

# well

## Festival of Arts & Wellbeing

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Mon 7 - Sat 12 February 2022

Garner Lane Arts Centre

Waterford Healing Arts Trust

Waterford City & County Libraries



[www.wellwaterford.com](http://www.wellwaterford.com)



# Well-come!

Welcome to the ninth **Well Festival of Arts and Wellbeing**, celebrating the health benefits of participation in the arts by everyone. We're really excited to move to our new festival date of February and hope our range of events and happenings will brighten the winter days and point us towards spring, towards hope and all its colourful possibilities. In keeping with these extraordinary times we are living through, many of our events this year will once again take place online. We are therefore delighted to invite you, the people of Waterford, and our Well friends far and wide, to join us as we make new discoveries each day.

**Well** is presented by Garter Lane Arts Centre, Waterford City and County Libraries and Waterford Healing Arts Trust. Thanks to our tremendous funders and supporters, almost all of our events this year are free. Some may still need to be booked, so be sure to check each listing.

Join us, be creative, be social and be Well!

From the **Well Festival team**

## Festival Partners



## Funding Partners



## Major Sponsor



## Supporters



## Well Festival Social Media

Facebook: [@wellwaterford](#)

Twitter: [@wellwaterford](#)

Instagram: [@wellwaterford](#)

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## Event Key

<b>M</b> Music	<b>M</b> Movement	<b>W</b> Workshop
<b>L</b> Literature	<b>S</b> Storytelling	<b>W</b> Wellbeing
<b>VA</b> Visual Art	<b>T</b> Talk	<b>P</b> Poetry

**This year's brochure is interactive.**  
Click on any listing above to be brought to the relevant page. Where names/titles are **highlighted** within the text, click on the link for further info.

Online event



### Small Acts – Rachel Ní Bhraonáin

**M** Garter Lane / Well Festival Artist Residency 2022

Rachel Ní Bhraonáin is the first artist to be commissioned for a Well Festival Artist Residency in a new departure for Garter Lane Arts Centre's Well Festival offerings. Rachel will work with the Waterford New Community Women's Shed in January and February 2022. The process and outcomes will be captured by film maker John Loftus, shared online and presented on the big screen at Garter Lane in late spring 2022.

**Small Acts** is a combination project which sees a dance artist working with a community group through gentle movement, writing and discussion as a means of unlocking expression. Rachel believes that no matter how "small the act", expression is a much needed and integral part of our existence. Her processes throughout this project are designed to guide participants toward modes of tapping into expression.



*“This is a gentle but powerful approach to connecting our emotions with our bodies, to relaxing the mind, and finding space in our lives for small acts of creative self-expression.”*

Rachel Ní Bhraonáin



### ABOUT THE ARTIST

**Rachel Ní Bhraonáin** is a performer and maker of multidisciplinary shows and short films. Trained in ballet, contemporary dance, acting and circus arts (mainly aerial), Rachel is a keen collaborator, working across circus, dance, film and theatre. She is currently a participant on the Creation 21/22 residency programme and is developing a new show for 2022. Inspired by a long battle with injury, Rachel has a passion for physical health and champions compassion for one's body and mind.

For updates on the film of this residency, see [www.garterlane.ie](http://www.garterlane.ie)



### A Better Place - Donna McGee

Waterford Healing Arts Trust's annual **A Better Place** exhibition aims to make University Hospital Waterford 'a better place' for all. Selected by hospital staff from this year's open call entries, **Donna McGee's** colourful collection of landscapes softens the clinical space, helping to alleviate stress and worry. A slide show is available at [www.waterfordhealingarts.com](http://www.waterfordhealingarts.com)

VA

University Hospital Waterford,  
corridor leading to Out Patients Dept  
Wed 01 Dec 2021 - Fri 11 Feb, 8am-6pm (excl Sat, Sun)



### Doodling for Wellbeing - Sarah Bowie

Feeling overwhelmed or just looking for a new hobby? Doodling is a creative way to calm the mind and focus thoughts, so why not join illustrator and picture book author **Sarah Bowie** for this short online tutorial. All you need is a pen, paper and a short break from your busy day.

