

Can you help?

At Air Arts we know that by improving our environment and providing opportunities for creativity, we can support better health and wellbeing for everyone at our hospitals.

Our Projects are only made possible through generous public support and fundraising.

Air Arts is part of Derby & Burton Hospitals Charity, and every penny we receive works very hard to make a difference. If you would like to donate, it is quick and easy to do. You can also ask for your donation to be put towards a specific part of the programme. Give us a call to discuss where you would like your money to go.

If you'd like to donate, it's quick and easy to do:

By phone By cheque Online

You can donate over the phone, using a credit or debit card, by calling the Cashiers' Office on **01332 785455** and ask for your donation to go to *Air Arts Fund 11087*.

Or you can make a cheque out to Derby & Burton Hospitals Charity Air Arts (11087) and post it to: **Derby & Burton Hospitals Charity, The Royal Derby Hospital, Derby, DE22 3NE.**

www.dbhc.org.uk/donate and donate using your credit or debit card quoting *Air Arts Fund 11087*.
www.airarts.net
Email: info@airarts.net
[@AirArtsUHDB](https://twitter.com/AirArtsUHDB)



air arts

IN THIS ISSUE

Made in the NHS
Hospital Histories
Celebrate Exhibition

Fresh

University Hospitals of Derby and Burton
2023 EDITION

Hello

Welcome to *Fresh*, the magazine all about Air Arts, the arts and wellbeing programme for the University Hospitals of Derby and Burton.

Fresh is published every year by Air Arts and includes a wealth of information on how creativity and the arts can support wellbeing and recovery, and create a better hospital experience for all. *Fresh* also contains a guide to the arts programme at our hospitals and our seasonal arts exhibitions.

In this edition, we are focusing on the importance of celebration. As a nation, we are celebrating two big public events this year; the 75th birthday of the NHS and the Coronation of our new King. Closer to home, we are also celebrating 25 years of our Hospital charity and 15 years of Air Arts.

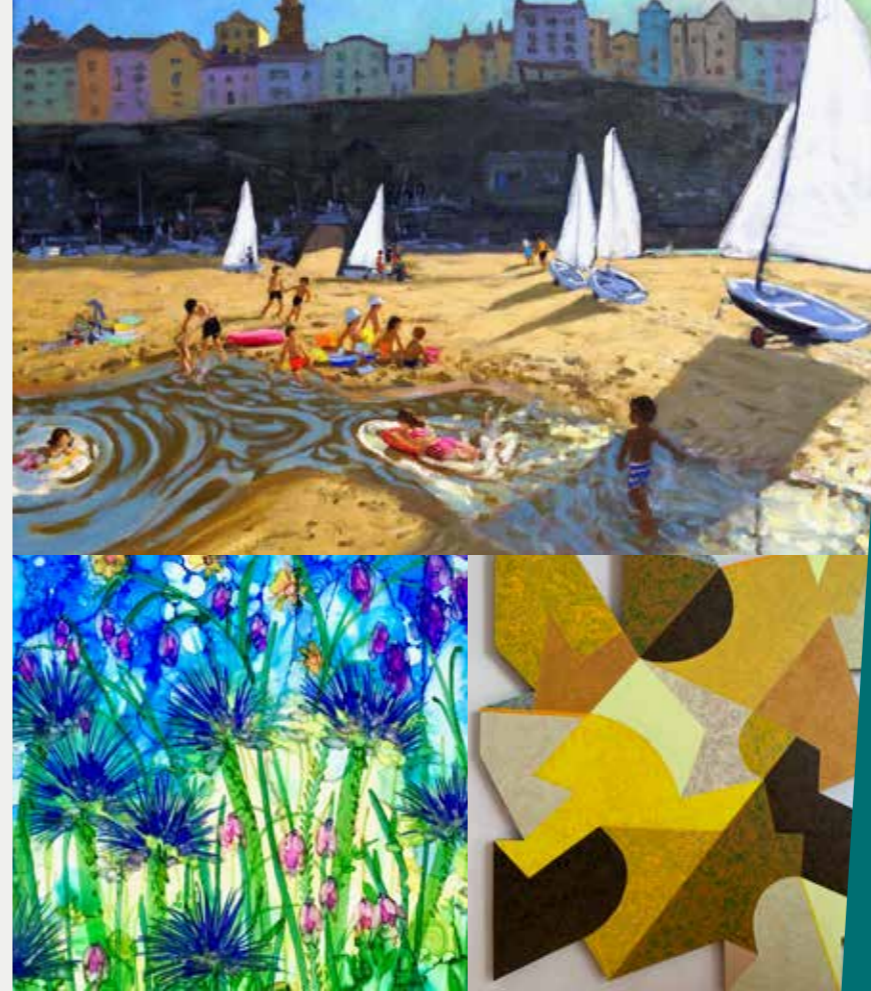
Marking events in our lives, from big national events to small, personal events is important in giving our lives structure and meaning. It helps to foster gratitude and a sense of achievement and allows us time to take stock and spend time with our families and friends. This value of celebration within our lives, in both the big and the small events, is reflected in our first ever annual exhibition across our Royal Derby and Queen's Hospital sites.

