult emotions and life situations and improving self-acceptance and self-esteem.

This project has only been a success due to the strong team work and support given by staff in the National Children's Hospital, including Marian Connolly, Eoin Power, Charlotte O'Dwyer, Catherine Garland, Ann Roe, Barry Brett and all the staff in A&E and OPD.

Some Quotes from parents with children in the NCH.

- *Ava arrived at A&E sleepy and poorly but when the session started she got involved and seemed to become more alert*
- *The session entertained the children ... thus alleviating any anxiety they had*
- *It was fantastic, child was not thinking of pain, just enjoyed doing the art*
- *(The art) distracted the sister of the patient from the unexpected trauma she had witnessed and gave her something to do while waiting ...just normalised her day as there was something familiar- arts and craft.*

Kids' Classics 2011 at the National Children's Hospital, Tallaght



The National Concert Hall Kids' Classics programme brings talented musicians directly into the three main children's hospitals in Ireland to work with the young patients at their own levels of ability. Over the course of twelve visits, a team of two to three professional musicians from The National Concert Hall's Learn & Explore programme visit the National Children's Hospital in Tallaght for monthly sessions, brightening the lives of sick children and their parents. Key objectives of the project are to educate and involve children, encourage participation while enabling creative activity, build confidence and instil a 'can-do' attitude amongst young patients, offer distraction and relaxation for patients undergoing stressful treatment and improve quality of life for patients, families and staff generally.

Children in the NCH school enjoying the 'Kids Classics' music series provided by The National Concert Hall. Musicians in residence are Gráinne Hope and Julie Maisel



COMPOSER IN RESIDENCE IN THE STROKE SERVICE

“Bewitched” By Ian Wilson

A Composition in Residence in the Stroke Service

In 2010, the National Centre for Arts and Health at AMNCH hosted an exciting new residency funded by The Arts Council of Ireland. Ian Wilson was Composer in Residence in the stroke unit for three months working with the Irish Chamber Orchestra who returned to the hospital following a successful residency in 2006, performing for patients and conducting open rehearsals of the composition in progress. Wilson wrote a new work for Soprano (Ms Deirdre Moynihan) and String Quartet (Kenneth Rice-violin, Nicola Sweeney –Violin, Joachim Roewer - viola and Malachy Robinson-double bass) based on the experiences of patients with stroke and staff in the unit. The final work is entitled ‘*Bewitched*’. Patients and staff in the Age Related Health Care Unit were crucial to developing this new work.



The work was first performed in the hospital on Wednesday November 24th 2010 to great acclaim and the project was awarded the Arts Council Touring Award to tour this innovative performance to four diverse venues in 2011/2012.

Patients at AMNCH listen to a live rehearsal of Ian Wilson’s composition, performed by members of the ICO.

The venues for the tour are:

RUA RED Arts Centre	Tuesday 6 December 2011	1230 pm
Galway University Hospital	Wednesday 25 January 2012	11.00 am
University of Limerick	Wednesday 1 February 2012	1.15 pm
Royal Irish Academy of Music, Dublin	Tuesday 13 March	6.30 pm



Performance at RUA RED Arts Centre, with Dr Ronan Collins giving introduction on 6th December 2011.

DEIS TRADITIONAL MUSIC PROGRAMME

Weekly music performances continued in the hospital during 2010. These included our resident string quartet and harp duo (funded by the Volunteer Coffee Shop) and a number of other performers. These performances are extremely popular with patients, visitors and staff and they really improve the atmosphere of the hospital.



Mairead O'Donnel, Traditional Musician in Residence from Des Carty Music School, performing in the hospital atrium.

Collaboration between the Des Carty Music School, Mairead O'Donnell (Musician in Residence) and the hospital continued this year with a residency funded by The Arts Council. Mairead developed her work at the bedside, visiting patients from Ruttle Ward, Psychiatry Unit and Age Related Day Hospital. Mairead has also led training sessions on music in hospitals at national events such as the National Exchange Day and at other health related conferences.

