# 60 Days of Art Program

## A celebration of Western Hospital's 60th Anniversary July 1<sup>st</sup> – August 29<sup>th</sup> 2014





## **OUR VISION**

Together, caring for the West - our patients, staff, community and environment.

## **OUR PURPOSE**

Working collaboratively to provide quality health and well-being services for the people of the West.

## **OUR VALUES**

Compassion – consistently acting with empathy and integrity Accountability – empowering our staff to serve our community Respect – for the rights, beliefs and choice of every individual Excellence – inspiring and motivating, innovation and achievement Safety – working in an open, honest and safe environment.

## **OUR PRIORITIES**

Safe and effective patient care People and culture Community and partnerships Research and learning Self-sufficiency and sustainability



#### Together, caring for the West

www.westernhealth.org.au

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## 60 Days of Art Program

### Introduction

The *60 Days of Art: A celebration for Western Hospital's 60<sup>th</sup> Anniversary* aims to engage patients, families/friends, staff and visitors in art events that celebrate our cultural diversity; promote health and well-being; and acknowledge the contribution of our staff to the hospital and its history.

Through a range of stakeholder engagement meetings, discussions, and in consultation with Footscray Community Arts Centre (FCAC), the *60 Days of Art* Program has been developed. The Program aims to build positive engagement and experiences for patients, staff and our community, and to commence a dialogue on the therapeutic benefits of the arts in health.

## 60 Days of Art Program Aims and Objectives

- Improve the health and wellbeing for staff and patients at Western Health
- Strengthen engagement and communications between staff members and with patients, families and visitors to the hospital.
- Provide a positive environment for Western Health users through exhibitions, performances and screenings and supporting a sense of pride in the Hospital as a space.
- Further connections and networks across different departments.
- New and strengthened peer support networks for staff.
- Greater understanding and appreciation of the role of culture in creating livable spaces and supporting individuals and communities wellbeing through meaningful and sustained engagement.
- Provide staff and patients increased outlets for expression and participation in the local community.
- Provide staff with further skills and capacity to increase success in meeting the goals and objectives of Western Health.
- Provide space for staff to be creative, apply critical thinking and strategy in envisioning Western Health's future and what their role will be.
- Further supporting social cohesion through participation.

## How to Register for a Program?

60 Days of Art Event Programs are free. If the Program states **"Registration required"**, then you need to go to the following Western Health Internet page to register: http://enrol.vetenrol.com.au/?clientid=VT-WESTERNHEALTH

			July 2014			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10:30-14:30 Staff Workshop <i>Take Heart</i> Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray <i>Registration required</i>	2 10:30-14:30 Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray Registration required	<b>3</b> 17:00-19:00 <b>Celebration of</b> <b>Western Hospital's</b> <b>60 Days of Art</b> Footscray Community Arts Centre (FCAC), Footscray Refreshments provided	4 10:00-16:00 Open Workshop Indigenous Weaving Workshop FCAC Artist-in-Residence: Bronwyn Razem Main Hospital Foyer, Western Health Footscray Patients, families, staff & the community are invited to participate. 10:30-12:30 Staff Workshop Art in Focus: Photography Artist: Misho Baranovic McArthur Room, Western Health Footscray Registration required	<b>5</b> 00:00-23:59 <b>Art Exhibition</b> <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	<b>6</b> 00:00-23:59 <b>Art Exhibition</b> <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		

			July 2014			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7</b> 00:00-23:59	<b>8</b> 10:30-15:00	<b>9</b> 10:30-12:00	<b>10</b> 00:00-23:59	<b>11</b> 10:30-12:30	<b>12</b> 00:00-23:59	<b>13</b> 00:00-23:59
Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray Registration required	Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray Registration required	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Staff Workshop Art in Focus: Photography Artist: Misho Baranovic Auditorium Western Health Footscray Registration required	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
	14:00-14:50 <b>Staff Workshop</b> <i>Take Heart</i> Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray <i>Registration required</i>	12:30-13:00 Opening of Western Hospital's 60 Days of Art McArthur Room, Western Health Footscray <u>Refreshments provided</u> 13:00-14:30 Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray				
	00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Registration required 00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		

