



# Pasifika

by BAY the Artist



Women's &  
Children's Hospital  
Foundation



Image: BAY, detail of *Pasifika Olive*

BAY is an Adelaide based artist, whose work explores her Polynesian ancestry, which was unknown until she recently began to discover family she never knew existed. Mental health has a strong influence on her easily recognisable abstract style, focusing on identity and the ever present question of ‘where do I belong?’

In this exhibition acrylic paints are marbled and react with gel mediums to represent the unpredictable symptoms of anxiety and depression. Contrasting geometric lines isolate and separate the paint, giving the impression of islands, a reference to the artist’s Polynesian ancestry. The paintings are a metaphor for the isolating feeling mental health symptoms often result in, *making you feel as though you are alone on an island.*

Pasifika aims to further develop the cultural aspect of the artist’s original Mind Maps series. The artworks incorporate Kupesi, traditional geometric motifs used in Tongan tapa cloth (Ngatu). For BAY, it was important to connect culture and identity in this latest exhibition. The term ‘Pasifika’ refers to people that identify with the Pacific Islands because of ancestry or heritage, it is not specific to gender, ethnicity, nationality or culture.

“I think I was born with paint in my veins!” Ashton explains. “It has always been how I’ve expressed myself, but I think it really became powerful when it rescued me from depression. I didn’t know it at the time, but looking back, I know that’s when my art really turned a corner.”

BAY continues to be an advocate for mental health awareness and will be donating \$5 from each work sold to Headspace, the National Youth Mental Health Foundation Ltd dedicated to improving the wellbeing of young Australians.

Mental Health Week is an annual, national event that aims to improve community awareness and interest in mental health and wellbeing. In South Australia, Mental Health Week events and activities, coordinated by the Mental Health Coalition of South Australia, are a reminder to 'mind your health' and remember that your mental health is just as important as your physical health.

Mental Health Week (7-13th October 2018) focuses on wellbeing, support and community. Everyone's wellbeing is important. Seek support when you need it by talking to people you trust, and checking out services online such as Beyondblue or Headspace, or call Lifeline on 13 11 14.

For more information on Mental Health Week visit [www.mhcsa.org.au](http://www.mhcsa.org.au)

To learn more about BAY's art practice visit:

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

Instagram: @baytheartist



Image: BAY, *Reading between the Lines*

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. 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'.

The Arts in Health program delivers a range of activities throughout the hospital across art forms such as: Visual Arts, Digital Media, Music and Performing Arts, Public Art, 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 five 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 specific Arts in Health activities and externally from local artists and art collectives.

This exhibition was planned and exhibited on the lands of the Kaurna People, we pay our respects to the Kaurna Elders past and present and to the Elders of the lands this brochure reaches.

Cover image: BAY, detail of *Pasifika 1*



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