



arts in health through  
innovation and creativity

Me, Myself, I -A book of self portraiture and poetry

Manchester Adult Cystic Fibrosis Centre, Wythenshawe Hospital  
project managed by helen kitchen

**Manchester Adult Cystic Fibrosis Centre,  
Wythenshawe Hospital, University Hospital of  
South Manchester NHS Foundation Trust  
Arts Programme 1995 to 2007**

Lime has had a long working relationship, since 1995, with the Manchester Adult Cystic Fibrosis Centre, working in close collaboration with the multi disciplinary team of specialist staff within the Centre to develop and deliver a programme of creative projects with patients.

New and innovative projects continue to be developed into 2008-09 including 'Transition as a Life Event'. The project will primarily focus on adolescents who are leading up to the transfer from paediatric to adult services as well as patients during their first year in the Adult Centre. It is envisaged that this will be a New Media based arts project including for example creative writing, music, animation, web design, film making. (project dependent on successful funding application)

The overall aims of the arts programme:

Provide creative activity for patients working with a variety of professional artists

Celebrate 'individuality' and 'self-expression'

Boost self-confidence and raise self esteem

Reduce feelings of boredom and isolation and create a sense of communal purpose

through the arts projects, especially important because patients are segregated

Provide access to educational opportunities and qualifications

Encourage staff to work with patients on projects

Solicit feedback from participants especially to influence future projects on their unit

Work closely with the team of CF staff (including nursing, specialist support workers, social workers, psychologists, consultants) to implement and design elements of the projects





arts in health through  
innovation and creativity

**Me, Myself, I - I' book of self portraiture and  
poetry 2001**  
**Lead Artists: Irene Lumley, Esther Chambers  
and Pat Winslow**

---

## Colours Of My Life

Thin, soft, fragile  
Still as water  
Blue is the serenity, calmness  
Sea of blackness  
Sinking Into sadness  
Illness/ I am different  
Gold is glowing  
Dreaming Of happy times  
Feeling Well  
I sparkle like a jewel  
In other peoples eyes  
I am on my own In a beach house  
Water, calmness  
Without pain  
My heart is glowing  
My personality shines  
I am with my family  
I feel at ease



## The Tattooed Man



Here stands a tattooed man  
Trying to find out who I am  
Who am I? What's it all about?  
Why am I here? Why isn't it clear  
Like a ticking clock, tick tock  
I feel like a rainbow amongst grey clouds  
Bursting with colour, laughter and cheers  
Standing here. No tears

Comments on Me Myself I project were gathered at  
the 25th European Cystic Fibrosis Conference 2002 in  
Genoa, Italy.

Are any other Cystic Fibrosis Units running Projects  
like this? No, well they should go and speak to the  
Manchester Unit and take their advice.  
Brian Lask, Consultant Psychiatrist, St George's Hospital  
Medical School London UK

Your presentation on the Me Myself I Project  
promoted some very heated and thought provoking  
discussions among our group on the issue of patients'  
perceptions of themselves and of cystic fibrosis.  
The poems and photographs are so insightful and  
revealing. We particularly liked the one of the man  
with the tattooed arm and long line. Julie Kelpie,  
Southampton CF Team

"The presentation of the Me Myself I Project was in  
my opinion one of the most interesting at this year's



arts in health through  
innovation and creativity

conference. The poems and photographs presented us with such a wonderful vision of how it feels to be someone with CF, how much our patients are determined to live their lives without allowing their disease to dominate and how much potential is there. Well done."

Anne Donnelly Belfast Adult CF Team

---