	July 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	15	16	17	18	19	20
10:30-14:30	09:00-11:00	00:00-23:59	00:00-23:59	10:30-12:30	00:00-23:59	00:00-23:59
Staff Workshop Take Heart Art Therapist: Jaana Sahling Mavis Mitchell Western Health Footscray Registration required	Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray Registration required 12:30-15:30 Staff Workshop Take Heart	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Staff Workshop Art in Focus: Photography Artist: Misho Baranovic McArthur Room, Western Health Footscray Registration required	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
	Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray <i>Registration required</i>					
00:00-23:59	00:00-23:59			00:00-23:59		
Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray			Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		

	July 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 10:00-14:00 Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray Registration required	<b>22</b> 12:00-16:00 Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray Registration required	23 08:30-12:00 Staff Workshop Art and Anatomy Creative Coordinator 60 Days of Art: Julie-Ann Martin McArthur Room, Western Health Footscray Registration required	24 14:00-14:50 Art + Health Forum Seeing MS Campaign Auditorium, Western Health Footscray Refreshments included Registration required	225 14:30-16:30 Staff Workshop Art in Focus: Photography Artist: Misho Baranovic Classroom 1, Centre for Education, Western Health Footscray Registration required 18:30-20:30 Art After Dark Staff Workshop Art in Focus: Photography Artist: Misho Baranovic McArthur Room, Western Health Footscray Refreshments included Registration required	<b>26</b> 00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	<b>27</b> 00:00-23:59 <b>Art Exhibition</b> <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		

July 2014			August 2014			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>28</b> 00:00-23:59	<b>29</b> 09:30-12:30	<b>30</b> 10:30-15:30	<b>31</b> 14:00-14:50	<b>1</b> 08:00-09:00	<b>2</b> 00:00-23:59	<b>3</b> 00:00-23:59
Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Staff Workshop Take Heart Art Therapist: Jaana Sahling Mavis Mitchell Western Health Footscray Registration required	Staff Workshop Take Heart Art Therapist: Jaana Sahling McArthur Room, Western Health Footscray Registration required	Art + Health Forum National Gallery of Victoria: Art & Memory Auditorium, Western Health Footscray Refreshments included	Art Exhibition Mobile Photo Booth Project FCAC Artist-in-Residence: Misho Baranovic Auditorium, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
	14:00-14:50 Artist in Conversation Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald Main Hospital Foyer, Western Health Footscray	19:30-20:30 Live Performance: Music Threshold Choir Main Hospital Foyer, Western Health Footscray	Registration required	10:30-14:30 Art Exhibition Mobile Photo Booth Project FCAC Artist-in-Residence: Misho Baranovic Transient/varied locations Western Health Footscray		
	00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		

	August 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	5	6	7	8	9	10
00:00-23:59	10:30-13:00	10:30-12:30	14:00-14:50	10:30-12:30	00:00-23:59	00:00-23:59
Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Therapy for Patients: Various departments Take Heart Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions 14:00-14:50 Staff Workshop Take Heart Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray	Art Therapy for Patients: Various departments Take Heart Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions 13:00-14:30 Art Therapy for Patients: In the Studio Take Heart Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray	Art + Health Forum Creative Approaches to Mental Health Auditorium, Western Health Footscray Refreshments included Registration required	Art Exhibition Mobile Photo Booth Project FCAC Artist-in-Residence: Misho Baranovic Transient/varied locations Western Health Footscray 14:00-14-50 Artist in Conversation Mobile Photo Booth Project FCAC Artist-in-Residence: Misho Baranovic Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
	Registration required	Open Access				
	00:00-23:59	00:00-23:59	00:00-23:59	00:00-23:59		
	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		

			August 2014	4		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	12	13	14	15	16	17
00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	10:30-12:30 Art Therapy for Patients: Various departments Take Heart Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions 13:00-14:30 Art Therapy for Patients: In the Studio Take Heart Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray Open Access	10:30-12:30 Art Therapy for Patients: Various departments Take Heart Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions 13:00-14:30 Art Therapy for Patients: In the Studio Take Heart Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray Open Access	16:00-18:00 Live Performance: Theatre Healthplay "Four funerals in one day". Auditorium, Western Health Footscray Refreshments included Registration required	13:00-17:00 Art Exhibition Mobile Photo Booth Project FCAC Artist-in-Residence: Misho Baranovic Transient/varied locations Western Health Footscray 18:30-20:30 Art After Dark Staff Workshop Art in Focus: Photography FCAC Artist-in-Residence: Misho Baranovic McArthur Room, Western Health Footscray Refreshments included Registration required	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
	00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59   Art Exhibition   Birthday Suite   FCAC, Creative Producer:   Bernadette Fitzgerald   In front of the Auditorium,   Main Hospital Foyer,   Western Health Footscray		

