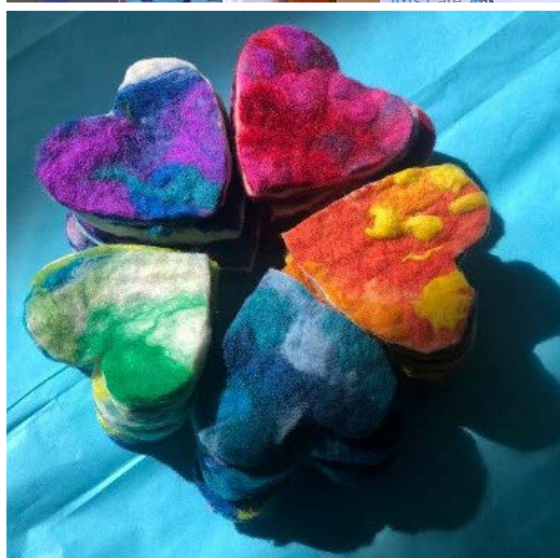
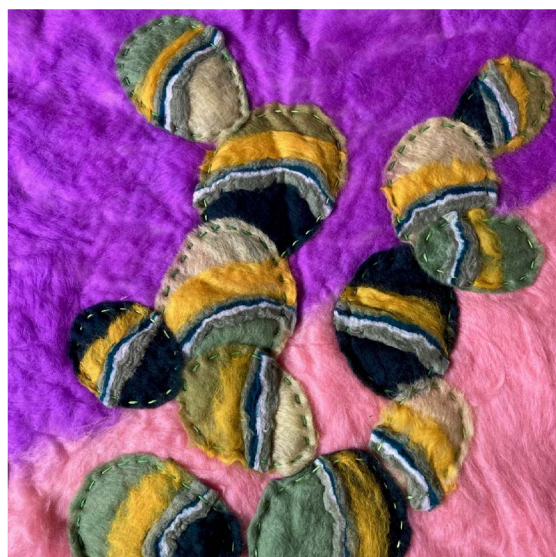


Arts in Health



**ANNUAL REVIEW
2020/21**

**BHSCT ARTS IN HEALTH:
BETTER HEALTH AND WELLBEING
THROUGH ACCESS TO THE ARTS**

Foreword

In a year that has shown how important it is to be creative in the face of adversity, the Arts in Health Annual Review 20/21 documents a selection of the activity that has taken place under the Arts in Health Programme.



The long established Arts Care Artist in Residence Programme in Belfast Trust enabled us to respond quickly to the challenges of COVID-19 and for the artists to support Trust colleagues and service users with whom they had built up relationships over many years. This support reached out beyond the healthcare community to the wider public, as many turned to creative activity to support their own wellbeing through lockdown.

Our thanks goes to the artists, musicians, dancers, writers, and arts organisations who continued to deliver creative support in the midst of the COVID-19 crisis. Thanks to our colleagues and service users who embraced new types of participatory activity with enthusiasm and a commitment to our vision for improved health and wellbeing.

There is no doubt that the best elements of remote delivery will remain part of our programme, working particularly well for those isolated by a range of challenges and for whom it opens many doors, offers stimulation and company. However, the year has highlighted how, as creators of music, movement, words and art, we long to be back in the room, and how many of the positive impacts of the work are multiplied by being together, in a space, as people connecting, creating and growing together.

Charlene Stoops

Director of Performance Planning and Informatics & Chair, BHSCT Arts Steering Group

[Arts in Health: The Next Chapter 2019-24](#) is Belfast Trust's Arts in Health Strategy Document

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ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Arts Care NI delivers a programme of participatory arts activity for patients, service users, families and staff across the Belfast Trust through the Arts Care Artist in Residence Programme supported by Belfast Trust and the Health and Social Care Board. There are five visual artists, a musician and a dancer based across City Hospital, Mater Hospital, Musgrave Park Hospital, Muckamore Abbey Hospital and Knockbracken Healthcare Park. The part time residencies enable artists to work flexibly to suit the Trust's priorities while also delivering ongoing programmes of activity to a range of hospital and community services.

2020-21 required the Arts in Health Programme to respond to the COVID pandemic finding new ways to continue to engage with staff patients and service users.

