

well

Festival of Arts & Wellbeing

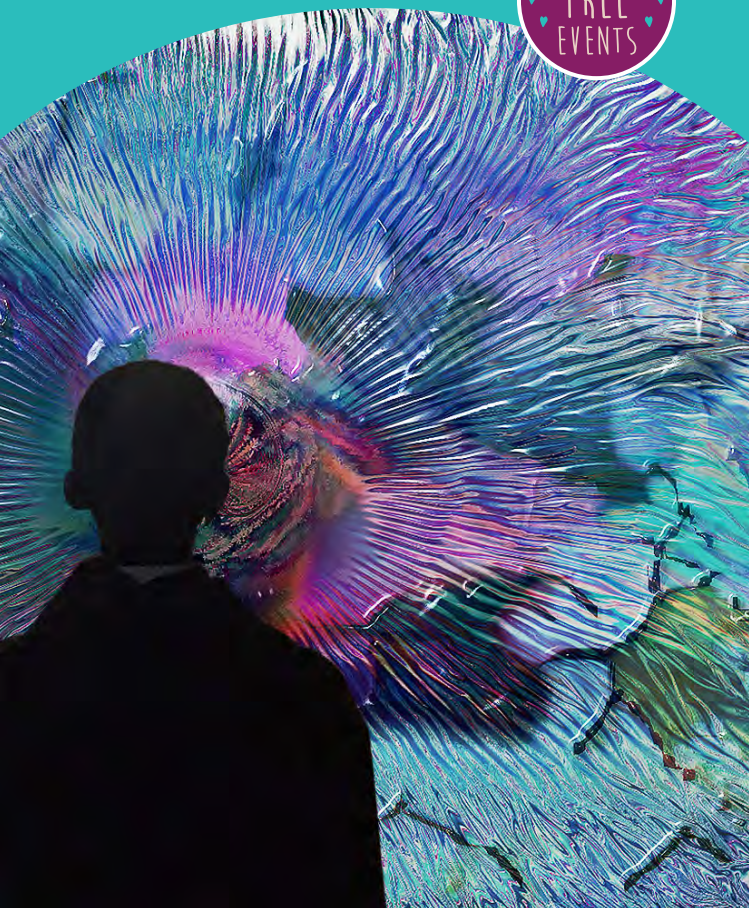
Mon 12 - Sat 17 February 2024

Garner Lane Arts Centre

Waterford Healing Arts

Waterford City & County Libraries

www.wellwaterford.com



Welcome to the 11th **Well Festival of Arts and Wellbeing**, celebrating all the ways the arts make us feel good and inspire us. We love presenting our festival as we move from winter into spring, with the evenings getting a little brighter and new life beginning to appear. We invite you, the people of Waterford, and our Well friends far and wide, to join us as we explore, reach out and make new connections each day.

Well is presented by Waterford Healing Arts, Garter Lane Arts Centre and Waterford City and County Library Service. Thanks to our tremendous funders and supporters, almost all of our events this year are free. Some 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



Supporters



Cover image *Augmented Body, Altered Mind* (2022) by AlanJames Burns (see page 15)

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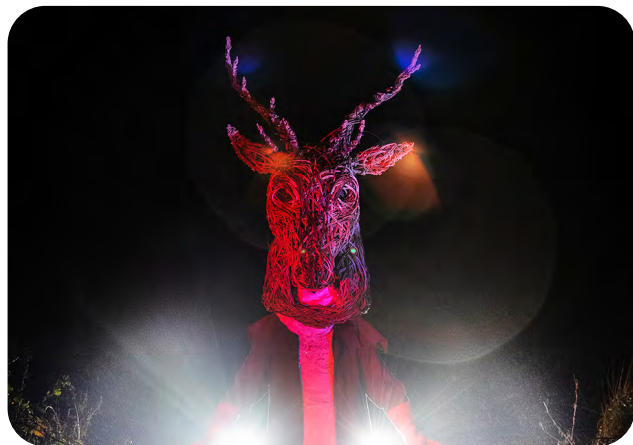
Well Festival Social Media

Facebook: @wellfestivalartswellbeing

Twitter/X: @wellwaterford

Instagram: @wellwaterford

Interactive brochure:
Click on any listing above to be brought to the relevant page.