	August 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer:	<b>19</b> 10:30-12:30 Art Therapy for Patients: Various departments <i>Take He</i> art	<b>20</b> 10:30-12:30 Art Therapy for Patients: Various departments <i>Take He</i> art	21 00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer:	<b>22</b> 10:30-14:30 Art Exhibition Mobile Photo Booth Project FCAC Artist-in-Residence:	23 00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer:	24 00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer:
Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions	Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions	Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Misho Baranovic Transient/varied locations Western Health Footscray	Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray
	13:00-14:30 Art Therapy for Patients: In the Studio Take Heart Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray Open Access	13:00-14:30 Art Therapy for Patients: In the Studio <i>Take Heart</i> Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray <i>Open Access</i>				
	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		

	August 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>25</b> 00:00-23:59 <b>Art Exhibition</b> <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	26 10:30-12:30 Art Therapy for Patients: Various departments Take Heart Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions	27 10:30-12:30 Art Therapy for Patients: Various departments Take Heart Art Therapist: Jaana Sahling Western Health Footscray Bookings can be made for patient sessions	<b>28</b> 00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	<b>29</b> 00:00-23:59 <b>Art Exhibition</b> <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	30	31
	13:00-14:30 Art Therapy for Patients: In the Studio <i>Take Heart</i> Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray <i>Open Access</i>	13:00-14:30 Art Therapy for Patients: In the Studio <i>Take Heart</i> Art Therapist: Jaana Sahling Classroom 1, Centre for Education, Western Health Footscray <i>Open Access</i>		15:00-16:00 Closing Celebration Western Hospital's <i>60 Days of Art</i> Live Performance: Music & Dance <i>The Hacketts</i> Atrium, Western Health Footscray		
	00:00-23:59 Art Exhibition Birthday Suite FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray	00:00-23:59 Art Exhibition <i>Birthday Suite</i> FCAC, Creative Producer: Bernadette Fitzgerald In front of the Auditorium, Main Hospital Foyer, Western Health Footscray		16:00-18:00 Art Preview and Artist Talks Auditorium/McArthur Room, Western Health Footscray Refreshments included		

## **Artist Profiles**

### Take Heart

#### A space for creative interaction.

Facilitated by multi modal Art Therapist Jaana Sahling (Ba Hons, PgDip).

As part of *60 Days of Art: A Celebration of Western Hospital's 60<sup>th</sup> Anniversary, Take heart Staff Workshops are being offered for staff to participate in during July; and in August <i>Take heart* Creative sessions will be available for patients, families/ friends and visitors to the hospital to participate in.



Leunig, M. *Let it go*, 1990. *The Travelling Leunig.* Australia: Penguin Books

Why making art can help you de-stress and refocus:

"When words are not enough, we turn to images and symbols to tell our stories. And in telling our stories through art, we can find a path to healing, recovery, and transformation".

- Cathy Malchiodi

Art making can be used to relieve stress or tension by distracting us from the worries going around in our head. By concentrating on working with our hands and focusing on the materials being used, participants can trigger a state of relaxation and release. Art can be used as a reflective tool and is appropriate for anyone who is interested in learning more about our personal ways of being in the world and with others. Engaging with creative ways of expression enables participants to focus on the images arising from inside themselves to explore their experiences—feelings, perceptions and imagination.

#### No previous arts experience is necessary!

Although we might use many different art modalities such as drawing or collage, in the staff workshop the emphasis is not on attaining new art making skills, but rather to use different art modalities as a way of expressing that which might be difficult to express with our usual communication patterns.

### Take Heart Staff Workshops

*Take He*art is an opportunity for reflection and relaxation away from the challenges and stress of work.