Celebrate is an exhibition of works created by local artists, staff artists and patient artists, curated by our visual arts manager, Kate Stoppard. A selection of works from this 2023 exhibition is also available to view online at www.airarts.net with additional images and video content to bring the exhibition to life from your PC, mobile or tablet.

We hope you enjoy reading *Fresh* and viewing *Celebrate*.

Laura Waters

Head of Arts, University Hospitals of Derby and Burton NHS Foundation Trust



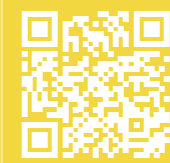
Can you help us?

During the past three years, our sources of regular funding have declined significantly, due to increased demand on public funding and lower footfall at hospital sites. Air Arts relies entirely on these sources of income to continue its valuable work, so if you can support us through a donation, or would like to find out more about what we do, please visit www.airarts.net, find us on social media @AirArtsUHDB or email info@airarts.net



Providing a good experience for patients is one of the most important things we can do in our hospitals, and your feedback really does count. Please complete our short survey via the QR code and share your wider hospital experience by completing the *Your Views Matter* paper forms, available across the hospitals. You can also contact the PALS team at Derby on **01332 785156** or email uhdb.contactpalsderby@nhs.net or at our Burton sites on **01283 593110** or email uhdb.contactpalsburton@nhs.net.

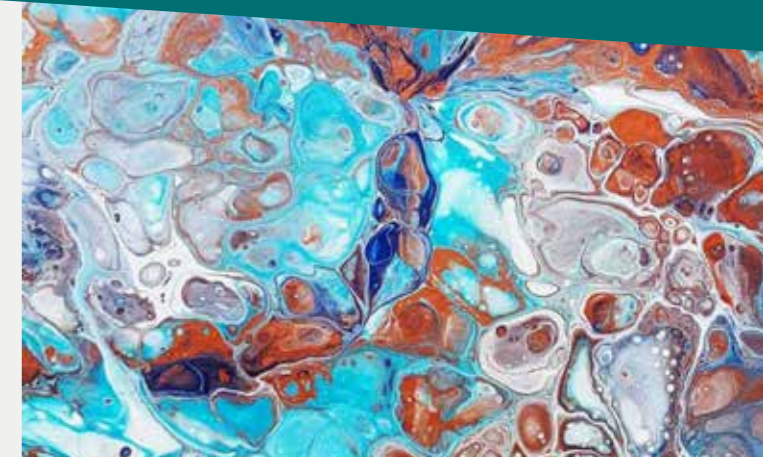
www.airarts.net
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DONATE HERE

Contents

1. Hello
2. Contents
3. Patient Experience
5. Patient Resources & Spotlight on Music
6. Paintings in Hospitals
7. Made in the NHS
8. Staff Wellbeing
9. Medical Museum
11. Hospital Histories
12. Visual Literacy
13. We Are the NHS
17. CELEBRATE Exhibits



Laura



Eleanor



Kate



Andrea



Emma



Matt



Rosie



Front Cover Image:
Deb Allitt

Air Arts Team Shots:
Chris Clarke

Patient Experience

Air Arts are growing back our programme of patient participatory work around the Trust with some exciting new projects including drawing, photography, nature art, sculpture and poetry. We are thrilled to be supported by lots of new partners including the National Forest, Transforming the Trent Valley, Creative Health and Foundation Derbyshire. It's lovely to have artists and musicians back working alongside patients again and to hear the gentle buzz of people chatting and getting to know each other while taking part in creative activities.



Jane Bevan

Air Arts Artist in Healthcare

Working as an artist on the wards with Air Arts in Derby and Burton Hospitals has been an incredible experience for me. I have learnt an enormous amount about myself, about the life experiences of others, and the real power of art and creativity to support health and wellbeing.

I get to see the joy and recognition on people's faces as they engage with the materials and connect with feelings, memories and the outside world. Patients may be feeling unwell, upset or bored but they gradually warm to the art sessions as an escape from the ward routine, to decrease anxiety and boredom, becoming more relaxed, less anxious and cheerful. The sessions support concentration and mental and physical activity too.

