

End of Year Newsletter 2019



As another year ends, we wanted take a look back at **ArtSIG highlights** of 2019 (round-robin style), and consider what you might want us to do and be next year.

Firstly, Peter MacRae and TBS Balamurali came to the end of their time as founding Chairs of Arts SIG in **Spring**. Aren't we glad they set this up for us all? Luckily they're still on our committee, which brings me on to introducing you to our current team following our reshuffle!

Executive Committee

Hannah Ali - Interim Chair

Arabo Shahenian - Financial Officer

Rosemary Sedgwick - Secretary

Alan Baban - Communications

Stephen Ginn - Events/Art of Psychiatry link

Shirin Pezeshgi - Liaison Lead

TBS Balamurali - Exhibitions Lead

Peter MacRae - Technology Lead

Tiago Costa - Graphic Design

Stephen Sandford - Co-opted Allied Professionals Link

Rachel Proctor - Trainees Link

In **April**, we collaborated with The Art of Psychiatry to run a fantastic day of talks by poets, academics and artists as part of our annual conference.

In **July**, TBS Balamurali curated an art exhibition 'The Liminal Space' at International Congress and received fantastic submissions from you which you can still see here -

> <https://www.rcpsych.ac.uk/members/special-interest-groups/arts-psychiatry/art-exhibition>



In **August**, our twitter account was born! Follow us @rcpsychartsig

In **October**, we got a new logo (see above) designed by the brilliant Tiago Costa, who also does all our other graphics such as the posters for our events.

In **November**, (and we can't take credit for any involvement in this but it is important in the Arts and Health World) a scoping review was published by WHO Europe on the evidence for arts in health and wellbeing. You can catch it here -> <http://www.euro.who.int/en/publications/abstracts/what-is-the-evidence-on-the-role-of-the-arts-in-improving-health-and-well-being-a-scoping-review-2019>

And **next week** we are running photography & creative expression workshops with Daniel Regan and Antonia Attwood on **11th December** which you must try and get to. No prior experience or "artistic skills" are required. Link here -

> <https://www.rcpsych.ac.uk/events/conferences/detail/2019/12/11/default-calendar/photography-mental-health-and-creative-expression-arts-sig-conference>

**PHOTOGRAPHY,
MENTAL HEALTH
AND
CREATIVE
EXPRESSION**

Join artists Daniel Regan and Antonia Attwood to learn about their creative arts practices in mental health and their work in social prescribing, and participate in 2 workshops on mindful making.

**Arts SIG and
Art of Psychiatry Society
speaker event
and workshop
RCPsych
11 December 2019
13.00 – 16.30
Lunch included**

RTS SIG
The RC Psych Arts and Psychiatry
Special Interest Group

Next year, we have an evening of short films hopefully coming your way in **March** and our next whole day conference in **May**. We also hope to run a creative writing prize and another exhibition.

We'd like to hear from you about what you'd like us to do and be as a SIG. Please let us know here -> <https://www.surveymonkey.com/r/7GHYRXM>

And finally, in the spirit of end of year lists, I asked some of our committee what their **“best piece of art”** was this year. Most of us cheated and gave more than one answer:

Alan

Literature: Laszlo Krasznahorkai's 'Baron Wenckheim's Homecoming'

Music: Oren Ambarchi – 'Simian Angel'

Live music: Oren Ambarchi playing 'Hubris' at Café Oto, Hackney.

Bala

Theatre: "'Admissions' at Trafalgar Studios – a play about the university admissions process in the US. Through humour and sharp writing it demonstrated how we're all really struggling to find a place and comprehend how others see us, and it exposed liberal hypocrisy without being offensive or preaching. I think that's what art is about – to hold a mirror up to us, without telling us what to think or feel."

Hannah

Film: 'Monos'

Live Music: Big Thief playing 'Not' at the Roundhouse, Camden.

Theatre: 'Catching Comets' by Ransack Theatre.

Shirin

Art: "My favourite piece of art this year was a construction by Anthony Gormley at the Royal Academy of Art."

Stephen G

Film: "I watched 'Apollo 11', 'Midsommar' and 'The Grand Budapest Hotel' in the last 6 months, all of which were very satisfying in their own separate ways."

Tiago

Film: "The first thing that comes to my mind is 'A dog called money,' the Seamus Murphy film which made me go back and listen to 'Is This Desire.' I do like PJ Harvey."

I hope you enjoy the festive season and we look forward to 2020!

Hannah Ali

Interim Chair