



Tallaght
University
Hospital

Ospidéal
Ollscoile
Thamhlachta

An Academic Partner of Trinity College Dublin

Arts and Health Programme 4 Year Review

2015

2016

2017

2018



Foreward

I am delighted to be able to provide a foreword for the accumulated reports from 2015 to 2018 of the National Centre for Arts and Health (NCAH) at Tallaght University Hospital (TUH). One of the most innovative and active arts and health programmes in Ireland. The Centre has engaged with not only the widest possible range of art forms, but has also incorporated the ethos of a university teaching hospital in terms of engagement with undergraduate and postgraduate education, as well as research: the second PhD in arts and health is currently underway.

Arts, culture and leisure are hugely important if under-stated elements of not only our well-being but also portals to understanding and appreciating the complexities, paradoxes and mysteries of human existence. These elements become all the more important to us at times of illness and struggle, and their provision in a healthcare setting is an indicator of the desire to create a nurturing and supportive environment for patients, families and staff. The spirit of these activities are reflected in the aphorism of André Maurois that “Art is an effort to create, beside the real world, a more humane world.”

The programme is hugely energised by support from senior management, staff at all levels and patients, as well as generous support of Arts funding from the Meath Foundation, the National Children’s Hospital Foundation, PuncHESTOWN Kidney Research Fund, South Dublin County Council, the Arts Council, the Adelaide Health Foundation, and the HSE. We also look forward to positive engagement with the recently established Tallaght University Hospital Foundation. Our vision of collaboration with the community has been actively supported by South Dublin County Council, RUA RED South Dublin Arts Centre, Tallaght Library, the Civic Theatre and Tallaght Community Arts.

We are also indebted to the wonderful creativity and best practice delivered by the many excellent artists and musicians who work alongside the Hospital Arts Programme, and look forward to an ever-increasing role in promoting well-being both within the hospital and communities supported by TUH.

Prof. Des O’Neill, Chairman – Arts and Health Committee, NCAH at TUH.

Prof Desmond (Des) O’Neill, MA MD FRCPI AGSF FRCP(Glasg) FRCP FRCPEdin FGSA
Consultant physician in geriatric and stroke medicine and Professor in Medical Gerontology, Tallaght University Hospital and Trinity College Dublin.

Contents

For structure the review is divided into colour coded sections for ease of reference:

- 1 **Participative Arts:** Highlights projects that people have taken part in
- 2 **Receptive Arts:** Outlines exhibitions, commissions & projects that impact hospital aesthetics
- 3 **Creative Arts Therapies:** Presents excellent examples of Art and Music Therapy

(Likewise, the review stands as a visual documentation and celebration of the many of the wonderful projects delivered by the NCAH at TUH and may be equally enjoyed in order of the viewers interest).

Introduction

Introduces the Arts and Health Programme, Committee, Arts Team and Strategic Priorities.

Participative Arts

Highlights key Arts and Health Projects that patients, staff and visitors within TUH and CHI at Tallaght have participated within.

Receptive Arts

Outlines Arts exhibitions, commissions, initiatives and projects that impact the hospital aesthetic.

Creative Arts Therapies

Presents examples of best practice in both Art and Music Therapy for patients in CHI at Tallaght, and Music Therapy within TUH.

Acknowledgements

With grateful thanks to our participants, supporters, funders, management and colleagues.

Introduction



Arts within Tallaght University Hospital

The National Centre for Arts and Health (NCAH) exists to improve patient care and to promote the benefits of the arts in health. Situated in Tallaght University 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. We are delighted to introduce this four year review which presents many highlights of the services the Arts Team deliver to patients, staff and visitors throughout the Hospital.

The NCAH Arts Programme includes an artists in residence scheme delivering participatory arts and craft sessions to inpatients through our Art at the Bedside sessions, a Dancer in residence programme, live music performances throughout the Hospital, three curated art exhibitions per year, an advisory service for assistance with room refurbishment or including art within your work area, a vibrant Staff Choir and a Creative Arts Therapies programme in both TUH and the CHI at Tallaght. The programme also facilitates a series of lectures in Arts and Humanities during a self selected module for first year medical students in Trinity College Dublin.

The Arts are situated within the Nursing Directorate, the Arts Officer reporting directly to Áine Lynch (Director of Nursing) with additional support and advice of the Arts and Health Committee members as listed below, who meet three times per year.

The Arts and Health Committee: 2018-2020 Members

Ex Officio Members	Chair EMT Arts Officer	Prof Des O'Neill Áine Lynch Alison Baker-Kerrigan
Representative Members	Meath Foundation NCH Foundation Trinity College Dublin Patient Representative HSCP Volunteer Services Patient & Community Advisory Council	Teresa Quinn Lillian McGovern Prof Brendan Kelly Prof Terry Dolan Maeve Murphy Carol Roe Catherine Heaney

The Arts office is situated on the ground floor in the Centre for Learning and Development. Staff may access information on our intranet site and be advised of upcoming events as advertised regularly in Touchpoint the fortnightly newsletter.

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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 and healthcare staff 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** NCAH based at TUH

The NCAH Arts Team

#hello my name is... **Alison Baker Kerrigan – Arts Officer TUH**



Coordinating the NCAH Arts Programme in Tallaght University Hospital has a broad and varied workload; from curating art exhibitions, to writing funding applications, managing the Arts Team and collaborating with them to develop exciting new projects and programmes for patients. It includes introducing Arts and Health alongside Prof Des O’Neill to TCD first year Medical Students on their SSM (Self Selected Module), advising on hospital refurbishments projects that impact patients and staff and a personal favourite is singing with the Heartbeats – TUH Choir. All in all, it means no two days are ever the same! I am extremely proud to work alongside each member of the the Arts Team and thank them for their professionalism in excellent patient care and their never ending creative passion in delivering the Arts and Health Programme at TUH.

#hello my name is... **Clara Monahan – Adults Music Therapist / Arts Assistant**



As a music therapist in the Age Related Healthcare Unit of TUH I am privileged and honoured to work with my patients. The insight and creativity that they offer through the experience of the music therapy session never ceases to amaze and motivate me in my work. In addition to this role I also work one day a week as arts assistant, overseeing and organising the Hospital Music Programme.

#hello my name is... **Aimee O’Neill – Paediatric Arts Therapist**



As an art therapist I get to combine my love for artistic expression with supporting and empowering patients young and old to cope with their illness or hospitalisation. It is a privilege to bear witness to the creative expressions of the patients I work with and listen to their stories.

#hello my name is... **Alison Sweeney – Paediatric Music Therapist**



The best part of my job is using music in a really functional way working with children and their families to meet health goals. I work a lot with the Speech and Language Therapy team here in TUH, so often my role involves creative approaches to language development which promote fun, interesting ways of practising and developing communication skills.

#hello my name is... **Lucia Barnes – Artist in Residence TUH**



I am fortunate to work in this supportive environment with such an inspiring group of patients, who exude positivity despite the many challenges that dialysis treatment can bring. The art programme provides me with the opportunity to encourage others to gain a sense of enjoyment and fulfilment from being involved in creative arts.

The NCAH Arts Team

#hello my name is... **Caroline Hyland** – Artist in Residence TUH



The reason I like working with patients – is an opportunity to share a moment of creativity and conversation with someone who may be struggling with their situation and looking for an escape or mental break from thinking about their health and other worries. I am very often privileged to hear the many stories people want to share about who they are and of the lives they have lived.

#hello my name is... **Olivia Hassett** – Artist in Residence TUH



I enjoy the tentative smiles and laughter that grows into guffaws, the pride and joy all receive from the process of co-creating.

#hello my name is... **Patty Murphy** – Artist in Residence TUH



Participating in the arts programme with dialysis patients is a challenging and rewarding experience. I love finding out where their interests lie and enjoy listening, chatting exploring and assisting them to achieve their best possible outcomes. Their satisfaction in their progress and accomplishments

#hello my name is... **Alish Claffey** – Dancer in Residence TUH



Moving, dancing and creating with patients and staff gives me a sense of connection and joy.

#hello my name is... **Sophie Lee** – Musician in Residence TUH



A highlight of the project has been witnessing the enjoyment that many of the children get from live music – from giggling, wriggling babies, to bouncing toddlers, to engaged older children who appear to forget where they are and why, and the discomfort they are feeling, while they are playing, singing and listening.

#hello my name is... **Deirdre Glenfield** – Art Facilitator TUH



As an artist with a background in nursing, I have been able to combine my creativity with my nursing skills working in the hospital environment, which encourages and promotes patient wellbeing through creative and positive engagement, not just with patients but also hospital staff.

2 Participative Arts



Art at the Bedside



Art in Dialysis



Art on the Wards & in Age Related Unit



Dance in Age Related Unit



Highlights of Participative Projects in TUH

- The Healing Station
- Then, and in Time to Be
- Forget Me Never
- The Sky's the Limit
- Celebrating Culture Night



Highlights of Projects in NCH

- Oak Ward Bathroom Mural
- Naturama Artworks in the CHG Offices
- P.O.D. Reception Area
- Children's ED Commission – Artist Lucy Turner
- A Right to be Me – OCO & Texaco Art Exhibiton
- Create-While-You-Wait – Childrens Outpatients
- Music and Health – Music & Babies, Soothing Sounds & Kids Classics

Participative Arts - Art at the Bedside

Overview of the service

Art at the Bedside sessions are facilitated by artists in residence Olivia Hassett and Caroline Hyland and funded by the Meath Foundation. Each week our artists visit the adult wards in TUH offering patients an opportunity to engage with the artists and explore their creativity. For many this service can be a welcome escape from the Hospital routine/ patient role and a chance to discover or engage with their creative side. With the art trolley full of wonderful materials Olivia and Caroline visit as many of the Hospital wards as possible each week. Ward staff can refer patients to the service and patients can also make self-referrals. The artists' work with patients based on their needs and ability at the bedside with whatever project or art materials the patient wishes to engage with.

Days' service runs

The art trolley service runs on Tuesday & Wednesday mornings for three hours each day (with artists Olivia & Caroline) and every second Thursday morning for two and a half hours with (Caroline).

Patient engagement

Approximately 32 patients engage with Art at the Bedside per month, which equates to 352+ patients over an 11 month period. The majority of participants availing of the service are women, ranging in age from 16 – 90+ years of age. Their length of hospital stay varies and they are in hospital for a variety of health reasons. Both artists constantly adapt the service to accommodate the individual needs of patients, including room access restrictions and health and safety protocols around the provision of art materials. Crossing over with CNM's and health care staff is key to providing this service.

Highlights and examples of the service

For many people the service offers an opportunity to engage with something novel and pass the time between hospital appointments. It is a conversation starter and often people talk about how creativity and the arts are part of their lives. In a ward setting, these conversations can open up opportunities to engage with other people. For example, one gentleman who availed of the service on a ward, was a very gifted artist. Other patients noticed his drawings, commented on them and during his stay he drew many portraits for them, their visitors and staff.

Another gentleman, who initially was very hesitant to engage, created a print that was then used as front cover in an exhibition brochure. The art sessions were an opportunity for him to discuss his past and his interests, as well as explore a new interest that he might pursue at home. A long term female patient continues to partake in the art sessions despite her deteriorating eyesight.



Image created by a lady with Parkinson's Disease. Initially very hesitant to engage due to difficulty controlling her shaky hands but then relaxed into it and enjoyed herself.

Together artist and patient explore ways to help her continue to engage and enjoy the process. The art trolley visits are seen as an important part of her week and she displays her work proudly on her window sill.

Clay piece created by a lady in hospital for the holidays. She also made some Christmas decorations and created a display area on her window sill. She is now exploring watercolour painting and the art service has become part of her weekly routine.



Participative Arts - Patients' artworks in Dialysis

Overview of the service

Thanks to the generous funding from Punchestown Kidney Research Fund and the support from the NCAH at TUH, the artists in the dialysis unit are delighted to be able to continue to provide a varied and vibrant art programme during the weekly sessions that take place. These sessions are patient centered, and as well as helping to facilitate and fulfill the creative needs within different capacities for individual patients, they offer a distraction and a break from clinical worries patients may have while undergoing their dialysis treatment. Patients develop their drawing and painting skills by experimenting with pencils, watercolours, acrylics, pastels and silk. Craftwork such as knitting, crochet, printing and mosaics have also been very popular, particularly since the culmination of the 'Forget Me Never' mosaic tree project, completed in 2017.

Days' service runs

Art sessions are provided in the dialysis unit, morning and afternoon, on Mondays, Tuesdays and Wednesdays, alternating at times in order to access as many interested patients as possible. Music sessions, which started over a year ago and have been a great success, generally take place on Mondays or Fridays at lunchtime.

Patient engagement

Annually there are approximately 600 participants in the art programme and having the opportunity and resources to work with such an inspiring group of positive minded patients in a supportive friendly environment allows for diverse creative results.

Highlights of the service

One of the main highlights of the service is seeing the joy and sense of achievement from patients when they have completed their own individual piece of work. One regular participant who enjoyed working in different media, created two wonderful mosaic clocks and various items including mirrors and a wall panel. On seeing the work, her friend commissioned her to make a butterfly panel for her bathroom, giving her the tiles and design (Fig.1). Another piece created by a patient with restricted joint movements but continues to show great enthusiasm (Fig.2).



Participative Arts - Patients's craftwork in Dialysis

Examples of patients Silk Paintings

In the art program we like to introduce new ideas and projects also, so in 2018 we began experimenting with silk painting. It is a lovely medium to work with and patients enjoy creating the different effects and possibilities along with the delicate merging of colours. Having begun with small exploratory works, we plan to continue to develop patients' skills, according to their level of participation, to make framed paintings, scarves and wall hangings.



Painting, Knitting and Mosaics

Some of the patients like to continue to develop their painting and drawing skills using pencils and acrylic paints, or pastels if they find these more accessible. Craftwork such as knitting and crochet continue to be very popular, and patients can create baby clothes, tea cosies, blankets and toys as presents. One patient is currently knitting a very colourful jacket for herself out of intricately designed squares. She has completed 44 at this stage.

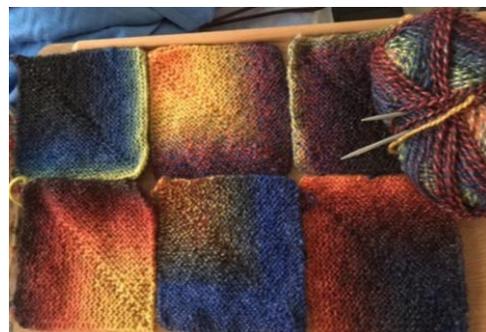
We have also continued working with mosaics, as patients love the variety of uses and endless colours available with this very accessible medium. Patients have created colourful wall panels, photo and mirror frames, coasters and clocks, both for themselves and as gifts for friends or relatives, as well as mosaic disc Christmas tree decorations.



Examples of patients painting & colouring

Participative Arts - Patients's craftwork in Dialysis

Examples of patients' knitting



Examples of patients mosaic work



Participative Arts - Patients's craftwork in Dialysis

Wedding Button Bouquet and Love Letter Wine Box

We are keen to assist patients with their own personal art projects and develop their ideas. One of the patients created a wedding bouquet out of buttons for her daughter who got married in November 2018. She had discussed the project a long time beforehand so we provided the base and wires and she began collecting the buttons.



She had an amazing array of buttons that she got from friends and family. She used these, along with special buttons from her daughter's own clothes over the years, and from her grandmother's, mother's and aunts,' to patiently create a very novel and unique bouquet bringing fond memories for the bride on the day, and a wonderful keepsake for the future.

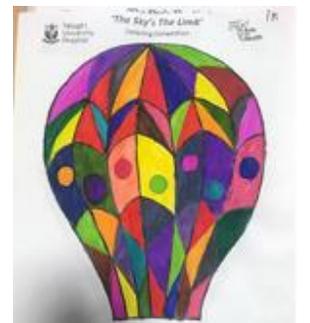
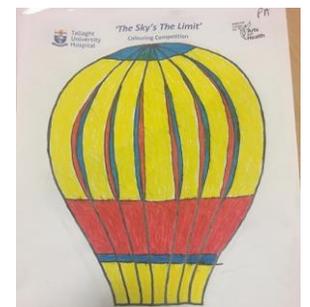
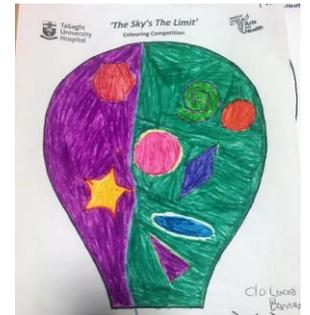


For her son's wedding in September the same patient designed a special wine box with the couples initials and date of the marriage. This box, which contains notes encapsulating thoughts and feelings of the commitments made, is locked away at a Love Letter and Wine Box Ceremony at the wedding, and may be opened many years later.

Participative Arts - Art on the Wards

Patients taking part in The Sky's The Limit Project

Many patients throughout the Hospital entered colourful designs into The Sky's the Limit Colouring Competition in 2018. A selection of entries are shown in the image below, and to the right are three winning designs created by dialysis patients selected to go through to the next stage of the project.



Patients never cease to amaze us - even while receiving dialysis many continue creating their artworks. They are truly inspirational!



Participative Arts - Dance Age Related Unit

Overview of the service

Our Dancer in Residence Programme is facilitated by Ailish Claffey, a dance artist and movement practitioner with a keen interest in health, well-being and older people. It began in 2016 funded by South Dublin County Council and will run until 2021. The residency has two clear aims:

- 1) to introduce dance through movement into a hospital setting with a view to creating a Dance Programme Model and
- 2) 2) to enable the artist to gain insight and develop their process by creating new works based on their experience in working there. Ailish specialises in choreological studies, and often works in a collaborative capacity exploring and creating work that examines the complexity of human relationships.

Days' service runs

One day per week, on a Thursday between 10am-3pm. The group dance session takes place in Charlie O'Toole Day Hospital and Ailish also collaborates with the Physiotherapy Team and individual patient work at the bedside in the Age Related Unit.

Patient engagement

On average six to eight patients will take part in the group dance session – one can often find staff taking part too as the atmosphere takes over the room! Ailish works with a further four to six patients on an individual basis. Approx. 40-56 patients per month will be invited to partake in a dance session.

Highlights and examples of the service

Although primarily working with patients attending the Day Hospital, the flexibility of the programme allows for many interactions with doctors, nurses and carers in the Age Related Health Care Unit including physiotherapists specifically working with stroke recovery patients at TUH and this has given enormous insight into creating new works.

Throughout the project, the dance artist uses a combination of music, touch, smell, props, narrative and imagination to spark a connection and arouse the interest of participants. Size, shape and



athletic ability have no bearing on surrendering to and celebrating the dance within. The dance artist aims to meet people exactly where they are and support them to develop a deeper awareness of self.

Participative Arts - Dancer Age Related Unit

A wonderful example of the service is captured in the **'The Dance Back Home'** video documentary when Claffey acknowledged an instant kinaesthetic connection with a female patient before knowing anything of her background or interests, she was drawn to her hands. Despite the patient's frailty, Claffey felt her need for dynamic movement and experienced a real sense of rhythm from her movements. It was later revealed the patient and her family had a lifelong involvement in music.

She had played the piano to a professional standard, as the documentary shows her only form of communication at that stage was by texting on her mobile phone. Regardless of how small her movements were at the end of her life journey, this memorable woman emanated rhythm and movement to an extent that lit up the whole room and it was impossible not to smile!



Still image: The Dance Back Home - Angela and Ailish connect

Developing a deeper awareness creates the possibility of connecting with both self and others on a deeper level and generates an overall feeling of autonomy and wellbeing.



