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 tryptica 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.









In the children's section brothers Glen (10) and Ross (7) Gauld from Letham, Angus, were awarded joint first place with separate submissions focussing on healthy eating. Both pieces were created using vegetables and fruit to print. Glen's entry was entitled "5 a day" and Ross's "Healthy Eating". The brothers took time out from another healthy activity to attend the prize giving - they are currently taking part in the Institute of Sport and Exercise's children's summer activity programme.





A special prize was also awarded to LUNA and Dr Hester Parr, Dept of Geography, University of Dundee, for a DVD entitled "Recovering Lives: mental health, gardening and the arts". LUNA is an arts and mental health group associated with Art Angel, a unique Arts Advocacy Project based at Dundee Rep Theatre.



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."