

Saolta Staff Health and Wellbeing Initiative



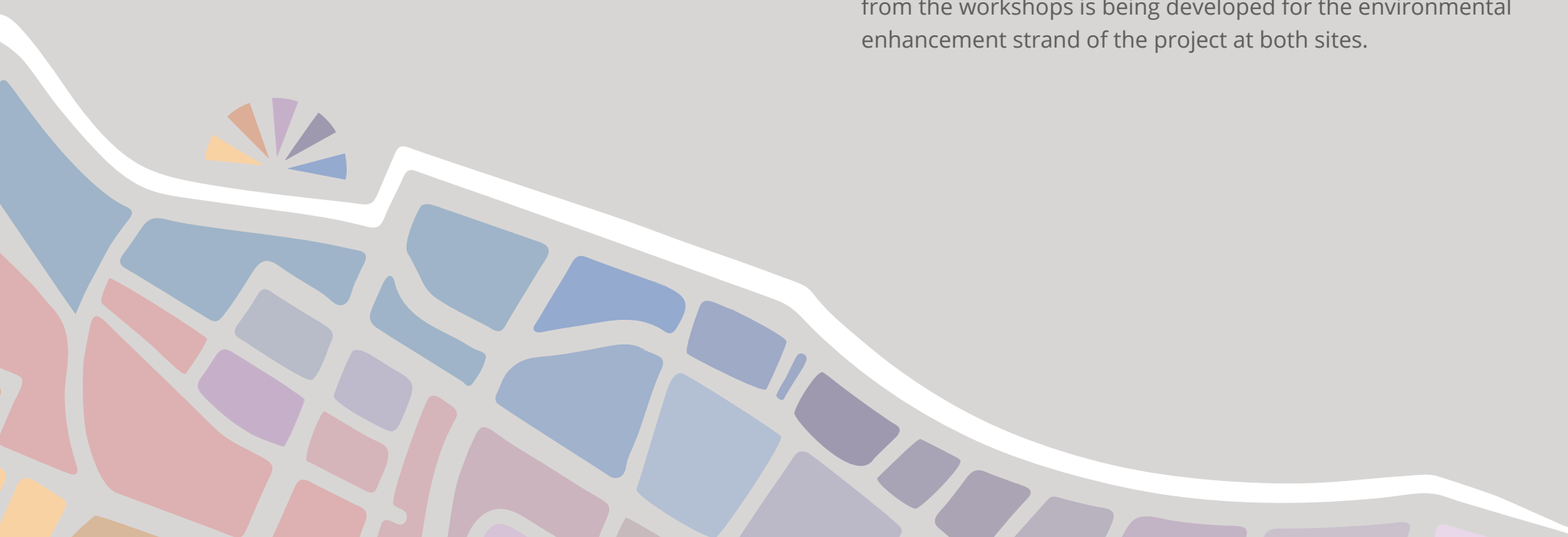
STAFF ART WORKSHOPS AND
ENVIRONMENTAL ENHANCEMENT

STAFF ART WORKSHOPS

A bank of core art materials was purchased for art workshops at all 7 Saolta hospital sites. GUH Arts Trust secured partner funding from respective Local Authorities to cover artist fees and artist information was developed for issue to local artists when appointed at each site.

4 staff at MUH noted interest in attending art workshops, with MUH and LUH likely to develop workshops with a longer lead in beyond the short funding period of the initiative. To date there has been no uptake at PUH, RUH or SUH yet the resources to support workshops have been established should the hospitals wish to develop these in 2017.

82 staff noted interest in attending workshops across the MPUH and UHG sites. The initial format suggested for workshops was revised to optimize access. In response to shift patterns and staff preferences, one early evening and two late evening workshop series were devised, each comprising four 90 minute sessions. In addition, one 4 hour Saturday workshop was organised. 40 staff are currently participating in these workshops. Some artwork from the workshops is being developed for the environmental enhancement strand of the project at both sites.





Week 1: Drawing Workshop at UHG



Week 1: staff artwork from Drawing Workshop at MPUH

PASSAGES SUBMISSIONS

Staff were invited to submit photographs, colours and thoughts from and about walking. The following submissions were received:

UHG: 13 images, 1 text piece, 1 poem, plus inclusion of artwork from staff workshops

MPUH: 16 images, plus inclusion of artwork from staff workshops

SUH: 3 images

RUH: 1 poem

MUH: 1 quote, 3 photos, 1 text piece with environmental theme

PUH: 21 images, including rosary walks and graveyard images.