Further insight into Ailish's personal dance projects and practice may be read about under Receptive Arts section of the review.

Participative Arts – Creative Writing Project

'The Healing Station' by Michael McCarthy – 2015



17th September 2015 – The NCAH at TUH and the Meath Foundation were delighted to host internationally acclaimed author Anne Enright as she launched *The Healing Station*, a poetry collection, by artist in residence at the Hospital, Michael McCarthy. Dun Library Room, The Royal College of Physicians Ireland.

This wonderful book of poems is the result of Michael McCarthy's residency working at Tallaght Hospital in 2012. The evening included selected readings by Michael McCarthy and guests, patients and staff who participated in the programme.

Commenting on his residency experience Michael McCarthy said *'The residency at Tallaght Hospital was a steep learning curve. To come as a writer in residence was a daunting challenge and it remained one throughout. However, the dedication and sheer skill of the staff at every level was inspirational. In an area where increments of improvements were often tiny, the dedication of the staff was awesome. The patient's resilience in the most trying of circumstances was both challenging and uplifting, I became fascinated by their struggle, and in my poems I tried to imagine their life before their illness and in some way wanted to give that life back to them. The poems all have an autobiographical element, although they are a work of the imagination'*. The novelist Johnathan Tulloch describes the book as *'the recovery of a lost music and I like that.'*

Speaking at the launch, Dr Rónán Collins, a consultant in Geriatric and Stroke medicine at TUH stated *"Michael's collection is a wonderful narrative of that important experience that will come to many of us, illness. The National Centre for Arts and Health value the arts as a meaningful part of patients' lives and an important conduit of expression and recovery. The hospital's arts programme seeks to engage patients in practical and stimulating arts activities, afford opportunity for creativity in the healthcare setting and create a narrative of the experience of illness, a citizenship most of us will have to embrace at some stage in our lives. Michael's collection gives narrative to the experiences of patients and staff treating stroke and dementia. It is the difficult journey through despair, challenge, acceptance and recovery with its hopes and humour that inspires us daily."*

Booker prize winning novelist Anne Enright stated *'Words heal. They fix us. This is the claim writers and poets make for language - that it pulls together the fragments of our experience and makes us feel, for that moment, whole again. This is the work of the Healing Station, by Michael McCarthy, in which we see life at its most difficult, made beautiful on the page.'*

Meath Foundation board member, Dr Barbara Loftus said *'We are delighted to support this collection of poetry as part of The Meath Foundations' ongoing support for research, education and arts services at Tallaght Hospital. We are also honoured that Anne Enright has agreed to launch the collection. Anne's writing is held in the highest esteem both in Ireland and internationally and her attendance is a very welcome endorsement of the arts programme'*.

Participative Arts – Creative Writing Project

'The Healing Station' by Michael McCarthy - 2015

A sample of poems...

No Smoke Without Smoke

When she draws on it a bright red glow lights up
Like brakes coming on at night. 'My daughter got it for
me off the internet. It's very satisfying.
They don't allow you smoke the real ones in here.'

'Good morning Doctor,' she says, taking a good pull.
'Good morning Molly, and how are you feeling today?'
'Grand altogether Doctor.' She says, taking another pull.
'Did you think about what I said to you yesterday?'

'It's not on Doctor,' she says, shaking her head.
'Why is that Molly?' 'Because it's not to my liking.
I've always looked after myself, always minded
my own business, if you know what I mean.'

But he hasn't backed off. 'I know you're doing well,
but you're not ready to be on your own yet.'
She's pulling at it full throttle now, and thinking:
'there was a time I'd have this fella for breakfast.'

She's searching for a knockout punch. You can see
Its slow arrival light up her eyes and spread right across
her face as far as her ears. She takes a long relaxed pull
and settles into her chair. 'In any case, you're not my doctor.'

Michael McCarthy
The Healing Station



Joe

'Will you try a little exercise for me Joe?'

'Yes'

'Can you tell me your name?'

'Yes'

'What's your name?'

'Yes'

'Joe! Joe! Are you with me Joe?'

'Yes'

'Do you know what this is?'

'Yes'

'Can you tell me what it is?'

'Yes'

'It's a knife, can you say knife?'

'Yes'

'And what is this?'

'Yes'

'It's a glass Joe. Can you say glass for me?'

'Glass'

'What's that you have there, Joe?'

'Yes'

'Can you tell me what that is?'

'Yes'

'It's a rosary beads Joe.'

'Yes'

'Would you say a little prayer for me Joe?'

'Yes'

'Our Father!'

'Yes'

'Who are in heaven!'

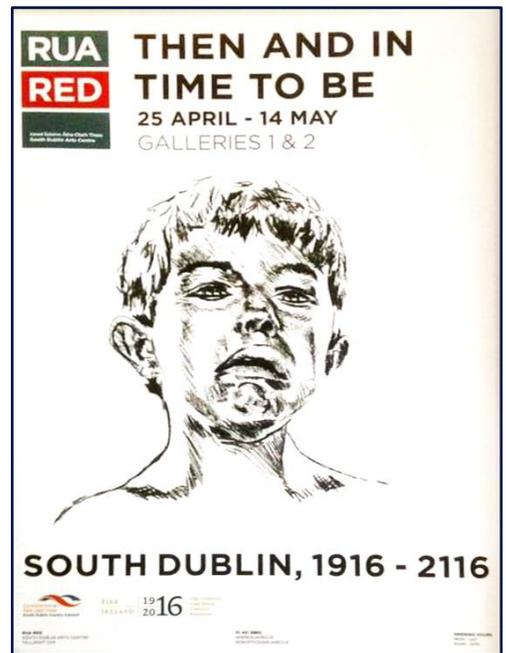
'hallowedbethynamethykingdomcomethywillbedone
onearthasitisinheavengiveusthisdayourdailybread
andforgiveusourtrespassesasweforgivethose
whotrespassagainstusandleadusnotinto
temptationbutdeliverusfromevilamen.'

Participative Arts - 'Then, and in Time to Be' Project

A collaborative arts project co-ordinated by RUA RED – facilitated in TUH by the Arts Team.

The idea behind the project was to create a body of work (each approx. A5 size) with participants creating a brief story and print, based around 'Then' 100 years ago in '1916' or 'in time to be' 100 years ahead in the year of '2116'.

A workshop was facilitated on the 16th February in the Centre for Learning and Development, TUH, for all artists taking part in disseminating the project for patient participation. Alan Nolan and Elaine Leader introduced the Arts Team to a Creative Writing and Printmaking Workshop (workshops were also delivered to a number of schools in the community). Images from 1916 were used to spark ideas in participants about story writing/illustration especially useful for individuals who were not confident with literacy skills and will tell their story visually. Once completed, the artworks were curated into a large exhibition, shown in RUA RED Arts Centre and in TUH.



Bridie Roy
Tallaght Hospital

"Wrap the Green Flag round me, boys,
To die more far more sweet
with Erin's noble emblem boys."

I have always had a strong interest in Irish history and the Irish language. I always loved the tricolour and learned about the 1916 rising in school. My parents were from the north of Ireland and were unable to speak about the rising but were able to say how much it affected them. So the tricolour is very linked to my heritage.

Gary Conway
Tallaght Hospital

This is a piece to remind people of the 1916 Rebellion and the atrocities of that time.



Participative Arts - 'Then, and in Time to Be' Project



*Deirdre Glenfield
Artist - 17 - Rhodance
Tallaght Hospital
7/4/2016*

Image of prints exhibited at the exhibition

Mary woke that Easter Sunday morning to the screams in the street below. The children were huddled together for warmth on the mattress in the corner. She could hear Mrs. Kelly wailing in the room next door. Mary looked across to where her eldest son usually slept... his mattress was empty. He had gone out the night before but had not returned. With a sudden fear gripping her heart, she wondered if he would ever walk through the door again.



Philip Shiels image of The Old Abbey Theatre selected to appear on the exhibition brochure

Participative Arts - 'Forget Me Never' 2015-2017

Forget Me Never Project

A collaborative participatory visual art project that took place at TUH, led by Artist in Residence Lucia Barnes, the Smyth Family, Social Care and the NCAH. Through speaking and listening to those in Dilaysis the artist noted a recurring theme of family and so, the concept of a tree was decided upon as representation for the dialysis family. It is symbolic on many levels, each leaf represents an individual presence, whilst the leaves and branches represent the community, and remind us of the level of engagement, commitment and the reality of dialysis treatment.



Participants included renal dialysis patients receiving treatment either in hospital or at home, staff, patients' family members and artists. The photos above are taken from the workshop day when over 60 leaves were created by staff, artists and most importantly family members who previously lost a loved one to dialysis.

Participative Arts - 'Forget Me Never' 2015-2017

Comments received from relatives participating in the workshops

Rodney Smyth, (Deborah Smyth's husband), gave his personal perspective on benefits of the project...

'This project gave us as a family the opportunity to re-engage with the dialysis community which was always such a big part of our lives before Deborah's passing. We were able to share openly about our loss with others who had similar experiences.'

'Peter (my husband) would have loved this project - particularly since it was mosaics - he was a tiler by trade.'

'Making the leaf for Betty brought me close to her and made me think of all the chats and laughs that we shared in the waiting room before we started our treatment - I miss her.'



Once all the leaves were complete, Lucia then grouted each one individually and carefully positioned them on the tree which she created from driftwood, attached to the subtly painted backboards. To assist participants in finding their in the final artwork, Lucia and the NCAH created a participant legend



Rodney Smyth watches on as Cllr. Guss O'Connell Mayor of South Dublin County Council unveils the Participatory Legend alongside Prof George Mellotte.



Lucia Barnes, with Prof George Mellotte, Rodney Smyth, Cllr. Gus O'Connell and Rodney and Deborah Smyth's sons.

Participative Arts - 'Forget Me Never' 2015-2017

The Forget Me Never Tree is now a permanent artwork in the Hospital, currently situated in the Hospital Atrium. Project partners were the Smyth Family (who continue to fundraise for the Hospital's Art Programme to support similar outreach projects in the future), PuncHESTOWN Kidney Research Fund, The Meath Foundation and the National Centre for Arts and Health, Prof Mellotte and all the Dialysis Staff alongside Lucia Barnes and artists Caroline Hyland, Hollie Patton, Kate Dick, Lisa Heavey, Lua Flannery, Lucia Barnes, Marie Costello and Patty Murphy.



For further information on the project please see the Project Case Study on:

<http://www.artsandhealth.ie/case-studies/forget-me-never-project/>

Participative Arts – TSTL Art Commission 2018

The Sky's The Limit (TSTL Project)



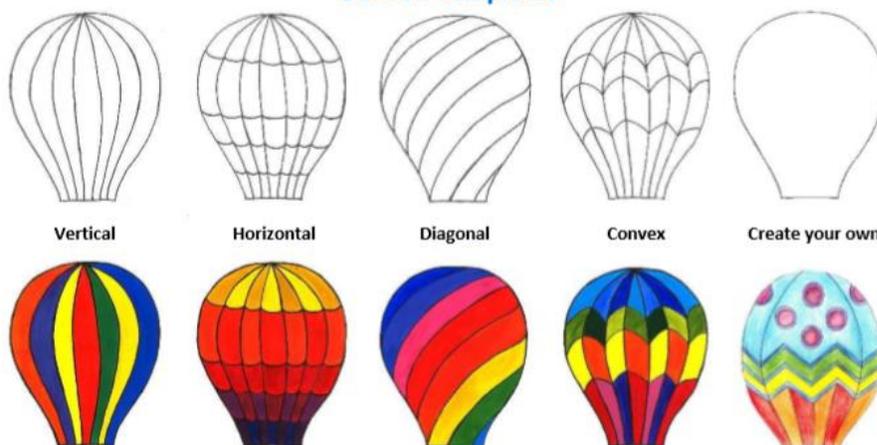
The Sky's The Limit art project invited Patients, Staff and members of the Tallaght Community to get join together in a collaborative art project that would create Hot Air Model Balloons that would form an artwork for above the Volunteer Coffee Shop in the Hospital Atrium in 2019. The Project is supported by TUH, kindly funded by the Meath Foundation, facilitated through the NCAH and partnered by local organisations. The project, designed by the NCAH and Lead Artist Lucia Barnes was divided into 3

work stages as listed below.



See August edition of Touchpoint for details

Balloon Templates



Example Balloon Designs

TSTL Stage 1: Colouring Competition

The NCAH launched a colouring competition at Tallaght Fest in summer 2018 - hoping to gather some bright, bold and beautiful balloon designs. We were blown away to receive over 300 wonderful submissions and after a difficult editing process, 35 winning designs were announced during hospital celebrations on Culture Night in September. Lucia Barnes and the Arts Team facilitated a workshop for all to view the process involved in creating a model balloon and transforming it into a stunning array of colours.



Lucia Barnes, Alison Baker Kerrigan and Mairéad Sheilds at Colouring Competition launch.

Participative Arts - TSTL Art Commission 2018

TSTL Stage 2: Announcing Winning Designs & Painting Workshops

Celebrating with some of the winning entrants who were offered the opportunity to take part in Creative Workshops - Painting designs on to the Balloons. Workshops were scheduled between Sept – Dec 2018 held in RUA RED Arts Centre, with additional workshops for TUH staff members held onsite in TUH.

Images from TSTL Workshops at RUA RED Arts Centre & TUH



Participative Arts - TSTL Art Commission 2018

TSTL Stage 3: Completing and Assembly

The first few painted balloons were on display in 'The Phoenix' hospital canteen in Oct 2018 at a staff engagement workshop. Yet again, the project received marvellous support with over 100 people joining in to leave their mark on one of the balloons. Final touches will be made by the Arts Team before the balloons go to last stage of parts assembly and made ready for installation. We are very much looking forward to sharing details of the TSTL Launch Event in 2019 and hope many of those involved in the project will join us in the celebration!



Participative Arts - Culture Night 2017-2018

Culture Night Celebrations

The NCAH at TUH regularly collaborate with the Volunteer Services Manager, Carol Roe and our wonderful hospital Volunteers. Culture Night celebrations have been particularly well received since 2017 with events drawing a large audience of patients, staff and visitors. Many people pass through the atrium en route to other areas in the Hospital but when someone literally stops in their tracks, or approaches and tells you... 'this made me forget my worries' you know the entertainment is more than worthwhile.



*The Monahan Family
(Alan, Elizabeth and Clara Rose Monahan)*



Clara Rose Monahan and her parents, Alan and Liz Monahan, very kindly volunteered to provide a hour concert in the hospital atrium in celebration of Culture Night 2017. With music ranging from popular classics, Irish ballads, country music to rock and roll and was very well attended by many delighted patients and family members. The Volunteer Coffee Shop supplied donated books that were no longer suitable for sale making them perfect for recycling! Artist Anna West designed a papercraft workshop which she facilitated with the assistance of Transition Year Students and 30+ wonderful Hedgehogs were created! We recorded engagement of over 162 people with more than 8 people sitting for a full hour of the concert, one person who adored the music sat for the full 2 hours.



2018 - Music by Heartbeats (TUH Choir), Clara Rose Monahan and announcement of colouring competition winners of 'The Sky's the Limit' project and Papier Maché Hot-Air Balloon making workshop by Artist in Residence Lucia Barnes.

Participative Arts – NCH Arts and Health Programme

The NCH Arts and Health programme includes:

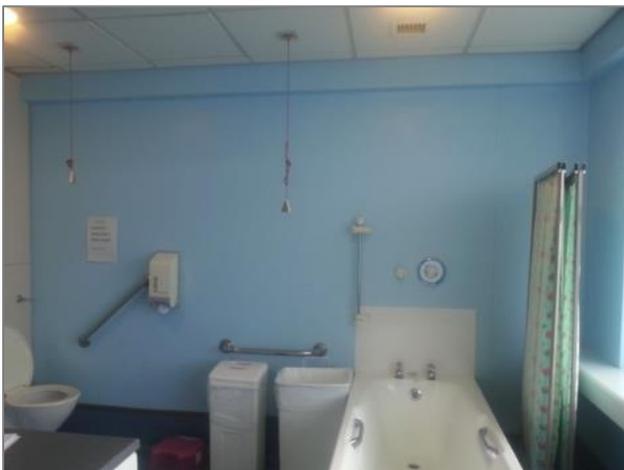
- Therapeutic art groups in the play department for children in Inpatients as well as art sessions delivered at the bedside in Inpatients for adolescents and patients restricted due to infection or injury
- An artist-in-Residence in the Hospital school providing art groups to children as part of their school curriculum during their hospital stay
- Create-While-You-Wait art and music activities in the waiting rooms of the OPD and A&E area
- Music for children attending the NCH including a bedside music programme for babies
- Temporary and permanent exhibitions of patient artwork
- Environmental art and design projects to enhance the hospital environment

Oak Ward Bathroom Mural

Hospital staff requested a project that would enhance the two bathrooms on Oak Ward. 2014 saw the completion of the 'Polar' bathroom and in 2015/2016 teenage patients were given the opportunity to work alongside the artist to realise the second of the two bathrooms. Once again, the play department and the ward staff warmly welcomed this project. For this bathroom the patients chose an 'Under The Sea' theme, as they said the room felt like it was underwater with the long frosted window.

This project instilled a sense of pride and created a sense of ownership by giving the teenagers an opportunity to make their mark on the Hospital. Family members and participants often proudly took photos of their section of the mural. This project also reducing feelings of isolation and providing opportunities for socialisation, as teenagers tend to spend much of their hospital stay in their rooms, which can lead to feelings of isolation. The murals have become a talking point. One family stated that during their stay when only the first of the bathroom murals had been painted they would choose to use that particular bathroom, despite it being further away from their room, as it cheered them up.

Photos of the Oak Ward Bathroom Mural: before



NCH Arts and Health Programme cont'd...

Photos of the Oak Ward Bathroom Mural: after



'Naturama' Art in the CHG Offices

In 2018, the **National Paediatric Hospital Development Board** requested some artworks from the three-paediatric hospitals to install at their main offices. *Naturama* is an installation of brightly-painted transparent artworks created by patients of Oak, Maple and Beech wards. These artworks were originally created to mark the 2012 opening of the new hospital rooftop garden and hung along the corridor to lead patients to the new garden. It offered a new space in which to play, explore and engage their imaginations, as well as relax with family members. The artworks celebrate the health-enhancing benefits of being outdoors in the natural.



P.O.D. Reception Area

The new short stay observation unit has been built onto the paediatric ED unit. This 8-bed unit has been officially named **The P.O.D.**, which stands for Paediatric Observation Department. Peas in a pod and garden imagery have been chosen as the theme for the unit. Children on the wards worked with the art therapist to create a series of butterflies and pea-like circles that immediately brought colour and vibrancy made the space more child-friendly and welcoming.

