

Tallaght Hospital

National
Centre
for
 Arts
and
Health

Annual Report 2014



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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 2014.

Our strategic priorities are:

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

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

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 twelve 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 in wards and 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 many 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 and it's staff regularly make contributions on arts and health at national and international conferences, media and as advisors to other organisations.

ART IN THE NATIONAL CHILDREN'S HOSPITAL

The Arts programme at the National Children's Hospital is now in its fifth year and continues its development as a nationally innovative programme of Paediatric Arts and Health and Art Therapy.

The arts programme detailed in this report includes:

- A referral-based art therapy service
- Create-While-You-Wait art sessions in the hospital waiting areas
- Therapeutic art sessions for children in Inpatients including art groups in the play department and individual art sessions at the bedside for teenagers and for restricted patients
- Art and design projects to improve the hospital environment
- Exhibitions of children's art
- Music for children attending the NCH



Create-While-You-Wait

Create-while-you-wait is a mobile art service provided in the waiting areas of the children's Outpatient and A&E departments. It provides high quality creative activities for children to help reduce the boredom and stress often associated with the hospital waiting room. Pictured are some photos of artworks created by patients with our artists and on display in the OPD waiting area.



Inpatient Art Sessions

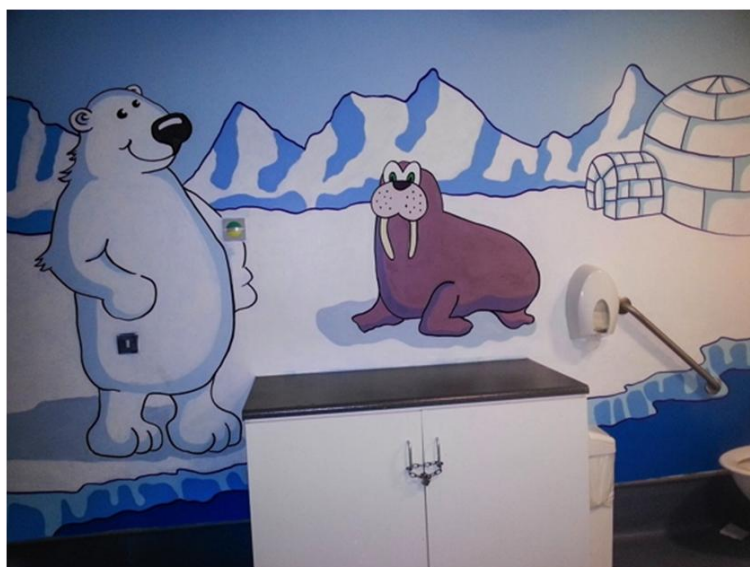
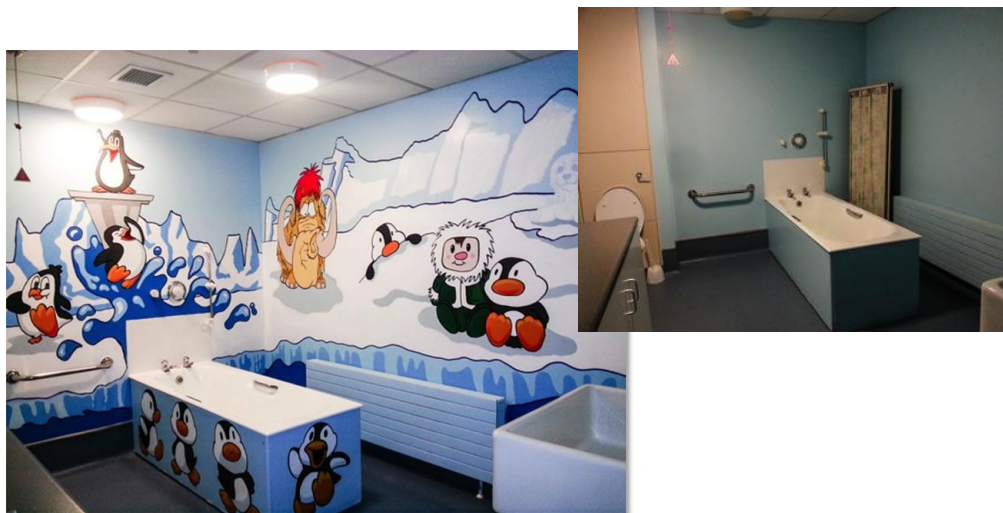
Children who become ill and end up in hospital invariably experience a range of emotions and feelings from anxiety to fear to anger. Being allowed to freely express them-selves through art allows children the opportunity to process complex feelings without the need for words. Mess-making in particular can be a powerful way for children to express messy and confusing feelings. Having the opportunity to work with messy materials such as paint and clay can be a liberating experience for a child in the clinical hospital environment. Children at the art table frequently comment on how much they enjoyed the art making and how it made their hospital stay. Pictured are some clay artworks created by children in the playroom during one of the weekly art groups.



Mural Project

The arts service was asked to enhance the two bathrooms on Oak ward, which were particularly drab and dull, and work with the children to create some murals. This year saw the completion of the murals in the first bathroom. Teenagers from Oak and Maple wards worked alongside Aimee to transform the bathroom into a fantasy arctic polar world, miles away from the dreary, blue cube that existed before.

Local mural artist, Michael Masterson, kindly donated some of the designs for this room to the hospital, whilst Aimee and the patients designed other sections. Features include a giant mammoth, seals, polar bears and penguins playing with each other in the water! Families and patients have commented on the enjoyment they have gotten from the murals. The best outcome however has been the successful engagement of teenagers in the project. Many teenage patients don't want to come down to the playroom with the younger children and therefore often fail to socialise and meet other patients during their hospital stay. This project allowed teenagers to engage with other patients their own age, share stories and experiences and be a part of something creative and something that they were proud of. The next bathroom is underway and will have a under the sea life theme.



Halloween Art

For Halloween children in the waiting room and playroom art sessions worked hard to create some freaky, giant witches that were displayed flying from the ceilings throughout the children's hospital to bring some spooky cheer. See pictures below.



Needle phobia work

Building on last year's work Aimee continued to develop specialised art groups in to help needle phobic children through the use of play and art in collaboration with the Play Departments as part of wider programme to help children cope with their hospital experiences. For many children injections and blood tests are the most frightening part of a hospital visit or stay. Research has shown that exposure to needles and medical equipment is one of the best ways to reduce fears in both adults and children with needle phobias. In these groups children were offered a variety of syringes, swabs, plasters and cannulas, or 'freddies' as they are often referred to in paediatric settings, to use as art instruments. Paint was squirted from syringes in different colourful combinations of medicine or blood, whilst marks, smears and patterns are created with the other equipment, such as the mini 'butterfly' prints that can be created by the cannulas. Below are some photos from those groups.



Greeting Cards for NCH Appeal

This year a set of greeting cards was produced displaying the talented art of patients in the NCH. Each of the paintings on the cards is on permanent display as part of exhibitions of children's art in the hospital. The cards were then sold to raise funds for the NCH appeal (see sample images below).



Outpatients Christmas Display – *An Irish Water Wonderland*

Children worked with Aimee and our volunteer artists to create artworks for a Christmas display in the children's OPD as part of the hospital Christmas Tree Competition. Our Christmas display was a twist on a magical winter wonderland for the children as well as a very topical and tongue-in-cheek play on the Irish Water situation for the parents! We called it in '*An Irish Water Wonderland*'!! Next to the tree a large waterfall flowed into a pool of water. The children created lovely penguins and snowmen, who were displayed around the waterfall with one or two having a splash in the water! Children also created Christmas decorations for the tree out of recycled disposable water cups! Our tree came fourth out of 22 entrants throughout the entire hospital in the Christmas Tree Competition.



Music for our youngest patients!