For the *60 Days of Art*, in July Jaana will be facilitating staff workshops to encourage creative ways of expression, and to offer an opportunity for staff to share their experiences of working within the health care, in a safe and calm environment. During the staff workshop a selection of art materials, such as pastels, paints, different images and papers for collage will be available for staff to explore their own feelings, connected to experiences of stress, pressure and other work related topics. Through this process of creative expression and by engaging with what is created, participants may access new perspectives, reach a state of well-being, and learn new things about themselves and how they react in reoccurring stressful situations.

#### Bookings are required for these workshops.

### Take Heart Creative Sessions

In August, for *60 Days of Art*, Janna will be facilitating *Take He*art creative sessions for patients. These patient sessions will be facilitated within the clinical areas of the hospital and in the Open Access studio. Patients are welcome to attend these sessions with their families/friends.



#### About Art therapist Jaana Sahling:

Jaana was born in Germany and now lives with her husband and daughter in Melbourne. After her Bachelor degree in Fine Arts in the UK she worked in the creative sector and exhibited her art regularly. In 2010 she embarked on her a Post Graduate studies in Creative Arts Therapy to combine her passion for art making with the desire to connect with people and using creative expression for meaning making in collaboration with others. At present she is completing her Masters degree in Arts. Jaana has a strong believe that creative expression can strengthen our wellbeing and self-confidence.

### **Indigenous Weaving Workshop**

#### A place to gather and yarn, to weave and dream.

Facilitated by Indigenous Australian basket weaver and painter Bronwyn Razem.

**Indigenous Weaving Workshop**, an open workshop is being offered to patients, families/friends, staff, volunteers and the community as part of *60 Days of Art: A Celebration of Western Hospital's 60th Anniversary.* 



Razem, B. *Bush, Toys and Baskets*, 2013 Footscray Community Arts Centre, Melbourne.



Razem, B. *Eel trap with emu feathers*, 2013 New Zealand flax, emu feathers. Location unknown.

## Open Workshop for patients, families/friends and visitors

For the *60 Days of Art,* Bronwyn Razem is a Gunditjmara woman of the Kirrae Whurrong clan of western Warrnambool on the Victorian coastline Gunditjmara/Kirrae Whurrung and a fibre artist, will be facilitating weaving demonstrations, skills development and sharing various traditional and contemporary Indigenous techniques in the Main Hospital Foyer of Western Hospital on **Friday, July 4<sup>th</sup> 2014 10:00-16:00.** 

Bronwyn invites offered to patients, families/friends, staff, volunteers and the community at Western Hospital to gather with her in a revival of cultural traditions. To dream, engage, explore and create symbolic representations of Indigenous heritage and identity.

#### Bookings are not required for this workshop.



#### About Artist Brownyn Razem:

Bronwyn is an Indigenous Australian basket weaver and painter. She integrates ochres, sand and other materials into her paintings and her works also draw on the possum skin cloak traditions of her ancestors.

Bronwyn has exhibited works in Canberra's National Museum and Bunjilaka Gallery and in 2008, Bronwyn was chosen by the Australia Council for the Arts to be part of a delegation of Indigenous artists to attend the 10th Pacific Arts Festival in Western Samoa. In 2013, was the winner of the prestigious Victorian Indigenous Art Award in 2013. Her practice involves an exploration of Indigenous heritage and identity.

#### FCAC FOOTSCRAY COMMUNITY ARTS

CENTRE

## **Art in Focus Photography**

#### 'Tell the stories of Western Hospital through your eyes'.

#### Creating narratives with your own smart phone, digital camera or tablet.

Facilitated by contemporary photographer and artist Misho Baranovic.

*Art in Focus Photography* Staff Workshops are being offered as part of 60 Days of Art: A Celebration of Western Hospital's 60<sup>th</sup> Anniversary.



http://mishobaranovic.com

### **Art in Focus Photography Staff Workshops**

"What part of Western Hospital or your experiences at the hospital would you like to celebrate through photography?"

-Misho Baranovic

Footscray Community Arts Centre is pleased to bring renowned mobile photographer, Misho Baranovic, to deliver hands on workshops in photography. Misho will help develop your photography eye through using your own hand held devices via your own smart phone, tablet or camera.

