

**ALL  
EVENTS  
FREE**

well

## **Festival of Arts & Wellbeing**

**Mon 17 to Sat 22 February 2025**

Waterford Healing Arts

Waterford City & County Libraries

[www.wellwaterford.com](http://www.wellwaterford.com)



# well Well-come!

Welcome to the 12th **Well Festival of Arts and Wellbeing**, celebrating all the ways the arts make us feel good and inspire us. Our festival echoes nature's journey from winter into spring, with the evenings getting a little brighter and new life beginning to appear. We invite you, the people of Waterford, and our Well friends far and wide, to join us as we explore, reach out and make new connections each day.

**Well** is presented by Waterford City and County Library Service and Waterford Healing Arts (part of Réalta). Thanks to our tremendous funders and supporters, all of our events this year are free. Some need to be booked, so be sure to check each listing.

Join us, be creative, be social and be Well!

- From the **Well Festival team**

## Festival Partners



## Funding Partners



## Supporters



## Social Media

Front cover image:  
Detail from artwork  
by Rica Shimabukuro (Pg 4)

Facebook: @wellwaterford  
Instagram: @wellwaterford  
X: @wellwaterford

## Contents

page

Fragments of Motifs in Nature	VISUAL ART	4
Yutori	MUSIC/INSTALLATION	5
Underestimated	VISUAL ART/CRAFT	6
☞ Embrace the arts at your library	LITERATURE	7
☞ Fancy a Lift?	POETRY	8
Cuppa & Ceol Tea Party	MUSIC	9
Sounds Good 1: Alan Browne & Liam Kavanagh	MUSIC	9
Annual Réalta Keynote: Why Arts? Dr Austin O'Carroll	TALK	10
Healing Sounds	MUSIC	11
Discover & Dream (Arts + Mental Health)	TALK	12
☞ Slow Stitching: Sip & sew for wellness	CRAFT/WORKSHOP	13
Sounds Good 2: Sandra Collins	MUSIC	13
☞ Art at the Kitchen Table Studio (Dungarvan)	VISUAL ART/WORKSHOP	14
A Flake of My Soul	POETRY	14
Cór Chroí	MUSIC	15
Sounds Good 3: Damien Kehoe	MUSIC	15
☞ Art at the Kitchen Table Studio (Waterford)	VISUAL ART/WORKSHOP	16
Sounds Good 4: Jenny Burnes	MUSIC	16
Creative Communities	TALK	17
Sounds Good 5: Bill Stuart	MUSIC	18
☞ Drawing into Springtime	VISUAL ART/WORKSHOP	18
☞ Journey of Self-Discovery & Wellbeing	WORKSHOP	19
Sunshine: Sharing writings to brighten our souls	LITERATURE	19

## Wellies Festival Events for Younger Audiences

☞ Story Wave	VISUAL ART/WORKSHOP	20
☞ Dance Yourself Free	DANCE/WORKSHOP	20
Sensory Hour of Play & Creativity	VISUAL ART/MUSIC	21
Magical Stories	STORYTELLING	21
☞ Mystic Holistic	CRAFT/WORKSHOP	22
☞ Celestial Crafts	WORKSHOP	23
☞ Story Wave for Families	VISUAL ART/WORKSHOP	23

Audience feedback	24
Well Festival Partners	25
Calendar	26-27

## Event key

☞ Online Option Available	M Music	T Talk
☞ Workshop	L Literature	D Dance
	P Poetry	S Storytelling
	V Visual Art	C Craft



## V Fragments of Motifs in Nature

Rica Shimabukuro



Inspired by natural landscapes encountered during her time in Ireland, artist Rica Shimabukuro presents exquisite and intricate artworks to transport the viewer away from stress and worry into a fantasy world of wild birds, plants and movement. Rica believes that nature can be enjoyed by all, providing a sense of comfort and emotional release, while artistic representations of natural landscapes can give the exhibition space a refreshing feeling of expansiveness. The elements of this exhibition are arranged so the viewer experiences a horizontal panorama, similar to scrolls used in ancient Japanese storytelling.

