

Talent *Within Isolation*

For the past 10 years Arts in Health has invited Staff and Volunteers of the Women's and Children's Health Network to exhibit in 'Talent Within', our annual art and craft exhibition for the South Australian Living Arts Festival (SALA).

This year due to the unpredictability of Covid-19, we decided to do things a little different! Our Arts in Health program invited staff and volunteers to show us what creative projects they have been up to whilst our state was in isolation.

To take part in this year's Talent Within Isolation staff and volunteers submitted a photograph (that could have been taken on a smartphone) of their creative project and tell us how kept them motivated and feeling well.

Obviously, the Hospital did not close for Covid-19, in fact it has been a busy and challenging time for staff. However, with gyms and cafes closed and being advised not to socialise, we have spent more time at home, and were curious to see what people have been up to.

Some of us have immersed ourselves in baking gastronomic delights, others spent time exploring their local natural environment or learning a musical instrument and one staff member made alternative travel arrangements by recreating travel scenes in miniature!

This exhibition features artworks from staff and volunteers who work across a number of wards and departments including Hospital School, Paediatric Neurosurgery, Nutrition Department, Department of Respiratory and Sleep Medicine, Infection Prevention and Control, Centre for Education, Play Therapy, Spiritual Care, Psychological Medicine, WCH Foundation and the Executive Office.

Whilst these past months have been an extremely strange time, if nothing else it has created opportunities for us to spend time doing activities that we may not have done otherwise.

We hope this exhibition provides the Hospital community with an interesting and perhaps relatable insight into our fellow colleagues fascinating lives outside the Hospital. Arts in Health would like to thank all participants for giving us a peek into your 'iso time' and sharing your personal stories.

Talent Within Isolation is a wonderful record of what our talented community has been up to during this unique time. It will also form part of this year's SALA Festival online exhibition www.salafestival.com.

This exhibition will also be presented on a virtual gallery on the WCH Foundation's website wchfoundation.org.au/talentwithin



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Kirsten Alderson

Direct Marketing Manager
Women's & Children's Hospital Foundation

The 'Green' House

The Green House was a collaborative effort between me, my husband and my daughter at perhaps a time when the pandemic was at the scare factor of 'high'. Given the economic uncertainty for everyone we decided it would be fun to create something using discarded items around the house – which included old pallets and left over paint.

The design started off basic but soon became a piece of artwork for us all – and the best part was that it keep us busy every weekend, rain or shine – cutting and drilling and painting. We've spent many hours together creating the Green House... it's been a wonderful way to connect and keep busy. And we're definitely still busy getting it finished – plants have now been welcomed and we're successfully watching broccoli, carrots, strawberries and tomatoes grow.



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Hannah Joseph

Mental Health Nurse, Boylan Ward, WCHN

Hand painting pots!

I have thoroughly enjoyed picking up a new hobby during COVID. I was not affected so much in terms of feeling isolated, as I still was able to come to work every day. However, I am quite social and found the days off a struggle sometimes. I found this to be incredibly cathartic, relaxing, and grounding. I spent hours painting these pots, enjoying every minute. I have now gone on to sell a few to people, which is so exciting for me! I am now incorporating this activity on Boylan Ward.

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Danyelle Robson

Head of Finance
Women's & Children's Hospital Foundation

I knitted a Man's Maroon Vest Jumper

During Isolation I needed to keep myself occupied and challenged. I had not knitted since I was about 10 years old, so set myself the goal of knitting a whole man's vest jumper!! Albeit often experiencing some hand cramp I really enjoyed the challenge!



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Bonnie Humphries

Senior Sleep Technician, Sleep Disorders Unit, WCHN

I taught myself to quilt during isolation.

COVID taught me to be more of a homebody!

I am the type of person that is always on the go and always out of the house, but when you aren't allowed to do that anymore, I had to learn to love being at home.

Unfortunately, due to COVID, my husband and I missed out on our honeymoon, but instead I kept myself busy at home learning the new skill of quilting.

I had not used a sewing machine since 8th grade and it took some patience, but now I have completed two quilts and there are plenty more to come. Learning to quilt in isolation kept my hands busy, my brain working and was an awesome way to kill all that spare time.

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Tina Evans

Administrative Officer - University of Adelaide, Dept of Paediatrics

Knitted Minnie

I knitted this for my nephew and nieces daughter Daisy's 1st birthday. It kept my mind active during the isolation period so I was not focusing too much on the Covid-19 pandemic that was all over the media. It kept me relaxed during that period.

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Chelsea Whyte

Play Therapist, Michael Rice Centre, WCHN

Feather Plumage wall display

I continued to work full time during the Covid Isolation period, so the topic of Covid 19 was continuously spoken about during my day to day activities. Coming home to my feather plumage project allowed me to block out what was going on in the world, not think about Covid and just enjoy the art of creating.

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Marianne Cunneen

Volunteer in Meningie, Region 5,
Friends of the Women's and Children's Hospital

Dot painting on giant trumpet shell.
(the shell is 40cm long and it took many days to complete)

While I was lucky enough to be an essential worker and was able to keep one of my two part time jobs, I did have a lot more free time on weekends and some week days to spend more time in the garden and partake in lots of art projects I have been trying to get to. The fact that I did not have to attend any meetings was also a bonus. As 8 of my 10 grandchildren live in the same small community of Meningie, I was also able to see them albeit without a kiss and a cuddle.

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Nicole Carter

Facilitator Port Augusta + Whyalla My Time Program, WCHN
Access Assistant Program Health Support Officer in Whyalla, WCHN

Baking

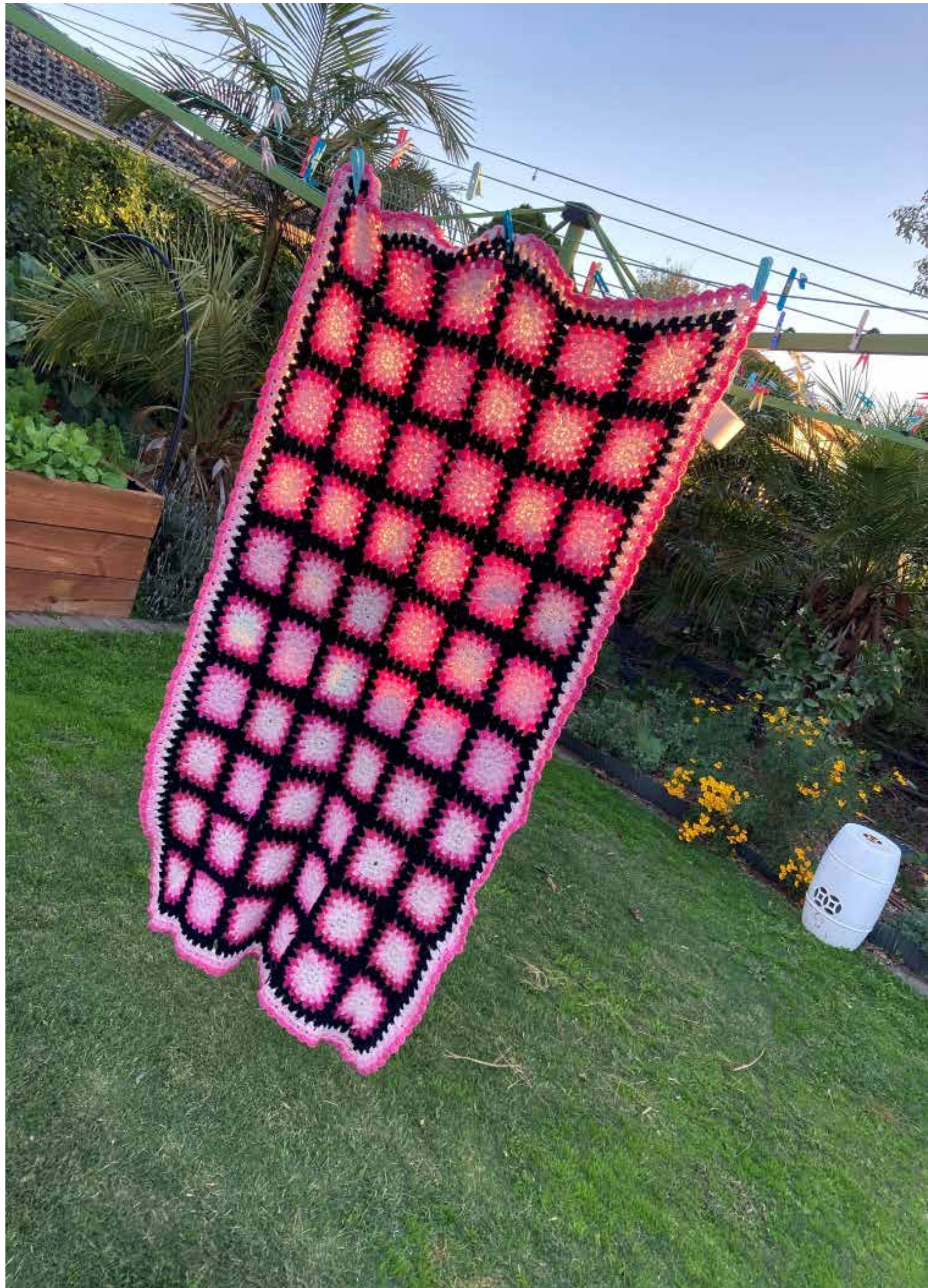
Our family has spent 101 days in Isolation.

