

The Impact of Art Therapy on Health

The opening of an exhibition of paintings by the clients of Gillian McFarland, Art therapist / Artist in Residence at Murray Royal Hospital at SDHI Offices, University of Dundee, Airlie Place



From L to R - Liz Meeke and David Wallace (Artists);
Gillian McFarland (Art Therapist)

Art Angel

The opening of an exhibition of work by Art Angel, a project providing opportunities for people with experience of mental health difficulties to get involved in a wide spectrum of arts based activities as a means of self-expression and empowerment, building confidence and self-esteem to create and sustain a powerful voice in the community.

Art Competition Prizegiving

The winners of an art competition organised by the Social Dimensions of Health Institute at the Universities of Dundee and St Andrews were presented with their prizes on Monday July 3, 2006 at University of Dundee, Tower Building Reception.



Contestants submitted various forms of art on the theme of "Health". Five winners received book tokens for their entries.

Winner of the adult section was Joyce Wilkinson from Cupar, with three separate pieces which hung together form a triptych looking at mental health. They are entitled "Depression", "Mania" and "Wellbeing". Runner up was Jay Mackinnon from Kingsbarns in Fife, with a submission entitled "The Vital Force" - a series of 3 photographs.



Karen Munro, Research Manager at the SDHI, said, "SDHI aims is to encourage collaboration between the Universities of Dundee and St Andrews on social issues related to health. Although we focus mainly on research, we like to encourage all types of activity to improve peoples sense of wellbeing and obviously art is a good example. We have held several exhibitions of art works in our offices in Airlie Place, Dundee in collaboration with Art Angel and with Gillian McFarland, Art Therapist. We currently have an exhibition by Kenny Wilkie, one of Gillian's clients."

As senior judge Gillian McFarland was delighted with the standard of the entries and she said, "Competitions of this sort encourage social links in the workplace and beyond which really helps build a sense of health and wellbeing."