

ARTNAOS

I worry that I'm not going
to be strong enough to be a
wife. I worry that I'm not
going to survive living away
from home.

But hey, that's what uni's all
about!

xx



Is the hokey cokey really what it's all about?

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INTRODUCTION

Historically the hospital originated as a place of sanctuary where meditative reflection was seen as central to the healing process. *Artnaos* reconnects the modern hospital to this interior ‘waiting room’ for the individual’s private thoughts. It takes the concept behind artist Sally Sheinman’s previous interactive artwork *The Wishing Ceremony* (2005) a stage further by grounding itself not just in a casual public environment but in a centre of necessity. What makes *Artnaos* special is that it acknowledges the worries that can flood our minds in the healthcare environment, offering hospital visitors a simple and gentle outlet for a momentary irritation, a nagging doubt or even the darkest hour. This temporary installation has explored a new direction for arts in health by making the private responses of the public an integral part of the artwork.

Artnaos also accentuates a current shift in art in hospitals away from a static gallery model, where commissioned artworks aim to provide positive distraction, to creating a more interactive environment that orientates the mind as well as the eye. By tapping into the curiosity of the visitor it playfully evokes the psychological depth that underlies each person’s journey through the healthcare system. Unlike a chapel or faith room, *Artnaos* is temporary and secular, collecting visitors’ concerns that could usefully inform a hospital trust’s mission to provide patient-centred care. As well as being a cathartic writing booth, it offers a private space in the public realm. Recent evaluation studies of design in new healthcare facilities have identified that patients and visitors see the need to retain some private space as a top priority. Through its 2007 tour of waiting areas in five UK hospitals *Artnaos* has tested this priority at the entry/exit point of a range of clinical facilities.

This tour, with a reflection seminar at The Collection, has usefully bridged the isolation that characterises much art in hospitals practice, opening a shared enquiry into

the uses and appropriateness of art in the healthcare environment. The responses to *Artnaos* enhance our understanding of the hospital as a repository of emotion, hopes and fears, and what has been left unsaid. The momentary therapeutic benefit of an exorcised worry can resonate in both the writer and the reader.