During isolation I kept my families spirit up by cooking for them.

Perfecting homemade bread, rolls, scones, yoghurt and churros something I have never attempted.

Just 6 months prior to the pandemic I lost my mother, who cooked some of these for her grandchildren. By the end of isolation, I mastered the best bread mix and celebrated when it finally did rise and when I found the thick creamy homemade yoghurt and soft fluffy scones. It really is the small things in life and at times like these, family, friends, great co-workers and amazing supportive managers are everything.

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Corinne Habel

Head of Fundraising & Marketing
Women's & Children's Hospital Foundation

Iso-blanket

The crochet project kept my hands busy during the slower times while watching Netflix. Crochet is forgiving and easy to start and stop as people wanted attention and tasks needed to be done. A sense of comfort, calm and accomplishment during a time of uncertainty.

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Catherine Joyce

Infection Prevention and Control Nurse, WCHN

Photograph

Took the time to look around me and saw nature
spinning and shining

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Karen Bradbury

Clinical Coordinator
Department of Psychological Medicine, WCHN

Teaching myself to play guitar

I wasn't isolated, but did catch the creativity- in- isolation bug. Seeing others taking on new projects they didn't have time for previously got me thinking about things I wanted to do for a long time but hadn't started.

I had an electric guitar given to me when I was 12 and stopped playing when I was about 14. I had kept the guitar for the last 30 years in a corner of my house getting dust. So during the lockdown period I re-strung it and started teaching myself to play again. It's a great hobby and I am doing it every night now after work.

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Matthew McCurry

Principal, Hospital School SA

I have been making Kombucha

I wanted to have authentic Kombucha and not a shop bought drink. I also liked the idea of concocting something and trialling and testing flavours etc. I bought a SCOBI and you have to nurture it and there's also the patience as you wait for your brew to work and become a healthy, gut assisting drink!



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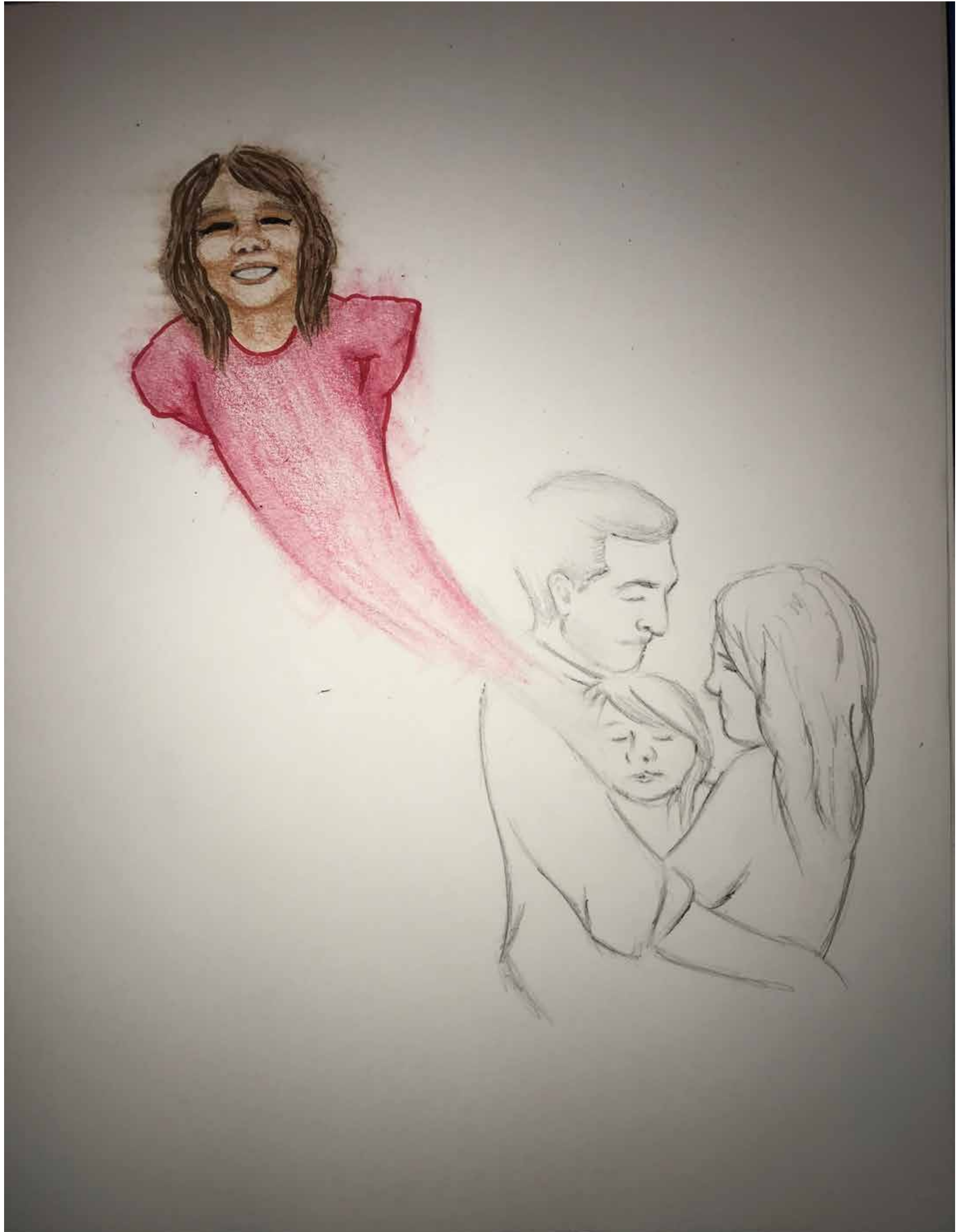
Dianne Schaefer

Spiritual Care Chaplain, WCHN

Nature Photography

I enjoyed my time of isolation. To keep myself fit and connected with my family we went for daily walks in our neighbourhood looking for cats, birds and admiring gardens or visiting parks and meandering along creeks. Taking photos of these walking spots made me aware of how much beauty there is all around us in our suburbs.

