



Curated by Marie Littlewood



Women's &
Children's Hospital
Foundation

Arts in Health



Health
Women's and Children's
Health Network



Women's
& Children's
Hospital



AUTISM
OUTREACH
SERVICES

it's not black and white is a collection of monochromatic works on paper that explore the pleasure and communicative power of mark-making by children and young adults on the Autism Spectrum. While the physical act of expression can take many forms including abstraction, spoken language is mostly represented in black and white print, that is, type written using words.

The works in *it's not black and white* are monochromatic as a gesture to typewritten language. The title of the show, *it's not black and white* is intentionally misleading and functions as a segue to understanding that the way we use language is often unintentionally confusing. In a language perfused with euphemism, metaphor, idiom, and irony, combined with a cultural compass set on avoiding direct and difficult conversations, are we asking too much of others, to decode our actual intentions? It's not black and white, and it's likely that this sterile dualism has ever been true.

Sharing time mark-making is a way of being with others, the process frees us from the pressure of direct back and forth dialogue style communication and provides a place where we can simply be.

By honouring the process of creating in this way, we are in turn holding space for each other while utilising other methods of communication to convey feelings and interpretations of our world. Unexpected, delightful, and powerfully moving ideas can be transferred to the page by brushing, printing and drawing thus enabling these experiences to be translated to others.

- Marie Littlewood

Image: detail of *Untitled* by Hannah



Marie's 30 years of inhabiting the health care sector in a 'hands-on' profession has taught her the primacy of connecting with children as unique humans held within a web of relationships. This commitment to seeing the 'other' and being truly present to them motivates her to nurture her connection with her son Heath and the other children who inhabit the flourishing community where a diagnosis becomes a creative power rather than an affliction. Marie has undertaken training and professional involvement in attachment theory (Circle of Security) and communication principles (Marte Meo). Marie enjoys her own art practice, based in ceramics, textiles and writing, and is currently loving teaching pottery.

Marie would like to thank all the young artists: Basil, Charlie, Davis, Edie, Hannah, Heath, Levi and Marvin. Special thanks to Karen Penney from Autism Outreach Services, Tiff Parbs, Penny Mortimer, Mary Forbes, Paul Handley and Heath 'Lodestar' Littlewood.



Image left: detail of *Stuck in Mum's Belly* by Edie

Image right: detail of *Portrait* by Heath

Marie will be speaking at **Autism Spectrum Disorders Symposium 2021** on 18th March, for more information:

<https://bookings.digitalmedia.sahealth.sa.gov.au/wchn/>

Marie will also facilitate a **2hr art workshop with Karen Penney** for WCHN staff on Thursday 8th April 2.15pm contact artsinhealth@wchfoundation.org.au to register your interest.

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: *it's not black & white* by Marie Littlewood



For more information contact:

Lauren Simeoni, Arts Officer, Arts in Health
artsinhealth@wchfoundation.org.au | T 08 8464 7900
55 King William Road | North Adelaide | SA 5006
www.wchfoundation.org.au



facebook.com/wchfoundation



instagram.com/wchfoundation



twitter.com/wchfoundation