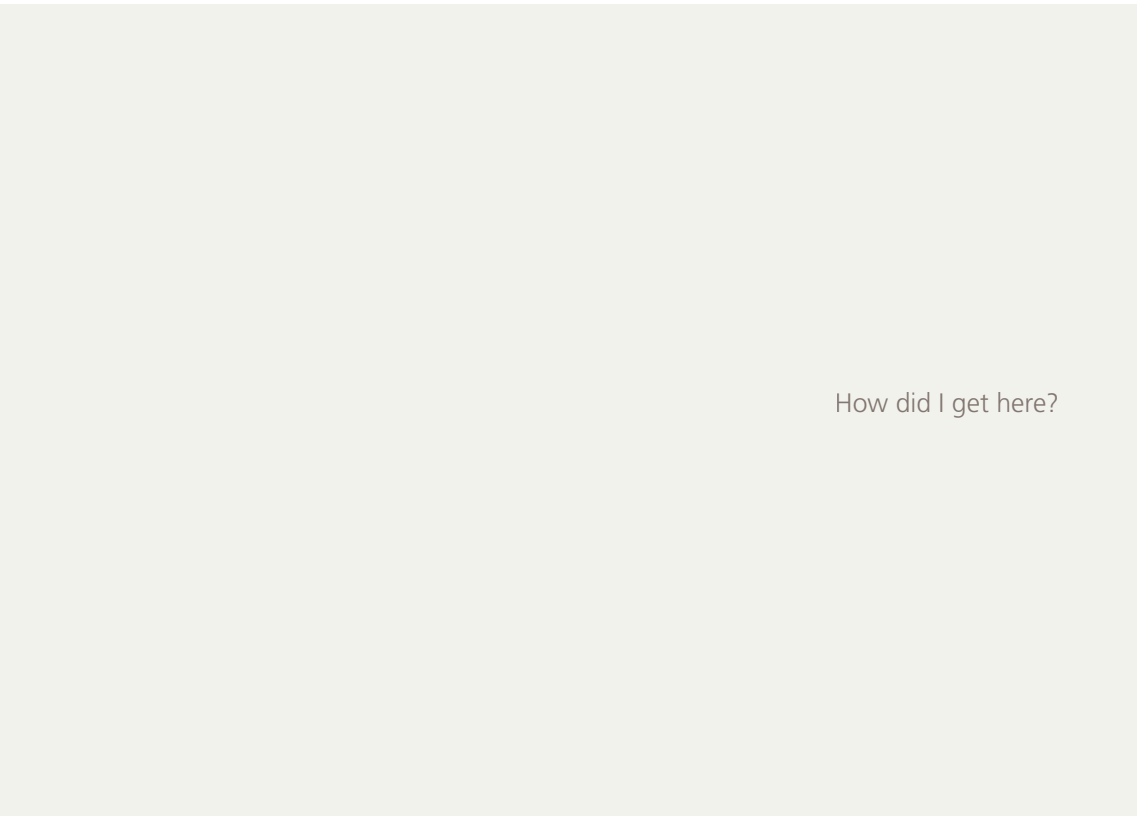
An anthropological perspective in art criticism, to be found for example in the writings of Ellen Dissanayake and Suzi Gablik, argues that interactive art is essentially about ‘making special’, turning what is obligatory for survival into something aesthetically desirable that addresses substantive concerns through evoking deep feelings which channel and relieve anxiety or distress. These ideas are highly relevant to the practice of arts in community health, but also I think to arts in hospitals. As Dissanayake observes ‘the reason art is therapeutic has at least as much to do with the fact that, unlike ordinary life, it allows us to order, shape and control at least a piece of the world as to do with the usually offered reason that it allows sublimation and self-expression.’

Although the *Artnaos* installation might function equally well in a gallery or other kinds of public space, it does show that cutting-edge contemporary art can engage appropriately with a healthcare setting and create an inner sense of place that is different from the environmental enhancement provided by site-specific artworks. It offers the opportunity to collect our thoughts about hospital intervention and deposit our worry into a user-friendly environment that cares about what we think. This has to be an important element in how future health services are expressed and delivered.

Mike White

Director of Projects

*Centre for Arts and Humanities in Health and Medicine
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Peace love and happiness

COMMENT

When we can't work out a solution to a challenge or a problem we are encountering we start to worry. Worrying allows us to think about pressures in our life and gives us an opportunity to work through how we might deal with them. If we didn't worry about loved ones, making our partner happy, being good parents to our children then we would find ourselves in a society which cared for nobody and where nothing really mattered. Worrying is fundamental to our being but there are times when we all need a break to reflect or rest from reality. In doing so we retain the strength to find new ways to deal with situations and not let the problems or uncertainties we are facing overwhelm us.

And Sally Sheinman's *Artnaos* intends to provide us with the luxury of sharing our worries and escaping from them for a moment in hospitals throughout London and Birmingham. A development of *The Wishing Ceremony* – a project where brightly coloured booths were installed in six public spaces throughout Leicester and where individuals were charmed into jotting down their wishes on post-it notes inside wishing emporiums, *Artnaos* works on a similar premise but instead of being reliant on wishes it operates by absorbing the worries of those who choose to interact with it. In addition it provides a personal sanctuary in which to escape busy waiting rooms and clinical areas for a brief moment of peace and quiet reflection.

Anyone who has spent time in a hospital will require no convincing of the value of sanctuary in these environments and I was intrigued to see how an artist could creatively provide a solution to such a need. When you suddenly find yourself embedded within the healthcare system (in whatever capacity) a place of sanctuary is crucial for keeping you just a little bit sane, however, there is rarely a place where you can find it. The garden spaces and multi faith rooms

help to an extent but it is unusual to be alone with your thoughts. In these collective situations you feel guilty for wanting to escape those things consuming you because you can see that the others around you are just enduring theirs. Having no way to express your feelings means that you can never really escape anyway, even if you were selfish and just forgot the 'others' for a moment.