People frequently create beautiful artwork, surprising themselves and others as a different side of their lives and personalities emerge. But as well as the creativity, it is the conversations, shared stories and concern for each other that makes the arts programme so worthwhile and motivates all those involved to give their very best each time.



"It is the conversations, shared stories and concern for each other that makes the arts programme so worthwhile." - Jane

"It was wonderful during a long day's treatment. Many thanks for a special treat, it's made the whole day go quicker."

- Creative session participant



As an artist, workshops on the wards can be unpredictable, a little unnerving, emotional and packed with both laughter and tears. Each one also brings a huge sense of purpose and worth, feeling in that moment you are in just the right place. If you would like any patient focused creative or participatory workshops and have funding, then please email info@airarts.net.

"I so enjoyed listening to the live music at my bedside. Gave me great pleasure and brightened up my whole day."

- Creative session participant



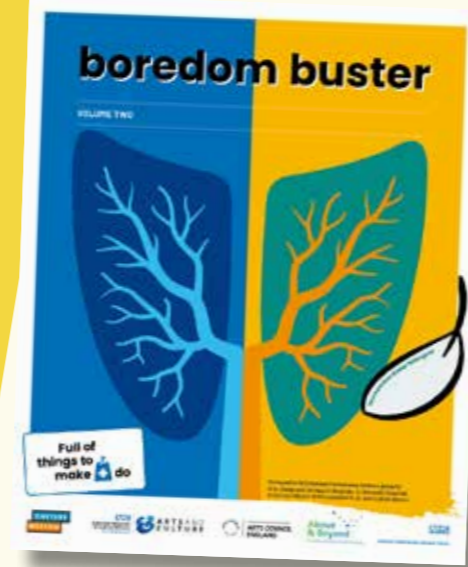
Our big focus at Queen's is the creation of our Halo Garden, a beautiful green space for patients, staff and visitors to enjoy. It will feature a 2m ring of Rowan trees around recycled wooden seating and there will be a programme of monthly live music performances taking place there and in other outdoor venues around the hospital over the summer. This will complement our regular live music programme at all our hospital sites in the wards, corridors and canteens.

Supported by the National Forest



Patient Resources

Air Arts produce wonderful patient resources for ward areas to decrease boredom, stress and anxiety and to uplift, create conversations and as a creative outlet for patients. Resources may change throughout the year, but you can enquire about current patient resources by emailing eleonor@airarts.net or andrea@airarts.net



“It’s brought me great joy and I’ve even forgot what I came in here for!”

Spotlight on Music

Our music programme is continuing to bring joy across the Trust! We have seen regular performances at Royal Derby and Queen’s Burton with pianist Steve Tams performing in the Canteens of Sir Robert Peel and Samuel Johnson Community Hospital.

Our resident piano ‘Hilda’ at Royal Derby Hospital has a monthly visit from regular pianist Chris Lydon, and we have been kindly donated a piano at Queen’s Hospital Burton too.

We have had musicians performing on wards and in waiting areas. We had a wonderful programme of music over the Christmas period, it was lovely to be able to connect with the wider community and offer a space to share music. We have also been including music as part of the wellbeing workshop programme, offering music workshops on voice care, and also on using music listening to help develop communication skills as part of Freedom To Speak Up Month.

We have also been enjoying bi-monthly rehearsals with the UHDB Staff Wellbeing Choir, led by music therapist and vocalist, Fliiss Biacsi. They rehearse once a month at Queen’s Hospital Burton and once a month at Royal Derby Hospital, and are enjoying singing some great music ready for a performance later on this year. They recently recorded the song ‘The Longest Winter’ written by Air Arts music practitioners Rosie Rutherford, Jamie Rutherford and Fliiss Biacsi, with Derby Cathedral Choir and will release this recording later this year.



Lesley Williams, *Working Drawing No.2*. Gouache on paper. Part of the Paintings in Hospitals collection.

Inspiring better health and wellbeing

At Paintings in Hospitals, we provide art for better health and wellbeing.

Like Air Arts, we know art can help people stay well, aid recovery, and support longer, more fulfilling lives. We are dedicated to bringing art to everyone through our artwork displays and creative activities in healthcare spaces around the UK.

Among our many artworks on display at Royal Derby Hospital is ‘Working Drawing No.2’ by Lesley Williams (above). Lesley’s work explores colour found in nature. She tries to capture light and reflections similar to the water of ponds and pools.

The Paintings in Hospitals collection is the only national collection dedicated to in-spiring better health. The collection began in 1959 and contains over 3,700 artworks, including pieces by artists such as Bridget Riley, Antony Gormley, Maggi Hambling, Yinka Shonibare, Anish Kapoor, Anni Albers, and many more.