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Renae Hogarth

Nurse, Michael Rice Clinic, WCHN

Drawing

My submission to the SALA isolation exhibit is about different ways of coping and healing. I was motivated by capturing feelings in drawings, particularly feelings the children I work with go through.

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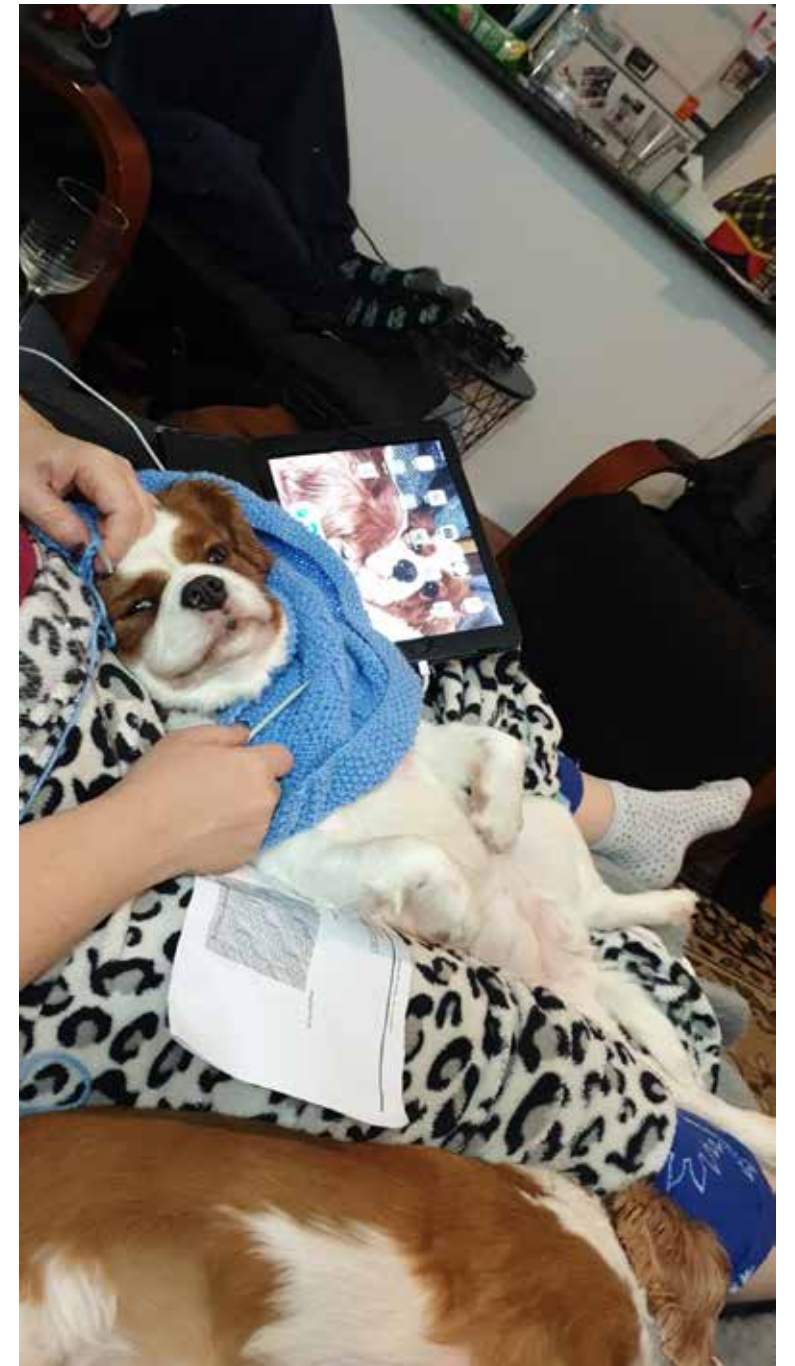
Jill Newman

Arts in Health Manager
Women's & Children's Hospital Foundation

Hot Air Balloons Jig-saw puzzle

During the time we were working from home I would spend a lot of hours connected to the computer, rather than my normal work in the Hospital supporting staff and patients. Each day at home I would take small breaks from working on the computer and put the jigsaw puzzle together. It was a great way to keep the mind active but away from screens.

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Paula Mitchell

Administrative Officer
Department of Respiratory and Sleep Medicine, WCHN

Knitting

So, isolation was a not to be missed golden opportunity for me to tackle my cupboards, aka the SKS (secret knitting stash), and finish up a few of the projects that I had started, and just didn't have the time to finish.... Mainly because I start one pattern, love it, knit it, but then see another pattern... love it, start knitting it.... But wait, there is another one I really love.... See the problem here ?

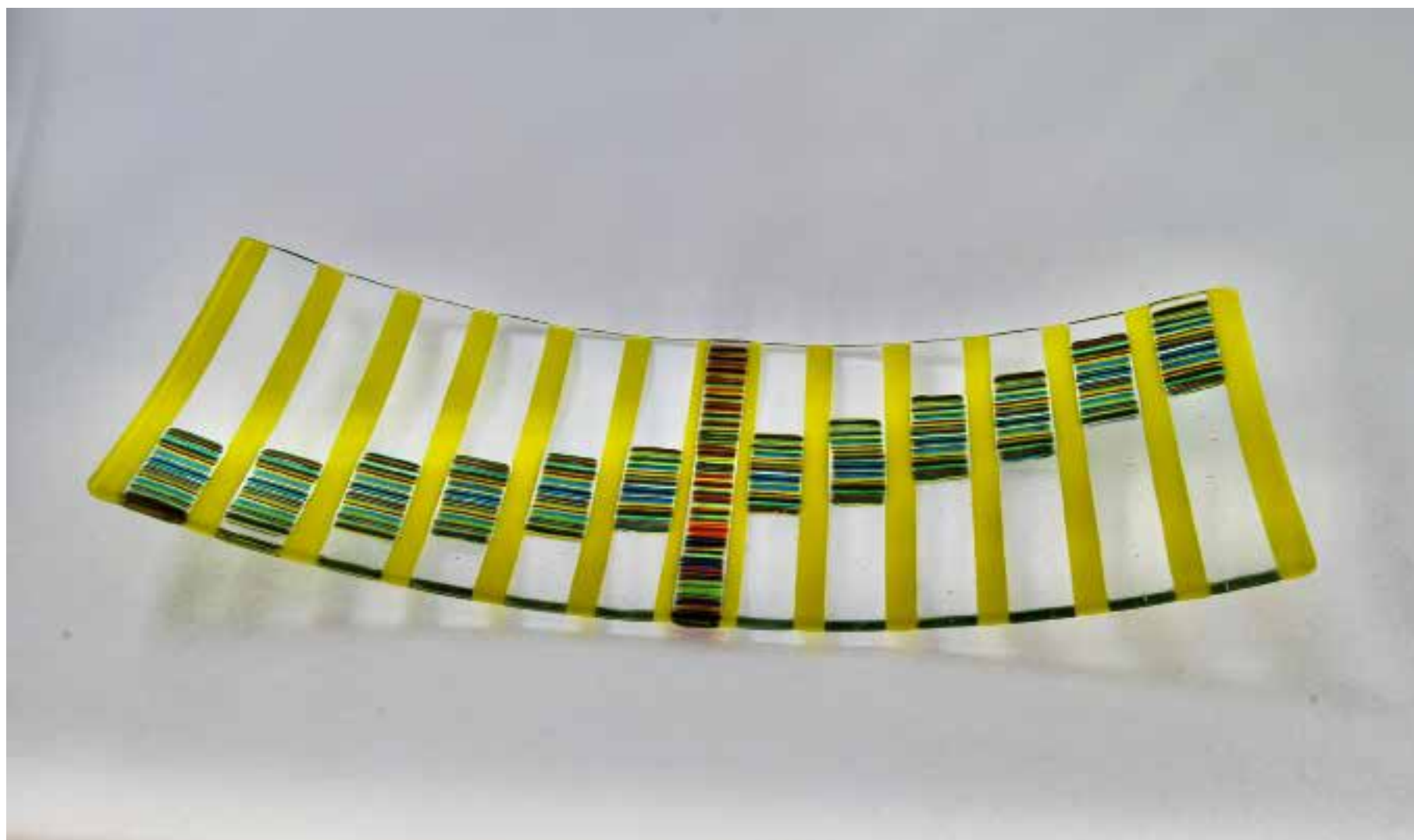
I started with the best of intentions by discreetly swapping over the inside UFO's (unfinished objects) for the outside ones hidden in yet another stash in the shed – that the husband must never find out about EVER.... This proved to be a successful secret mission, and Operation Finish That Blanket finally began....