Artnaos allowed us this opportunity. Its sensitive placing within the environments it occupied enabled it to stand out as an unusual addition in the usually cluttered, routinely institutional and uninspiring landscapes. It didn't need to compete for our attention – the fate and downfall of many public art pieces. Although it stood out it didn't alienate. It exuded a specialness which those around it, perhaps feeling vulnerable, uncertain or stressed, didn't feel afraid of being drawn towards. I am convinced it was the luxurious, velvety looking surface texture and comforting luminous glow which enticed us all to step closer.

And once you were a little closer the brightly coloured, hand painted sculptures on the outside of this welcoming little box hooked you in further. Intended as modern day 'worry beads' they are present to facilitate the ritual Sheinman wants us to engage in. They act as vehicles through which the worries and anxieties of participants can be personified and drawn away from the self and the artist is right to believe in their abilities. The multicoloured tokens had a sense of the Guatemalan worry dolls I had been given as a child and the desire to touch and relate to them was the same. Just as Catholicism uses the rosary beads to facilitate a state of concentrated attention and focussing of the mind, it was clear that Sheinman's equivalents were essential in giving the individual a means through which to express themselves. I observed this as one man stood at the



booth for some time, holding and touching the token nearest to the writing platform before putting pen to paper.

As I stood in front of the booth I worried about the words I had committed to writing for this book; I worried about whether they would be good enough and would Sally like them? Other people's worries were more poignant – 'I worry that my relationship with my husband is breaking down'; 'I worry for my two lovely boys and my wonderful wife. I worry about dying before I've saved the world'; 'My worry at the moment that life is full of unexpected things... how you don't know what the future holds' – some remained hidden, but no doubt expressed, in the impenetrable box provided.

Artnaos' sense of specialness is no accident, but it is this that tempts us to go on and seek our inclusion within its interior and not simply note our worries and leave. The naos was traditionally a special place – in classical architecture it was known as the 'cella', the inner chamber of a temple housing a cult figure, and in Egypt that which is hidden and unknown inside the inner sanctum of the temple, existing in complete darkness. The traditional 'naoi' have a sense of Michaelangelo's Laurentian Library in Florence which is windowless and purposefully oppressive to create focus. Deliberately and unmistakably shaped not for function or even spectacular visual effect the space intends to alter an

individuals sense of being, allowing them to loose themselves for a moment.

Artnaos gives us this freedom, yet subverts the concept through its use of delicately cut portholes which let in the light. Some are filled with coloured, frosted patterns to diffuse it in places and others remain empty, letting the light from outside stream in. This interplay creates altered tones of evocative turquoise which warmly envelop and care for you. The light streaming in from above is reassuring when the environment outside, for any one of us, is so uncertain. For a while you feel that it is alright to take a rest.

As I left the booth I realised how right Richard Cork was in saying that 'art is far too important to be confined within galleries alone, and our environment desperately lacks the humanising force of the artist's imagination'. It was this artist's creativity which gave people an opportunity to be listened to and which communally shared or privately stored our deepest fears. For many, it will be that moment they took to shut the door on those, that special time when they found courage, renewed hope or had an opportunity to cry, which will stay with them when the memory of that period in their life, that time in a hospital, enters their thoughts in the weeks, months and perhaps even years to come.

Helen Bonar

Senior Curator, Paintings in Hospitals

I worry about lots of things
(privately not publicly - I may
appear calmer than I am!)
At the moment my biggest worry
is that my wife might soon
lose her job.

I'm worried I'll
never find some where
to live where I can get a
decent night's sleep!

I worry that I won't
be able to sort
things out - it so
desperately needs sorting!

I am worried that
in about 3 million
years, the humans
will be gone
because of global
warming.