View Paintings in Hospitals art on Level 1 in the Medical Outpatients corridor.

For more information, visit our website: www.paintingsinhospitals.org.uk

paintings in hospitals

Paintings in Hospitals is a Registered Charity (No. 1065963)

Made in the NHS

Made in the NHS is a project which enables UHDB staff to work with artists and makers, to share craft skills, take some time out and enjoy wellbeing whilst being creative

The artist-led workshops are free and take place in the Wellbeing Hub at Royal Derby Hospital and for the first time this year, Queen's Hospital Burton. In the past, participants have explored willow weaving, ceramics, metal working, textiles and plaster sculpture. This year we are delighted to introduce artists who are new to the programme including Stevie Davies, a Derbyshire-based fused glass artist and tutor who will be introducing the staff to some really fascinating techniques and skills. No creative experience is required to take part and participants have exciting opportunities to exhibit their work, in addition to all the creative and social benefits of being involved in the project. Past exhibitions have included *Made in the NHS: Intervention At the Museum of Making* in Derby, where staff shared some truly amazing pieces including wire sculptures, metal embossing and incredible anatomy work. It is a real joy to see staff's confidence and skills develop as they explore how getting creative can help you feel well in the workplace. Look out for the *Made in the NHS* exhibitions in the display case, Junction 6, on Level 2 at Florence Nightingale Community Hospital. For more information: emma@airarts.net.



Staff Creative Wellbeing Programme

Image Club

This artist-led photography club takes place monthly and is a mix between online discussions, face-to-face excursions and guest speakers, like-minded people sharing their enthusiasm for photography. There are also opportunities to exhibit your work at the five UHDB sites. If you would like to join Image Club and explore photography in a friendly and informative environment then Rob Knight would love to see you at either the online meetings or in person on one of the field trips. For more information: robknight@theimageclub.co.uk.

Staff Wellbeing Choir

We have also been enjoying rehearsals of the UHDB Staff Wellbeing Choir, led by music therapist and vocalist, Floss Biacsi. They meet twice a month, once at Royal Derby and once at Queen's Hospital Burton, singing great music for wellbeing in a relaxed and fun atmosphere. The choir have performed at a number of events including *A Choral Forest* at Lichfield Cathedral, at the Tri-Tones Buskathon and at Derby Cathedral. For more information: rosie@airarts.net.



Doodle Club

Doodle Club is an artist-led group that meets in person and online monthly, exploring animation through drawing, sharing techniques and thoughts in a collaborative approach. No experience is necessary and all the participants are supported by Matt the Artist in a relaxing, fun environment. mattdrawsstuff@gmail.com

"Your sessions are super fun and engaging, relaxing and I am very thankful for your enthusiasm and support." - Francesca Dangelo

UHDB Medical Museum

The UHDB Medical Museum project, funded by the National Heritage Lottery Fund and Derby & Burton Hospitals Charity aims to preserve and share the objects which chart the history of Derby and Burton University Hospitals Trust.

It is a unique collection, we are the only NHS Trust in the UK to be linked to a World Heritage Site. The collection features some astonishing artefacts including the ceremonial hammer that Queen Victoria used to lay the foundation stones of the Derbyshire Royal Infirmary in 1891 and Florence Nightingale's autograph. There is an extensive array of everyday NHS objects which come together to show the fascinating story of the people and places involved from the very beginnings of our NHS Trust.



Photography by Dawn Jutton



We have worked with so many people to help our audiences engage with the collection. This has included the *Museum in a Box* sessions, where our brilliant volunteers bring the collections on to hospital wards for patients, staff and visitors to enjoy. We have also commissioned artists to respond to the collection through our Medical Museums Material project. They have created beautiful work inspired by the collection and have shared their work through workshops, exhibitions and film. The project staff have also taken part in research events to bring the collection to wider audiences.



You can keep up to date with what's happening with the UHDB Medical Museum project by having a look at the project website (QR code) or by following Air Arts on Social Media @AirArtsUHDB @UHDBlibrary



Medical Museum Cabinets

Display cabinets for the UHDB Medical Museum are now installed across the sites.

There are cabinets on both levels of the Treatment Centre at Queen's Hospital Burton, in the main receptions at the Sir Robert Peel and Florence Nightingale Community Hospitals and in the main hospital corridor and opposite the Faith Centre at Royal Derby. There are also several additional museum cabinets within the UHDB library at Royal Derby. The cabinets comprise of ceramics, apothecary items, surgical tools and medical implements and are all part of the Trust's heritage.