Originally from Tokyo, Rica Shimabukuro is a multidisciplinary artist whose work in craft and design spans painting, textiles, fashion, jewellery, silk screen printing and photography. She lives in Sweden. <https://rs-craft.studio.site/>

University Hospital Waterford, corridor leading to Outpatients Dept  
**Mon 17 Feb – Fri 11 April 2025, 9am-6pm (excl Sat, Sun)**  
 Access subject to prevailing visitor restrictions

## V Artist Workshop with Rica Shimabukuro

Réalta/Waterford Healing Arts Centre for Arts + Health,  
 University Hospital Waterford  
**Mon 17 Feb, 1pm**  
 Adm: Free, but places limited. Booking required.  
 To book: [info@realta.ie](mailto:info@realta.ie) / 051 842664



## M Yutori

Patrick McGlynn/Dr Mindflip



*YUTORI: leeway; room; allowance; latitude; time to spare; ease*

The Well Festival is thrilled to feature this unique ambient sound art installation by Patrick McGlynn/Dr Mindflip. *Yutori* presents a unique, ever-evolving soundscape that changes depending on the day, hour and minute the listener happens upon it – a personal performance that will never repeat. Layers of intricate textures converge and diverge, melodic fragments and rippling drones combine, infusing the environment with an engaging yet subtle mood. *Yutori* has been created as an invitation to the listener to take a moment, allow themselves to be carried by the stream of sound, and create space for their own thoughts and emotions. It will be positioned in the UHW main foyer during the Well Festival, and in various public and patient spaces thereafter. Be sure to listen out for it!

Dr Patrick McGlynn is a producer, composer and sound artist working in the arts and academic sectors in Ireland. He is a passionate creator, facilitator and supporter of collaborative arts projects in Ireland and abroad. <https://drmindflip.com/>

*Yutori* was commissioned by Réalta for University Hospital Waterford.

University Hospital Waterford, Main Foyer  
**Mon 17 – Fri 21 Feb, 9am-6pm (excl Sat, Sun)**  
 Access subject to prevailing visitor restrictions





## C Underestimated

Christina Drennan



The Well Festival is delighted to present this creative exhibition by artist Christina Drennan. Showcasing the beauty and potential of often overlooked material, from waste thread cast aside by sewing machines, to wool that falls during the creation of a woven wall hanging and fabric remnants from workshops, the exhibition demonstrates how these elements have been transformed and rebirthed by Christina's skilful hands into works of art, reflecting her philosophy that nothing should be *underestimated*.

Journeying through the exhibition, it becomes clear how Christina has woven these materials into a beautiful narrative, highlighting how sustainability, creativity, and resourcefulness can combine to elevate the notion of waste into craftsmanship of significant value. Every exhibit tells a story.

Textile artist Christina Drennan is passionate about crafts and her creative journey is fueled by a deep commitment to sustainability and the art of craftsmanship. See [www.irishhandmade.ie](http://www.irishhandmade.ie)

*Index Gallery, Central Library, Lady Lane, Waterford*  
*Exhibition runs 6 - 27 February.*

**Mon-Sat, 10am-5pm (except Wed, 1pm-8pm)**

*Closed for lunch on Saturdays (1pm-2pm)*

**Exhibition launch Sat 8 Feb, 2.30pm. All welcome.**



## L Embrace the Arts at your Library



Waterford Libraries' 12 branches are a fantastic resource in the community and we at the Well Festival know that expressing ourselves through any art form makes us feel good. So, for this year's festival, Waterford library staff have again channelled their passion for the arts and curated a wonderful selection of books to celebrate the benefits of reading and encourage readers to immerse themselves in an art form of their choice. Call in to Central Library in Waterford City or Dungarvan Library, take your pick from the display of books, DVDs, audio books or magazines and get stuck in!

✎ If you can't make it in person, there are lots of online resources available here: <https://waterfordlibraries.ie/online-resources/>

*If you enjoy reading, see also page 19: Sunshine: Sharing writings to brighten our souls.*

*Central Library, Lady Lane, Waterford*

**Mon 17 – Sat 22 Feb, 10am-5pm (except Wed, 1pm-8pm)**

*Dungarvan Library, Davitt's Quay, Dungarvan, Co Waterford*

**Tues 18 – Sat 22 Feb, 10am-5pm (except Thurs, 1pm-8pm)**



## P Fancy a Lift?

Daily poetry postcards, curated by Kerrie O'Brien



A much-loved element of the Well Festival, this poetry strand from Waterford Healing Arts has been curated this year by the highly regarded poet Kerrie O'Brien, who has chosen an absorbing selection to give us a daily lift. A new poem will be shared each day with the University Hospital Waterford (UHW) community via patient meal trays and staff emails, and with the wider Well Festival audience through Waterford Libraries and online.