Under the Arts Care Artist in Residence Programme

7

Artists in Residence
(5 visual artists, a
musician and a dancer)

PROVIDE

1000

days per year of creative
support to BHSC patients,
service users, staff and families

Click on a project image below for further information

02

ARTS IN HEALTH PROJECT ACTIVITY

In addition to the Arts Care Artists in Residence Programme, a range of additional BHSCT Arts in Health programmes run in partnership with other organisations and individual facilitators. Increasingly, as awareness of the benefits of Arts In Health, BHSCT staff members lead arts based programmes within their own services supported by Arts In Health, building our capacity and widening our reach.

Click on a project image below for further information

03

ENHANCING THE HEALTHCARE ENVIRONMENT

New Artwork

Through the Arts in Health Programme, new artwork is created with the involvement of the staff and services we work with and the people we serve. The creative process is at the heart of the work. However, viewing a service through a creative lens can offer a unique contribution to service improvement and engagement with staff and families. Two projects in particular highlighted this in 20/21.

Click on the images to find out more about the works.

Exhibitions

Exhibitions which would normally enhance our healthcare spaces moved online out of necessity but in the process reaching audiences that may never have seen the works on site.

Click on the images to view the exhibitions

ADDITIONAL INFORMATION & CONTACTS

I Am Inspired Programme - Learning Disability Day Services and Arts for All

BHSCT Adult Learning Disability Day Services run an extensive programme of arts activity through their partnership with arts organisation Arts for All.

For further information contact Camilla Carson
Camilla.carson@belfasttrust.hscni.net
 or to get involved please contact Jill McDermott,
 coordinator jill@arts-for-all.co.uk



Participants at Arts For All Cityside

Additional Arts Care Programmes

Arts Care NI run additional regional programmes in partnership with a range of funders - Clown Doctors and Cartwheel for Children and Young People, Twilight Project for Looked After Children and Here and Now Older Peoples Festival.

For further information see:
<https://www.artscare.co.uk/indearts>



Opportunities to Get Involved

- Sign up to receive the new quarterly Arts in Health eNewsletter please for updates on activity and opportunities to get involved - email eithne.currie@belfasttrust.hscni.net to sign up
- The Here4U Wellbeing Programme for Staff includes the Here4U Staff Choir, Photography, Guitar and a range of creative activity. Regular updates are available on the [Bwell site](#)
- Belfast Trust Staff Orchestra meets for performances in healthcare and community settings
- Musgrave Park Hospital Arts Care Committee Annual Pantomime
- Belfast Community Arts Care Committee, Christmas Concert at Knockbracken Hall
- Belfast City Hospital Arts Care Committee Spring Festival including Belfast Trust Staff Art Exhibition



For further information on any of the activity covered in the Annual Review please contact:
 Paula McHugh, Arts in Health Manager: paula.mchugh@belfasttrust.hscni.net

ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Project: Creative Care in a Crisis – Supporting Staff to Support Patients and Families
Artist: Arts Care Artists in Residence
Participants: Trust Staff
Setting: Mater Hospital, NI Cancer Centre, Care Home In Reach Team (Knockbracken)

As part of plans to support staff working in clinical environments, new spaces were developed to offer respite or time out for self-care and support from other staff eg. Family Liaison Team, Chaplains and Psychological Services. In advance of the arrival of the Bereavement and Family Liaison team of staff and volunteers, Arts Care Artists worked quickly to provide artworks and resources to help adapt the Mater Antenatal Clinic into a welcoming haven of colour and comfort for staff. The Bereavement and Family Liaison Team continued to develop the 'Rainbow Room' once they were in situ.



Photos: Rainbow Room at the Mater

Positivity Boards were created by Artists in Residence Anne Quail and Beth McComish for the Rainbow Room, Mater Hospital, Quiet Room NI Cancer Centre, Renal Unit BCH and Care Home In Reach Response Team based at Knockbracken Day Centre.

[Click here to see Beth at work](#)

Mater Together developed as a theme for the work at the Mater hospital during the pandemic. Beth McComish Arts Care Artist at the Mater created a series of felt artworks with quotes from the Positivity Boards and 200 staff tote bags using inspiration from the Mater Together artwork created.



ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Project: The Hearts Project
Artist: Grainne Kielty, Anne Quail, Beth McComish, Clare McComish
Participants: Families and relatives Trust wide
Setting: Family Liaison and Bereavement Service based at the Mater Hospital



The Hearts Project developed in March 2020 in response to a request from Heather Russell, Bereavement Coordinator and the Bereavement and Family Liaison Team as they established a HUB at the Mater Hospital. The project aimed to address the fact that families were unable to be with loved ones with COVID-19 in their final days and hours. Initially a team of four Arts Care Artists in Residence created 2200 beautifully handcrafted felt hearts for families of those who died of COVID-19 and also of those who died at other hospital sites without family members present.

The HEARTs have given solace and support to many families, with families requesting multiple HEARTs to share with family members across the globe. Over 5000 Hearts were produced and distributed.

Hi Heather, I wanted to let you know that the little felt hearts that you gave me were much appreciated, some have been put in frames, some will be used as decorations and some have made their way to New Zealand.

Family Member

ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Project: Artist in Residence Remote Delivery
Artist: All Artists in Residence
Participants: Service users, Staff, Wider Community
Setting: Older People & Learning Disability Day Centres, Neurology Musgrave Park, Carers in the Community

Remote Delivery of Participatory Activity

As Day Centres in the community reopened to service users, our team of Arts Care Artists in Residence supported and encouraged staff to take on the challenges of securing equipment, internet access and the skills to work remotely so that they could share creative activity via MS Teams and Zoom. Carmel Garvey, Arts Care Dancer in Residence and Brendan Popplestone, Arts Care Musician in Residence were able deliver activity to service users across a range of groups often in several rooms at once to allow for social distancing. Staff, Arts Care Artists and service users loved being reunited virtually through music and dance.



Jane from Edgcumbe Day Centre participated in Remote Dance Sessions delivered by Carmel Garvey, Arts Care Dancer in Residence and supported in the room by staff Geraldine and Jackie

"You don't realise that you are exercising. You're just singing the words!"

"I'm glad of it. I am losing the power in my legs. I stood up to do these exercises. I enjoyed jigging to the music."

Service User, City Way Day Centre

H looks forward to this class each week and the planned activity helps to give her morning some structure. She is energetic and enthusiastic when taking part and seems to be content and relaxed following the class.

Staff member in Edgcumbe Day Centre

Before and after each Zoom session I try to have a chat with all the participants. This helps me get to know them individually and helps to engage them on a more personal level, building trust.

Carmel, Arts Care Dancer in Residence

01

ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Project: Arts Care 4U Youtube Channel
 Artist: Arts Care Artists in Residence and Project Artists
 Participants: Service users, Patients, Staff, Wider Community
 Setting: Online via Youtube

Arts Care 4U Youtube Channel

In response to the first lockdown and in light of the fact that Arts Care’s Artists in Residence and Clown Doctors could not be on site delivering participatory activity, Arts Care NI launched a YouTube Channel Arts Care4U. The channel offered people the opportunity to connect with a programme of Arts Care workshops from their own home, ward or healthcare facility. An extensive programme of Art, Dance, Movement, Music, Storytelling and Photography, along with online exhibitions of work, was developed. The content aims to help people to stay positive and to support their own mental and physical wellbeing during lockdown. Importantly the channel also acted as a resource for BHSCT staff who were supporting service users remotely eg. day centre clients.

200

ArtsCare4U Channel on Youtube offers 200 videos

INCLUDING

160,000

Art Music Dance Movement
 Storytelling Clowndoctors with
 a combined viewing figure of
 160,000 views



Reflections on Lockdown Art Activity with Helen Shields, Arts Care Artist in Residence

[Click here to view Helen Shields Reflections on Lockdown video](#)

The ArtsCare4U YouTube channel is a great resource for us as we can follow along with your pre-recorded videos. Our service users say the sessions help to waken them up and invigorate them for the day.
Staff Member City Way Day Centre

ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Project:	Resources
Artist:	All Arts Care Artists in Residence
Participants:	Service users, Patients, Staff, Wider Community
Setting:	Service users, Patients, Staff, Carers & the wider community

CALM YOUR MIND

CALM YOUR MIND is a CD for Carers with a voiceover and beautiful colour illustration by Sarah Foster Jarden, Day Care Worker and music by Arts Care Musician in Residence Brendan Popplestone.