Spent all my money
at a strip club
and my girlfriend
doesn't no can't
pay the bills.

I'd like to know
where the Mourtry
is and what happens
to us when we die
and who takes
us to undertaker
and what do they
do to us

I worry that I
~~am~~ am unable to
keep myself safe.
©.

EVALUATION

Art has long been associated with hospitals. During the 18th century, the Age of Hospitals, artists such as Hogarth, Constable and Turner vied to have their work hung in the newly built or refurbished London hospitals. However, in recent years there has been a blossoming of the arts in health and particularly in hospitals. And although much of this art consists of visual art (especially paintings of one genre or another) there is a marked broadening into other areas including environments designed with aesthetic principles in mind, visual art, music, interactive and mixed media artworks and so forth. This flowering has led to a similar increase in the amount of academic writing on the subject. Much of this writing is largely descriptive but some scholars have made serious attempts to study the effect of artwork in hospital on patients, as well as on those who treat and visit them. There is sufficient evidence to suggest strongly that art in hospitals can have a therapeutic effect on patients. For a review of relevant literature see the report written by Rosalia Lelchuk Staricoff (*Arts in health: a review of the medical literature*, Arts Council of England Research Report 36, August 2004).

In this evaluation of *Artnaos*, an installation created by the artist Sally Sheinman, I am not concerned primarily with the aesthetic merits of the work but, since the artist's intention was to create an interactive piece, with the quantity and quality of engagement it generated among staff, patients and visitors across five sites. The artist's aim was to place *Artnaos* in five different hospitals for approximately four weeks in each case, and in this she succeeded, with the help of Arts Co-ordinators in each of the relevant NHS Trusts. *Artnaos* was installed in each of the hospitals for approximately one month (between April and September). *Artnaos* will complete its tour at The Collection, in Lincoln where, on November 14th a seminar will take place at which the

life of *Artnaos* will be considered. The seminar will offer further opportunities for evaluation and development.

I will begin by introducing *Artnaos*, the installation created by Sally Sheinman and will go on to say a little about each of the five hospitals which installed *Artnaos*, each for a month or so. I shall then go on to describe my research and findings. In order to maintain the anonymity of the hospitals I refer to them as H1, H2, H3, H4 and H5* (the asterisk indicates that at the time of writing the data collected from H5 was incomplete).

Artnaos: an evaluation

I will comment on the goals, plans, implementation and development/ evaluation of *Artnaos*, focussing on implementation – the third part of what has been a lengthy and complex process.

Goals

The goals of *Artnaos*, as established in the artist's original proposal, were to provide a personal sanctuary, a quiet space which would not necessarily be either religious or spiritual. In my own research on hospital chaplaincies I found that patients, visitors and staff felt that such spaces increase one's sense of well-being. Unfortunately such 'oases' remain all too uncommon in general hospitals. There is however, a parallel to be made with *Artnaos* and the chapel, with worry cards and prayer request cards serving a similar purpose. However, the explicit religiosity of the chapel can prove inhibiting for some and the provision of more neutral spaces is becoming more common.

Plans

The artist spent more than 12 months planning *Artnaos*. First, we should remember that this is not the first of such installations developed by Sally Sheinman. Her earlier *Wishing Ceremony* was a successful progenitor, and many of the obstacles that might have blighted *Artnaos*

were anticipated and therefore avoided by an artist who now has considerable experience in co-ordinating the installation of interactive artworks in public and semi-public places. Despite this experience, the original fabricator left the project and left Sally Sheinman to find another. The replacement was timely and little or no delay was caused to the project. In terms of the delivery of the project, *Artnaos* has succeeded in meeting its objectives. The design of *Artnaos* is as specified in the artist’s original proposal. The project timetable has been implemented as planned. Before and during the construction of *Artnaos* the artist liaised closely with each of the Art Co-ordinators in the relevant NHS Trusts. It is clear that painstaking planning is necessary if projects such as this are to succeed, particularly in the health sector where sensitivity to the needs of both individuals and the various departments is essential.

