

# Entangled Dreams

A solo exhibition by Sally McKinnon



Women's &  
Children's Hospital  
Foundation

Arts in Health

*"Painting brings me a sense of calm and joy like no other. Painting has always been my meditation, my way of expressing that which I didn't have the words for. Expressive Portraiture was my focus for years, but during the pandemic, I started to really think about the limitation of language."*

*"I started to use my flow of consciousness to create these physical representations of my emotional state."*

Sally grew up in the Northern Suburbs of Adelaide, going to school in Gawler. During high school she idolized the Australian 90's movie *Love and Other Catastrophes* based on university life and spent the next 10 years studying various areas, including psychology, visual art and nursing.

Her creative pathways have included artist, musician, actor, designer, curator and DJ in local venues in Adelaide. Sally has her own photography company, providing cinematic wedding, portrait and event photography for over 20 years, having studied at Adelaide College of the Arts.

Within the health sector, Sally has worked across many areas including supporting kids at risk as a youth worker, working in disability, as an ED Nurse and now as a Mental Health Nurse.

*"My purpose is to create pathways to reflection and insight, to remind us all not to take our days, seconds and minutes for granted. Life is beautiful, in all its messy glory and what an honor to be a part of it. I hope to encourage you to take a gentler, more compassionate and more playful approach to your existence."*

*Our dreams can be one way, and our reality another. The point where they can merge and become tangled, is just such a beautiful space.*

*A moment to breathe and reflect and have compassion towards ourselves and others. From a psychological point of view, compassion and optimism is what will benefit us the most, helping us to build on our own resilience. My art is all about sharing this knowledge with you, your soul, to encourage you to be brave enough to play.*

*I'm not happy unless I'm able to be creative with those that I love, but also help others. I'm a community over competition kinda person. There is space for us all, and I am forever a hype girl."*

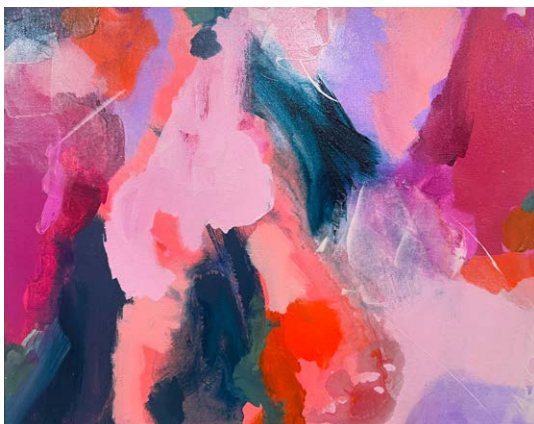


Image top left: detail of *Dreams*,  
Acrylic, oil pastel on canvas, 2024

Image top right: detail of *Flow 2*,  
Acrylic, oil pastel on canvas, 2024

Image left: Sally McKinnon in studio

Learn more about Sally's practice: Instagram [@sallymckinnonart](https://www.instagram.com/sallymckinnonart) +  
[www.sallymckinnonart.com](http://www.sallymckinnonart.com)

The Women's and Children's Hospital Foundation (WCH Foundation) improves the health and wellbeing outcomes for children and families under the care of the Women's and Children's Hospital and the broader Health Network.

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 Kaurna People, we pay our respects to the Kaurna Elders past and present and to the Elders of the lands this brochure reaches.

Cover image: detail of *Botanics*, acrylic, oil pastel on canvas, 12 x 16 inches, 2024



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