

Blue Lemon Puff.  
 Red Raspberry  
 Green Blackberry  
 Orange Tangerine Berry  
 Brown Damson  
 White green sage.  
 Indigo grass green  
 Pink. Mint green  
 Mustard yellow Bottle Green  
 Mure. moss green.  
 Lavender moss Rose  
 Purple Scarlet Red  
 Violet Cream.  
 Fuchsia Beige  
 Light Blue Camel  
 Dark Blue. black.  
 Sky Blue Snowwhite  
 P. Vinkle Blue Beetroot  
 Bazaar Blue Black Velvet  
 Grey Pimpernell.  
 Navy Blue. Peach  
 Black. nut Brown  
 Flacks Blue. imerald green.  
 yellow Vibrant yellow  
 creeping Jenny yellow  
 dark green +  
 Pitold  
 Kingfisher Blue ~~at Blue~~

SPECTRUM

# SPECTRUM

Arts for Health Programme

## Arts for Health Partnership



**Arts for Health** is a partnership programme based in West Cork, supported by West Cork Arts Centre, Cork County Council, West Cork VEC and the HSE. The HSE is represented through the Cork Arts + Health Programme, the Health Promotion Department, the Nursing Directors of Community Hospitals and the Day Care Centres, West Cork.

“Colour is a basic human need...like fire and water,  
a raw material, indispensable to life.”

Fernand Léger, [painter, 1881-1955]

## SPECTRUM

Thinking of colours, remembering colours, playing with colours. Do we associate them with something, or how can something give its name to a colour? Listing them, inventing them. Many colours, each a personal experience.

*Spectrum* reflects a five month collaborative visual art project led by the Arts for Health artists' team working with participants residing in a community hospital setting. The project is part of an ongoing commitment to sharing and celebrating the important artwork that is created through the Arts for Health partnership programme. It is also used as a platform for sharing a brief insight into the artists' participatory practice, how they converse and collaborate with the participants.

All artworks presented in this book were created by participants on the Arts for Health Community Hospital Arts Programme during 2011, through a project delivered by the Arts for Health artists' team. The book is a collaboration, curated by the Arts for Health artists' team; selection and layout of work was carefully considered to reflect a poetic vision of the artwork created during the project. While the concept of the project was clearly a directive of the artists, the work created was the participants' own response and the outcome a respectful documentation of this.

## ARTS FOR HEALTH

Arts for Health is a partnership programme based in West Cork implementing a managed arts programme for older people in healthcare settings embedded into the service as a core activity.

The programme takes place in five Community Hospitals, Bantry General Hospital, Care of the Elderly Unit and five Day Care Centres, delivered through two strands: a Community Hospital Arts Programme which is tailored to the individual and a Day Care Centre Arts Programme which focuses on group based projects.

There are two distinct aspects of the Arts for Health programme: the management structure and inter-agency partnership. This comprises West Cork Arts Centre, Cork County Council, West Cork VEC and the HSE. The HSE is represented by Cork Arts + Health Programme, the Health Promotion Department, the Nursing Directors of Community Hospitals and the Day Care Centres, West Cork.

The second is the Arts for Health artists' team; Sharon Dipity, Anne Harrington Rees, Tess Leak, Seán O'Laoghaire and Julia Pallone, managed through West Cork Arts Centre. The artists, each with distinctly different practices, have developed professional competence in working with older people. They work to deliver an appropriate and meaningful arts programme for the participants and create valuable opportunities for exchange and creative discourse.

The artists mostly work independently in each setting, occasionally working in pairs, to deliver projects. In support of their work they participate in monthly team meetings, take part in continuing professional development, feed into an online resource to document and record their progress, and lead workshops with peers and healthcare professionals.

## WORKING IN HOSPITALS

The majority of people in the community hospitals in West Cork are older people. At the centre of the Arts for Health programme, is a belief in the greater inclusion of older voices and perspectives in the arts, and that the benefits for participants includes personal fulfilment, an opportunity for life-long learning, social linkages, choice, celebration, dignity and self-esteem.