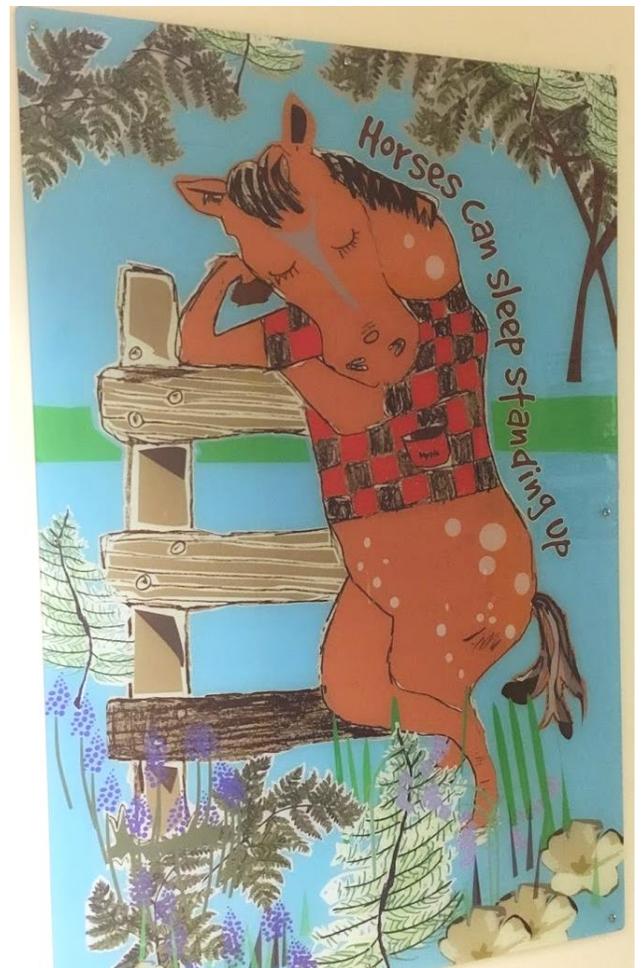


'Children's ED Commission' 2016



2016 saw the completion of Lucy Turner's, Artist in Residence commission to bring visual art to the Children's Emergency Department kindly funded by the National Children's Hospital Foundation. Turner's submission considered the possibility for children's *drawings and scribbles* to be fabricated as a true copy through digitisation; producing an honesty in the finished result which she believes is important in a health care environment such as paediatrics. *'It gives an element of realism and design that young people and children can relate to, encouraging an interest in the surroundings promoting calm and relaxation'*.

Lucy gathered images drawn and created by Children either during a stay in the Hospital or through a specific workshop held in TUH assisted by Aimee O'Neill, Arts Therapist and staff of the NCH. Incorporating facts about the animals depicted in the imagery with a purpose of promoting conversation (often resulting in appreciated distraction) amongst patients, families and staff within the space.



'Children's ED Commission' 2016



The final result has delivered a child friendly theme created through an innovative design that is adaptable for different highlighted areas and fabrications. A large scale sign locates and welcomes patients to the Children's Emergency Department. Whilst being mindful of the busy environment the waiting area now boasts three large scale artworks A Horse, An Elephant and A Humming Bird punctuated by vinyl graphics that fill windowed areas with brightly coloured drawings of Fish and Butterflies.

Cubicles in the four bedded bay area each have an individual wall mounted artwork with complimentary window graphics and painted feature wall. Patient Assessment Rooms (2) feature notice boards with borders that nursing staff can use to draw children's attention to during examination, the dull view of buildings from the windows in Resus Room has been eliminated and replaced by window graphics of flowers which allows light to penetrate the room making the view more pleasant.



The project was funded by the National Children's Hospital Foundation, Head of Strategy & Communications - Lillian McGovern and facilitated by the NCAH working with artist Lucy Turner, Art Therapist Aimee O'Neill. Assistance and advice provided by Paediatric E.D. Staff – including Mary Tumelty, CNMIII & Mary Murphy CNMII, many other staff in Children's E.D., and Technical Services

'A Right To Be Me' in collaboration with the OCO

2017 saw the **25th Anniversary of Ireland's Ratification of the UN Convention** on the Rights of the Child - a human rights treaty which includes political, social, cultural and health rights all children under the age of 18 are entitled to – and was marked by celebrations around the country. As part of that the National Children's Hospital in Tallaght invited young patients from the Oak and Maple Wards to respond the 25th Anniversary by creating self-portraits for a special exhibition to run on the main hospital corridor. Each artist selected one or more rights that held meaning for him or her and incorporated these into their self-portrait. There are 21 self-portraits each capturing the unique qualities of the young person who created the artwork.

The artworks celebrate the unique individuality and the importance of every child. The project promoted inclusivity and conversations amongst the patients whilst gathered around the art table in the play department. Discussions about the importance of children's rights especially the right of access to healthcare. Children who were restricted to their beds were also given the opportunity to complete their artwork at the bedside. The project was co-ordinated and facilitated by Aimee O'Neill: Art Therapist and Catherine Garland: Hospital Play Specialist in conjunction with the (NCAH).



Young artists hard at work creating their portraits.



Celebrating the dual exhibition opening of 'Rites in Their Eyes' and 'A Portrait Of Me' in TUH Atrium before viewing the artworks along Hospital Street.

'A Right To Be Me' in collaboration with the OCO



Sophie Brophy discusses her Self Portrait with Dr Niall Muldoon, Ombudsman for Children's Office and Aimee O'Neill during the 2018 'Rights in Their Eyes' and 'A Right to Be Me' art exhibition opening. Below all 21 Children's Portraits displayed in the Hospital Exhibition.



Adam Redmond.jpg



Alana Heaney.jpg



Alishba Shahbaz.jpg



Aya Eid.jpg



Caomhe Gilligan.jpg



Cerys Scott Davies.jpg



Cody Redmond.jpg



Eabha Grant.jpg



Eira Kavanagh.jpg



Emily Cullen.jpg



Emma Cramer.jpg



Finn Burnett.jpg



Holly McDermott.jpg



Kevin Bentil.jpg



Lauren Fields.jpg



Lilly Cullen.jpg



Lola Wallace.jpg



Millie Larkin.jpg



Orla Fee.jpg



Sarah O'Toole.jpg

NCH Outpatients – Create While You Wait

Music and Art collaboration in Create-While-You-Wait workshops

A pilot art and music workshop as part of the Create-While-You-Wait programme was established by Hilary Moss, former Director for Arts and Health and facilitated by artists Caroline Hyland and Nadette Foley and musician Ally Ryan each week in the OPD waiting area. Children were invited to create musical instruments out of medical equipment such as syringes, tongue depressors, vomit bowls and urine sample containers. Playing with medical equipment helps to normalise it and ease fears and phobias. The artists had sample instruments previously created at a workshop to provide ideas and encouragement to the participating children.



- The project ran for a period of 6 months engaging with approximately 58 children between the ages of three to eight years of age.
- Most children were drawn towards the shakers, with many choosing instruments with a handle made from the wooden tongue depressors.
- Older children who joined in made instruments for their younger siblings at home.
- There was a lot of interest in making animal shakers with the urine sample pots. after a procedure or having an injection. They showed determination to finish their piece/ join the sing along and more often than not tears would disappear.
- It was also a conversation starter for medical staff collecting children for appointments in the waiting room and many children brought their instrument to show their doctor.
- Overall, the collaborative interdisciplinary approach to the project enriched the experience for everyone, including the artists, musician, children and their families.

After making their instruments the children and artists gathered around the keyboard for a sing-along to familiar songs led by the musician. The children joined in the singing activity by playing along with their newly created instruments. The music combined with the art making brought a lively and welcoming atmosphere to the waiting area. Below: some instruments made by children during the workshop.



NCH Music and Health Programme

Music and Babies

From 2013 – 2017 traditional fiddle player Mairéad O' Donnell (as pictured with parent and baby) delivered a successful programme in the NCH called, 'Music and Babies'. The programme was funded mainly by HSE & Meath Foundation and aimed to provide a soothing/stimulating interaction with patients thereby improving their experience of staying at the unit.



Through the use of voice, rhythm/percussion instruments, and tunes on a melody instrument - children in most cases respond by relaxing, engaging with the instruments eg. shakers, drum, xylophone etc. and having fun.

In a hospital environment, where children are away from their normal surroundings, the use of **live** music plays an even more significant role in terms of lightening the mood. This programme ran for two 10-week series of sessions throughout each year. The total number of patients benefitting would be 100 children per year, on average.



Each music session is tailored to suit the needs and age of the child, e.g. nursery rhymes for babies, interactive action songs for toddlers, songs from other cultures and pop culture for older children and also teaching them some simple ukulele chords.

Soothing Sounds

Following on from the success of *Music and Babies* the NCAH secured HSE funding for Sophie Lee, Musician in Residence to deliver *Soothing Sounds* to patients of the NCH in 2018. The sessions follow a similar format to *Music and Babies* but are designed to include a wider agegroup of children, i.e. from babies up to young adults who are in-patients at NCH.



Images of Sophie working with young patients in CHI at Tallaght

NCH Music and Health Programme (contd)

Soothings Sounds has been a very successful programme. The musician in residence developed an evaluation method using face scales so that the children who participated could feedback on the programme: **Quotes from parents:**

"We could see [our child] happy again... [the music sessions] are very good for the children and they should be continued"

"Reduces parental anxiety, helps sooth the children"

"Very positive feeling, Jimmy felt better after ..."



Quotes from staff:

"It calmed the patients and assisted me to carry out some interventions (Nurse)"

"Music replaces children's worry with a happy experience... allows nurses to positively engage with the children... helps to de-stress parents... creates an uplifting atmosphere" (Play Therapist)



Kids' Classics is a non-profit organisation that delivers high quality professional music workshops, performances and music participation opportunities in the heart of healthcare, education and community settings nationally regardless of a person's social, economic or medical circumstance.

The 'Music in Children's Hospital' programme is delivered in CHI at Tallaght by: Kids' Classics Musicians in a partnership with the National Concert Hall. This programme brings professional music off the concert stage and into the heart of 8 Children's Hospitals, and Hospital Schools in Ireland, supported by The Community Foundation for Ireland, Michael O'Brien, Brackaville Investments and The Lauritzson Foundation.

All *Kids' Classics* musicians mentored and led by Grainne Hope, are full-time professional musicians and additionally qualified as hospital musicians with the collective experience of working in acute and chronic medical settings in hospitals across Ireland and Europe.

Programme Objectives include:

- To introduce music, and the therapeutic benefits of music, into a health-care setting, i.e. each of Ireland's three main children's hospitals, where no such programme existed previously
- Educate and involve children, encouraging participation while enabling creative activity
- Offer distraction and relaxation for patients undergoing stressful treatment, improving quality of life for patients, families and staff
- Enable access to professional musicians within an educational context and bring live classical music to patients



Grainne Hope
Founder of Kids Classics

3 Receptive Arts

**Note some projects may begin as a participative project but after completion through the display of the finished work may also be viewed as a receptive project.*



Visual Arts in TUH

- **Exhibitions on Hospital Street 2015-2018**
- **A Patients' Perspective** - Sonia's Statement
- Mavis & Tae Nzo
- **Lying in Wait** – Project, Exhibition and dissemination



Symposium, Projects and Commissions

- Hospital Art Trail Commission by Alison Baker Kerrigan
- Music and Health Symposium 2015
- Menu of Poems – AHCI 2016 – 2017 – 2018
- Rosheen Suite - Naduir by Peter Young / Whispers in the Landscape
- HFH 10th Anniversary – Cronos Lamps by Cliona Baker
- Age Related Day Hospital Commission – by Lucy Turner
- Can You See What I See – by Caroline Hyland
- Dancer in Residence Highlights 2016 – 2018 – by Ailish Claffey
- Arts & Music Volunteer Programme
- Music Programme – Music in the Atrium

Music in the Hospital

Heartbeats – TUH Choir

Receptive Arts in TUH - Exhibitions 2014 - 2015

General Practice: by Fionn McCann

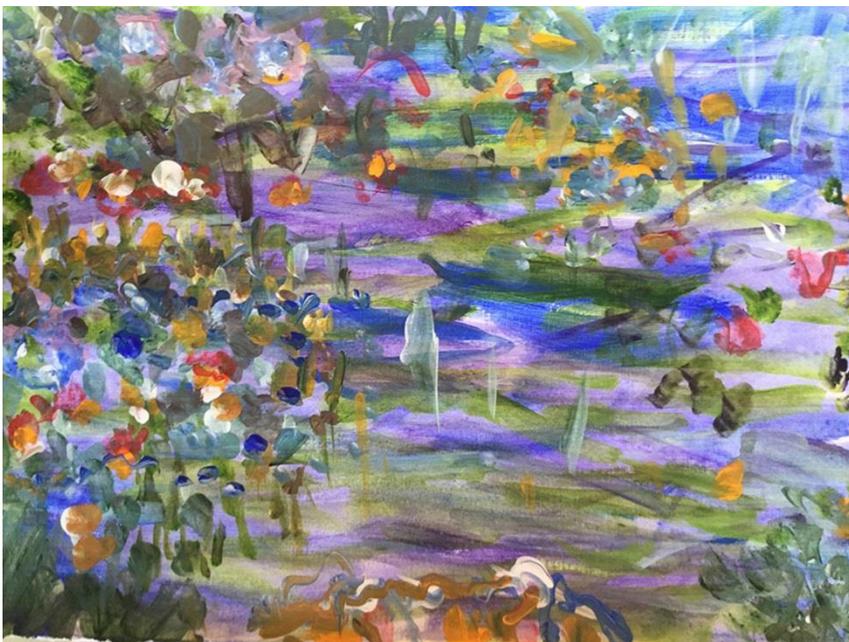
TUH Hospital Street, October 2014 - April 2015



The aim of the exhibition is to illustrate the day-to-day work of general practitioners in a variety of communities around Ireland. An Exhibition selected from The Trinity College Dublin Art Collections.

Lying in Wait: Patients Group Exhibition

TUH Hospital Street, May – September 2015



An Arts and Health initiative led by Deirdre Glenfield, artist-in-residence at Tallaght University Hospital, working with patients from Maguire, Webb, Ruttle wards and the Oncology Day Ward.

Receptive Arts in TUH - Exhibitions 2015 - 2016

Perspectives of Ireland: by Dominique Beyens

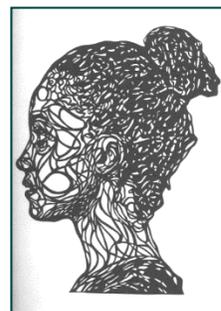
TUH Hospital Street, 14th Oct 2015 – 14 April 2016



This stunning collection of timeless images created and printed using alternative processes will transport the viewer on a journey through Ireland as seen through the lens of a remarkable photographic artist.

FRESH - Creative Talents: TUH Staff Art Exhibition

TUH Hospital Street, May - September, 2016

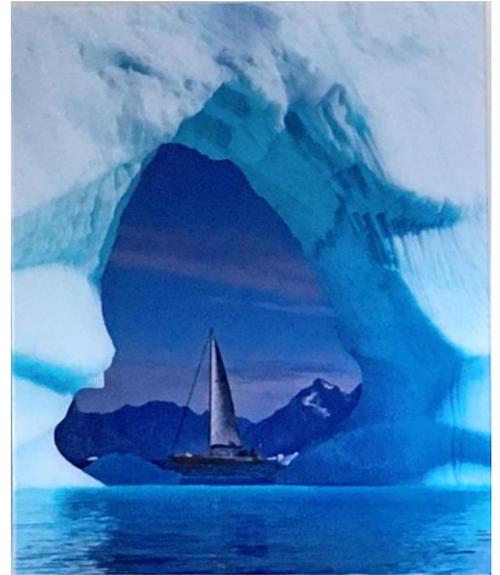


An exhibition that highlights the diverse artistic talents of TUH Staff with submissions ranging from professional artists, to those who frequently immerse themselves in the creative world, to those who (in their words) are relatively new to art.

Receptive Arts in TUH - Exhibitions 2016 - 2017

Out of Thin Air: by Daragh Muldowney

TUH Hospital Street, Dec 2016 - April 2017



A stunningly beautiful exhibition featuring unique landscapes of Greenland, a place of raw and abundant beauty. Many reports predict that within twenty five years there will no longer be icebergs meaning the grandeur and overwhelming beauty of the Arctic seascape will be forever changed.

Twist of the Wrist: An exhibition of textiles and threads crafted through time

TUH Hospital Street, May - Sept 2017



This diverse selection of artworks includes over 11 different crafting techniques with traditional methods displayed in works created by three generations of one family, ranging in ages from 15 to 88yrs.

Receptive Arts in TUH - Exhibitions 2017 - 2018

Can You See What I See: by Caroline Hyland

TUH Hospital Street, Nov 2017 – Mar 2018



A series of hand painted illustrations strongly informed by listening to people with dementia, and to those who support them, their families, friends and the medical professionals.

Spring into Summer: NCAH in collaboration with The Gaslamp Gallery, Gorey.

Artists: Yvonne Coomber, Paul Evans, Matylda Konecka, Dylan Lloyd and Aaminah Snowdon

TUH Hospital Street, April – July 2018



There is so much to view and smile about as we leave the cold winter months behind us and... 'Spring into Summer'. The exhibition features beautifully framed limited edition and open edition prints available from the Gaslamp Gallery.

Receptive Arts in TUH - Exhibitions 2018

Rights in their Eyes: 2017 Texaco Winners & A Portrait of Me: Portraits by NCH Patients

TUH Hospital Street, Aug – extended to Dec 2018

Two unique exhibitions on Hospital Street to celebrate the 25th Anniversary of Ireland's Ratification of the UN Convention on the Rights of the Child - a human rights treaty which includes political, social, cultural and health rights all children under the age of 18 are entitled to. The exhibitions aim to raise awareness of children's rights and offer an opportunity for children and young people to express their views on relevant issues and concerns in a creative and imaginative way.



Rights in Their Eyes: The Ombudsman for Children's Office invited 7 winners from the 2017 Texaco Children's Art competition to choose a right from the UNCRC and create a new piece of art expressing their views on what it is like to be a child or young adult growing up in Ireland today. The resulting touring exhibition consists of 11 framed works with accompanying explanations from the young artists themselves. The young artists chose a range of rights, subject matter and medium.



A Portrait of Me: 21 self-portraits each capturing the unique qualities of the young patients from Oak and Maple Wards who created the artworks to be shown alongside the Rights in Their Eyes artworks. The project promoted conversations amongst the patients whilst gathered around the art table in the play department, discussing the importance of children's rights with a focus on the right to access to healthcare. The circular portrait was created at the launch of the exhibition by guests printing their thumbprint on the canvas.

Receptive Arts - A Patient's Perspective

How the art in hospital programme helped me to recover

My name is Sonia. I have been ill for quite a long time. Tallaght University Hospital has been my home since April of last year... and it has been a struggle. The one thing people forget when you're in hospital for so long is the sheer monotony that every day brings, especially if you are, like me, almost entirely bed-bound. When one battles daily an illness over a considerable length of time it can effect one's state of mind, one's ability to concentrate on simple things like reading... even a magazine. It's easier to allow yourself to slip into the trap of just watching the television, until you realise how it has become your mind-numbing window to the world outside. Who needs morphine when you end up watching endless episodes of 'Relocating your Cash in the Attic' or something else equally as trivial?

Then I was introduced to Deirdre Glenfield and her quest to bring art to where one doesn't expect to see it. I was sceptical. In the past I had shown some talent for crafts, dressmaking, and probably had an awareness of interior design... well at the minimum I knew what looked right in a room. I liked colour co-ordinating the world around me. I certainly couldn't draw and never ever put my hand to anything akin to fine art.

We started with window decorations, painted on acetate. Deirdre showed me how one should approach the task. Nervous at first about holding a paintbrush, I made what one could call 'a stab' at it. To my surprise it turned out fine too. Soon I was bitten by a new desire. I must have painted dozens of beautifully colourful window decorations. Most of my nurses and carers were gifted my creations. There were days I had a production line in place, each acetate with a specific destination. My inner drive seemed to click back into gear. I was thinking clearer, I had more energy, more focus, more contact with myself and those around me. There were days the television didn't even get turned on. Who the hell needed it anyway!

