

Arts in Health



10 Year Report 2010-2020



Women's &
Children's Hospital
Foundation

*Our Arts in Health program creates
an interactive and vibrant hospital
environment that improves the health and
wellbeing of the Women's and Children's
Hospital patients, their families, and
Hospital staff.*

*Through art, play and music, we
encourage curiosity and creativity to
reduce the stress of being in hospital.*

The Women's & Children's Hospital Foundation (WCHF) acknowledges and respects the traditional custodians whose ancestral lands we gather on. We acknowledge Aboriginal people's deep feelings of attachment to and relationship with Country and we respect and value their past, present and ongoing connection to the land and cultural beliefs.

The WCHF thanks the influential contributors who helped create the Arts in Health program and successfully deliver arts activities at the Women's and Children's Hospital. These include the WCHF staff and Board of Directors; Arts in Health Committee Members; Hospital patients, families, and staff; Artists; and Arts organisations. The WCHF thanks all our wonderful donors and supporters who have made this program possible.

Welcome Message



s Chair of the Women's & Children's Hospital Foundation Board, I am proud to present the report on our flagship Arts in Health program, celebrating 10 years of delivering creative activities at the Women's and Children's Hospital to improve the health and wellbeing of patients, their families and Hospital staff.

The program has an expansive reach across many areas of the hospital and has provided positive impacts for our Hospital community. We know from the connections we have with our families that this program is making a difference, is authentic and valued.

The partnership agreement signed between SA Health and Arts SA in May 2008, provided the landscape to cultivate our Arts in Health program. This was strengthened in 2014 with the development of the National Arts & Health Framework and our current program reflects the framework on many levels.

Designed to inspire innovative approaches to health care, developing our AIH program was no small undertaking. Our achievements have been made possible through collaboration with our Hospital partner, the Women's and Children's Health Network, with our donors, our corporate and community supporters, and our arts community.

Recognised as experts in their field, the AIH team has delivered projects that change the look of the hospital environment, creating uplifting, meaningful, child-friendly spaces. Through our creative art therapies and our participatory art activities, we evoke positive sensory and emotive experiences, making the journey for the Hospital community feel better.

We look forward to continuing our commitment to deliver the Arts in Health program and look forward to continuing making a real difference and fostering new partnerships as we look forward to our new Women's and Children's Hospital.

I invite you to read our report and truly trust you will enjoy reading about the work achieved over the past 10 years and the commitment made by the Foundation to the health and wellbeing of women and children through all avenues of the arts.

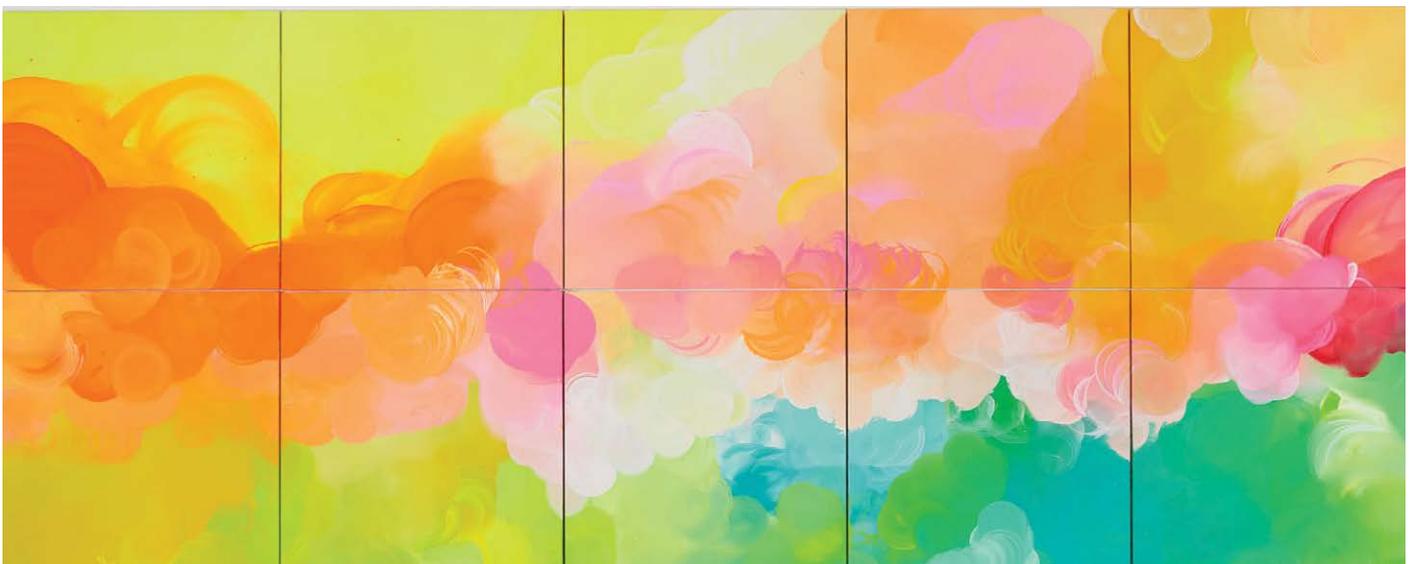
Michael Luchich
Chair, Women's & Children's Hospital Foundation



Acronyms:

AIH	Arts in Health
AiR	Artist in Residence
AAT	Animal Assisted Therapy
CYWHS	Children, Youth and Women's Health Service
NAIDOC	National Aborigines and Islanders Day Observance Committee
PED	Paediatric Emergency Department
PPC	Paediatric Palliative Care
SA	South Australia
SALA	South Australian Living Artists
WCH	Women's and Children's Hospital
WCHF	Women's & Children's Hospital Foundation
WCHN	Women's and Children's Health Network

Hospital community = patients and their families, staff and volunteers



Creative Machine 2020 by James Dodd celebrates the 10 year anniversary of the AIH program. The artwork was created with help from the Hospital community.

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Women's &
Children's Hospital
Foundation

MAKING THE DIFFERENCE
THROUGH ARTS IN HEALTH



Arts in Health Development

The Women's and Children's Hospital

The Women's and Children's Hospital (WCH) is a specialist paediatric hospital and South Australia's largest maternity and obstetric service, located in the picturesque North Adelaide parklands. Every year there are about 4,800 babies born at the Hospital, 46,000 presentations to the Paediatric Emergency Department, 16,000 presentations to the Women's Assessment Service and 220,000 outpatients who access services across the health network. The Hospital forms part of the Women's

and Children's Health Network (WCHN), one of four metropolitan health networks in South Australia. The WCH's mission is to improve the health and wellbeing of families and communities by providing integrated care and support.

The Women's & Children's Hospital Foundation

The Women's & Children's Hospital Foundation (WCHF) is an incorporated not-for-profit entity, which raises funds to support the health of women and children under the care of the Women's and Children's Hospital.

The WCHF is committed to ensuring that mums and children —and their families —have access to the very best in medical care, hospital facilities and support services when they need them most. The WCHF relies on donors' generous contributions to raise much-needed funds to support the Hospital's work.

The Arts in Health program

Hospitals are often stressful places where individuals and families face difficulties dealing with ill health and traumatic incidents. Patients and families are often vulnerable, sleep deprived and anxious. The Arts in Health (AIH) program is underpinned by research on ways to relieve suffering, anxiety, and depression, and improve hospital patients' recovery.

Our program focus is on encouraging creativity, providing moments of calm in a busy health environment, and easing the distress of patients and their families. This is both through therapeutic means (art, play, music,

and animal therapy) and by creating a vibrant and welcoming environment. Artwork and activities serve as a distraction from the pain and discomfort that young patients endure, and contribute positively to the emotional, social and psychological health and wellbeing of patients, their families and Hospital staff.

Whether it is supporting the Play Therapy team and their work to let children be children through play, providing soothing music in the nurseries, coordinating gallery spaces and artist workshops or inspiring young minds with literature, the AIH program is a much loved and valued service at the Women's and Children's Hospital.

A look back at the origins of Arts in Health

Arts and Health is a specific and often specialised genre of arts practice. The arts provide a tool for community connectivity and when arts professionals engage collaboratively with health professionals, there are opportunities to positively impact the health and wellbeing of the participants (COAG Health Council, 2014). There is no universally accepted descriptor of the variety of ways that arts practices are used to enhance human health and wellbeing, they are variously referred to as: Arts, Health, and Well-Being, Arts in Health, or Arts and Health (NOAH, 2017). Arts in Health (AIH) is used within the WCHF to describe our program. It involves all art forms and artistic media including visual arts, craft and design, writing, literature and storytelling, music, performing arts, dance, theatre, film, and digital arts (COAG Health Council, 2014).

The health benefits of the arts have long been recognised throughout human history, with music as medicine popular in medieval times (Fancourt, 2020; NOAH, 2017). Creative arts therapies — including music, dance and art therapies — were established in the 1940s to aid in the recovery of soldiers returning from World War II (NOAH, 2017). In Australia, the connection between arts and health promotion was formalised in 1973 when the Whitlam Government established the Australia Council with the aim of increasing participation in the arts at all levels of the community. This led to the development of a range of programs in community arts and mental health (Wreford, 2020).

The first arts and health program in a hospital environment was established at Flinders Medical Centre in 1996. Part of a health promotion strategy, the program focused on bringing professional artists into the hospital to enhance its environment. In subsequent years, projects expanded to deliver therapy-based and therapeutic services across the hospital. This included a broad range of performance, music and visual arts activities to support patient recovery and promote health and wellbeing in patients, staff and visitors.

In 2007, Adelaide ‘Thinker in Residence’ Professor Ilona Kickbush recommended applying a ‘health lens’ to the South Australian Strategic Plan. She proposed a ‘health in all policies’ approach covering the economy, environment, communities, wellbeing, education and innovation, with support from the SA Department of Premier and Cabinet and SA Health (Kickbush, 2007).

In May 2008, the SA Government developed the South Australian Arts and Health Partnership Agreement between the departments of health (SA Health) and the arts (Arts SA). The first agreement of its kind in Australia, this was made under the direction of the Hon John Hill MP, who at that time held joint portfolios of both arts and health.

The partnership commitment recognised: the positive impact of the arts, including good design, on physical, psychological and spiritual health and wellbeing, and the potential of the arts to improve the quality of healthcare. The agreement paved the way for bringing the arts into healthcare settings, through architecture and design, public artworks and arts programs.

With endorsement by Australia’s health and cultural ministers, in 2014 Minister Hill sponsored the National Arts and Health Framework’s development. The framework’s purpose was to enhance the profile of arts and health in Australia and acknowledge the important contribution of arts initiatives to health and wellbeing through greater integration of arts and health strategies and practice in health promotion, treatment and services (Davies, Pescud, Anwar-McHenry, & Wright, 2016).

Through the National Arts and Health Framework, commitments were made to:

- acknowledge the value and benefits of arts and health practice and outcomes
- endorse collaborative relationships between arts and health sectors nationally, and within each state and territory, as well as across the spheres of government and the non-government sector
- value the professionalism, excellence and ongoing development of those working in the field
- acknowledge the importance of continuing the research into arts and health practice and outcomes and growing the body of evidence about the benefits.

