



**Light Box**  
The Vu (Staff Restaurant)  
12pm-2pm  
Thursday 16, Friday 17,  
Saturday 18 October

Happiness Project artists Light Box will run wellbeing activities for hospital staff including a wellbeing tombola, mindfulness print workshops and the creation of a staff wellbeing wall.

**What's Our Story**  
Brunel Atrium,  
League of Friends Cafe  
Preview Friday 17 October  
4.30pm

Bristol-based sound artist and oral historian Mary Ingoldby delivered an ambitious project capturing stories and memories of staff working at Southmead and Frenchay Hospitals before, during and after the move to the Brunel building.

Working with Show of Strength theatre producer and director Sheila Hannon and photographer Simona Piantieri, personal stories have been transformed into drama, film, an online digital archive and exhibition.

**Frenchmead**  
Saturday 18 October  
11am – 5pm

Show of Strength Theatre Company's dramatic monologues, based on stories and memories of hospital life collected from staff, will be performed throughout the hospital on Saturday 18 October.

Monologue	Location	Time
So Anyway	Emergency department	11:00, 11:40, 13:40, 15:00
Ring out the Old	The Sanctuary	11:00, 11:40, 14:20, 15:00
Call the Midwives	Gate 18, level 1	11:20, 12:00, 14:00, 15:20
Oh Mr Porter	Main Entrance	11:20, 12:00, 14:40, 15:20
Comb over	League of Friends cafe	12:20, 13:00, 15:40, 16:20
It's Not Brain Surgery	Near The Pharmacy	12:20, 13:00, 15:40, 16:20
Ghost Town	The Sanctuary Quiet Room	12:40, 13:20, 16:00, 16:40
ICU	The Sanctuary	12:40, 13:20, 16:00, 16:40



**Speed Derby**  
Brunel Atrium, Gate 24  
10am – 4pm  
1.30pm grand finale  
Saturday 18 October

The grand finale of Speed Derby will take place on Saturday 18 October. Staff and local residents who have made model racing cars with artists Assemble and Join will go head to head on a giant race track to see who is the ultimate winner come and watch and cheer them on.

**Live Music on wards and in waiting areas**  
Thursday 16, Friday 17,  
Saturday 18 October

Musicians from Superact will perform on wards and in waiting areas around the hospital.

Thursday will see *Haddo* who combine rich and exotic harmonies with the dark tone of the viola and *She'Koyokh* who are hailed as playing the best Balkan and Klezmer music in Britain.

On Friday *Paul Hutchinson* and *Fiona Barrow* will perform an array of songs on accordion and fiddle and *The York Trio* will perform a wide range of jazz, Latin and pop.

Saturday will see performances from *Camilo Menjura*, a singer-songwriter from Columbia who specialises in Latin music, and *The Paper Moon Band*, a swinging, vintage-inspired ensemble bursting with classic tunes from the swing era and beyond.



**Southmead Choirathon**  
Thursday 16, Friday 17,  
Saturday 18 October

Local choirs from across Bristol, including Bristol Schools Chamber Choir, the Royal Mail Voice Choir, Original Sing, Gasmen, Fascinating Rhythm, Ponita, Firefly, Clifton Gospel Choir, Emily Wright and the Royals and NBT's own staff choir will perform throughout the Festival. A selection of local primary schools including Horfield, St Theresa's and St Mary's will also perform.

**Hospital Tours**  
Starting at the  
main entrance to the  
Brunel building  
11am and 3pm  
Thursday 16 – Saturday 18  
October 2014

Tour the new hospital and learn about the role that art is playing in creating a better patient environment.

You can book on a tour by visiting  
[www.fresh-arts-tours.eventbrite.co.uk](http://www.fresh-arts-tours.eventbrite.co.uk)

Steers McGillan Eves Design

fresh arts  
festival

# Programme

Celebrating creativity  
and wellbeing at  
Southmead Hospital Bristol

Thursday 16 - Saturday 18 October 2014

The Fresh Arts Festival celebrates the opening of the Brunel building at Southmead Hospital Bristol

  
willisnewson

 carillion

North Bristol   
NHS Trust

# Welcome

You are warmly invited to join us at the Fresh Arts Festival to celebrate the role that the arts play within North Bristol NHS Trust.

