



20 YEARS OF ARTS IN HEALTH AT FMC

ARTS IN HEALTH AT FMC

2017

Touch Poetry Project: museum object handling as a provocation for poetry

Over the past year, Dave Chapple, Writer-in-Residence with Arts in Health at FMC, has been developing the Touch Poetry Project in collaboration with History SA. The project uses objects from South Australian museum collections as a provocation for poetry.

Museum objects are used to encourage reflection and discussion with patients by developing stories triggered by the sensory handling of the objects. The activity grounds the participant in their story and at the same time demands that they engage their creative mind. It is a process of handling, conversation and note-taking that is open and responsive to the needs of the participant. The finished poem is drafted to be read back to the participant later on the same day.



This
Reminds me of my opals
Given to me by a friend
So little
Not purple
Gorgeous, colourless
Not expensive
And this
Is a spaceship
A marvellous piece of work
Between the spaceship and the opal
Lies my favourite

Because my father worked on an assembly line
And this hood ornament reminds me of this time

We would all travel on the train to Elizabeth

I was often half asleep
Even had my shoes on the wrong feet

I was a nurse, pink uniform, white hat
Dad and brother made cars. I remember that
These opals, purple like Scottish heather
And the silver grouse claw
On the kilt my ancestors wore

Patient, FMC

Jessie leaving her artistic mark on Flinders

By Tracey Hutton

In 2016, patients, families and visitors to Flinders Medical Centre (FMC) received mending of a different sort, when artist Jessie Lumb took up an art residency at the hospital.

Jessie held an exhibition at FMC until January 2017 titled 'And then some become strong in the broken places', which focused on mending and healing, as part of an Artist-in-Residency program offered by Arts in Health at FMC and the South Australian Living Artists Festival. Her exhibition was also included in the 2016 SALA Festival.

"Much like the Japanese art of Kintsugi, where breaks in ceramic objects are mended with gold, I believe that when something has a history it becomes more beautiful.

"This is not only applicable to objects, this mending occurs in humans too – on a very physical level through surgery, more invisibly through mental health programs or on a microscopic level with medication.

"Although the resulting scars are often hidden from view or ignored, it is these events and traumas of our lives that make each of us stronger and more interesting people and I wished to explore this philosophy in the context of FMC."

Jessie, of West Lakes, has been an artist for about 15 years, and graduated with first class honours from the School of Art, Architecture and Design (UniSA) in 2009. She has been making and exhibiting regularly ever since.

"I spent the first five months of my Residency observing various parts of the hospital, and making works in response, looking at the processes and interventions into the body we do to promote healing and the role that joy plays in this," she said.

"I also spent a couple of days in operating theatres with Plastic and Reconstructive Surgery Head of Unit, Dr Nicola Dean, observing various procedures in the plastics outpatient clinic and attended the wound clinic with Wound Management Nurse Practitioner Margi Moncrieff.

"The results were a series of works which reimagine various procedures in a joyful and comforting way.

"At the heart of my practice is a want to provide positive experiences for my viewers, to help them see the world as I do by creating tiny surprises which make them smile and encourage them to find something joyful in the least expected places."

The FMC SALA Artist-in-Residency program provides an opportunity for artists to observe and explore work that is done every day in the hospital.

Arts in Health at FMC Coordinator Sally Francis said "Artists see things through a creative lens which can offer an interesting and valuable commentary of clinical procedures and processes. Jessie worked in a very personal and intimate way, finding beauty within things that we all take for granted in a medical environment."

The **Evaluation Report : 2015 & 2016 FMC SALA Artist-in-Residencies** by Dr Christine Putland published in January 2017, can be downloaded at: www.flinders.sa.gov.au/artsinhealth



Schedule of activities

Monday: Art Therapy; Bindi Blacher, Art Therapist	Thursday: Art Therapy; Bindi Blacher, Art Therapist
Tuesday: Music for Relaxation; Heather Frahn, Sound Therapist	Music for Relaxation; Heather Frahn, Sound Therapist
Harp for Healing; Lyn Evans, Harpist	Mindfulness Meditation for FMC Staff; Chapel, 12.30 - 1pm
Music Therapy; Bec Watt, Registered Music Therapist	Friday: FMC Mobile Art Trolley; Cate Searson, Artist
Mindfulness Meditation for FMC Staff; Chapel, 12 - 12.30pm	Music Therapy; Bec Watt, Registered Music Therapist
Wednesday: Live music on Wards, 11 - 12.30pm & Courtyard, 12.30 - 1pm	
Creative Writing; Dave Chapple, Writer-in-Residence	No experience is required for an Arts in Health at FMC activity.
FMC Mobile Art Trolley; Jessie Lumb, Artist	All activities are FREE.
Mindfulness Meditation for FMC Staff; Chapel, 1.30 - 2pm	