However, as the photos show, I got a bit of “help” from two constant lap supervisors, and one floor supervisor... The model in most of the photo's is supervisor Daisy, who was much more active in micromanaging my activities as opposed to the assistant manager, Harry, who's main role was just to sleep and have a pattern balanced on him. The floor supervisor/ secret wool attacker is Maple.

Now, I won't lie, but my new bosses really were more of a hindrance than a help, they definitely micro managed my every move, especially as it was cold, I was obviously (according to them) never leaving the house ever again, so my lap was appropriated as a permanent sleeping spot, which did make knitting a tad bit difficult. Running a department is nothing compared to the difficulties faced with attempting to balance wool, pattern, dog x 2, and lpad on my lap, especially when two of the five are capable of sudden unexplained movement which will send the other three flying. When that happens, the floor supervisor would not hesitate to pounce on the fallen ball of wool and dissect it in a nano-second knowing full well I was incapable of sudden lunges to rescue said wool as the other two lap supervisors were not going to move at all... My poor long suffering family members were constantly being begged to retrieve the ball of wool at great risk to their fingers!

But we (notice, I have given up on any project ever being a solo attempt), have managed to finish two beautiful baby blankets (the blue and green one) as well as half finished the middle of a baby blanket (the pink one) which is turning out to be a bit more complicated than the pattern first suggested... so we are persevering with it, as it is going to be just stunning once it is finished.

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Margaret Russell

Theatre Volunteer, Rogerson Theatres, WCHN

Glass Art

During the Covid-19 epidemic my husband and I have been in self isolation at Port Elliot where I love to work on my glass art.

Looking around at the work I have created during this time, I notice that much of my work has stripes and bars within it and also I have used a lot of grey glass in the creating. I am wondering whether it may be a subliminal response to the difficulties our society has been facing during this time.

However, the piece I have chosen contains vertical stripes of yellow and inserts of multi coloured fine threads of glass running horizontally between them. The glass is rectangular and shaped so that the edges raise up with a sense of hope and this makes me smile and I trust others will see this in my art.

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Amanda Schaefer

Play Therapist, Cassia Ward, WCHN

Propagating, planting, and caring for plants

During COVID-19 caring for plants gave me something to focus on and look forward to whilst spending more time at home. I was able to watch how they progressed, bringing joy through something so simple and truly proving the healing power of nature.

Talent Within *Isolation*



Mandi Whitten

Registered Midwife in the Casual Pool, WCHN

Stobie Pole painting

During the early days of the COVID-19 pandemic, my hours were cut back and initially (like most people) I was a little lost and unsure of what to do. I am a committee member of Hindmarsh Greening, and our regular Sunday morning group projects had also come to a standstill, so I contacted the Chair and asked if I might be able to undertake a solo project. She suggested to paint a Stobie Pole in Ninth Street, Bowden in the theme of Iconic Women. I chose to paint Cathy Freeman.

Many people stopped and chatted to me during this work, which took about four or five hours over a period of about two weeks. It was great because I live on my own and was avoiding family as dad has multiple major health issues. I work across two hospitals and aside from work (which was extremely stressful) and walking the dog, like everyone else I wasn't really getting out at all. Working on a creative project outside at my own pace in the fresh air, often with my dog at my side felt really emotionally healing. And I felt proud of my work and of this community as well as being proud of Australia and of Cathy and I was so pleased that so many locals were happy with the artwork in and around their neighbourhood.

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Diana Bonner

Support Volunteer, Play Therapy Program, Newland Ward
and Volunteer, Corporate Communications, WCHN

Making preserves

My creative isolation project was cooking “Home and Heart” chutneys, pickles, jellies, pastes, and relishes. I mostly used the abundance of seasonal fruits and herbs from my garden, supplementing with purchased items as needed.

As I had quite an amount of spare time, I also created my own “Home and Heart” labels.

My love of cooking enabled me to while away the time for many weeks of COVID isolation.

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Kristin Stone

Digital Learning & Design, Centre for Education, WCHN

Spray painting frame and my brush lettering artwork

I have had more time to experiment creatively as I now work from home most days.