After I had experimented somewhat with acrylics, Deirdre suggested I try to do something using soft pastels. Another step into the dark for me. I was clueless. Nonetheless Deirdre steered me through the basics and then let me at it. It was like another door opened for me. It was a re-ignition of passion lost. It reinvigorated my imagination and sense of expression which had been dulled for so long. It has truly been a key to my rehabilitation, a break from my institutionalisation... and I am so thankful for it. I believe my progress with laying colour to paper has been remarkable. My husband, a graphic designer by the way, has been so supportive of me and says he is beginning to feel a little intimidated by my work and may have to 'up his game'... Funny!

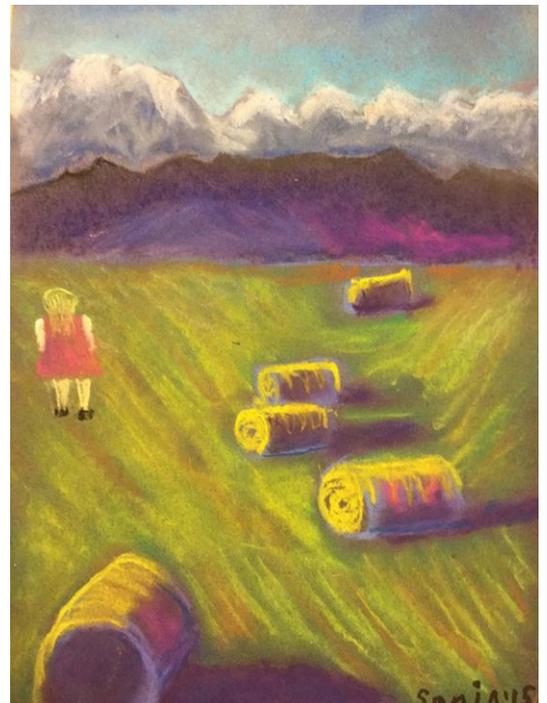
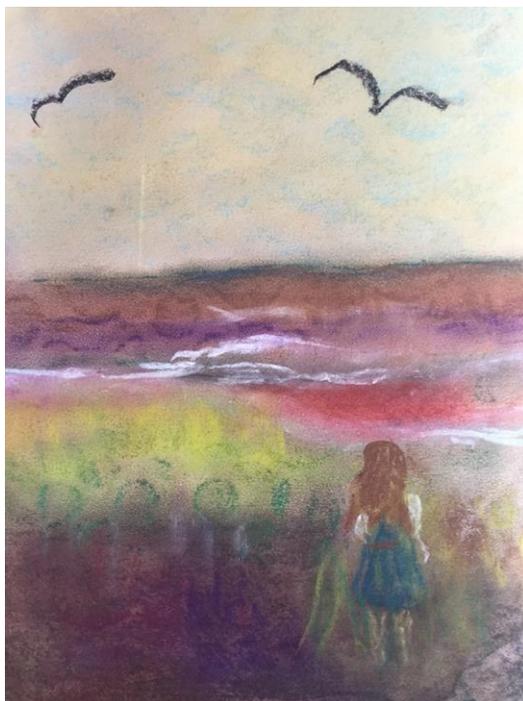
In my opinion Deirdre Glenfield, and all those bringing such programmes to places like hospitals, deserve all the funding they can get. They bring joy and aid rehabilitation for people like me, they open windows for possibilities within ourselves and bring care and support for those who participate in the programme. It has been a great experience, one which I hope to be a part of for as long as I am a patient in Tallaght Hospital, and fully intend to explore further when I eventually get home.

I am hopeful that I will be physically able to make it to the exhibition on the 10th March in Rua Red. It will be a huge honour for me and my family. I want to wish all involved, especially Deirdre, the very best of luck.

Sonia McLoughlin, Ruttle Ward, Tallaght University Hospital.

Receptive Arts - A Patient's Perspective Sonia

Paintings by Sonia Mc Loughlin



Receptive Arts - A perspective by Mavis & Tae Nzo

Response from Tae Nzo: To exhibit his late wife's artworks in the 18th IPOS Symposium

Aug 2016

Dear Alison,

I was thrilled to hear from you, also thrilled by what you are planning to do in my wife's memory. We agree, permit and back this initiative with all our hearts as this family.

Thank you for notifying us.

PASS OUR REGARDS.

TAY NZO



Below is the letter Tae Nzo requested we exhibit alongside Mavis' artworks.

Nontuthuzelo Mavis Nzo has always been a devout admirer of the arts, be it music or drawing. But growing up in South Africa where there was no art teaching in township schools, let alone crayons to attempt it alone at home or school. She had this burning desire to learn so she enrolled with Tallaght Photographic Society just to quench this severe thirst she possessed for art, just before she was engulfed by cancer. Getting sick was when opportunity availed itself and for that latent talent to be released.



This opportunity came during chemotherapy sessions provided by the dedicated and forever present tutelage of Ms Deirdre Glenfield. When papers, brushes, pencils and crayons were presented the overwhelming pain took a back seat and was replaced with the most inviting of smiles. This activity unearthed an enthusiasm which I have not seen in our thirty four years of marriage, instead of dreading the chemotherapy days, with a glint in her eyes like a child who has been found out doing something naughty, looked forward with intense interest to this day. Instead these days removed this or that pains which were taking over her life and slowly, we thought, restorative measures were beginning to take place.



Hoping is not a sin but an inspiration to tomorrow's perspiration encapsulated in the knowledge that all is well as long as GOD is in control.

Your love is so strong you have not left us.

Tae

The Nzo family kindly donated Mavis' artworks to the TUH Hospital Art Collection in 2016.



Tae & Mavis Nzo in RUA RED



Mavis Nzo, Dierdre Glenfield & Hilary Moss celebrating the 'Lying in Wait' Patient Exhibition on Café Wall in RUA RED Arts Centre - 2015

Receptive Arts - Lying in Wait by Deirdre Glenfield

The Lying in Wait exhibition is a selection of the artworks produced by adult patients attending Tallaght Hospital over a 6 month period and represents a valuable, positive creative engagement in contrast to the sometimes adverse encounters often experienced within the hospital environment. This Arts and Health initiative was led by Deirdre Glenfield, artist-in-residence at TUH, working with patients from Maguire, Webb, Ruttle wards and the Oncology Day Ward. The final artworks were exhibited at a number of venues including TUH, RUA RED Arts Centre and during the 18th IPOS (Psycho-Oncology Symposium held in the Aviva Stadium 2016), exhibition curated by Alison Baker Kerrigan.



Please go to <http://www.artsandhealth.ie/case-studies/lying-in-wait/>

for further reading about 'Lying in Wait' and the video titled '**The Waiting Room**' which was exhibited in conjunction with the patient's work. The video piece created by Glenfield explores tensions experienced by patients in the waiting room when faced with life changing health implications.

The experience for patients attending hospital either as an inpatient or outpatient can be a foreboding one, where time moves strangely and the uncertainty of what lies ahead can be daunting for patients and their families. The Arts Programme at TUH aims to improve the quality of the Hospital experience. In a situation where patients often feel out of control, art can serve as a therapeutic and healing tool, helping to reduce stress and anxiety and provides an opportunity for self expression.



*'The Waiting Room'
Still image from Documentary
Video by Deirdre Glenfield*

'**The Waiting Room**' video work was shown at the Gender, Medicine and the Body conference in March 2015 at Trinity College Dublin. Artist Deirdre Glenfield presented the Lying in Wait project at the seminar 'International Perspectives on Art and Health - Sharing Best Practice Across the Continent' in May 2015. This seminar took place in the Trinity Centre for Learning and Development at TUH. Below is an Artworks Legend for Lying in Wait as displayed during the RUA RED Exhibition.

Receptive Arts - The NCAH Art Trail

The NCAH commissioned artist Alison Baker Kerrigan to create an Art Trail in 2015 that would provide an easy route for patients and staff to navigable and view artworks on public view on the lower level of the hospital.



Receptive Arts - Music and Health Symposium 2015



The Meath Foundation
Healthcare, Research and Education at the Hospital in Tallaght



Music and Health: Promoting excellence in practice

A public arts and health seminar presenting the best of Irish Music Therapy and Music and Health Practice

The National Centre for Arts and Health in association with The Meath Foundation are delighted to present this **free, public seminar on Music and Health**. Other partners include South Dublin County Council, the Music Department of Trinity College Dublin and RUA RED Arts Centre.

The event aims to bring together leading specialists in the field to present examples of both music therapy and music and health practice in Ireland, as well as to stimulate debate and discussion surrounding the role of music in healthcare settings.

DATE	VENUE	TIME
Friday 23 rd October 2015	RUA RED Arts Centre, Tallaght	10.00 a.m. – 4.00 p.m.

Speakers include:

- **Prof Desmond O'Neill**, Professor of Gerontology, Trinity College Dublin
Music and Health: From aesthetic support to formal music therapy
- **Ms Rebecca O'Connor**, Senior Music Therapist, National Rehabilitation Hospital, Dublin
The value of music therapy within interdisciplinary team working with adults and children who have an acquired brain injury
- **Dr Hilary Moss**, Director of the National Centre for Arts and Health
Music and Health, a continuum of practice
- **Ms Sharon Murphy**, Musician and Ms Carolann Courtney, Arts and Wellbeing Specialist, KCC Arts Service
Singing and Health – A choir for people with dementia
- **Ms Mairead O'Donnell**, Musician in Healthcare/Community settings
Music with Babies
- **Ms Caroline Peppard**, Senior Health Promotion Officer, HSE
The role of music in promoting health
- **Ms Amy Ryan**, Professional Singer, Choir Director, Department of Music - Trinity College Dublin
Vocal confidence experiential workshop

The seminar will be of interest to musicians, music therapists and healthcare professionals looking for professional development opportunities, as well as offering a thorough introduction to music and health for those new to the field. [To book a place please email Hilary.moss@amch.ie](mailto:Hilary.moss@amch.ie)



A series of images captured during the Music and Health Symposium by ABK Photography.

Receptive Arts - Menu of Poems 2016 / 2017 / 2018

'Menu of Poems' is a project of Arts and Health Co-ordinators Ireland, managed by Galway University Hospitals Arts Trust and kindly supported by the Health Service Executive and Poetry Ireland. The NCAH at TUH greatly look forward to celebrating Poetry Day Ireland each year by delivering these beautiful Menus of Poems to Hospital Wards and Departments for all to enjoy.

Menu of Poems is a joint initiative between Arts for Health Partnership programme, West Cork; Arts in Health at Cork University Hospital; Galway Mayo Roscommon Community Health Office; Galway University Hospitals Arts Trust and Saolta University Healthcare Group; Kildare County Council Arts and Wellbeing Programme; Naas General Hospital Arts Committee; **National Centre for Arts and Health, Tallaght**; South Tipperary General Hospital; South Tipperary Mental Health Services; St. Luke's General Hospital, Kilkenny; University Limerick Hospitals Group; Waterford Healing Arts Trust; West Cork Mental Health Services Arts and Health Programme and Wexford General Hospital.



Lying in Wait for Happiness

YEHUDA AMICHAI

Translated by Glenda Abramson & Tudor Parfitt

On the broad steps leading down to the Western Wall
A beautiful woman came up to me: You don't remember me,
I'm Shoshana in Hebrew. Something else in other languages.
All is vanity.

Thus she spoke at twilight standing between the destroyed
And the built, between the light and the dark.
Black birds and white birds changed places
With the great rhythm of breathing.
The flash of tourists' cameras lit my memory too:
What are you doing here between the promised and the forgotten,
Between the hoped for and the imagined?
What are you doing here lying in wait for happiness
With your lovely face a tourist advertisement from God
And your soul rent and torn like mine?

She answered me: My soul is rent and torn like yours
But it is beautiful because of that
Like fine lace.

From *Poems of Jerusalem and Love Poems*,
The Sheep Meadow Press, 1981



Soul Food MENU OF POEMS 2016

People often turn to poetry at times of illness, loss or recovery, even people who have little time for it in their day-to-day lives.

Poetry seems to help, by filling our minds with unexpected images, by inviting us into a reflective space where words can offer some spiritual sustenance. Poetry - I'll even dare to say - can reach the parts that food cannot! We offer this menu of poems to you, on Poetry Day Ireland, for nourishment of another sort. We hope you enjoy them.

COLETTE BRYCE, EDITOR

From the Irish

IAN DUHIG

According to Dineen, a Gael unsurpassed
in lexicographical enterprise, the Irish
for moon means 'the white circle in a slice
of half-boiled potato or turnip'. A star
is the mark on the forehead of a beast
and the sun is the bottom of a lake, or well.

Well, if I say to you your face
is like a slice of half-boiled turnip,
your hair is the colour of a lake's bottom
and at the centre of each of your eyes
is the mark of the beast, it is because
I want to love you properly, according to Dineen.

'From the Irish' by kind permission of the author



Theory Of Memory

LOUISE GLÜCK

Long, long ago, before I was a tormented artist, afflicted with longing yet
incapable of forming durable attachments, long before this, I was a glorious
ruler uniting all of a divided country — so I was told by the fortune-teller
who examined my palm. Great things, she said, are ahead of you, or perhaps
behind you; it is difficult to be sure. And yet, she added, what is the difference?
Right now you are a child holding hands with a fortune-teller. All the
rest is hypothesis and dream.

From *Faithful and Virtuous Night*, Carcanet, 2014

Receptive Arts - Menu of Poems 2016 / 2017 / 2018

YOU. JUST YOU.

MENU OF POEMS 2017

Poetry is a feeling. Many poems resonate so strongly in our hearts and minds because we are all connected. Most of our emotions, most of our hopes, dreams, loves and fears are entirely universal and so poetry often ceases to be merely words on a page and acts as a bridge. You could run into a poem tomorrow and think, goodness... that's exactly how I feel. The poet had all the words for it. And that's the beauty, right there. What a gift. Enjoy the words.

YRSA DALEY-WARD, EDITOR



KINDNESS Naomi Shihab Nye

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.
Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.
Before you know Kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.
Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

From *Words Under the Words: Selected Poems*,
Naomi Shihab Nye, (Far Corner Books, 1995).

LOVE AFTER LOVE

Derek Walcott

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

From *Collected Poems 1948 - 1984*,
Derek Walcott, (Faber, 1986).

WHEN YOU SEE WATER

Alice Walker

When you see water in a stream
you say: oh, this is stream
water;
When you see water in the river
you say: oh, this is water
of the river;
When you see ocean
water
you say: This is the ocean's
water!
But actually water is always
only itself
and does not belong
to any of these containers
though it creates them.
And so it is with you.

From *The World Will Follow Joy: Turning Madness into Flowers:
New Poems*, Alice Walker, (The New Press, 2013).

Encounters

MENU OF POEMS 2018

Poetry may ask deep questions, directly or by indirection, employing literary devices of verbal imagery and rhythm. For the most part it is an art of compression, reaching towards enchantment, mystery and insight.

MICHAEL
COADY,
EDITOR

Cash Tony Curtis

I have been to town to buy
Johnny Cash's new record
America VI,
his last and final album —
until the next.

I am waiting until darkness falls
before letting his pilgrim's voice
roam the house.
It will fill the empty rooms,
pace the hall, climb the stairs,
feel its way into the cupboards,
squeeze into every nook and cranny.
It will lie along the beams
in the attic,
linger on the bookshelves,
brush against the lamps,
whisper in the ears
of the sleeping cat,
rest on the crumpled pillows,
breathe on the hands of the clock.

His old, cracked,
independent voice —
broke, you might say —
haunting the air,
filling the house with soul.

From *Folk*, Tony Curtis, (Arc Publications 2010).

Checkout Girl

Paul Durcan

A week back in Ireland from Japan,
But I cannot stop bowing.
Only ten minutes ago in the supermarket
I bowed to the checkout girl
With the red cheeks and the limp.

I bowed from the waist to her
And she blushed and I think
When she limps home this afternoon
Collecting her toddler from the crèche,
It may be with an extra spring in her limp.

From *The Art of Life*, Paul Durcan,
(Harvill Press, 2004).

Whales at St John's Point

Francis Harvey
for Joan

It was all sea and sky out there that day.
It always is. You were with me and we
were in our element rediscovering
the elements of water, light and air.
The skyline was hung with cobwebs of rain;
filaments of gossamer flashed in your hair.
Just another day looking at mountains,
clouds, flowers, until suddenly, abrim,
tidal with wonder, we saw the whales rise
up out of their element into ours.
Out of the mystery of water and myth
into light and air and into what would now
be a history indissolubly
part of the history of you and me.

From *Collected Poems*, Francis Harvey,
(Dedalus Press 2007).



Receptive Arts - Rosheen Suite 2017-2018

Naduir – ED Viewing Room Glasswork – by Peter Young 2018

The Viewing Room was funded through the Irish Hospice Foundation's (IHF) and HSE's Design & Dignity programme, which forms part of the Rosheen Suite, also including two refurbished family rooms and foyer supported through funding from the Adelaide Health Foundation. The Rosheen Suite provides a space for ED staff to care for relatives of deceased patients and/or critically ill patients. The viewing room provides a non-clinical space for families to be together, away from the busy emergency department. A quiet and peaceful room, centred round a beautiful stained glass artwork created by artist Peter Young. The piece depicts a scene from the nearby Wicklow Mountains and is entitled 'Naduir'.



Peter Young seen here during the opening of the Viewing Room, describing the etching process used to alter colour within the glass. . Commissioned to create the glasswork for the Rosheen Suite with the assistance of the End of Life Coordinator – Ann Hickey, Alison Baker Kerrigan, Arts Officer and Ronan Rose Roberts, Architect for Design & Dignity. Young is a contemporary artist working in stained glass. Based in Dublin, Young holds a postgraduate Diploma in Advanced Stained Glass Studies, Central Saint Martin's College

of Art and Design, London. Collections include National Museum of Ireland and The Stained Glass Museum, Ely Cathedral.



Receptive Arts - Rosheen Suite 2017-2018



Celebrating the opening of the Viewing Room in the Rosheen Suite, Lucy Nugent CEO, Sharon Foley CEO Irish Hospice Foundation, Peter Young Artist, with staff members of TUH.

'Whispers in the Landscape'

Whilst working on the Rosheen Suite project and considering the sensitivity of the space within the Arts Officer took the opportunity to suggest donating a personal project named *'Whispers in the Landscape'* to the team. It was agreed the project worked seamlessly with the ongoing theme of nature, would improve aesthetics, create a point of focus and was recognisably poignant. The concept behind the photographic images is based around the connection we all hold to the landscape, to family and to precious memories. Viewing of artworks can provide many benefits including reduction of stress, increasing of empathy, engagement of the imagination, point of meditation and at times a thankful distraction. The images may be seen in the foyer and family rooms of the Rosheen Suite.

Project Statement: Photographer Alison Baker Kerrigan asked her immediate family members to recall one such 'landscape' they each associated with a happy childhood memory which she would photograph from their perspective. The result is this allegorical series of images, comprising of eight individual landscapes. An authentic, beautiful, yet unassuming series of photographs that represents an eclectic view of one Irish family's legacy within the environment.



Glen of the Downs



Brittas Bay Rocks



Powerscourt Waterfall



Dalkey Island



Brittas Bay Dunes



Forty Foot



Sandycove



Bog Meadow, Enniskerry

Receptive Arts - HFH 10th Anniversary 2018

Chronos Lamps

Putting Hospice Principles into Hospital Practice

Following a successful application for the Hospice Friendly Hospital 10 year anniversary grant application our Nursing team were in a position to commission two uniquely innovative pieces of art.

'Grecian Waves' and 'Autumn Glow' from the Chronos Series (Greek word meaning Time) are two stunning handcrafted stained glass and wood lamps created by artist Cliona Baker for use in End of Life care in the Hospital. These lamps feature a colour changing LED lighting display that captivates and promotes a calming, relaxed and peaceful atmosphere for patients and family members within a room.