Dragon's Tail – Marie Brett

Enchanting fairytale meets frenzied carnival in this series of ambitious folk-myth artworks exploring how electromagnetic energy fields affect human health. Fusing fact and fiction, the exhibition consists of a film, a series of intaglio prints and photographs, poetic texts and large, wearable animal effigies made from willow and steel, each depicting key characters from the *Dragon's Tail* folk-myth: the hare, the wolf, the deer and the raven. This compelling artwork offers beautiful evocative visuals and atmospheric sound, and contributes critical new thinking on humanity's significant global wellness issues.

Visual artist Marie Brett works across film, immersive multi-media installation, print, book and live event, with artworks presented in gallery and temporary off-site contexts. Conceptually her work is about profound human experiences, often involving trauma, ill-health or varied forms of loss and/or injustice.

www.mariebrett.ie

VA

University Hospital Waterford, corridor leading to Out Patients Dept* and

F

Réalta/Waterford Healing Arts Centre for Arts + Health, UHW, Dunmore Road, Waterford

Mon 12 Feb – Fri 07 April, 9am–6pm (excl Sat, Sun)

*Access subject to prevailing visitor restrictions

Artist Workshop with Marie Brett

W

Réalta/Waterford Healing Arts Centre for Arts + Health, University Hospital Waterford

Fri 16 Feb, 1pm

Adm free, but places limited; Booking required

To book: wha@hse.ie / 051 842664



Right of Place – Beginnings Exhibition

The Well Festival is thrilled to present a selection of creative work by participants of the *Right of Place Second Chance* organisation. This exhibition demonstrates the wellbeing benefits of coming together to learn and share new creative skills in a supportive space.

Right of Place Second Chance is an organisation which supports survivors – and their families – of institutional abuse within Irish industrial schools, Magdalene laundries, and mother and baby homes. The participants meet once a week for creative art making sessions in Waterford City, with artist Jennie O'Neill, to socially engage and support each other, lifting each other's spirits while also exploring various art and craft techniques for sheer enjoyment and fun. The participants are very proud to exhibit a selection of their work created in their shared times together.

If you are a survivor and would like the support of this group now or in the future, please call 085 8768514 or contact Siobhan Byrne at siobhan.byrne@rightofplace.com or at 15 Parnell Street, Waterford.

W

Index Gallery, Central Library, Lady Lane, Waterford

Exhibition runs for the month of February.

Mon-Sat, 10am–5pm (except Wed, 1pm–8pm)

VA



Embrace the Arts at your Library

Waterford City and County Libraries are a fantastic resource in the community and we at the Well Festival know that expressing ourselves through any art form makes us feel good. So, for this year's festival, Waterford library staff have again channelled their passion for the arts and curated a wonderful selection of books to celebrate the benefits of reading and encourage readers to immerse themselves in an art form of their choice. Call in to Central Library in Waterford City or Dungarvan Library, take your pick from the display of books, DVDs, audio books or magazines and get stuck in!

If you can't make it in person, there are lots of online resources available here: <https://waterfordlibraries.ie/online-resources/>

If you enjoy reading, see also page 19: 'Sunshine: Sharing writings to brighten our souls...'



Central Library, Lady Lane, Waterford
Mon 12 - Sat 17 Feb, 10am-5pm
 (except **Wed**, 1pm-8pm)

Dungarvan Library, Davitt's Quay, Dungarvan,
 Co Waterford
Tues 13 - Sat 17 Feb, 10am-5pm
 (except **Thurs**, 1pm-8pm)



Online option



Fancy a Lift? - Daily poetry postcards, curated by Anne Tannam

Back by popular demand, this poetry initiative from Waterford Healing Arts has been curated this year by the wonderful Anne Tannam, who has chosen an inspiring 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 through Waterford Libraries, Garter Lane Arts Centre and online.

From Drimnagh in Dublin, poet Anne Tannam has written three poetry collections, the latest of which is *Twenty-six Letters of a New Alphabet* (Salmon Poetry 2021). Her fourth collection, *dismantle*, will be published this spring. Anne is currently Poet in Residence with Poetry Ireland.

www.annetannampoeetry.ie



Available at:

- > **University Hospital Waterford**
- > **Garter Lane Arts Centre**, O'Connell Street, Waterford
- > **Central Library**, Lady Lane, Waterford
- > **Dungarvan Library**, Davitt's Quay, Dungarvan, Co Waterford
- > And online from www.wellwaterford.com and **Well Festival social media**

Mon 12 - Fri 16 Feb, from 9am daily



Online option

“a nice way to start the day!”