Designed to encourage Carers to take a time out of their caring role to look after themselves, the CD includes a shape breathing exercise. CALM YOUR MIND is a partnership project involved BHSCT Carers Support Service, North Belfast Day Centre and Arts Care Artist in Residence Programme. 4000 copies of CALM YOUR MIND are available to support carers.



Calm Your Mind

Colouring Sheet Resources

Arts Care Artists produced a series of uplifting Colouring Sheets for staff, patients, service users and families to enjoy during lockdown. These were widely distributed across the Trust into Rainbow Rooms and staff spaces at the Mater/ BCH/RVH/MPH and BCH, to day centre clients homes, Older peoples residential homes in lockdown, wards and carers.



Colouring Sheets by Helen Shields
Arts Care Artist in Residence

[Click here to access the Library of Arts Care Colouring Sheets](#)

Arts Care Creative Arts Boxes

Arts Care delivered Creative Arts Boxes for Older People to 10 different residential and supported housing facilities for people living with dementia across the Belfast Trust during lockdown. Each box consisted of 10 arts activity packs and an arts activity for staff, links to the Arts Care4U YouTube Channel and DVD's for use within homes that did not have access to WiFi.

With Support from Children in Need, Arts Care provided art packs to the Children's Hospital and a range of children's services supporting children, young people, families and staff.



Dr Fizz and Dr Twinkle deliver
Art Packs to the Children's Hospital

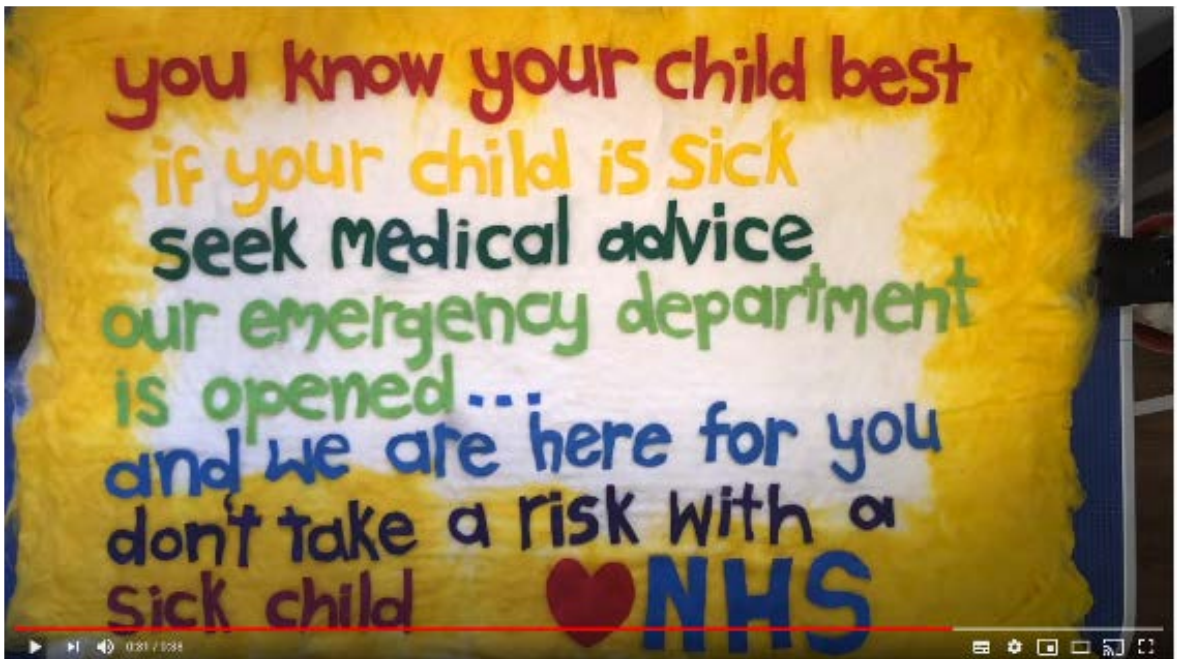
01

ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Project: Communicating Health Messages
Artist: Grainne Kielty, Arts Care Artist in Residence, Musgrave Park Hospital
Participants: Public
Setting: Royal Belfast Hospital for Sick Children Emergency Department

With so many health messages being conveyed during the pandemic, ensuring the right message reached the right audience was a challenge.