### *"my favourite part of the Well Festival!"*

Dubliner Kerrie O'Brien's debut collection of poetry, *Illuminate*, was published by Salmon Poetry in October 2016, made possible by a Literature Bursary from the Arts Council of Ireland. Kerrie's poetry has been featured in Cyphers, The Stinging Fly, The Irish Times, RTE Arena, Sunday Miscellany, The RTE Bookshow, The Irish Examiner and Southword, and her work has been read at literary festivals around the world. [www.kerrieobrien.com](http://www.kerrieobrien.com)

*"There is a feathery lightness to O'Brien's work. Her words give life to the human experience."* (The Irish Times)

*Fancy a Lift?* is available daily, **Mon 17 – Fri 21 Feb, from 9am at:**

- University Hospital Waterford
- Central Library, Lady Lane, Waterford
- Dungarvan Library, Davitt's Quay, Dungarvan, Co Waterford

And online from [www.wellwaterford.com](http://www.wellwaterford.com) and Well Festival social media

## M Cuppa & Ceol Tea Party

Liam Merriman



Renowned musician Liam Merriman returns to Carrickphierish Library for our Well Festival music-infused Tea Party! With Liam's extensive repertoire of songs and tunes, and some delicious, sweet treats, this is sure to be another enjoyable and memorable morning of music and song.

*Carrickphierish Library, Gracedieu Road, Bawndaw, Carrickphierish.*

**Monday 17 Feb, 10.30am-12 noon**

*Adm free, but booking essential. To book: 051 849975*

## M Sounds Good

Alan Browne & Liam Kavanagh



This daily half hour of ambient music in the hospital foyer aims to soothe the body and soul. Sounding good today are Alan Browne and Liam Kavanagh. Familiar faces to the hospital community, Alan's vocals and guitar, with Liam's viola, make for a very soothing mix.

*University Hospital Waterford (main foyer)*

*Dunmore Road, Waterford*

**Mon 17 Feb, 11am-11.30am**

*Access subject to prevailing visitor restrictions*



## T Annual Réalta Keynote: Why Arts?

Dr Austin O'Carroll in conversation with Dermot Keyes



The Well Festival partners are thrilled to welcome Dr Austin O'Carroll for the Annual Réalta Keynote Event, to talk about the significance of the arts in his life. Dr O'Carroll has been a GP in Dublin's inner city since 1997. He is passionate about improving access to quality primary healthcare for communities affected by marginalisation or deprivation. He has founded or initiated several programmes in this regard, including Safetynet, providing GP services to over 6000 marginalised patients annually throughout Ireland; GPCareforAll, a social enterprise creating new GP practices in areas of deprivation; North Dublin City GP Training Programme, to train GPs to work in communities affected by deprivation or marginalisation; and Partnership for Health Equity, a research, education, policy and service delivery collaboration. Dr O'Carroll has received many awards for his work.

Outside his medical career, Dr O'Carroll is a keen cyclist, and also represented Ireland in the 2016 Paralympics in sailing.

Dr O'Carroll will be in conversation with well-known Waterfordian Dermot Keyes, a communications specialist and author with 25 years' experience in the newspaper and broadcast industries. Away from journalism, Dermot is a highly regarded baritone who has performed across the South-East.



Réalta/Waterford Healing Arts Centre for Arts + Health,  
University Hospital Waterford

**Mon 17 Feb, 6pm**

Adm free but booking required.

To book: [info@realta.ie](mailto:info@realta.ie) / 051 842664

## M Healing Sounds



***"This has built my heart up again – I feel ready for anything now."***

Waterford Healing Arts' wonderful team of Healing Sounds musicians, trained to work in healthcare settings, bring live music to patients and residents in many different healthcare settings, brightening the day and bringing joy and connection to people, often at a difficult time in their lives. For healthcare staff, too, Healing Sounds provides an opportunity to take a short break, breathe a little more easily and connect with their patients and colleagues differently.

