

Waiting...



Introduction

Cllr Warren Bradley

Leader of Liverpool city council
and Deputy Chair of the
Liverpool Culture Company

Bryan Gray

Chairman of the Liverpool
Culture Company

Phil Redmond

Creative Director and Deputy
Chairman of the Liverpool
Culture Company

The Waiting programme utilises a unique partnership between health professionals and the arts and cultural sector to ensure that health and wellbeing is at the heart of Liverpool's European Capital of Culture celebrations.

We already know that our surroundings, our relationships and how we spend our time can have a massive bearing on both our emotional and physical well being. Waiting builds on this established wisdom by injecting creativity into traditional care solutions and settings, to expand our ideas about what keeps us healthy and create new opportunities for improving the patient experience. For example, it is well known that being in the natural world can be very healing, so by bringing bird song into

waiting rooms we are able to experience some of the benefits of the outdoors in an environment where we are seeking care. Similarly, there is now considerable research about the positive effects of laughter on our physical health and emotional well being – so perhaps a good dose of giggles can enhance the work already done by our GPs to help us deal with aches and pains.

Finally, imagine how the stress and anxiety of an outpatient appointment could be lessened by inspirational dance in the waiting room. These are just some of the experiences that are part of the Waiting programme. We hope you will enjoy finding out more as you look at the rest of the brochure, which has been specially produced for 2008.

“There is now considerable research about the positive effects of laughter on our physical health and emotional well being.”

Alan Yates

Chief Executive
Mersey Care NHS Trust

I love the idea that waiting can be positive. We occupy a hurly burly material and tangible world where we read so much about ill health and what is not good for us. In the NHS waiting is a bad thing but we can choose to wait with a different perspective. You cannot see the wind, only the effects of the wind. When we sing or dance, are moved by a beautiful performance, laugh with others, make something with our hands, something happens to us. In Waiting we find something of what we might do to feel that greater sense of well-being, to enjoy a moment in time and to help to be good to ourselves.



Waiting...

Extract from poem by researchers
and artists during workshop to
evaluate Waiting

Waiting ...forced inside myself
People don't normally have to face themselves
Here there is no relief
From the inner voice that is fearful, angry
I need to move....do something
Find my voice, my power, myself

Trapped inside myself, this space
Looking out
Claustrophobia, inertia
I need to shift the inner space
Bring the outside in...embrace the natural world
I am surprised...there is light, sound, colour
Positive thoughts arise
I wonder
Can we break the cycle?
Spark imagination, awaken creativity...

Can we change the atmosphere



Waiting can be about growth

We invite you to come along with us on a journey of waiting where we offer you the opportunity to join in new and different experiences.

Be comfortable.

You will find sound, dance and laughter in this world of waiting. There are people to meet and things to do.

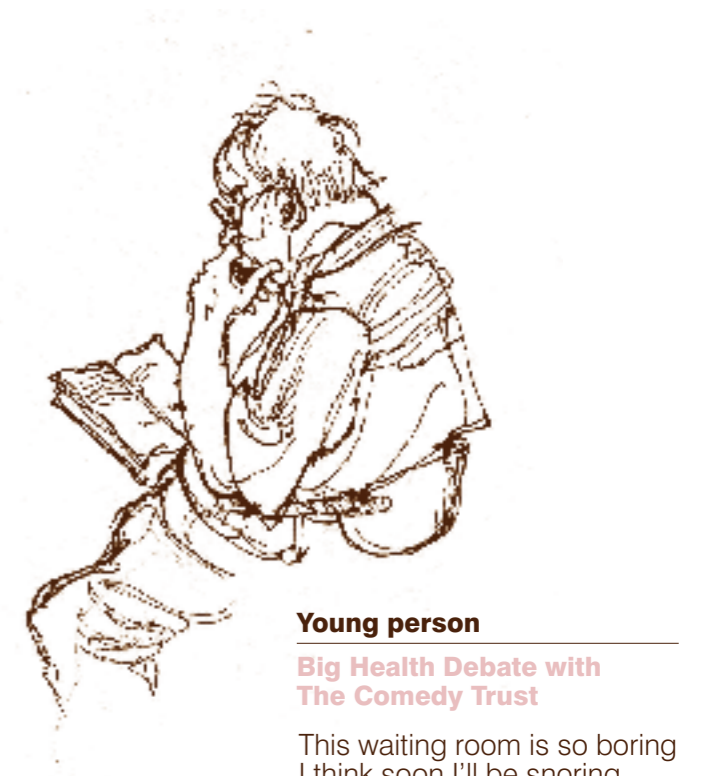
We encourage you to be open about your expectations of waiting. Perhaps by making changes to the outer space, our own inner space can respond and our experience be transformed.