VA



Online resource, available from  
[www.waterfordlibraries.ie/well-festival-2022/](http://www.waterfordlibraries.ie/well-festival-2022/)  
Mon 07 Feb, from 9am and throughout the  
Well Festival



### Fancy a Lift? - Daily poetry postcards

Continuing an initiative begun by Waterford Healing Arts Trust early in the pandemic, local writer Joanne McCarthy will curate a selection of poems to give us a daily lift. A new poem will be shared each day with the University Hospital Waterford (UHW) community via patient meal trays and staff emails, and the wider Well Festival audience online.

P

Available at UHW and online from [www.wellwaterford.com](http://www.wellwaterford.com)  
and Well Festival social media (see pg 2)  
Mon 07 - Fri 11 Feb, from 9am daily



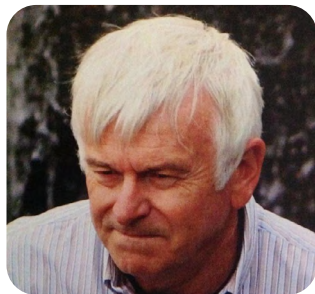
### Healing Sounds - Daily musical postcards

Waterford Healing Arts Trust's wonderful team of **Healing Sounds** musicians, trained to work in healthcare settings, flex their musical muscles this week, sharing daily interludes to lighten the February load. Featuring Liam Merriman, Eoin O Meachair, Alan Browne, Michelle Haberlin and Liam Kavanagh.

M

Online from [www.wellwaterford.com](http://www.wellwaterford.com) and Well Festival  
social media (see pg 2)  
Mon 07 - Fri 11 Feb, from 1pm daily





## Well Festival Keynote: Why Arts?

In conversation with Dr Paul Finucane

The Well Festival partners are thrilled to welcome Dr Paul Finucane to talk about the significance of the arts in his life. He will also refer to his Union Hall Collection, an extraordinary exhibition of paintings by some of Ireland's leading artists, which Paul has generously offered to University Hospital Waterford on a long-term loan.

Paul Finucane has worked in geriatric medicine for over 40 years, in Wales, Australia and in several parts of Ireland. Emeritus Professor at the University of Limerick, where he helped to establish a new medical school in 2007, Paul also has a strong interest in the humanities and in the importance of the arts to physical and mental wellbeing. He has authored three art-related books, together with [Emergence](#), an anthology of poetry and prose related to ageing. Paul shares his home life in West Cork with Aileen, his long-suffering wife, and Biddy, a particularly boisterous boxer pup.

Paul will be in conversation with writer and editor Gemma Tipton, who contributes to The Irish Times on art, architecture and various aspects of culture.



John Keating



Mon 7 Feb, 7pm online from [www.wellwaterford.com](http://www.wellwaterford.com)  
Further info: [what@hse.ie](mailto:what@hse.ie) / 051 842664



## Creative Communities

The Creative Ireland Waterford Programme, together with the Well Festival partners, are delighted to present an online getting-to-know-you session on the theme of arts and wellbeing in Waterford. Showcasing the work of local creative organisations, individuals and community service providers, this event aims to foster collaboration and spark new initiatives. Presentations will be followed by the opportunity to ask questions and make connections. Open to all, but particularly relevant to anyone working or interested in getting involved in the arts in Waterford City and County.



Tues 8 Feb, 3pm online

Adm free but registration essential.

To register: [Creative Communities](#)



Patrick Browne / Imagine Festival / Creative Waterford



### Spring has Sprung Pots – Workshop with Aoife Murphy

Aoife Murphy from [Art Storm](#) invites you to put the zing in spring with a relaxed morning of fun, transforming the humble plant pot into your own individual, colourful piece of art, perfect for planting. Learn new techniques to try at home and share with others.



**Central Library**, Lady Lane, Waterford

**Wed 9 Feb**, 10.00am-1.00pm

Adm free, but booking essential as places limited in line with public health guidelines.