Two of our youngest patients enjoying the music sessions with Mairead

Music for babies and their parents is project that offers musical interventions 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 weekly music sessions to our youngest patients in hospital and their families in 2014. 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 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 hope to continue to provide this service and to build on the pilot funding provided by this project grant.

Both the child and parent were more relaxed during the music intervention. It made the task of taking blood much easier and it distracted the patient well. Both staff and patients have a more pleasurable experience.

Leona Byrne, Paediatric Phlebotomist..

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 recovery/supportive rates

*As a physiotherapist I have found great benefit from music sessions to engage the children and encourage movement, especially when they are in confined spaces in hospital or low in motivation to move. The music sessions both calms and provides enjoyment, especially to children with complex difficulties who cannot access the playroom. It creates a pleasant atmosphere and it's good to see children react and enjoy themselves. I would recommend increased access to this service e.g. daily programme of music for babies. **Eimear Culligan, Physiotherapist***

Kids classics!

Kids Classics, lead by musician Gráinne Hope undertakes interactive music workshops in the NCH schoolroom and visit wards on a monthly basis in the National Children's Hospital, Tallaght. 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.

CREATIVE ARTS THERAPIES AT TALLAGHT HOSPITAL

The NCAH is unique in offering arts programmes, projects, therapies and residencies under one umbrella. We believe the arts have a role in sustaining and supporting health and well-being in *all* its forms. NCAH have developed music and art therapy services in conjunction with several teams throughout the hospital. We continue to campaign for state recognition of the professions of Music Therapy and Art Therapy in the hope that more people can avail of this allied health profession as part of their clinical treatment. Here we report on three services.

Art Therapy Service for Children

This year saw the exciting expansion of the hospital Art Therapy service to patients in the Cystic Fibrosis department. Aimee now offers five individual art therapy appointments to children coping with chronic illness. She takes referrals from the Diabetes and Cystic Fibrosis multidisciplinary teams. She also provides bedside art therapy to patients from these departments when they are admitted as inpatients.

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. It can provide space and a creative outlet for children to express and reflect on complex and conflicting feelings around illness and medical procedures without the need for words. Art therapy can assist with gaining a sense of mastery or control over difficult emotions and life experiences. It can promote resiliency and enhance coping skills by finding creative solutions and new ways to look at experiences.

Below are some examples of art created during art therapy sessions to demonstrate how art is used to help patients explore and make sense of their feelings and experiences. Art therapy is confidential. In all cases names and identifying features have been changed and patients and their families have given consent for their work to be photographed.

Megan

Megan is a 9-year-old girl. Despite being diagnosed with diabetes since the age of three Megan was still unable to carry out her own blood sugar tests. She only allowed certain people to do it for her, which was quite restrictive. Aimee O'Neill met with Megan on a fortnightly basis for 8 sessions. A combination of art to help her process her feelings, and behavioural approaches, helped Megan work through some of her fears of needles. Megan created and carefully decorated a special 'hierarchy of fears' chart about her fear of checking her own blood sugars, in which she identified her greatest fears down to her least. Megan used this chart in a one step at a time approach to gradually overcome each fear such as doing a finger prick test on an orange/teddy bear, doing one on her mother's finger and eventually doing her own finger prick test on herself. Megan was also very fearful about her annual blood test.

Pictured below is a drawing of Megan's perception of having a blood test. This allowed her to convey some of her fears to the therapist. They were then able to do some exposure work using syringes and medical equipment to create art, even experimenting with the numbing cream that the nurses use, as well as pay a visit to the phlebotomy room to meet the nurses. All of this combined to help Megan to overcome some of her anxieties.



Jessica

Jessica is a 12-year-old girl who was diagnosed with diabetes at the age of 3. Jessica was referred to art therapy for feelings of being fed up with her condition, experiencing low moods, food cravings and poor diabetes control. She loved art and was very talented at expressing herself through drawing.

In the first image Jessica has drawn a symbolic representation of diabetes. In it diabetes is portrayed as a monstrous attacking figure. She is smaller in size and weaker looking than the diabetes. It depicts how she views diabetes, as being this huge, horrible, over-bearing thing in her life that she can't escape from.



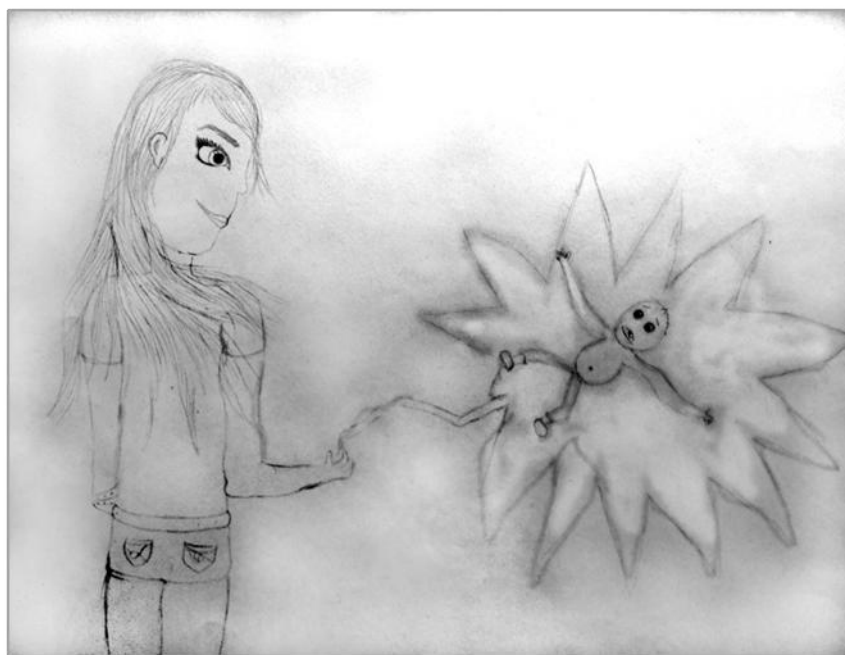
Jessica has used her image to explore with the therapist her constant issue with food cravings. Being diabetic Jessica has to follow a very specific diet. Food cravings were a huge

difficulty for her. Through the course of their work it became apparent that Jessica little or no hobbies or extra-curricular activities. It was suspected that her cravings might be wrapped up in her emotional state, and that both her cravings and her low moods may be part to do with boredom and lack of social outlets. The therapist encouraged her to identify things that she enjoyed and activities in her school and community that she could take a more active part in. This is portrayed in the next image where Jessica has drawn diabetes, cravings and allergies



dragging her down, but all the things she enjoys lifting her back up.

In the final image below Jessica has drawn Diabetes once again in relation to herself. This time however she has shrunk diabetes down to a smaller, weaker figure. Art therapy helped her not only to better accept her condition but also to discover ways to better control the impact of her condition on her life.



The above examples demonstrate how art expression is an excellent way for children and young people to communicate complex emotions and feelings about their illness and hospital experiences without the need for words. These can then be worked through safely in the context of an attuned therapeutic relationship.

The art therapy and arts and health programme at the National Children's Hospital offers a wonderful variety of opportunities for young patients to engage their imaginations and to be creative, it provides wonderful moments of distraction and fun, it helps children find ways to process feelings and fosters feelings of well-being and of achievement. We are extremely grateful to the National Children's Hospital Appeal for their recognition and support of this valuable work.

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 Therapy and the Age Related Health Care Unit

Music therapy was funded one day per week for a year, beginning July 2014, by the Meath Foundation. Music Therapy is now offered to in-patients and we are delighted to welcome Clara Monahan, Music Therapist to our team.