A world of imagination

Waiting can take away our control. The mind is left without an anchor. Art gives permission to enter a world of imagination, where we can feel “being in control.”

Waiting can be a time for growth.



Young person

Big Health Debate with The Comedy Trust

This waiting room is so boring
I think soon I'll be snoring
There should be something to do
Now over to you...

Wild Song at Dawn

FACT



“It was an ‘ear-opening’ and
inspirational experience!”

Wild Song at Dawn

FACT Foundation for Art and Creative Technology

Artist

Chris Watson

Illustrator

Lawrence Brown

Project Lead

Samantha Jones

Supported by

Laura Sillars

Settings

Wildsong at Dawn is to be found in four health centres in Liverpool

Everton Road Health Centre
Vauxhall Health Centre
Lifehouse, Brunswick Dock
Marybone Health Centre

This sound piece captures birds singing in a dawn chorus, recorded in Springfield Park adjacent to Alder Hey Children's hospital.

Using highly sensitive microphones, patients, families and staff from Alder Hey worked with BAFTA award-winning sound artist Chris Watson for three days and nights, at dawn and dusk, in May 2007.

Children from the hospital crept round the park, accompanied by their parents or carers, recording greenfinches, robins, blackbirds and song-thrushes as well as rain and wind.



“The latitude of Britain ...and the country's temperate climate means it enjoys one of the longest and most striking dawn chorus' in the world.”

Chris Watson

Through bringing the outdoors into a waiting room environment, we hope to offer some sonic escapism through sounds of nature.

Chris Watson has travelled the world exploring the wildlife sounds of animals, habitats and atmospheres, and has worked on programmes such as the BBC's Life in the Undergrowth, The Life of Birds, Big Cat Diary and Talking with Animals.