LUH: Submissions collated by HI contact and passed to GUHAT on November 29th.

RUH SUBMISSIONS

One poem was submitted. Hospital requests to use budget allocation to make their own environmental enhancements to the staff tearoom.

MUH SUBMISSIONS

1. In our outpatients from area 4 to the registration its 50 steps could we put up a sign to say 50 steps keep going and to remember “ Most of the important things in the world have been accomplished by people who kept on trying when there seemed no hope at all “ Dale Carneige

2. Out and about walking and thinking about walking in my home town in Castlebar, Co Mayo, a few kilometers from Mayo General Hospital is Lough Lannagh, a breath taking place , full of its autumn colours at this moment in time. As the leaves fall from the trees they cover the ground like a beautiful golden carpet , I hear the birds singing away in the trees full of life, I throw an eye on the lake and there are the ducks swimming on the surface , sending a ripple through the lake and I say to myself, wow I am so lucky to see what I see and wonder in awe at what I see around me, how it all fits into place. I find myself amazed at how each and every leaf will fall and die from the trees and come spring how the tiny buds appear again, slowly but surely and I think to myself thank you god for the gift of nature, its beauty knows no bonds.

Then I proceed along and I think to myself, hi my name is Ireland, I am beautiful, full of amazing colours, I provide a home for several kingdoms to live in giving them warmth, shelter, food all of which I am proud to do so, The kingdoms I provide the homes for are the animal, plant, Bird, fish and human kingdoms but you know the only kingdom that appears to have no respect for me

and the other kingdoms , is the human kingdom the one that is supposed to be of the highest form of life , as lots of them throw all their rubbish over me. Their bottles , cans , papers, nappies you name it, they even make a trip out especially to do so and this is so harmful to the other kingdoms, not alone to try and understand how they can attack their own home in this way. I am so ashamed of them, not all do this but then those that don't appear not to even notice but walk on and ignore it all, it appears to be all about looking good , body and mind, yes this is important but at what cost to me and the others.

I know you don't want this type of email and you just looking for the positive stuff but yes I was out walking and I couldn't take what I saw, I am sending you pictures I took after spending an hour cleaning up lough lannagh last Saturday morning , its looked fab when I had finished, everybody that passed by beamed and smiled and told me good on me, but nobody willing to help either except the few of us that were out that morning 4 in fact.

What I am trying to say here is yes walking is good but we are the health service and i do believe that somehow we should incorporate caring for the environment in our aspects of this. The rubbish has increased so much more in the last 5 years, people should not be encouraged to walk if this is what they are doing. Caring for something is part of the human condition, what more than the environment could you be proud of. 300 rivers were unpolluted by 1990 now its down to 25.



UHG SUBMISSIONS

Proposed artwork designed to encourage use of the stairs and highlight Hospital Walks.

Stairwell UHG

Incorporating tiny pixelated fragments of mobile phone images submitted by staff out walking, fragments of writing and poems relating to walking submitted by staff, and vectorised drawings from the staff art workshops, the installation introduces the colours of Ireland to the stairwell in clusters of framed archival pigment prints. The installation tracks the changing colours of a day with each landing having a different signature colour palette.

From

the pinks of Lorraine's sunrise by The Corrib whilst out walking
Charlie the dog at 7.30am

to

the leafy colours of Anne's lunchtime in the grounds of NUIG

down to

Tim's ramblings about blackbirds in the dark evenings at daylight savings.

An additional artwork is proposed for Outpatients at UHG, combining framed photos of the woodland floor of Barna Woods and fragments from a poem by Patrick Kavanagh submitted.