Music Therapy is a profession allied to medicine, which involves using music to offer patients the opportunity for communication, self-expression and interaction. Music therapy offers a non-verbal therapy with the opportunity to make choices, engage in a motivating and sociable non-threatening activity and to participate in an activity that is possible even for confused or verbally isolated patients. In particular, the ability to respond to music can remain intact for people in the later stages of dementia.

Music Therapy involves improvisation, singing, talking about music, sharing musical memories, drumming, relaxation exercises, listening to music and song writing. Each session is tailored to the needs of the individual patient, in collaboration with the clinical team.

Aims of the music therapy service:

- Offer opportunity for participation in enjoyable activity
- Increased social skills
- Increased motivation and/or stimulation
- Communication through a non verbal medium, including opportunities to express difficult emotions related to their illness
- Offer opportunity for patients to share their individual narrative and experiences

- Contribute to improved quality of life while in hospital
- Offer space for reflection and processing of the hospital experience

The music therapy team offer individual and group sessions. Clara is running open music therapy groups for patients in the six bed bays on the ward. The sessions aim to be peaceful, inviting and relaxing in nature. The music played is tailored to how the individual patients present on the day and family visitors can participate in the group. There is opportunity for people to request specific songs, speak about memories of music and the past and how they are feeling that day. The sessions aim to offer a creative, expressive and positive space for the patients during their stay in hospital.

Individual sessions are also offered to patients referred by the multi-disciplinary team. Two examples of individual music therapy follow:

Mr D. had a stroke and the music therapist visited him in his room. He was distressed and his wife was trying to sooth him. With her assistance, the therapist played 'Love me tender' by Elvis Presley, while she stroked his hand. As Mr D's health deteriorated, the music therapist continued to visit his room, even playing for his wife during the week that he passed away.

Mr L. was very agitated and upset, due to his dementia. He could not remember his family visiting him and felt he had been abandoned in hospital. The therapist used music to distract and reassure him. He sang a number of songs and on one occasion his wife accompanied him to music therapy. They reminisced about songs from their younger days and enjoyed time together.

Mr P was only able to communicate verbally through a very pronounced stammer. The music therapist worked with him to sing important sentences and he was able to hold fluent conversations through singing.

Chronic pain and art therapy

A community based art therapy group was offered to people living with chronic pain, held at Rua Red Arts Centre near the hospital. The group was held every Wednesday morning for twelve weeks and was available to outpatients from the Rheumatology and Chronic Pain departments. Each session was facilitated by qualified Art Therapist Aimee O'Neill and fourteen places were offered to people living with chronic pain, on a first come first served basis. Participants were offered places free of charge and all art materials were supplied. The group was advertised through the hospital Out Patient Department and through Chronic Pain Ireland, a voluntary organisation that supports people living with chronic pain.

The group was extremely powerful in allowing participants to explore their experiences and develop strategies for coping with pain. The anecdotal feedback and preliminary statistics are encouraging and we hope to develop this specific programme in 2015. A couple of examples of work are given here to illustrate the programme.

Each week the therapist introduced a directive to guide participants to start making artwork. Most of the participants had never painted before and were exploring the use of art materials. D created a powerful and emotive pastel drawing in week 1 to introduce himself to the group

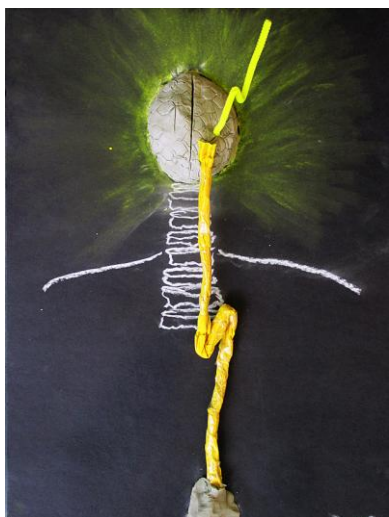
(See image below). Through this image D introduced himself to the group. He outlined how he had had a car accident a few years ago and had suffered with chronic pain ever since, forcing him to give up a job he loved. In his image D depicted himself and his family in the centre



surrounded by evil figures. He spoke of others not fully understanding what it is like for him to live with pain, and even at times experiencing negativity directed towards him. This is represented by the threatening figures in his image. However, despite the somewhat frightening imagery, D stands in a circle in centre holding hands with his family and surrounded by bright colours and light. He speaks of their love protecting him and their support in helping him come to terms with life changing events.

In another session the therapist encouraged participants to look more directly at their pain, but to develop this by also exploring what surrounds it and moving beyond it. For example, participants were led through a body scan meditation and invited to gently, and without judgement, bring their attention their area of pain. They were then encouraged to explore around and beyond this area, before bringing their focus back into the room and asked to create a 3D symbol in any media to represent this experience.

During this exercise G was suffering with a severe headache, which made it hard to concentrate. This became the subject of his image (see image below). Using clay he created a brain. Pressing it with chicken wire he created the pattern of brain's surface, but also managed to visually portray the sense of vice-like grip or pressure he spoke of experiencing. The yellow lightning bolt is pointed directly into the point of pain, and the wavelengths through his spine show the pain penetrating down through his central nervous system. G. spoke of confronting your pain and seeing it in front of you, reflected back in symbolic form. He reported leaving the group each week feeling energized.



Towards the end of the programme the therapist invited the group to work collaboratively on a large group artwork. By now the group had formed a strong bond. A participant, who in the previous week had spoken during the discussion about how she had been holding back and felt angry with herself for doing so, now took the initiative to ask the group if she could walk on the painting in her bare feet. With assistance and lots of encouragement from other members, C found the courage in herself to take centre stage and walk down the painting, clearly defining her position within the group and leaving her mark.



HEALTH PROMOTION ACTIVITIES

Hand Hygiene Project

This art project was created by patients and staff at Tallaght Hospital to promote and support the hospital-wide infection control initiative: *Zero Harm: Clean Hands - Save Lives*. The project was facilitated by Aileen Curtin, Artist in Residence and Aimee O'Neill, Art Therapist.

The NCAH was asked to create art with patients, staff and visitors to highlight the importance of proper hand hygiene and produce a display of patient art during hand hygiene week at the hospital.

Children in outpatients waiting areas took cut-outs of their hands and turned them into germs and bugs, which were displayed to form one large germ covered hand. Children in inpatient wards displayed wonderful imaginations when they created the bugs or germs we would see on our hands if we looked down a microscope. These were made from clay and each displayed on a clean blue hand. During all of the workshops the children were educated through art activities and informal chats about germs, the importance of good hand hygiene, and how and when to wash their hands properly.

Staff and adult visitors participated in an art workshop outside the hospital canteen, where 'optical illusion' art was created using their own hands and arms. Below are some photos of the artwork displayed on the main hospital corridor.



World Asthma Day

As part of world asthma day our artists collaborated with the asthma nurses at the hospital to create special art activities that educated patients and visitors to the hospital about asthma, as well as creating art with the children that encouraged them to use their lungs such as pinwheels and sail boats. The outcomes of this awareness day were then presented on a poster. The pictured below, taken from the poster, shows some of our artists, with some young patients enjoying the day and respiratory department staff.



ADULT ART SERVICES

Art in the Renal Dialysis Unit

The Art Programme for patients in the Renal Dialysis Unit is a flagship programme of the hospital and an international leader. Previous work, supported by Punchestown Kidney Research Fund include a manual of best practice for artists and health services beginning to implement art for patients on renal dialysis, exhibitions of work by artists in the unit (patients have sold their work), calendars and packs of cards by people in the renal dialysis unit.



In 2013 - 14 we continued to employ experienced artist and nurse, Ms Lucia Barnes, to co-ordinate the art sessions on the renal dialysis unit. We also recruited six new artists who generously volunteer their time to provide art sessions at the bedside for dialysis patient. We have expanded to hold craft sessions and extended the hours we operate to allow for people on different dialysis 'shifts' to avail of the service, including evening sessions. Led by Lucia Barnes, these artists offer bedside art sessions to relieve the long hours spent in hospital in a creative and productive way, thus improving their quality of life.