Donations If you have any items or objects that are deemed of historic interest to the Trust and would like to donate to the UHDB medical museum, then please contact our Museum Curator Beth Rawson on beth.rawson@nhs.net

For further information on the UHDB Medical Museum, please see our website:



Hospital Histories

Library staff Joseph Woffinden and Amy Hurst and Kate Stoppard from Air Arts will shortly be on TV screens throughout the Trust, telling the stories of Queen Victoria, William Strutt and Florence Nightingale based on objects in the museum collection.

Joseph plays William Strutt, the architect and designer of our very first hospital, the Derbyshire General Infirmary (1810-1891). Hear how Strutt's fire-proof building techniques and the use of iron and glass helped the Infirmary become the leading architectural design of its day and have a look at the artefacts relating to Strutt we have in the collection.

Amy plays Florence Nightingale, linked strongly to the Trust due to her correspondence with Dr William Ogle regarding the design of our second hospital, the Derbyshire Royal Infirmary. The film outlines Florence's story and shows the objects relating to this extraordinary woman, including copies of her correspondence.

Kate plays Queen Victoria, who laid the foundation stone of the Derbyshire Royal Infirmary on Thursday May 21st 1891 and granted the hospital its royal status. Kate takes us through Queen Victoria's day, from boarding the royal train at the Great Western Railway Station through to the stone-laying ceremony. The film shows the many objects linked to that day that we have in the collection, including the ivory ceremonial hammer and spirit level used.

Visual Literacy Seeing the Skin

The *Visual Literacy: Seeing the Skin* project aims to encourage a creative approach to observing and describing the skin. This project has been developed from the Medical Museum for medical staff, including medical students, GPs studying dermatology as part of their training and dermatology registrars and consultants. Air Arts resident Visual Artist EJ Lance shares skills, techniques and ideas which encourage different ways of viewing and recording what you can see in the skin. An important part of the project has been around the benefits to participants' wellbeing.



We are delighted to say that The Royal College of Physicians Museum is working with us for the final workshops on this pilot phase of the project. We will be using their astonishing 'Anatomical Tables' and items from their anatomical library as inspiration and points of discussion. The Anatomical Tables are some of the most famous anatomical objects in the world, probably created as an Anatomical teaching aid, to learn about tissue. These collections will be used alongside the paintings and objects from Derby Museums and our own Medical Museum collection in exploring how to see skin in a different way.



We are the NHS

A series of photographic portraits celebrating, and challenging perceptions of the many individuals brought together for the benefit of patient care.

The project's aim is to show that the NHS is made up of more than jobs and roles, it is people who make UHDB, and they are each individual. The focus is to tell their personal journey.

To share the tale of who they are and how they became.

WE ARE THE NHS IS about being seen beyond the uniform.

We Are The NHS is an ongoing UHDB staff project.

If you would like to know more information on how you or a colleague can be involved, please email info@airarts.net

Exhibitions

Five or six portraits will feature alongside your story on Air Arts social media. Your favourite choice out of those images will then be put forward for consideration to be exhibited as part of the biannual air arts exhibition across UHDB sites.



Celebrate

An exhibition responding to the theme of CELEBRATION in its many forms. Inspired by the NHS turning 75, 25 years of Derby and Burton Hospitals Charity and Air Arts' 15th Birthday. Our new annual exhibition at Royal Derby Hospital and Queen's Hospital Burton is a kaleidoscope of interpretations, celebrating the big and small things of life. A huge thank you and congratulations to all the artists and staff for contributing their time and talents to the fantastic artworks on display. Kate Stoppard, *Visual Arts Manager*

Deb Allitt

My paintings are a celebration of the natural world and our place in it. I represent real places, including the people and animals I see when I am sketching on site. The big paintings are made in my studio where I use colour to bring emotional intensity to the scene.

Level 2, Royal Derby Hospital

deballitt.co.uk

 [deballitt](https://www.instagram.com/deballitt)



Katy Doncaster



[@katydoncaster](https://www.instagram.com/katydoncaster) 

Celebrate the small things in your day that are actually big things. Things that make you happy, bring joy, give you peace. Things that we overlook. Gather them up, hold onto them, and let them work their magic. Sunsets, hot coffee, a friend's smile, a cloudless blue sky.

Level 3, Royal Derby Hospital

Visit the exhibition?



Please scan the QR code to access our exhibition map or go to www.airarts.net and click on *What we do*.



Craft Wood

Green Social Prescribing at Craft Wood CIC

Craft Wood CIC is a woodland social enterprise set in a 12 hectare woodland in Amber Valley. Craft Wood offer art, craft and nature based activity to a variety of groups with additional support needs, including Green Social Prescribing sessions.