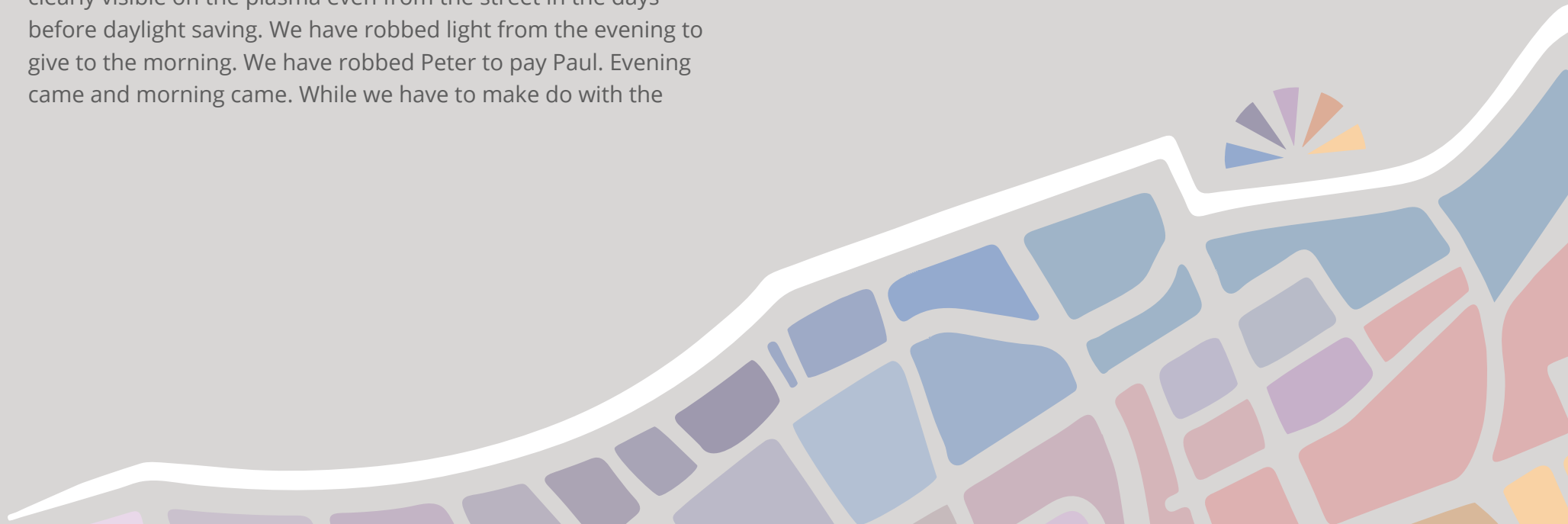
sample artwork combining fragment of submitted image and drawing from staff workshops

Tim's ramblings...

Daylight Saving

To the pedestrian commuter making their way home, the autumn daylight saving time "fall back" clock spinning deprives the evening walker of the special activities unique to twilight. One wonders what the busy blackbirds make of it, although, come to think of it, since they don't wear watches, it probably doesn't bother them. But I wonder what they think has happened to the commuter, erstwhile kicking his shoes through the crisp leaves in the evening light, but now grimly ploughing home in the amber fluorescence to his dark house. The only birds in the sky are bats; and they are not even birds; and they certainly don't sing. And no birds sing. Dark empty branches. Bare ruined choirs. You can't beat old-fashioned rote learning to assist with picking out the mot juste. Curtains are all drawn in homes where Judge Judy was clearly visible on the plasma even from the street in the days before daylight saving. We have robbed light from the evening to give to the morning. We have robbed Peter to pay Paul. Evening came and morning came. While we have to make do with the

sulphurous glare of burnt orange street light as we trudge home, the coffee intoxicated morning brigade get at least a graphite grey backdrop to the commute, punctuated sometimes by the promise of better as they enter the office. We have no option but to power through the darkling and await the arrival of British & Irish summer time. But to get back to the blackbirds; one of the beatles says that blackbirds sing in the dead of night. But they don't really. They sing just as the last pixels of light are fading. They are last to bed.



UHG SUBMISSIONS

Proposed artwork designed to encourage use of the stairs and highlight Hospital Walks.

Stairwell MPUH and patient waiting area Hospital 2

Noel's photographs of Merlin Park woods are being used in staff art workshops as inspirations for paintings but it is also proposed to introduce his bluebell woodland landscape to the landings of Hospital One and Two. The uprights of stairs will complement these, painted gradually from the blue of bluebells up to the toupee of the newly painted walls. The landings offer a 'reflection' of the natural landscape outside to complement the views offered on the opposite landings through vast windows.