Cuppa & Ceol Tea Party - Liam Merriman

A huge hit from last year's Well Festival, renowned musician Liam Merriman returns for this sociable, music-infused tea party. With Liam's extensive repertoire of songs and tunes, and some delicious sweet treats, this is sure to be another enjoyable and memorable morning of music and song. All welcome.

M Carrickphierish Library, Carrickphierish Road, Gracedieu, Waterford
Monday 12 Feb, 10.30am-12 noon
Adm free, but booking essential. **To book:** 051 849975



Sounds Good - Bill Stuart

This daily half hour of ambient music aims to soothe the body and soul, so we invite you to enjoy a few moments of feel good tunes. Sounding good today is Bill Stuart, guitarist, singer and composer from Waterford, who has been serving up acoustic performances for many years.

M University Hospital Waterford (main foyer), Dunmore Road, Waterford
Monday 12 Feb, 11am-11.30am
Adm free. Access subject to prevailing visitor restrictions.



EVENT
POSTPONED

Well Festival Keynote: Why Arts?

Prof Breda Smyth, Chief Medical Officer, in conversation with Dermot Keyes

The Well Festival partners are thrilled to welcome Professor Breda Smyth to talk about the significance of the arts in her life.

Prof Smyth is currently Chief Medical Officer in the Department of Health leading the provision of evidence-based public health advice across a range of areas including Health Protection, Health Improvement, Health Service Improvement and Health Intelligence. This work includes the response to COVID-19 and Monkeypox, developing integrated surveillance systems, establishment of a One Health Oversight infrastructure for Ireland, a public health promotion campaign encouraging social connections among the elderly, and leading on public health reform in Ireland.

A native of County Mayo, Prof Smyth comes from a musical family and is an accomplished fiddle and tin whistle player. For this special Well Festival event, she may even come out of retirement for a tune or two!



Professor Smyth will be in conversation with well-known Waterfordian Dermot Keyes, a communications specialist and author with 25 years experience in the newspaper and broadcast industries. Away from journalism, Dermot is also a highly-regarded baritone, who has performed across the South East.

T Event postponed; Re-scheduled date to be confirmed. Our apologies for any disappointment.



Healing Sounds

“When you're in hospital, you feel kind of down, but this would lift you. It makes the day.”

Waterford Healing Arts' wonderful team of *Healing Sounds* musicians, trained to work in healthcare settings, bring live music to patients and residents in many different healthcare settings, brightening the day and bringing joy and connection to people, often at a difficult time in their lives. For healthcare staff, too, *Healing Sounds* provides an opportunity to take a short break, breathe a little more easily and connect with their patients and colleagues differently.

Healing Sounds musicians Liam Merriman, Eoin Ó Meachair, Alan Browne, Michelle Haberlin and Liam Kavanagh will bring live music to the following settings this week:

M

Mon 12 Feb
South East Palliative Care Centre*

Tues 13 Feb
Medical Wards 3 & 5 (Elder Care), University Hospital Waterford
Cherry Ward (Oncology), University Hospital Waterford

These Healing Sounds sessions are private events for patients, their families and staff and are subject to prevailing hospital guidelines.

**Healing Sounds sessions in the South East Palliative Care Centre are kindly funded by Waterford Hospice.*



Introduction to Ancient Weaving – Christina Drennan

Learn about sustainable craft making in this fun workshop, where participants will weave their own mug rug, using recycled yarns, on individual mini weaving looms. Suitable for complete beginners or more experienced weavers. For more about Christina Drennan see www.irishhandmade.ie



Central Library, Lady Lane, Waterford.

Tues 13 Feb, 10am-1pm

Adm free, but places limited, so booking is essential.

To book: 051 849975



Sounds Good – Ruairí O'Shea

This daily half hour of ambient music aims to soothe the body and soul. Whether you're just passing through, or have a moment to sit, we invite you to enjoy a few minutes of feel good music. Sounding good today is the wonderful Ruairí O'Shea, a folk and Irish traditional musician and singer from Dublin.



