

The Women’s & Children’s Hospital Foundation is committed to providing ongoing support to the Women’s and Children’s Hospital in Adelaide, South Australia. The Women’s and Children’s Hospital Foundation Arts in Health program creates a vibrant and bright hospital environment that helps to improve the health and wellbeing of patients, their families and staff. Through art, play and music, we encourage curiosity and creativity to reduce the anxiety and distress of being in hospital.

The WCH Foundation’s Gallery program coordinates five galleries in the Hospital, providing a space away from the stresses of treatment to distract, entertain and inspire, improving the visual environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through specific Arts in Health activities and externally from professional artists and art collectives.

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

Karra Wadlu Yaitya Purrana is presented as part of Tarnanthi: Festival of Contemporary Aboriginal and Torres Strait Islander Art.

This exhibition runs 18 October 2019 - 27 January 2020

Cover image: Detail of *Goanna Love Story* by Debra McDonald Nangala

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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 in western medical understanding of the spiritual role in healthcare for Indigenous patients. A recent example of this is the introduction of Ngangkari Healers at Australian hospitals, including the Royal Adelaide Hospital.

With Aboriginal knowledge of native flora extending back 60,000 years, the information on the collection, application and benefits of these plants is passed on through songs, dance, paintings and oral tradition. Today the ancient knowledge of medicinal flora is taught as women gather traditional bush medicine, passing knowledge from Elders and Aunties to the younger generation.

In Karra Wadlu Yaitya Purrana, seven female artists – Audrey Brumby, Bernadine Kemarre Johnson, Josephine Lennon, Nancy Napangardi Martin, Julianne Turner Nungarrayi, Christine Nakamara Brown and Debra McDonald Nangala – share their love and commitment for collecting native plants and painting bush food and bush medicine stories. Through the Circle of Arts Foundation, each paints and brings culture and meaning to a healthcare centre. These artists’ paintings and stories come together at the Women’s and Children’s Hospital, from their different language groups and regions and with their differing bush foods, to share their experiences with the hospital community – bringing Country into the hospital space.

This vibrant exhibition, presented at the Women’s & Children’s Hospital Foundation Gallery in Adelaide, is the result of a collaboration between the Circle of Arts Foundation and the Women’s & Children’s Hospital Foundation. It provides a meaningful opportunity for young patients, their families and staff – Aboriginal and non-Aboriginal – to engage creatively while in hospital and to experience and learn more about traditional Aboriginal wellness.

Jill Newman

Traditional knowledge of the medicinal benefits, application and collection of native plants extends back over 60,000 years. In this vibrant exhibition in the Women’s and Children’s Hospital, seven female artists share their expertise about native flora and its therapeutic uses through their paintings of bush food and bush medicine stories. The artists take their art and cultural knowledge into western health-care centres through the Circle of Arts Foundation, which collaborated on this project with the Women’s & Children’s Hospital Foundation.



Julianne Turner Nungarrayi



Karra Wadlu Yaitya Purrana

Bush shrubs make you healthy

Seven Aboriginal women sharing the importance of bush medicine stories through their paintings.



Bernadine Kemarre Johnson

Arrente

Santa Teresa, east of Alice Springs,
Northern Territory

*When I go back home, out bush,
that's when we walk in the quiet
and talk to the old people and
the young ones. We learn and we
teach, about what the bush has
for us, how to look after her and
not take everything, to take a little
from each spot. We gather bush
plants and turn them into teas
and rubs for wellness. It is a
good time.*

Waterholes and Communities - Detail



Nancy Napanardi Martin

Warlipri

Willowra, Alice Springs,
Northern Territory

*My connection to Country, to
the bush food and medicine is
strong. We used to go hunting
for everything and that made
me feel good. My painting Bush
Bean Dreaming is about this. It
is a Dreaming, not just a story,
because it is part of us.*

Wild Daisies - Detail



Christine Nakamara Brown

Anangu / Pitjantjatjara

Alice Springs, Northern Territory

*My Mother was born under a
quandong tree – I like to paint
quandongs to remember her. My
Mother used bush medicine all the
time. She used wax from a special
gum tree to take out my splinters.*