The artist has taken note of the increased importance given to the evaluation of projects by the Arts Council of England in establishing links first with Mike White and Jane Macnaughton at the Centre for the Arts in Humanities and Health. They, in turn, contacted me at the Department of Anthropology. At the time when Sally and I first met I was beginning to write up my recent research on hospital chaplaincies in the North East of England, and so had considerable experience of conducting research in NHS hospitals. And so I became a part of the *Artnaos* project – as evaluator.

Implementation
Artnaos was installed in five different hospitals as planned, and its location was the result of negotiation between the artist and Arts Co-ordinator in each case. Arts managers/co-ordinators considered the design of *Artnaos* to be very good. Its structure was robust, the colour, and more generally its aesthetics were described in positive terms. The card racks and cards themselves

worked well. The fact that there was no roof meant that at one site, occupants of the booth could be seen (though probably not identified) from a flight of stairs, but apart from that the booth did provide a very private space. Having said that, three of the sites were extremely busy and this may have deterred some people from entering the booth. It is worth noting that each of the Arts Co-ordinators told me that *Artnaos* (as a material object) was much as they expected – suggesting that the artist had prepared the ground carefully well in advance. The installation has been designed with easy wheelchair access in mind.

Degrees of engagement
Assessing the interaction with *Artnaos* of passers-by was difficult. In preparation, I read scholars’ accounts of describing and evaluating the interactions of museum-goers and visitors to art galleries with exhibits and artworks. For a number of reasons, including a strong sense that it would not be appropriate to intervene in interactions, I chose to use a method sometimes called direct observation. That is, I sat in the vicinity of *Artnaos* at each site and observed the interaction (and non-interaction) of passers-by with the installation – for a period of about five hours in each case. In this way I collected a great deal of quantitative (numerical or statistical) data and qualitative (non-numerical) data. The first largely involves counting, the second, description. Each type of data needs then to be interpreted. I shall talk about qualitative findings first, and then go on to say something about quantitative findings. Apart from observing *Artnaos* I also interviewed the Arts Manager at each site and talked to other members of staff working in the vicinity.

Assessing the quality and quantity of interactions
Perhaps the primary task of the anthropologist is to make sense of complex social life through observation

and interaction with others. How did people react to the presence among them of this ‘large greeny-blue box’, as one member of staff described it? I might say ‘well, in many different ways’ but that hardly increases our understanding of the reception of art installations in hospital. After some hours observing the response of people to *Artnaos* at Guy’s hospital, I discerned what might be called a scale of response, from no response at all to what I first termed ‘the full monty’ – a response which might have met the artist’s objectives most perfectly. Below is the scale or typology, I developed to describe the response of individuals to *Artnaos*:

This typology acknowledges the broad spectrum of responses to *Artnaos* I observed at the five hospitals – from the apparently slight to the apparently great. I say ‘apparently’ because we cannot easily measure or determine the depth or meaningfulness of such experiences for individuals. Table 1 provides an indication

Types of interactions and responses

0	No observable engagement
1	Maintains pace, glances at Artnaos
2	Slows pace, glances (gestures)
3	Slows pace, regards (gestures, comments)
4	Regards, pauses/stops
5	Regards, stops, reads information and/or cards
6	Number 5 and writes card (then posts – or carries away)
7	Looks inside Artnaos
8	Enters
9	All actions included in 5, 6, 7 and 8

of the number and type of interactions observed (over a period of about 5 hours).

Graph 1 (p20) clearly indicates the relatively small number of type 6-9 interactions, that is, those which involve writing a card. Such interactions involve aspects of decision-making which are hard to fathom without introducing a different kind of research method. The high number of ‘low level’ interactions which were evident at H4 are explicable primarily in terms of the siting of *Artnaos* in the entrance foyer. All of those entering and leaving the hospital passed through a narrow corridor and therefore very close to *Artnaos* and I expected a relatively high proportion of at least minimal interaction from passers-by.