STATEMENT FROM ARTIST, MS LUCIA BARNES:

For many years now it has been a real pleasure for me to be involved in the art programme in the dialysis unit at Tallaght Hospital, pursuing creativity with such an inspiring group of patients and dedicated hard working staff. We co-ordinate the art sessions to access as many patients as possible, and thanks to the generous funding from Punchestown Kidney Research Fund, we are able to provide six sessions weekly. We have been fortunate to be able to recruit extremely committed volunteer artists, who receive orienteering and training regularly in order to work in such a specialized environment. Over the years the art sessions have given patients the opportunity to learn new techniques in drawing, painting, mosaics and glass art, which help to pass some of the long hours that they are attached to their machines, and provide a welcome distraction from their clinical worries.

This year we have expanded greatly on the craft element of the art programme. This has been a wonderful success among both the young and elderly patients. We began with a variety of seasonal themes- Christmas tree decorations and Easter chicks. Patients then wanted to

learn to knit and crochet different items for themselves and gifts for their family and friends. Everything from baby booties, shoes and blankets to hats, scarves and throws/ rugs for their own beds were attempted and completed. Patients and their families were enthusiastic about sourcing the best value and variety for the wool and other materials. Although the participants in the knitting and crochet aspects of the sessions were predominantly female, the male patients were interested in the dynamics that this element created. It has also been very encouraging to witness the support and enthusiasm in the art sessions on an ongoing basis from the dialysis staff, who have now also rekindled their own interests in knitting and crochet. Many of the patients who have not been interested in the crafts, continued to immerse themselves in the art sessions, learning about artists and developing their drawing and painting skills. The e-reader project in conjunction with Tallaght Library has also continued to provide enjoyment and interest to patients during their dialysis sessions. The access to creativity and developing new interests and skills, instils a sense of pride and achievement in the patient, which can only be beneficial in their overall holistic care. With regard to myself and my fellow artists, involved in the art sessions in the dialysis unit, it has been a very rewarding experience, working with the patients, and seeing their progress, and their delight with the new skills learnt.



Handmade stitched cards

Selection of artwork by patients in the Renal Dialysis Unit

Bedside referral service for in-patients

One of the most exciting developments in recent years 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. Three artists are leading the service, Deirdre Glenfield, Aileen Malone and Aileen Curtin. 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. This section reports an evaluation of our adult art service as well as detailed examples of work in the Renal Dialysis Unit and Age Related Day Hospital.

In 2013 – 4 we carried out an extensive evaluation of all our bedside art sessions across the whole hospital. Feedback was very positive about the art service.

Weekly bedside or group art sessions are offered in the following departments/wards: Maguire, Webb and Ruttle ward, Charlie O'Toole Day Hospital, Oncology Day Ward, Renal Dialysis Unit, Palliative Care, Haematology, Psychiatry, St Luke's hospital service and to self-referrals from patients or their families.

Live music sessions are offered on Webb ward and Charlie O'Toole Day Hospital as well as in the hospital atrium and music therapy service is offered in the Age Related Health Care Unit. Children's art sessions are offered weekly in OPD and A&E Waiting rooms, Diabetes team (NCH) and to in-patients (music for babies and art therapy for young adults) through the play department.

The total number of patients who received visual art or music sessions at the bedside or in group sessions in hospital:

February 2014: 510

March 2014: 538

April 2014: 526

Estimation, based on these figures, is that 5246 patients benefit from the arts service in the hospital per year.

Evaluation Results

Twenty four adult patients receiving the bedside art programme completed anonymous surveys between February and April 2014. Results are presented below:

1. Please answer the following questions (yes/no)

Question	Yes N=24 (%)	No n=24 (%)	No answer N=24 (&)
Have you ever been offered art/music making in hospital before?	11 (46)	12 (50)	1 (4)
Was there a different treatment you would prefer to have had?	0 (0)	23 (96)	1 (4)
Would you like to attend for further sessions?	21 (88)	1 (4)	2 (8)
Would you recommend art or music -making to other patients?	24 (100)	0 (0)	0 (0)
Should therapeutic art or music sessions be made widely available to patients in the hospital?	24 (100)	0 (0)	0 (0)

2. Where did you receive your art session?

6 bed ward area or shared area in Oncology Day Ward or Dialysis Unit	18 (75%)
Single room on ward	1 (4%)
Private room off the ward	4 (17%)
No answer	1 (4%)

3. Please rate the following items from (1) not good to (5) excellent

Item	(1) Not good	(2)	(3)	(4)	(5) Excellent	No answer
Location	1	2	4	7	7 (29%)	3
Privacy	4	3	3	8	4 (17%)	2
Materials available	0	0	3	5	15 (63%)	1
Communication with the patient	1	0	0	6	17 (71%)	0
Attitude of the Artist /Musician (Confident, Relaxed)	0	0	0	0	24 (100%)	0
How helpful did you find the session?	0	0	2	3	18 (75%)	1

Comments from Patients:

I hadn't painted in years and this gave me the opportunity to try again. I hope to continue painting when discharged.

I think it's a very good idea for helping patients; I would like music as well as art when I'm getting my treatment.

I have not done art for over 30 years, not since school and I thoroughly enjoyed it. I'm disabled so it's something I can do without moving around. It helped me very much to relax while in hospital, took my mind off my problems while I concentrated on the art.

It's not something I would have thought of before, but having experienced it I would do it again. I found art very interesting, especially the mixing of colours. It is relaxing and once involved one is consumed. It can be abstract and real – can be intriguing but interesting.

Case Studies

During the three month evaluation, artists working on the wards were asked to submit examples of sessions where they felt patients particularly benefited from the art sessions. Here follow four examples:

'M' Adult patient on Maguire Ward

M is a long term in-patient who takes part in weekly art sessions. On this particular day, her son was visiting her and he encouraged her to take part. He helped her complete a landscape watercolour which they both really enjoyed doing together. She put the painting up on the wall behind her bed along with the other lovely small paintings she has completed while in hospital. She doesn't always feel like participating but I continue to visit her anyway.

'J' Ten year old boy in OPD

J was delighted with the art service every time he came to OPD. Today was his last appointment. His parent said that J is always happy to go to hospital for his check ups as he always leaves with 'some cool new art piece' that he has made. Today he left a flamingo drawing for us as his parting gift.

'F' Patient on Oncology Day Ward and then Webb ward

I first met up with F on the Oncology Day ward but she was also an inpatient for a short while on Webb ward. F was very enthusiastic about the art sessions. She had never done any art before and was willing to give it a go. The first painting she completed on the Oncology Day ward used vibrant colours and she was very pleased with the finished piece. I think the session and resulting finished artwork gave her a great sense of having achieved something creative and worthwhile.

F is from Africa and her daughter still lives there, so she took a photograph with her phone of her finished picture and sent it to her daughter. Her daughter was delighted for her and posted the image on Face book showing people what her mum was doing while having chemotherapy. I think the art sessions have not just helped F to take her mind off her treatment and her illness, as well as her loneliness for her family in Africa, but have also eased her daughter's mind by knowing that her mother is enjoying her art sessions and is being creative while going through her treatment. F continues to take part in the art sessions in the Oncology Day ward every second week while receiving treatment.

'T' Renal Dialysis Unit

T benefited greatly from the service. He passed away 2 weeks ago. He was always eager to make a small drawing, even when it was difficult because his hands were shaking. He made Christmas cards for his family and staff in the unit. I believe he greatly benefitted from the sessions as he found it difficult to relax when propped up in bed; it distracted him from his

illness. He was not able to read so passing time on dialysis was difficult for him. He really enjoyed the time he spent doing the art. His last painting was a sketch of a cottage. He was going to paint it but sadly never got time. His family used another of his paintings at his funeral service.