Please contact Arts in Health at FMC if you would like any of these activities to visit you or your ward.
T: 8204 3096 / 0401 677 433
E: artsinhealth@health.sa.gov.au
For more information visit:
www.flinders.sa.gov.au/artsinhealth

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twenty festival : celebrating 20 years of Arts in Health at FMC

In 2017 Arts in Health at FMC celebrates 20 years of dynamic arts in health practice at Flinders Medical Centre with the **twenty festival** from 27 - 31 March. The **twenty festival** offers the hospital community and general public a unique opportunity to experience and take part in this successful and highly valued program.

Since 1996, Arts in Health at FMC has worked to enhance the hospital environment and make it a more welcoming place to work and visit. Through the provision of a diverse range of performing and visual arts activities it supports healing, recovery, and wellbeing for patients, staff and visitors.

Arts in Health at FMC program is one of the largest hospital-based arts in health programs in Australia, with a national and international reputation for high quality and innovative programming. It is run by a committed team of arts managers, artists and arts-based therapists who work across all wards and public areas of the hospital responding to specific patient referrals, general requests and clinical programs.

Activities scheduled in the 20 Year Festival showcase the breadth and scope of Arts in Health at FMC and provide an opportunity to learn about the program through presentations, panels, performances and participatory workshops run by experienced Arts in Health at FMC staff and performer



Art in the flashlight

By Wishia Smith

With a flash, Stephanie Fuller's direction changed entirely and now the 24 year old artist finds herself the 2017 Flinders Medical Centre South Australian Living Artist (SALA) Artist-in-Residence.

Steph Fuller used to be the kind of photographer who took photos of flowers, plants in the backyard and animals, bathed in natural light.

"Then when I went to university and studied photography I finally got my hands on a flash and everything changed," she said.

"I liked that it was a very white light and if I held it above something it looked like a UFO beam. This flash has become an underlying thing in all my work.

"I loved fantasy books and movies when I was younger. I was very much that kid with their head in the clouds and I think when I discovered that the flash made things look very spooky and strange, it sort of tapped back into that same head space," Steph said.

Steph's artistic style has been shaped by this fascination with fantasy and a longing to explore the childhood wonder that comes with it.

Steph is no stranger to FMC; her Dad works in the Medical Imaging Department and she has spent the past year volunteering with Arts in Health at FMC.

"It was my Dad who told me there was an arts department at the hospital," she said. "I didn't know there was this whole side to the hospital and I got to see how much of a difference it makes. I was reading feedback from patients and their families that was full of really powerful stuff," said Steph.

The SALA Artist in Residency program pairs artists with host organisations, such as the Adelaide Festival Centre and the South Australian Health and Medical Research Institute (SAHMRI).

"The Residency program is great at FMC because the artist gains a much deeper engagement with the hospital," said Sally Francis, Arts Coordinator.

"The role of the resident artist is to interpret and respond to the environment, so you never know what the outcome is going to be," she said.

This is the third year FMC has participated in the program, with residencies from John Blines in 2015 and Jessie Lumb in 2016.

"The residencies here have been in depth and expansive, and have grown into bigger things. Both John and Jessie are still working here, John in the Flinders Centre for Innovation in Cancer (FCIC) and Jessie runs the FMC art trolley one day a week and has gone on to study public health," Sally said.

The **Evaluation Report : 2015 & 2016 FMC SALA Artist-in-Residencies** by Dr Christine Putland published in January 2017, can be downloaded at www.flinders.sa.gov.au/artsinhealth

Steph Fuller will be exhibiting the outcome of her Residency at FMC during SALA Festival in August 2017.



Concerts in the Courtyard at FMC

Why not take a break, relax and enjoy some fresh air in the Flinders Medical Centre (FMC) courtyard while listening to a lunchtime music concert?

Every Wednesday live music is performed on the wards in the hospital before a Concert in the Courtyard on level 2, FMC, from 12.30 - 1pm for the benefit of patients, visitors and staff.

Fringe at Flinders Medical Centre

John Blines' latest exhibition "Observare" opened in February 2017 in Promenade Gallery B, FMC.

"Observare" played on the idea that 'to observe' is a process of determining significance and attaining knowledge.

This process is fundamental to both scientific research and artistic practise and "Observare" documented John's ongoing observation of medical research within the Flinders Centre for Innovation in Cancer (FCIC).

Minister for Health Jack Snelling opened John's exhibition alongside Kate Ceberano, AM, who opened Mariana Mezcic's exhibition "Sunshiny Songbird KC and all her fine feathered friends" in Promenade Gallery A.