Healing Sounds musicians Liam Merriman, Eoin O Meachair, Alan Browne, Liam Kavanagh and Jenny Burnes will bring live music to the following settings this week:

### **Mon 17 Feb**

Oak Ward, South-East Palliative Care Centre\*

### **Tues 18 Feb**

- Medical Wards 3 & 5 (Elder Care), University Hospital Waterford
- Cherry Ward (Oncology), University Hospital Waterford

*These Healing Sounds sessions are private events for patients, their families and staff, and are subject to prevailing hospital guidelines.*

*\*Healing Sounds sessions in the South-East Palliative Care Centre are kindly funded by Waterford Hospice*





## T Discover & Dream

A conversation about Arts + Mental Health



Artists, healthcare professionals and arts managers working in arts and mental health are invited to join this conversation, facilitated by mental health professional Paula Lowney. With the aim of fostering collaboration and learning, this is an opportunity to share practice, news and any challenges participants may be encountering, in a supportive and welcoming space.

Paula Lowney originally trained as an occupational therapist. As an OT and through her many roles in healthcare since – including therapeutic, service reform, health promotion and improvement – she has consistently championed the arts and its capacity to leverage transformation for individuals, organisations and the wider community.



*This event is a collaboration between the Well Festival of Arts & Wellbeing and West Cork Feel Good Festival.*

Realta/Waterford Healing Arts Centre for Arts + Health,  
University Hospital Waterford  
**Tues 18 Feb, 10am-12 noon**  
Adm free, but registration essential  
To book: [info@realta.ie](mailto:info@realta.ie)/ 051 842664



## C Slow Stitching

Sip & sew for wellness with Christine Drennan



Discover the ancient art of mark making through needle, thread and fabric with Christina Drennan. Experience the joy of bringing beautiful designs to life, letting the thread guide your imagination. Reserve your spot today and take home your beautiful creation! For more about Christina, see [www.irishhandmade.ie](http://www.irishhandmade.ie). See also p.6, *Underestimated*.

Central Library, Lady Lane, Waterford

**Tues 18 Feb, 10am-12.30pm**

Adm free, but places limited. Booking essential: 051 849975

## M Sounds Good

Sandra Collins



This daily half hour of ambient music aims to gently relax the mind and body, so we invite you to pause and listen for a few moments. Sounding good today is the wonderful Sandra Collins, who will spirit you away with velvety recorder sounds that seem to come from another world.

University Hospital Waterford (main foyer),  
Dunmore Road, Waterford

**Tues 18 Feb, 11am-11.30am**

Access subject to prevailing visitor restrictions



**V** **Art at the Kitchen Table Studio**

**Dungarvan**



Artist Eilis O'Toole makes art with older people in their own homes in West Waterford, as part of the Art at the Kitchen Table programme. Having completed three individual sessions at home, each person is then invited to join the Studio, a weekly workshop where they can continue making art and meet new friends in a relaxed group setting.

*Old Market Arts Centre, Dungarvan, Co Waterford*  
**Tues 18 Feb**  
*Private event*

**M** **Cór Chroí**

**HSE Staff Choir**

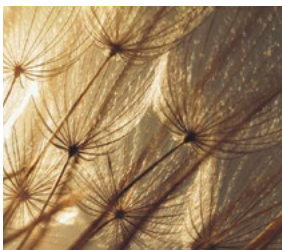


Since forming in 2023, Cór Chroí has grown from a handful of hesitant warblers to a choir of confident, joyous voices. Come and shake off the day to this wonderful selection of uplifting songs and warm, friendly smiles.

*University Hospital Waterford (main foyer),  
Dunmore Road, Waterford*  
**Tues 18 Feb, 5.15pm**  
*Access subject to prevailing visitor restrictions*

**P** **A Flake of My Soul**

**Poetry launch**



Join us for the launch of this moving collection of poems by the Friday Writers Group. These poems emerged from a project facilitated by poet Lani O'Hanlon, with Senior Occupational Therapist Eileen Byrne. Themes of community, identity and belonging were explored through creative writing. The project took place at Réalta/ Waterford Healing Arts Centre for Arts + Health, supported by Creative Waterford.