Arts and Mental Health

Catherina 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 2014 by Rory Adams and the National Gallery of Ireland Outreach Programme continues to collaborate with us to bring suitable programmes to patients. A professional artist from the NCAH also provided support to the Occupational Therapy department in the weekly facilitation of a creative art group for in-patients.

In October 2014 an innovative project providing music and drama activities for mental wellbeing in the community was hosted in Tallaght Rua Red Arts Centre. For those who can be marginalised by their mental health experiences this project provided a bridge between existing psychiatric services and non-health specific creative activities in the community. It enabled those who experience mental health difficulties to engage in social and creative situations while promoting personal, interpersonal and artistic development and skills. The project was funded by South Dublin County Council and by the Mental Health Association and was supported by the NCAH. The project was designed and implemented by Rory Adams and Collette Kinsella. Rory is a music therapist based in the psychiatric unit of Tallaght Hospital and Collette, a trained actor, is a mental health (rehabilitation) clinical nurse manager based in St Lomans Mental health Service. It is hoped that the NCAH will continue to support this community arts and health development in 2015.

AGE RELATED HEALTHCARE (ARHC) AND THE ARTS

There is a long standing programme of arts in the Age Related Healthcare Unit thanks to the support of the whole team . Art and music sessions are provided nearly every day of the week to support the work of the staff in the Charlie O'Toole Day Hospital.

Pauline Johnson, Nadette Foley, Sharon Murphy and Neil Horgan provide art, music and storytelling sessions in the Charlie O'Toole Day Hospital. Music therapy is offered twice weekly on an individual and group basis.

Synaptic Serenades – Musical Narratives Of Stroke, Alzheimer's And Parkinson's Disease

On 14th October 2014, NCAH held the first complete public performance of three works composed by Ian Wilson while Composer in Residence at the Department of Geriatric Medicine and the Stroke Services at Tallaght Hospital Dublin. The concert was held at the Royal College of Physicians of Ireland in conjunction with the Royal Irish Academy of Music whose teaching staff performed the works.



Research

Prof Des O'Neill has leads a research programme on aesthetic and cultural health. 2014 saw completion of a PhD study on *Aesthetic deprivation: The role of the arts for older people in hospital*. During 2015 a survey of aesthetic and cultural health was conducted with 150 patients in the Age Related Health Care Unit.

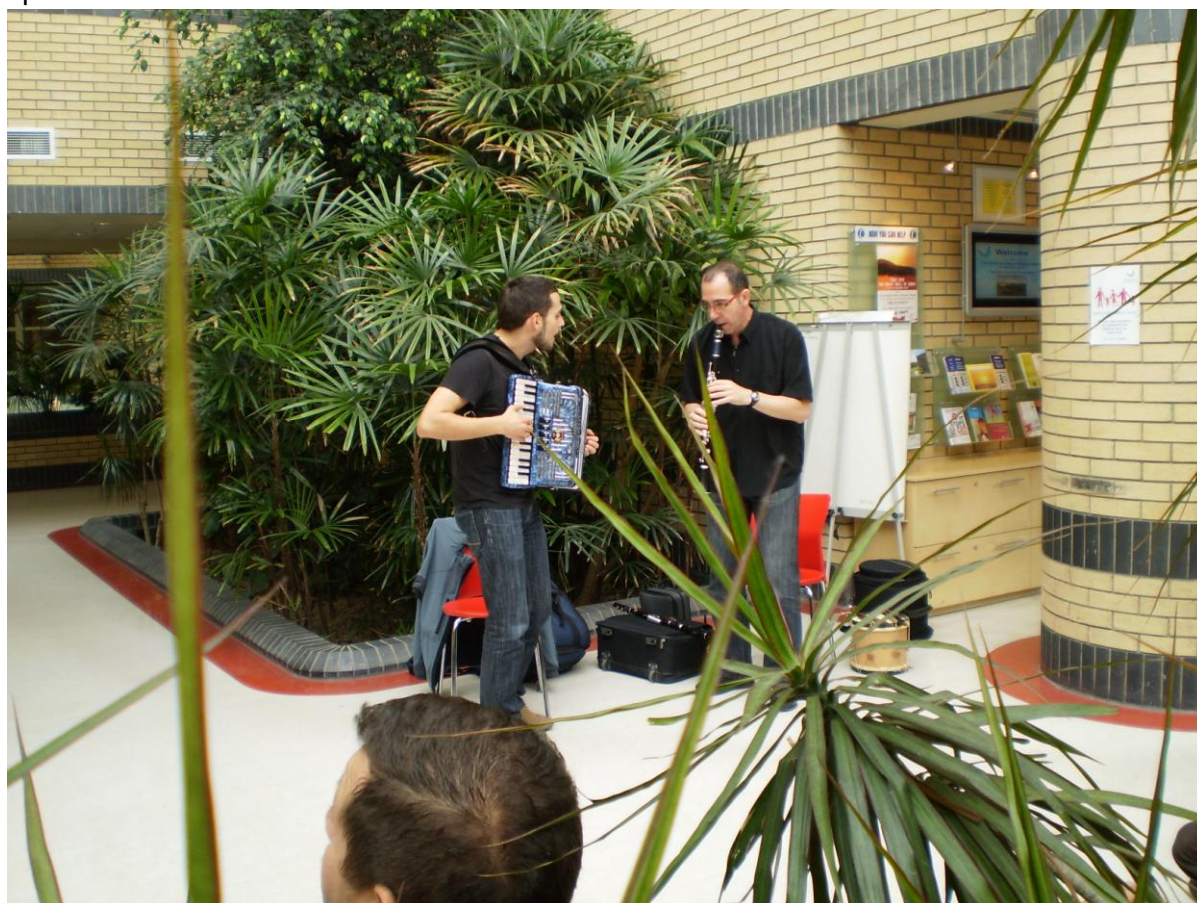
MUSIC IN HOSPITAL

Atrium Music Programme

Weekly music performances continued to be an important feature of hospital life in 2014, thanks to support from the Volunteer Coffee Shop. These performances are extremely popular with patients, visitors and staff and we hope they bring energy and creativity to the hospital. Music was provided in 2014 through a partnership with the Des Carty Music School in Tallaght as well as other local musicians.

Musicians Sharon Murphy, Pauline Johnson and Simon Mullins gave an extraordinary commitment during 2014, volunteering their musical skills on a weekly basis for patients in the Charlie O'Toole Day Hospital and Webb ward. Sharon has recently taken up a residency funded by the Adelaide New Initiatives Fund to explore the role of live music for patients on Webb ward.

We are currently, in 2015, unable to fund our music performance in the atrium and are seeking sponsors.



Workplace Choir of the Year

The Tallaght Hospital Choir was formed in April 2013 to compete in the RTE Lyric FM Workplace Choir of the Year competition. Staff from all disciplines throughout the hospital were rallied together by our Health Promotion Officer to form a choir and sing. Our professional Choral Director Amy Ryan brought this disparate group together, and their

vigour, conviction, dedication, determination and sense of camaraderie, as well as a REALLY good sound, meant that the choir WON the competition!

Following the excitement of winning the choir were delighted to be invited to sing in a fundraising concert for Barrettstown House with none other than The Chieftains! So, a group of people who were of extremely mixed ability, some who had never sung before, won both a major competition and found themselves sharing a stage with a world famous, widely renowned and revered group of musicians! In addition to performing at a concert in the Hospital to promote Mental Health Awareness, the Choir were honoured to open The End of Life Forum in Dublin Castle in October 2013. To finish off this eventful year the choir participated in Stars, Choirs and Carols Guinness World Record attempt.