**To book:**

[www.waterfordlibraries.ie/well-festival-2022/](http://www.waterfordlibraries.ie/well-festival-2022/)



### Art at the Kitchen Table – A CPD session for artists working with older people

'Working with an older person in their own home is a privilege, rewarding and challenging. I love it.' Through this hands on CPD workshop, artist [Caroline Schofield](#) will share her experience of delivering a project which began during the pandemic as a way to combat isolation and has since flourished throughout County Waterford.



**Waterford Healing Arts Trust Centre for Arts + Health**, University Hospital Waterford, Dunmore Road, Waterford

**Wed 9 Feb**, 11am-12.30pm

Workshop fee €10.00. Booking essential as places limited in line with public health guidelines.

**To book:** [what@hse.ie](mailto:what@hse.ie) / 051 842664



### Get Creative with Natural Materials – Workshop with Sean Corcoran

In this new workshop designed for the Well Festival, environmental artist [Sean Corcoran](#) helps you to get creative with natural and recycled materials available in your area, and shares his Top Ten Tips for gathering materials, including temporary art and adapting a mindful process. Suitable for families, adults and children of all ages.



**Thurs 10 Feb**, 11am-12.30pm **online (Zoom)**

Adm free but booking required.

**To book:**

[www.waterfordlibraries.ie/well-festival-2022/](http://www.waterfordlibraries.ie/well-festival-2022/)



### The Curing Walk – Storytelling with Joe Brennan

*The Curing Walk* emerged from storyteller Joe Brennan's residency at University Hospital Waterford in 2021 and captures the spirit of generosity and inherent goodness in people. A tale of hope in the midst of darkness, this original story reflects Joe's encounters with healthcare staff and his observations of life at the hospital.



**Elva Theatre**, University Hospital Waterford

**Thurs 10 Feb**, 1.00pm

*Private event for UHW Staff*



## Open Gallery at Home

Do you enjoy looking at art and visiting exhibitions? Or would you like to learn a little about how to 'read' a painting? **Open Gallery** is an inclusive art viewing project, developed by Waterford Healing Arts Trust, which invites participants to look at, chat about and enjoy paintings from the University Hospital Waterford art collection in a safe and welcoming space, supported by artists Caroline Schofield and Jill Bouchier. Since the pandemic, Open Gallery has been adapted to take place online and can now reach people throughout County Waterford and beyond.

All welcome. No experience required. Join in on your own or with a friend. All you need is access to the internet.



**Thurs 10 Feb, 3pm-4pm online**

Adm free but advance booking required to receive the link to join the session.

To book: [what@hse.ie](mailto:what@hse.ie) / 051 842664



## We haven't had an earthquake lately...\*

In the flagship Well Festival event that keeps on giving, we are once again turning to our audience's favourite feel good, inspirational writings to ease us through the dark days of winter and into the new life of spring. At our special Earthquake last October, marking the festival's change of date, our spirits were lifted by extraordinary pieces from a range of inspirational writers from Emily Dickenson to Stephen James Smith, and from Pablo Neruda to Patrick Kavanagh. Join us again as Earthquake settles into its new home in February and demonstrates the power of writing to offer hope for brighter days ahead.

*Kindly sponsored by The Book Centre, Waterford.*

*\*Inspired by AA Milne's Winnie the Pooh.*



**Fri 11 Feb, 6pm online**

Adm free but booking required to receive the link to join this event.

To book: **Earthquake**







## THE WALLS PROJECT – with Curtis Hylton

Commissioned by University Hospital Waterford and Waterford Healing Arts Trust, artist Curtis Hylton from **The Walls Project** will transform the look of an old generator container, visible from the Paediatric Ward at UHW, into a colourful and inspiring work of art to capture children's imagination and distract them from the unfamiliar environment of the hospital.



**Mon 7-Fri 11 Feb**, all day (*not visible to the public*)  
**University Hospital Waterford**



## POET'S TREE – with Eilis O'Toole

Taking **Shel Silverstein's** poem *Poet's Tree* as inspiration, artist **Eilis O'Toole** will invite children in the Paediatric Ward of UHW to collectively create a new art piece for the hospital. This colourful, vibrant tree will comprise individual leaves made by each child, created from their imaginations, stories and dreams.