The Health and Cultural Ministers recognised:

That arts and health activities have **intrinsic, instrumental and institutional values** and a demonstrated range of social, artistic, environmental, cultural, economic and health benefits, including the potential to **improve the quality of healthcare**

The contribution of arts practice to the **enhancement of health and wellbeing** across the continuum of health services:

That advancing arts and health practice in Australia relies on a diversity of sectors and stakeholders working together.

from encouraging healthy living and communicating on health issues; to prevention, treatment and the management of illness and chronic disease; and in rehabilitation and recovery as well as end-of-life care

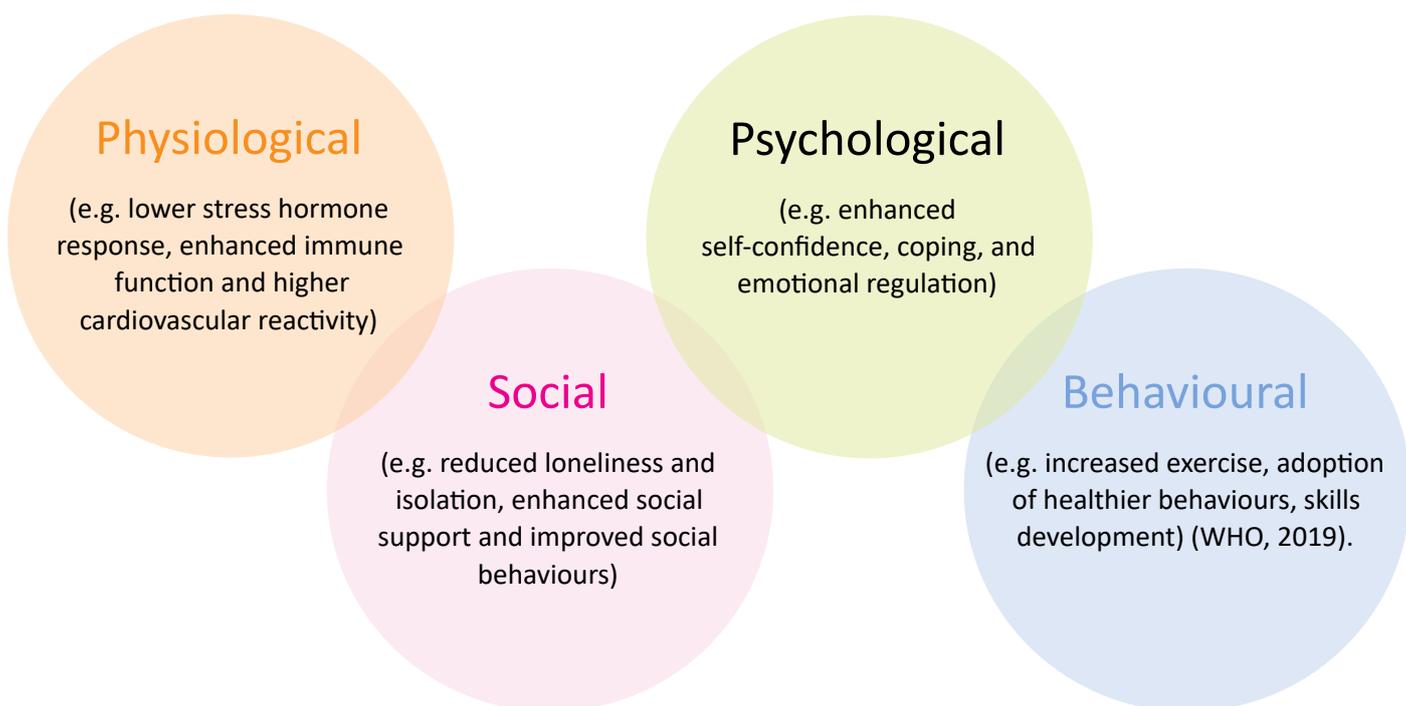
That arts and health practice can contribute to achieving government objectives across the themes of better health services, reducing health inequalities and closing the gap on Indigenous disadvantage.

That attention to the arts and good design can make the difference between health environments and buildings that work and those that excel in promoting health and wellbeing for patients, staff, clients and visitors.



Globally, the move to incorporate art in healthcare became more common in the United States in the 1970s and was formalised with the establishment of the Society of Healthcare Arts Administrators in 1989 (NOAH, 2017). In 2007, the UK Department of Health recognised, through policy, the major contribution arts

have to wellbeing, health, healthcare provision and healthcare environments (Arts Council England, 2006). The World Health Organisation categorises the ways in which responses to the arts can impact positively on health and wellbeing as:



The importance of the arts in healthcare is now well-established in Australia and internationally, and while the programs in different countries may vary in the way they

are implemented, they share the following philosophy, summarised by the Arts Council England:

Arts and health are, and should be firmly recognised as being, integral to health, healthcare provision and healthcare environments, including supporting staff. The arts are, and should clearly be recognised as being, integral to the quality of the experience for patients and service users, and to supporting healthcare staff. They make a major contribution to improving people's lives, their health and healthcare provision, providing high-quality, appropriate healthcare environments and engaging with individuals and wider communities, including hard-to-reach groups (Arts Council England, 2006).

Establishing Arts in Health at the Women's and Children's Hospital

The connection between the arts, the Women's and Children's Hospital, and charity organisations, dates back to the Hospital's establishment in 1876. Dr Allen Campbell – instrumental in the Hospital's creation – was also a Society of the Arts member and Chairman of the Board of Governors of the public library, art gallery and museum. He also championed the importance of community support through charity foundations (Barbalet, 1975).

During the review of the Hospital's master planning in 2007, there was broad support for the inclusion of an AIH service. The Women's & Children's Hospital Foundation agreed to lead the development of an AIH program and in August 2008, WCHF and the Children, Youth and Women's Health Service (now the Women's and Children's Health Network), signed a formal agreement to establish an AIH program for the Women's and Children's Hospital.

The WCHF committed to leading and funding:

- the establishment of an AIH committee
- the development of processes to ensure sound project management
- the governance reporting and communication processes
- the development of the program activities
- and the recruitment of an Arts Coordinator.

The AIH program's vision was to inspire creative approaches to healthcare and shape the Hospital environment by integrating the arts into Women's and Children's Hospital life to improve people's health and wellbeing.

The program was officially launched by the Minister for Health and the Arts, the Hon John Hill, on 28 January 2010. The launch showcased the WCHF's commitment to supporting the role that the arts can have alongside clinical healthcare.

The launch formally announced the beginning of the AIH program to the Women's and Children's Hospital community (staff, patients and families) and to the arts and health sectors as well as launching an AIH identity, designed by University of South Australia graphic design student Clare Andrew as branding for the program.

Activities and entertainment provided on the day highlighted examples of how the arts are often an integral part of a patient's wellbeing; even the invitation was a quirky combination of 'health and arts' and included a small paintbrush inserted into a gauze bandage pack. During the launch, artist Annalise Rees created a new 'AIH ward' from the donation of small objects provided by those who attended.



Arts in Health governance

From its beginnings, the program was governed by a WCHF Board Committee. The WCHF established the committee in September 2008, bringing together representation from the WCHF Board and staff, WCHN staff (from education, communications, facilities and clinical departments), Arts in Health staff from Flinders Medical Centre, and representatives from the arts community (Carclew Youth Arts and Community Arts Network). The committee's members have changed over the program's 10 years to support the program's stages of development.

The inaugural committee's terms of reference included:

- providing strategic advice and direction regarding the program and project activities
- identifying and facilitating opportunities for program enhancement
- establishing and managing the necessary governance
- informing policy development.

Policies and procedures to address project approvals, infection control and assessing patients' abilities and risk were developed and refined based on feedback from committee members, WCHF and WCHN executives and other key staff. These were important elements in ensuring expectations of both organisation were met and in setting the program up for success.

The program was modelled on existing arts and health programs, but tailored to the WCH's patients (babies, children and birthing mums), stakeholders, and the Hospital facility. The program was aligned with the National Arts and Health Framework which promoted the inclusion of arts across all aspects of health practice to add value to health facilities, services and care (COAG Health Council, 2014).

The National Arts and Health Framework encouraged:

- delivery of activities and arts outcomes that engage patients and staff, provide a positive focus, and reduce stress and anxiety
- using sensitive and good design and public art to create buildings and environments that are inspiring, engender civic pride, create community identity and support healthy living.

AIH Ward by Annalise Rees



The committee developed an initial plan outlining priorities for the program’s first three years. After creating a broad wish list of possibilities, these were refined to six

project priorities and were aligned with the National Arts and Health Framework.

Project Priorities	National Arts and Health Framework Priority		
	Promote health and wellbeing	Integration of art into built environment	Development of partnerships and strategic alliances
Wayfinding		♥	♥
Art and music therapy model	♥		♥
Gallery and exhibition spaces	♥	♥	♥
Artist in Residence activities	♥	♥	♥
Art-making spaces	♥		
Garden spaces	♥	♥	♥

Project Criteria:

The committee developed criteria against which projects were evaluated, before being submitted for approval. The criteria included:

1. Alignment with the WCHF statement of purpose: providing direct relief from poverty, suffering, distress, misfortune or helplessness to WCH patients, their families and carers; promote the prevention or control of diseases in human beings
2. Alignment with the AIH committee’s role and vision statement: to integrate arts into WCH to improve people’s health and wellbeing and improve the WCH’s human and physical environment.
3. Alignment with the Children, Youth and Women’s Health Service’s mission: to provide the best possible health care for those who are sick or in need of our care, while also seeking to prevent illness and improve the health and wellbeing of our populations across South Australia (CYWHS Strategic Plan, 2005-2010).
4. Recognising equity and diversity: improving the health of the most disadvantaged; responding to the needs of our diverse population.

A charity-managed program

The WCHF manages and coordinates the AIH program as a separate entity to the WCH. The relationship between the WCHF and the WCHN has been critical to the program's success. To ensure a close and connected relationship, a joint approval process for the AIH project activity was developed. The project activities were approved at an executive level of the Hospital through the WCHN/WCHF Operational Committee. This committee included the CEOs and senior executives from both organisations. Once project approval was given, the committee was provided progress reports on a regular basis.

After successfully delivering the program for several years, the AIH Board Committee reverted to a normal part of the WCHF management's duties in 2014. The AIH Manager now develops a yearly program of activities as part of the financial year budget process. This is then approved by the WCHF CEO and the WCHF Programs Committee and is included as part of the financial year budget process approved by the WCHF Board of Directors.

A new direction for our galleries

A Gallery Management Committee, formed in 2013, took over the role of guiding the gallery and exhibition program. The committee's Terms of Reference were:

- providing strategic advice and direction regarding the exhibitions and artwork displays
- identifying and facilitating opportunities to enhance the program
- informing policy development.

