



arts in health through  
innovation and creativity

## 'sound collectors' music and health project, 2007

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

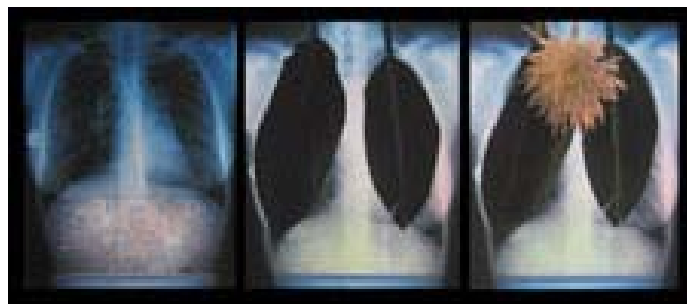
### Sound Collectors, 2007

Musicians Ros Hawley and Mark Fisher delivered a 'Sound Collectors' project during January and February 2007. Patients were able to choose how they wished to interact with the musicians; either just relaxing and listening as Ros and Mark strolled around the corridors playing music or actively participating by learning to play one of the many instruments they brought such as an Ocean Drum, Tibetan Bells and Singing Bowl.

The music project has received positive attention in the local press, the Health Service Journal and BBC Radio Manchester. One of the patients commented 'I can lose myself in the music, half an hour flew by!' Another patient created a film of linked collections of still photos on his laptop to accompany the music he made with the musicians.

### 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.



artwork created by cystic fibrosis patients involved with the Impressions project, 2004-5, lead by artists Hannah Murphy and Anna Creighton.

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



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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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