ART THERAPY AND THE RHEUMATOLOGY DEPARTMENT – THE CREATIVITY AND WELLNESS GROUP

Following a number of successful arts initiatives between the Rheumatology department (led by Prof. David Kane) and the National Centre for Arts and Health, we developed a specific art therapy programme for patients from this department. The ten week art therapy course was offered at RUA RED arts centre, as a community-based support for people living with arthritis and was facilitated by Aimee O'Neill. We also carried out research regarding benefits of the programme (results currently being analysed). There is very little research in this area of art therapy.

Art therapy is a form of psychotherapy in which art materials are used for self-expression and reflection in the presence of a professionally trained art therapist. Art therapy uses a creative medium to allow an additional and alternative way for clients to understand their life experiences. This small supportive art therapy group offered a confidential space where feelings could be expressed and explored at each participant's pace. The aims of the art therapy group included fostering self-expression, improving self acceptance and self esteem, reducing stress and enhancing adaptive coping skills.

Comments from participants include:

- *This group was exceptional, the art therapy brought us together as a group... very personal, I've never opened up like that before... When I left the group I had a calmness... it was my time.*
- *I am a different person thanks to this group.... A combination of the support of other people with arthritis and doing the art... the therapist had a huge impact – calming, sincere... she was a catalyst that opened us all up.*



*Waterfall, created after a guided meditation and clay symbols of 'inner and outer self.'
Artwork by participants in the Art Therapy Group*

ARTS AND THE AGE RELATED DAY HOSPITAL

There is a long standing programme of arts in the Age Related Health Care Unit. Artists and musicians support the work of the Charlie O'Toole Day Hospital, providing sessions every day of the week. Due to a generous donation in 2011 we were able to commission Deirdre Glenfield, Visual Artist, to create a work with patients in the day hospital. This work will be on permanent exhibition in the department. This work is based around memories of the 1950s and 1960s. We thank Teresa Quinn CNM and the staff in the Day Hospital for their support of this project.



Patients enjoying the art project in the Age Related Day Hospital

ART AND DEMENTIA

In 2011 Lucia Barnes was Artist in Residence for a project with patients with dementia and their family Carers. The Adelaide Society kindly funded this project through its New Initiatives Scheme. Patients from the Charlie O'Toole Day Hospital and family Carers participated in a weekly art group from February 2011. Part of the art process involved using brain scans to create original artwork, thus transforming and working with the scans which form part of the diagnosis of dementia. The final results of both parts of the project were exhibited in RUA RED Arts Centre in December 2011. We collaborated with The Carers Association in this project.

Comments from participants with dementia:

- *"....from looking at the brain scan, I saw different pictures in them. I used to like drawing when I was young and I felt I was doing something I liked..."*
- *"I enjoyed peace and quiet every week and a chance to do art"*

Comment from a Family Carer who participated in the project:

- *Very glad to have had the opportunity of attending the art I live alone in a large house and cared for my husband who had dementia. I do not get out that much and I find that meeting others at these sessions has a therapeutic effect which I am very grateful for. Thank you very much for allowing me to attend these sessions*

*"Thank you for taking an interest in the patients' wellbeing".
Mary, a patient from Age Related Health Care Department*



Bessie- The Queen Bee.

From the *Memory Found Art Project*, - a collaboration between Carers of patients with dementia, Blanchardstown Carers Association and artist, Lucia Barnes .



Interior Mapping Systems, mixed media.

From *Memory Found Art Project* at the Adelaide & Meath Hospital, Dublin

ART IN THE ONCOLOGY AND HAEMATOLOGY SERVICE



Painting by Suzanne, Haematology patient, completed while in bed in hospital

Ms Jessica Conway continued to work with patients in the Haematology and Oncology Day Ward services in 2011. 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 also produced a beautiful set of cards this year, featuring images by patients from the Oncology service. These are still available to buy from the arts office. All proceeds go to funding the art programme and serve to celebrate the achievements of patients at our hospital. We are grateful to a private donation which makes the haematology art service possible.

James, a long term patient, painted while receiving chemotherapy and later while an in-patient. He had not painted until he came to hospital and found it very beneficial when coping with the stress of his cancer diagnosis. Sadly he died earlier this year, but he completed his last painting the day before he died, and his family used this image to make his memorial cards.