The Gallery Management Committee was chaired by the AIH Manager and included two key WCHN staff. A consumer representative was included in the membership in 2017, along with the Museum Curator responsible for the management of the WCHN History Collection.

Cultural considerations are important in the work of the AIH program and the WCHN Aboriginal Leadership Group supported developing an Indigenous artwork group made up of key WCHN Aboriginal and Torres Strait Islander staff. This group provided advice and support to the Gallery Management Committee and ensured that cultural protocols were met whenever an Aboriginal or Torres Strait Islander artwork was being created, selected or donated.

Our Unique Model

The AIH program differs from other arts programs in the way it is funded and governed.

Since its inception, the program has been delivered and funded through the WCHF. The AIH Manager and Arts Officer are both WCHF employees. The program was for many years the 'Face of the Foundation' in the hospital. This occurred through relationship building with the WCH, involving all levels of staff including the WCHN executive, clinical, and administrative staff, as well as the increased visibility of the WCHF through the branding of the gallery spaces and public art throughout the hospital. The AIH team is now actively sought out by Hospital staff and families in relation to arts and health opportunities as well as being key representatives for the WCHF on hospital working groups and committees.

As part of the program, the WCHF provides the Hospital with funding to resource positions in therapeutic arts programs (play therapy and music therapy).

The WCHF funds a substantial portion of the art, craft and toy supplies for the play therapy program and the WCHN Play Therapy Coordinator works closely with the WCHF Arts in Health Manager in the delivery of the play therapy services.

This funding model has many strengths, which have contributed to the program's success and longevity. WCHF funding has enabled projects to be determined by the evidence of arts and health research, the priorities of the WCHF and the hospital and not shaped by changing priorities and funding pressures within a government health sector.

In general the program is funded by unrestricted donations provided to WCHF by our valued donors. However very occasionally where grant criteria has aligned with the AIH project priorities, WCHF has applied for external grants to fund the program. Examples of success in external funding include:

- 2009 Arts SA Facilities Grant to develop the gallery spaces
- 2012 Telstra Foundation Grant to purchase iPads for patient use.

The program's success has been built on the excellent relationship between the AIH Manager and key Hospital staff who are advocates for the program. Over the past 10 years this relationship has grown significantly through positive staff engagement.

Staff have witnessed the positive outcomes of the program for the patients and families they care for and have been engaged themselves in activities such as the Talent Within exhibition, showcasing artworks created by staff and volunteers working at the Hospital and the Ukulele Club, where staff meet weekly to learn and play the ukulele.

Systems and processes have been developed in the partnership between the WCHF and the WCHN to enable the program to continue successfully should staff change.

Funding the Arts in Health Program

As a service delivery program within a philanthropic organisation, the program is completely donor funded.

Funding

Whilst there have been some occasional donations for specific arts projects, the main funding for the program has been provided by 'unrestricted donations' to the WCHF. A few select community groups have raised funds to support the arts programs, including the Adelaide University Medical Orchestra and the Adelaide Male Voice Choir.

The gallery and exhibition program has provided small amounts of funds from the WCHF commissions received from artwork sales by exhibiting artists. The gallery sales are incidental and there is no strong sales objective as part of the exhibiting process.

Gift in kind support

The program has had great success in the receipt of gift in kind items to support its activity within the Hospital. This has been possible through the close individual and corporate donor relationships the WCHF has, allowing us to seek support of items for patients.

dip' items from Southern Cross Newsagency as rewards for patients during treatments, ongoing support from our corporate partners for special occasion presents (patient birthdays and Christmas) and school students creating activity and toy packs for patients and their siblings.

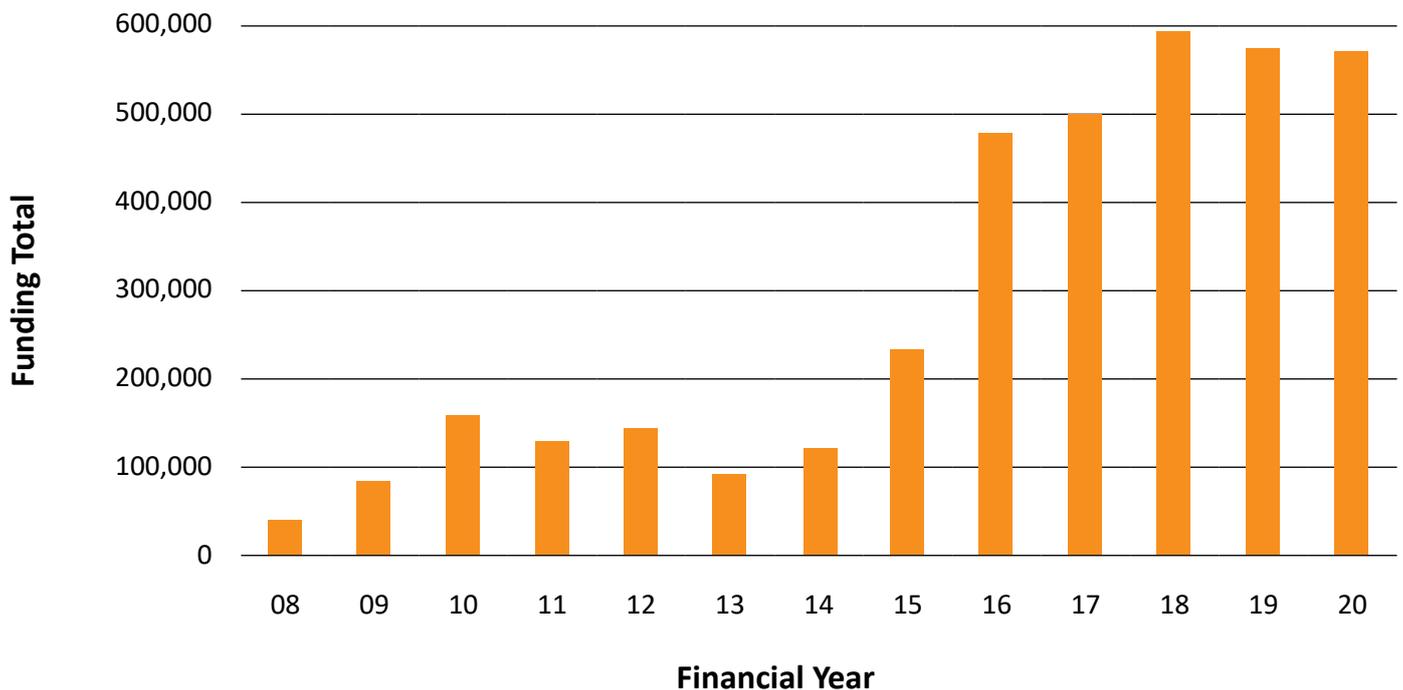
Targeted gifts in kind includes a long-term partnership with Ikea, which provides soft toys for patients, 'lucky

Staff resources

Staff resources have increased from an initial 0.3 Full Time Equivalent (FTE) to establish the program strategy, through to the current staffing of 1.7FTE with an AIH Manager and an Art Officer position. While direct staffing has deliberately remained lean within the WCHF, the primary costs of many of the projects within the Hospital are in fact funding staff positions, particularly in the Therapeutic Arts area.

This includes funding several Play Therapists and a Music Therapist. The AIH team has been enhanced through specific projects such as the Gallery Mentorship Program, a partnership with the Helpmann Academy providing additional support to staff resourcing.

Arts in Health Funding



This chart demonstrates funding of the Arts in Health program from Financial Year 2008 through to Financial Year 2020. The large increase shown between 2014-2016 years are when the WCHF commenced therapeutic arts funding including the Play Therapist positions.

An early pioneer for arts in health, donor Barbara Auld

Barbara Auld (1921-2011) was an early pioneer in using creative expression to support young Hospital patients. Barbara is believed to have been the first handicraft instructor at the Hospital, teaching arts and crafts during the mid-1940s at both the Adelaide Children's Hospital and the Northfield Military Hospital. Barbara went on to achieve a Diploma in Social Science at the University of Adelaide and took up employment as a social worker in mental health, eventually appointed as Chief Social Worker for Mental Health Services in 1969 and witnessed some major advances in the field during her tenure.

Barbara remained a loyal donor to the WCHF throughout her lifetime, making donations each year for more than 20 years and ultimately leaving a gift in her Will to continue her support of the Women's and Children's Hospital.



Barbara Auld at the launch of AIH 2010

Success Factors and Benefits

The key to the success of our diverse range of AIH projects over the past decade, is our patient-centred approach. From the project's inception, patients, their family and carers provided the lens through which all programs were considered. AIH started off small and has expanded to become embedded into paediatric care, particularly through support of the creative art therapies.

The following are other factors which have contributed to the success of the program over its first decade and provide a solid foundation for refining and evaluating the program into the future.

- The appointment of an experienced and passionate AIH Manager who understood the connection between art and health and was able to communicate that vision.
- AIH champions within the Hospital environment (patients and staff).
- Strong governance from the outset with clear channels of communication between the WCHF and the WCHN.
- A funding model enabling maximum flexibility combined with ongoing staff providing continuity for the program and short-term contracts for artists and projects, which brought richness and added creativity to the program.
- Bringing community artists into the healthcare setting – placing an arts lens on health environments.
- Having leadership commitment and support from the WCHF Executive and Board and the WCHN Executive.
- A sustained commitment to funding the AIH program allowing time to learn about the complexities of working in a hospital environment and to adapt arts practices to suit an acute healthcare setting.
- Taking a patient-centred approach to develop every activity.

- Assisting the Hospital to provide the best care to their patients, by supporting the expanded Play Therapy service and the other creative art therapy services.
- Building partnerships both within the WCH and with external art organisations and donors.
- Utilising University students and graduates, artists and Hospital staff to ensure diversity of ideas and input into the program.

Since it began, the program has benefited thousands of children and their families. While patients have been the primary focus, many other benefits have been realised for the WCHF including:

- Strengthening the WCHF relationship with the Hospital community. The AIH team established communication with staff at the 'coalface' and identified how the WCHF could support the needs of patients and their families, both through AIH but also in other ways.
- Assisting the WCHF staff become more 'health aware' and connected to the Hospital community.
- Developing new and diverse donor relations through partnerships with arts based organisations.
- Providing visibility for the Hospital community of the WCHF through the AIH program, particularly through the galleries program.





Arts in Health Partnerships

Partnerships



One of the keys to the success and growth of the Hospital's Arts in Health program has been the focus on the importance of partnerships, and this has underpinned all of the Arts in Health activities.

These partnerships have enabled the Arts in Health program to align with priority areas in the Hospital and have informed the development of policies and procedures which underpin the WCHF Arts in Health program. Partnerships have raised the profile of the WCHF both within the Hospital and across the broader community.