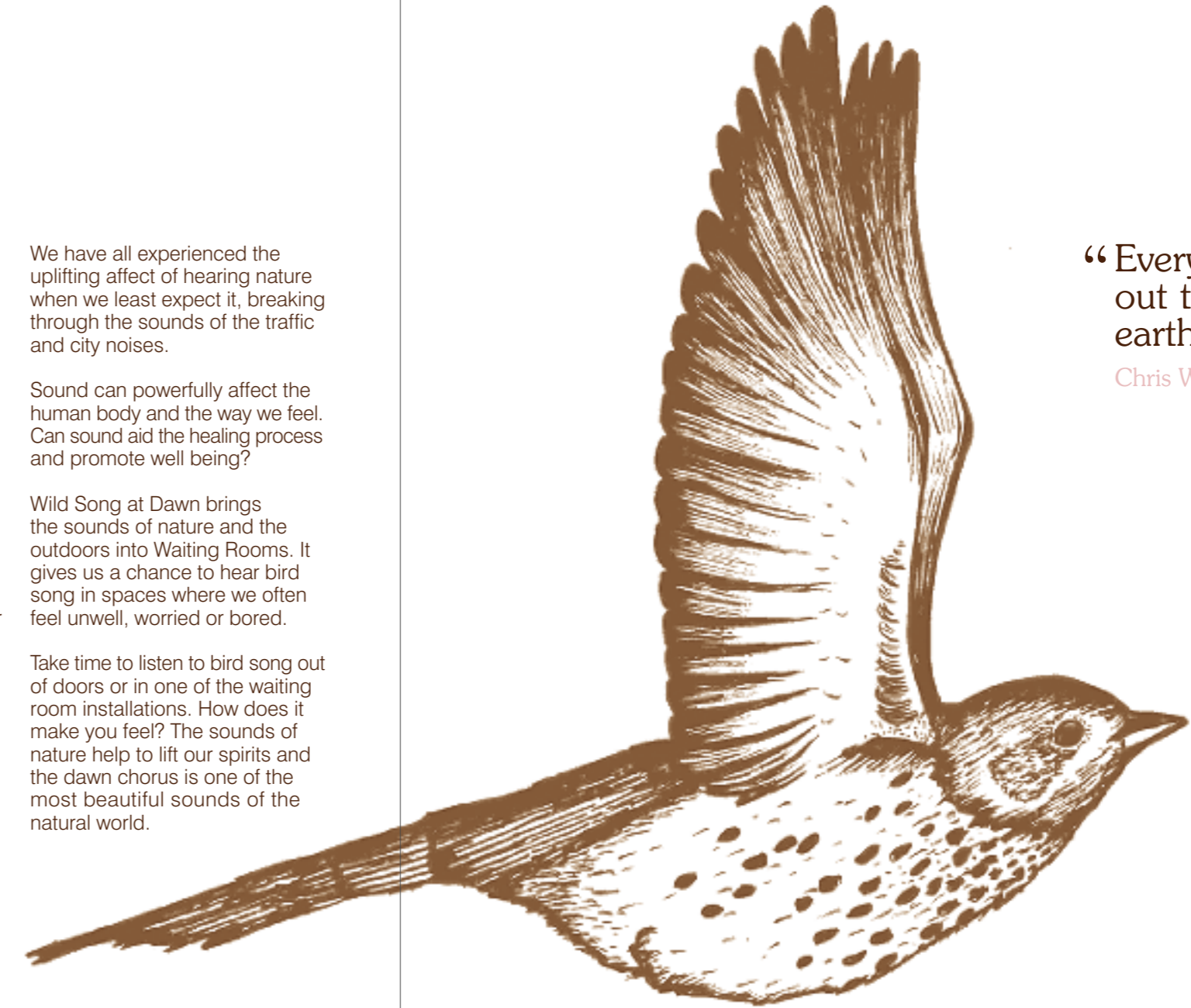
Wild Song at Dawn has been commissioned by FACT and Alder Hey Children's Hospital with further support from the Culture Company as part of their Waiting Programme, a creative health and well being project.

We have all experienced the uplifting affect of hearing nature when we least expect it, breaking through the sounds of the traffic and city noises.

Sound can powerfully affect the human body and the way we feel. Can sound aid the healing process and promote well being?

Wild Song at Dawn brings the sounds of nature and the outdoors into Waiting Rooms. It gives us a chance to hear bird song in spaces where we often feel unwell, worried or bored.

Take time to listen to bird song out of doors or in one of the waiting room installations. How does it make you feel? The sounds of nature help to lift our spirits and the dawn chorus is one of the most beautiful sounds of the natural world.



“Every Spring the British Isles rings out to the very best wild music on earth, the dawn chorus.”

Chris Watson

When time does not fly

Chaturangan

“Life and art are inseparable.
One determines the shape
and destiny of the other.”