Mariana's 2016 Archibald entry of Kate Ceberano was the central piece of her exhibition.



Since stumbling across her on Instagram, Kate has taken Mariana under her wing and shone a spotlight on this emerging South Australian artist.

In return, Mariana's exhibition celebrated strong, bold, colourful, whimsical and fun women inspired by the qualities she sees in Kate. This exhibition was a colour explosion for the senses, and a thoughtful look at the beauty and strength that emanates from each of the women she has chosen to portray.

The exhibitions ran as part of the Adelaide Fringe Festival and ended on 19 March 2017.



Dear Patsy, Mariana Mezcic, 2016



Untitled (observare), John Blines, 2016

Staff Profile - Bec Watt

In 2017 Bec Watt commenced work as Music Therapist with Arts in Health at FMC.

Bec is a Registered Music Therapist with over 20 years' experience as a Registered Nurse and a jazz performer. She brings education from a Masters of Music Therapy, Bachelor of Nursing, Graduate Diploma in Intensive Care Nursing and a Diploma of Jazz (Voice) to her practice.

During her clinical training, Bec worked on neonatal and paediatric wards at large public hospitals in Adelaide and Melbourne. She also worked at a special school for children with profound and multiple disabilities, and a mental health ward for adults.

She sings and plays ukulele and guitar in jazz and popular cover bands and has an extensive catalogue from over 15 years of performances.

Bec is registered with the Australian Music Therapy Association and uses evidence-based practice in her work on the Neonatal Unit and throughout the hospital as required.

Bec is the Chairperson of the Australian Music Therapy Association SA Branch Committee 2016 - 2018.

Bec is available Tuesdays and Fridays. Referrals via Arts in Health at FMC.



April Falls Awareness Dance project

In April 2016, FMC staff collaborated with contemporary dancers to develop a performance using falls prevention techniques as part of April Falls Awareness Month - a national campaign that aims at preventing falls in hospitals. Local dancers Tobiah Booth-Remmers and Hayley Kolavris, spent several days at FMC performing to staff and patients on the wards, culminating in a flash mob of over 60 staff dancing in FMC Courtyard.



Mindfulness Meditation for FMC Staff

Location: The Chapel, Level 4, FMC

Tuesday 12 - 12.30pm. Facilitated by Heather Frahn

Wednesday 1.30 - 2pm. Facilitated by Isy Ashford

Thursday 12.30 - 1pm. Facilitated by Heather Frahn

A half hour of meditation can give you a space of quiet, inner nourishment and sustenance.

Treat yourself to some time and space...press the pause button. Suitable for beginners or those with experience.

Free. No bookings required. Come and join us.

Arts in Health at FMC on the web

Please visit www.flinders.sa.gov.au/artsinhealth to download:

- > Staff Payroll Deduction form:
An easy way for staff to support Arts in Health at FMC activities.
- > Arts in Health at FMC List of Services:
A full list of daily activities.
- > Patient Referral Form:
A way to refer a patient who would benefit from Arts in Health at FMC activities. This can also be done directly - T: 8204 3096
E: artsinhealth@sa.gov.au

See: [http://www.flinders.sa.gov.au/artsinhealth/pages/programs/for Promenade and Community Gallery exhibition schedules](http://www.flinders.sa.gov.au/artsinhealth/pages/programs/for%20Promenade%20and%20Community%20Gallery%20exhibition%20schedules).



Ulrike Klein, Director and Founder of the Klein Family Foundation and UKARIA

Ulrike Klein accepts position as a new Ambassador for Arts in Health at FMC

Ulrike Klein joins Hon. John Hill as an Ambassador for Arts in Health at FMC.

Ulrike emigrated with her family from Germany to Australia in 1983. In 1985 together with Dr Jurgen Klein, she founded Jurlique. They used their combined skills and knowledge to create this globally successful skin care brand which employed over 200 people across Australia, ran 30 retail outlets and exported to 18 countries. In 2004 Ulrike and Jurgen sold their majority shareholding and the company is now wholly owned by Pola Orbis.

Ulrike is Chair of the Klein Family Office, Klein Family Foundation, founder and Director of UKARIA and was a Director of the Australian String Quartet from 2012 - 2014.

Through her foundations she has built and funded the UKARIA Cultural Centre and established the Guadagnini Quartet Project - a \$6M project to acquire a quartet of instruments by master luthier JB Guadagnini.

Her story is captured in 'Highly Strung', a new documentary by Scott Hicks which premiered at the 2015 Adelaide Film Festival and will be released nationally in 2016.