Level 3, Royal Derby Hospital

www.craftwood.org.uk
contact@craftwood.org.uk

 @craftwood

 /craftwoodvirtual

 @craftwood19

David Walton



Ever since I was a student at art college, I have admired the artist Paul Klee (1879-1940). Klee's idea of taking a line through random points on a grid provided me with the basis for a celebration of rhythmic shape, colour and texture and Klee's influence.

Level 2, Royal Derby Hospital

A collection of oil paintings by

Andrew Macara



Heather is a professional illustrator and surface pattern designer who uses a broad spectrum of media in both hand-drawn and digital form.

Heather Horsley



Heather is currently working on a selection of images that illustrate the many facets of the NHS, that have been part of our lives throughout the last 75 years. *Image of previous work.*

Level 3, Royal Derby Hospital

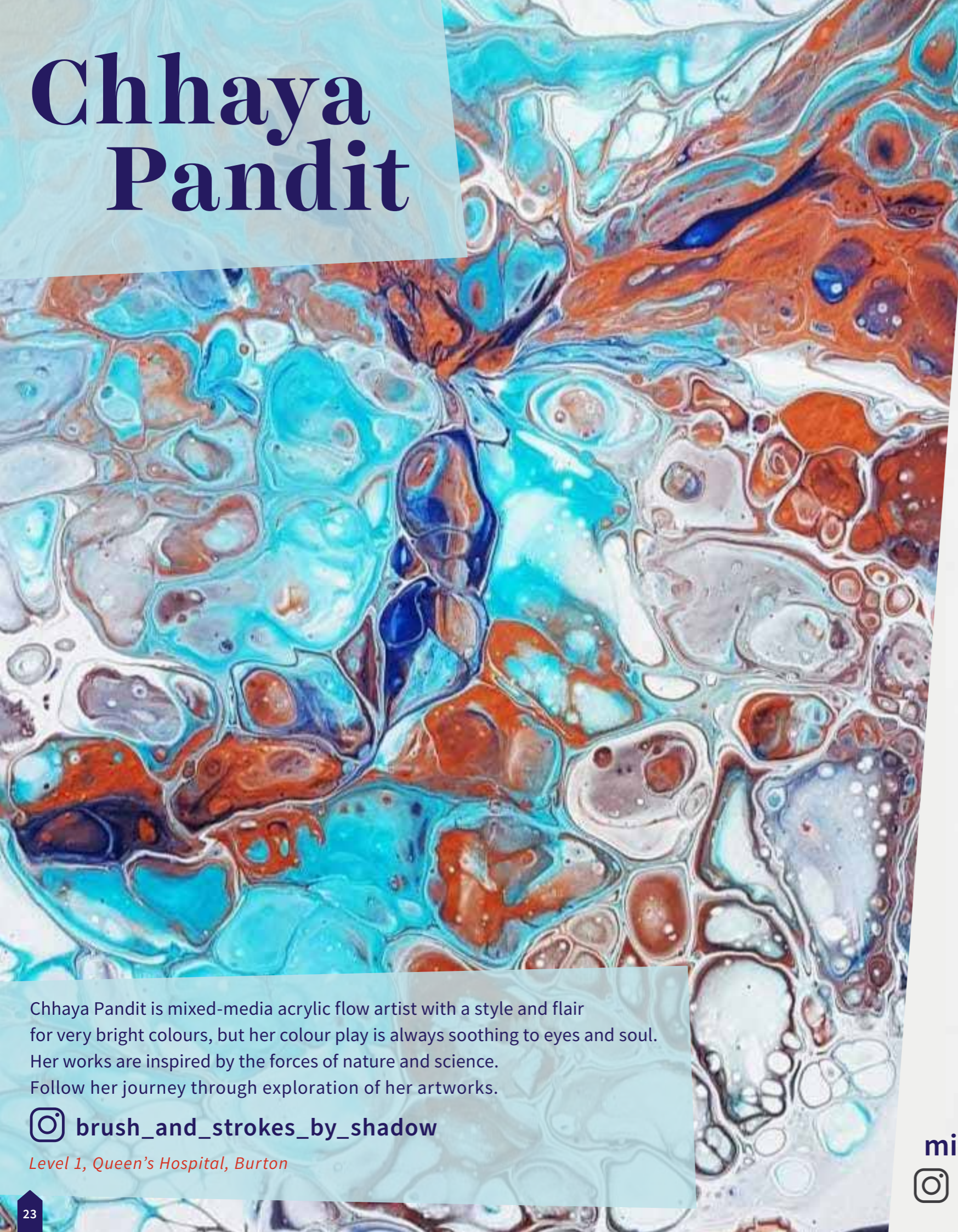
macara.com

[andrewmacarapaintings](https://www.instagram.com/andrewmacarapaintings) 


Level 1 & 5, Royal Derby Hospital

www.heatherhorsley.com

Chhaya Pandit



Chhaya Pandit is mixed-media acrylic flow artist with a style and flair for very bright colours, but her colour play is always soothing to eyes and soul. Her works are inspired by the forces of nature and science. Follow her journey through exploration of her artworks.