Bisakha Sarker

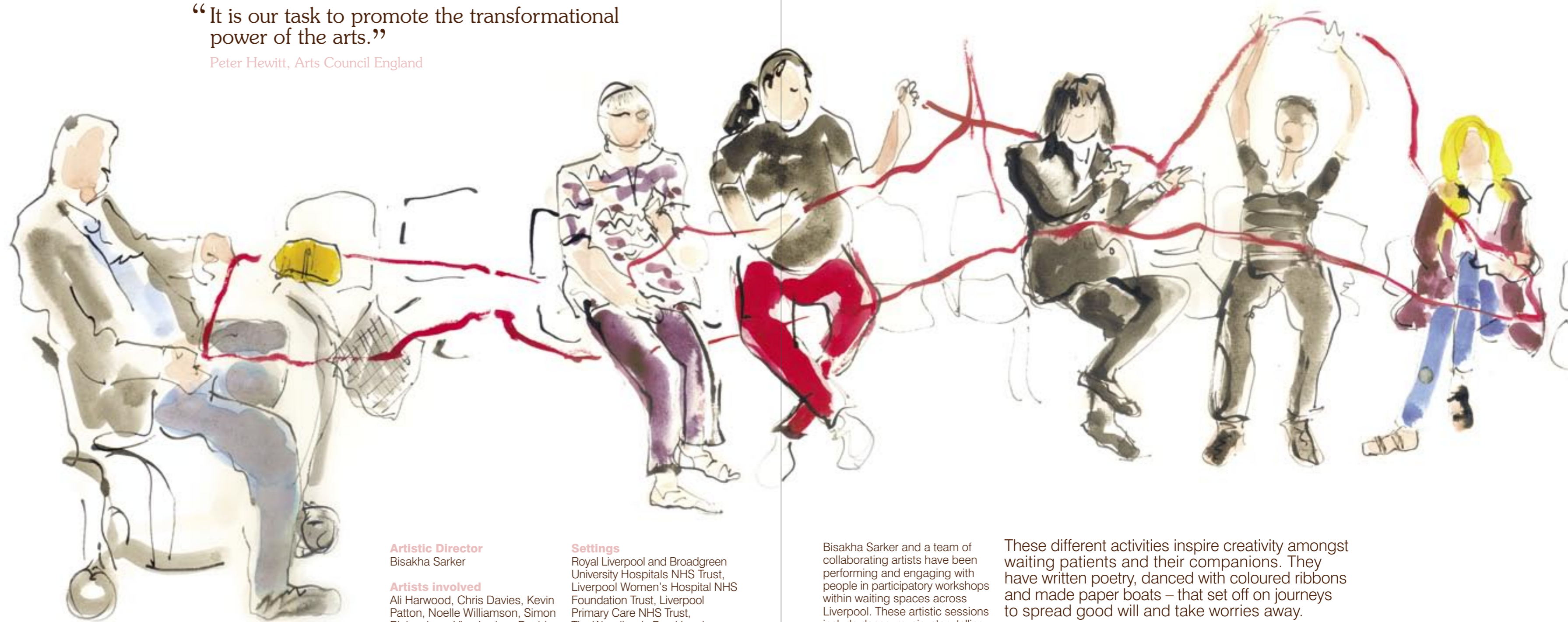


When time does not fly

Chaturangan

“It is our task to promote the transformational power of the arts.”

Peter Hewitt, Arts Council England



Artistic Director

Bisakha Sarker

Artists involved

Ali Harwood, Chris Davies, Kevin Patton, Noelle Williamson, Simon Richardson, Vina Ladwa, David Ward, Gina Czarnecki

Settings

Royal Liverpool and Broadgreen University Hospitals NHS Trust, Liverpool Women's Hospital NHS Foundation Trust, Liverpool Primary Care NHS Trust, The Woodlands Day Hospice, Parkinsons Disease Society Support Group.

Bisakha Sarker and a team of collaborating artists have been performing and engaging with people in participatory workshops within waiting spaces across Liverpool. These artistic sessions include dance, music, story telling, poetry and the creative use of paper craft and ribbons.

These different activities inspire creativity amongst waiting patients and their companions. They have written poetry, danced with coloured ribbons and made paper boats – that set off on journeys to spread good will and take worries away.

This project is producing exhibitions of lively watercolour paintings, moving photographs and a short film suitable for screening in waiting areas.

Humour, health and well being

The Comedy Trust



“Although it is not going to cure any of my illnesses it helps to deal with them and be positive.”

Humour, health and well being

The Comedy Trust



Humour coach
Stephanie Davies
Project lead
Jenny Liddy
Illustrator
Dai Owen

Setting
Everton Road Health Centre

Groups who participated
A Breathe Easy Support group (British Lung Foundation), Everton Children's Centre, Young Mum's group and Arena Housing (provides sheltered accommodation for older people).



Health and fun go arm in arm!
A laugh a day keeps the Doctor away.

Doctor Doctor I have pains all over my body.
When I touch my leg it hurts.
When I touch my back it hurts.
When I touch my head it hurts.
What is the matter with me?

It is simple, replies the Doctor
You've broken your finger!



A good hearty laugh can help reduce stress, bring down blood pressure, boost the immune system which helps fight off illness, and lift our mood, helping us to feel generally happier.

