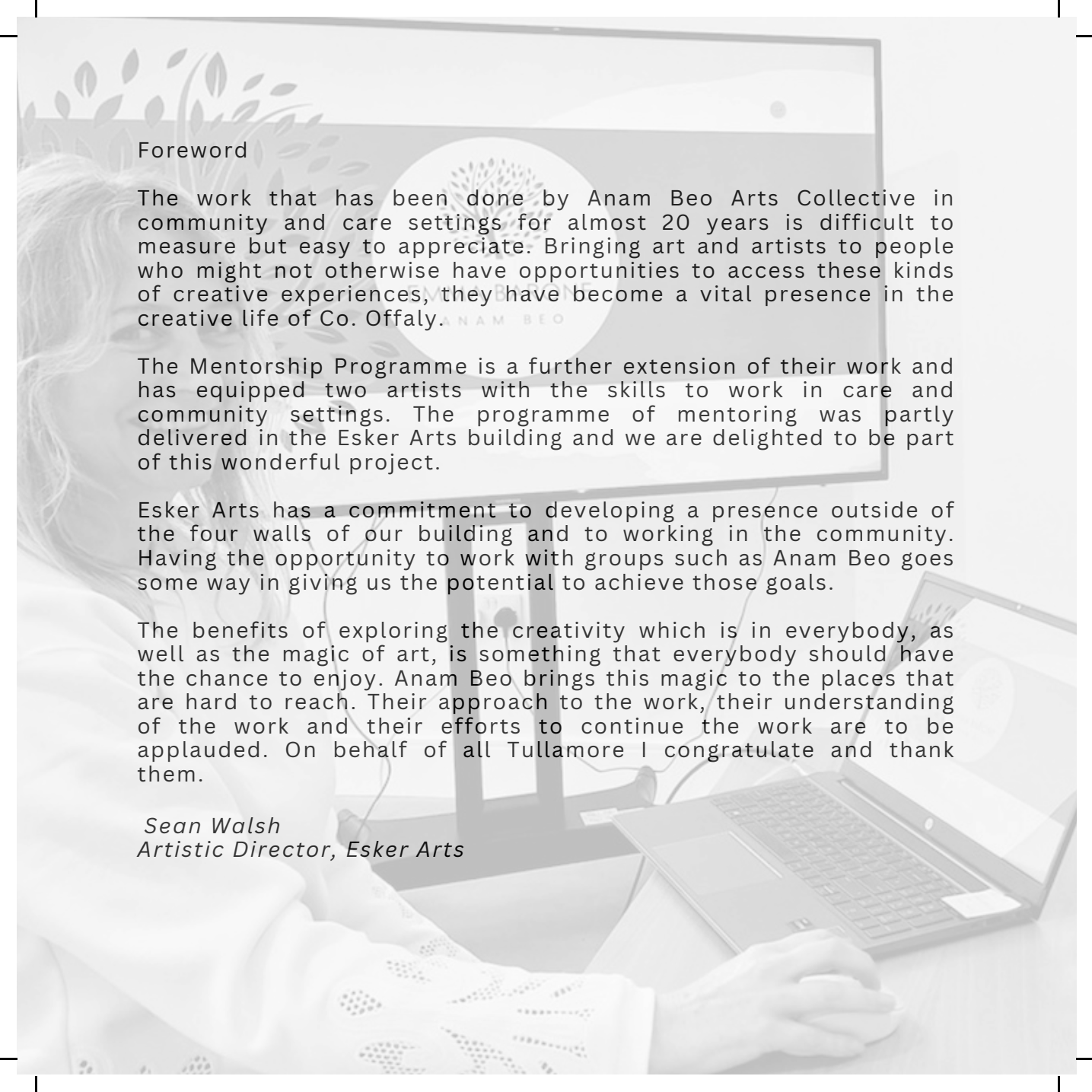


TOGETHER WE CREATE



## Foreword

The work that has been done by Anam Beo Arts Collective in community and care settings for almost 20 years is difficult to measure but easy to appreciate. Bringing art and artists to people who might not otherwise have opportunities to access these kinds of creative experiences, they have become a vital presence in the creative life of Co. Offaly.