 [brush_and_strokes_by_shadow](https://www.instagram.com/brush_and_strokes_by_shadow)

Level 1, Queen's Hospital, Burton

Michael Hill



Michael is an abstract artist who finds the creative process both a therapy and opportunity to express thoughts, emotions and opinions across a range of subjects.

A regular contributor to the Air Arts programmes, Michael has also exhibited at Banks Mill, Derby, OXO Gallery, London plus an online virtual gallery.

Level 1, Queen's Hospital, Burton



michaelhillart.co.uk

 [/michaelhillart](https://www.instagram.com/michaelhillart)



Ron Hames

Ron was a self-taught painter who used both watercolours and oils depending on how he felt at the time. This posthumous celebration of his works is dedicated to his notion that you should always work hard, try your best and give everything a go (within reason!)

Level 3, Royal Derby Hospital



Joy Pitts

60 years of The Beatles and a batch of the band's labels gave me the opportunity to produce these four beetles. My artwork is often described as being lots of fun and what better way to celebrate than with music? Can you spot John, Paul, Ringo and George?

www.joypitts.co.uk

 /JoyPittsArt

Level 2, Royal Derby Hospital

Rolls Royce Derby Photographic Society

Our latest theme was *Celebration*. Our club membership is open to all, and we have a diverse range of members from around the UK. If you have an interest in photography then please get in touch.

www.rollsroycephotographic.com

 /rollsroycephotographicsociety

 @rollsroyceps

Level 1 & 4, Royal Derby Hospital



Sarah Perkins

Sarah is a proud member of The Association of Animal Artists, based at Banks Mill Studios in Derby.

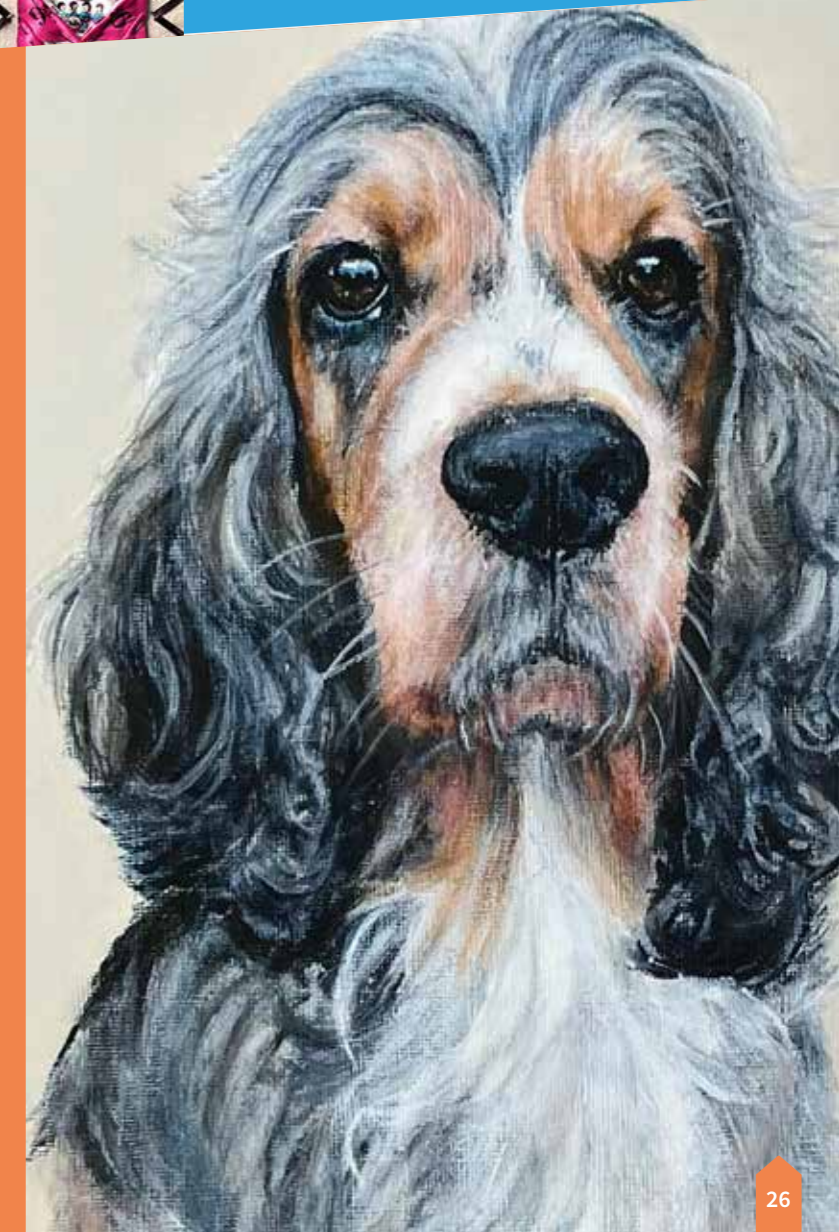
Her distinctive style of painting in acrylics is self-developed. She divides her time between commissioned pet portraits & her own creative artworks, inspired by the variety of nature.