University Hospital Waterford (main foyer),

Dunmore Road, Waterford

Tues 13 Feb, 11am-11.30am

Adm free. Access subject to prevailing visitor restrictions.



Beauty & Struggle - Sarah Ruttle

A CPD workshop for artists of all disciplines working in arts + health

This continuous professional development (CPD) workshop will focus on reflective practice as a methodology to sustain arts and health practice. In a relaxed and safe space, participating artists of all disciplines will be invited to share from their own experience, while gaining insights from peers working in arts and health.



Based in West Cork, visual artist Sarah Ruttle has a solo and participatory arts practice. Individually, she specialises in illustration, paper-cut art and textiles, making art to capture unique moments of humanity, emotion,

courage and hope. Collaboration is central to Sarah's work with groups, developing playful, considered and inclusive projects with participants and other artists within health and social care settings. Sarah has been working on the Arts for Health Partnership Programme artist team in West Cork since 2008.



Réalta/Waterford Healing Arts Centre for Arts + Health,
University Hospital Waterford, Dunmore Road, Waterford

Tues 13 Feb, 11.30am-1.30pm

Workshop fee €10.00

Places limited - advance booking essential.

To book: wha@hse.ie / 051 842664



Celebrating Love, Life & Magic - Traces Dance Ensemble

What better way to celebrate love and positivity in your life than with a joyful, inclusive dance workshop on St Valentine's Eve with Traces Dance Ensemble. Led by Brian McSweeney and Grace Howley, this workshop is for all people aged 18+ and is the third year of this infectious, inspiring event.

Traces Dance Ensemble is a unique contemporary dance ensemble based in Waterford. The company has earned a reputation for challenging perceptions about dance and disability, and has enthralled audiences nationwide with thought-provoking contemporary dance performances. Several professional dance artists have worked with Traces Dance Ensemble over their 14-year history, including Dee Grant, Libby Seward, Jess Rowell, Rachel Ní Bhraonáin and Trish Murphy, developing new choreography and building on the ensemble's extensive repertoire. Based at Garter Lane Arts Centre, Traces Dance Ensemble is kindly supported by Down Syndrome Ireland (Waterford and South Kilkenny Branch) and Waterford Council. See www.instagram.com/tracesdanceensemble



Suitable for 18 yrs +

Dress code: Smart black or red - comfortable clothes you can move in.

No experience needed, just a bottle of water and love in your heart.

Garter Lane Arts Centre, O'Connell St, Waterford

Tues 13 Feb, 4.45pm-6.00pm

Adm €5.00

Places limited, booking highly recommended.

To book: www.garterlane.ie / 051 855038



Sounds Good – Killian Browne

This daily half hour of ambient music aims to soothe the body and soul, so we invite you to pause and listen for a few moments. Sounding good today is the captivating Waterford pianist Killian Browne. Expect delicious jazz and modern standards, classical repertoire and spine-tingling improvisations.

M

University Hospital Waterford (main foyer),

Dunmore Road, Waterford

Wed 14 Feb, 11am-11.30am

Adm free. Access subject to prevailing visitor restrictions.



Art at the Kitchen Table Studio - Waterford

This weekly art workshop is part of the Art at the Kitchen Table programme, where older people in Waterford City and County are supported by artist Caroline Schofield to make art in their own homes. Having completed three sessions at home, each person is then invited to join the Studio, from where wonderful surprises and gales of laughter emerge every Wednesday morning.

Art at the Kitchen Table is delivered by Waterford Healing Arts in partnership with Waterford City & County Council.

VA

Réalta/Waterford Healing Arts Centre for Arts + Health,
University Hospital Waterford

Wed 14 Feb

Private event

W



Augmented Body, Altered Mind – AlanJames Burns

This collaborative, interactive artwork weaves a brain-computer interface with a projected audiovisual environment. The work has a particular focus on neurodivergence, the disproportionate impact of climate change on individuals with disabilities, and the unique perspectives that these communities have on climate change. By wearing a brain-computer interface headset, the audience becomes immersed in evocative imagery and soundscapes as their brainwaves guide undulating, amorphous visuals and scripted audio-dialogue to shift and merge.