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Rebecca Bewlex

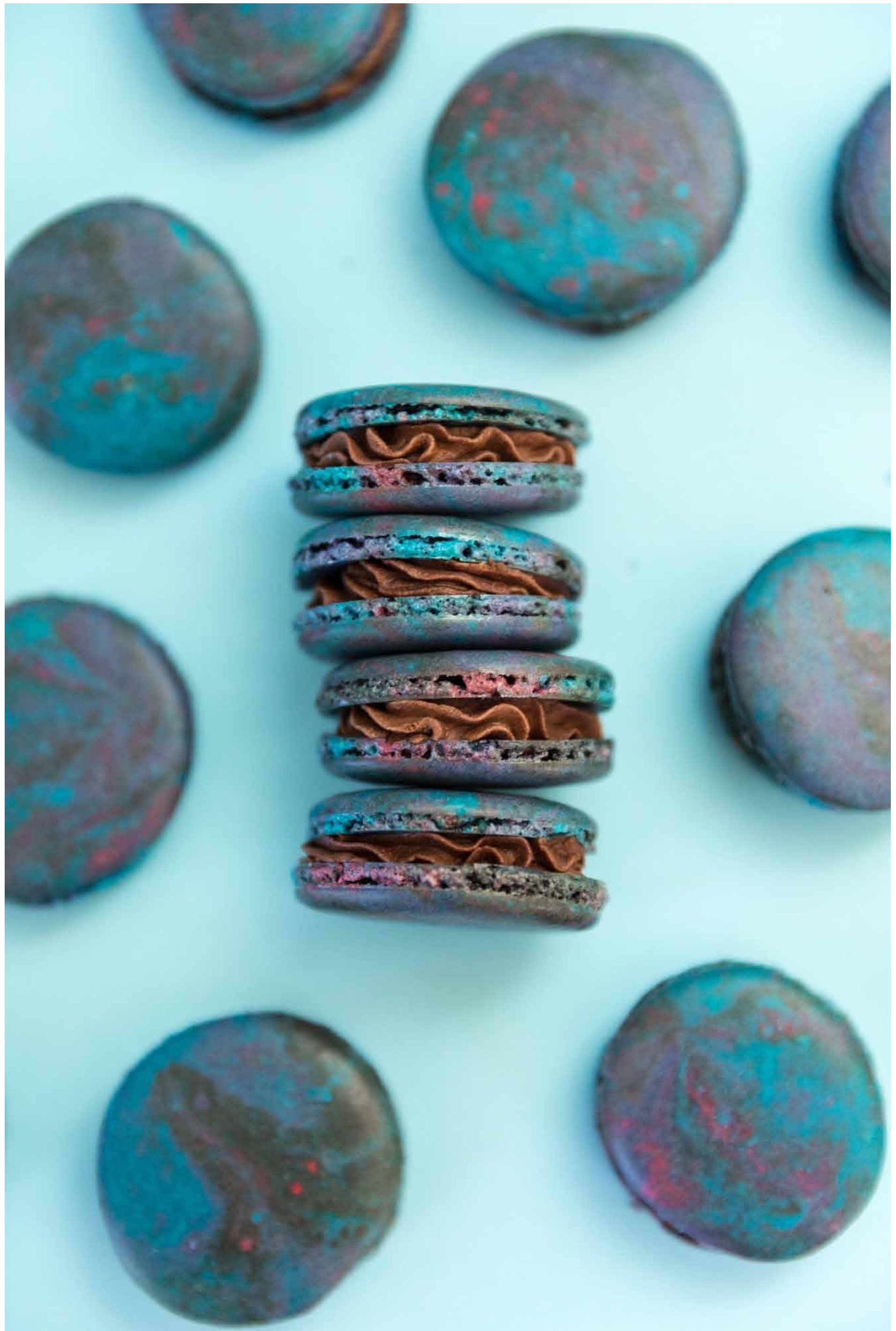
Nursing Unit Manager, Newland Ward, WCHN

Making cupcakes with delicious butter cream icing

I was inspired to start baking after seeing a colleague make some amazing cupcakes for an afternoon tea. With the right tools, YouTube and a bit of practice I was able to create a very professional looking cake. Carefully following a recipe and having patience when piping has been a great activity to occupy myself during isolation.

The staff on the ward enjoy my new talent, as I regularly bring them into work. So far, the favourite has been chocolate cupcake with Peanut Butter icing. I have also made rainbow icing, hazelnut, orange and double chocolate.

Talent Within *Isolation*



Heidi Wolff

Community Fundraising Officer
Women's & Children's Hospital Foundation

Baking

Baking really allowed me to have a creative outlet which distracted me from everything going on. It also allowed me to develop new skills, especially learning how to make Macarons which have many challenges.

Talent Within *Isolation*



Lindsey Gough

Chief Executive Officer
Women's and Children's Health Network

Sunset at Sellicks

During COVID-19 I obviously worked throughout to act as WCHN Commander for the pandemic situation, with Sarah McRae as COVID Commander and to provide leadership in what was a very anxious time for a lot of staff. For me going on walks, whether at the beach, in Botanic Park or in other conservation areas allowed me to get some fresh air and to re-charge. It was important to keep focused and importantly to keep calm so the ability to have that relaxation time was really needed. I think we all felt that it was strange not really being able to do what we had been used to and what had been 'normal' activities, so to be able to see that the world is still beautiful is special.

Talent Within *Isolation*



Marisa Salvati

Coordinator, Play Therapy, WCHN

Learnt how to make traditional Italian pizzelle (waffles).

Making pizzelle and other family traditional recipes is something that has always been on the 'to do list'. Zoom cooking sessions with family members was tricky, had us laughing and bickering at the same time!

Talent Within *Isolation*



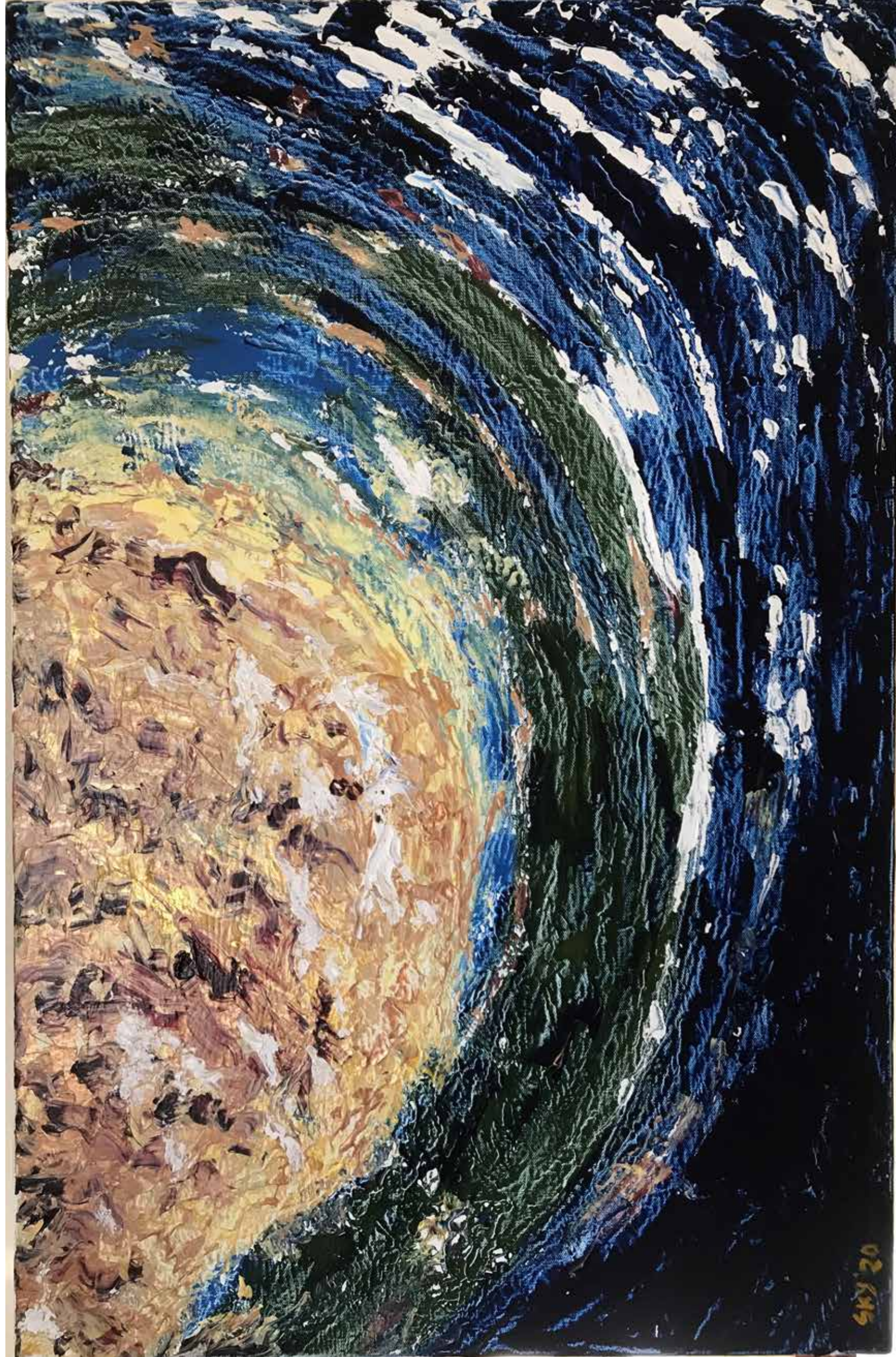
Charmaine O'Reilly

Advanced Sleep Technician/Deputy Manager
Children's Sleep Disorders Unit, Dept of Respiratory & Sleep Medicine, WCHN

Miniature painting

Keeping busy with hobbies I find helps keep the mind distracted. I have recently taken up miniature painting (painting tiny characters/beasts). I find it relaxing and meditative as I enjoy things that require fine detail. The picture displayed is of a dwarf wizard and is the first mini I have painted.

