



Arts + Health: Check Up Check In 2026

presented by Réalta, Developing Arts + Health in Ireland
The Dock, Carrick-on-Shannon | Thursday 30 April 2026

TIME	ACTIVITY	FEATURING
9.30am	Registration & Networking	Tea/Coffee, light refreshments
10.00am	Musical Opening	Eimear Reidy, cellist
10.10am	Welcome & Setting the Scene	Claire Meaney, Director, Réalta Philip Delamere, Arts Officer, Leitrim County Council Liz O'Dowd, General Manager, The Dock
10.30am	Keynote Address: <i>The Essential Power of Creativity & Compassion in Healthcare</i>	Karrie Marshall, Artist, Author & Educator Q&A chaired by Claire Meaney, Director, Réalta
11.20am	Coffee break & networking	
11.40am	<i>Sticking Points: What to do when you get stuck</i> Three individual practitioners share challenges they have faced in their work/practice and explore possible solutions	Dr Sheelagh Broderick, Arts & Culture Lead, HSE South West Declan Kennedy, Visual Artist Olivia Hassett, Performance Artist Chaired by Emma Eager, Project Co-ordinator, Réalta
12.20pm	<i>In the Moment</i> Case Study Conversation	<i>In the Moment: Arts in Palliative Care</i> is a Waterford Healing Arts programme, managed by Réalta, on the Oak Ward of the South East Palliative Care Centre, at University Hospital Waterford. The programme is funded by Waterford Hospice Movement and delivered by the artists in partnership with the ward management and staff. <i>with</i> Caroline Schofield, Visual Artist Lani O'Hanlon, Writer Maeve Butler, Programme Mgr & Asst Director of Réalta
1.00pm	Introduction to the Arts + Health Policy & Strategy Consultation	Catherine Abbott Arts + Health Manager, The Arts Council
1.10pm	Hearty, Not Arty, Lunch	Provided by Reynold's Catering

Arts + Health: Check Up Check In 2026

TIME	ACTIVITY	FEATURING
2.10pm	<p>What's My Practice? These workshops examine methodologies employed in collaborative/ participatory arts + health practice in Ireland, across a range of artforms. <i>Workshops are selected in advance by attendees.</i></p>	<p>Workshop 1: Stories in Motion - Exploring Arts + Health Practice Gabrielle Breathnach, Theatre Maker</p>
		<p>Workshop 2: Methods for Listening: Zine-making in Arts + Health Victory Nwabu-Ekeoma, Socially-Engaged Artist & HSE Content Designer</p>
		<p>Workshop 3: Arts + Health Policy Focus Group Catherine Abbott, Arts + Health Manager, The Arts Council and Emily Boylan, Creative Health and Wellbeing Lead, Creative Ireland Programme.</p>
		<p>Workshop 4: The Beloved Particulars - Creative Writing in Arts + Health Settings Lani O'Hanlon, Writer</p>
		<p>Workshop 5: Soft Research John Conway, Visual Artist</p>
3.40pm	Comfort Break	
4.00pm	<p>YOU ARE HERE Film Screening</p>	<p><i>YOU ARE HERE</i> is an immersive project inviting patients and staff at Galway University Hospital and Merlin Park Hospitals to connect with nature through a multi-sensory experience. A collaboration with Saolta Arts, <i>YOU ARE HERE</i> is the recipient of the artsandhealth.ie Documentation Bursary 2025, funded by the Arts Council and the HSE. Introduced by Artists Yvonne Cullivan & Manuela Corbari</p>
4.20pm	Participant Voice	<p><i>In conversation</i> with a participant from Helium Arts and Trudie Gorman, Youth Participation & Engagement Co-ordinator with Helium.</p>
4.45pm	Wrap Up & Final Announcements	Claire Meaney, Director, Réalta
4.50pm	Musical Reflection	Eimear Reidy, Cellist



Photos: Paul Moore

Arts + Health: Check Up Check In is kindly funded by the Arts Council and the HSE, and supported in 2026 by Leitrim County Council and The Dock Arts Centre.