The artwork has been co-created by AlanJames Burns (lead artist), Carys D. Coburn and Chandrika Narayanan-Mohan (writing), Michael Riordan (composition) and collective Ibragim (digital visuals). Visit: www.alanjamesburns.com

VA

Garner Lane Arts Centre, O'Connell St, Waterford

Thurs 15 Feb, 3.30pm-5pm

Adm free, but places limited. Booking highly recommended.

To book: www.garterlane.ie / 051 855038

Public Talk on climate change & disability with AlanJames Burns

T

Garner Lane Arts Centre, O'Connell St, Waterford

Wed 14 Feb, 6.30pm

Adm free, but places limited. Booking highly recommended.

To book: www.garterlane.ie / 051 855038

This event at Garner Lane is funded by an Arts Council of Ireland Touring Award 2022 and Creative Ireland under the Creative Climate Action Strand 2: Ignite, 2023-2025.



The Self-Care R(E)volution – Lucy Hyland

In this thoughtful workshop, participants will be guided through the process of meditation drawing, a gentle way to slow down and restore calm in the busy-ness of day-to-day life, and will learn invaluable tools for managing stress and tapping into creativity.



Dungarvan Library, Davitt's Quay, Dungarvan, Co Waterford

Thurs 15 Feb, 11am-12.30pm

Adm free, but booking essential. **To book:** 058 21141



Sounds Good – Liam Merriman

This daily half hour of ambient sounds aims to soothe the body and soul, so we invite you to pause for a few minutes of feel good music. Sounding good today is well-known singer, guitarist and songwriter Liam Merriman, who has toured widely with many major folk acts, including Nanci Griffith, Christy Moore and Paul Brady.



University Hospital Waterford (main foyer), Dunmore Road, Waterford

Thurs 15 Feb, 11am-11.30am

Adm free. Access subject to prevailing visitor restrictions.



Art at the Kitchen Table Studio – Dungarvan

This weekly art workshop is part of the Art at the Kitchen Table programme in West Waterford, where older people are supported by artist Eilis O'Toole to make art in their own homes. Having completed three sessions at home, each person is then invited to join the Studio, where beautiful artworks and precious connections are made every Thursday morning.

Art at the Kitchen Table is delivered by Waterford Healing Arts in partnership with Waterford City & County Council



Old Market Arts Centre, Dungarvan, Co Waterford

Thurs 15 Feb Private event



Bealtaine Choir Song Recital

This wonderful group of singing enthusiasts, led by the extraordinary Anne Woodworth, will perform a programme of uplifting songs to celebrate the Well Festival.

The Bealtaine Choir meets every Thursday in Central Library. Anne will be available after the recital to speak to anyone interested in joining.



Central Library, Lady Lane, Waterford

Thurs 15 Feb, 2.30pm-3.30pm

Adm free. No booking necessary, just drop in and have a seat. Refreshments will be served.



Creative Communities

Following the tremendous success of the online iteration of this event in 2022, the Creative Ireland Waterford Programme, together with the Well Festival partners, are delighted to present an in-person 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.

T

WCQ Place, 17-18 O'Connell Street, Waterford

Thurs 15 Feb, 4pm

Admission free, but registration essential.

To register: www.waterfordhealingarts.com



Sounds Good – Eoin Ó Meachair and Liam Kavanagh

On our final day of Sounds Good, we invite you to pause for a few moments of feel good ambient music. Sounding good today are Eoin Ó Meachair and Liam Kavanagh, from Waterford Healing Arts' Healing Sounds team (see pg 10), with an uplifting mix of Irish trad and folk tunes.

M

University Hospital Waterford (main foyer),

Dunmore Road, Waterford

Fri 16 Feb, 11am-11.30am

Adm free. Access subject to prevailing visitor restrictions.



Sunshine: Sharing writings to brighten our souls...*

Our annual celebration of uplifting writing returns to our spiritual home at The Book Centre. Join us for this convivial evening of poetry and song, and let the inspirational words of our audience's favourite writers wrap around you like a reassuring hug. With Guest MC Catherine Drea and musician Bill Stuart.

Kindly sponsored by The Book Centre, Waterford.

**Inspired by Eeyore in AA Milne's Winnie the Pooh:*

'It never hurts to keep looking for sunshine.'

L

The Book Centre, Waterford

Fri 16 Feb, 6pm

Free but ticketed.