Cliona Baker, Artist with Alison Baker Kerrigan, Arts Officer and Anne Hickey, End of Life Care Coordinator at TUH.

The lamps, which were developed by artist/patient, provide a unique understanding to what can help patients achieve a restful state. It is hoped that the lamps will be of help to patients and their families at End of Life. Both lamps feature a colour changing led lighting display that captivates and promotes a calming, relaxed and peaceful atmosphere for patients and family members within a room.

Cliona Baker is an artist living in Roscommon with a lifelong interest in Art and Crafts including drawing, mosaics, patchwork & quilting, knitting and crochet. A journey with cancer afforded her the opportunity to step off the work treadmill and spend two years studying art and design in Athlone, a module of which was stained glass. Since completing her studies she now enjoys her love of Stained Glass and working on commissions, giftware and facilitating workshops and demonstrations.



Receptive Arts - Art Commission Lucy Turner

Charlie O'Toole Day Hospital refurbishment 2017-2018

Audrey Cronin, CNM III in Charlie O'Toole Day Hospital approached the Arts Office to assist with a refurbishment project to brighten up the room after it was repainted and new furniture purchased. Together we applied for funding to the Adelaide Health Foundation under the New Initiatives Scheme in 2017. The application included a number of items including commissioning an artist to create wall graphics that would add clearly identify the different areas in the room such as:

1. The Activity Area where patients engage with staff, play games and create artworks
2. Charlie's Café where hospital patients enjoy their mealtimes and
3. Conversation Corner, a dedicated area for patients to sit and chat with each other which also doubles up as an ideal space to participate in group sessions with the Dancer in Residence, Music Therapist or other activities.

Staff provided ideas and feedback to the artist regarding the use of the room and taking that on board artist Lucy Turner created colourful wipeable graphics including a fruit tree with prompts of fruits that are regularly used during mealtimes, a selection of instruments, musical icons, flowers and feathers as used in the dance sessions were placed on the walls. An Arts Cabinet was designed to house art and music equipment and also to double up as a dresser to display patients artworks.

A salon style series of frames was specifically created for the activity area so that current patients may display their own artworks on the walls.

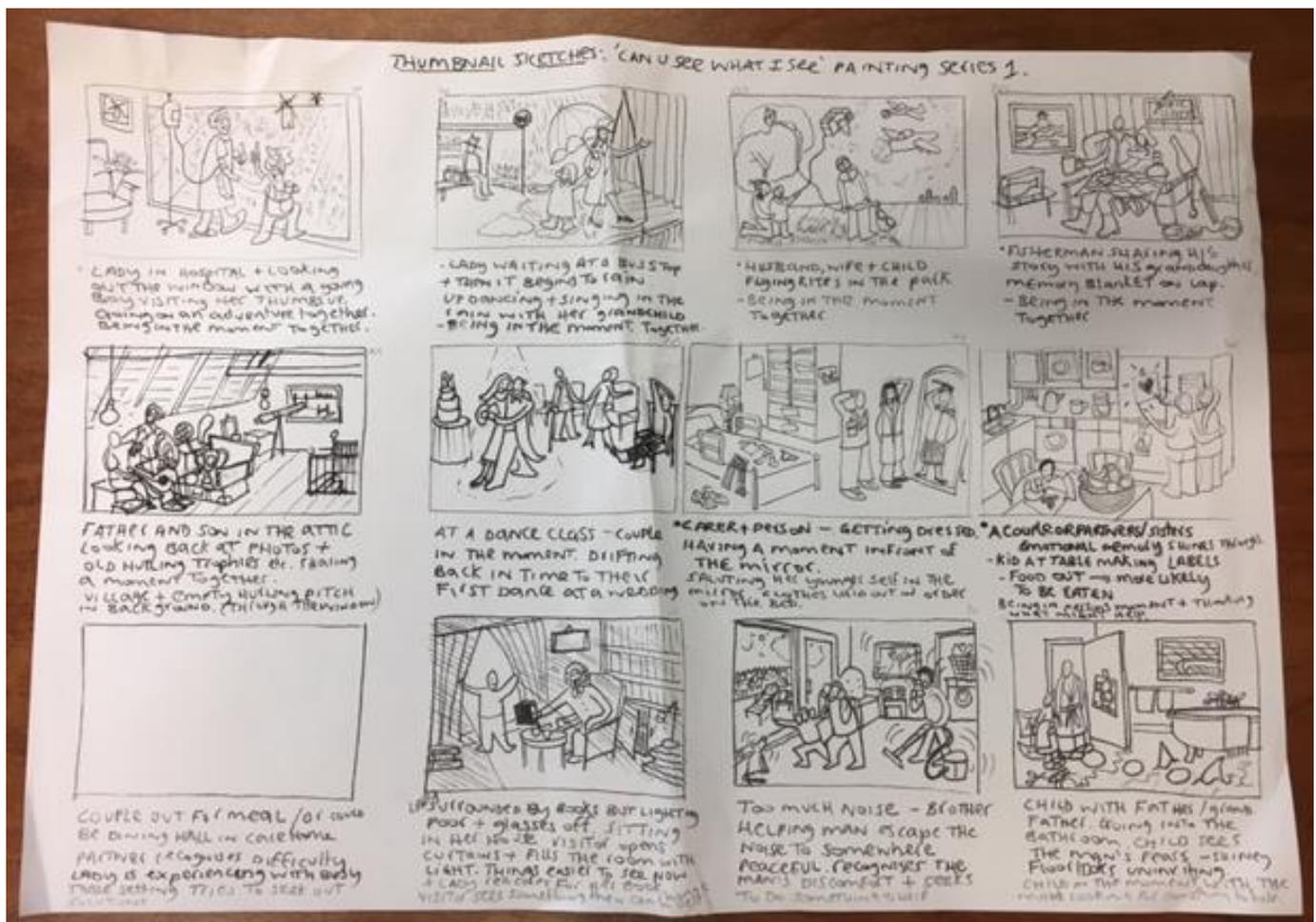


Receptive Arts – Art Commission Caroline Hyland

Can You See What I See

Another item within the funding application was to support a project being undertaken by Artist in Residence Caroline Hyland who created the *Can You See What I See?* series of 12 paintings. The funding would be used to create high resolution scans of the original paintings so limited edition prints could be made, a second series of sliders and frames could be purchased so that once the exhibition run was complete the hospital would own a full series of paintings and they could be hung in the Age Related Unit for patients and staff to enjoy.

'*Can You See What I See?*' began as one individual painting created by Caroline Hyland Artist in Residence at TUH in reaction to a call out for a staff exhibition. Over the next 18 months with discussion, critique and encouragement Caroline developed a series of 12 hand-painted illustrations ready for a solo exhibition. The work is strongly informed by listening to people with dementia and to those who support them; their families, friends and medical professionals.



Thumbnail Sketches developing the series.

Through the medium of illustration, Caroline Hyland has taken an informative approach to the everyday, beautifully depicting supports she has learnt that may also help someone with dementia to live well or a little better. The overall purpose of the series is to complement the existing dementia awareness campaigns and add to the general public's knowledge of dementia so people can understand this disease together and support each other to live well with dementia.

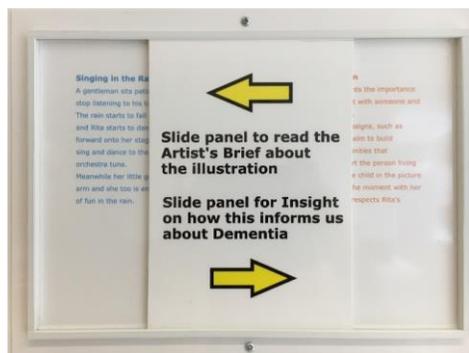
Receptive Arts – Art Commission Caroline Hyland

From the the TUH exhibition alone there were 150 feedback cards completed, with an overall positive response. Some comments received:

- ‘People want you to see who they are. Dementia is not who they are’ (Medical student)
- ‘Had we seen (the exhibition) while mam was affected we might have understood her better’ (Visitor, age 55+)
- ‘I think the use of art to communicate these messages; it sticks with you a whole lot more’ (male, visitor, 19-54)
- ‘Beautiful way to portray a powerful message’ (female, visitor, 19-54)
- ‘Send it to schools so everyone knows’ (female, visitor, 0-18)
- ‘Excellent exhibition and a great resource to have in the hospital for both patients/ visitors and staff’ (female, staff, 19-54)

To review a case study on Can You See What I See please go to:

<http://www.artsandhealth.ie/case-studies/can-you-see-what-i-see/>



The work is so powerful and has been extremely well received, the exhibition continues to be shown in many healthcare and educational settings and now Caroline is developing an educational workshop suitable for staff, carers, medical students and those with dementia to keep the conversation moving forward. She is also working on a book which will support the workshop and exhibition thanks to receiving funding from the Adelaide Health Foundation, New Initiatives Scheme.

Above is an example of a slider panel which accompanies each illustration, designed for the viewer to engage with the work and read information relating to the image and what it portrays, then by sliding the panel to the other side one can read information about dementia. This element of the exhibition invites viewers to use the sense of touch and sight.

Caroline Hyland is an illustrator and artist in residence in the National Centre for Arts and Health, Tallaght University Hospital. She believes information can be made more accessible to people through the medium of visual art. Her previous work as an Occupational Therapist in the intellectual disability services has increased her interest in the area of dementia and she is passionate about seeing the person and not just the condition. Through her weekly bedside art sessions, voluntary opportunities and illustrative work, Caroline actively strives to highlight the importance of supporting people to maintain interests and stay engaged.

In keeping with the criteria of accessibility the dissemination of the artworks has also included a desktop display, as seen in this image captured at SONASapc 10th Dementia Conference.

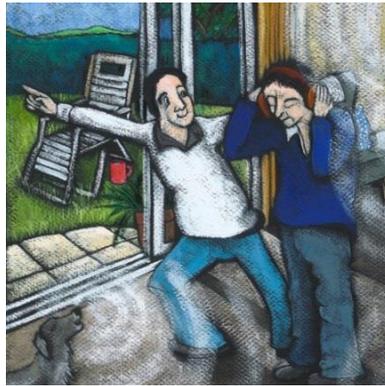


Receptive Arts – Art Commission Caroline Hyland

Cropped sections from each of the 12 paintings as posted on social media



Can You See What I See



A Welcome Escape



Let's Go Fly A Kite



The Reading Room



Remembered Treasures



The Officer's Quarters



First Dance



Leap Of Faith



The Nineteenth



The Captains Place



Singing In The Rain



Love

Receptive Arts – Dance Commission Ailish Claffey

Highlights of new work created and produced by

Ailish Claffey, Dancer in Residence Programme 2016-2018

2016 - 'BETWEEN SPIRIT AND SKIN' was created by Ailish Claffey in response to her experience working as dancer in residence at TUH and further developed within the HAVOC collaboration as part of Cathy Coughlan's residency at RUA RED Arts Centre. The piece was presented as part of Oil & Water in June 2016 supported by the Arts Council and South Dublin County Council.

<https://vimeo.com/179263175>

2016 - 'The Dance Back Home' is a video documentary exploring the role of dance within a healthcare setting created with patients and staff in the Age Related Unit in Tallaght University Hospital by Ailish Claffey (Dancer in Residence) and Deirdre Glenfield (Visual Artist in residence), in association with The National Centre of Arts and Health. To watch the documentary:

<http://www.artsandhealth.ie/case-studies/the-dance-back-home/>



2017 - Sensing Movement: A Dance, Health and Wellbeing Symposium curated by Ailish Claffey in collaboration with the National Centre for Arts and Health at Rua Red Arts Centre, Tallaght on 28 July 2017. The Symposium focused on crafting connection, building community and sustaining dance and health practice and sold out to an audience of health practitioners, movers, teachers, students and those searching to connect in new ways through the moving body. The symposium was comprised of a series of movement workshops, panel discussions, short presentations and film screenings from diverse voices including artists David Leventhal (Programme Director, Dance for Parkinson's Disease, Mark Morris Dance Group, Brooklyn, New York), Miranda Tufnell (UK based highly experienced dance maker and artist working in the field of healthcare - recently published her insightful book: When I Open My Eyes), Dr. Jenny Elliot (Chief Executive at Arts Care - a unique Arts and Health Charity based in Northern Ireland) and Dr. Glenna Batson (Fulbright Scholar). It also included the first screening of 'The Dance Back Home' documentary.

2018 – Resonating Raw

RAW, premiered at Rua Red from 5-7 July 2018. Resonating Raw presented as an inclusive live performance that looks at ageing (particularly dementia) with a diverse group of collaborators and performers. Exploring the fundamental need for connection and relationships, and in collaboration with live electronic musicians. Resonating Raw responded to Michael McCarthy's poem The Grief from The Healing Station book of poems and time spent in the Age Related Healthcare Unit. Raw Portraits is a series of film studies focusing on the subtleties and nuances of movement. It celebrates the beauty of vulnerability, particularly looking at ageing, and is created in collaboration with Cathy Coughlan. Claffey investigates how witnessing a person moving, no matter what the scale, is essentially witnessing what it is to be human. The resonance of each individual is so beautifully unique, vulnerable and moving. A short promotional film by Cathy Coughlan for Raw Portraits can be viewed here: <https://vimeo.com/274579811>

Receptive Arts - Volunteer Programme 2017-2018

Volunteering in the Arts

In the summer of 2017 the NCAH held a recruitment drive to secure and train new arts volunteers. To apply for the programme the artists completed forms in the 'Volunteer Registration Pack', supplied references and participated in Garda Vetting. Volunteers were then asked to commit to being available for 2 hours a week over a 20 week period during which time they have an opportunity to shadow artists and musicians to develop their skills in working with patients – many are often quite surprised to discover this type of work is not suited to all. There are many Volunteers who find the work very rewarding and wish to continue long after the 20 week timeframe.

Once all the paperwork was completed all Volunteer artists were invited to participate in a group Training and Induction Workshop with an opportunity to meet other members of the NCAH team. Presentations included an overview of the NCAH with talks from artists, musicians and a music therapist, training in hospital health and safety policy, hand hygiene and the hospital confidentiality policy was also delivered. Volunteers may be positioned in a variety of areas across the hospital including, Charlie O' Toole Day Hospital, Dialysis, Adult General wards and/or the National Children's Hospital. Some of our arts volunteers recruited in 2017 were as follows:

Sarah Douglas: Vocalist/guitarist providing music in dialysis

Regan O' Brien: Mindfulness/Breath awareness w/music 1:1 sessions in Burkitt Ward

Ciara Stapleton: Artist shadowing Lucia Barnes (Artist in Residence) – Dialysis

'RAMS in Rhythm' Men's singing group perform in hospital Atrium once a month

Arts Volunteers Sophie Lee (Piano) and Sean Kenny (Saxophone) performing in the Atrium



Volunteer Music Programme Highlights

Pianist Sharon Murphy provided music on both Webb Ward and in Age Related as a volunteer from 2014 – 2015. Under the Adelaide Funding Scheme 'New Initiatives' Sharon was then funded to play music on Webb Ward in 2015.

Pianist Sophie Lee and **violinist Emma Kendrick** provided music sessions for outpatients in the Charlie O' Toole Day Hospital (Age Related) in 2016. Sophie Lee then returned as a volunteer to Webb Ward in 2017. She was then funded as Musician in Residence in the National Children's Hospital (NCH) for the 'Soothing Sounds' programme in 2018. Other volunteer musicians who have provided great services in TUH **Ella Millet (Piano)**, **Sean Kenny (Piano and Saxophone)**, **Alison Ryan (Piano)**. In a survey of Dialysis patients regarding their experience of the volunteer music service 100% of those surveyed said it was **relaxing**. One patient commented:

You can close your eyes and not see what's going on around you – You forget you're on dialysis

Receptive Arts - Music in the Atrium

An Overview of Music in the Atrium



Clara Rose Monahan is a singer songwriter, vocalist, guitarist and music therapist in Age Related (TUH) her Music Therapy work is highlighted in the **Creative Arts Therapies** section, further on in the review. As an artist she has toured nationwide performing her own music and has released two original albums independently, *A Portfolio* (2010) and *The Offering* (2018). She is a gifted performer both as a solo act and with The Clara Rose Band, who are a regular feature at nationwide Blues Festivals. Clara Rose is also a featured performer with stage show *Ladies in the Blues* who perform in theatres across Ireland and are a regular favourite at the annual Cork Jazz Festival.

Clara brings together all these skills to inform her work including her part time role of Arts Assistant in the NCAH arts team (since 2017) one day per week. During that time she has performed professionally as a musician at various arts events and exhibition launches whilst also assisting in the organisation of many of these events. Entertainment highlights include: a performance with her family in The Atrium for 'Culture Night' (2017), performing at the

launch of the 'Forget-Me-Never' project (2017) and providing music for the congregations attending 'Service of Light' in Pastoral Care (each year).

A central part of the music programme in TUH provides live music performances in the hospital atrium which often doubles as a meeting point for patients, staff, visitors and volunteers. The atrium performances take place in the public seating area beside the volunteer coffee shop and contribute positively to the hospital aesthetic, altering the atmosphere and assist greatly in fostering a positive environment in the atrium. The NCAH has a core number of volunteer groups of musicians, choirs and individuals who perform throughout the year in the atrium alongside paid professional musicians who perform on a monthly basis, a combination that allows us provide a great variety of music, with something for everyone. Performances mostly take place midweek during lunchtime.

Jon Henderson has been our resident classical guitarist for over four years in TUH. Jon has been playing professionally for over 20 years and has enjoyed a diverse and interesting musical career which has made him a very versatile guitarist and musician. Once resident guitarist at the Café Royal's Green Room which hosted many artistes such as Pattie Boulaye, Alan Price, George Melly, Cybil Shepherd, Rita Collidge – to name but a few. Jon's repertoire includes Classical, Jazz, Rock and Pop music, to Spanish and South American music all of which is thoroughly enjoyed by patients, staff and visitors during his regular performances on the first Tuesday of each month in the Hospital Atrium. Jon has also been a featured guest performer at two of the Heartbeats – TUH Choir annual concerts.



Receptive Arts - Music in the Atrium

The RAMs in Rythm

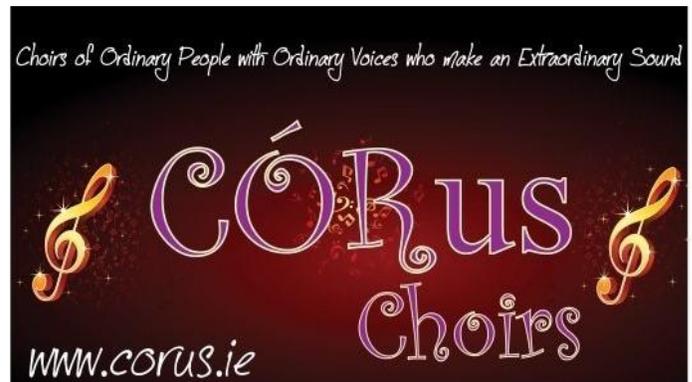


The RAMS [Retired Active Mens Social] are an active men's social group made up of retired men all from the South Dublin area. The group, which has its roots in Newcastle, is well-known around the Tallaght community for bringing music into a number of community settings, and for their fundraising efforts. We are delighted to have the RAMs as part of our regular music schedule in the atrium since 2015. They have graciously supported a

number of projects for TUH, including writing and performing a song for '**Hand Hygiene Week**' and most recently by providing a wonderful evening's entertainment for all during hospital celebrations for '**International Day of the Volunteer**' in December 2018.