2014 was equally as exciting in a different way. As the choir were beginning to fine tune singing techniques, learn more about breath and voice control, confidence in our singing ability grew, our repertoire was also growing, friendships and bonds between staff members who would never normally have worked together developed. The Choir had a fantastic time when they entered the New Ross Choral Festival where they received a highly commended for their performance. If the judges had witnessed the craic on the bus to and from the competition they would have awarded us first prize, at one point someone on the bus sounded uncannily like Maria Callas (and that was coming from the men's section!). The choir also had a very busy Christmas calendar which involved an evening performance in the Hospital Atrium with Sounds Ensemble (a local brass band). They also performed with the Garda Band during a lunch time Carol Service for patients, staff, relatives and friends. The Choir participated in a spectacular night time outdoor Christmas performance of Good King Wenceslas Unwrapped 2014, organised by The Tallaght Community Arts and sponsored by South Dublin County Council.

There are exciting plans afoot for 2015 and a great buzz amongst the members as it has been confirmed that the Workplace Choir Competition will take place in 2015 so Tallaght Hospital will be defending their title!





Workplace Choir members enjoying winning Workplace Choir of the Year 2013

Music on Webb Ward

The National Centre for Arts and Health (NCAH) at Tallaght Hospital proposed a new project in 2014, in conjunction with Teresa Hayes, CNM Webb ward, to bring live music to patients on Webb ward.

Live music can change the atmosphere of a building or room, it can lift spirits, allow people to express emotion and be of comfort at a difficult time. It has been known for families to request music to be played when patients are actively dying. We wished to employ an experienced musician to explore the possibilities of music on Webb ward, as a pilot site for the other inpatient wards. The nurse manager on Webb ward also requested live music for patients following a few successful sessions led by a volunteer musician who visited the ward.

The benefit of live music for patients has been demonstrated within this hospital in the age related healthcare unit (Moss et al, Irish Medical Journal, 2007). In a recent survey of 150 hospital patients, listening to music was identified as the most important arts interest pursued by patients in hospital (Moss & O'Neill, JAMDA 2014). However, to date music sessions had not been offered on in-patient wards as bedside music sessions for patients.

Project aims

1. To offer weekly live music sessions on the ward for adult patients, visitors and staff.
2. To enhance the aesthetic environment of the ward by offering live music at the nurses station
3. To offer opportunities to hear songs and live music at the bedside for patients who are unable to leave their bed and to support their families.
4. To build on the hospital's bedside art sessions which have been very successful and to explore how this might work using live music.
5. To offer support and opportunities for self expression for patients on Webb ward as a pilot towards rolling this programme out to other wards.

Results

Sharon Murphy, experienced musician, was appointed to carry out the project. She provided fortnightly music sessions on Webb ward. She played the keyboard and sang, and patients and staff were encouraged to listen, make requests and chat to the musician. Her aim was to improve the atmosphere of the ward and offer a sensitive, carefully tailored music programme for patients on the ward.

An evaluation form was designed and carried out with staff during the project, to gain qualitative feedback about how well the project has been going and how to improve. Six staff members completed the evaluation form which asked three qualitative questions. All answers are reported below:

Do you think the music on Webb ward is of benefit to patients, visitors and/or staff?

- *The music on Webb is beneficial on many levels, for staff and patients. This ward is busy with some very sick patients. Music, especially when spontaneous, lifts heavy hearts, in both nurses and patients!*
- *A lot of engagement from older patients – they love to sit around the musician and join in.*
- *Yes, I think it has a benefit for all personnel, staff, visitors and patients.*
- *Music has been played alternate weeks at lunchtime and has been a massive benefit to all. Everyone passing through the ward (staff, patients, visitors) all enjoy the interactions and the uplifting effect.*

If yes, what benefits did you observe during the musician's session?

- *Music has a particularly calming effect on the area and is uplifting for patients and families, particularly during difficult times of treatment and diagnosis. The music has been soothing for patients and families at end of life care. It puts a smile on faces through many tears.*
- *Extremely calming effect on environment, makes everyone smile and stop. Visitors also enjoy the interaction. The musician is very engaging and interactive with patients and is keen to meet their requests.*
- *I noticed that patients flooded out to the area of the ward where the musician sets up her keyboard – smiling faces, a very welcome distraction for many who have received bad news.*
- *I often motivate the patients by using the music area as a walking goal (Aine Glennon, Physiotherapist)*

Have you any recommendations to improve this service?

- *Increase the frequency of music sessions.*
- *Please, please, please keep the service... unfortunately, this is a ward with a lot of sadness and for those few songs, patients forget their worries and thoroughly enjoy the music and the distraction. For us nurses, it's a lovely feeling when she starts to play the keyboard*
- *This service would be greatly enhanced if it was weekly as opposed to fortnightly. The duration and timing at lunchtime/early afternoon is perfect. A comfortable chair and signage for the music would be of help. Please help us keep this service and the musician, who is very engaging, pleasing and adds hugely to the experience and ambience of the area.*



Report by Musician in Residence

I began my work as a hospital musician in Webb ward on September the 17th 2014, returning every second Wednesday. Teresa Hayes (ward sister) informed me that her goals in engaging a musician for the ward were two-fold: to create a lighter mood and atmosphere for both patients and staff in an extremely stressful environment, and to create the possibility for patient participation in those well enough on any given day.

I played and sang a range of musical repertoire in front of the nurses' station each week. Every session was a unique experience. Staff, though hugely busy, were always welcoming and a few, in particular, expressed delight that music is about to begin. On a less stressful day, nurses/doctors sing a sentence or two as they walk by, ask for a particular song, or even come and purposefully chart nearby just to have some background music. For staff, altering the ambience temporarily is as much as I can hope to achieve as they are simply too busy to engage for any length of time.

Patient participation and feedback has been wonderful in my time on Webb Ward. I have had two sessions where patients only engaged fleetingly to offer their appreciation or happy surprise that there was a musician on the ward. On all other occasions I have had patients come and sit with me for all or part of the session. Sometimes they are brought out by a nurse who has identified the patient as being well enough and the activity as something they would

enjoy, other times they are passing and decide to stay. Often, they follow the sound of the music.

Highlights of these interactions have been

A fun-filled session with two ladies in their 50's who had both lost their hair during treatment, but insisted on singing *Wash That Man Right out of my Hair* much to the delight of everyone around them.

Feedback from a young man who said the music had just provided a soundtrack to the experience of his wife being discharged and he was planning on buying the song (Bob Dylan) so they could hear it again.

Feedback (via Sr. Hayes) from a couple who I never saw as sadly the young man was actively dying that day. I had just sung *Falling in Love with you* and they were moved, as it was the song they first danced to at their wedding.

A lovely session with a couple that had both been in show-bands and knew a thing or two about music. It was a mutually beneficial experience as not only did we enjoy the music, but I also sought advice on expanding my repertoire, and they actively reminisced while advising me.

Perhaps the biggest impact the work has had is on a patient I saw six times such was the length of his stay. Patrick was in his late seventies and was suffering memory problems, disorientation, and frustration at what he saw as his pointless confinement. He loved music and we developed a great relationship through singing together, and talking about music. His mental health deteriorated during his stay as disillusionment set in and it gave me satisfaction that singing so clearly lifted his spirits and alleviated the boredom and frustration for one day.

Challenges

One of the recent challenges I faced was the presence of two to three patients on trolleys in the corridor during several sessions. I am always aware that these patients have no choice but to listen to me and make adjustments to volume and repertoire to minimise any possible intrusion.

Twice in my time on Webb Ward, an acute situation has developed where I quickly ascertained that it was not appropriate to continue playing at that particular moment, and stopped. The need for observation and reactivity, while challenging, provides vital experience going forward in the field of arts and health. This experience highlights the need for trained, professional musicians in healthcare settings and for continued development of high standards in the field of arts in healthcare settings.