To book: www.waterfordhealingarts.com / 051 842664



A HUNDRED WORLDS TO DREAM

Using Discovery Boxes filled with colourful art materials, artist **Ellis O'Toole** will invite children on the Paediatric Ward, and their parents / caregivers, to a magical space, filled with imaginative play and stories, for a creative experience that is truly child-led.



Paediatric Ward, University Hospital Waterford
Mon 12 & Wed 14 Feb, 2pm-4pm
Private event



SENSORY PLAY HOUR

In this special Well Festival *Sensory Play Hour* with St Bridget's Inner City Parent & Toddler Group, the small ones will have stories, colouring and sensory toys to inspire their creativity in a safe and sociable space.



Central Library, Lady Lane, Waterford
Wed 14 Feb, 10.30am-11.30am
Admission free, all welcome.
Suitable for ages 0-3. Parental supervision required.



THE VASE OF EVERLASTING FLOWERS

In this upcycling craft workshop, participants will reimagine and decorate an older object into a beautiful vase, and will fill the vase with sustainable 'flowers' made from paper, wool and wire; an everlasting bouquet, while the real flowers are left for the bees and insects. With **Aoife Murphy** of Art Storm.



Central Library, Lady Lane, Waterford
Thurs 15 Feb, 10.30am-12.30pm
Adm free but booking essential. **To book:** 051 849975
Suitable for ages 8-12 yrs



WONDER TALES

Storyteller **Joe Brennan** brings magic and wonder to children and their families on the Paediatric Ward through his captivating storytelling sessions. Drawing from his vast repertoire of stories, Joe gently offers everyone the chance to lose themselves in their imaginations for the afternoon.



Paediatric Ward, University Hospital Waterford
Thurs 15 Feb, 2pm-3pm
Private event



CREATURE CRAFTS

In this fun, craft workshop, staff of the Central Library will pull out all the stops to encourage children to get crafty, creative and let their imaginations run free.



Central Library, Lady Lane, Waterford
Fri 16 Feb, 10.30am-11.30am
Adm free but booking essential. **To book:** 051 849975
Suitable for ages 4-7yrs. Children must be accompanied by a parent or guardian.



SMALL WORLD WORKSHOP

Artist **Eilis O'Toole** will support children and their parents / caregivers to creatively explore their world using a variety of homemade sensory materials, natural and traditional art materials. Messy, fun and sociable, this workshop will see everyone play and build an imaginative world alongside each other.



Réalta/Waterford Healing Arts Centre for Arts + Health, University Hospital Waterford
Sat 17 Feb, 10am-11.30am
For healthcare staff and their families (2yrs+).
Adm free, booking required.
To book: wha@hse.ie / 051 842664



ART WORKSHOP

Well Festival favourite **Shona Shirley MacDonald** returns with an interactive art workshop for children aged 8-9 years. With Shona's wide range of skills in art and illustration, and her engaging style, this is a wonderful opportunity for young participants to delve into their own imaginations and discover the depths of their creativity. Shona will also share the secrets of her beautiful mural in the library!



Dungarvan Library, Davitt's Quay, Dungarvan, Co Waterford
Sat 17 Feb, 2pm-3pm
Adm free but booking essential. **To book:** 058 21141 or dungarvanlibrary@waterfordcouncil.ie
Suitable for 8-9 yrs. Children must be accompanied by a parent or guardian.

Well Festival Calendar

MONDAY 12 FEBRUARY

- 9am–6pm Dragon's Tail • [visual art](#) / [film](#) » p4
- 9am– Fancy a Lift? (1) • [poetry](#) » p7
- 10am–5pm Right of Place - Beginnings • [wellbeing](#) / [visual art](#) » p5
- 10am–5pm Embrace the arts at your library • [literature](#) » p6
- 10.30am–12 noon Cuppa & Ceol Tea Party • [music](#) » p8
- 11am–11.30am Sounds Good with Bill Stuart • [music](#) » p8
- 2pm–4pm A HUNDRED WORLDS TO DREAM (1) • [visual art](#) / [workshop](#) » p20
- 6pm–7.30pm Healing Sounds (1) • [music](#) » p10
- 7pm–8pm Keynote Event: Why Arts? • [talk](#) » p9