Theatre 2 waiting area

Five staff from Theatre 2 enjoyed their first art workshop so much that they have discussed hanging their own art in the waiting area of Theatre 2. It is proposed that this idea could be developed to incorporate drawings by all 5 staff into a wallpaper or series of graphics.

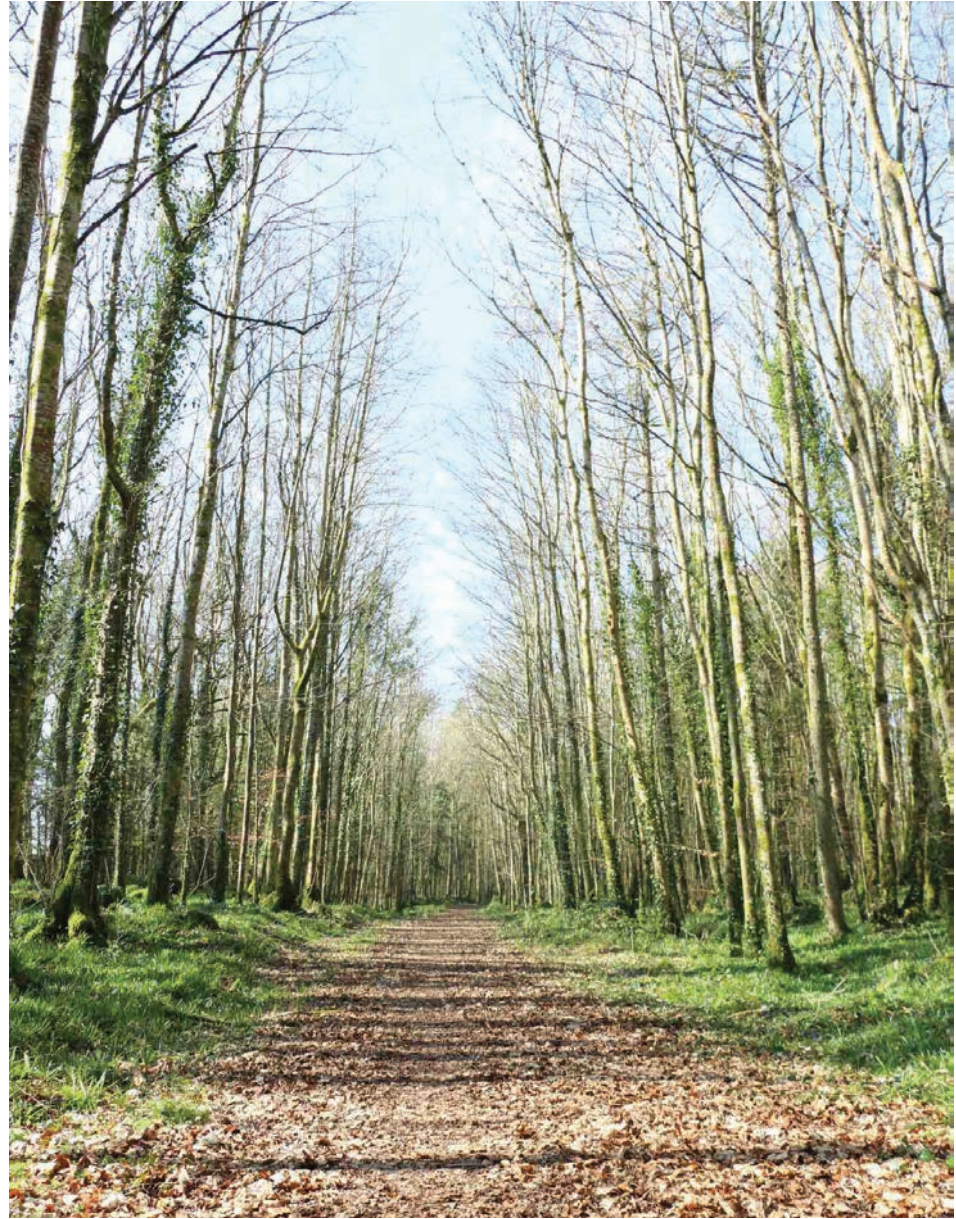


suggestive visualizations only

PUH SUBMISSIONS



SUH SUBMISSIONS





potential development as wallpaper, suggestive visualization only



**Comhairle Contae
Dhún na nGall**
Donegal County Council