**Mon 7 and Wed 9 Feb**, 2pm-4pm  
**Paediatric Ward**, University Hospital Waterford  
*Private event for patients*



## THE DOODLE WELLNESS WORKSHOP

– with Sarah Bowie

Mind racing? Feeling overwhelmed? Take a moment and doodle your way towards wellbeing in this workshop with illustrator **Sarah Bowie**. No art skills necessary – just a pen, some paper and some time out from your busy day. Suitable for secondary school students.








**Tues 8 Feb**, 11am-12 noon **online workshop (Zoom)**  
Adm free but booking required.  
To book a place for your class, please see  
[www.waterfordlibraries.ie/well-festival-2022/](http://www.waterfordlibraries.ie/well-festival-2022/)

## Well Festival Public Health Statement






This year's Well Festival programme features a mix of in person and online events, workshops and interactive opportunities which have been planned in accordance with public health guidelines in relation to COVID 19. The in person elements may need to be changed/adapted, depending on the updated public health directives at the time of the festival. Please keep an eye on our website **[www.wellwaterford.com](http://www.wellwaterford.com)** for updates and stay safe everyone.







MONDAY 7 FEBRUARY

Various times	Small Acts - artist residency / movement » p4
All day	THE WALLS PROJECT - visual art » p14
8am-6pm	A Better Place - visual art » p6 
9am	Doodling for Wellbeing - visual art / tutorial » p6 
9am	Fancy a Lift? (1) - poetry » p7 
1pm	Healing Sounds (1) - music » p7 
2pm-3.30pm	POET'S TREE (1) - visual art / workshop » p14
7pm-8pm	Keynote Event: Why Arts? - talk » p8 







TUESDAY 8 FEBRUARY

Various times	Small Acts - artist residency / movement » p4
Available ongoing	Doodling for Wellbeing - visual art / tutorial » p6 
All day	THE WALLS PROJECT - visual art » p14
8am-6pm	A Better Place - visual art » p6 
9am	Fancy a Lift? (2) - poetry » p7 
11am-12 noon	THE DOODLE WELLNESS WORKSHOP - workshop » p15
1pm	Healing Sounds (2) - music » p7 
3pm-4pm	Creative Communities - talk » p9 






WEDNESDAY 9 FEBRUARY

Various times	Small Acts - artist residency / movement » p4
Available ongoing	Doodling for Wellbeing - visual art / tutorial » p6 
All day	THE WALLS PROJECT - visual art » p14
8am-6pm	A Better Place - visual art » p6 
9am	Fancy a Lift? (3) - poetry » p7 
10am-1pm	Spring has Sprung Pots - visual art / workshop » 10
11am-12.30pm	Art at the Kitchen Table - visual art / CPD workshop » p10
1pm	Healing Sounds (3) - music » p7 
2pm-3.30pm	POET'S TREE (2) - visual art / workshop » p14


THURSDAY 10 FEBRUARY

Various times	Small Acts - artist residency / movement » p4
Available ongoing	Doodling for Wellbeing - visual art / tutorial » p6 
All day	THE WALLS PROJECT - visual art » p14
8am-6pm	A Better Place - visual art » p6 
9am	Fancy a Lift? (4) - poetry » p7 
11am-12.30pm	Get Creative with Natural Materials - visual art / workshop » p10 
1pm	Healing Sounds (4) - music » p7 
1pm	The Curing Walk - storytelling » p11
3pm-4pm	Open Gallery at Home - visual art / workshop » p12 

FRIDAY 11 FEBRUARY

Various times	Small Acts - artist residency / movement » p4
Available ongoing	Doodling for Wellbeing - visual art / tutorial » p6 
All day	THE WALLS PROJECT - visual art » p14
8am-6pm	A Better Place - visual art » p6 
9am	Fancy a Lift? (5) - poetry » p7 
1pm	Healing Sounds (5) - music » p7 
6pm-7pm	We haven't had an earthquake lately... - literature » p13 

SATURDAY 12 FEBRUARY

Various times	Small Acts - artist residency / movement » p4
Available ongoing	Doodling for Wellbeing - visual art / tutorial » p6 
Ongoing	A Better Place - visual art » p6 

Please follow page references for event details and venues.

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