

## **Arts + Health: Check Up Check In 2026**

### ***What's My Practice?* Workshop Options**

#### ***Workshop 1: Stories in Motion: Exploring Arts + Health Practice*** **with theatre maker Gabrielle Breathnach**

This workshop explores collaborative arts + health practice through drama-based methodologies. Drawing on care-setting experience, it combines meditation, movement, voice and storytelling to examine how gentle, participatory theatre can create safe spaces for reflection, connection and the expression of lived experience within health and care contexts.

#### ***Workshop 2: Methods for Listening: Zine-Making in Arts + Health*** **with socially-engaged artist and HSE content designer Victory Nwabu-Ekeoma**

This workshop explores zine-making as an exploratory, participatory approach within arts + health practice. Through hands-on making and collective reflection, participants will consider how zine-making as a process can support listening and shared meaning-making.

#### ***Workshop 3: Arts & Health Policy Focus Group*** **with Catherine Abbott, Arts + Health Manager, The Arts Council and Emily Boylan, Creative Health and Wellbeing lead, Creative Ireland Programme**

This focus group workshop aims to gain expert insights into the strengths, challenges, and opportunities of the Arts and Health sector to inform future development in relation to Arts Council Arts and Health policy and the forthcoming Strategy of the National Creative Arts and Health Group, a partnership between the HSE, the Department of Health (Healthy Ireland), the Department of Culture Communications and Sport (Creative Ireland Programme), and the Arts Council.

#### ***Workshop 4: The Beloved Particulars*** **Creative Writing in Arts + Health Settings, with writer Lani O'Hanlon**

*"Literature arises from an obsession with the 'blessed particulars' of reality."* (Vladimir Nabokov)

This creative writing workshop invites participants to explore how writing can emerge from the sensual and beloved particulars of everyday life: what we love, what we notice, and what makes us who we are. In a supportive, respectful space, and through simple, guided prompts, we will write, listen and explore how asking creative questions can begin to reveal a person's unique voice and way of being in the world. Participants will gain practical tools for facilitating creative expression, and a deeper understanding of how creative writing can support connection, symbolic and creative communication, reflection, and meaning-making within arts and health contexts.

#### ***Workshop 5: Soft Research*** **with visual artist John Conway**

Using *Our Spaces, Our Places*, a long term socially engaged art commission for The Alders Child Sexual Assault Unit, Connolly Hospital as a case study, John will demonstrate soft research techniques to create non-outcome driven art environments, and a space for listening and thinking anew with healthcare workers and health communities.