University of South Australia, School of Art, Architecture and Design

National Arts in Health Framework connection:

- ♥ *Advancing arts and health practice in Australia relies on a diversity of sectors and stakeholders working together.*
- ♥ *Explore enhanced opportunities for workforce development and training of both arts and health professionals.*
- ♥ *Including the integration of art in facility design and functional briefs.*
- ♥ *Creating spaces for arts practice and activities to occur within health facilities.*

A key external partnership for the program has been with the University of South Australia's (Uni-SA) School of Art, Architecture and Design (School of AAD). In December 2009, the WCHF established a formal partnership with Uni-SA with the intent to:

- foster innovative avenues for engagement between the health, arts and design sectors to improve the interaction between people and the Hospital's physical environment
- attract interest from young and emerging artists, designers and architects to consider and cultivate professional development opportunities in the health sector – increasingly important in the context of an ageing health workforce
- meet the university's intent of creating genuine learning experiences for students through the Student Engagement Program (STEP) 2010
- demonstrate and improve the quality of AIH projects through evaluation and contribute to the body of knowledge in AIH through research
- communicate AIH achievements and outcomes to the health, arts and broader community.

This partnership enabled students from a range of arts and design disciplines to have first-hand experience applying their creative talents in the health sector. The drafting of a Memorandum of Intent (MOI) between the WCHF and Uni-SA's School of AAD recognised the partnership as an AIH Alliance. The partnership was formally launched on 10 December 2009 at a presentation event at Uni-SA's City West campus.

The AIH Alliance delivered a range of projects connected to the School of AAD portfolio areas:

- Architecture
- Interior architecture
- Graphic design illustration
- Visual art
- Industrial design
- Sustainable design

Arts in Health Alliance projects



AIH identity

The AIH identity was the first project undertaken as part of the AIH Alliance. The project challenged senior graphic design students to develop a graphic element to represent the program for Hospital users (patients, families, staff and visitors). The identity graphic needed to connect the ideas of 'arts and health' and link in with the WCHF's branding.

The students' designs were assessed by the Gallery Management Committee as well as Hospital consumers (patients and staff). Clare Andrew's entry was selected.

Tented bed redesign

Senior industrial design students worked on redesigning a tented bed used at the hospital. Their brief was to make the bed easier to use, clean, move and maintain as well as making it visually less intimidating for children. The students worked with Hospital staff (clinical and nursing, infection control, cleaning personnel and biomedical engineering) to research and understand the work practices associated with the tented bed. Students presented their concept ideas to key Hospital staff and WCHN Executive. Students were assessed for their work as part of their Industrial Design Course.

Following the tented bed redesign, Hospital staff from Biomedical Engineering and WCHN Facilities Planning and Management identified the re-design of non-electrical and non-medical equipment as potential projects for the Industrial Design students.

Baby bath and Integrated observation trolley projects

Two students (Ron Langman and Paul Townsin) completing their Master's in Industrial Design undertook design projects for a baby bath and an integrated observation trolley. WCHF partnered with Industrial Designer, Andrew Whittaker Fingo Designs, to assist with the potential commercialisation of the designs.

The portable baby bathing device is an essential piece of equipment utilised by paediatric ward areas to provide hygiene requirements to young children. The current bathing system had several issues related to infection control, work health & safety and general staff usability. The student re-designed the bath to provide ease of movement and better drainage.

Students were asked to design an integrated observation trolley to house several pieces of equipment together for ease of access and use by ward staff. The trolley included a thermometer, otoscope, blood pressure machine, pulse oximeter, consumables, cleaning products and hand hygiene gel dispenser. A student's design for the integrated observation trolley won an award for innovation and the student was able to undertake some steps towards commercialising the design.

Information Graphics Project

This project brought together a Master's in research, graphic design student, Belinda Paulovich, and scientific researcher, Associate Professor Dr David Parsons. Dr Parsons is the Chief Medical Scientist within the Department of Pulmonary Medicine and along with Dr Don Anson, leads the Adelaide Cystic Fibrosis Airway Research Group at the WCH. This project illustrated the collaboration between AIH and science, demonstrating the power of the arts for complex communication. The student provided the researchers with interpretative infographics of their research for national and international conference presentations, professional publications, posters and promotional material.

This project aimed to cultivate an integration between graphic design students and researchers to improve the translation and communication of science, health, and medical research. It aligned itself with the then Federal Minister for Science, the Honourable Kim Carr's belief that, "We can't communicate the latest developments in physics and chemistry by handing out abstracts. We have to translate them into images, stories and experiences that people can make their own." (Honourable Minister Kim Carr, 2010)

Other minor projects included:

- creation of hand hygiene visuals for use in a children's hospital to present medical information in a child-friendly format. The visuals also empowered the patient to guide the hand hygiene of the staff who treated them
- development of concept designs for a courtyard space alongside the Adolescent Ward, creating an outdoor retreat space for patients and staff
- a research study in the Hospital Paediatric Emergency Department waiting area to inform the re-design of the space. The study examined movement of patients, families and staff in the current space, spatial awareness, location, and use of furniture
- a Wayfinding Research Project that connected a nationally recognised wayfinding expert and the WCHN Facilities Management staff to support the development of a consumer driven wayfinding process for the WCH
- creation of an illustrated storybook for young patients, promoting positive messages for children about friendships and feeling different and unique. The book was displayed at an exhibition during Book Week.

Aboriginal Health Division

National Arts in Health Framework connection:

- ♥ *Arts and health practice can contribute to achieving government objectives, in particular across the themes of better health services, reducing health inequalities and Closing the Gap on Indigenous Disadvantage.*



One of the key partnerships that the AIH program has had with WCHN staff has been with the Aboriginal Health Division. The WCHF support began in 2009 with the Aboriginal Families Study, a research project which invited Aboriginal women to talk about pregnancy and birthing care. The AIH team assisted with the commissioning and launch of an artwork by Katrina Williams which connected Aboriginal families to the study and became the official motif for the project. The painting was placed on display in the foyer of the Queen Victoria Building at the WCH and was officially launched on 30 November 2009.

The painting (women and children gathering bush tucker) shows how a pregnant woman is looked after by her grandmother and mother, and they encourage her to eat healthy food and to go to the health service or the doctor regularly until she has her baby. - Katrina Williams

Since then the AIH program has:

- worked with the Aboriginal Liaison Officers providing art and craft resources for patients and carers and displaying mini exhibitions of patients/carers artworks during their Hospital stays.
- supported and displayed artworks created for Reconciliation Week and NAIDOC Week activities.

- worked with the Senior Aboriginal Leadership Group to increase the number of Aboriginal artworks within the WCH.
- supported the Aboriginal Health Division staff with the selection process and appointment of Aboriginal Artist Karen Briggs of KB Design to create the WCHN Aboriginal Cultural Identity artwork as part of the Aboriginal Health and Wellbeing strategic priorities.
- coordinated an exhibition of artworks Tjunga Palya (meaning Good Together) created by Aboriginal children from Nyapari in South Australia, about 20km south of the border with the Northern Territory. The children, aged under seven, worked in the art centre alongside the Elders and artists in their community, learning about and interpreting their cultural stories.
 - displayed the Aboriginal Women exhibition – We are the Young Women of this Land. This exhibition was an initiative of Women’s Health Statewide and is a collection of powerful images and stories of cultural, contemporary and social significance. It celebrated and promoted strength, confidence and inspirational young Aboriginal women who are outstanding leaders and role models for all young women and Aboriginal communities across South Australia. After the initial exhibition a number of selected images are now displayed at the entrance to the Aboriginal Family Birthing Program in the WCH.

- developed a history exhibition, Forgotten Murals, recognising the significant 'Australiana' murals that once adorned the walls of the Adelaide Children's Hospital (the former WCH) in 1945 and 1978. The murals were painted specifically to provide a welcome distraction for young patients and acknowledged Aboriginal people and their culture. Following this exhibition, a significant piece of the WCH's history – the original plan drawings for the 1945 mural by renowned SA artist Dorrit Black - was donated back to the WCHF by the artist's descendants.
- developed and coordinated the Karra Wadlu Yaitya Purrana / Bush shrubs make you healthy exhibition in partnership with the Circle of Arts Foundation. This exhibition was part of the Tarnanthi Festival, an Aboriginal and Torres Strait Islander Arts Festival produced by the Art Gallery of South Australia. It included a special panel discussion event where artists and healthcare professionals discussed the importance of maintaining bush medicine knowledge.

Other partnerships

- Departments from within the WCH - including Consumer and Community Engagement (Youth Advisory Group, Kids Club and WCHN Volunteer Unit), the Clinical Practice Development Unit, Infection Control, Engineering and Building Services, WCHN Corporate Communications and History and Heritage Committee.
- Hospital School, the Starlight Foundation and Clown Doctors.
- Arts and cultural institutions such as the Adelaide Guitar Festival, the Helpmann Academy, South Australian Living Arts Festival, Art Gallery of South Australia, Adelaide University Medical Students Orchestra, Adelaide Male Voice Choir, Dream Big Children's Festival and the Adelaide Fringe Festival.
- Charities and not for profit groups including the Blind Sporting Council, Tutti Arts, Delta Society Therapy Dogs and United Way SA.
- AIH organisations such as Flinders Medical Centre and Centre for Creative Health.
- Corporate and community donors who provide art and craft materials, books and toys.

Without doubt, these partnerships have contributed to the richness and diversity of the AIH programs delivered in the WCH.





Arts in Health Projects

Arts in Health Projects 2010-2020



Over the past decade, the program has delivered a significant number and a diverse range of activities.

The project chart highlights a range of our AIH activities, showing resourcing, delivery focus and its arts category. Specific projects are featured within the report and a list of all the AIH projects undertaken in the past 10 years can be found on the WCHF website.

Making the Hospital Look Better

Activities	Arts Category		
	Receptive	Interactive	Therapeutic
Gallery & Exhibitions	♥		
Wayfinding - Design	♥		
Gizzy the Lizard Public Art	♥		
Hospital Art Collection	♥		
Hospital History & Heritage Collection	♥		
Whimsical House Public Art	♥		
Under the Sea Public Art	♥		
Breathing Space Foyer Art Display	♥		
Sacred Space Mosaics	♥		
PICU Wall Mural	♥		
Artist in Residence Program	♥		

With over 1000 activities delivered over the past decade - the following headings have been used to categorise the range of AIH activities.