Visiting volunteer music groups and individuals

CÓRus Choir are a national organisation who run community choirs regionally across Ireland. Locally there are a number of CÓRus choirs and under the direction of Fiona Sweeney and TUH have been brilliantly entertained by their wide variety of songs and fun loving singers. They have performed in the atrium at various times since 2018 and we look forward to more performances in the future.



Another visiting groups to note:
The RUGs (Rathfarnham Ukulele Group) who lit up the Atrium with their lively numbers, flowery shirts and bags of enthusiasm.

Dalida Arakelian Founder & Executive Director, Mindful Music, Jane & Terry Semel Institute for Neuroscience & Human Behaviour visited TUH from the University of California, Los Angeles in summer 2018. She performed her captivaing piece in the Atrium much to the delight of visitors, patients and staff alike.



Receptive Arts - Music in the Hospital

The Adolf Fredriks Chamber Choir



In December 2018 patients, staff and visitors were treated to a spectacular performance in the hospital atrium by the award winning Adolf Fredriks Chamber Choir. Starting in the atrium the choir performed numerous intricate musical arrangements with stunning harmonies sung in their native tongue. They continued singing as they formed a procession through the hospital corridors en route to the Age Related Unit, engaging directly with patients. They kindly performed some carols in English upon the request of a patient who insisted they had made her day. The youth choir perform the Sancta Lucia Concert each year to a sell out audience in Christ Church Cathedral celebrating light in the winter darkness and heralding the arrival of Christmas.



*(L to R)
The Choir with
Áine Lynch (Director of
Nursing), Alison Baker Kerrigan
(Arts Officer) Mairéad Shields
(Chair The Meath Foundation)
and Conductor, Christoffer
Holgersson.*

Receptive Arts - Music in the Hospital

A little history of Tallaght Hospital Choir

Starting off their singing journey as Tallaght Hospital Choir, 2013 saw the choir compete in the inaugural Workplace Choir of the Year competition. With a 45 member choir, Tallaght University Hospital proudly won 1st place in the Workplace Choir of the Year competition *singing 'A Spoon Full of Sugar' and 'Shoshone Love Song'* directed by choir conductor Amy Ryan and accompanist Hilary Moss. Over the years the choir has grown from strength to strength including performances with *The Chieftains, Garda and Army Bands and Sounds Ensemble* celebrating *'International Day of the Volunteer'*.



In



2016 after an eighteen month break the Arts Office reformed the choir under the direction of Alan Kelly. *'Do-Re-Mi!'* was the culmination of the years work and first solo concert for the choir, performed to a full house.

September 2017 saw the appointment of new choir director and Tallaght native, Michael Fay who successfully guided the choir through the years performances including: the *TUH Christmas Carol Service* on invitation from Pastoral Care, competing again in the *'Workplace Choir of the Year Competition'* in the Clasac Theatre, Dublin and producing a second Summer Concert *'You've Got a Friend'* in May 2018.



The busy schedule continued in 2018 with performances in the Hospital for Culture Night in September, a pop up lunchtime Christmas session in the atrium not forgetting the Choir's tradition of singing Christmas Carols to patients on the wards during Christmas week. This usually consists of approximately three hours of non stop carol singing, delivering Christmas cheer and good wishes will to approx 80% of patients on wards!

Receptive Arts - Music in the Hospital

The Hospital Workers Song - In Context 4 – In Our Time, SDCC



As part of the In Context 4 Series of collaborative Arts Projects funded by South Dublin County Council, the Choir was approached by visual artist Fiona Dowling and composer George Higgs to collaborate and with them. The aim was to create a musical portrait of South County Dublin's economic profile through the format of a work song.

Through a series of interviews and recordings with each specific group the artsists would compile rhythms, cycles, movements and sounds of work routines and transform into songs which would then be performed by workers. The Hospital Worker's Song was directly inspired by interviews and conversations between Fiona Dowling and the choir members. The final song was performed in Nov 2018, in the Robert Graves Post Grad Room with the artists, singers, project curators and audience members participating in a Questions and Answers session afterwards.

The Hospital Workers Song is the fourth work song of the series. The song was composed by George Higgs, inspired by Fiona Dowling's interviews, directed by Michael Fay and sung by the TUH Choir (with hospital staff members from areas including nursing, radiography, labs, mental health services, arts, reception, administrators and retired staff members also). All Work Songs were commissioned under IN CONTEXT 4 - IN OUR TIME, South Dublin County Council's Public Art Programme for 2016-2019 under the Per Cent for Art Scheme. To hear the songs please visit: <https://www.incontext4.ie/projects/work-songs>

Another particular highlight for the Choir was performing live on RTE Radio One on the 22nd of December 2018 as part of a Christmas Special, broadcast directly from TUH conducted and accompanied by Michael Fay.

If you are a staff member of Tallaght University Hospital (current or retired) and interested in joining the choir please contact us at: heartbeatschoir@tuh.ie



4 Creative Arts Therapies



CHI at Tallaght Art Therapy – Aimee O’Neill

- Introduction to Creative Arts Therapies in CHI at Tallaght
- Aims of the Childrens Arts and Health Service
- Creative Arts Therapy - Art Therapy Case Examples 1 - 3
- STAND Programme & Work presented at ISPAD
- Diabetes Choice Art Workshops & PhD News



CHI at Tallaght Music Therapy – Alison Sweeney

- Music Therapy in CHI at Tallaght
- Redeveloping the Model of Practice
- Creative Art Therapies Information Day 2018



Art Therapy in TUH – Aimee O’Neill

- Creative Arts Therapies Information Day 2018
- Chronic Pain – 5 Examples of Creativity & Wellness



Music Therapy in ARDH – Clara Monahan

- Individual and Group work - referrals
- Ward work & Radio Interview / Lecturing
- Links with UL - MT Placement in TUH
- Rory Adams in Psychiatry Dept.

Creative Arts Therapies - Introduction

Arts and Health Programme in CHI at Tallaght

In 2018 the Arts and Health Programme in CHI at Tallaght (previously known as the National Children's Hospital) completed eighth year of development as a nationally leading innovative programme of Creative Arts Therapies and Paediatric Arts and Health. In 2016 generous support from the National Children's Hospital Foundation allowed us to increase the creative arts therapies available at the hospital by appointing a music therapist to lead the development of a new music therapy service. The Arts and Health Programme in CHI at Tallaght is innovative in that it remains the only one of the three main paediatric hospitals to provide an art therapy service to its patients as well as the only one to have a designated programme incorporating both arts and health practice and the creative arts therapies. This multi-disciplinary approach offers patients more than diversionary arts and crafts projects. The Children's arts and health programme introduces the healing power of the arts to our patients and provides avenues of expression, choice and control to children experiencing emotional pain and challenges.



'Art is my medicine'

Art and quote by
Gabbi, 8-year-old CF
Patient

CHI at Tallaght, Arts and Health Mission Statement

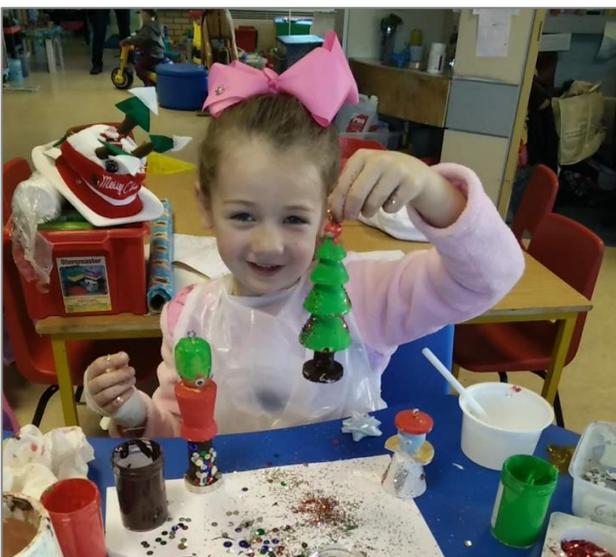
The Arts and Health programme recognises that the arts are integral to health and aims to enrich children's experience of hospital through access to high-quality arts programmes as well enhancing and supporting the emotional well-being of the hospitalised child through evidence-based creative arts therapies within an innovative model that brings together professional artists and musicians with accredited creative arts therapists.

Creative Arts Therapies - Introduction

Aims of the Children's Arts and Health Service

- Improve patients' experience of hospital and overall well-being through access to high-quality arts and music programmes delivered by professional artists and musicians
- Assist patients and families in expressing and exploring their thoughts and feelings related to illness and hospitalization through an evidence –based creative arts therapies service
- Work within a multi-disciplinary care model to deliver age appropriate, tailored creative interventions and treatment plans to support psycho-social aspects of patient care
- Using arts-based modalities as a means of addressing goals and needs while building strengths, resilience, and wellness
- Enhance the hospital environment through exhibitions, performances, displays of patient art and environmental projects
- Promote and research the value and efficacy of the arts and arts therapies in paediatric healthcare

Moments from the Arts and Health Service



Creative Arts Therapies in CHI at Tallaght

Creative Arts Therapies at CHI at Tallaght

The creative art therapies are provided by Aimee O'Neill, IACAT Reg. Art Therapist, and Alison Sweeney, IACAT Reg. Music Therapist. The creative arts therapies aim to help improve patients' emotional wellbeing, reduce symptoms such as anxiety, confusion, pain and depression, and support mental and physical rehabilitation through arts-based interventions within a therapeutic framework. Creative arts therapists are psychological therapists who have arts-based experience plus training in psychological interventions using drama, music or art. The creative arts therapies can play an important role in a holistic approach to healthcare by presenting opportunities for children to process some of the difficult emotions surrounding hospitalisation and illness within the context of enjoyable and meaningful therapeutic interventions. The creative art therapies service is made possible to generous support of the NCH Foundation and the support of the Paediatric Outpatient department.

Art Therapy

In art therapy art materials are used for self-expression and reflection in the presence of a professionally trained therapist. Art therapy provides a safe space and a creative outlet for children and adolescents to express complex feelings around a new diagnosis, illness, medical procedures and hospitalisation. In art therapy the focus of the work is on the process of art making, and any emotions and thoughts revealed, as opposed to the finished art product. Below are some examples from clinical practice to illustrate how art therapy can be integrated into models of care to support the psychosocial needs of the patient (all patient names have been changed to protect patient confidentiality):

"I have accessed this service [art therapy] to help children process some of the difficult feelings around hospitalisation and illness. The direct feedback, from both families and other members of the team, have been that children have felt better able to communicate and express complex emotions through art"

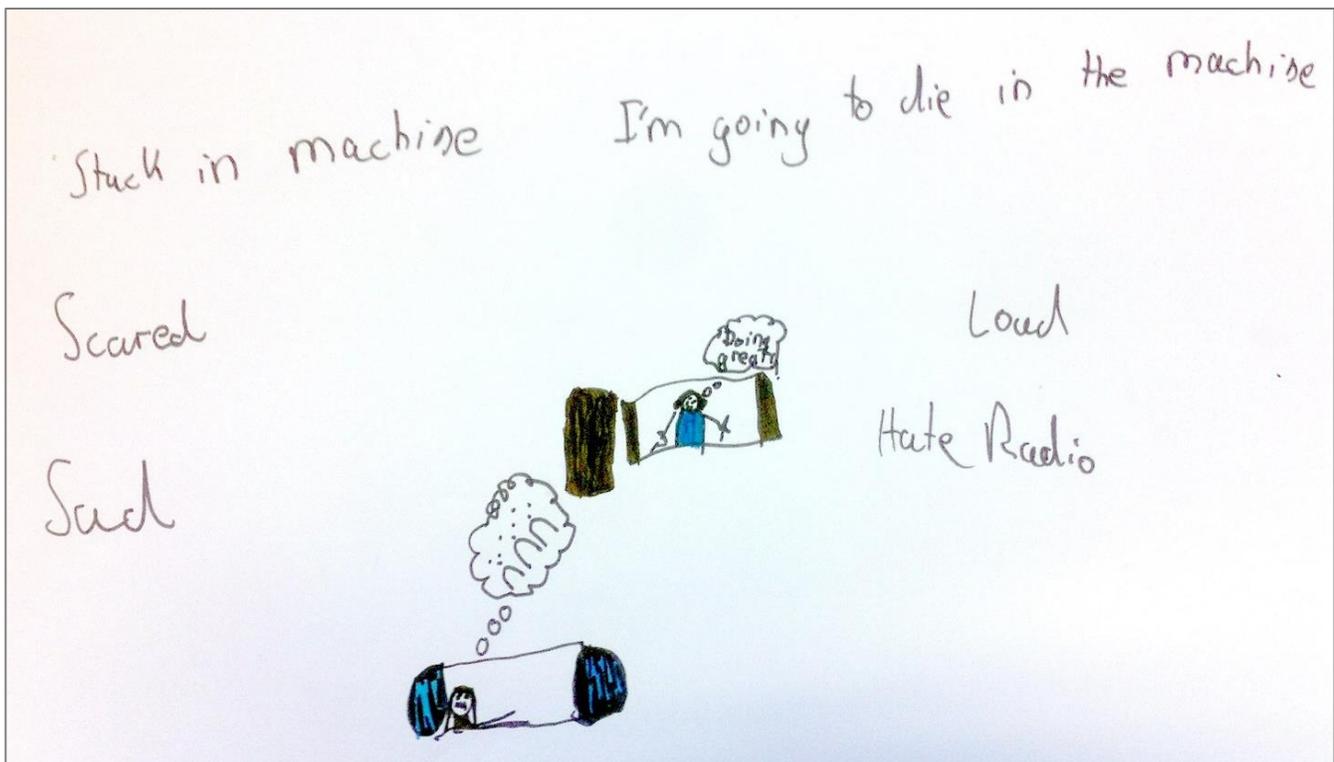
Dr Andreas Kyriakou, Consultant Paediatric Endocrinologist

Art Therapy in CHI at Tallaght

Outpatient Service Case Example 1

Laura was eight years old and had been diagnosed a year and half with Myoclonic Epilepsy when she was referred to art therapy for procedural distress in relation to an anxiety around having a MRI scan. She had been left extremely anxious following a previously attempt where she had panicked and had to stop the scan. She would have to wait a longer time to have an MRI under general anaesthetic and her medical team was keen for her to have a scan as soon as possible. It was hoped that art therapy would help her process some of her fears and develop coping tools to support her having an MRI scan. It was also hoped that art therapy would build her self-esteem, which had been affected by her epilepsy diagnosis.

In the first image Laura drew her experience of having an MRI. She has expressed fears of getting stuck and dying in the machine. She has left out much colour from the picture drawn herself as a tiny stick figure. In this way she conveyed how scared and vulnerable she felt.



Drawing 1 by Laura

Laura worked with the art therapist for over a number of weeks. She processed her fears and worries and was helped to develop coping mechanisms such as breathing and relaxation exercises. The work culminated in the creation of a stop motion animation in which Laura was able to play out each step of the procedure, from meeting with the hospital play specialist and trying out the MRI simulator, to having her MRI. Through this process Laura was gradually exposed to her fears of the MRI.

Through her art she could safely play out and process her worries with the therapist and practice the coping tools she had identified. This built her confidence and allowed her to accomplish her goal of having her MRI without a general anaesthetic.

Art Therapy in CHI at Tallaght

Outpatient Service Case Example 1 cont'd



Drawing 2 by Laura



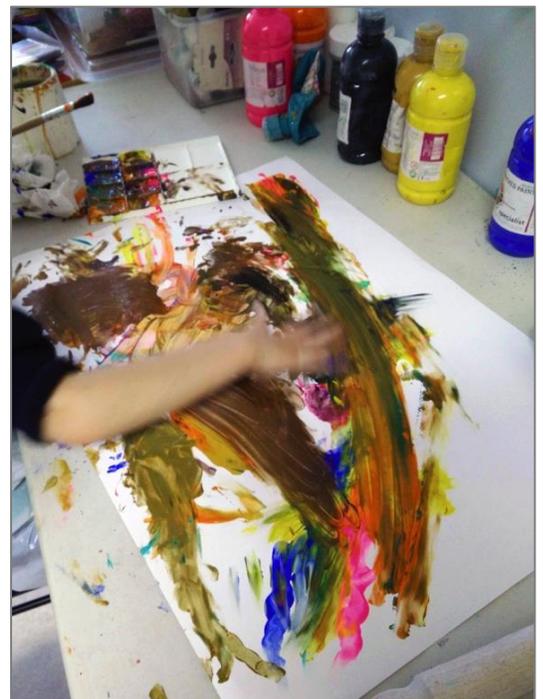
Drawing 3 by Laura

Art Therapy in CHI at Tallaght

Outpatient Service Case Example 2

Aisling was 5 years old and diagnosed with Type 1 Diabetes. She was referred to Art Therapy due to expressing frustration with her condition and resenting the fact that her twin sister not have it. This resulted in angry outbursts and difficulties in regulating her emotions.

During her sessions Aisling engaged frequently in mess-making and messy play. In art therapy mess making can be a way of releasing messy feelings that are too difficult to express with words or for which there may be no words, feelings that might be internalised and expressed as behaviours such as acting out, angry outbursts etc. In therapy opportunities are created for children to express those feelings safely through the setting of boundaries as otherwise it might become chaotic discharge and overwhelming for the child.



For Aisling art therapy provided a safe space to release some of her difficult feelings and frustrations with her condition symbolically through her art making. Having weekly 'special art time' at the Hospital also helped reduce the resentment she felt about her sister not having the condition and helped her to develop positive associations with attending hospital.

Art Therapy in CHI at Tallaght

Outpatient Service Case Example 3

In medical art therapy we combine various creative approaches to support patients to cope with their illness. Art therapy integrated with cognitive behaviour, relaxation and mindfulness-based techniques help children to process and learn to manage overwhelming feelings associated medical procedures. In the following photos hospital medical equipment has been used in the creation of artworks to help children process some of their fears and phobias and to help them adjust to medical regimes.



Using medical equipment in art processes helps to desensitise patients, normalise the equipment and give it positive associations.



Some of the medical equipment used in medical art therapy sessions (above right) and below some 'Mio-cases' from the diabetes pump (which would have originally housed a small needle to attach the pump to the patient) are now converted into friendly 'Mio-bugs'.



Art Therapy in CHI at Tallaght

Outpatient Service Case Example 3

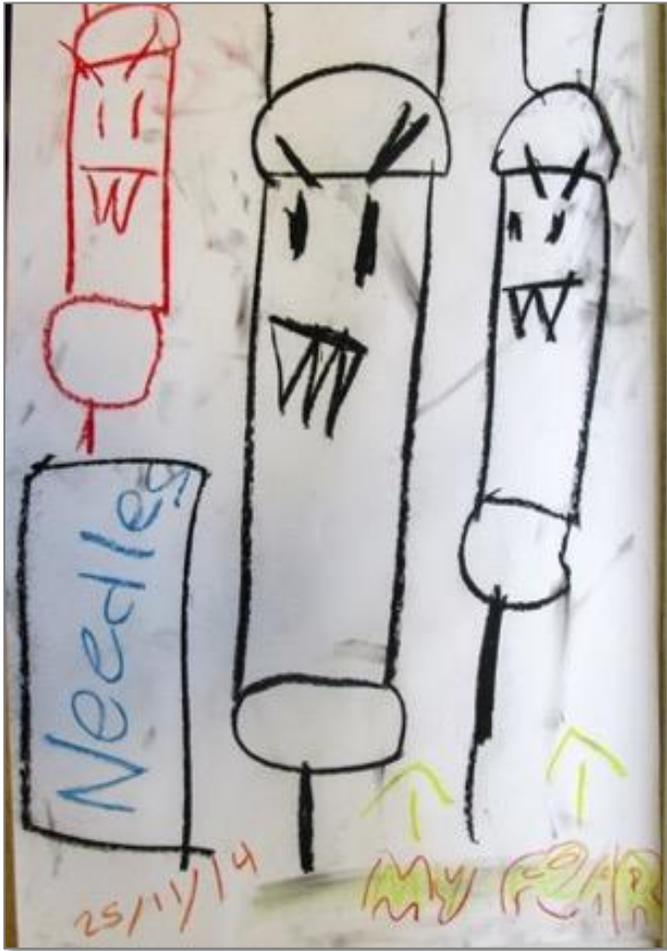


Image left, a patient expresses their fear of injections through a drawing and in the image on right the patient creates art with syringes to help desensitise and transform negative associations with the medical equipment.