This video created by Arts Care Artist Grainne Kielty, engaged parents with young children and supported the Children's Hospital to promote the importance of seeking appropriate medical attention bringing an unwell child to the Children's Emergency Department.



[Click here to view](#)

ARTS IN HEALTH PROJECT ACTIVITY

Project: Making Creativity part of your TLC at Royal Maternity
Artist: Beth McComish, Arts Care Project Artist
Participants: Any Staff working in the Antenatal Ward
Setting: Royal Jubilee Maternity Hospital

Safety Quality Belfast is a Quality Improvement Programme in Belfast Trust aimed at developing staff knowledge and skills about Quality Improvement methodologies, and by doing so improving the services we deliver within Belfast Trust. For the first time the programme recruited a cohort of teams to work on Staff Wellbeing initiatives and a team from Arts in Health had the opportunity to participate.

The project developed entitled Making Creativity part of your TLC was delivered remotely via Facebook Live and ran from January to March 2020. There are now plans to roll the project out across all staff at Royal Jubilee Maternity Hospital. The learning from the programme will inform future activity under the Arts in Health Programme.

Making Creativity Part of your TLC

HSC Belfast Health and Social Care Trust
 Safety & quality
 Learning together

INTRODUCTION TO PROJECT & DEFINING THE LOCAL PROBLEM

A survey across BHSC maternity staff December 2020 reported increased levels of stress and anxiety from pre COVID to during COVID, with 54% of respondents reporting they had never participated in creative activity for improved wellbeing.

Given the COVID restrictions in place, our eSQB team developed a programme of remote live visual arts activities for staff in Antenatal Ward, Royal Jubilee Maternity Hospital. The activity was delivered by Beth McComish, Arts Care Artist in Residence, via Facebook Live.

AIM STATEMENT

To increase participation in creative activity for wellbeing, by staff in Antenatal Ward Royal Jubilee Maternity Hospital, by increasing membership of Creative TLC Facebook Group/reminders including QR codes/reminders at staff briefings

CHANGE IDEAS

- Communications to promote project via Creative TLC Facebook Group/emails/posters including QR codes/reminders at staff briefings
- Provide materials to collect from ward office in advance of workshop
- In person contact between staff and artist
- Creation of work for display in the ward

MEASURES & CHARTS

Primary Outcome Measure: Increase in participation in creative activity for wellbeing, defined by number of members of Creative TLC Group by staff, from 0 members to 20 members by April 2021

CREATIVE TLC GROUP MEMBERSHIP

Month	Members
Jan	0
Feb	10
Mar	15
Apr	20

PARTICIPATION CHART

Activity	Participation
Workshop	15
Facebook Live	10
Workshop	5
Facebook Live	2

DISCUSSION

Ideally, we should have identified a setting for our project in advance of SQB so that Royal Jubilee Maternity Hospital could have participated in the team.

Facebook Live format worked well, the content was easily recorded, accessible on personal devices live or on catch up. Comments and images of artwork created sense of community.

20-30 minutes sessions worked well. Staff suggested a minimum of a fortnight between sessions, and a block of no more than 6 sessions.

Provide information on where to buy materials so that staff can continue activity independently

An unexpected outcome was that 6 family members joined staff to participate in the sessions, and in doing so increased the wellbeing impact for

WHAT'S NEXT FOR THE PROJECT

Taking the learning from Creative TLC an updated programme will be developed under the Arts Care Artist in Residence Programme and offered to all staff across Royal Jubilee Maternity Hospital later in 2021.

Antenatal ward staff have suggested that Creative TLC video workshops are made available on the Maternity Services Website and a supply of packs/materials made available on wards for patients to use.

Thanks to Sr Ursula O'Dea, all staff in A ward, Grace Fowler, Seana Talbot & Paula Talbot for their support.

PROGRESS OF THE PROJECT

Ten weekly workshop sessions were planned: Zentangles, Felt Embossing, Intuitive Collage, Black out Poetry, West Felted x 2, Mothers Day Ideas, Needle Felting x 2 and Portrait Fun

PDSA RAMP

100% of respondents reported improvement in wellbeing.