Painting by Jo, Haematology patient, completed while in bed in hospital and now displayed in the staff room on the ward

ART AND MENTAL HEALTH

Catherina Brady, Art Therapist provides a full art therapy service in the psychiatry wards at AMNCH 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. Musicians visit the ward approximately once per month to perform for patients – these include traditional musicians and students from the Royal Irish Academy of Music.

Music therapy is available to in-patients of the Psychiatric Unit at AMNCH. It is an allied health profession which uses the expressive elements of music as the primary means of addressing a diverse range of issues. In music therapy clients are encouraged to experiment with sounds and a wide variety of musical instruments are made available for this purpose. In the

psychiatric unit issues such as isolation, social interaction, motivation and self expression are addressed through the use of music. Music therapist Rory Adams has been working in the unit since 2007, with two music therapy groups available to patients on Wednesday mornings. An individual music therapy session is also currently provided by Hilary Moss. These are in addition to the award-winning art therapy service provided and led by Ms Catherina Brady.

ART AND THE RENAL DIALYSIS UNIT



Artwork by Fiona, painted while receiving treatment in the Renal Dialysis Unit.

The art sessions in the renal dialysis unit aim to contribute to the care of the dialysis patients and to improve their quality of life. Providing patients with a stimulating interest and the opportunity to learn new skills helps to relieve the long hours spent in hospital, as well as creating a sense of achievement through productive use of their time. The art sessions also increase the social interaction and communication between patients and staff, often providing a healthy diversion from discussions on clinical matters regarding patient health. The art sessions also help to create a more enlivened atmosphere for all.

Lucia Barnes is Artist in Residence in the unit. She is currently working with patients to create an exhibition in Hospital Street in March 2012 and to create a set of cards with images by patients. This work is funded by the PuncHESTOWN Kidney Research Fund. Lucia has also given a number of presentations on her art work in the unit and her other Arts and Health related projects and other healthcare settings. She also contributes to the hospital training programme for artists working in arts and health as well as facilitates art workshops for staff at AMNCH.

ART AND RUTTLE WARD

Thanks to the support of nursing staff on Ruttle ward, we have developed music sessions at the bedside during 2011. Musicians in residence Mairead O'Donnell (Traditional Musician), and Madeline Doherty, (Harpist) provided bedside sessions on the ward. Two visual artists, Orla Mellon and Elva Brennan currently offer art at the bedside and we hope to expand our in-patient service in 2012.

Madeline Doherty, Harpist



EXHIBITIONS

Every year we hold three exhibitions in Hospital Street, in our hospital gallery space, curated by Alternative Entertainments. The aim of these is to enhance the environment and to bring art to those who cannot access traditional venues.

This year we featured local artist Hugh McCarthy. McCarthy is a Dublin born artist who has travelled in Ireland, UK and Spain. He is the recipient of numerous awards with solo exhibitions in the Stone Gallery, Monster Truck Gallery and Jonathon Swift Gallery in Dublin. Hugh is currently working and living in Tallaght.

We also featured an exhibition of Breastfeeding Images, to coincide with National Breastfeeding Week, an annual exhibition of the craft of Wood Turning and an exhibition by national artist Jackie Askew. Jackie Askew is based in Liscannor, Co. Clare and has exhibited regularly over the past twenty years, nationally and internationally. She recently won the Millcove Gallery Award and has been selected to participate in a residency in Iceland later this year.



G man by Hugh McCarthy



*Dublin Chapter of Wood Turners exhibiting
in the main atrium*



Fire Trough by Jackie Askew

AWARD FOR PATIENT-ARTIST IN INTERNATIONAL ART COMPETITION



A patient-artist from AMNCH who created a work entitled *The Claw* was a selected finalist in an exhibition for the duration of the World Congress of Physical Therapy 2011, in Amsterdam, 20-23 June. Outstanding pieces of artwork were sought representing the role of physical therapy/physiotherapy within the congress theme of Movement for Health. Jo Killalee, a patient in AMNCH Rheumatology Department, was runner-up (painting category) and had her work exhibited at the international event in Amsterdam. Jo lives in