Talent Within *Isolation*



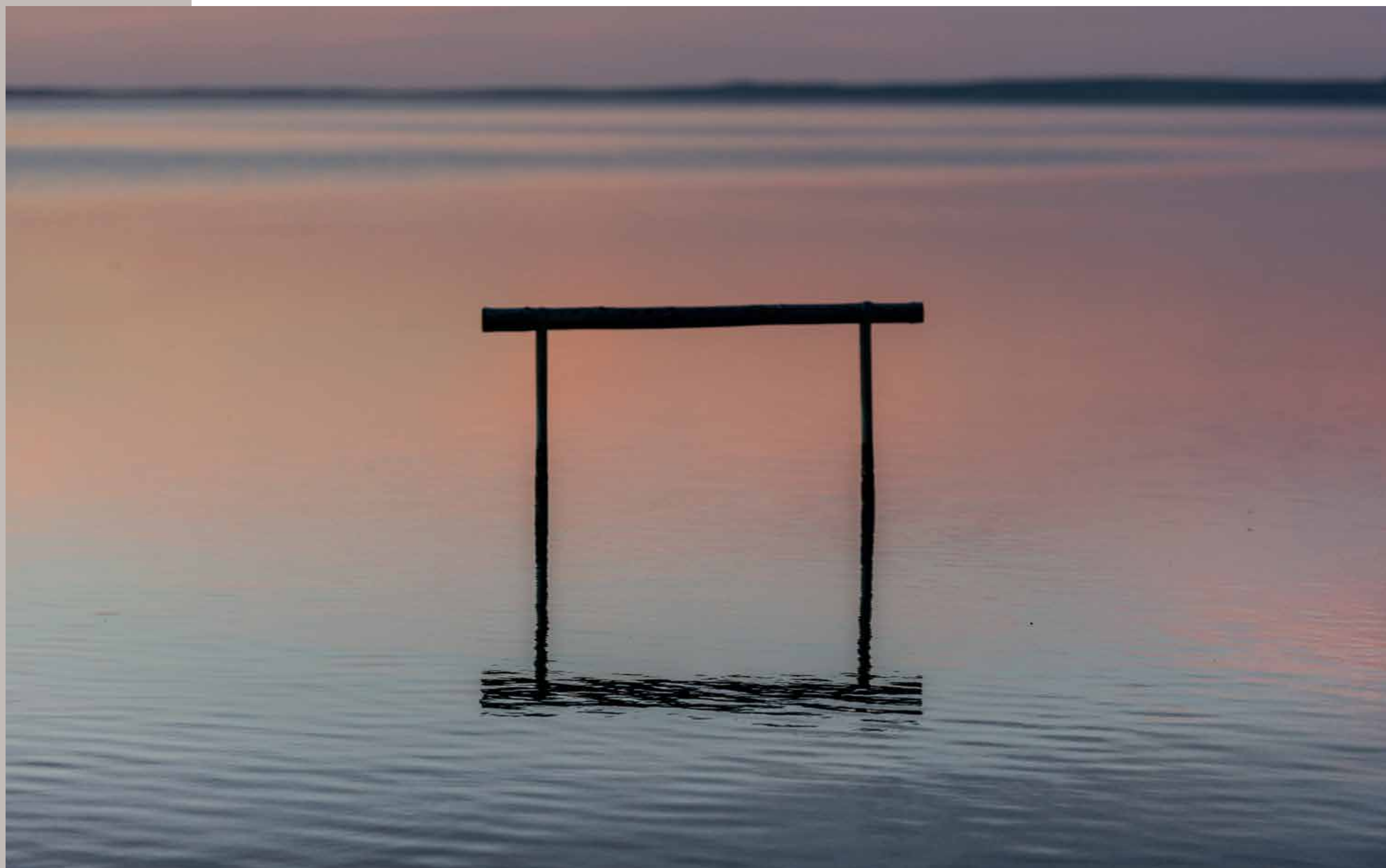
Kayw Sing Hai

Food Services, WCHN

Abstract painting '*Enlightened Ocean*'

COVID-19 pandemic situation affects me in many ways. This is a situation, I have never experienced before. I have to adopt social distancing and other safety measures all the time. However, worries of catching COVID was always there; as my wife and myself both are working in the hospital. We cannot work from home like others. Sometimes I was so stressed even I struggled to sleep at night; thinking who will look after my 6 year old daughter If we both have to go into isolation or are hospitalised. At some point I stopped watching news because COVID updates and death toll in Italy and other countries was making me more panicked and stressed. Contemplating to cope the given COVID-19 situation, and modified lifestyle I decided to start paintings. It helps to reduce my level of stress considerably.

Talent Within *Isolation*



Sue McKay

Executive Officer, WCHN

My creative isolation project is a photographic image gallery entitled “In Isolation”

I am a sports photographer and usually publish to my social media accounts and website www.kickittome.com

Sports photography is a large creative outlet of mine, so with sporting events on hold during COVID-19, I had to find another subject matter. I turned my camera to landscapes to capture the sense of isolation, and published to my personal website instead www.suemckay.com
www.suemckay.com/photography/covid-19-in-isolation



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Alana Woods

Nurse, Cassia Ward, WCHN

Experimenting with painting

Painting has been a good way for me to switch off from the craziness at work and all the things going on in the world.

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Karin Koulianos

Corporate Administration, WCHN

New Galaxy in recorded time

This is a totally new piece that I had never done before, using recycled items to upcycle it.

I enjoyed creating this piece from outside of what I normally have done with painting on canvas.

I chose 3 colours and white as the base, did the pour onto an old vinyl 33" record.

Recycled the timepiece from an old clock and this is the end result. It is the main clock in our house and is a wonderful reminder that through isolation we can think outside the box of time and confinement.

Talent Within *Isolation*



Natalie van der Haak

Senior Dietitian, Nutrition Department, WCHN

Floral handmade dress

At the start of the COVID-19 pandemic I decided to learn a new hobby, sewing! I found this quite challenging, but a great way to stay actively mindful during isolation.