The Mentorship Programme is a further extension of their work and has equipped two artists with the skills to work in care and community settings. The programme of mentoring was partly delivered in the Esker Arts building and we are delighted to be part of this wonderful project.

Esker Arts has a commitment to developing a presence outside of the four walls of our building and to working in the community. Having the opportunity to work with groups such as Anam Beo goes some way in giving us the potential to achieve those goals.

The benefits of exploring the creativity which is in everybody, as well as the magic of art, is something that everybody should have the chance to enjoy. Anam Beo brings this magic to the places that are hard to reach. Their approach to the work, their understanding of the work and their efforts to continue the work are to be applauded. On behalf of all Tullamore I congratulate and thank them.

*Sean Walsh*  
*Artistic Director, Esker Arts*



“Even though there were some challenges to negotiate, the whole group had a positive experience. The artistic journey unfolded across two vibrant Anam Beo placements, each fostering a unique and creative exploration. ”

*Emma Barone*





## Introduction

This mentorship programme was supported by The Arts Council's Capacity Building scheme and focused on mentoring artists who wished to work with socially inclusive arts engagements that encourage voice, visibility, and creative activity. We were pleasantly surprised by the number of applicants and selected two artists at different stages of their careers, Emma Barone and Bronagh Tully.

The artists were based in one residential and two community care settings, mentored with one-to-one guidance at Esker Arts, online and within the centres in collaboration with staff; using the Anam Beo Creative Charter for individuals, care staff and groups. A shared online accessible workspace was established to provide best practice info, support documents, worksheets, guides and power point.

The mentoring was delivered using a process of advice & reflection to exchange information and experiences whilst also learning a range of social arts engagement processes.

This Arts Council award has allowed us to be able to continue our projects at community and care settings, to develop and value a growing network of artists who will provide progress and access to creative engagements through arts & health practices in the Midlands.

We would like thank Esker Arts for accommodating our mentoring sessions, all the staff and participants that took part at Riada Community and Nursing Unit and the Irish Wheelchair Association in Ballinagar.