QUOTE:

“Enabling children to express their emotions and struggles through art has been therapeutic and rewarding. The approach engaged by Aimee O’Neill is warm, enthusiastic and caring and convinces me of the imperative of including Art Therapy as a core management tool in paediatric medicine.”

Dr Ciara McDonnell,
Consultant in Paediatric Endocrinology & Diabetes

Art Therapy in CHI at Tallaght

The STAND Programme

2016 saw the development of an exciting new diabetes programme called STAND. Aimee O'Neill, art therapist, co-developed the programme with the psychology and medical social work departments. STAND is an intervention for teenagers living with Type 1 Diabetes that combines art therapy and clinical psychology in a group format. A support group for parents is facilitated alongside by a medical social worker. To date six STAND groups have been facilitated with 56 patients between the ages of 12 and 18 and their parents benefitting.

Type 1 Diabetes is a challenging condition to manage on a daily basis and places an additional burden and stress on the teenager. The group uses art therapy directives that explore themes such as identity, perception of illness and coping and aims to build networks and support amongst young people living with Type 1 Diabetes. The STAND group programme has received very positive feedback and is now an integral part of the paediatric diabetes service. In 2017 the Diabetes Team were awarded the accolade of Clinical Team of The Year at the Irish Healthcare Centre Awards, which acknowledged their innovative and holistic approach to patient care by incorporating programmes such as STAND to better support patients and their families.

Below is some feedback and images from the STAND programme participants:



STAND
Image 1

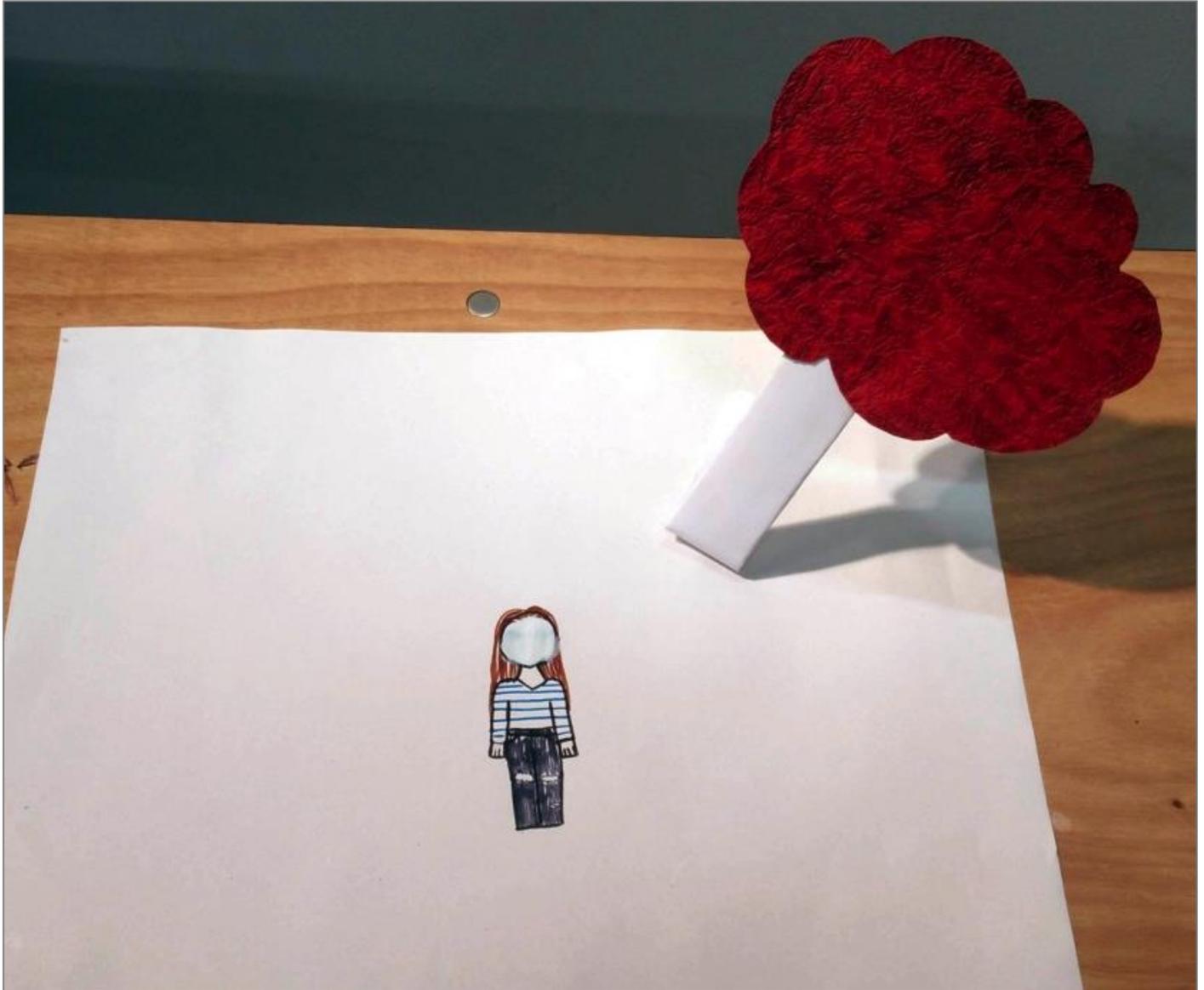
A patient explores her inner and outer resources that help her cope with living with type 1 diabetes.

Art Therapy in CHI at Tallaght

The STAND Programme continued...

Art therapy directive: 'Create a visual symbol for your diabetes'.

Please take a moment or two to consider what the patient is depicting in her image
her own description is noted at the end of this page.

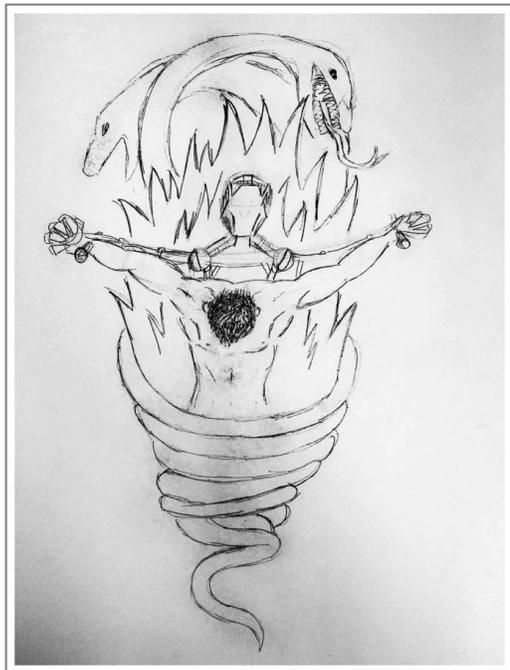


STAND Image 2

The patient chose to portray her diabetes as a swirling cloud of blood that follows her everywhere she goes, creating a sense of it looming over her and not being able to get space from it. The patient has drawn herself quite small compared to Diabetes, reflecting its perceived impact on her and her life. She has and not included her feet possibly implying a sense of not feeling grounded. Her face is masked over, which may reflect her tendency to mask her emotions.

Art Therapy in CHI at Tallaght

The STAND Programme continued...



STAND Image 3

Art therapy directive:

'Create a visual symbol for your diabetes'.

This image by a 16-year-old patient represents his sense of feeling persecuted and ensnared by his diabetes.

STAND Image 4

A body map exploring a patient's personal identity, connections and the support structures in their life.

The red section symbolically represents her diabetes and her diabetes pump can be seen attached.



Art Therapy in CHI at Tallaght

The STAND Programme continued...



STAND Image 5: This patient recalled being diagnosed with diabetes at the age of 13. He described it as feeling like he had hit a wall because much of his freedom was taken away and all of a sudden had to deal with all these new responsibilities to manage his condition. He depicts diabetes symbolically as a giant wall, with life continuing on the other side. He describes it being too big to get round or to climb over. The only way to deal with it is to chip his way through bit-by-bit as he learned to manage and cope with his condition.

The same participant presented the image on the right in the final session of the group. The group members had taken a 'selfie' together. In the background this participant has superimposed his 'diabetes wall' but now it contains a large hole. He spoke of the group empowering each other and working together to symbolically break through the 'Diabetes wall'.

Feedback from participants:

"Can the art [therapy] group happen every Thursday from now on?!" Patient aged 14

"We're bonded for life. This is our little diabetes family" Patient aged 15

*"I would really recommend the group to anyone that ever asked...
I wish I was still going to it right now if I'm being honest"* Patient Aged 17

*"I realised that everyone was going through the same difficulties as me...
it just really helped and I got back into the swing of things"* Patient aged 16

Art Therapy in CHI at Tallaght

The STAND Programme – Poster presentation of research from the STAND programme at the International Society for Paediatric and Adolescent Diabetes Conference 2016

In October 2016 Aimee O'Neill was given the opportunity by the NCH Foundation to travel to the International Society for Paediatric and Adolescent Diabetes (ISPAD) Conference in Valencia Spain. Together with members of the diabetes psychosocial team they presented a research poster outlining the development of STAND





Developing the Support Through Art and Networking in Diabetes (STAND) Programme

Claire Crowe, Ciara McDonnell, Andreas Kyriakou, Vincent McDarby, Karen Farrell, Helen O'Byrne, Aimee O'Neill

why a group?

Audit of 135 patients with Type 1 Diabetes and their contact with a peer with diabetes:

- 60 % No contact
- 40 % Contact
- Of those only 10% reported having had a meaningful conversation with another diabetic

n = 135



methods

Participants
Inclusion Criteria: 16 – 18 year olds with highest levels of identified risk (rated 1 (no risk) 2 (risk to psychological or medical wellbeing) and 3 (psychological and medical risk) Age Matched Controls: 16 – 18 year olds with same level of identified risk attending clinic as usual

Structure

1. 5 week programme of 2 hours psychotherapy and art therapy facilitated by a clinical psychologist and a clinical art therapist
2. Use of social media to facilitate ongoing social support between sessions
3. Parallel parent support group for parents

Analysis
Quantitative: Psychometric battery administered pre and post group
Qualitative: Content analysis of interview with participants and facilitators post group

introduction

Adolescents with T1D are particularly vulnerable to higher levels of psychosocial distress and lower quality of life, when compared to adults and children with the same condition (Insabella et al., 2007). Adolescents spend a lot of time with friends and report stress associated with feeling different from their peers due to their diabetes, not being able to share concerns with their friends, and being afraid of telling their peers about their condition (Hains et al., 2006). Group interventions can provide adolescents with T1D with the psychological support they require from their peers (Davidson et al., 2004). Extensive evidence supports the success of psychosocial interventions in improving health outcomes (e.g., Loding et al., 2008). In addition, Harel and colleagues (2013) found improvements in psychosocial difficulties in adolescents with T1D after a clinical art therapy intervention.

group themes

- **Week 1:** Loss of Identity (Northam et al., 1996)
- **Week 2:** Illness Perception (Mc Grady et al., 2014)
- **Week 3:** Coping Skills (Leventhal et al., 2012)
- **Week 4:** Relationship Conflict (Delamater et al., 2007)
- **Week 5:** Transition (Dovey Pearce et al., 2005)

Week 2 - Visual symbol to represent a participant's perception of their illness. The pictures depicts feeling persecuted and ensnared by diabetes





Week 1 - "The ugly side of diabetes" - a participant's exploration of loss of identity



Week 3 - Exploring internal and external resources that help with coping with their illness



Week 4 - A participant explores the importance of their relationship with their brother in supporting them



Week 5 - The bridge as metaphor for transitioning. The left depicts present struggles, the scribbles represent uncertainty whilst the future, to the right, contains symbols for laughter, courage and friendships

preliminary outcomes

Attendance
3 participants missed one group each
Attrition: 1 17 year old male dropped out

Service Development
New model of service delivery established based on conclusions drawn by adolescents including:

1. Adolescent only clinic
2. No waiting area, instead attend a group room for informal chats, games, refreshments, interaction
3. Education on diabetes with peers in group area
4. Medical appointments without parents.

The STAND Programme has now become an integral part of our clinical practice with the preliminary outcomes supporting research that has found that combining group based therapy into models of clinical care is an effective way to enhance standard medical care (Anderson et al., 2007).

New Social Media Initiatives
Participants set up the Worldwide Association of Diabetics (W.A.D.) "A support group for people with diabetes: A place to share their experiences and difficulties in a safe environment whilst also making new friends"

what they said...

I had that psychologist when I was small and then art (therapy) but none of it made a difference - not like this. Don't get me wrong like I love you (Aimee), but I never realised I wasn't the only one who had problems and stuff until I came here.

We're bonded for life. This is our little diabetes family.

Its the first time I've had real friends - you know who don't think I'm a freak (because of my diabetes) or something



The image on the left depicts a participant's perception of their illness. He viewed diabetes as a large wall getting in the way of his life. The same participant presented the image on the right at the end of the group. The group members took a "selfie" together. In the background this participant has superimposed his diabetes wall but now it contains a large hole. He spoke of the group empowering each other and working together to break through the wall.



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ISPAD 2016 20th Meeting
October 26 – 29, 2016 | VALENCIA, SPAIN
Innovation and New Technologies Enriching Care in Diabetes



Thanks to the National Children's Hospital Fundraising Foundation for their generous support of the STAND programme and this research



Art Therapy in CHI at Tallaght

Diabetes CHOICE Programme

As part of the Diabetes CHOICE Programme, an educational programme for patients and their families, Aimee facilitates an art workshop to promote awareness around managing anxieties and worries related to having a chronic illness. Below are some of the wonderful “worry monsters” created by patients in these workshops. Each patient wrote worries down which were shared and explored with the group and then wrapped inside the head of each worry monster.



Art Therapy - PhD News

The NCH Foundation generously awarded Aimee O'Neill funding for tuition fees to allow her to undertake a PhD and further research her work with patients in CHI at Tallaght. Her study is being supervised by Dr Charlotte Wilson through the School of Psychology, Trinity College Dublin. This study aims to demonstrate the feasibility, value and efficacy of clinical art therapy in a paediatric setting through group interventions for patients with a diverse range of medical diagnoses through a randomised control trial. Aimee has developed a group protocol that integrates positive psychology, narrative and mindfulness-based therapy with art therapy.

This research will contribute to a model of care for an evidence-based clinical art therapy service for the New Paediatric Hospital. This study will be the first PhD in Ireland on art therapy in a paediatric hospital, one of only three Art Therapy PhDs in Ireland and the first with a specific focus on clinical outcomes for children. This study builds on pioneering work at Tallaght University Hospital developing the only art therapy service for children in hospital in Ireland over the last 6 years and will support this national innovation with rigorous outcome based research to direct the service in the future.



Trinity
College
Dublin

The University of Dublin

Music Therapy in CHI at Tallaght

Music Therapy is the intentional use of music to promote positive health. The music therapy service at the National Children's Hospital was set up at the end of October 2016. The service was kindly funded for a 3 year period by the National Children's Hospital Foundation and is operated by Alison Sweeney, IACAT registered Music Therapist and Music Therapist at sister site, Temple Street Children's Hospital. The core aim of the programme is to deliver evidenced based Music Therapy interventions to sick children within a family centered model of care. We strive to improve the child's experience of hospitalisation by promoting positive experiences with a member of the hospital team within a therapeutic context.

Our objective is to encourage children to express themselves whilst in hospital; to acknowledge their personal experience of hospitalisation/illness within the safety of a secure, trusting therapeutic relationship and in a bid to practice and develop positive coping skills.

The Music Therapy service is operated on a one day per week basis over the course of a three year period. The

Music Therapist researched and purchased resources for the Music Therapy service as per the individual needs of the NCH setting. A music trolley was also purchased to transport these musical instruments to the ward and outpatient settings as well as ensuring the service was completely 'mobile' and could be brought to the child.



Outpatient Service

Due to a lack of suitable clinical space available during the morning and early afternoon hours the NCH Hospital School kindly made the school available in late afternoon/early evening for the Music Therapist to conduct outpatient sessions. Although there was positive feedback from parents the space proved too difficult to continue the sessions in. A maximum of only three outpatients per day could be scheduled for time appropriate reasons. Many of these patients were young children aged three years + who were already tired upon arrival to their scheduled therapy session. Within these sessions, children were given the opportunity to work on various goal areas as appropriate to their individual needs. A specific Music Therapy programme supported each child in this process.

Parental feedback re outpatient session results:

'I can't thank Alison enough. She was amazing and has a great way with children. She immediately understood how to deal with and help X who can be quite difficult at times. She gained so much from the experience I will forever be grateful. I also thoroughly enjoyed the sessions. It was great to see a different side to X in terms of her creativity.'

Music Therapy in CHI at Tallaght

Redeveloping the Model of Practice

The Music Therapist instead re-developed the programme and offered the teams within the NCH the option of availing of a 6 week Music Therapy programme which was to be inpatient based or offered as part of another therapy service in an outpatient capacity, thus utilising their identified clinical space. The service design was expanded and contained the following strands; a) Joint work with Speech and Language Therapy, b) Individual work in the Emergency department and POD, and c) NCH inpatients.

Total number of respondents; 4	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know
I feel that my child benefitted from the presence of a music therapist.	2	2			
I was treated well by the music therapist.	3	1			
Overall, I felt the music therapy input was good.	2	2			
Singing can help the development and practice of language skills as it promotes vocalisations and sounds.	2	2			
I feel that my child would benefit from future joint sessions with a music therapist.	2	2			

Joint Speech and Language/Music Therapy Groups

A joint Music Therapy/Speech and Language Therapy group was developed through thorough consultation with the Speech and Language Therapy (SLT) team which focused on the use of Music Therapy (MT) and SLT techniques to promote communication in young children. Approximately four to five children attended each group which was co-facilitated by two SLTs and one MT. An evaluation of the programme identified the following via parental questionnaires. Numbers indicate the total number of respondents who identified each response

Emergency Department/The POD

The Emergency department and the POD (Paediatric Observational Department) was offered a 6 week Music Therapy programme. This service was designed to respond to the 'in the moment' needs of patients and families. Referrals came from the nursing team, with the most common referral reason being anxiety/fear. The role of the Music Therapist in this instance was to present therapeutic interventions for the child and family (as appropriate) to engage in whilst building trust and alleviating stress and anxiety. The service was very well received by both patients and families. Many children stopped crying as the music began and became so engaged and captivated by the music that they were distracted from their pain and discomfort, if only for just a short time.