Talent Within *Isolation*



Carri Welsby

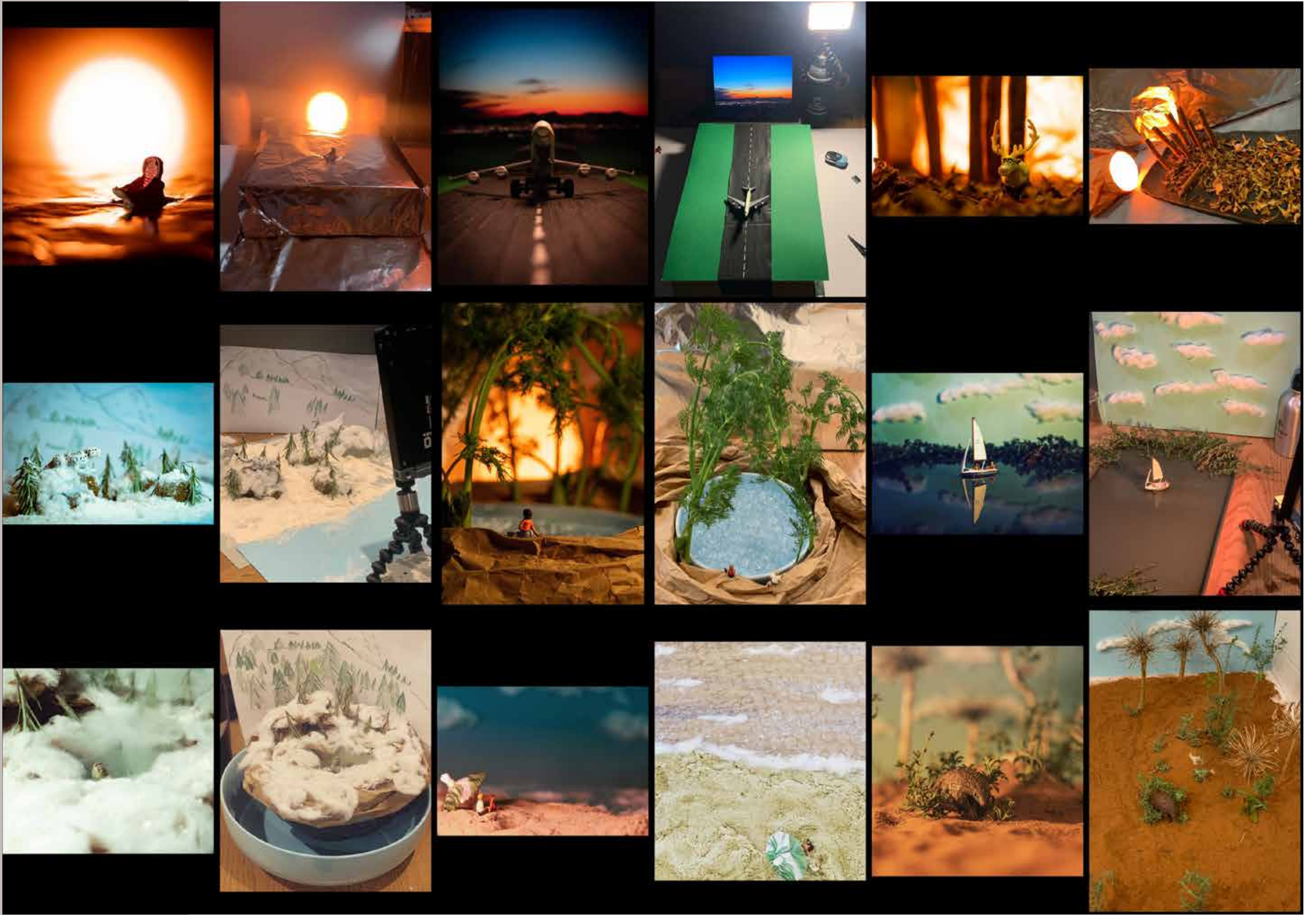
Support Volunteer, Play Therapy Program, Michael Rice Centre, WCHN

Macramé wall hanging

My creative isolation project is a macramé wall hanging, made from approximately 200m of macramé cord hanging from a piece of driftwood I found walking along the beach at Grange.

I've most definitely tried to keep looking for the silver lining amidst the COVID-19 pandemic and self-isolation. I was really looking forward to using the extra time to delve into some new and exciting creative hobbies, such as drawing mandalas and commencing my own take on a macramé wall hanging! This was my first attempt at a macramé wall hanging and it definitely won't be my last - I developed a new appreciation for enabling myself more time to do the little things that I enjoy as it is essential for my wellbeing and keeping a positive frame of mind. It also ensured that I always had a project on the go to keep me stimulated and give me some enjoyment/ something to look forward to.

Talent Within *Isolation*



Xenia Doorenbosch

Consultant Neurosurgeon (Adult and Paediatrics)
Women's & Children's Hospital and Royal Adelaide Hospital

Creating and photographing miniature safari and travel scenes

I am a passionate traveller and amateur photographer. I particularly love going on safaris in Africa to photograph animals in their habitat. During the COVID restrictions, I suddenly found myself with some extra free time and an overwhelming feeling of entrapment. I came across an Instagram project called "Great Indoors" by an American travel photographer. She was mainly recreating dioramas of the outdoors whilst in isolation. I felt very inspired by this and decided to do the same with wildlife safari and travel scenes. This kept me motivated and became a creative outlet for my photography that I thoroughly enjoyed during the restrictions. It also allowed for many moments of reminiscing wonderful travel memories as I looked through my digital photo albums for inspiration for my scenes. Each scene would keep me busy for many hours in imagining the objects I would need to create it, putting it all together, shooting it to give it a sense of depth and reality and then editing the final photograph.

I have attached one of my collage scenes I created over a 6 weeks period, which includes "how I did it" photos. See more on Instagram: @drxenia

Talent Within *Isolation*



Alex Bishop-Thorpe

Database Manager
Women's & Children's Hospital Foundation

Gardening and cooking new things

Isolation meant I was suddenly working from home during the daytime, rather than just there in the mornings and evenings. Due to lack of space I took up residence in the old shed behind our house, with a view out of a pokey window into the yard. Being at home meant I could fuss seedlings, move pots around the yard to get the best sunlight, and make sure everything was watered and healthy. Because seeds and seedlings promptly sold out across the country, I only had old packets of seeds and tired plants from years before to play with. I pruned up an old eggplant which I think was meant to be pulled out at the end of last season, but it came back with green leaves, flowers and then fruit after some attention. I went through packets of old seeds and tried them out to see what would germinate. Jalapenos won't germinate unless it's warm, so I learned how to germinate jalapeno seeds on the windowsill, and now I have too many jalapeno plants.

Gardening was a small thing I could do that was consistent, positive, manageable, and self-contained. It let me feel like I was helping when I couldn't help anything else.

Talent Within *Isolation*



Sharon Meagher

Aboriginal Cultural Learning Consultant
Centre for Education and Training, Children, WCHN

Photos of a girl

COVID has allow me some time to reflect on the important things in life – including living with 3 kids. These children are a link to my history as an Aboriginal woman, well versed in social isolation.

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Sue Rogan

Nurse, Medical Short Stay Ward, WCHN

Project photography and collating

Staying isolated, motivated and well.