*Central Library, Lady Lane,  
Waterford*  
**Tues 18 Feb, 2pm**  
*Adm free - All welcome*

**M** **Sounds Good**

**Damien Kehoe**



This daily half hour of ambient music aims to soothe the body and soul, so we invite you to slow down and enjoy a few minutes of feelgood music. Sounding good today is guitarist, singer, composer and choral director Damien Kehoe, who will gently ease you into your coffee break.

*University Hospital Waterford (main foyer),  
Dunmore Road, Waterford*  
**Wed 19 Feb, 11am-11.30am**  
*Access subject to prevailing visitor restrictions*





## V Art at the Kitchen Table Studio

Waterford

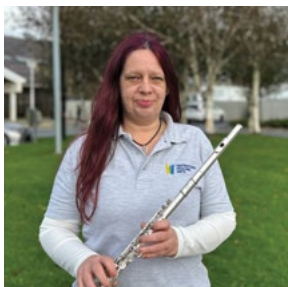


Artist Caroline Schofield makes art with older people in their own homes in Waterford City, as part of the Art at the Kitchen Table programme. Having completed three sessions at home, each person is then invited to join the Studio, a weekly workshop, from where beautiful art and gales of laughter emerge each Wednesday morning.

*Realta/Waterford Healing Arts Centre for Arts + Health,  
University Hospital Waterford  
Wed 19 Feb  
Private event*

## M Sounds Good

Jenny Burnes



This daily half hour of ambient music aims to soothe the body and soul, so we invite you to pause for a few minutes of relaxing music. Sounding good today is flautist Jenny Burnes, whose beautiful tones will ease tense shoulders and cause an outbreak of smiles around the hospital foyer.

*University Hospital Waterford (main foyer)  
Dunmore Road, Waterford  
Thurs 20 Feb, 11am-11.30am  
Access subject to prevailing visitor restrictions*

## T Creative Communities



Following the success of this event in recent years, the Well Festival partners, together with the Creative Ireland Waterford programme, are delighted to present a getting-to-know-you gathering to explore arts and wellbeing in Waterford. Showcasing the work of local creative organisations, individuals and community service providers, this event aims to foster collaboration and spark new initiatives. Presentations will be followed by the opportunity to ask questions, meet the speakers and make connections.

*Open to all, but particularly relevant to anyone working, or interested in getting involved in the arts in Waterford City and County.*

*WCQ Place, 17-18 O'Connell St,  
Waterford  
Thurs 20 Feb, 4.00pm  
Adm free, but registration essential.  
To register: [www.eventbrite.ie](http://www.eventbrite.ie)*





## M Sounds Good

Bill Stuart



On our final day of Sounds Good, we invite you to pause and enjoy some delicious ambient music. Sounding good today is Bill Stuart, guitarist, singer and composer from Waterford, who captivates audiences wherever he performs.

*University Hospital Waterford (main foyer)  
Dunmore Road, Waterford  
**Fri 21 Feb, 11am-11.30am**  
Access subject to prevailing visitor restrictions*

## V Drawing into Springtime



Kate Murphy



A wonderful way to focus the mind, drawing also eases us away from the clamouring noise of our everyday thoughts. In this relaxed workshop, artist Kate Murphy will gently lead participants through the basics of drawing. Participants will then learn how to use line, tone and mark-making to create beautiful, simple images of spring flowers.

*Realta/Waterford Healing Arts Centre for Arts + Health,  
University Hospital Waterford  
**Fri 21 Feb, 1pm-2.30pm**  
Adm free, but places limited, registration essential.  
To register: 051 842664 / info@realta.ie*

## V Journey of Self-Discovery & Wellbeing



Step into a peaceful, tranquil space where you can escape the stresses of everyday life. Using arts and crafts to free your imagination, this creative workshop will uncover a serene centre within yourself, ignite your inner spark and leave you feeling rejuvenated and inspired.

*Central Library, Lady Lane, Waterford  
**Fri 21 Feb, 2.30pm-3.30pm**  
Adm free, but places limited. Booking essential: 051 849975*

## L Sunshine: Sharing writings to brighten our souls



We love to gently close the Well Festival with our annual celebration of uplifting writing. Join us for this friendly evening of poetry and song, and let the inspirational words of our audience's favourite writers send you off with a pep in your step. With wonderful Catherine Drea as MC and sublime musician Bill Stuart. Kindly sponsored by The Book Centre, Waterford.

