



arts in health through
innovation and creativity

Impressions 2004-2005

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





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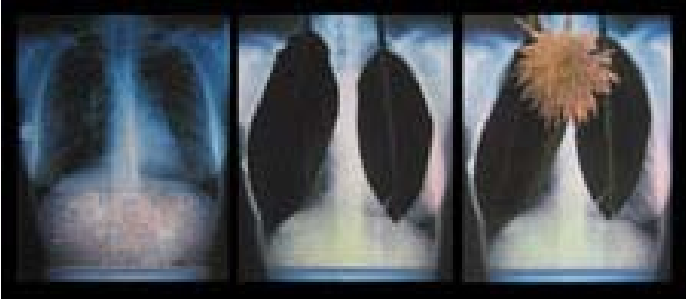
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Artists: Hannah Murphy and Anna Creighton

Artists Anna Creighton and Hannah Murphy worked with patients four afternoons a week over a 12 month period in the Manchester Adult Cystic Fibrosis Centre.

In one to one sessions with the Artists, patients were encouraged to develop a personal approach



to Art and Design, generating their own project ideas through working in print and clay. Through exploration of a variety of materials they looked at pattern, texture, line and form to create both 2D and 3D artwork. Techniques included mono-printing, collagraph, carving, stamping, slabbing and pattern making.

Project work was initially influenced by patterns, shapes and textures found in the architectural world. This included anything from the rough surface of ancient and crumbling brickwork to the striking geometric patterns found in towering skyscrapers. There was also a wealth of visual reference material kept on the ward, to inspire participants. This included photographs, prints, images of artists' work and a collection of "touchy-feely" items such as fabric and wallpaper.

Artist Anna Creighton says: 'The greatest pleasure for me was to see the variety of interpretations people made of the different techniques. From sketchbook to sketchbook the participants revealed something new, innovative and exciting by using the same media, and you could easily see people's personalities and skills emerging from the pages'.

One patient had this to say, 'I took part during my first time on the ward when I hardly knew the staff. But they all took an interest in what I was doing, especially

Professor Webb. It made me feel welcome and a part of something. It was a good feeling and for a time I forgot that I was a patient. I think it's important to have a positive view of Cystic Fibrosis and to not let it get to you. This kind of thing really gets that message across'.

The Impressions arts programme was accredited by the Open College Network (OCN), allowing patients to work towards recognised qualifications and gain university credits while in Hospital. Anne Nicholas, one of the specialist social workers for the ward says: 'The joy and self-realisation that can bring should not be underestimated.' A number of participants have gone on to enrol in mainstream further and higher education.

Artist Hannah Murphy comments, 'My personal thoughts are that I only see these individuals at times when they are most poorly. If participants are talented and dedicated enough to achieve all that they have done in these circumstances, goodness knows what can be achieved when they are feeling well and in their home surroundings. It's been an absolute privilege to work closely with people whose creativity and determination is a true inspiration'.

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