Live Views: 88% of views of workshops (in full) were LIVE

Catch up: 82% of views of workshops (in full) were on Catch Up

WHAT'S NEXT FOR THE PROJECT

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TESTIMONIALS

Thanks to Sr Ursula O'Dea, all staff in A ward, Grace Fowler, Seana Talbot & Paula Talbot for their support.

I really enjoyed taking part in the Creative TLC programme. The videos were well presented and availability of packs was great. I found making the felts very relaxing and enjoyable.

The team providing the workshops were fantastic, really appreciated all of the resources they provided as with so many of these workshops I had never even heard of so wouldn't have had a clue where to buy things for!!



Beth McComish back right, Arts Care Artists presents Antenatal Ward staff with work produced during the Making Creativity part of your TLC project

02

ARTS IN HEALTH PROJECT ACTIVITY

Project: Sure Start Singing for Health Programme
Artists: Karen Diamond Music Facilitator, Anne Quail Arts Care Artist
Participants: Sure Start staff and families, wider public

The Sure Start Singing for Health Programme continues to develop and grow under the leadership of Anne McKee BHSCT Lead Speech and Language Therapist for Sure Start.

The aims for the programme are:

- To increase parents' capacity for attuned and responsive interactions with their child by improving well being
- To increase staff confidence in supporting parental wellbeing and parent child interaction through singing
- To provide tools that will help bring singing into the lives of parents and children - give them something that makes it easier to get through the day.

Plans for 2021 were revised to create tools for use during lockdown - two projects have supported staff to continue to engage families, and to develop relationships with new families via contact between key staff and parents:



You find out all about Singing for Health here:
<https://view.pagetiger.com/bhsct-singing-for-health/1>

Big Sing Videos

Families from across Belfast came together virtually for a BIG SING in June 2020 and at Christmas, helping to maintaining the connection with Sure Start projects and providing access to the ranges of support available, whilst also bringing a fun, companionship and enjoyment to families at this challenging time.

Surestart Summer BIG SING

<https://www.youtube.com/watch?v=gV9zF-qB1Ug>

SureStart Christmas BIG SING

<https://www.youtube.com/watch?v=RRuEMdYutms>

Belfast Lullaby Song, Book & Video

The Belfast Lullaby was written and composed by 'parents to be' and an online video created for families to share, led by Karen Diamond. With illustrations by Arts Care Artist Anne Quail, a board book of the Belfast Lullaby was produced and distributed to Sure Start families.



[Click here to view the Belfast Lullaby](#)

02

ARTS IN HEALTH PROJECT ACTIVITY

Project: Virtual Performances by Staff
 Artist: Keith Acheson Musical Director and arranger
 Participants: Trust Staff
 Setting: At home and on Youtube

STAFF ORCHESTRA

Despite busy work schedules the members of the Staff Orchestra and the Here4U Staff Choir were keen to continue to connect through music, learn some new technical & sound recording skills and share their love of music with healthcare colleagues and the wider community. In June 2020, forty members of the Trust Staff Orchestra worked together virtually to make their own musical tribute to healthcare staff and key workers with a performance of Somewhere Over the Rainbow. The video has been viewed over 30k times on the Trust Facebook site with and received a hugely positive response. Keith Acheson created the orchestral arrangement and the audio track while, professional video editor David Cosgrove donated his time to the project.

I have just watched the Orchestra play Over the Rainbow and wanted to say I thought it was terrific, uplifting and soothing. Just what is needed at this challenging time.
Peter McNaney, Chair, BHSCT

[BHSCT Orchestra pays tribute to HSC /NHS workers - YouTube](#)



HERE4U STAFF CHOIR

Led by Keith Acheson, the Here4U Staff Choir have rehearsed via Zoom all through lockdown and although they long to be 'back in the room' operating online has attracted new members who otherwise would not be able to attend which opens up potential for some blended delivery in the future. BBC NI invited the choir to participate in their Carols for Christmas Feature on BBC Newsline in recognition of the role of healthcare staff during the pandemic. Far from being another item on the 'To Do List' choir and orchestra members leapt at the opportunity to participate in these projects and reported that they really enjoyed participating that supported their wellbeing at such a difficult time.