*Sunshine is inspired by Eeyore in AA Milne's Winnie the Pooh when he says 'It never hurts to keep looking for sunshine'.*

*The Book Centre, Waterford  
**Fri 21 Feb, 6pm**  
Free but ticketed. To book: [www.eventbrite.ie](http://www.eventbrite.ie)*

## V STORY WAVE



Artist Eilis O'Toole invites children on the Paediatric Ward, and their parents / caregivers, to free their imagination and ride their story's wave through the absorbing world of folded book art. All will be revealed!

Paediatric Ward, University Hospital Waterford  
**Mon 17 & Wed 19 Feb, 2pm-4pm**  
 Private event

## D DANCE YOURSELF FREE!

Energising dance workshop for teens



Connect to your inner divine with self-love in this workshop with Sinéad Gould. Let yourself go with energising dance, somatic movement, relaxing breathing techniques and meditation. Multi-skilled Sinéad is an energetic, creative performer, producer, dance teacher/mentor and breathwork instructor.

Central Library,  
 Lady Lane, Waterford  
**Tues 18 Feb, 2.30pm-4.30pm**  
 Adm free, places limited.  
 Booking essential: 051 849975  
 Suitable for 15-18 yrs

## M V SENSORY HOUR OF PLAY & CREATIVITY



In this special Well Festival *Sensory Hour of Play & Creativity* with St Bridget's Inner-City Parent & Toddler Group, the small ones will have fun with musical instruments, colouring and sensory toys to inspire creativity in a safe and sociable space.

Central Library, Lady Lane, Waterford  
**Wed 19 Feb, 10.30am-11.30am**  
 Adm free, all welcome. Suitable for 0-3yrs

## S MAGICAL STORIES



Storyteller Joe Brennan brings magic and wonder to children and their families on the Paediatric Ward through his captivating storytelling sessions. Drawing from his vast repertoire of folktales and stories, Joe gently offers everyone the chance to lose themselves in their imaginations for the afternoon.

Paediatric Ward, University Hospital Waterford  
**Thurs 20 Feb, 2pm-3pm**  
 Private event



## MYSTIC HOLISTIC: NATURE CRAFTS & MINDFULNESS



Join artist Claire O'Sullivan for a vibrant workshop of creative wild art and crafts, using materials from Mother Nature. This wonderful event will include mindfulness practices to support wellness, with lots of fun thrown in!

Central Library, Lady Lane, Waterford

**Thurs 20 Feb, 1.00pm**

Adm free, places limited, booking essential: 051 849975

Suitable for 8-12 yrs

Mystic Holistic also takes place later the same day at

Carrickphierish Library, Gracedieu Road, Bawndaw, Carrickphierish

**Thurs 20 Feb, 3.00pm**

Adm free, places limited, booking essential: 051 849975

Suitable for 8-12 yrs

## CELESTIAL CRAFTS



Join our Celestial Crafts workshop as we embark on a journey of creativity and mindfulness, crafting Sun, Moon and Star paper constellations. Let your imagination soar as we explore the wonders of the universe through our artistic creations.

Central Library, Lady Lane, Waterford

**Fri 21 Feb, 10am-11am**

Adm free but booking essential. To book: 051 849975

Suitable for ages 4-7yrs.

Children must be accompanied by a parent or guardian.

## STORY WAVE FOR FAMILIES



Artist Eilis O'Toole invites children and their parents / caregivers, to free their imagination and ride their story's wave through the fascinating and absorbing world of folded book art. With everyone working alongside each other, all will be revealed!

Réalta/Waterford Healing Arts Centre for Arts + Health,  
University Hospital Waterford

**Sat 22 Feb, 10am-11.30am**

Adm free, booking required: [info@realta.ie](mailto:info@realta.ie) / 051 842664

For healthcare staff & their families (5yrs+).

### We'd love to hear from you!

You, our audience, are the reason we organise the Well Festival every year, so we'd really like to find out a little more about your thoughts on the festival. Please take a moment to read the questions below and send your answers to us by email, post or online via the QR code below.