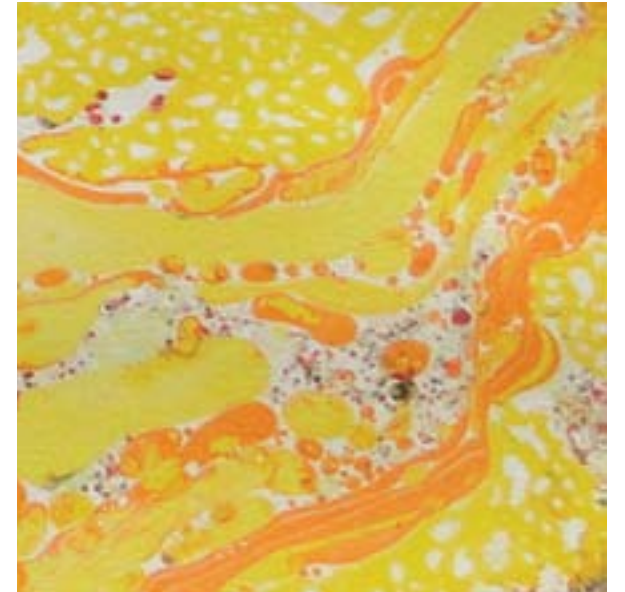
The Community Hospital Arts Programme focuses on consistency of delivery for the benefit of the participant. It is structured around a weekly group workshop and regular one-to-one support to encourage and develop individual creative ideas. The activities undertaken evolve and change in response to the exchange between the artist and the participant. The dominant methodology is participant led; occasionally this dynamic shifts and the artists implement a thematic approach, or steer towards an outcome. This project, *Spectrum*, reflects an example of the artists' team working quite directly and definitely collaboratively, seeking commonality within the differing locations.

The work is challenging as a large proportion of residents are in the high-dependency caring bracket. With varying levels of dementia and physical illnesses, the artists are challenged to find ways of respectfully inspiring and enhancing the participants' creative potential. As participation in group sessions varies from week to week, the artists spend some time with everyone in the day room, as well as calling to see residents at their bedside. Being inclusive and engaging their healthcare colleagues is critical, the artists work to involve and support the staff at the hospitals to the benefit of the participants. Whether actively taking part, looking at art books, or talking about the work that is being done, each person has the choice to engage.

*Justine Foster*, Arts for Health Programme Coordinator.



YELLOW











#### SHARON DIPITY

My aspiration is to bring a little bit of magic and delight into the hospital environment, while offering a meaningful, relevant and interesting programme to the residents.

Participants can choose to engage in the current project or to pursue their own creative ideas. In either case, the activity is tailored towards the individual and there is always a wide range of good quality art materials available to enable this. I deliver a diverse range of arts activities to encourage residents of all levels and ability to participate, while providing stimulation, and aiming to enhance confidence and enjoyment. As much as possible, I involve the residents and staff in devising these projects. Each participant creates individual pieces and, on occasion, collaborative work. In addition to the visual arts, I regularly involve poetry and its creation in the sessions, which is well received. The sessions take place in the Day Room and at the bed side where I work individually with participants.