For the *60 Days of Art*, each Friday in July Misho will be facilitating *Art in Focus Photography* Staff Workshops which will assist staff to create narrative images with their own smart phones, digital camera or tablet. The *Art in Focus Photography* aims to engage patients, families/friends, staff, volunteers and the community at Western Hospital to help create a visual collage of the people, the connections, the everyday encounters that make up Western Hospital today. This is your chance to interact with Misho one-on-one, and to ask questions, explore ideas, develop your techniques around obtaining photos using your smart phone or tablet as the device.

Misho will also be holding two Art After Dark Photography Staff Workshops.

Bookings are required for these workshops.

## **Artist-in-Residence 'Mobile Photo Booth Project'**

In August, Misho will be at Western Hospital as a Footscray Community Arts Centre Artist-in-Residence. During this period will gather, curate, and quilt together images of your experiences. These narratives images will then form part of the *Mobile Photo Booth Project*, and be displayed on line and screened publically every Friday in August in various and transient locations throughout the hospital.

As part of the *60 Days of Art Artist in Conversation* series, Misho will also discuss the *Mobile Photo Booth Project* on **Friday, August 8th 2014 14:00-14:50.** <u>Everyone is welcome to join us</u>. Misho's Art Tour & Talk will depart from the Main Hospital Foyer, Gordon Street Entrance.



#### About Artist Misho Baranovic:

Misho is a mobile photographer, writer and app developer. He is interested in how mobile photography can be used for community building, in particular, helping people understand and express their relationship with their surroundings. Misho is also a qualified social planner and community engagement practitioner and has worked on a range of projects within the private and public sectors.

As one of the world's leading mobile photographers, Misho's street photography has been exhibited internationally in Oakland, California (Pixels at an Exhibition, 2010), New York (EyeEm, Open House Gallery, 2010), Berlin (EyeEm, Schlechtriem Brothes Gallery, 2010), Paola, Italy (iPhoneography.eu, FIAF Gallery Arteaparte, 2011) and Sarcelles, France (Photsoc PhotSoc 2012 - International Festival of Social Photography).

## FCAC

FOOTSCRAY COMMUNITY ARTS CENTRE

#### Staff will be guided to create an anatomical study of the thoracic organs in clay.

Facilitated by Julie-Ann Martin, Creative Coordinator of *60 Days of Art* and former Clinical Nurse Educator, Emergency department, Western Health Footscray.

RN; BN; Grad Dip in Adv Nrsg [Critical Care/Emergency Nrsg]; MN; Grad Dip in Arts; Dip in Management

As part of 60 Days of Art: A Celebration of Western Hospital's 60<sup>th</sup> Anniversary, **Art and Anatomy** a single Workshop is being offered to medical, nursing and allied staff on **Wednesday**, **July 23rd 2014 08:30-12:00**.



Martin, JA., Anatomy Studies 1; and 2. 2012, Terracotta, Melbourne

## **Art and Anatomy Staff Workshop**

For the *60 Days of Art: A Celebration of Western Hospital's 60<sup>th</sup> Anniversary*, Julie-Ann will facilitate a Staff Workshop on *Art and Anatomy*, and assist medical, nursing and allied staff to create three dimensional studies from terracotta clay of the thoracic vertebrae and rib cage, the human heart, or the trachea and lungs. This workshop aims to encourage staff to develop a different perspective and understanding of human anatomy, to celebrate the mystery and beauty of the human body, and to enjoy the experience of working in clay. *Bookings are required for this workshop*.



#### About Julie-Ann Martin:

Julie-Ann has been an Emergency/Critical Care Nurse for over 22 years. She has worked both internationally and nationally; as a clinician, in research, and facilitated nursing and medical education. In particular, utilising the arts (music, theatre, literature and visual arts), to develop the analytical thinking, observation skills and humanistic qualities in the education and training of healthcare professionals.

Julie-Ann lived and studied Art History in Florence Italy, and at the University of Melbourne. In 2011 she completed the *Gandioli Fumagalli Foundation Milan Internship* at *Museo del Novecento* in Milan where she studied 'how their art collection could be interpreted from a medical perspective'. She is passionate about the arts and health, believes that the arts can be used to cultivate an environment that embraces and celebrates our cultural diversity and the contribution of those that work in healthcare.

### **Birthday Suite**

#### Reflecting the history of Footscray.

FCAC Creative Producer Bernadette Fitzgerald.