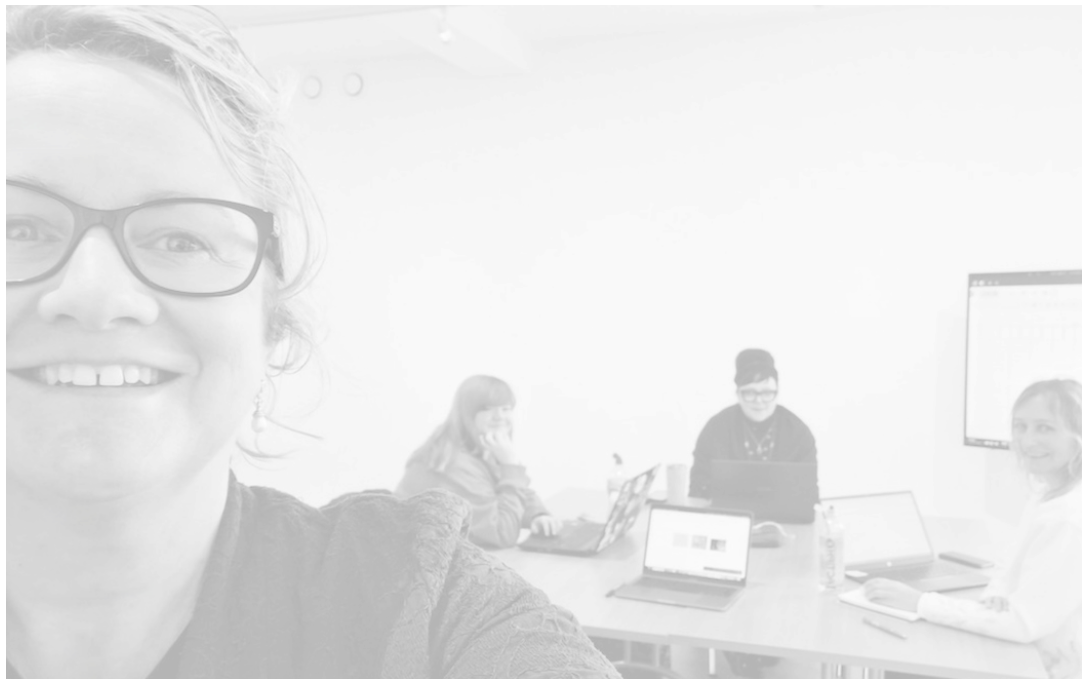




Welcome @b.r.o.n.a.g.h and @emmabarone as new members of our team, sharing skills and knowledge to deliver Anam Beo's Arts Collective and programme in care and community settings in Offaly.

In preparation for our 20th Anniversary in 2025 we are now busy on our new HSE projects at Ofalia, Riada , Birr Community and Nursing Units and Clara Day Care along with a large Creative Ireland project and a future Green Realm Project for our community in collaboration with Esker Arts!

*Rowena Keaveny & Julie Spollen*  
*anambeoartscollective.com*





"I wasn't sure what I was supposed to be doing but I did it anyway  
and it turned out well in the end"