www.sarahperkinsart.co.uk

 /SarahPerkinsArt

 @SarahPerkinsArt

Level 2, Royal Derby Hospital



Whiffle Piglets

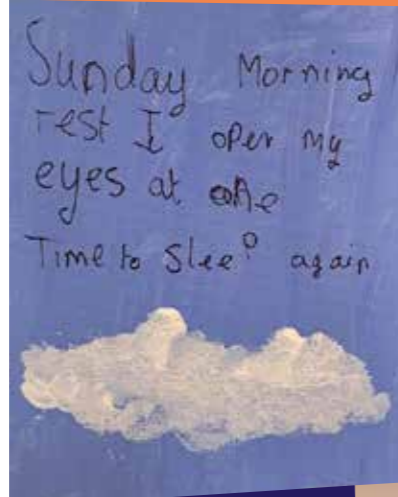
Whiffle Pig CIC deliver weekly creative wellbeing sessions across the Children's wards in Derby Hospital. During participant-led workshops, children and young people considered what the word celebration means to them and were inspired by happy memories and acts of kindness.

Level 1, near Children's Outpatients, Royal Derby Hospital



'I like to find something to celebrate everyday'

– Whiffle Piglet Participant



From a simple spark
may burst
a mighty flame



Derby Embroidery & Textile Group

The inspiration for this work came from photos by our group taken over many years. The over riding image is a mass of happy faces. The triptych is our members' individual interpretation of joy and celebration in textile collage.

derbyeandtgrp@gmail.com

[/DerbyEmbroideryandTextilegroup](https://www.facebook.com/DerbyEmbroideryandTextilegroup)

[@derbyeandtgrp](https://www.instagram.com/derbyeandtgrp)

Level 2, Royal Derby Hospital



Millie Moth

I'm Karen Johnson and I live in Derby, working as Millie Moth. To celebrate the joy I feel in my garden, my work explodes with colourful flowers which I create as alcohol ink paintings or multi-media digital collages.

milliemoth.com

milliemothdesigns@gmail.com

[/milliemothshop](https://www.facebook.com/milliemothshop)

[@millie.moth](https://www.instagram.com/millie.moth)

Level 2, Royal Derby Hospital



Samantha Eynon

Samantha Eynon is an illustrator and artist based in the Midlands. She creates work that is cute, colourful and whimsical, often with nature as its inspiration. She often works digitally, but loves nothing more than the feel of paint or pencil on paper.

Ground Floor, Queen's Hospital, Burton

www.samanthaeynon.com

 /samanthaeynonillustrates

 @samanthaeynon

 @samanthaeynon



Creative Café at the Brewhouse Arts Centre

The Brewhouse is a vibrant arts centre in Burton offering a professional programme in its 230-seat theatre, cafe bar and cinema spaces as well as being a vital community resource. The centre delivers a learning programme for all ages in its studios and in community venues across the borough.

Creative Café was established in 2021 in partnership with Support Staffordshire's social prescribing link workers. The sessions are run by our Brewhouse artists and are a gentle introduction, or reintroduction into art for people, along with the chance to have a chat, enjoy a cuppa and make new friends. Currently, the sessions are only open to social prescribing clients. The Creative Café provides a relaxed, supportive environment for adults to learn new creative skills and improve confidence and self-esteem.

Ground Floor, Queen's Hospital, Burton

"Art is big part of my life as I have had mental health problems all my life. I always look forward to going to The Brewhouse Arts Centre; I draw things that make me happy, like SMILE. I use as many colours as possible. Be happy with art and expressions, it helps you cope with every day" — participant



"Collaborative mark-making, drawing, and painting works have been reimagined and brought together to take the form of a tree. The tree represents our celebration of life; our determination to grow, despite our difficulties; the new friendships and roots we have made at Creative Café and our combined strength to carry on" - Ali Woolacott, Art Tutor