However, the fact that a high proportion of passers-by at least glanced at the installation did not lead to more ‘worries’ being written. I recorded the ‘maximum score’ for each passer-by. In effect ‘0’ denotes no participation

Table 1: Degrees of interaction across hospital sites

Interaction	H1	H2	H3	H4	H5*
1	10	28	44	203	
2	3	14	13	15	
3	7	2	13	8	
4	16	3	21	22	
5	17	1	2	10	
6	5	2	13	6	
7	3	0	0	1	
8	6	0	2	1	
9	2	2	1	1	
Total	69	52	109	267	

whatsoever in *Artnaos*, while ‘9’ denotes maximum participation. This classification is not (and could never be) complete, however, to understand this one just needs to consider the range of responses *Artnaos* could conceivably elicit (it might be kissed, burned down, blessed, stroked, or cursed for example). However, after observing passers-by at Guys for several hours I decided that the ‘types of interaction’ included the vast majority of responses. Then again, ‘enters’ hardly does justice to the range of action that simple term suggests – while inside *Artnaos*, people have laughed and cried, they have whispered and sang – and they have, occasionally, urinated. Together, then, these ‘types’ represent a range of the usual responses to *Artnaos*. At H5* *Artnaos* was installed in the (large) Outpatients’ Waiting Room and as such, there were no passers-by. During five hours of observation, patients and relatives (about 60 altogether) would occasionally approach *Artnaos*, read the notice and the worries on the magnetic strip and sometimes explore the interior: relatively intense participation, then.

Artnaos provoked a wide range of responses – people have laughed and cried, whispered and sang; some have approached nervously, others confidently – and without doubt it has excited people’s curiosity.

I became especially interested in the nuances of engagement, and particularly with the minutiae of group interaction in relation to *Artnaos*. To cite an actual instance let us consider three women who passed by the installation while I was observing it at Guy’s. They seemed relaxed and chatted as they walked along the corridor until, at about five metres from *Artnaos*, one glanced across to it (on her left), slowing down as she did so; she paused to look more closely and then walked across and began reading the instructions; she look up and called to her two companions and while one stopped and looked back at *Artnaos*, the other continued walking until she

disappeared around a corner. Apart from the fact that one stopped to investigate, another paused at the behest of her companion, while another showed not the slightest interest and walked on, in what ways do these women differ? What do such differences in response tell us about people, about art installations, about hospitals? Then there is the ‘magnet effect’: I noted that when one or two passers-by stop to investigate *Artnaos*, greater attention was paid to the installation by others, an effect surely understood by street performers. It is as if the observable interest shown by some generates added authenticity or legitimacy for the installation.