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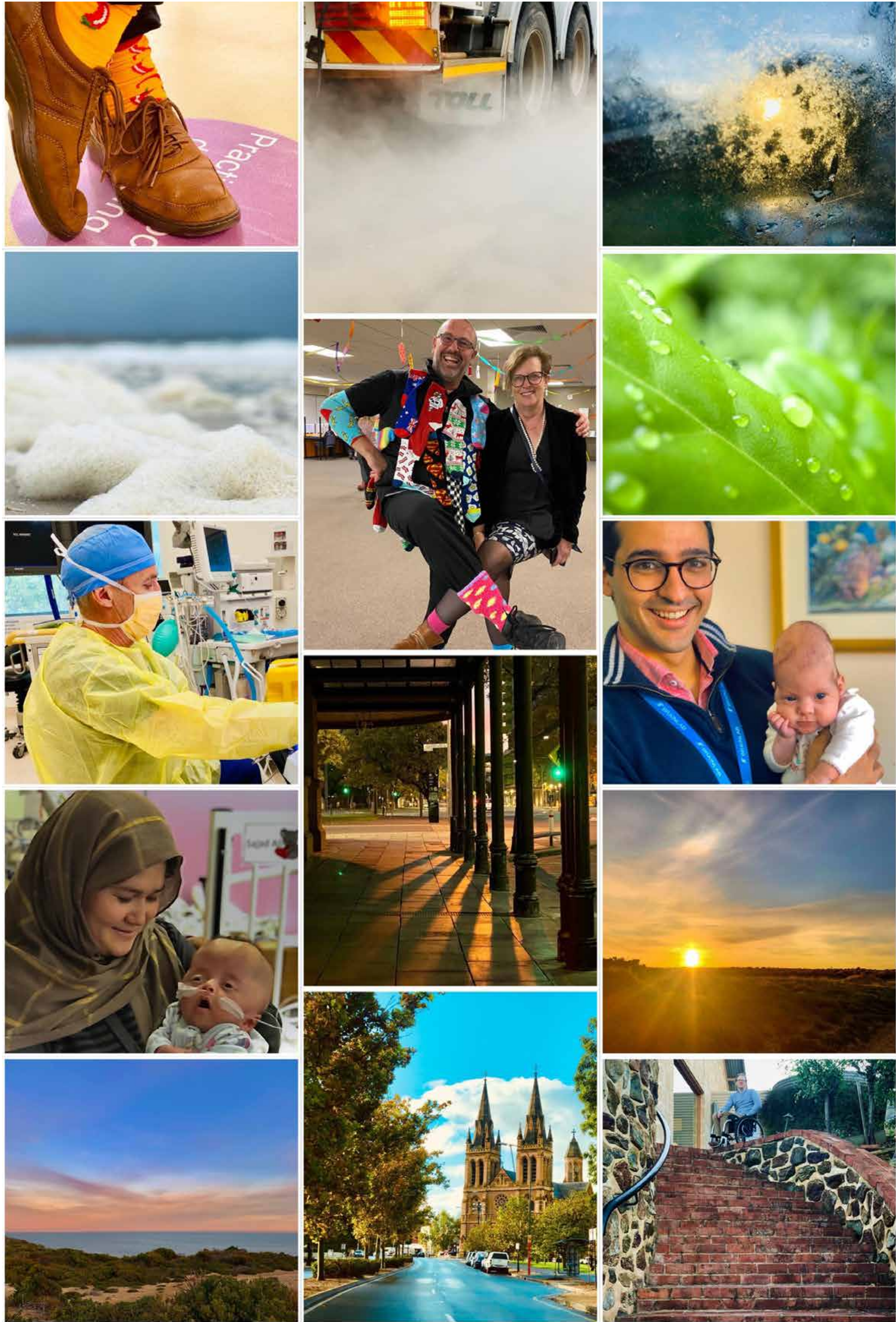
Paediatric Neurosurgery Staff

'Photo of the Day'

Every day we submitted a photo within an agreed theme for the day that can only be taken on our mobile device and within the 24 hours from when the theme was decided. An outside jury would judge our submissions for the day and decide on the winner. Our daily themes varied from colours, and different emotions as well as architectural elements and photography concepts like shadows and contrasts. We have submitted a collage of some of our favourite photographs from the competition.

Covid-19 has been an unprecedented insult, bringing a cloud of darkness full of uncertainties into our lives. We have been deprived from social norms, our families, and friends. Whilst as medical professionals, we felt the onus to battle the pandemic, we also felt the guilt returning home to our families for fear of transmission. However, as doctors, we still had each other, our patients, and the privilege to mobilise out of isolation allowing us to appreciate what yet remains. We photographed daily with joy and anticipation, looking for hope and beauty. We found it in our patients, in our hospital and in our environment. Photography gave us the silver lining needed when nothing else could.

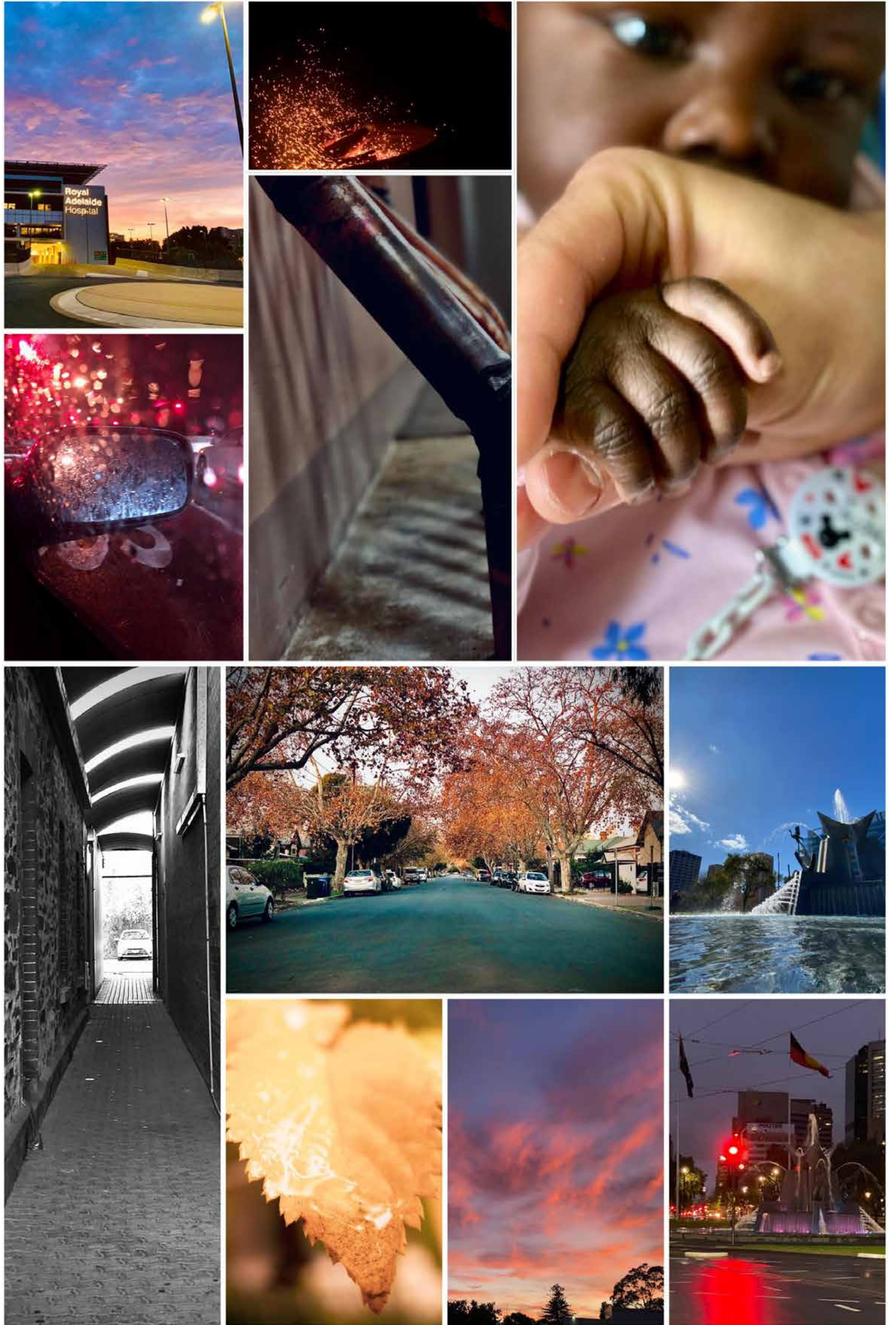
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Paediatric Neurosurgery Staff

'Photo of the Day'

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Paediatric Neurosurgery Staff

'Photo of the Day'



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