Women Gathering Lyuk Lyuk for Bush Medicine - Detail



Rowena Brown

Kara Wadlu Yaitya Purruna Curator

Circle of Arts Foundation –
inspiring creative healing

www.circleofartsfoundation.org.au

*It is my honour to work with these
wonderful ladies to share with
you the warmth of their Bush
Tucker stories. I have heritage on
my father's side - Barranbinya
and Kamilaroi. I feel this in my
soul when I am out on bush trips,
looking for bush tucker is also
looking for bush medicine, because
good food is good medicine. It is
renewing for the soul to connect
to nature this way, with such
beautiful teachers.*

My Country Medicine Leaves - Detail

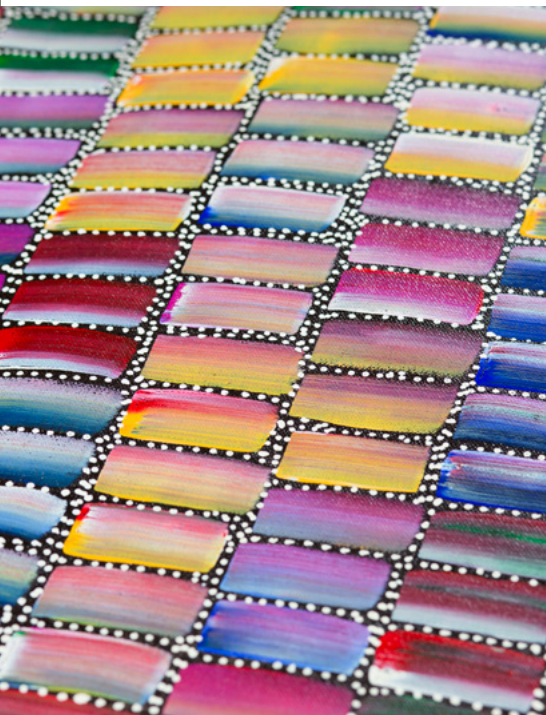
Audrey Brumby

Anangu / Pitjantjatjara

Ernabella, South Australia

*When we go hunting for
bush tucker, we also collect bush
medicine leaves so we can make
bush medicine for backpain,
headaches, different types
of sickness.*

Medicine Bark and Seeds - Detail



Josephine Lennon

Mirning

Mirning, Port Augusta, South
Australia

*All of my family are artists. We
paint the land around us, where
we get food and medicines, it is
part of our lives. We can gather
a lot of things we need off the
bush. We use the wild daisies that
grow above the ground to make
medicinal tea. People take wild
daisy tea for coughs, bronchitis,
bad kidneys, and swelling and
cuts. It is good to have family out
bush to teach us this when we
were young.*

Wild Bean Dreaming - Detail



Julianne Turner Nungarrayi

Warlipri

Yuenlumu, Mt Allen, north west of
Alice Springs, Northern Territory

*I love bush medicine. Why I love
bush foods and medicine is, it is
part of our tradition, it heals our
spirit and is part of our culture We
still use our own bush medicine.
We can find bush medicine even
in the city - we use Lyuk Lyuk,
found along the Adelaide road
sides to boil and soak in the water
for antiseptic wash. It is good for
scabies, flu, and things like that.*

Women collecting bush tucker - Detail



Deborah McDonald Nangala

Pinupi

Papunya, Northern Territory

Debra is the granddaughter of
Shorty Lungkata Tjungurrayi, from
whom she received her exclusive
stories.

*Every time I go home to Papunya,
we go straightaway walking out
bush, telling Nature I am back, and
collecting fresh food - fruits and
nuts, roots and vegetables. Bush
Tucker makes me feel good and
being with my family.*

Karra Wadlu Yaitya Purruna Special Event

To celebrate Karra Wadlu Yaitya
Purruna, the Women's & Children's
Hospital Foundation are hosting a
panel discussion where artists and
health care professionals will discuss
the importance of maintaining
bush medicine knowledge.

Thursday 14 November 2019

11.00am – 12.30pm

Queen Victoria Lecture Theatre,
Women's and Children's Hospital,
Kermode Street, North Adelaide