



You Deserve a Big Bunch

By Sonya Unwin



Women's &
Children's Hospital
Foundation

Arts in Health

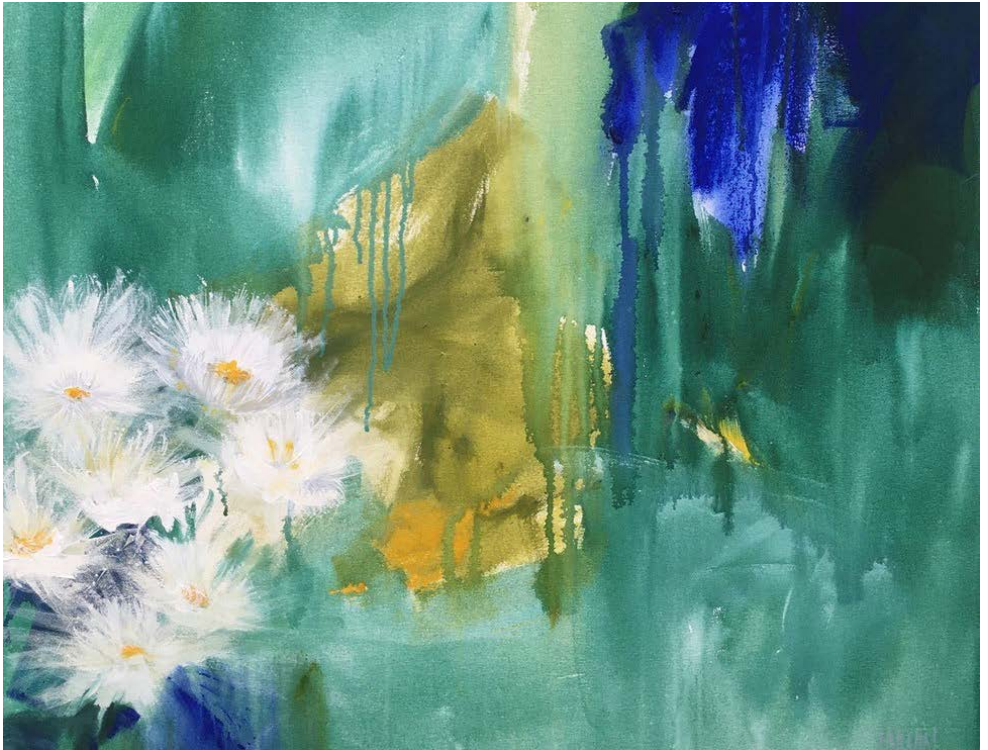


Image: detail of *A Bunch of Dreams*

This body of work evolved during 2020 when the world was experiencing the darkness of a pandemic. In direct opposition, painter Sonya Unwin was experiencing a time of health, happiness, and creativity and fortunate to be living in Adelaide, a place that was virtually free of any COVID-19.

Usually known for painting land and seascapes, Sonya was commissioned to paint a large, vivacious bunch of flowers for a client. On delivering the painting, Sonya witnessed the complete joy from the new owner and could see this artwork was going to be treasured for a long time into the future.

“The idea evolved that everyone deserved a big bunch of the things my client and I were experiencing”.

Sonya continued to create this series of still life paintings of flowers employing confident mark-making techniques, vivid acrylic paints and gifting each bunch with a positive well-wished title.

Not only a practicing artist, Sonya is an arts industry curator and administrator focusing on creativity, exhibitions, collaborative projects and inclusion through diverse arts practice. Within her current role at the Metro Art Space (Hotel Metropolitan) and previously within Arts in Health at Women's and Children's Hospital Foundation, Sonya has helped develop strong arts programs and enhanced community engagement.

"I am passionate about the arts and the importance of engaging in visual learning, creative thinking and intellectual problem-solving through innovation and collaboration".

To see more of Sonya's artworks visit: Instagram - @sonyaunwin



Image: detail of *A Bunch of Love*

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: detail of *A Bunch of Serenity*



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