VISUAL ART EXHIBITIONS

Every year we hold three exhibitions in our gallery space in Hospital Street. The main objective 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, giving a balanced overview of various different art practices from photography to painting to fine art print making. The exhibitions not only support art in a non-traditional space but add a wonderful sense of colour, variety and creativity for the staff, patients and visitors to the hospital. 2014 saw an exciting development with a residency of Artist and Curator Ms Alison Baker Kerrigan. Alison has improved our hospital art displays tremendously and we look forward to launching our online Visual Art Trail in early 2015. She has also reviewed and advised on significant improvements to the X-ray department visual art curation incorporating two mini exhibitions within the department. She is presently standardising and revamping all hospital art signage, to ensure a more professional presentation of our collection.

This year we curated two exhibitions. **General Practice** by Fionn McCann was an exhibition selected from The Trinity College Dublin Art Collections and is on display in Hospital Street from 29th October 2014 - 22nd April 2015

The *General Practice* exhibition portrays Ireland at a moment in time. It captures the ordinariness and the extraordinariness of patients telling doctors about intimate things, which is done 50,000 times a day in Ireland. The aim of the exhibition is to illustrate the day-to-day work of general practitioners in a variety of communities around Ireland. On seeing the photographs, all the doctors who took part expressed a sense of privilege in doing the job that they do and love and in having the trust of people, who are ill or who believe themselves to be ill.

The exhibition was the inspiration of Professor Tom O'Dowd who commissioned Fionn McCann to create this photographic work in celebration of the Tercentenary of the School of Medicine, Trinity College Dublin in 2012. The inaugural show took place in the Gallery of Photography, Temple Bar. The exhibition is now on loan from Trinity College and it is with great pleasure that we showed it here in Hospital Street, Tallaght Hospital.



Image from GP
Exhibition by Fionn
McCann

The Emerging Artists Showcase ran from July – October 2014 and featured original artwork by Anna Janiszewska, Sharon Murphy, Linda Plunkett and Anna Thompson. Tallaght Hospital was delighted to present this Emerging Artists Showcase, a wonderfully diverse and eclectic use of the medium of photography comprised of a select number of photographic artists who recently graduated from IADT-Dun Laoghaire with a BA(Hons) in Photography. Each artists' body of work is represented by a select number of images that presents the viewer with a carefully chosen excerpt from that work. As a broad overlook the exhibition displays photographic genres that range from documentary to portraiture, from landscape to abstract but individually each demonstrate a particular photographic technique that emphasizes and supports the conceptual narrative behind their work.



Image of work by Anna Thompson on exhibition in Hospital Street.

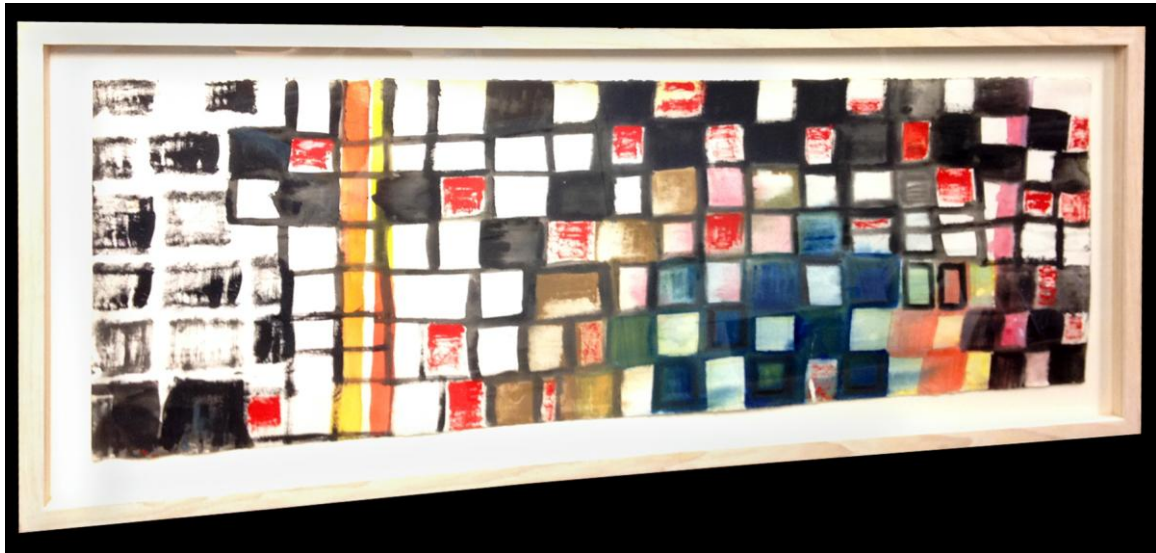
Craft Exhibitions

This year we hosted two craft events in the hospital atrium. The Irish Countrywomens Association in Tallaght held a craft fair, with funds raised generously donated to the hospital art programme. Sincere thanks to the ICA for their continued support of the arts programme, which included a wonderful Craft Fair at Tallaght Library. The Dublin Chapter of the National Guild of Wood Turners also delighted staff and patients with their beautiful work on display in the hospital this summer.

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 Sasha Sykes donated an original piece made from resin and rose petals, for the ICU department where her father had been a patient. We also received donations of mural designs from artist Michael Masterson

and a series of original artworks from artist Gavin O'Donoghue and Jacinta O'Reilly. Thank you!



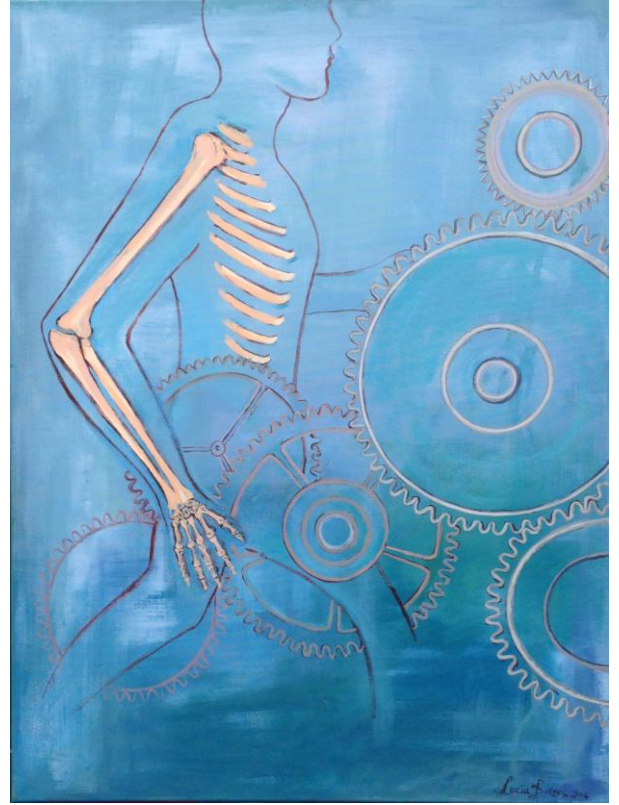
Harmony by Jacinta O'Reilly, donated late 2014

Physiotherapy Department Art Commission

'Feeling Alive' are four new paintings created by Artist in Residence, Lucia Barnes, assisted by patients from the Charlie O'Toole Day Hospital, commissioned for the Rehab department corridor. The works explore in different distinct tableaux the idea that inside everybody the various components need to stay in harmony to keep the inner mechanisms in good working order.

Working primarily with colour, line and body imagery drawn from a range of sources, Lucia creates a glimpse into the structure and dynamics necessary for our bodies to operate effectively using a lyrical and creative approach. The four background colours represent the patients' favourite palette and are a metaphor for vibrancy and the potentiality of the life force in us all, as well as a process for the patients becoming involved in the project.

