



# Escape from Boredom

An exhibition by Rebecca Woodroffe



Women's &  
Children's Hospital  
Foundation



*Escape from Boredom* showcases the work of 18-year-old, Rebecca Woodroffe. She is a frequent visitor to the Women's and Children's Hospital and created many of the works in this exhibition while in the Hospital.

"Art is something I try to do when I spend a long time in hospital as an escape from the boredom. It also gives me a hobby, I much prefer saying "I do art" than "I go

to hospital." Art is something that brings me joy."

Rosie, the Play Therapist in Adolescent Ward, identified Rebecca's talent as an artist and encouraged her to apply for a solo exhibition in the Hospital. Rebecca is excited to share her art with the Hospital community: "I don't want it to be trapped in my computer or sketchbooks. I hope the people who see my art and enjoy it."





The main influence on Rebecca's art is anime, video games, and other artists on Instagram and YouTube. She is inspired by the random ideas that come to her when she can't sleep. Her work combines digital and more traditional drawing techniques. While Rebecca sometimes creates work by drawing on paper alone, she mostly starts by sketching the image on paper, before photographing

them and finishing the line work, colouring and shading digitally.

In celebration of Rebecca's talents, *Escape from Boredom* was timed to coincide with SA Youth Week. SA Youth Week showcases young peoples' talents, contributions and achievements; promotes a positive image of young people; acknowledges the common interests of young people, as well as their diverse backgrounds and circumstances; and enables young people to express their ideas.



The Women's & Children's Hospital Foundation (WCH Foundation) raises funds in support of the Women's and Children's Hospital in Adelaide, South Australia. Founded in 1984, the WCH Foundation is committed to ensuring that mums, children and their families have access to the very best in medical care, hospital facilities and support services at a time when they need it the most.

The WCH Foundation has developed a number of Arts in Health programs to integrate art into the life of the Hospital to improve people's health and wellbeing. We try to make the environment more 'child-friendly', making it look better and helping to make the time spent in hospital 'feel better'.

Established in August 2008, the Arts in Health program delivers a range of activities throughout the hospital across art forms such as: Visual Arts and Digital Media, Music and Performing Arts, Public Arts and Integrated Design, Literature and the Therapeutic Arts (Play Therapy, Art Therapy and Music Therapy). From providing pencils and colouring books in waiting areas, to managing Gallery spaces and art displays in the Hospital, collaborating with Hospital School on book week activities and working closely with the Play Therapy Team, the Arts in Health program delivers smiles and fun throughout the Hospital.

The WCH Foundation's Gallery program coordinates four galleries in the Hospital, providing a space away from the stresses of treatment to distract, entertain and inspire, improving the visual environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through Hospital School, or specific Arts in Health activities and externally from local artists and art collectives.

*Escape from Boredom* was planned and exhibited on the lands of the Kurna People, we pay our respects to the Kuarna Elders past and present and to the Elders of the lands this brochure reaches.



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