I loved taking part in this! So special – it gave me goosebumps! Looking forward to the final product – teamwork!!
Choir Members

[HERE4U Choir - YouTube](#)

What Keith has provided to the NHS staff of Belfast Trust, particularly during the pandemic, is immeasurable. In the depths of full lockdown, he provided us all with a point of light in the dark. Running the trust choir online gave all staff a bright spot of pure joy in our week. Many of us were working in frontline care, so the choir was a focus and real highlight, when the outside world was still locked down and our chances to unwind after work were limited. The impact on morale and staff wellbeing has been immense
Claire Kelly, Consultant Beechcroft Child and Adolescent Mental Health Unit

ARTS IN HEALTH PROJECT ACTIVITY

Project: Colour Theory by Counterpart
 Artist: Cormac Neeson singer/songwriter
 Participants: Young people from CAMHS IMPACT group
 Setting: Online/In the park/In the Recording Studio

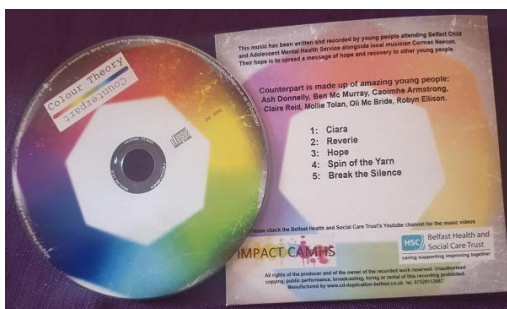


IMPACT CAMHS is a service-user involvement group which promotes the voice of young people within CAMHS (Child and Adolescent Mental Health Services). The young people were keen to improve mental health services for other young people. Supported by Senior social worker Shauneen O'Connor and colleague Sarah Ombler, the group worked with musician Cormac Neeson to write their own songs, initially for a couple of face to face sessions and then continuing online.

This project has been the group's proudest moment to date, as they feel their dreams have come true and they have been given the opportunity to use their passion in music and creative arts to spread a message of hope and recovery to other people with mental health difficulties. The group have called themselves 'Counterpart' with the idea that mental health is only one part of their identity and released this song 'Break The Silence' on World Mental Health Day 10th October 2020, with the hope of breaking down the stigma in talking about your mental health.

Shauneen O'Connor, Social Worker

Hey! I'm Oli, and I'm an artist, musician and youth advisor in CAMHS. I attended CAMHS for 4 years, and for the past year or so I've been doing work with the IMPACT CAMHS group.a lot of my time in lockdown has been spent writing and recording guitar parts, which has definitely been keeping me occupied.
Oli, CAMHS Impact



The final five track EP entitled Colour Theory is now available as a physical CD and on Spotify. The group and their work has featured at multiple conferences and events and been promoted widely as part of Belfast Trust Communications activity in relation to Good Relations Week and World Mental Health Day.

See the video for Break the Silence [here](#)

Find out more about the Making of the Colour Theory EP here
[Counterpart - The Making of the Colour Theory EP - YouTube](#)

ARTS IN HEALTH PROJECT ACTIVITY

Project: The Broads by Maria Connolly – socially distanced theatre
Artists: Isolated Theatre Company
Audience: Hospital Community
Setting: NI Cancer Centre, Belfast City Hospital, Mater Hospital and Royal Victoria Hospital

The Broads – Isolated Theatre Company

Taking on the role of Judy Garland, actress and playwright, Maria Connolly, invited care home residents, hospital patients and healthcare workers to “Forget Your Troubles” for a few moments and enjoy a live ‘socially distanced’ theatre performance brought right to their door.

The Broads is a live 50 minute musical and theatre piece, telling the stories of starlets Marilyn Monroe, Bette Midler and Judy Garland but rather than taking place within the four walls of a theatre. In July 2020, with support from the Arts Council of Northern Ireland, the show toured care homes and hospital settings including the City Hospital, Royal Victoria Hospital and the Mater Hospital. The performance outside the Cancer Centre at the City Hospital featured on BBC Radio Ulster’s Good Morning Ulster programme. While there wasn’t the regular level of footfall at the hospital sites those that were lucky enough to catch performances, staff were surprised and delighted to come across Marilyn, Judy and Bette!