Making the Hospital Look Better

-  Public Programs
-  Hospital Environments

Making the Journey for the Hospital Community Feel Better

-  Creative Art Therapies
-  Participatory Arts Programs

Resourcing Level			Community of Focus			
Funding Only	Funding & Project Support	Full Project Management	Patients	Parents Carers	Siblings	Staff
						
						
						
						
						
						
						
						
						
						
						

Making the Journey for the Hospital Community Feel Better

Activities	Arts Category		
	Receptive	Interactive	Therapeutic
Acorn Dance Project		♥	
Adelaide Guitar Festival	♥		
Adelaide University Medical Orchestra	♥		
Play Me I'm Yours – Piano		♥	
Paediatric Emergency Colouring In Book		♥	
Play Therapy			♥
Christmas Decoration	♥		
Palliative Care Siblings Program			♥
IPADS for patients		♥	
Book Buddies		♥	
Twilight Story Time		♥	
Books for patients		♥	
Book Week Activities		♥	
Music & Arts Program with Starlight Foundation		♥	
Childrens Entertainment Characters visits		♥	
Chronically Beautiful Project		♥	
Animal Assisted Therapy			♥
Hush Music Program		♥	
Neonatal Music Program	♥		
Ukulele Club		♥	
Artist Workshops		♥	
Music Therapy			♥
Art Therapy			♥

Resourcing Level			Community of Focus			
Funding Only	Funding & Project Support	Full Project Management	Patients	Parents Carers	Siblings	Staff
	♥		♥	♥		
		♥	♥	♥	♥	♥
	♥		♥	♥	♥	♥
	♥		♥	♥	♥	♥
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		♥				♥
		♥	♥		♥	♥
		♥	♥			
	♥				♥	

Making the Hospital Look Better

Public Programs

There is evidence that the arts can create environments which are conducive to healing and can help children and their families cope with the stress of their illness and an unfamiliar environment (Hanna, Rollins, & Lewis, 2017). This can be done through providing familiarity, distraction and prompts for social engagement (WHO, 2019). Identifying and managing any risks to ensure patient safety, while maintaining the integrity of the artist and artwork, has been critical to the success of the public programs delivered by the AIH team within the WCH.

Gallery and exhibition spaces

National Arts in Health Framework connection:

♥ *Attention to the arts and good design can make the difference between health environments and buildings that work and those that excel in promoting health and wellbeing for patients, staff, clients and visitors.*

The WCHF has developed five gallery and exhibition spaces within the Hospital. The gallery spaces bring together the WCH community; staff, children and women and their families and visitors, to start the conversation about arts and health. The galleries provide a space away from the stresses of treatment to distract, entertain, and inspire by creating a positive hospital environment. They also contribute with wayfinding, as the galleries are used as directional identifiers in the Hospital.

Four of the galleries (Blue Heart, Green Heart, Pink Heart and Orange Heart Gallery) were established at the beginning of the AIH program, with the fifth gallery (the Yellow Heart Gallery), specifically for history and heritage exhibitions, commissioned in 2018. The gallery spaces are located in main public thoroughfares within the hospital, which has enabled exhibitions to be scheduled and promoted as part of major community arts events including the South Australian Living Artist (SALA) Festival; Tarnanthi, an Aboriginal and Torres Strait Islander Arts Festival (AGSA); and the SA History Festival; providing opportunities to connect community members to the Hospital in other ways than as consumers of the service. Some exhibitions are scheduled with themes that relate to events in the Hospital or the community, for example Mental Health Week, NAIDOC recognitions and Autism Awareness.

In the decade since the galleries were launched, there have been 183 exhibitions featuring more than 1700 artworks by 435 artists. There have also been numerous pop-up displays of art created by young patients and family carers. The program has expanded to include artist's workshops for patients delivered through Hospital School and the Play Therapy program, as well as AIH professional development sessions for School staff and the Play Therapists. A full list of all the AIH exhibitions is included on the WCHF website.

Artists are invited to submit work for exhibitions in the gallery program. Artists are selected by the Gallery Management Committee based on artistic merit, their links to the Hospital and the benefit the exhibition will have for the Hospital community. The galleries provide an opportunity for patients and staff of the hospital to exhibit their artwork, and the Talent Within exhibition for staff and volunteers is now an established part of the gallery calendar.

There is no doubt that the galleries have enriched the experience for patients and staff and consumers, and successful events with staff involved have resulted in a closer engagement with staff and the Foundation.

- Phil Robinson
WCHN Executive Director of Corporate Services

Hospital staff member, Helen Lewis, has participated in the Talent Within Staff Show every year since its inception. The following is an excerpt from her 2012 opening speech which captures the positive impact exhibiting has had.

Here in the workplace, we spend so much of our daily lives together and yet with work commitments and often heavy workloads, our existence here can be very impersonal - it is very easy to feel like a name and number.

The collaboration between the Foundation and the Hospital to support and encourage our staff to share something more of our selves in the workplace is unique.

I am very grateful for the opportunity given because it has allowed me to share a little more of myself. Even more precious is the feedback received from the work colleagues who recognise that 'name and number' and seek you out to express their thoughts - the workplace becomes a little more friendly, less impersonal - a healthier environment to work in. On a personal level it has been a wonderful opportunity for growth.

I would encourage anyone to take that next step and take part in this wonderful exhibition and am sincerely thankful to the WCH Foundation for the support and hard work they have put in to establish 'The Talent Within' exhibition and to the Women's and Children's Health Network for allowing our staff the opportunity to shine a little more.

- Helen Lewis
WCHN Staff Member
Talent Within Staff Show 2012

Feature Exhibitions

Karra Wadlu Yaitya Purruna - Bush Shrubs Make You Healthy

Arts in Health partnered with the Circle of Arts Foundation to present *Karra Wadlu Yaitya Purruna* as part of the 2019 Tarnanthi Aboriginal and Torres Strait Islander Arts Festival produced by the Art Gallery of South Australia. Seven Aboriginal women painters; Audrey Brumby, Bernadine Kemarre Johnson, Josephine Lennon, Nancy Napanardi Martin, Julianne Turner Nungarrayi, Christine Nakamara Brown and Debra McDonald Nangala shared their expertise about native flora and its therapeutic uses through their paintings of bush food and bush medicine stories.

“At a time when health practice and medical sciences are developing at a rapid rate, it is important to reflect and respect the cultural, traditional and botanical origins of the contemporary medicines that are currently used. Today, alongside the technological advances in healthcare, there is a new recognition of traditional Aboriginal healing practices that complement the work of western medicine. These practices bridge the gap of western medical understanding of the spiritual role in healthcare for Indigenous patients.”

- Jill Newman WCHF Arts in Health Manager

In addition to the exhibition, the WCHF hosted a panel discussion to celebrate *Karra Wadlu Yaitya Purruna* in which artists and healthcare professionals discussed the importance of maintaining bush medicine knowledge and how the process of making art can open a dialogue about the role of bush medicine in current medical practices.

I love bush medicine. We still use our own bush medicine and why I like bush medicine is it's part of our tradition, it heals our spirit and is part of our culture.

- Julianne Turner Nungarrayi

The panel included the artists and curator, the WCHN Manager for Strategic Development Aboriginal Health Division, and the CEO of the Anangu Ngangkari Tjutaku Aboriginal Corporation, who spoke about Ngangkari Healers working within tertiary healthcare settings. Discussion included medicinal botanicals and how many medications in use today have plant origins, the passing on of bush medicine stories through art, and how art exhibitions about bush medicine can help educate medical professionals on the connection to land and culture.



Julianne Turner Nungarrayi

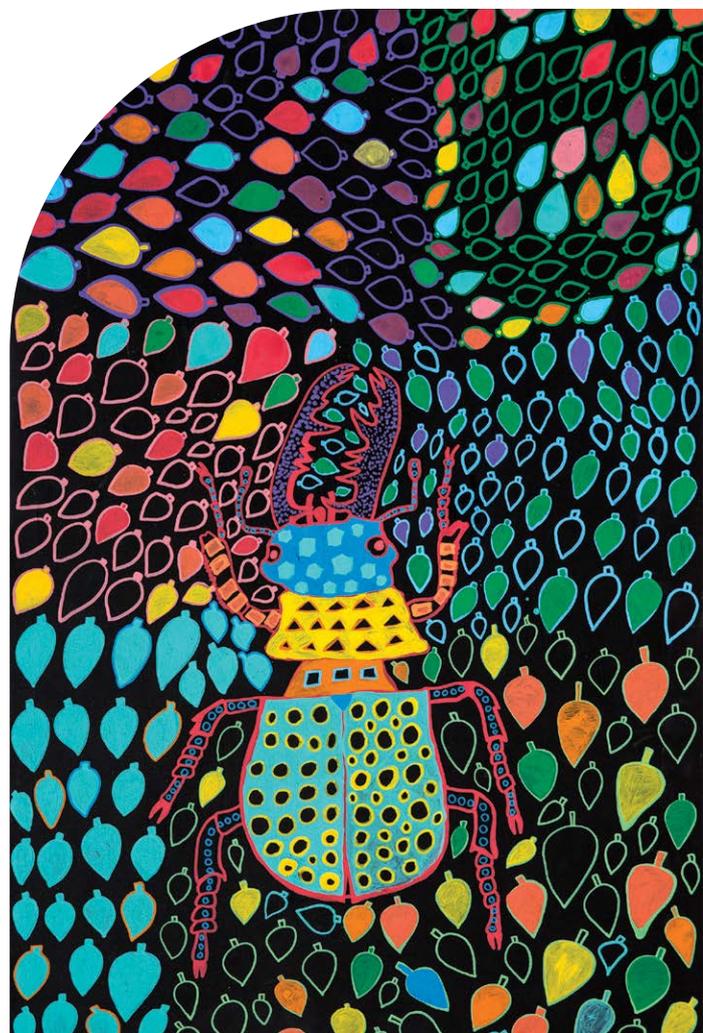
Wild Things Exhibition - Tutti Artists

As part of the 2018 Adelaide Fringe Festival, Tutti Arts partnered with the WCHF to present the *Wild Things* exhibition. The Hospital was transformed into a world of wild landscapes where strange and beautiful creatures lurk. The artworks, created by 16 artists from the Tutti Arts studios, invited us to rekindle childhood imaginings of all that is wild and free. Tutti is a multi-arts organisation with the vision of taking the work of artists with a disability to the world. Tutti works across all artforms to support the professional development of artists with a disability and supports more than 30 artists to pursue their careers in the arts.

At the exhibition launch, artists spoke about the role that art plays in their life and their connections to the Hospital. Along with their visual art talents, many are part of the Tutti singing groups and they performed the song *Wild Thing* to celebrate the event.

The exhibition featured artworks by Banjobe Hunt, Charlie Taplin, Chris Dyke, Gary Hobbs, Giorgio Mouzakitis, Jackie Saunders, Jane Hewitt, James Kurtze, Jenna May, Jessica Galea, Joel Hartgen, Kathryn Evans, Kimberly Sellers, Kurt Bosecke, Samantha Garton, and William Gregory.

Giorgio Mouzakitis artwork



Motivate to Create - Boylan Ward* Patients

In 2012, the program partnered with the WCH Boylan Ward to create and display artwork by inpatients to promote the value of art in mental health recovery. Boylan Ward is the only designated psychiatric inpatient facility for children and adolescents in South Australia and provides specialised care and support for young people with severe mental health problems.

Boylan Ward offered an 'art as therapy program' that supported the young patients to explore and express their thoughts and feelings using art mediums and served as a distraction. The patients had weekly art activities to allow them to express themselves creatively with no boundaries or expectations through painting, drawing, wall decorations and murals.

One of the many works featured in the *Motivate to Create* exhibition was a piece reflecting one patient's refugee journey from Afghanistan to Australia. The artwork gave an insight into the challenging experiences the child had already endured throughout their life. The artworks demonstrated the value of art as a healing medium in a hospital setting and displayed the role that creative outlets can have when words are harder to find. The *Motivate to Create* exhibition was held in connection with World Refugee Day and was again recognised in Mental Health Week.