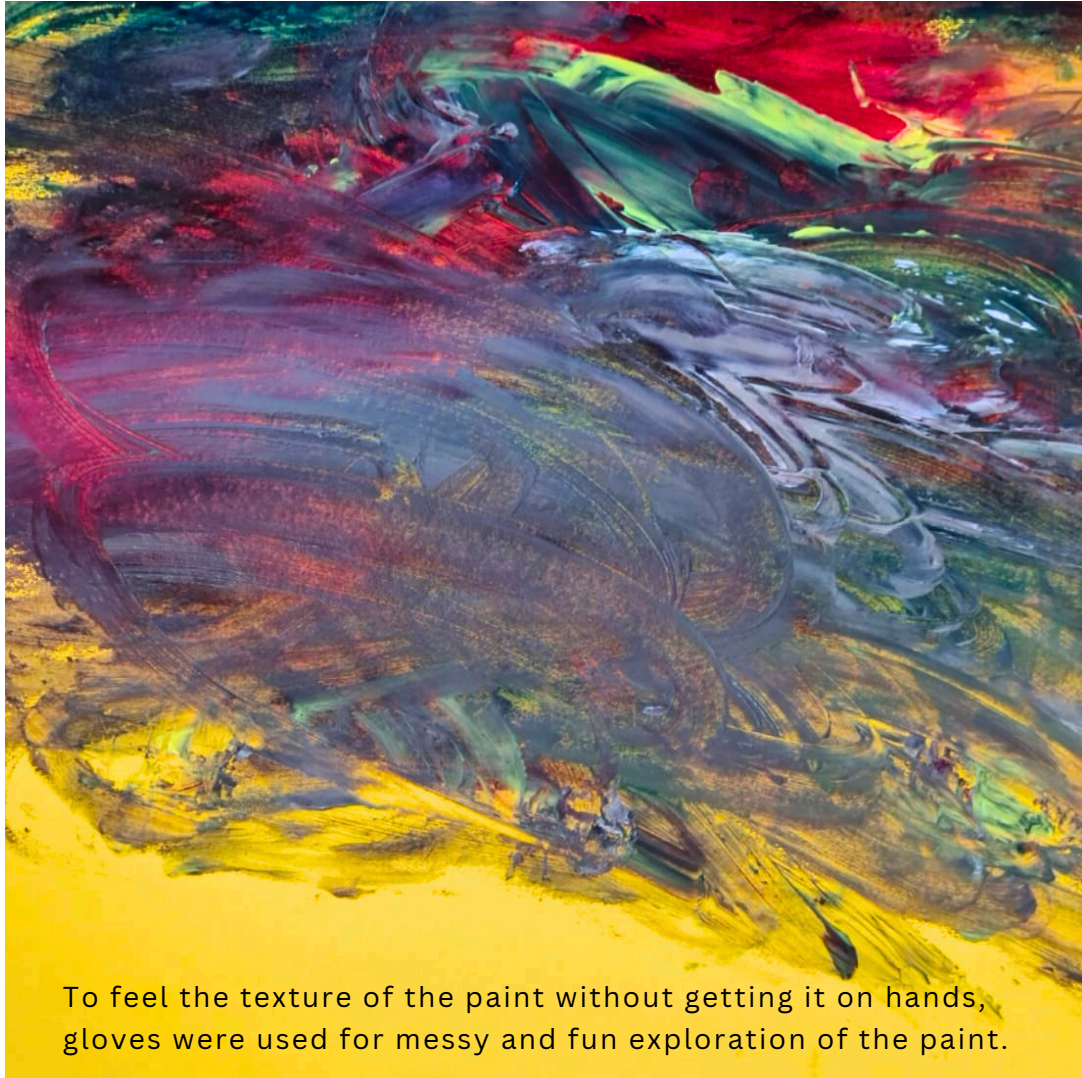
*Tom Kilmurray*







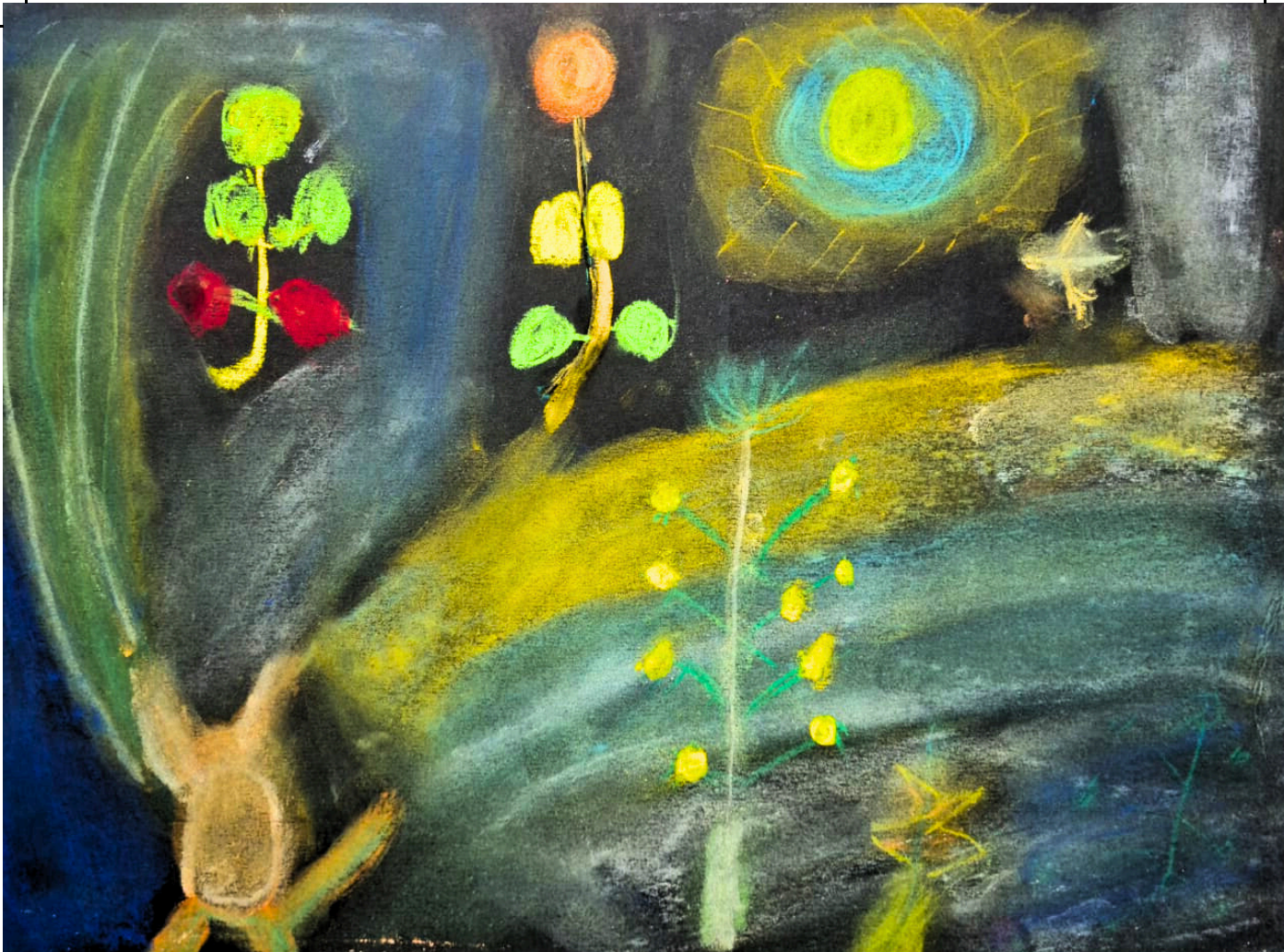




To feel the texture of the paint without getting it on hands, gloves were used for messy and fun exploration of the paint.







“At Riada House, we delved into artistic expression as a collective, our group dynamics, a rich tapestry of ideas and backgrounds.”