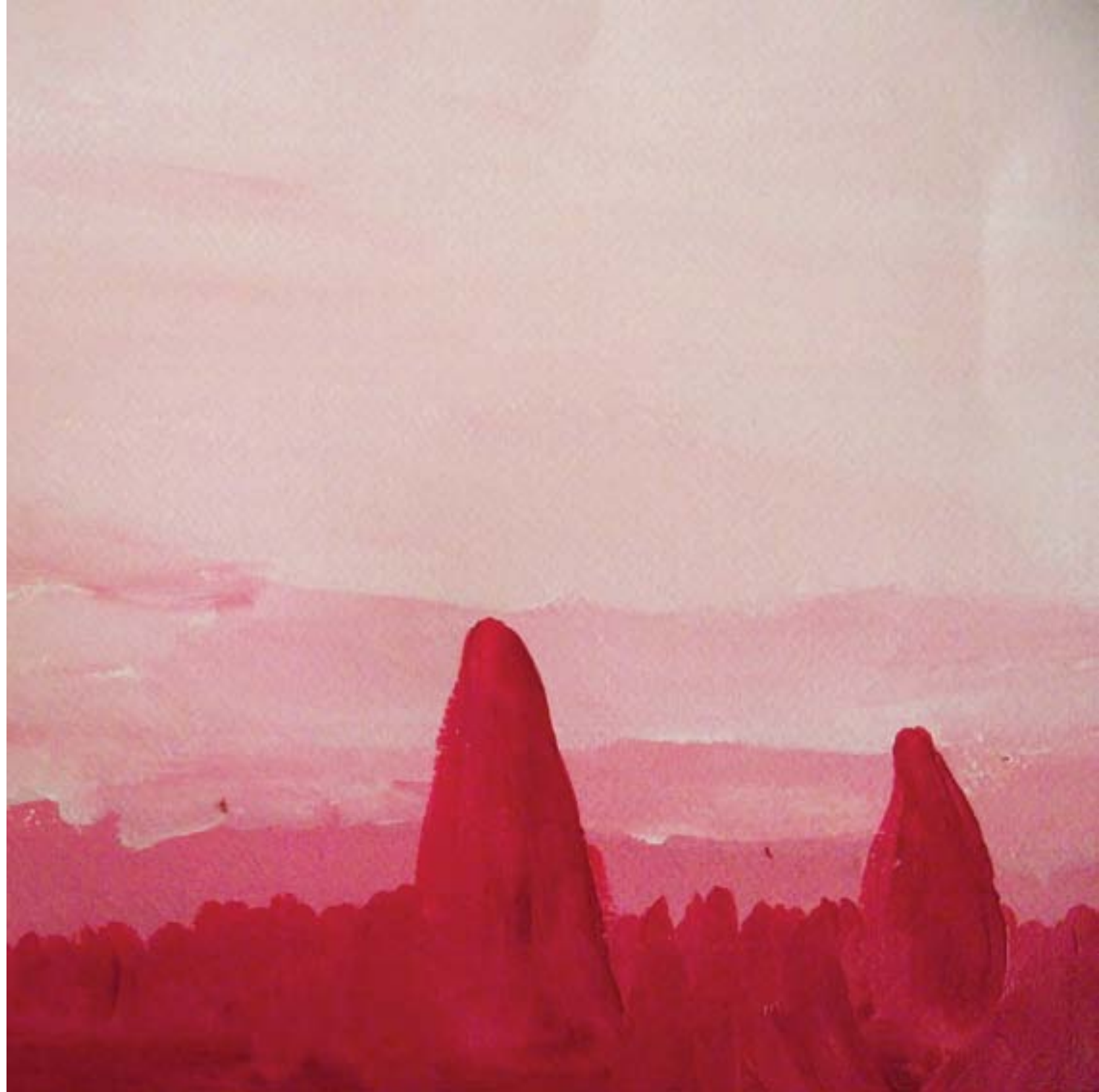




PINKS REDS







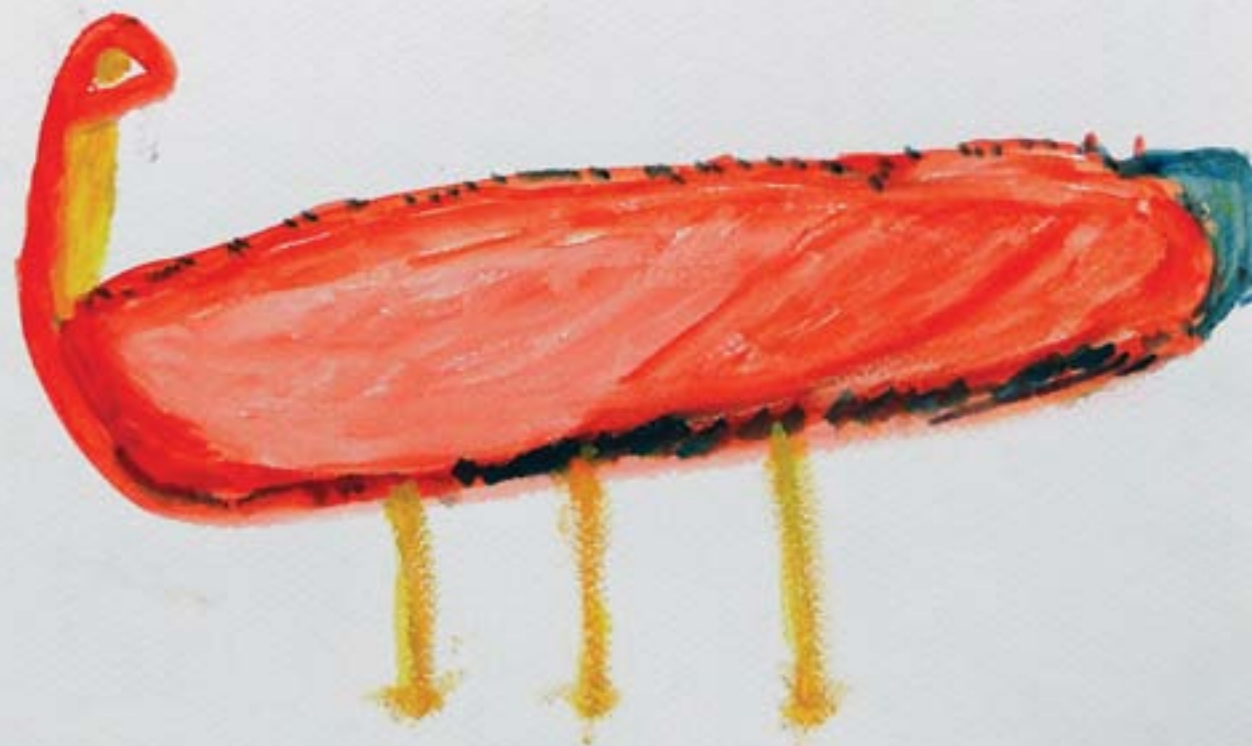


#### ANNE HARRINGTON-REES

I try to facilitate the participants in the use of a variety of materials and techniques during the art sessions. Project themes vary but I often use nature as a source of inspiration, bringing along plants or using images from books, trying to bring some of the outdoors inside. I also use poems or sayings as a starting point, some of which are recited by participants during the art session.

I aim to include as many people as possible, be they in the Day Room or by their bedside. This regular exposure to creative processes will, I hope, help to develop an interest in the arts, and encourage the residents and staff to take part in some way, whether actively painting, making, looking at images in books, commenting on what is being done when the work is passed around or just having a chat.

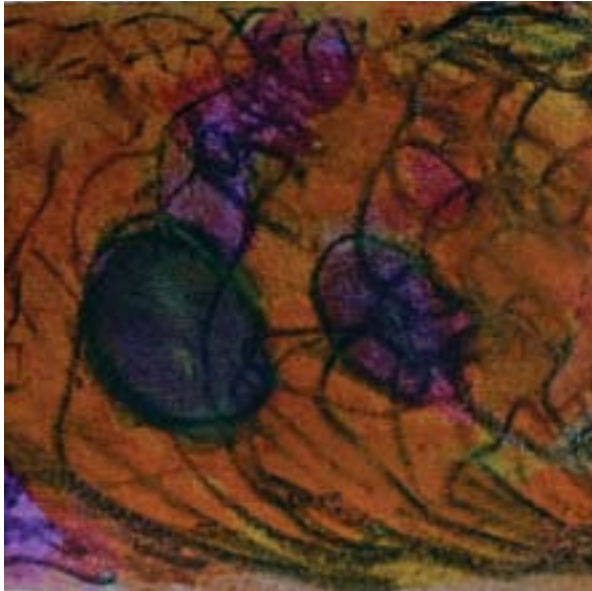




ORANGES











#### TESS LEAK

In Castletownbere Hospital I am in the process of finding ways to genuinely and meaningfully create things with the participants, mostly working by the bedside, as dementia and dependency is currently quite high.

Often evolving out of one to one conversations over a period of time, we might develop a poem from notes taken whilst listening to a story or during a discussion about a favourite place, activity or memory. Using the participants' own words, we write and I construct, this process ends when the participant is happy with what has been made. The poems are almost like collages and this is reflected in my own art practice where I often use found text from a number of sources to be integrated into a drawing or object.



GREENS











## SEÁN O'LAOGHAIRE

I love working with imagination, that inner dialogue, which often can be accessed by a solitary walk in the countryside. This quiet time when all worldly pressures are released and a real sense of play and contentment can be attained. These feelings are within everyone, but some find it easier than others and that is where my facilitation comes into the frame. I work hard to bring that sense of play and imagination to the people I work with and create a space where their creativity can be made manifest into something tangible.

People in healthcare, both long and short term, can find themselves in a very neutral state of existence, by listening, tapping into dreams, musings, thoughts and memories, through images, craft, poetry and chat, a heightened experience can be obtained. When this experience is realised by art making, a grounding can take place and will often lead to a sense of purpose.

It is by engaging with others, finding their inner place and creating artifacts from this place, that I find a reason in my work.