### **Birthday Suite Archive Exhibition**

2014 is FCAC's 40<sup>th</sup> birthday. Part of this year of celebration, is providing a space for engagement with Footscray Community Arts Centre's history and the history of the Arts in the west of the last 40 years.

During the 60 Days of Art: A Celebration of Western Hospital's 60<sup>th</sup> Anniversary, the Birthday Suite will be exhibited in front of the Auditorium, Main Hospital Foyer, at the Gordon Street entrance to the hospital, Western Health Footscray. The exhibition will provide an opportunity for patients, families/friends, staff, volunteers and visitors to the hospital to share memories, and experiences of the Arts in the West.



As part of the 60 Days of Art Artist in Conversation series,

Bernadette will be discussing the *Birthday Suite* Archive Exhibition on **Tuesday, July 29<sup>th</sup> 14:00-14:50.** <u>Everyone is welcome to join us</u>. Bernadette's Art Tour & Talk will depart from the Main Hospital Foyer, Gordon Street Entrance.



#### About Artist Bernadette Fitzgerald:

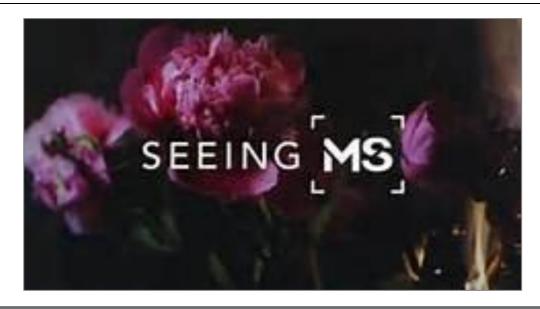
Bernadette has a background in community theatre, contemporary dance, education and administration, and has worked both as a performer in and administrator of community-based art projects. She has been responsible for expanding the current Workshops Program funded by Adult Community and Further Education and developing new workshop programming. During her time at Footscray Community Arts Centre, she has also developed and managed numerous cross-art form and community-based art projects.

Bernadette has a Bachelor of Arts majoring in Performing Arts, Community Theatre and Contemporary Dance, a Graduate Diploma in Arts and Entertainment Management and is currently studying for her Master of Arts and Entertainment Management at Deakin University.



## **Art + Health Forums**

## **Seeing MS Campaign**



Date:	Thursday, July 24th 2014
Time:	14:00-14:50
Presenters:	Adriana Grasso and Nicholas Walton-Healy.
Location:	Auditorium, Western Health, Gordon Street, Footscray

Most symptoms of Multiple Sclerosis (MS) go unnoticed by everyone except the person living with them. One day they can alter your memory, the next your vision. Striking without warning and leaving no trace, they are invisible.

The 2014 *Seeing MS Campaign: Exposing the invisible disease* invited nine photographers to depict symptoms of MS in a single image. The images created have been inspired by the stories of those touched by the disease.

To allow us to see and share how MS affects those living with the disease, Adriana Grasso one of the participants in the *Seeing MS Campaign*, and her photographer Nicholas Walton-Healy, will join us for a presentation during the *60 Days of Art*, Art + Health Forum.



### **National Gallery of Victoria Art & Memory**



Date:	Thursday, July 31 <sup>st</sup> 2014
Time:	14:00-14:50
Presenters:	Gina Panebianco and Dodi Rose
Location:	Auditorium, Western Health, Gordon Street, Footscray

National Gallery of Victoria's (NGV) diverse collections and exhibitions are an inspirational and creative platform for conversation and engagement. The *NGV's Art & Memory* program is designed especially for people living with dementia and focuses on works of art to stimulate memory and invite conversation.

Gina Panebianco Head of Education at the NGV and Voluntary Guide Dodi Rose, will join us for a presentation during the *60 Days of Art*, Art + Health Forum to provide us with an insight to the engagement strategies used by tour leaders at the NGV, and the benefits of engagement with the visual arts for people living with dementia, and their carers.