Pictured outside the Cancer Centre at Belfast City Hospital is Maria Connolly as Judy Garland, Christina Nelson as Bette Midler, Roisin Gallagher as Marilyn Monroe, musician Richard Clements.

We are waiting on our son – he is in getting treatment – it takes your mind away from things... lockdown has been tough but we will get there in the end...
Family Member

Click [here](#) to view a video produced by the Arts Council NI on the Broads

ENHANCING THE HEALTHCARE ENVIRONMENT

Title: 'Sunlight in the Garden' (2020)
Artist: Diane McCormick
Setting: Foyer Space Regional Intensive Care Unit, Level 5 Critical Care Building, Royal Victoria Hospital



Sunlight in the Garden (detail), Diane McCormick



Robin Swann visits RVH for the official opening of Sunlight in the Garden in Sept 2020

BHSCT Organ Donation Committee wanted to demonstrate their thanks to donors and their families by commissioning a piece of artwork, which would serve as a memorial to the 'Gift of Life' they have given.

The service commissioned the work from artist Diane McCormick, who has worked with Organ Donation teams across Northern Ireland. Entitled **Sunlight in the Garden** the work is made up of an array of colourful individual ceramic pieces. There are butterflies and forget me not flowers with the words taken from the testimonials of donor families and recipients.

Diane commented:

Gardens can nourish us physically and mentally – They gives us colour, movement, light and shade, growth and change. The relationship between donors and recipients are shown symbolically, with the connection between flowers and butterflies - forget-me-nots symbolising that no donor will ever be forgotten, while butterflies symbolise new life. The colours throughout the artwork are evocative of the sky just after a rain shower with the sunshine breaking through, reminding us that life is never still.
Diane McCormick, Artist

Art in hospitals has many benefits, not least helping to soften a clinical environment and offer some solace in challenging circumstances. **Sunlight in the Garden** is a beautiful testimony to donors and their families and we hope that the staff and families who see the work, may be soothed, uplifted and inspired by it.

Click [here](#) to find out more

03

ENHANCING THE HEALTHCARE ENVIRONMENT

Title: Quiet Room
Artist: Helen Shields Arts Care Artist in Residence working with the Snowdrop Group
Setting: Royal Jubilee Maternity Hospital

Background

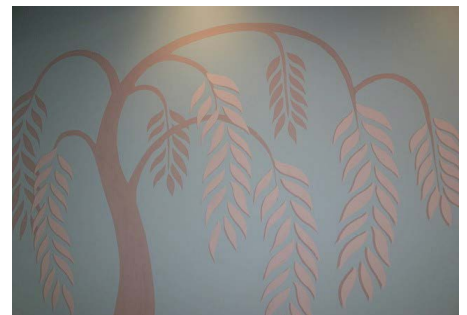
Helen Shields Arts Care Artist in Residence has supported the Snowdrop Group since it was created in 2016. The group work to improve services for families who suffer the loss of a baby at RJMH. Working closely with the team at RJMH, Estates Projects Team, Helen's played a vital role in the refurbishment of the Quiet Room at RJMH. The project has been hugely successfully both in terms of team working across services, service user involvement activity and was highlighted by Safeguarding NI as a model of Trauma Informed Care.

The painting of the Quiet room was an intuitive process, working in response to the mood of the room, the Snowdrop Group and Barbara Gergett, the Bereavement midwife. The design of willow, cherry blossom, snowdrops and daisies brings a sense of nature and the outside into the hospital setting. My design unifies elements and ideas from the parents and from the existing stained and engraved glass already in the room. The sensitive nature and importance of this project is always made real whenever talking and working with this group of parents and subsequent feedback after finishing the project has been that many parents found it a healing process for them. This is a powerful and humbling response. The Quiet Room now is being used as an environment and safe space for families to spend time in, at an extremely vulnerable and sad time in their lives. Many staff members at RJMH called in during the week as I was working there...expressing that they were really uplifted and positive about the transformation which was taking place. They viewed it as a peaceful sanctuary they could use during their working day if needed.

Helen Shields, Arts Care Artist in Residence



I get so much comfort from seeing the room like that, knowing that no-one else has to go into the old room. I feel it will help me heal.
Parent member of Snowdrop Group



Images of the newly refurbished Quiet Room at Royal Jubilee Maternity Hospital