# BLUES











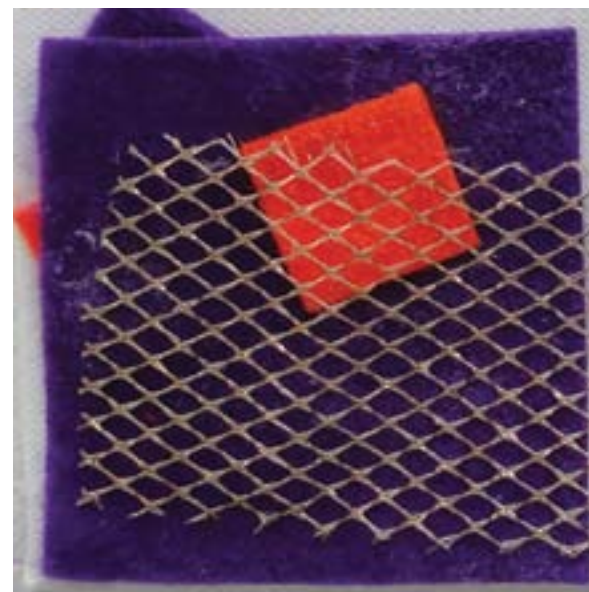
JULIA PALLONE

My main interests in the facilitation of art sessions in a hospital setting are to enable participants to build confidence in their own possibilities of doing, making, and creating, as well as enjoying it. Using different types of materials, such as inks, acrylics, charcoals or pastels, I lead participants to explore the medium and use their imagination. Often trying to work in groups to bring a collective input, I pay attention to everyone's own rhythm. Sometimes participants' works are brought together to build collective pieces. Some themes are proposed, such as nature, architecture, weather, not as a directive, but more as an reason to initially exchange ideas, and to open up to fantasy.





PURPLES











RAINBOW













## ARTS FOR HEALTH ARTISTS' TEAM

### SHARON DIPITY, VISUAL ARTIST

Sharon Dipity graduated from Goldsmiths College, University of London in 1986 with a B.A Honours degree in Textiles; and UCE, Birmingham in 2001 with a Post Graduate Certificate in Scenography. Her visual arts practice actively develops links between her professional arts practice and participatory/collaborative arts.

Sharon's site-specific installations and performance pieces, take influence from the theatrical and the lyrical, and can include drawing, painting, sculpture, printmaking. Words are central to Sharon's creative process.

She has exhibited in Ireland and Europe in group and solo shows and is currently represented by the Twenty Twenty Gallery, Cork. Sharon is the recipient of several arts bursaries from the Arts Council; and was recently awarded residencies at the Tyrone Guthrie Centre, Co.Monaghan, through Cork County Council, 2010 and at the Cill Rialaig Project in County Kerry, 2011. Sharon began working as an artist on the Arts for Health partnership programme in 2007, and now works in Bantry, Schull and Skibbereen Hospitals.

### ANNE HARRINGTON REES, FIBRE ARTIST

From Kilkenny, Anne graduated in 1992 with an Honours degree in Landscape Horticulture and in 2003, while living in Wales, completed a HND in Design Crafts. She returned to Ireland in 2006 and a year later moved to West Cork.

Anne uses natural and recycled materials to create finely-worked fibre sculptures which have been selected for many exhibitions in the UK and Ireland. Her aim is to create precious objects from ordinary things; objects which inspire people to take notice of their local environment and to set more value on the commonplace.

In 2011 and 2008 Anne was a prize-winner at the RDS National Crafts Competition. She has delivered workshops for adults, primary and secondary schools and third level students. Her work has appeared in the Irish Times, Irish Examiner, BLUEPRINT, Irish Arts Review, House and Country Homes and Interiors magazines and is in private collections in the UK and Ireland. Anne joined the Arts for Health artists' team in March 2010 and works in Clonakilty and Dunmanway Community Hospitals.

### TESS LEAK, VISUAL ARTIST,

Tess Leak graduated from B.A. in Visual Art (Dublin Institute of Technology), Sherkin Island in 2009 and also holds a B.A. in Philosophy and English from the University of Wales, Swansea.

Her art practice centres around installations of drawings, collage, found text and objects. Her most recent work *Patience Camp* was both a response to the extreme weather last winter and inspired by the epic Antarctic adventures of the ship *The Endurance*. Tess investigates the ideas of Bricolage ('the generosity of finding surprises') and Biophilia: our deep human need to connect with nature.

