



Feelings with Flowers; Let Them Go

By Phoenix Frahm



Women's &
Children's Hospital
Foundation

Arts in Health

Phoenix Frahm is a self-taught 15 year-old artist based in country South Australia, where he has developed his art practice for the last seven years. Phoenix is extremely skilled in drawing stylised portraits and loves to experiment with semi-realism techniques, specialising in watercolours and pencils and adding symbolic elements within his pieces. He draws inspiration for creating artworks from young Italian artist Elana Rossato and his ever encouraging art teachers at school.

At the beginning of this year, Phoenix was facing difficult challenges with illness and was hospitalised for a short time at the Women's and Children's Hospital. During this time, Phoenix found placidity in art and flowers, creating watercolours from his hospital bed. Phoenix's Play Therapist identified a real talent, and together with the WCH Foundation's Arts in Health coordinator they encouraged and supported him to develop his artworks into an exhibition for the Hospital.

“These pieces highlight each emotion I felt while in hospital, and I carefully researched and chose flowers that reflected those emotions to add into my artworks. In all of my artworks, I have deliberately added insecurities (such as acne, scars, body hair, etc.) in order to show the personality and beauty in being imperfect - as feelings themselves are not always “perfect” or “beautiful”.

Making art can assist patients to reduce the stress of being in a hospital environment, providing much needed distraction and a way to make sense of the situation they are in. Through creating these works, Phoenix has been able to document moments in his wellness journey and we can clearly see Phoenix has a bright future in the arts. We are proud to display Phoenix's first solo exhibition, and look forward to watching his art career blossom in the future.



Image top left: detail of *Power*, Image top right: detail of *Bitter*, Image bottom: detail of *Revolted*

The Women's & Children's Hospital Foundation (WCH Foundation) raises funds to support the health of women and children under the care of the Women's and Children's Hospital in Adelaide, South Australia. The WCH Foundation is committed to ensuring that mums, children, and their families have access to the very best in medical care, hospital facilities and support services at a time when they need it the most.

The WCH Foundation Arts in Health program creates an interactive and vibrant hospital environment that improves the health and wellbeing of the hospital patients, their families and staff. Through art, play and music, we encourage curiosity and creativity and reduce the stress of being in hospital.

The Arts in Health Exhibition Program provides a space away from the stresses of treatment to distract, entertain and inspire by improving the hospital environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through specific Arts in Health activities and externally from local artists and art collectives.

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

Cover Image: detail of *Awe*



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