Date:	Thursday, August 7th 2014
Time:	14:00-14:50
Presenters:	Deb Zipper and an Advocate from the Mental Illness Fellowship.
Location:	Auditorium, Western Health, Gordon Street, Footscray

During the course of the twentieth century there was an increasing interest in the therapeutic value of art, and recognition that the creative works of people with mental illness can offer insights into their inner experiences. At the same time, there was also a growing appreciation of the artistic merit of these works both by artists and the broader community. Dr Eric Cunningham Dax collected many of the works created during the 1950s and the 1980s, and was instrumental in the promotion of mental health and wellbeing by fostering a greater understanding of the mind, mental illness and trauma through art and creativity. The Dax Centre incorporates the Cunningham Dax Collection, a collection of over 15,000 works created by people with an experience of mental illness and trauma.

For the *60 Days of Art,* Art + Health Forum *Creative approaches to Mental Health* Deb Zipper, an Education Officer from The Dax Centre will highlight how artworks can be used to illuminate our understanding of mental health and psychological theories; and an Advocate from the Mental Illness Fellowship will present their experience of mental health illness and recovery.



## **Live Performances**

### Music

Threshold Choir



Wednesday, July 30<sup>th</sup> 2014 19:30-20:30 Main Hospital Foyer, Western Health Footscray

The *Threshold Choir* aims to bring ease and comfort to those at the thresholds of living and dying. A calm and focused presence at the bedside, with gentle voices, simple songs, and sincere kindness, can be soothing and reassuring to clients, family, and caregivers alike.

Using soft, lullaby voices the *Threshold Choir* blends in harmony or sometimes in unison - if that provides the most comfort. They offer their singing as gentle blessings, not as entertainment. Most of their songs are very short, so their repetition is conducive to rest and comfort. Families have said that their presence helps them to "be" with their loved one after the "doing" is done and will often continue to sing for their loved one, after the individual has died.



#### About Founder/Creative Director of the *Threshold Choir*, Kate Munger:

Kate has expressed that 'the seed for the *Threshold Choir* was planted in June of 1990 when I sang for my friend Larry as he lay in a coma, dying of HIV/AIDS. I did housework all morning and was terrified when the time came to sit by his bedside. I did what I always did when I was afraid; I sang the song that gave me courage. I sang it for 2 ½ hours. It comforted me, which comforted him. The contrast between the morning and the afternoon was profound. I felt as if I had given generously of my essence to my dear friend while I sang to him. I also found that I felt deeply comforted myself, which in turn was comforting to him'.

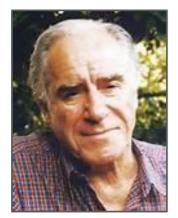
The first *Threshold Choir* gathered in 2000 at a home in California. America. There are now over 100 groups with members who gather together and work as volunteers, to sing to individuals who are facing death, grief, or suffering, throughout the world.

### Theatre

'Four Funerals in one day', an entertaining and inspiring play about death, grief and living.



Thursday, August 14th 2014 16:00-18:00 Auditorium, Western Health Footscray



#### About Play Writer Alan Hopgood:

Alan is an actor and writer, known for *Knowing* (2009), *The Blue Lagoon* (1980) and *Pugwall* (1989). He was awarded the A.M. (Member of the Order of Australia) in the 2005 Queen's New Years Honours List for his services to the performing arts as an actor, playwright and producer, and to the community through raising awareness of men's health issues.

Alan has written many plays aimed at addressing the challenging health issues of palliative care, prostate cancer, Alzheimer's, diabetes, widowhood, and depression. Four funerals in one day, is part of the HealthPlay productions.



## **Celebrations**

## Celebration of Western Hospital's 60 Days of Art



Terrill, S *Crowd Theory*, 2004 Photograph Footscray Community Arts Center, Melbourne

Thursday, July 3rd 2014 17:00-19:00 Footscray Community Arts Centre (FCAC) 45 Moreland Street, Footscray

Join the Celebration of Western Hospital's *60 Days of Art* at FCAC and the NAIDOC Week program launch. The evening celebrations will include refreshments, exhibitions, *Scattered Tribes: Rising Smoke, Let Love In*, and performances by musicians *Robbie Bundle and Lydia Fairhall*.



From left to right: Elders and community members of the West in collaboration with artists Ngardarb Riches and Liss Gabb Ngardarb Riches, a Bardi/DJawi / Karajarri woman from the West Kimberly coast in exhibition **Scattered Tribes: Rising Smoke; Let Love In**, installations and photographs by Wemba-Wemba/Gunditjmara artist Paola Balla; and music by **Robbie Bundle** and Lydia Fairhall.