TUESDAY 13 FEBRUARY

- 9am–6pm Dragon's Tail • [visual art](#) / [film](#) » p4
- 9am– Fancy a Lift? (2) • [poetry](#) » p7
- 10am–5pm Right of Place - Beginnings • [wellbeing](#) / [visual art](#) » p5
- 10am–5pm Embrace the arts at your library • [literature](#) » p6
- 10am–1pm Introduction to Ancient Weaving • [workshop](#) » p11
- 11am–11.30am Sounds Good with Ruairí O'Shea • [music](#) » p11
- 11.30am–1.30pm Beauty & Struggle - CPD arts + health • [workshop](#) » p12
- 2.30pm–4pm Healing Sounds (2) • [music](#) » p10
- 4.45pm–6pm Celebrating Love, Life & Magic • [dance](#) » p13
- 6pm–7.30pm Healing Sounds (3) • [music](#) » p10

WEDNESDAY 14 FEBRUARY

- 9am–6pm Dragon's Tail • [visual art](#) / [film](#) » p4
- 9am– Fancy a Lift? (3) • [poetry](#) » p7
- 10.30am–11.30am SENSORY PLAY HOUR • [visual art](#) / [storytelling](#) » p20
- 11am–11.30am Sounds Good with Killian Browne • [music](#) » p14
- 11am–12.30pm Art at the Kitchen Table Studio (Waterford) • [visual art](#) / [workshop](#) » p14
- 1pm–8pm Right of Place - Beginnings • [wellbeing](#) / [visual art](#) » p5
- 1pm–8pm Embrace the arts at your library • [literature](#) » p6
- 2pm–4pm A HUNDRED WORLDS TO DREAM (2) • [visual art](#) / [workshop](#) » p20
- 6.30pm Augmented Body, Altered Mind: Public Talk with AlanJames Burns • [visual art](#) / [talk](#) » p15

Well Festival Calendar

THURSDAY 15 FEBRUARY

- 9am–6pm Dragon's Tail • [visual art](#) / [film](#) » p4
- 9am– Fancy a Lift? (4) • [poetry](#) » p7
- 10am–5pm Right of Place - Beginnings • [wellbeing](#) / [visual art](#) » p5
- 10am–5pm Embrace the arts at your library • [literature](#) » p6
- 10.30am–12.30pm THE VASE OF EVERLASTING FLOWERS • [workshop](#) » p21
- 11am–12.30pm The Self-Care R(E)volution • [wellbeing](#) / [workshop](#) » p16
- 11am–11.30am Sounds Good with Liam Merriman • [music](#) » p16
- 11.30am–1pm Art at the Kitchen Table Studio (Dungarvan) • [visual art](#) / [workshop](#) » p17
- 2pm–3pm WONDER TALES • [storytelling](#) » p21
- 2.30pm–3.30pm Bealtaine Choir Song Recital • [music](#) » p17
- 3.30pm–5pm Augmented Body, Altered Mind • [visual art](#) » p15
- 4pm–5.30pm Creative Communities • [talk](#) » p18

FRIDAY 16 FEBRUARY

- 9am–6pm Dragon's Tail • [visual art](#) / [film](#) » p4
- 9am– Fancy a Lift? (5) • [poetry](#) » p7
- 10am–5pm Right of Place - Beginnings • [wellbeing](#) / [visual art](#) » p5
- 10am–5pm Embrace the arts at your library • [literature](#) » p6
- 10.30am–11.30am CREATURE CRAFTS • [workshop](#) » p22
- 11am–11.30am Sounds Good with Eoin Ó Meachair & Liam Kavanagh • [music](#) » p19
- 1pm–2.30pm Artist Workshop with Marie Brett • [visual art](#) / [workshop](#) » p4
- 6pm–7pm Sunshine: sharing writings to brighten our souls... • [literature](#) » p19

SATURDAY 17 FEBRUARY

- 10am–5pm Right of Place - Beginnings • [wellbeing](#) / [visual art](#) » p5
- 10am–5pm Embrace the arts at your library • [literature](#) » p6
- 10am–11.30am SMALL WORLD WORKSHOP • [visual art](#) / [workshop](#) » p22
- 2pm–3pm ART WORKSHOP WITH SHONA SHIRLEY MACDONALD • [workshop](#) » p23

Please follow page references for event details and venues.

Online option

Overleaf image from *Dragon's Tail*, by Marie Brett (pg 4)

well

