



Love and Appreciation

By Brianna Humbles



Women's &
Children's Hospital
Foundation

Arts in Health

Twenty-five-year-old Adelaide artist Brianna Humbles knows the Women's and Children's Hospital well. Born prematurely with a cleft palate Brianna has spent much time in the Cleft and Craniofacial Unit undergoing countless procedures and regular appointments.

From an early age Brianna has struggled with her identity - *"I viewed my own personal opinion of myself based on what others had thought of me, it's taken a very long time to be comfortable with who I see in the mirror"*.

Brianna's art practice has been a critical mechanism to explore her identity and symbolism.

Brianna studied painting at the Adelaide College of the Arts and Flinders University graduating in 2018 with a Bachelor's Degree in Creative Arts, Visual Arts. Her preferred medium is oil paints because of the media's extended drying time, softness, and bendable qualities. Always keeping a journal at the ready to sketch and record her thoughts, Brianna also works with watercolour and acrylic paints.

"I feel that sometimes I care too about much what other people think of me, I am always in my head thinking about the 'what if's' and 'what could have been' moments, instead of enjoying what's right in front of me because of this I never take the opportunity to love 'me' and appreciate myself, my talent, and myself worth."

This exhibition Love and Appreciation is a series of paintings that visually represent small details about Brianna, - "a collection of works that showcase both visible and non-visible facts about myself and the little things I like."

Cleft and Craniofacial SA, (C&CSA -formerly known as Australian Craniofacial Unit) consists of a multi-disciplinary team including craniofacial surgeons, anaesthetists, speech pathologists and nurse consultants who specialise in providing excellence in care for children and young people with complex craniofacial conditions. C&CSA plays a big role in training and developing surgeons from units across the country and overseas and stays connected to patients throughout their lives.



Image top left: detail of *Reflections*
Image top right: portrait of Brianna Humbles
Image bottom: detail of *Money Honey 6*

Arts in Health is thrilled Brianna has returned to the Hospital once again, this time to share her inspiring and powerful exhibition with the Hospital community.

See more of Brianna's work on Instagram: [@briannahumbles_artist](https://www.instagram.com/briannahumbles_artist)

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 *Feeling Blue*



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