The AIH program continues to support the creation of artwork in the ward, through funding a Play Therapist, providing art materials and continuing to display patient's artworks in exhibitions and displays.

*In 2021 the Boylan Ward mental health service has relocated to a new purpose built ward space and renamed the Mallee Ward.

Motivate to Create – Refugee artist's artwork



Our Gallery Mentorship program

National Arts in Health Framework connection:

♥ *Increase opportunities for artists to explore new and innovative practice.*

The WCHF galleries created expansive exhibition space within the Hospital and provided an opportunity to develop a Gallery Mentorship program in partnership with the Helpmann Academy. The mentorship provided professional skill development for artists and curators to work within an acute health care setting and created a staffing resource for the AIH team. The WCHF funded the position annually from 2014-2017, supporting an arts curating graduate to develop gallery management skills and curate exhibitions. The Gallery Mentorship position was replaced in 2017 with the WCHF funding directed to the new AIH Arts Officer role. This has enabled longer term scheduling for the exhibition spaces and the development, promotion and coordination of the Artist in Residence program.

“The particular context of curating in a hospital has been useful in learning how to curate art which fits the specific needs of a community. As art in the wider arts community often has no boundaries around subject matter and content, it was a significant opportunity to learn how to curate interesting, vibrant and thoughtful exhibitions while still remaining appropriate to such a public space... for me this was one of the greatest lessons of my time working within the hospital; that art in the context of a health setting must first and foremost be art that respects and responds to the needs of its community.”

- Elizabeth Emery Gallery Mentee 2014

“The mentorship has been an amazing experience through which I have developed professional curatorial skills and built the confidence I have in my own ideas and capabilities as a practicing curator. Working in this environment has been inspiring and has made me think more deeply about how arts can be integrated into non-designated art spaces to liven communities.”

- Lauren Mustillo Gallery Mentee 2015

Artists in Residence at the WCH

National Arts in Health Framework connection:

- ♥ *Deliver activities and arts outcomes in healthcare facilities that engage patients and staff, provide a positive focus, and reduce stress and anxiety.*
- ♥ *Increase opportunities for artists to explore new and innovative practice.*

Providing opportunities for artists to spend time working inside the healthcare setting has offered the Hospital community a glimpse into the world of art, nurtured experimentation and supported the development of new work for the artists. Spending time in hospital often means children miss out on activities their friends and peers are experiencing, the AiR projects aim to bring creative experiences to the Hospital allowing patients to engage with the world of art.

The AiR allows patients to learn how an artist thinks, creates and makes. The AiR often involve patients and staff in the creation of an artwork or teaches artistic skills and

techniques to the Hospital community. Along with gaining an insight into art, these projects have greater benefits for patients, their families, and staff, including improving their mental health and wellbeing. For the artist, their residency allows them to develop their art practice, create new work and adapt their practices to suit an acute health care setting. Some artists enjoy researching behind the scenes, delving into the clinical practices undertaken in specific wards, exploring history collections and creating dynamic displays from what they discover. Others enjoy watching an artwork come to life with the help of the Hospital community



2017 The Art Bus: Miranda and Claire Harris

The Art Bus provided a series of visual arts workshops for patients, in the lead-up to the 2017 DreamBIG Children's Festival. Working with the Festival's 'Feed the Mind' theme, the workshops encouraged children to think about the psychology of colour, colour theory and how patients can use colour to express emotions. The results of the workshops were displayed as an exhibition titled *Mind My Colour*.



2018 Fran Callen

Fran undertook a residency working with the WCHN Volunteer Department, sketching the volunteers at work and creating a collaborative artwork with them. The artwork and the sketches formed the exhibition *A Helping Hand: Celebrating the Contribution of the WCHN Volunteers* to recognise National Volunteer Week in May 2018.



2018 Carrie Radzevicius

Carrie developed a series of workshops to compliment her exhibition, *Big Boys Toys*. Carrie undertook a residency in the Paediatrics Outpatients area and in Hospital School teaching young patients to create collaborative paintings using kids' toys (cars, trucks and moving parts). The patients' artworks were displayed in the gallery alongside Carrie's exhibition works.



2019 Louise Flaherty

Louise researched North Adelaide's original native flora and as part of her residency, *Forgotten Plants*, she held short drawing sessions about botanical drawing with patients and staff. Many of these sessions were held within Hospital School, providing education on the original native flora, showing samples of the plants and allowing the patients to interpret the plant how they wanted using drawing materials. Louise created a collaborative mural in giant sticker format – made from her own artworks and the drawings from the Hospital community – which is installed on the Hospital's play deck alongside a number of the original native flora, replanted into the garden beds.



2019 Tamara Baillie

Tamara is the first artist to respond creatively to the artefacts and archives of the WCHN History and Heritage Collection. Tamara's dual identity as a medical professional and a visual artist was an ideal match for the inaugural AiR for the collection. Tamara was drawn to the outdated objects associated with breathing including respiratory and anaesthetic equipment. Tamara spent time photographing the objects and created new nonsensical collages of the equipment, repurposed and realigned.

Improving the hospital environment through public art

National Arts in Health Framework connection:

- ♥ *Use sensitive and good design and public art to create buildings and environments that are inspiring, engender civic pride, create community identity and support healthy living.*

Public artwork placed within a hospital setting is now well accepted in assisting to reduce anxiety and stress and improve general wellbeing for the Hospital community. It can even assist to motivate patients with mobility issues into taking 'excursions' within the hospital facility to the visit the artworks, making the hospital spaces feel less clinical. By involving the Hospital community in the public art's

planning or creation, the artworks take on a community role of social inclusion. Patients often spend a long time in hospital or have regular visits for treatment, and when the patients, carers and staff are involved in the creation of a public artwork, it helps connect their sense of identity and belonging to the healthcare space.



Whimsical House - The Duck Inn: James Parker

The WCHF commissioned an artwork by James Parker for a lightwell space in the Hospital. The lightwell spaces provide light to the surrounding area and thus forms a gap between the buildings, creating an enclosed area with no roof. James's artwork created a 'home away from home': a whimsical, fantasy home that grew over time. Patients were invited to suggest ideas for the house (either in drawings, photos or words) and these were incorporated into the design, allowing the creation to turn from an empty space into a home with children's designs shaping the 'building work' and look of the final house.



Gizzy the Lizard: Arts Excentrix

Funded directly by a donor, the Blind Sporting Council, the glass and ceramic Australian Monitor Lizard was created specifically for touching, to be 'seen' or experienced through the hands. While its sensuous form is visually appealing, its main attraction is the invitation to feel its textures and changes of temperature between materials and to follow the contours along its body. *The Lizard* was created by Arts Excentrix artists: Lynn Elzinga-Henry, Anni Luur Fox and Suzi Windram. A competition was held with patients to name the lizard; they created their own drawings and paintings of the lizard and voted to name him 'Gizzy'.



Animals went in by A to Z: Anna Cherkasova

Anna initially exhibited in the gallery program and was invited to create a mural on a wall in one of the Hospital's main thoroughfares. The mural *Animals went in by A to Z* features 65 animals, including Australian natives, which are framed by blooming foliage. Anna took several visits to create the mural layout, hand drawing the illustration directly onto the wall. The Hospital community was invited to colour-in the illustrations creating a beautiful mural which has enhanced the corridor. For patients and staff, the mural has offered moments of peace and distraction from the busy life of the hospital.



Creative Machine 2020: James Dodd

Creative Machine is the vibrant outcome where artist, James Dodd invited patients and staff to 'paint' an artwork together using James' handmade device, his Painting Machine. The machine is constructed from a range of household objects using bicycle parts, skateboards and cordless drills and was operated using game controllers. Hospital patients and staff 'drove' the machine to create individual painted panels that James developed into a unique public art piece.

"I am intrigued by the ways in which people embrace inventiveness and adaptation. I often pursue projects within my visual arts practice that celebrate a sense of DIY and simple mechanics, looking for ways that they might become art. Amongst all of these things I am also interested in inviting participation as a way for audiences to more deeply engage with the ideas that I am exploring."

- James Dodd

The *Creative Machine* artwork has been installed in the Hospital to celebrate the 10 year anniversary of the AIH program.

Making the Hospital Look Better

Hospital built environments

National Arts in Health Framework connection:

- ♥ *Use sensitive and good design and public art to create buildings and environments that are inspiring, engender civic pride, create community identity and support healthy living.*

The physical hospital environment is important, the environment needs to feel safe, relaxing, and calm. It should be aesthetically pleasing and offer appropriate stimulation. It is well recognised that 'the arts' enhances emotional, social and spiritual wellbeing and is one mechanism to create a hospital environment that is safe, relaxing, calm, pleasant and appropriately stimulating. There is evidence that a positive hospital environment can contribute to a reduction in pain and anxiety (Laursen, Anne Danielsen, & Rosenberg, 2014), better patient and staff satisfaction, which improve healthcare outcomes and reduce healthcare costs (Hanna, Rollins, & Lewis, 2017; Arts Council England, 2006).



Paediatric Emergency Department Pain Distraction Rooms

The creation of a specific environment, both visual and auditory, has been shown to decrease the experience of pain (Bascour-Sandoval, et al., 2019). The WCHF partnered with corporate donor, Savings & Loans, to install two state-of-the-art pain distraction therapy rooms in the WCH Paediatric Emergency Department (PED). The Forest Room and Ocean Room are treatment rooms which have been redesigned to provide complete sensory stimulation using bright colours, sounds and images. The two rooms aim to distract children from the pain and anxiety that comes with being seriously ill or injured. By listening to music, playing games or watching a DVD they have something else to focus on, so they are less likely to feel frightened or develop a fear of future treatments. Hiding all the medical equipment behind purpose-built cupboards and screens allows children to feel like they are entering a safe environment. A major benefit of the Ocean Room is the ability to treat a child without the need for a general anaesthetic or an overnight stay in hospital.



Paediatric Intensive Care Unit Wall Mural

When a family member entered the Paediatric Intensive Care Unit (PICU) they walked by a 'memorial wall' with images of patients and their families. The wall images often included the dates of when children were treated in the unit and in some cases when a child had passed away. For many family members experiencing PICU for the first time the entrance added to their anxiety. Working with the PICU staff, a new wall design was created to provide a calming entrance, that included adapting an artwork into a wallpaper design.

The AIH staff have contributed to the redesign and development of many of the Hospital's physical environment projects. Some of these have been funded by the WCHF and its partners, whilst others were government funded with AIH staff providing creative advice to the WCHN Project Team. A small number of projects were independently managed by the AIH Manager* with support from WCHN Engineering and Building Services.