1. How did you hear about the Well Festival?
2. Do you like to have a printed brochure, or do you read about the Well Festival online, or both?
3. Are you going to / did you go to any of this year's events?  
If so, which one(s)?
4. What kind of events are you interested in?  
*For example, workshops, talks, performances, exhibitions, Wellies...*
5. Which artform(s) are you interested in?  
*For example, art, theatre, music, film, dance, writing (poetry/prose), storytelling...*
6. How do you think we could improve the Well Festival?
7. Anything else you'd like to add?

Please send your responses to us by **1st March**.

**By email to:** [info@realta.ie](mailto:info@realta.ie) with 'Well Festival Feedback' in the subject line

**Online using the QR code below OR by post to:**

The Well Festival of Arts & Wellbeing  
c/o Réalta/Waterford Healing Arts Centre for Arts + Health  
University Hospital Waterford  
Dunmore Road  
Waterford  
X91 ER8E

All responses will be entered into a draw and the first entry pulled out after 1st March will receive a €50 gift card from The Book Centre, Waterford. Please include your contact details if you would like to be entered into the draw.



### About Waterford Libraries



Waterford Libraries welcomes everyone to come and experience our warm, welcoming and free-to-use public library community spaces. Library membership is free and creating an account is easy! You can join online or visit your local library and join at the desk.

Visit our website <https://waterfordlibraries.ie> for more information.



### About Waterford Healing Arts



Originally Waterford Healing Arts Trust (WHAT), in 2023 we officially became Réalta, the national organisation dedicated to developing arts and health in Ireland. WHAT was rebranded the Waterford Healing Arts programme, part of Réalta, and continues to bring the arts to the bedside of patients at UHW and other healthcare settings.



[www.realta.ie](http://www.realta.ie)  
[www.waterfordhealingarts.com](http://www.waterfordhealingarts.com)

## MONDAY 17 FEBRUARY

9am-6pm	Fragments of Motifs in Nature <b>VISUAL ART</b> (p4)
9am-6pm	Yutori <b>MUSIC/INSTALLATION</b> (p5)
↘ 9am-	Fancy a Lift? (1) <b>POETRY</b> (p8)
10am-5pm	Underestimated <b>VISUAL ART/CRAFT</b> exhibition (p6)
↘ 10am-5pm	Embrace the arts at your library <b>LITERATURE</b> (p7)
10.30am-12noon	Cuppa & Ceol Tea Party <b>MUSIC</b> (p9)
11am-11.30am	Sounds Good with Alan Browne & Liam Kavanagh <b>MUSIC</b> (p9)
1pm-2.30pm	Artist Workshop with Rica Shimabukuro <b>VISUAL ART/WORKSHOP</b> (p4)
2pm-4pm	<b>STORY WAVE</b> (1) <b>VISUAL ART/WORKSHOP</b> (p20)
6pm-7.30pm	Healing Sounds (1) <b>MUSIC</b> (p11)
6pm-7pm	Annual Réalta Keynote: Why Arts? <b>TALK</b> (p10)

## TUESDAY 18 FEBRUARY

9am-6pm	Fragments of Motifs in Nature <b>VISUAL ART</b> (p4)
9am-6pm	Yutori <b>MUSIC/INSTALLATION</b> (p5)
↘ 9am-	Fancy a Lift? (2) <b>POETRY</b> (p8)
10am-5pm	Underestimated <b>VISUAL ART/CRAFT</b> exhibition (p6)
↘ 10am-5pm	Embrace the arts at your library <b>LITERATURE</b> (p7)
10am-12noon	Discover & Dream (arts + mental health) <b>TALK</b> (p12)
10am-12.30pm	Slow Stitching <b>CRAFT</b> WORKSHOP (p13)
11am-11.30am	Sounds Good with Sandra Collins <b>MUSIC</b> (p13)
11.30am-1pm	Art at the Kitchen Table Studio (Dungarvan) <b>VISUAL ART/WORKSHOP</b> (p14)
2pm-3pm	A Flake of My Soul launch <b>POETRY</b> (p14)
2.30pm-4pm	Healing Sounds (2) <b>MUSIC</b> (p11)
2.30pm-4.30pm	<b>DANCE YOURSELF FREE!</b> <b>DANCE/WORKSHOP</b> (p20)
5.15pm	Cór Chroí <b>MUSIC</b> (p15)
6pm-7.30pm	Healing Sounds (3) <b>MUSIC</b> (p11)