Tallaght and created *The Claw* as part of *Arthritis!*, an art project for patients with rheumatoid arthritis. The purpose of the project was to give patients the chance to try art, explore their creativity and to express their feelings about their condition through a creative medium. Dr David Kane, Consultant Rheumatologist at AMNCH said: 'The outlet to creativity has positively enhanced general well being and a sense of worth in patients who believed their damaged joints were not fit for purpose.' He added that Jo is absolutely delighted to have achieved so much with her art and has gone on to attend further art classes since joining the first group. One patient attending the class, said: 'When I realised that I could make art with my hands, I thought 'what next?''

NATIONAL EVENTS

NATIONAL CONFERENCE

Narratives of Health and Illness across the Lifespan

Royal Irish Academy | 15-16 June 2011

An International Conference celebrating the Tercentenary of the TCD Medical School

An initiative of
National Centre for Arts and Health
Adelaide and Meath Hospital Dublin
Incorporating the National Children's Hospital
www.artandhealthwellbeing.ie

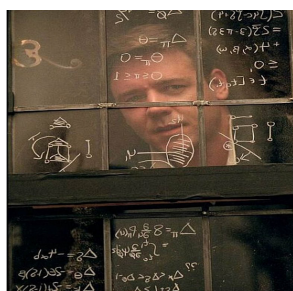


In June 2011 we co-hosted a major international conference to celebrate the vitality of the Arts and Health programme in AMNCH, and serve as a national and international resource on the role of arts in healthcare. The conference was supported by The Meath Foundation and was held in the Royal Irish Academy, a national institution dedicated to the study of both the arts and the sciences and at the centre of Irish academic life. International speakers included Professor Maura Spiegel, Columbia University, New York, USA, Prof Suresh Rattan,

University of Aarhus, Denmark, Dr Shaun O’Keeffe, Merlin Park Hospital and Dr Patricia Crowley, AMNCH as well as a number of other distinguished experts in the field of arts and health, many from our own hospital. For more information please visit <http://www.artshealthwellbeing.ie/>

FILM FESTIVAL

In November 2011 we held Ireland’s first arts and health film festival, in collaboration with RUA RED Arts Centre. This was a huge success, showing 3 films with a mental health theme. On each evening we hosted staff, service users and members of the public for an evening of film and post screening debate, led by a leading consultant and representative service user. We hope to develop this into an annual event and thank RUA RED Arts Centre for their partnership on this project.



NATIONAL EXCHANGE DAY – ARTS AND HEALTH

In December 2011 we co-hosted the national day of the Dialogue Arts + Health project, a series of meetings which aimed to bring together artists who are experienced or interested in developing contemporary art projects in healthcare settings. A series of peer-to-peer Dialogue Sessions took place in Galway, Cavan, Limerick and Offaly and these culminated in a national day at RUA RED Arts Centre. For full details of partners please see our website.



Memory Found exhibition on display at the National Exchange Day at Rua Red Arts Centre.

RESEARCH, EVALUATION AND TRAINING

TRAINING FOR ARTISTS

The Postgraduate Certificate in Arts in Healthcare Settings at NUI Maynooth is a collaboration between The National Centre for Arts and Health at The Adelaide and Meath Hospital and NUI Maynooth. This is the first accredited course in Arts and Health in Ireland and was carried out for the first time in Feb 2011. The course aimed to provide students with an understanding of the key theories that inform teaching and learning in adulthood; to provide them with the knowledge and skills to work creatively with groups; to give them the capacity to critically reflect on their practice in the field of arts and health and to give them an understanding of what 'arts and health' is and the role of the arts in healthcare, both theoretical and practical. Following the successful development and implementation of this new course, we are delighted to announce that this course will be running again in February 2012 and that twelve students on the first course successfully graduated in 2011. They are: Aisling McCormilla; Anne Coffey; Celia Richard; Estibaliz Errazquin; Gillian Hogan; Karen O'Connor; Liz Morris; Maria Hanna; Niamh O'Connor; Pam O'Connell; Vanessa Eakins; Vicky Linnane.