The WCHF AIH program staff have contributed to the:

- King William Road Courtyard design concepts*(in partnership with Uni-SA)
- PICU wall treatment*
- Women's and Babies Division Walls project*
- PED Pain Distraction Rooms development
- Pain Distraction Room development in Paediatric Wards
- PED waiting area upgrade
- MRI waiting area upgrade including MRI Goggles project for patient pain distraction
- Rose Ward redevelopment
- Kermode Street entrance redesign concepts
- Designing a better wayfinding system for the Hospital
- Adolescent Ward redevelopment
- Breathing Space (Pulmonary Medicine) project build
- Aboriginal Liaison Office build
- Creating the Sacred Space – a spiritual care place in the WCH
- Garden area upgrade on the play deck.

Women's and Babies Division Walls Project



Making the Journey for the Hospital Community Feel Better

Creative Arts Therapies

National Arts in Health Framework connection:

- ♥ *The contribution of arts practice to the enhancement of health and wellbeing across the continuum of health services – from encouraging healthy living and communicating on health issues, to prevention, treatment and the management of illness and chronic disease, and in rehabilitation and recovery as well as end-of-life care.*

Creative arts engagement and creative art therapy are not the same thing. As the AIH program includes both, it is important to define the difference. Creative art therapies involve a therapeutic relationship between a creative art therapist and an individual who use a creative activity (e.g. painting, sculpture, dance) for remedial or diagnostic purposes (Davies, Pescud, Anwar-McHenry, & Wright, 2016). The AIH program supports Play Therapy, Music Therapy, Art Therapy and Animal Assisted Therapy at the WCH. The creative art therapies have been shown to reduce anxiety, improve the patient's communication with staff, reduce negative feelings and improve the patient's satisfaction (WHO, 2019).

Play Therapy

Beginning in 2011, the WCHF worked closely with the WCHN Executives to expand the Play Therapy Service in the Hospital. This included funding new Play Therapy staffing positions and extensive resourcing for art, craft and toy items. The Play Therapy program is an integral part of the AIH program. With the WCHF's support, there are now 11 Play Therapists at the WCH who provide a positive environment in which patients are free to express their feelings through play.

Play is what children do naturally. Play is learning and laughing. Play is curiosity and surprise. However, for a sick child in hospital play means so much more. Play becomes hope, recovery, and healing. Play allows a child to be a child.

Play Therapy has been demonstrated to reduce anxiety and negative feelings, and support emotional expression and coping skills, by providing developmentally appropriate and enjoyable play programs (WHO, 2019; Aguilar, 2017).

Play Therapists are health professionals who work closely with young patients and their families to minimise their anxiety, stress and trauma associated with being unwell and in hospital. Their role is to provide a positive environment where patients can express their feelings through play. Play Therapists also encourage medical play to familiarise children with medical equipment and procedures to ease anxiety, and support patients undergoing medical procedures through distraction. They involve parents, carers and other family members to develop a program for each child which considers the child's interests, cultural values and developmental abilities.

“Medical research shows that distraction and support through Play Therapy can help children understand and cope better with illness, surgery, medical treatments and hospitalisation. Play Therapists help children to feel less anxious and provide an opportunity for the child to make choices and have a sense of control. Play Therapy time is one of the few times in hospital where kids get to make their own decisions. In hospital, treatment

is often managed and directed by adult medical clinicians who decide when and how things will happen – whereas PLAY is the time that the young patients get to choose what they want to do and take charge,”
- Jill Newman WCHF Arts in Health Manager

The AIH staff work closely with the Play Therapists, Hospital School, the Starlight Captains and Clown Doctors to enhance the overall hospital experience. Together they develop collaborative projects and activities to celebrate Superhero Day, Book Week and holiday events to maximise the impact of arts and play across the WCH.



Animal Assisted Therapy

Animal Assisted Therapy (AAT) is a therapeutic intervention delivered by a trained handler and animal team who work under the direction of a healthcare professional. There is evidence to support the psychological, physiological, and emotional benefits of AAT particularly when considering the unfamiliar environment of a hospital and the stress and anxiety that accompany illness (Cole, Gawlinski, Steers, & Kotlerman, 2007; DeCoursey, Russell, & Keister, 2010).

AAT is to be differentiated from:

- Assistance Dogs, which are trained to assist a person with a disability to alleviate the effect of the disability
- Animal Assisted Activities such as visitation by a therapy dog accompanying a volunteer purely for social interaction.

The AAT project started at the WCH in response to a patient's feedback. Returning to the Paediatric Rehabilitation Unit after time in the Royal Children's Hospital Melbourne, the patient talked about their positive experience of the Therapy Dogs and a working group was established to develop the program for the

"I loved playing with the dogs; they made me happy and helped me to be strong again."

- Patient response

WCH. The WCHF agreed to fund the project, and worked in partnership with the Paediatric Rehabilitation Unit, the Clinical Practice Development Unit, Infection Prevention and Control, and Human Resources to develop the procedures to support the implementation of AAT.

AAT provides another tool for staff to access to help a patient meet their rehabilitation goals. Highly trained dogs and handlers from the Delta Society visit twice per week to work with patients as part of the Paediatric Rehabilitation team. The visits are designed to improve patients' physical, social, emotional and cognitive abilities. The patients work on a range of skills, such as

communication, walking, running and fine motor skills, while playing with the dog. They also experience a reduction in stress and anxiety, gain social benefits and improved social interaction.

The WCHN staff have been impressed with the role the dogs can play in therapy, expressing that one of the most powerful things about an AAT session is how interacting with the dogs can increase patient's motivation. They witness patient's problem solve and try new strategies, persist for longer and engage more confidently. The program has also seen patients who were not complying with their rehabilitation treatment becoming engaged when working with the dog teams and thus shortening their hospital admission time.



Art Therapy

Since 2012, the WCHF has supported Art Therapy within the WCHN Paediatric Palliative Care (PPC) service and assisted with the development and delivery of the PPC Siblings program.

Art Therapy is based on the belief that the process of engaging creatively in drama, movement or artmaking, within a therapeutic relationship, supports changes in the client's inner world, and helps them to develop a more integrated sense of self, with increased self-awareness and acceptance.

- www.anzata.org

There is evidence of the positive benefits of art therapy in the specialised area of palliative care, including relieving stress, improved quality of life and pain reduction (Hanna, Rollins, & Lewis, 2017). Art therapists also work effectively with family members and caregivers to help them cope with grief and to support their recovery after a child's death.

Coordinated by the WCHN Art Therapist, the PPC Siblings program supports the emotional and psychosocial needs of children that have a brother or sister in palliative care with a life-limiting illness. Using art therapy techniques, the program allows siblings to connect with one another, express feelings including those of loss and grief, and develop coping strategies, as well as have fun and feel special with other young people their age. Through this process, art making is used as a tool for communication and enables the expression of an experience when words may be hard to find.

A workshop participant described their experience:

"It was good because siblings got to come together and talk about their issues while having fun."

"It was really good to meet people in the same situation as me and it was fun making things to help me through sad and difficult times."

And from a parent perspective: "I think the overall benefits by attending the program are helping the bereaved siblings develop coping strategies, giving them the sense that they are not alone in dealing with grief and providing them the opportunities to connect with others in a similar situation."



Music Therapy

Music Therapy was identified as one of the key areas for development by the AIH Committee. In 2010 the WCH had a part time (0.5) charity funded Music Therapist who worked specifically with patients in Haematology & Oncology. In 2012 the WCHF developed a proposal to fund additional Music Therapy positions, aligned to the WCHN Department of Psychological Medicine. The proposal was not implemented at the time, due to WCHN staffing constraints and available resource space,

and the WCHF focused on different priorities for its Arts in Health program for the next few years. In 2019 an opportunity arose for the WCHF to expand the role of the current Music Therapist to develop a Hospital wide model for a Music Therapy service.

The WCHF is currently exploring the future funding and model for the delivery of an expanded Music Therapy service at the WCH. Below is an excerpt from the report written by Registered Music Therapist Maybelle Swaney.

An Overview of Paediatric Music Therapy (Maybelle Swaney RMT 2020)

The experience of hospitalisation is a unique journey for every paediatric patient and their family. Emotional and behavioural reactions to cope with experiences of pain, stress and anxiety can lead to delays in treatment, which in turn result in increased length of stay (Lerwick, 2016). In some cases, these experiences may cause psychological trauma for the child and family (Landolt et al., 2003). The long-term effects of psychological trauma on a child may lead to adverse outcomes later in life, including poor mental health (Lerwick, 2016), behavioural and psychological difficulties (Rokash, 2016).

In paediatric healthcare, music therapy uses music-based experiences as a therapeutic modality to promote coping resources and resilience in babies, children, young people and their families during their hospital stay. A growing body of evidence points to music therapy as a safe, cost-effective and non-pharmacological intervention that can address symptom alleviation, facilitate recovery and improve quality of life for paediatrics in the healthcare context (Stegemann et al., 2019). Existing literature demonstrate the benefits of music therapy to support these outcomes in paediatrics:

- improve physiological parameters in preterm newborns in neonatal intensive care (Bieleninik et al., 2016; Cassidy & Standley, 1995; del Olmo et al., 2010; Keith et al., 2009; Malloch et al., 2012; O'Toole et al., 2017; Standley, 2002)
- reduce anxiety and perception of pain during procedures in children and adolescents (Barton, 2008; Beer & Lee, 2017; Bufalini, 2009; Edwards & Kennelly, 2011; Nguyen et al., 2010; Noguchi,

2006; Whitehead-Pleaux et al., 2006, Yinger, 2016; Yinger & Gooding, 2015), and recovery from painful procedures in premature infants (Tramo et al., 2011)

- improve coping and resilience in young people undergoing stem cell transplant (Burns et al., 2009; Hadley, 1996; Kennelly, 2001; Robb et al., 2014)
- increase engagement in children with cancer (Abad, 2003; Robb, 2000; Robb et al., 2008)
- improve mood, engagement and affect regulation in adolescents with mental health conditions (Hendricks et al., 1999; Hense et al., 2018; McFerran et al., 2018; McFerran, 2020; Tervo, 2005)
- increase self-expression and choice in hospitalised children and adolescents (Abad, 2003; Hadley, 1996; Kennelly, 1999)
- increase perception of parental resources (Hanson-Abromeit et al., 2008; McLean et al., 2018; Haslbeck & Bassler, 2020;) and promotion of healthy attachment experiences in the neonatal unit (Loewy, 2015)
- reduce impact of hospital-related stressors (Edwards, 1999; Edwards & Kennelly, 2011, Kennelly, 1997)
- improve quality of life in end-of-life care (Davison & Kennelly, 2000).

Music therapy involves a clinical application of music-based experiences tailored to individual patient needs, abilities, and conditions. Music therapy in the paediatric hospital setting provides experiences that help to mitigate the impact of hospitalisation and promote health-oriented outcomes in a child's development, functioning and wellbeing.

Evidence-based practice in music therapy derived from research evidence, author's clinical experience, and patient values have supported the following outcomes in WCH paediatric inpatients:

- improve emotional wellbeing
- increase motivation to participate in treatment goals and adhere to treatment
- reduce levels of distress
- improve recovery rates
- improve states of calm behaviour
- reduce re-admissions/re-presentations
- reduce length of stay
- improve consumer experiences of care.