## WEDNESDAY 19 FEBRUARY

9am-6pm	Fragments of Motifs in Nature <b>VISUAL ART</b> (p4)
9am-6pm	Yutori <b>MUSIC/INSTALLATION</b> (p5)
↘ 9am-	Fancy a Lift? (3) <b>POETRY</b> (p8)
↘ 10am-5pm	Embrace the arts at Dungarvan Library <b>LITERATURE</b> (p7)
10.30am-11.30am	<b>SENSORY HOUR OF PLAY &amp; CREATIVITY</b> <b>VISUAL ART/MUSIC</b> (p21)
11am-11.30am	Sounds Good with Damien Kehoe <b>MUSIC</b> (p15)
11am-12.30pm	Art at the Kitchen Table Studio (Waterford) <b>VISUAL ART/WORKSHOP</b> (p16)
1pm-8pm	Underestimated <b>VISUAL ART/CRAFT</b> exhibition (p6)
↘ 1pm-8pm	Embrace the arts at Central Library <b>LITERATURE</b> (p7)
2pm-4pm	<b>STORY WAVE</b> (2) <b>VISUAL ART/WORKSHOP</b> (p20)

## THURSDAY 20 FEBRUARY

9am-6pm	Fragments of Motifs in Nature <b>VISUAL ART</b> (p4)
9am-6pm	Yutori <b>MUSIC/INSTALLATION</b> (p5)
↘ 9am-	Fancy a Lift? (4) <b>POETRY</b> (p8)
10am-5pm	Underestimated <b>VISUAL ART/CRAFT</b> exhibition (p6)
↘ 10am-5pm	Embrace the arts at Central Library <b>LITERATURE</b> (p7)
11am-11.30am	Sounds Good with Jenny Burnes <b>MUSIC</b> (p16)
1pm	<b>MYSTIC HOLISTIC AT CENTRAL LIBRARY</b> WORKSHOP (p22)
↘ 1pm-8pm	Embrace the arts at Dungarvan Library <b>LITERATURE</b> (p7)
2pm-3pm	<b>MAGICAL STORIES</b> <b>STORYTELLING</b> (p21)
3pm	<b>MYSTIC HOLISTIC AT CARRICKPHIERISH LIBRARY</b> WORKSHOP (p22)
4pm	Creative Communities <b>TALK</b> (p17)

## FRIDAY 21 FEBRUARY

9am-6pm	Fragments of Motifs in Nature <b>VISUAL ART</b> (p4)
9am-6pm	Yutori <b>MUSIC/INSTALLATION</b> (p5)
↘ 9am-	Fancy a Lift? (5) <b>POETRY</b> (p8)
10am-5pm	Underestimated <b>VISUAL ART/CRAFT</b> exhibition (p6)
↘ 10am-5pm	Embrace the arts at your library <b>LITERATURE</b> (p7)
10am-11am	<b>CELESTIAL CRAFTS</b> WORKSHOP (p23)
11am-11.30am	Sounds Good with Bill Stuart <b>MUSIC</b> (p18)
1pm-2.30pm	Drawing into Springtime <b>VISUAL ART/WORKSHOP</b> (p18)
2.30pm-3.30pm	Journey of Self-Discovery & Wellbeing WORKSHOP (p19)
6pm-7pm	Sunshine: sharing writings to brighten our souls <b>LITERATURE</b> (p19)

## SATURDAY 22 FEBRUARY

10am-5pm	Underestimated <b>VISUAL ART/CRAFT</b> exhibition (p6)
↘ 10am-5pm	Embrace the arts at your library <b>LITERATURE</b> (p7)
10am-11.30am	<b>STORY WAVE FOR FAMILIES</b> <b>VISUAL ART/WORKSHOP</b> (p23)

Please follow page references for event details and venues.

## Key

- ↘ Online Option Available
- 2pm-4pm Events for younger audiences

Overleaf image:  
Dance Yourself Free!  
with Sinéad Gould (pg 20)