We acknowledge the support of Artist Trees Gevers and the staff and patients of the Charlie O Toole Day Hospital in the completion of this project.

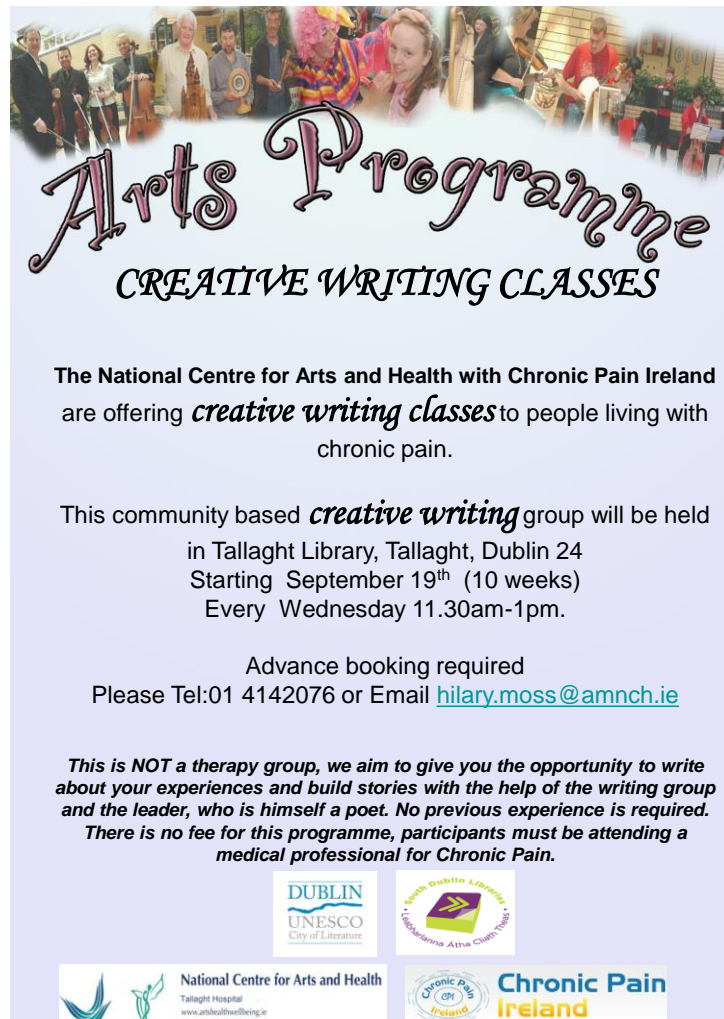


Images from *'Feeling Alive'* by Lucia Barnes

LITERATURE AND WRITING

Poetry and pain publication

In 2014, creative writing by patients from the Chronic Pain writing group (which met in 2013) was published online by South Dublin County Council library. This was an exciting development and two poems were also published in the Irish Times.



The poster features a collage of people at the top, some playing musical instruments. Below this, the title 'Arts Programme' is written in a large, stylized, cursive font, with 'CREATIVE WRITING CLASSES' in a smaller, bold, sans-serif font underneath. The main text is centered and reads: 'The National Centre for Arts and Health with Chronic Pain Ireland are offering *creative writing classes* to people living with chronic pain. This community based *creative writing* group will be held in Tallaght Library, Tallaght, Dublin 24 Starting September 19th (10 weeks) Every Wednesday 11.30am-1pm. Advance booking required Please Tel:01 4142076 or Email hilary.moss@amnch.ie This is NOT a therapy group, we aim to give you the opportunity to write about your experiences and build stories with the help of the writing group and the leader, who is himself a poet. No previous experience is required. There is no fee for this programme, participants must be attending a medical professional for Chronic Pain.' At the bottom, there are four logos: 'DUBLIN UNESCO City of Literature', 'South Dublin Library', 'National Centre for Arts and Health Tallaght Hospital', and 'Chronic Pain Ireland'.

And another thing is... no, I'm not better... actually, I'm not going to get better and the sooner you can accept that then the sooner I can make the most of what time I have left. ***Patient taking part in creative writing group.***

Writer in residence Michael McCarthy

Michael McCarthy completed his new work, based on his residency in the stroke service. His new work is currently being published and we look forward to a book launch in 2015!

NATIONAL/INTERNATIONAL PROMOTION OF ARTS AND HEALTH

2014 saw four major media highlights of the work of NCAH:

- **TV3 Documentary Disconnected Rhythm** An hour long documentary that charts the experience of Ian Wilson, Composer and Leontia Flynn, Poet in residence in our hospital.
- **Newstalk Radio** The Arts Programme got some wonderful publicity on the air this year when Henry Mclean from the Sean Moncrieff Show came to visit around the time of The Pancake Party to help raise funds for the hospital. Henry interviewed Aimee about the Art Therapy and Arts and Health programme. He then shadowed an art session in the playroom and interviewed two patients and their families about their experiences of the arts in the hospital.
- **Culture File, Lyric FM** A programme featuring music in Tallaght Hospital and the experience of musicians in residence
- **Arena, RTE Radio 1** Ian Wilson and Hilary Moss were interviewed about the experience of artists residencies and the role of arts therapies in hospital.

RESEARCH AND EDUCATION

The research programme at the National Centre for Arts and Health continues to grow. 2014 saw Hilary Moss graduate with the Doctorate in Philosophy from the School of Medicine, Trinity College Dublin. We acknowledge the support of the Meath Foundation. The Centre was also involved in a number of new publications in academic journals including a publication in the Lancet. For full listing visit www.artshealthwellbeing.ie

MOSS, H. & O'NEILL, D. 2014b. Aesthetic Deprivation Disorder. *The Lancet*, [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(14\)60507-9/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60507-9/fulltext)

Medical Students continue to undertake 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 Post Graduate Training in Arts in Healthcare Settings with NUI Maynooth and a Medical Humanities module for TCD Medical Students. Members of NCAH are regular presenters at national and international seminars and events.

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. In 2015 we also aim to continue to develop our research profile.

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 and support from a wide range of organisations, especially the Volunteer Coffee Shop, The National Children's Hospital Appeal, The Meath Foundation, the Adelaide Health Foundation, PuncHESTOWN Kidney Research Fund, South Dublin County Council, HSE Health Promotion, Rua Red Arts Centre, Tallaght ICA, 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, the Des Carty Music School and a number of other key sponsors. We wish to acknowledge all the above organisations and all who have funded and supported our programme in 2014.

Arts Committee and Colleagues

Special thanks to the Arts Committee and the many members of staff in many departments of the hospital, who support the artists and provide clinical leadership. A special thanks to the many Nurses and Nurse Managers who make this work possible under difficult circumstances and the Consultants who support the programme.

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, Aimee O'Neill, Lucia Barnes, Deirdre Glenfield, Mairead O'Donnell, Deidre Glenfield, Pauline Johnson, Alison Baker Kerrigan, Aileen Curtin, Aileen Malone, Susan Elliot, Nadette Foley, Julie Maisel, Grainne Hope, Sharon Murphy, Susan Devoy, Caroline Hyland, Elaine da Silviera, Rory Adams, Orla Bass, Noelle Brannigan, Nuala Condrón, Sarah Doherty, Lua Flannery, Neil Horgan, Kim Jenkinson, Paula McCulloch, Deborah Matthews, Clara Monahan, Simon Mullins, Bethany O'Gorman, Hollie Patton, Ella Reilly, Begona Trujillo Clavero and Ruth Thompson (administrator). 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.

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www.amnch.ie/Departments-Clinics/Departments-A-Z/Arts-National-Centre-for-Arts-and-Health

Volunteer Coffee Shop