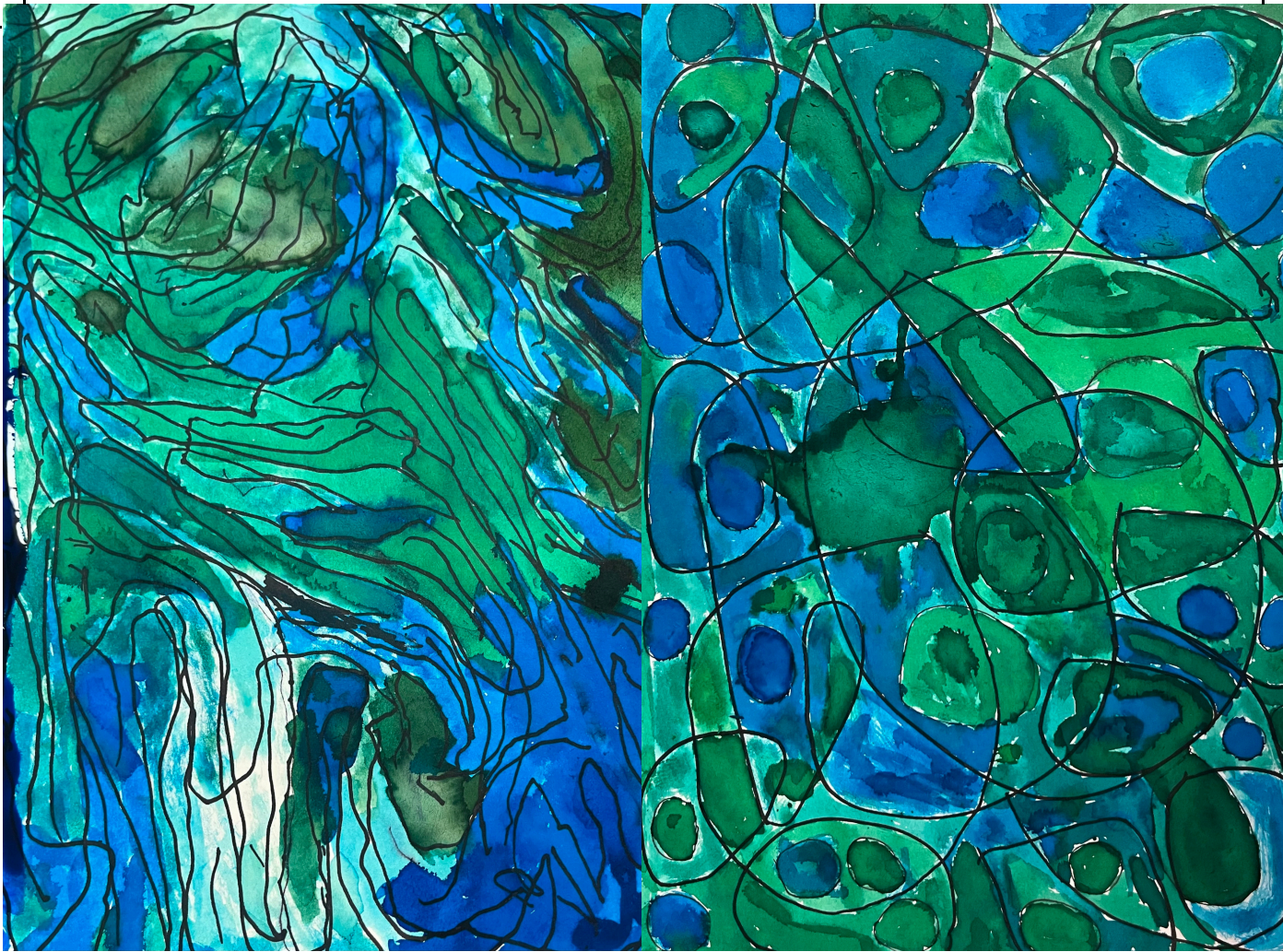






With contrasting settings, our time together was a shared voyage of discovery and testament to the power of artistic expression in fostering connection and growth within care & community settings.





The IWA placement provided a space for unique explorations, allowing participants delve into their own creative voices.



“Sometimes  
I’m tired but  
I like to  
paint, it’s  
good to  
paint”  
*Marie*



“I like the  
colour red,  
pink,  
we are all  
good  
at this”

*Josie*





“It’s otherworldly, just painting what you feel.”





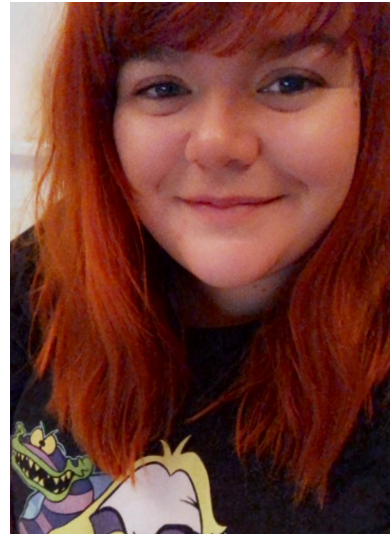
“I liked the texture and the colours of the chalk pastels.”

**Emma Barone** is a published artist recognised for her contemporary visual art, specialising in vibrant still life, abstract and landscape acrylic paintings on canvas. Emma has achieved recognition through 22 solo exhibitions, numerous group shows and co-created two books with writer/poet Eileen Casey. Emma Barone's diverse artistic journey is complemented by various educational pursuits. She's currently pursuing a Professional Postgraduate Diploma in Arts and Health at NCAD. In 2022/23, she completed a Professional Diploma in Expressive Arts at ICPPD. Her impact extends beyond the studio, with her work gracing private and public collections, including The Irish Hospice Foundation, Midlands Regional Hospital, Offaly County Council, Tullamore DEW Visitors Centre, and The Amsterdam World Trade Centre.