Tour the new hospital to find out more about the arts programme. Listen, watch and join in with some of the festival fun!

Highlights include mesmerising theatre bringing staff stories to life from Show of Strength Theatre; foot-tapping live music and pop-up choirs in clinics, waiting areas and wards; the Giant Jumper created by dozens of local knitters; personal prescriptions from our Emergency Poet; and the thrilling finale of Speed Racer Derby!

We hope you will dip into our three day programme whether you're a staff member, a patient or a visitor and enjoy our hospital as a nourishing and life-enhancing local resource.

I am delighted to welcome you to the first Fresh Arts Festival. The Festival celebrates the life-enhancing public arts programme for the new Brunel building and the wide range of arts projects across the Trust including live music, singing, visual arts, crafts and staff and patient engagement projects.

The evidence base for the significance of arts in healthcare is now widely recognised as supporting positive patient outcomes and enhancing patient and staff wellbeing. Our new Brunel building gives us one of the finest healthcare spaces in Europe and the inclusion of art within the carefully designed patient environment has been an integral part of that development.

Andrea Young, Chief Executive,  
North Bristol NHS Trust

If you have enjoyed the Fresh Arts Festival and would like to support our activities into the future, you can text ARTS14 to the number 70070 with a suggested donation of £3 or visit [www.nbt.nhs.uk/support](http://www.nbt.nhs.uk/support) – thank you!

**The Giant Jumper and Big Knit Sessions**  
Costa Cafe main entrance  
11am – 3pm  
Thursday 16, Friday 17,  
Saturday 18 October  
5pm–7pm: Friday 17

Artist and 'guerrilla knitter' Ali Brown has been working with community groups, hospital staff and patients to knit The Giant Jumper which will be installed outside the main entrance to the hospital during the Festival.

There are many therapeutic benefits to knitting: it calms and relaxes and can take your mind off worries and problems; it is proven to help with pain relief; and when people knit together conversation flows and new friends are made.

Ali wants to get everyone knitting. Join her for Big Knit sessions in Costa Cafe in the main atrium during each day of the Festival.

For more information see:  
[giantjumper.wordpress.com](http://giantjumper.wordpress.com)



**The Emergency Poet**  
Outside the main entrance to the Brunel building  
11am – 3pm  
Thursday 16, Friday 17,  
Saturday 18 October

The Emergency Poet – the world's first and only mobile poetic first aid service – is a mix of the serious, the therapeutic and the theatrical.

The Emergency Poet will offer consultations inside her poet's ambulance, which will be parked at the front of the hospital.

No appointment necessary. Just turn up to find out what kind of poetic cure she will prescribe for you.



**Writer in Residence Sue Mayfield**  
Visiting wards and waiting rooms  
Thursday 16, Friday 17,  
Saturday 18 October

Author and poet, Sue Mayfield, will tour wards and waiting rooms during the Festival, asking patients and visitors "What are the things that you need, love and care about most?"

People will have the opportunity to work one-to-one with Sue to shape their ideas into a line of poetry celebrating all that is precious to them.

After you have thought of all that you need, love and care about, your poem will be transported to Spike Print in the Atrium of the Brunel building to be turned into a collective hand printed line of poetry.

If you would like to work with Sue to make your own lifeline of poetry, Tweet #freshartsfestival



**Spike Print**  
Brunel Atrium, Gate 24  
1pm–4pm  
Thursday 16, Friday 17,  
Saturday 18 October

Artist printmakers from Bristol's Spike Print Studio will hold drop-in print making workshops in the hospital Atrium throughout the Festival.

Paper making and screen printing workshops will be held on Thursday. You can try your hand at dry point etching or screen printing on Friday; and Saturday will be paper making only.

Meanwhile, poems created with writer-in-residence Sue Mayfield on wards and in waiting rooms will be delivered to the print workshop throughout the Festival, where they will be collected and printed onto a long roll of paper using a simple letter stamp process. This growing collective line of poetry will be displayed in the space throughout the Festival.