TRAINING FOR MEDICAL STUDENTS

The National Centre for Arts and Health contributes to the 1st and 4th year Medical Humanities programmes at Trinity College, Dublin, under the leadership of Prof. Desmond O'Neill.

PHD IN ARTS AND HEALTH

The PhD in Arts and Health at the School of Medicine, Trinity College Dublin continued this year. Hilary Moss is investigating the role of arts in hospital and specifically the concept of aesthetic deprivation. The research is supervised by Professor Desmond O'Neill in the School of Medicine at Trinity College Dublin. The Meath Foundation is kindly sponsoring this research which is a major step in arts and health research in Ireland.

STAFF WORKSHOPS

This year we introduced staff workshops in Making a Fascinator and Stained Glass Art, both led by Lucia Barnes, Visual Artist. We also offered training and support to our team of artists, both paid and volunteer. This included a guided tour of the Irish Museum of Modern Art.

ADDITIONAL PROJECTS

We have also revamped our website www.amnch.ie/Departments-Clinics/Departments-A-Z/Arts-National-Centre-for-Arts-and-Health/ and created a series of patient information leaflets. We also offer patients a short information sheet when leaving hospital advising how to continue art making at home, with resources for buying materials and courses in their area.



Examples of fascinators and stained glass Christmas decorations made by staff during art workshops for staff members at AMNCH.



VISION FOR THE FUTURE

In 2012 the National Centre for Arts and Health aims:

- To continue to enhance the quality of the aesthetic environment of the hospital.
- To further explore the application of the arts as a therapeutic tool in the hospital environment
- To promote the distinctive contribution of the arts in improving the patients health and well being
- To lead innovation in arts in health care
- To contribute to national recognition of the benefit in arts in health
- To be a centre for research and standards of excellent in arts in health

Our aims for 2012 include carrying out the national tour of Ian Wilson's composition, creating a set of cards by renal dialysis patients, evaluating the service provided to renal dialysis patients, developing a creative writing residency, establishing the film festival as a national event and developing the art therapy service for children. We also hope to maintain our existing levels of staffing; reviewing our visual art programme and exhibition spaces and maintain the level of donations and fundraising grants we receive.

FUNDING

The National Centre for Arts and Health is dependent on grants and fundraising to run it's programmes, there is no core funding or budget for arts in the hospital. The Centre relies on, and is very grateful for, funding from the Volunteer Coffee Shop and a number of other sponsors. 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.

ACKNOWLEDGEMENTS

We wish to acknowledge all the organisations and the people who have funded and supported our programme in 2011 including the Volunteer Coffee Shop, The Meath Foundation, The Adelaide Society, The National Children's Hospital Appeal, PuncHESTOWN Kidney Research Fund, The Arts Council, The Oncology Day Ward Fund, South Dublin County Council, Private donors, RUA RED Arts Centre.

We would like to thank the Arts Committee: Prof Des O'Neill (Chair), David Willow, Hilary Daly, Janet Edgely, Valerie Houlden, Paul Elmes, Janet Pasley, Teresa Quinn, Maura Connolly, Carolyn Jones, Prof Terence Dolan and Eoin Power.

Special thanks also go to the current team of artists: Lucia Barnes, Aimee O'Neill, Jessica Conway, Pauline Johnson, Rory Adams, Grainne Hope, Julie Maisel, Mairead O'Donnell, Madeleine O'Doherty, Kathleen McPhail, Emer McKeever, Amy Callan, Trish McNally, Hazel Dixon, Aileen Curtin, Eileen Fitzgerald, Susan Elliott, Carmel Hegarty, Belinda Noone, Linda Byrne, Ann-Marie Newman, Deirdre Glenfield, Ann Gilleece, Laragh Pittman, Elva Brennan, Orla Mellon and not forgetting other artists that served with us in the course of the year 2011.

Finally we wish to thank the many members of staff throughout the hospital who support the artists and the patients who engage with us and help us to develop the service. All photos shown in this report have full written consent given by patients.

Volunteer Coffee Shop

Fund

Oncology Day Ward



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