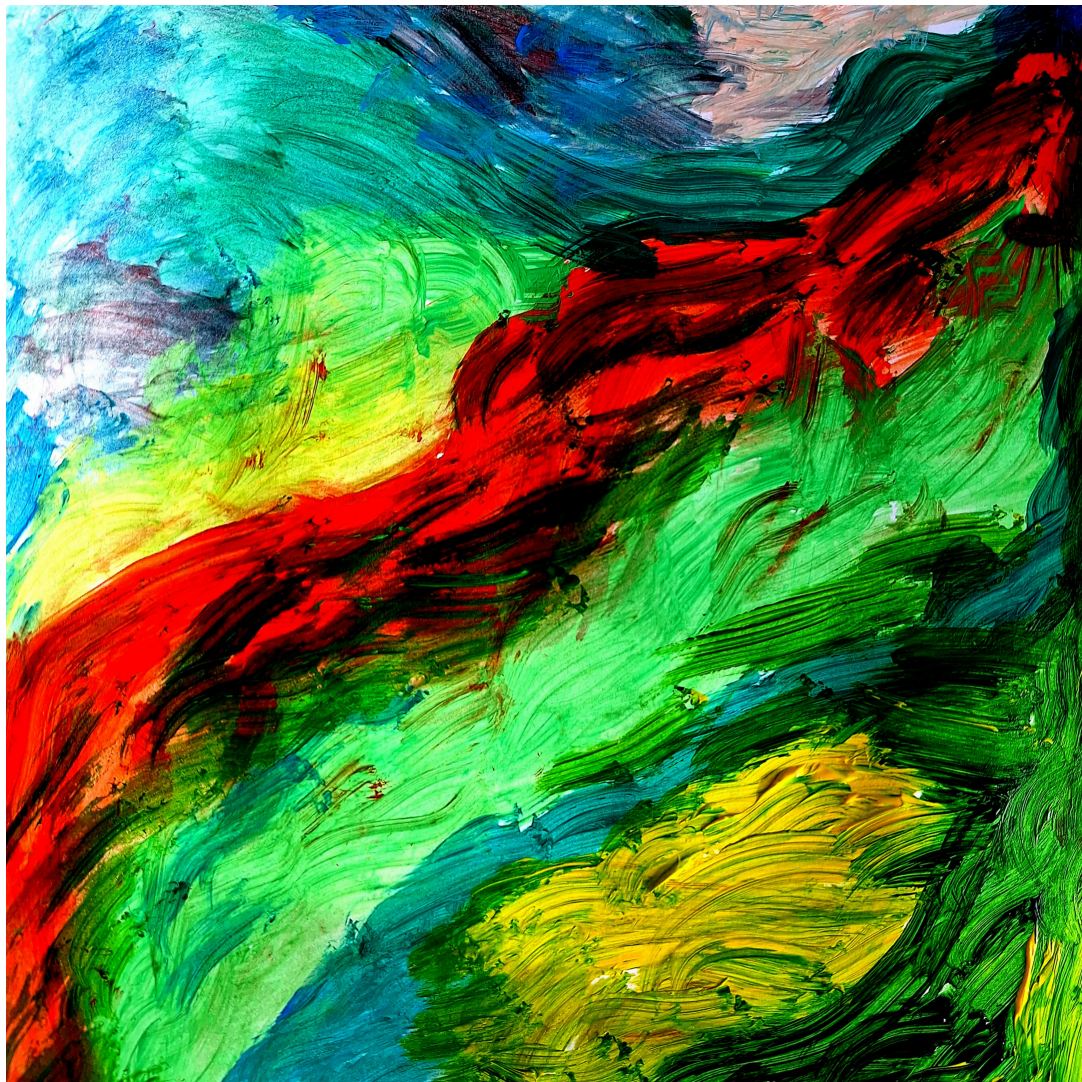
[www.emmabarone.com](http://www.emmabarone.com)



**Bronagh Tully** is a visual artist based in Birr, Co Offaly. Her work features a range of video and photography, digital art, paired with a combination of language and word. Bronagh graduated from Moate Business College in 2013, earning a QQI Level 5 in Art and Design. Bronagh attended TUS Limerick School of Art & Design from 2017 until she graduated in 2021 with a BA (Hons) in Sculpture & Combined Media. She exhibited her piece Exsanguinate in the Birr Vintage Week & Arts Festival Open Submission Exhibition, 'Commouvre' curated by Amanda Jane Graham and for this, received the Special Recognition Award. Other exhibitions include LSAD Graduate Showcase in 2021, 'We are the Proposers' curated Vicky Langan & Maximilian Le Cain & 'Space to Screen' – Athenaeum Theatre, Limerick in 2019.







“The people were fantastic, and over the course of our ten weeks, we created a wonderful array of art that we can all be proud of. Having conversations over plates of paint. Singing songs as we peeled glue from our fingers. Laughing as we shared our work with each other.”

*Bronagh Tully*

Anam Beo Arts Organisation is supported by Offaly County Council and Dublin Mid-Leinster HSE Older Person Services.



Front cover image by Rowena Keaveny