#### About the Footscray Community Arts Centre (FCAC):

FOOTSCRAY COMMUNITY ARTS CENTRE FCAC is a community-engaged, contemporary arts organization located on the banks of the Maribyrnong River who work with local, regional and international communities. They collaborate with artists, communities and organizations to build capacity, create opportunities and drive social change. A place where 'important conversations happen: we then action; we cultivate; we deepen'.

## **Opening of Western Hospital's 60 Days of Art**



### Wednesday, July 9th 2014 12:30-13:00 McArthur Room, Western Health, Footscray

Join us for the **Opening of Western Health's 60** Days of Art.



## Closing Celebration Western Hospital's 60 Days of Art

#### Friday, August 29th 2014

#### 15:00-18:00

#### Atrium, Auditorium & McArthur Room,

#### Western Health, Footscray

Join us for the **Closing Celebration of Western Health's** *60 Days of Art.* The evening's program will include refreshments, live performances by FCAC's musicians *The Hackett's*, art previews by FCAC Artist-in-Residence *Misho Baranovic*, a opportunity to discuss the *60 Days of Art* experience with *Bernadette Fitzgerald* FCAC Creative Producer of the *Birthday Suite*, Art Therapist *Janna Sahling*, and *Julie-Ann Martin* Creative Coordinator of *60 Days of Art*.



#### About The Hackett's:

Proudly hailing from Melbourne's West, *The Hackkets* are a band made up of members with and without disability. They came together more than 10 years ago as part of Footscray Community Arts Centre's ArtLife program.

*The Hackett's* play covers and originals and regularly performing art festivals across the west including Seddon, Yarraville and Altona Festival. They have just recorded their first album and are working towards a tour of the East coast of Australia.



## Acknowledgements

For their vision, collaboration, passion and commitment to the arts and health, and for making the *60 Days of Art*, a unique celebration of Western Hospitals' 60<sup>th</sup> Anniversary, Western Health would like to *sincerely thank*...

Dr Phong Tran, *Head of Orthopedics, Western Health,* whose philanthropic support of the arts and health established the *60 Days of Art* Program.

Juliette Alush, Executive Director People, Culture and Communications, Western Health; Jade Lillie, Director and CEO, Footscray Community Arts Centre; 60 Days of Art Working Party and visionary team: Louise McKinlay, Director of Education and Learning, Western Health; Hannah Hammad, (former) Senior Media and Public Affairs Advisor, Western Health; Amanda Molyneux (former) People Services: Organizational Development, Western Health; Jacqueline Watkins Aboriginal Health Manager, Western Health; Bec Carey-Grieve, General Manager, Footscray Community Arts Centre; Simon de Lacey-Leacey, Creative Producer, Learning and Development, Footscray Community Arts Centre; Nikki Zerella, Creative Producer of ArtLife at Footscray Community Arts Centre; Art therapist Janna Sahling, and Julie-Ann Martin, Creative Coordinator 60 Days of Art, Western Health Footscray.

All who attended the stakeholder discussion at Footscray Community Arts Centre, and our colleagues at Western Health who have generously shared with us their thoughts, and expectations regarding the *60 Days of Art* program; to Jo Spence and Michelle Dellios, *Volunteer Managers, Western Health*; to our *Volunteers*: Joanne D'Arby, June Hansen, Lyn Reeves, Terry and Joanne Wilson and Les; to our *Artists and facilitators* Misho Baranovic; Sally Brakha, *Threshold Choir*; Bernadette Fitzgerald; Alan Hopgood, *HealthPlay*; Kathy Horvat and Gina Panebianco, *National Gallery of Victoria;* Deb Zipper, *The Dax Centre;* Bronwyn Razem; *The Hacketts*; Sofey Youssef, *Seeing MS Campaign;* and to our *Administration Staff* Silvanna Manevski, Suzanna Velevska and Maree Watt.



#### For further information, feedback or comments regarding the 60 Days of Art please contact:

#### **Julie-Ann Martin** Creative Coordinator, *60 days of Art* Western Health Gordon Street, Footscray Victoria 3011

Work: 8345 6458 Email: JulieAnn.Martin@wh.org.au