How many times do you laugh each day? Experts say that young children laugh on average about 400 times a day. By the time we reach adult hood its down to less than 20.

So lets take ourselves less seriously and laugh a little more often.



The Comedy Trust has been working with people from the Everton Road area in Liverpool helping them to find their sense of humour. They have been discovering that having a laugh together can help them to feel better about their lives and feel happier.

And they have come up with their own recipe for better health and well being with help from Stephanie Davies, humour coach.



Breaking patterns
Out with the old and in with the new, variety is the spice of life

Imagination
It's free and helps us to see things differently and from a new perspective. Maybe things aren't as bad as they seem? Count your blessings...

Faking it
Sometimes smiling on the outside helps us to begin to feel better on the inside. And smiling can be very infectious and bring us closer to people.

Positive language
Say it, feel it, do it

Thank you

Waiting

Put down the weight of your aloneness and ease into the conversation...
...All the birds and creatures of the world are unutterably themselves. Everything is waiting for you.

Taken from the poem *Everything is waiting for you* by David Whyte

Thank you

Thank you to everyone who has contributed to Waiting, especially all participants. Thank you to those who have recently sat in a waiting space and found themselves involved in a creative experience which has helped them to relax, to reflect or to smile.

“Everybody’s got something to learn from everybody else – that’s why I don’t close my eyes to anything.”

Thank you to the Waiting steering group

Julie Hanna
Sharon Sephton
Caroline Jenkins
Sally Starkey
Pat Higson
Matt Lynas
Samantha Jones
Laura Sillars
Bisakha Sarker
Jenny Liddy
Stephanie Davies
Charlie Crute
William Clarke
John Roberts
Alicia Smith
Katy Gardner
Denise Peerbhoy
Amanda Kilroy

INDEPENDENT

fresh
real

what rules?

SEMINAL

literature

FILM

AN EVER-CHANGING
CANVAS

FACT

FACT (Foundation for Art and Creative Technology), is the UK's leading organisation for commissioning, exhibiting, promoting and supporting artists' work and innovation in film, video and new media.

FACT provides a vibrant focal point in the Ropewalks district of Liverpool and is a flagship project for the city as European Capital of Culture. FACT promotes the creative expression of both individual and communities and recognises the value of seeing themselves reflected in the world around them.

The ongoing project Sonic Streams explores how sound can affect the human body, and is one example of how FACT is promoting new and emerging forms of creativity and media forms.

Chaturangan

Chaturangan is a South Asian dance development initiative. Through its innovative approach, the company aims to support and develop all forms of South Asian dance – from the traditional to the popular - to make an impact on the social and cultural fabric of the North West.

Artistic Director, Bisakha Sarker, focuses much of her work on people with different needs and disabilities. Her innovative and spiritually inspired performances and participatory sessions empower those she works with.

Chaturangan's work on "Waiting" has provided a creative and imaginative approach to responding to the needs of people in waiting situations.

The Comedy Trust

The Comedy Trust is a registered charity that runs the annual Liverpool comedy festival, develops and sustains new talent and explores comedy as a creative artform that can significantly enrich people's lives.

A key element of The Comedy Trust's work is its ground-breaking creative educational programmes including the flagship course Stand Out which; encourage participation in the arts for all ages, explore the relationship between comedy, humour, health and well-being and help people to develop their creative skills.

The Comedy Trust also delivers innovative creative health projects in partnership with the health community to explore how humour can impact positively on people's health and well being.

Want to know more?

Waiting continues as a creative health programme throughout 2008. Creativity, the arts and culture in partnership with medicine and science have a role to play in helping us to live healthy and meaningful lives.

Please contact Julie Hanna, Creative Health and Well Being Manager
Julie.hanna@liverpool.gov.uk
www.liverpool08.com

Look out for evaluation of Waiting by CAVE (Creative and Visioning Evaluation) which will be available April 08.

Researchers increasingly find that people who frequently experience feelings of happiness are less likely to engage in harmful behaviours (eg. Misuse of alcohol and drugs), more likely to exercise and eat healthily and generally more likely to have long and healthy lives than those who do not.

Culture and health, building the evidence
North West Culture Observatory 2006

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