Maybelle Swaney



Making the Journey for the Hospital Community Feel Better

Participatory Arts Programs

National Arts in Health Framework connection:

- ♥ *The contribution of arts practice to the enhancement of health and wellbeing across the continuum of health services – from encouraging healthy living and communicating on health issues, to prevention, treatment and the management of illness and chronic disease, and in rehabilitation and recovery as well as end-of-life care.*
- ♥ *Deliver activities and arts outcomes in healthcare facilities that engage patients and staff, provide a positive focus, and reduce stress and anxiety.*

Arts engagement is something that many members of the general population do (whether or not they realise it) as part of their everyday life for enjoyment, entertainment or as a hobby. This can influence health, health determinants and quality of life (Davies, et al., 2012). The participatory arts programs delivered as part of the WCHF AIH program promote arts engagement for children, women and their families, and for Hospital staff.

In addition to the Artist in Residence projects listed earlier in the report, the participatory activities include holding artist workshops for patients and staff, the supply of arts, crafts and activity packs across the Hospital, providing music for wellness sessions, supporting a Hospital Ukulele Club, and presenting literature projects designed to educate and enhance child development.

Artist Workshops



Many of the artists that exhibit in the gallery program provide art workshops for patients and staff, providing insight into how they create their artwork, teaching

new skills to patients and providing professional development for staff.

Sue Ninham Monster Mash

As part of celebrating Book Week in the hospital, artist Sue Ninham provided sessions on the techniques for creating water colour paintings of monsters. Connecting to her own exhibition Monster Mash, patients painted their own monsters, not only creating a visual creature but also developing a story to support their new character.

Nikki Carabetta-Naugh The Medicine of Art

Local Aboriginal artist Nikki Carabetta-Naugh delivered a professional development workshop for Hospital School students, educators and Play Therapists, guiding them on painting techniques and Aboriginal culture. This workshop was undertaken as part of NAIDOC week, celebrating the history, culture and achievements of Aboriginal and Torres Strait Islander people.

Jingwei Bu Life Maps

Jingwei's art practice draws on a range of artistic styles and references both Western and Eastern cultural traditions in her work. In her exhibition, Life Maps, Jingwei created a series of drawings using mark-making as a way of externalising her inner life, a representation of the accumulated joys and suffering of a life lived. During the exhibition, Jingwei provided demonstrations of life map creations inviting the Hospital community to participate in a combined journey or an opportunity to create their own Life Maps.

Michele Morcos Intuitive Mark Making

Michele Morcos is an established multimedia visual artist with a studio practice in Sydney. Michele specialises in facilitating hands-on creative workshops often targeted for educators and those that work with children. Michele provided a workshop for Play Therapists and Hospital School staff on how intuitive mark making can help to express emotion, lessen control and the need for perfection, enhance trust in your senses and allow the process to be the focus not the outcome.



Life Maps by Jingwei Bu

Music for Wellness

During the past 10 years the AIH program has presented a number of music performances in the hospital. Some of these have focussed purely on 'entertainment value' for the

Hospital audience whilst other performances have been specifically designed to support patient and staff wellness.

'Play Me I'm Yours' Piano

In a collaboration with the 2011 Come Out Festival, a colourful piano was placed on the Playdeck with the instructions 'Play Me I'm Yours.' The piano was decorated by Gilles Street Primary School students and was one of 30 pianos placed in public locations across Adelaide & Regional SA. The piano was played by staff and patients at the hospital, showcasing their musical talents and entertaining others.

Adelaide University Medical Orchestra (AUMO)

AUMO is the world's first and only single faculty medical student orchestra with students currently training to be South Australia's future doctors and surgeons. Founded in 2008, AUMO's music program involves over 150 medical students – comprising an orchestra, stage band, vocal ensemble and dance crew. Partnering with the WCHF, AUMO have been performing and fundraising for the Hospital since 2010.

Adelaide Guitar Festival Resonance Program

Since 2016, AIH has partnered each year with the Adelaide Guitar Festival to deliver the Resonance Program at the Hospital where world-class musicians provide intimate performances in wards and waiting areas. The smiles, dancing and warm response from audiences in the Resonance program beautifully highlight the very rationale behind the program:

"Resonance is about recognising the inherent human need for music and is inspired by the growing understanding of music's role in health, wellbeing and recovery,"

- Festival Director, Slava Grigoryan.

Harpist Ilona Weir

Ilona has been playing the harp for over 20 years and in 2014, after studying the effect of music in healthcare, became a Certified Therapeutic Harp Practitioner. Her own performing experiences have shown the role that music can have in a health care setting to support the work of clinical care. The harp is able to resonate positively with different parts of the body, soothing and releasing tension, forming the ability to mimic heart rates and breathing patterns. Ilona plays regularly in the WCH Neonatal Nurseries, with research studies showing that early auditory experiences can influence brain development especially in pre-term babies. Providing a nurturing enrichment of the auditory environment through the harp music can help to promote brain structure, function and positive neurobehavioral outcomes.

Ukulele Club

The Ukulele Club provides staff and volunteers with the opportunity to learn new skills, share an enjoyment of music and playing the ukulele, and connect with others in a friendly and relaxed atmosphere. The WCHF funds a Ukulele Tutor to support the group who provides information on skill development including teaching ukulele songs, chord charts and special tricks and tips. The Ukulele Club offers loan ukuleles and tuners, and anyone can join regardless of their skill level as the group welcomes new beginners, intermediate players and experienced players. Weekly sessions provide the staff and volunteers 'time out' from busy work schedules and many participants have progressed from learning the ukulele to performing at Hospital events and functions.

HUSH Music Program

Originally developed by Dr. Catherine Crock, a physician at the Royal Children's Hospital Melbourne, the HUSH CD's aim to reduce stress and anxiety felt by patients and their families in hospitals. The music collection involves some of Australia's very best musicians and composers creating tunes to calm, strengthen and inspire.

As well as providing the HUSH CD's to patients, the WCHF has partnered with the HUSH Foundation on a number of music and wellness projects.

- 2010 - Paul Grabowsky and Dr Catherine Crock presented to Hospital staff about the role of Music in a Hospital Environment.
- 2017 - HUSH CD No.16 - A Piece of Quiet written by Australian composer, Elena Katz-Chernin was performed by ARIA winning award singer-songwriter Lior and vocal ensemble, the Idea of North. Hush 16's lyrics were inspired by stories of young cancer patients and other children from hospitals across Australia with the final collection of music conveying the children's feelings, hopes and dreams.
- 2017 - WCHF partnered with HUSH to deliver the National Composers in Residence Project, bringing together the artistry of six of Australia's top composers and six emerging composers in an ambitious project that engaged with adolescent patients at children's hospitals around Australia. Composers, Rachel Bruerville and Elena Kats-Chernin worked with patients and the WCHN Youth Advisory Group to create a piece of music for the HUSH No.18 CD Collective Wisdom
- 2018 - WCHF presented the Hush Healthcare Play What Matters for staff at the WCH. The healthcare play encourages viewers to examine the behaviours, assumptions and habits that can inhibit patient safety and wellbeing. Based on true stories, the What Matters play encourages audience connections to transform the culture of healthcare and encourage kindness in the workplace for all.

Rachel Bruerville, HUSH Music Program



Literature

In the unfamiliar sounds of a hospital, reading aloud to babies and children not only helps to normalise the environment, but can reduce stress and have a calming effect for patients and their families. As

well as providing books the WCHF has developed two key literature projects to support parents and children whilst in hospital.

Twilight Storytime

Launched in 2016 with renowned author Mem Fox, Twilight Storytime is a collaboration between the WCHN Neonatal Nurseries Developmental Care Group and the AIH program to help parents develop quality relationships with their babies through reading books aloud. Based in the Neonatal Intensive Care Unit (NICU) and Special Care Baby Unit (SCBU) at the WCH, Twilight Storytime gives parents an opportunity to take part in providing for their baby's developmental needs.

Parents in Neonatal Nursery Units experience physical separation from their baby and some loss of their parenting role which can lead to a lower sense of parenting confidence and competence. Preterm and critically ill newborns requiring admission to intensive care units face a higher risk of neurodevelopmental, behavioural and learning problems which can have a detrimental effect throughout their lifespan. Reading to infants in the Neonatal Nursery can have a positive impact on parenting behaviours and attitudes, and the infant's cognitive development (Braid & Bernstein 2015, Griffiths & Spence et al 2019).

Held several times throughout the year in the Neonatal Nurseries, the Twilight Storytime event invites the family members to listen while guest readers, including children's book authors, illustrators and Hospital staff read aloud stories to the babies and discuss with families their own experiences of reading and love of books.

The idea is to encourage parents to feel comfortable with reading aloud in the busy nursery area. After this central sharing, each family is given time to privately read to their baby, with an incentive of a giftpack of new books provided by the AIH program. Twilight Storytime was specifically designed to foster attachment and bonding with the infant and establish roles for parents that hopefully continue once discharged home.

Mem Fox reading to babies and families



Book Buddies

Working in partnership with Hospital School and the Children's Book Council of South Australia, the WCHF developed the Book Buddies program to encourage reading, improve literacy skills and provide distraction for patients whilst in Hospital.

Qualified book readers visit the wards, engaging children with the many adventures that can be had through reading books. Using play-based learning, the Book Buddies program makes a child's stay in hospital more enjoyable through reading, storytelling and learning how to make a book 'come alive' using their imagination. Supported through community donations, the WCHF provide books for patients to keep each time a Book Buddy visits.

Book Week Activities

When children are in hospital, have regular hospital appointments or have complex medical needs, they can often miss out on the celebrations that occur in schools and playgroups. Working with the Play Therapy Team and Hospital School, the AIH program coordinates and supports activities to bring those 'celebrations' into the Hospital space. Each year patients in the hospital have the opportunity to be part of Book Week activities, celebrating books and Australian children's authors and illustrators. The hospital comes alive with Book Week dress ups, patients creating their own stories and characters, and exhibitions by artists and illustrators. Supported by the Children's Book Council of SA, the activities aim to foster a love of reading, and exploring through books.





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To read more about the National Arts and Health Framework visit wchfoundation.org.au/arts-in-health/

Thank You

The Women's & Children's Hospital Foundation would like to thank the following individuals for their invaluable contribution to the Arts in Health program.

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WCH Foundation Staff, past and present with special thanks to:

Jane Scotcher current Chief Executive Officer
Sam Tolley former Chief Executive Officer
Dr Nicholas Begakis AO former Foundation Board Chairman

The WCH Foundation would like to make a special mention of thanks to Trish Hansen, former WCHN Executive Manager of Programs and to Sally Francis from AIH at Flinders Medical Centre for their significant contribution in developing arts in health at the WCH Foundation and in its broader role locally and nationally. Thank you to Alison Russell for assisting us in writing

this AIH report and for your dedicated and valued role in supporting arts in health at the Women's and Children's Hospital.

We are grateful to the Women's and Children's Hospital Network, Executive and staff for their on-going commitment and support of the Arts in Health Program.



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