"Music therapy is the best thing to happen to a children's hospital"

Creative Arts Therapies Paediatrics and Adults

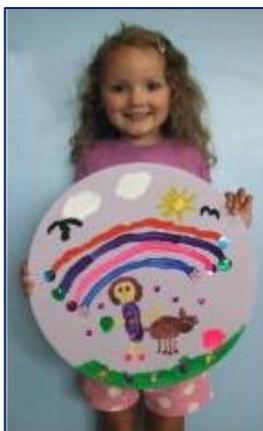
Creative Art Therapies Information Day 2018



An initiative developed by our Creative Arts Therapists supported by the Arts Office and the NCH Foundation to host an information Day about Creative Arts Therapies Practice in Hospital Care. The inaugural information day was facilitated in March 2018 by therapists collaborating from adults and paediatrics services. A drop in session with information stand on hospital street was

provided where staff, patients and members of the public could engage directly with our art and music therapists and chat through the services offered. The stand included a poster display and participative quiz with lots of great prizes.

The day also featured a 'Lunch and Learn' session entitled 'Creative Arts Therapy Practice in Paediatric Hospital Care'. Presentations were held by Aimee O'Neill, Art Therapist (CHI at Tallaght), Alison Sweeny, Music Therapist (CHI at Tallaght and Temple Street) and Aine Mohoric, Music Therapist (of CHI at Crumlin) speaking about their respective work in each of the three children's hospital sties. All presentations were very pratical, exploring the use of the Creative Arts Therapies through case studies. Lunch was provided for all participants and time allotted for Q and A's.



Art Therapy in Tallaght University Hospital

Health and Wellness Group (Adult)

A community based art therapy group for people living with chronic pain

The Health and Wellness group is a community based art therapy group for people with chronic pain, which arose from a number of pilot art projects for patients with chronic pain. It was proposed that an art therapy group could assist with the emotional and psychological issues arising from living with chronic pain, which were reported to have come up from people during the art groups. The first art therapy group was held in 2012 and to date a total of five, 10-week long groups have been facilitated with funding from the Meath Foundation. The groups are jointly advertised through the Hospital and through Chronic Pain Ireland, a voluntary organisation that supports people living with chronic pain and facilitated off site in RUA RED South Dublin Arts Centre, adjacent to TUH.

Chronic pain is defined as pain that is experienced on a daily basis for more than six months and is a growing public health problem affecting approximately one in five people in industrialised nations and two in five in the developing world (Fullen, Hurley, Power, Canava, & O’Keeffe, 2006. Chronic pain results in significant financial costs including lost productivity from work, healthcare costs, insurance and disability payments.) 19% of patients with chronic pain are diagnosed with depression.

The art therapy group provides a space for reflective self-expression through creative activities and aims to offer opportunities to gain a sense of control over difficult emotions and life situations, improve self-acceptance and self-esteem, enhance adaptive coping skills and reduce stress. The group combines mind-body approaches such as mindfulness and visualisation, with creative expression and group processes. “The combination of Mind-Body Awareness and creative expression leads the patient to become more aware of the quality and context of their pain experience, to address underlying emotional issues, and to access inner resource that they have not yet been in touch with. As the patient learns to move beyond the limitations of their pain, they gain insight about herself, optimism for the future, and a sense of empowerment in everyday life.” (Jurgen Fritche)

"Art Therapy was far more powerful than I imagined it would be. It raised many issues for me both related and unrelated to my pain ... I feel that I have moved from a 'stuck' place. I worked through feelings of anger, judgment of myself and others, and upset both in relation to my condition and other areas of my life. I feel that I have found a more accepting place in myself"

Participant

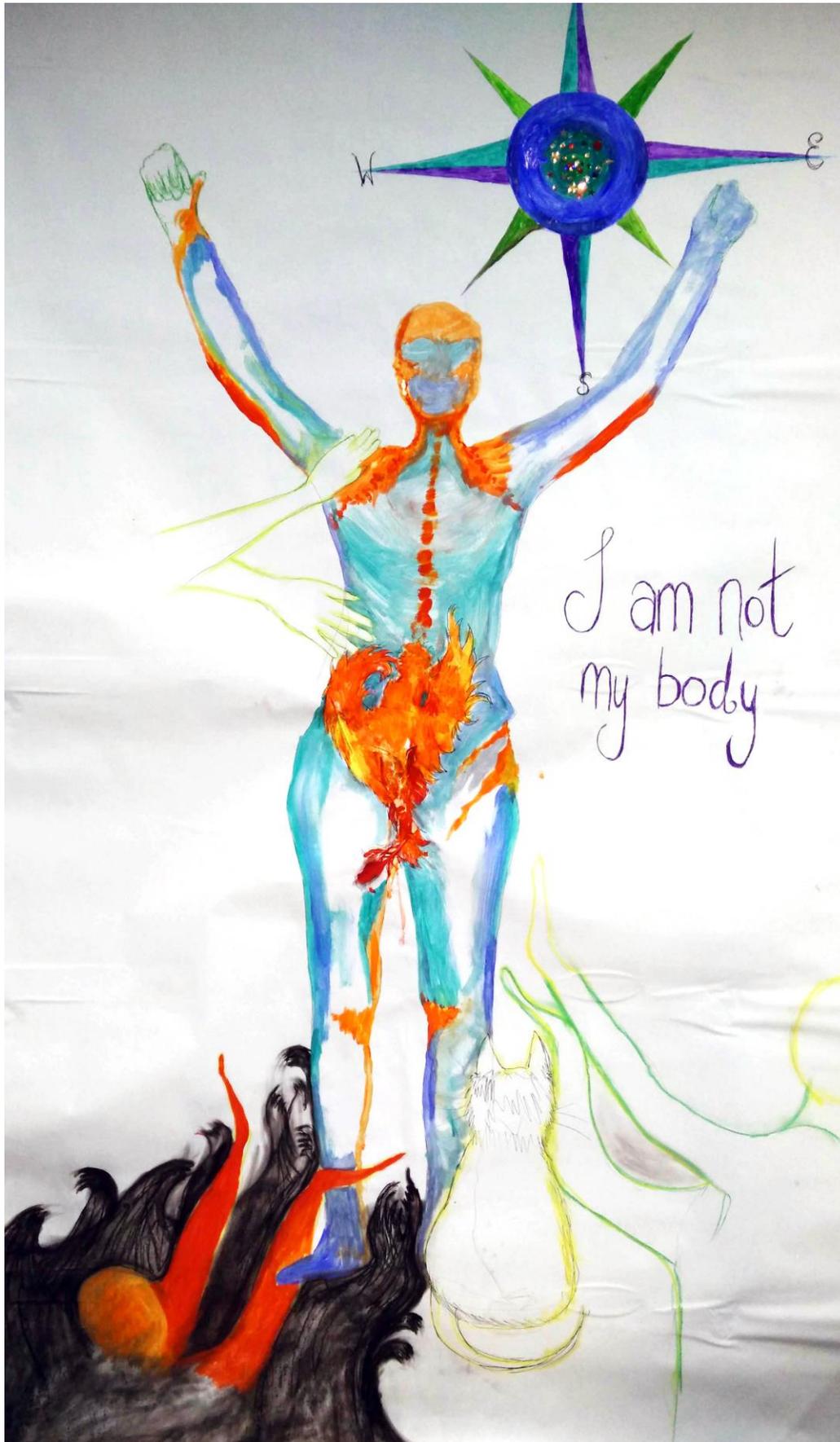
"This group was exceptional, the art therapy brought us together as a group... Very personal, I've never opened up like that before... When I left the group I had a calmness... it was my time"

Participant

5 examples of powerfully descriptive artworks created by group participants follow...

Art Therapy in Tallaght University Hospital

Health and Wellness Group – Example 1



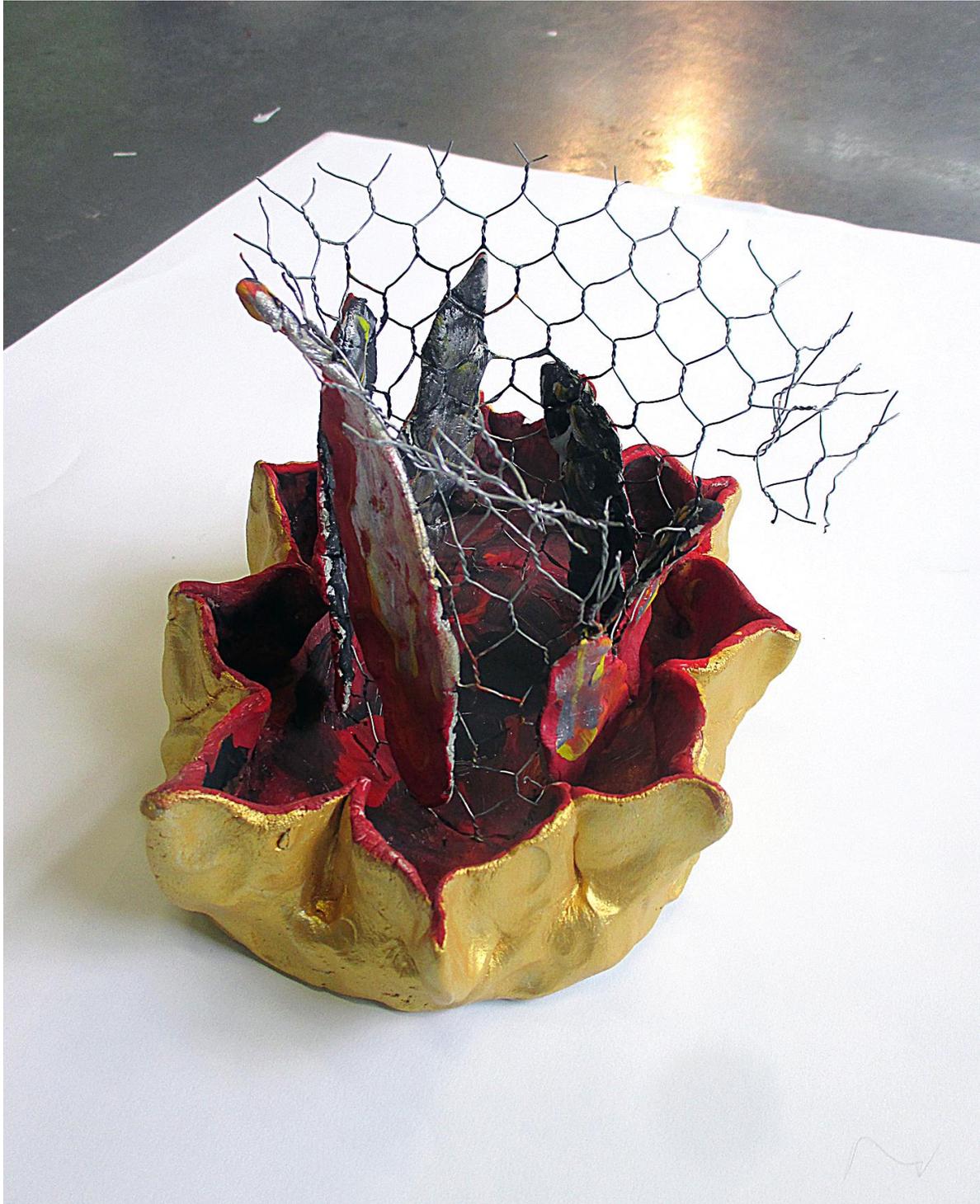
“I am not my body”:

A life-size body map. The lower left depicts those who were negative influences or deserted her after the patient developed her chronic pain condition. The lower right shows her supports. The red marks depict her pain, whilst the centre reveals the phoenix rising from the ashes. The compass represents her journeys yet to come.

This is an image of hope.

Art Therapy in Tallaght University Hospital

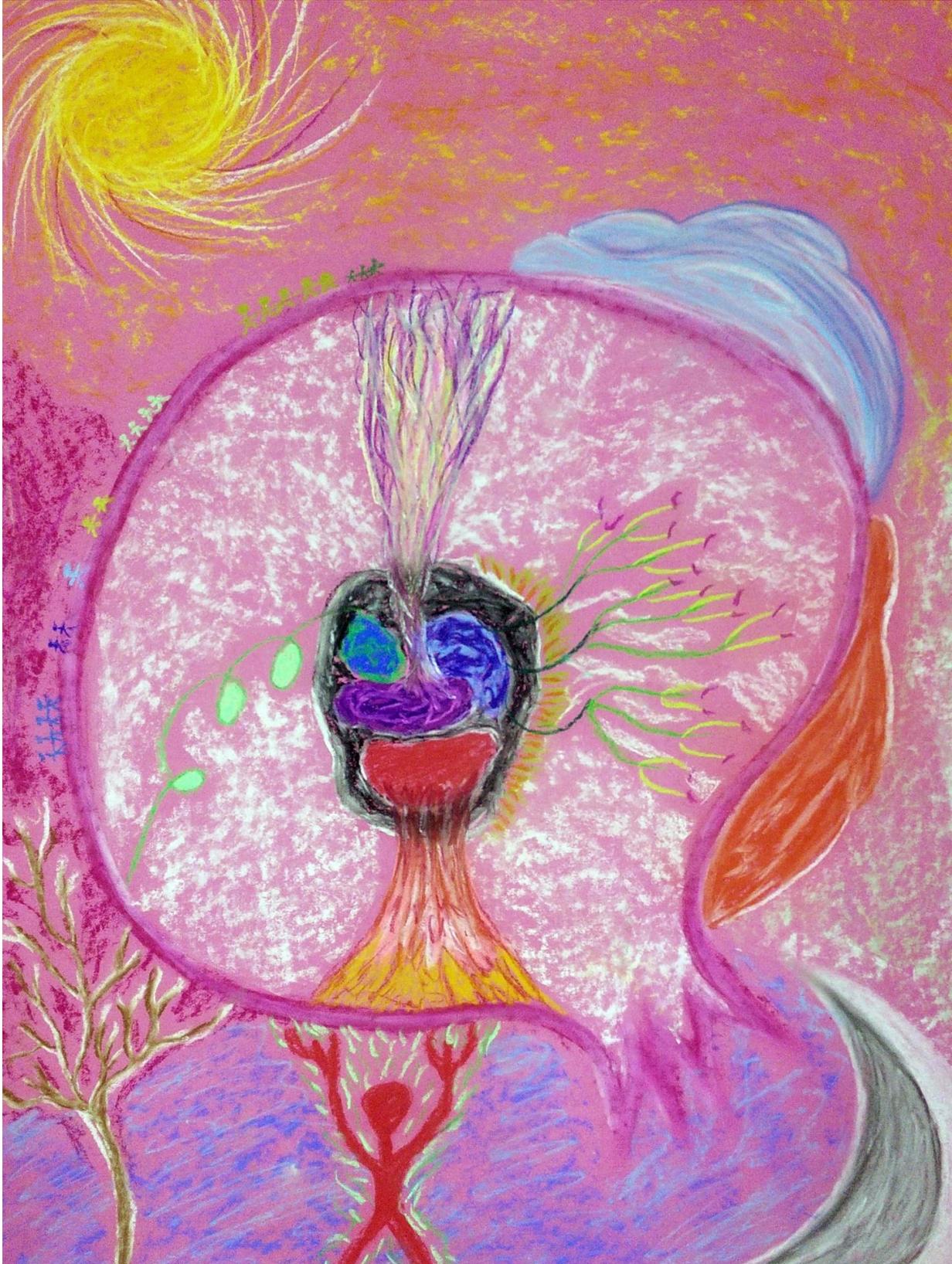
Health and Wellness Group – Example 2



A patient creates a symbol for her back pain from clay. The centre is filled with red and black 'molten lava'. The chicken wire was initially closed over but she cut it open, metaphorically releasing the pain. She painted the outside gold and took huge pride in this artwork, thus transforming her pain experience into something beautiful.

Art Therapy in Tallaght University Hospital

Health and Wellness Group – Example 3



A patient explores her inner and outer world and supports and resources that help her cope with her chronic pain condition.

Art Therapy in Tallaght University Hospital

Health and Wellness Group – Example 4



A patient uses her life sized body tracing to explore personal relationships and sources of support and strength in her life.

Art Therapy in Art Therapy in Tallaght University

Health and Wellness Group – Example 5



A patient uses twisted wire and plaster bandage to create a contorted torso, thereby representing the pain he is constantly in following a car accident a few years ago.

The "invisible illness" was a theme that reoccurred in the group. By using bandages the patient has thus made the "invisible illness' visible.

Music Therapy in Tallaght University Hospital

Music Therapy Service in Age Related Health Care unit (ARHCU)

The music therapy service in ARHCU has been running since September 2014. This began originally with a two hour post from September 2014 until March 2016, when it became a full day post, which it remains as currently. Each Tuesday Clara Monahan (MA, Bmus, Music Therapist, IACAT Registered) provides an average of 3 group sessions / 2 Individual patient sessions.

The service consists of the following session types

- Open Group Session in the Charlie O' Toole Day Hospital
- Bedside music therapy sessions with I.C.U Patients
- Open Ward Sessions on wards (Stroke/Gentlemens' wards/Ladies wards)
- Referrals from the age related clinical team



The service goals are

- To provide evidence based music therapy services in an acute age related setting for patients attending C.O.T.D.H or enduring a hospital stay.
- Music Therapy offers patients the opportunity for
 - self-expression
 - reflection
 - positive engagement
 - relaxation
 - processing hospital experience
 - positive interaction with staff/patients/family
 - increase communication through music
 - promote interaction for patients who are withdrawn/isolated
 - reminiscence
 - stimulate cognitive function
 - opportunity for socialisation while in hospital
 - improve aesthetic environment
 - accessing the arts while in hospital

Music Therapy in Tallaght University Hospital

Music Therapy Service in ARHCU - Service Development



Patients in Charlie O'Toole Day Hospital socialising before a Music Therapy Session.

Music Therapy is now an integral part of the clinical services of the ARHCU.

- Referrals from the clinical team are very appropriate and wonderful developments have been seen and noted in patients who are referred to the service.
- 'Ward Open Groups' have become part of Tuesdays for patients and staff. People look forward to them and the sessions are seen as a very positive part of the patient's day.
- 'Open Group' in Charlie O' Toole is a central part of their schedule, it gives day patients an opportunity to connect and interact with each other through the medium of music, easing the monotony of their day as they wait for appointments in a room of people whom they have never met.

The music therapy service in ARHCU has been generously funded by The Meath Foundation since its inception in 2014.

The average numbers of patients seen per year by the music therapist in ARHCU are 1,200. These approximate figures are recorded by the music therapist in her clinical files.



Louise Byrne, RTE during interview with Clara Monahan in ARHCU – July 2017

Music Therapy in Tallaght University Hospital

Music Therapy Service in Psychiatry Unit

Music Therapist Rory Adams provides four sessions over two days (five hours) in the Psychiatric Unit, both for the open wards and also for the closed/locked ward. Group sessions are 'open' which means people can attend if they are deemed medically fit to do so.

Goals of the programme are:

- To provide a non-threatening space with useful ways of participating in groups and develop social skills.
- To provide motivation through engaging in enjoyable activities
- To provide opportunities to strengthen self-esteem by expressing oneself
- To provide a basis for discussion with those reluctant to engage verbally

Funding for one half day is provided from the OT budget whilst funding for the other half day is provided from the nursing budget. The OT funded programme is in its 10th year, with the nursing funded budget in place for one year. The service engages with up to 700 – 800 patients per year with between three-six patients attending a session and a maximum of twelve.



Rory Adams
Music Therapist

5 Acknowledgements

On behalf of the National Centre for Arts and Health and the Arts Team we would like to take this opportunity to convey our sincere thanks to the following:

Our key funders, who so generously support the Arts and Health Programme:

- The Meath Foundation
- The National Children's Hospital Foundation
- PuncHESTOWN Kidney Research Fund
- South Dublin County Council
- The Adelaide Health Foundation
- The Arts Council
- HSE

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Finally, the NCAH at TUH look forward to growing the Arts Programme and developing new and meaningful projects for the benefit of Patients, Staff and Visitors.