In 2009, Tess was awarded a Mentor opportunity with artist Marie Brett from Cork County Council and West Cork Arts Centre as part of the *Fun with Glass* partnership project in primary schools. Tess is developing her collaborative practice, working with a number of groups and organisations including being an Arts Practitioner on West Cork Arts Centre's Primary Schools Programme, for three years. Tess has also facilitated projects with Skibbereen Day Care Centre, Skibbereen Community & Family Resource Centre and the West Cork Traveller's Centre. She joined the Arts for Health artists' team in 2011 and currently works in Castle-townbere and Clonakilty Community Hospitals.

<http://tessleakdrawings.blogspot.com/>

### SEÁN O'LAOGHAIRE, PUPPETEER / STORYTELLER

Seán has worked in the area of Community Arts for 23 years and has gained vast experience and a strong reputation for always thoroughly relating to the participants on his projects, creating a tangible connection between the individual, community and creative process. He has completed four Artist in Residency projects, two with the Arts Council and two with Cork County Council, with some being featured on R.T.E.'s Nationwide programme.

At present, Seán continues his own puppetry work with his company Glitter na Gig and coordinates and delivers a FETAC level 5 Community Arts Practice, supported by West Cork BTEI programme and VEC in West Cork, where he also works on the Arts for Health artists' team in Skibbereen and Castletownbere Community Hospitals.

## JULIA PALLONE, VISUAL ARTIST

Julia Pallone is a visual artist working with a variety of media, ranging from drawing, photography and installations through which she explores a poetic vision of the world, fragile and vulnerable. She comes from west of France and moved to Ireland six years ago. She graduated in 2002 with a Masters degree from the Ecole des Beaux-Arts in Nantes, and also holds a Masters degree in Italian studies from the University of Nantes.

Julia has exhibited extensively in Europe and has been awarded several art residencies, and bursary awards. In 2011 Julia was awarded Cork County Council Tyrone Guthrie Centre Residency Bursary; Cork County Council Bursary Award, and a Visual Artist Bursary Award from the Arts Council. She was selected for the Fort Camden Art Commission 2011. She is currently working on *Transit*, a Maltese art project funded by Malta Arts Fund and supported by the Ministry for Infrastructure, Transport and Communication and the Grand Harbour Regeneration project.

Julia has extensive experience in participatory practice and has facilitated art sessions for children, young people, adults and older people, in various settings. She joined the Arts for Health artists' team in March 2010, working in Clonakilty Community Hospital and Day Care Centre and is currently supervising the Arts for Health Placement Programme.

[www.juliapallone.com](http://www.juliapallone.com)

## JUSTINE FOSTER, ARTS FOR HEALTH PROGRAMME COORDINATOR

Justine is a graduate of Chelsea College of Art and Design and spent a number of years working as a visual artist in a public and community context both in the UK and in Ireland. A significant amount of her participatory practice has been with older people and in healthcare settings.

In her current position as Education & Community Coordinator with West Cork Arts Centre she has developed and managed numerous projects with an emphasis on forging local, regional and national strategic partnerships. In 2005, Justine initiated the Arts for Health partnership programme with the HSE, the VEC, Cork Arts + Health and Cork County Council and now coordinates the programme and manages the artists' team. Justine is also Finance Officer for Arts and Health Coordinators Ireland (AHCI) and Chair of Dialogue Arts + Health, an AHCI initiated, national arts and health project, 2009 - 2012.



CONTRIBUTORS TO THIS BOOK INCLUDE:

Artwork by participants from Skibbereen, Schull, Dunmanway, Clonakilty and Castletownbere Community Hospitals and Bantry General Hospital, St. Joseph's Care of the Elderly Unit.

*Spectrum* project was devised and delivered as part of the Arts for Health partnership programme by artists Sharon Dipity, Anne Harrington Rees, Tess Leak, Seán O'Laoghaire and Julia Pallone. Programme Coordinated by Justine Foster.

Design and layout by Julia Pallone.

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Catherine White, Director of Nursing, Dunmanway, Community Hospital

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Unfortunately due to ethical considerations and patient confidentiality it was not possible to identify individual participants.

All artworks were created in 2011.

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**€5.00**

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