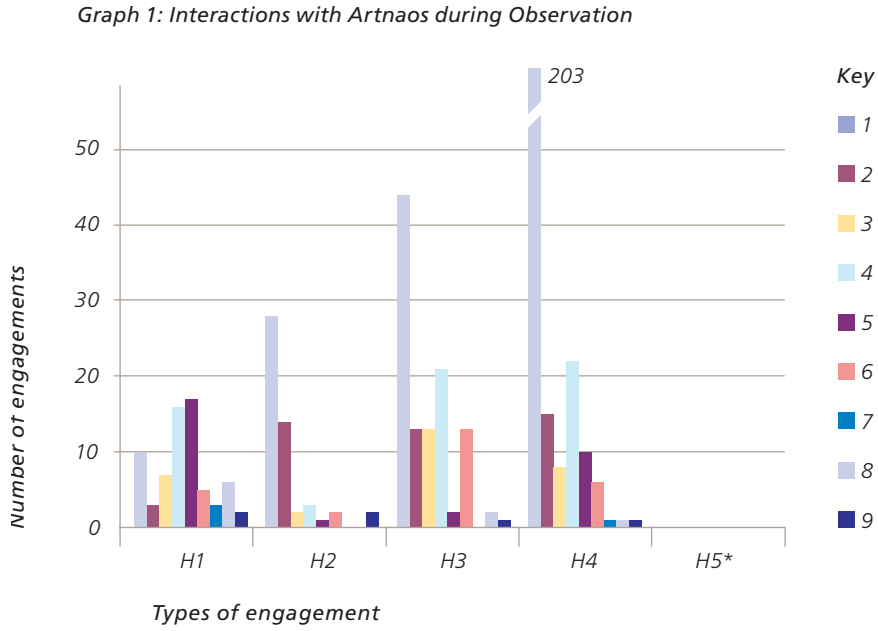
There is a lot more to say about people’s responses to *Artnaos* than you might imagine. As an anthropologist, the question that occupied me the most during this project was ‘why do people engage with such installations, or with any artwork – given that so many do not?’. Given that I chose not to intrude on individual’s engagement I can only suggest one or two reasons. First, *Artnaos* stands out, partly because of its prominent position (especially in four of the five hospitals where it stood in the entrance area); second, its colour – teal is not a hue often employed in NHS buildings, and serves to attract attention. Thirdly, for those who work in a hospital an installation such as *Artnaos* is likely to break the monotony of the physical environment, although this might be less likely in new buildings. Then there are patient, visitors and even staff who may have time to explore what would be, in this environment, a novel space. Finally, and this is especially the case for some staff in two of the hospitals, *Artnaos* focussed attention, for better or worse, on what they see as funding problems in the NHS. Even though a notice indicated that *Artnaos* was funded by the Arts Council of England (and not the NHS), some people took the opportunity to voice their grievances with the NHS through their engagement with the

installation. In this later case, *Artnaos* was reconstructed by participants as a symbol for ‘all that is wrong with the NHS’. But then was it ever possible for an artist to determine absolutely the reception of their work?

Why do passers-by apparently not engage with *Artnaos*? In the case of staff one answer might be that they do and that I did not observe them doing so. After all, the installation was on site in each hospital for about four weeks and some staff would pass it often – I spent only five hours in observation. It is likely that for some staff, the installation would sooner or later have become part of the furniture – some passing it on dozens, maybe even hundreds of occasions: familiarity breeds blindness not contempt! During research at a large hospital in the North of England, I watched as hundreds of people walked along corridors full of artworks without paying any of them the slightest attention. In that research I stopped and ask people what they thought of the art. Some responded that they ‘had more important things to worry about’, others, after I had drawn their attention to this piece or that, would make a brief evaluative judgement – from ‘ooh, I think it’s lovely’, to ‘a waste of money’. Table 2 (below) indicates the number of passers-by during observation at each of the sites:

Table 2: Time of observation at each hospital and number of passers-by during those periods.

Hospital	Time of census	Total passers by
H1	10.30-3.30	345
H2	12.00-5.00	1973
H3	1.00-5.00	2947
H4	12.30-5.00	1740
H5*		



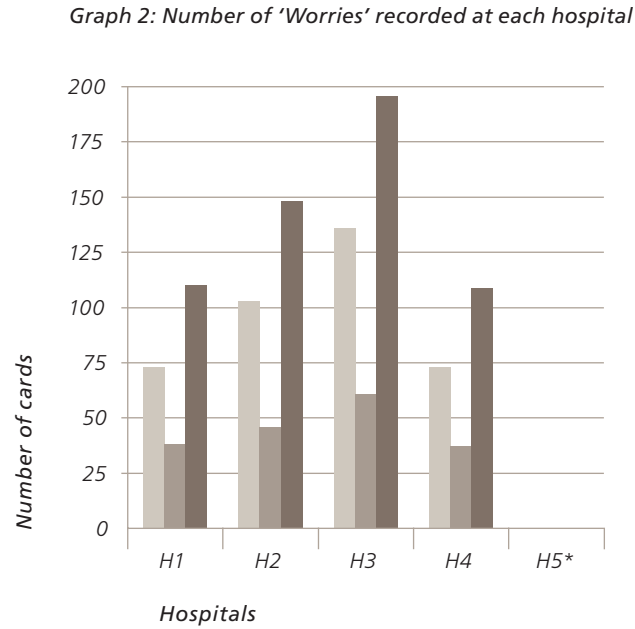
No one will be surprised, or especially interested, in the fact that some hospital sites were busier than others. What is worth noting is the ratio of interactions to the number of passers-by:

- H1 Ratio 1:5
- H2 Ratio 1:38
- H3 Ratio 1:27
- H4 Ratio 1:7
- H5*

In a nutshell, then, at the two busiest sites (H2 and H3) proportionately far fewer passers-by interacted with *Artnaos*: in the case of H2, where *Artnaos* was sited in the busiest place in the hospital, of every 38 passers-by one person interacted with *Artnaos*. At the least busy site (H1) a relatively high proportion of passers by interacted with *Artnaos*. The location of *Artnaos* in H4 was interesting in that it was quite difficult for passers-by not to glance, at least, at *Artnaos*. However, ‘lower level’ interactions were comparable with the other busy sites. We can conclude that greater ‘traffic’ does not necessarily mean greater levels of interaction. My observations at H5 confirm this point in that a relatively small number of passers-by gave rise to a relatively high level of interaction.

One index of the success of *Artnaos* must be the quantity and quality of written ‘worries’. It is interesting that the proportion of cards posted in envelopes and not in envelopes is roughly the same in each case. Over 100 have been collected from each site and more than 600 altogether.

Recording and Interpreting the ‘Worries’
I found that the content of the cards posted was very diverse. Although the majority were clearly ‘worries’ of one kind or another, there was an important second category consisting of notes which could not be easily understood as worries. Numerically, the most common inscriptions concerned the writer (and especially their health) and others (again, particularly in relation to health). Also prominent were comments relating to relationships, to work and to personal finances. Most are short and to the point, a few are obscure and hard to categorise. I have provided examples of each of the categories on page 24.



I am worried that I have forgotten to defrost the fish for tea tonight



Self (except health)

I worry about my future. I worry about the responsibilities it holds. I worry that I won't be up to it.

I am lost, alone and confused where am I going and what will become of me??

I am worried that my friends are starting not to like me

Other(s) (except health)

I'm worried how dad will cope without mum

I worry that my boy will turn into the kind of man I dislike

I embarrass my mum

Health of self

I don't like having Tourettes because (they) bully me about it

I worry that I don't have enough time, patience and courage left.

Am I going to relapse and start self harming and stop eating? Am I ever going to feel worthy. I am a flaw.

Health of others

I am worried about my brother dying

I worry about my son's health, my finances and all sorts of minutiae in between all the time.

We're worried that we will receive a phone in the middle of the night letting us know that Sylvia has passed away. God bless mum x

Advice

Don't be sad it's over, smile because it happened.

If you don't want to be criticised, say nothing, do nothing, be nothing.

Work / Study

I worry that I'm not going to be strong enough to be a nurse. I worry that I'm not going to survive living away from home. But hey, that's what uni is all about!

Bleep bleep bleep testing cardiac arrest crash bleep I need a full response bleep bleep bleep...

I worry that I will keep on feeling pushed around by my manager till I break down.

This hospital

I am worried about the cuts and safety.

The NHS in general

I worry that NHS management concern themselves more with 'art' projects rather than making people healthier.

Worry about the future of the NHS and health.

I worry about not enough nurses in the NHS.

Relationships

Does he still see her?

My family make me feel like killing myself. I really wish I was dead. Away from them. In peace.

I found out my husband of 12 years had an affair 5 years ago... What now? He does not know I know.

Reflective (on worrying)

I worry about simple things but not big things weird shit.

I'd like everyone to stop worrying about me.

I'm always worried. Give me a break!

Miscellaneous worries

I am worried that I forgot to defrost the fish for tea tonight.

How did I get here?

I worry about the craziness in this world – x –

Time!

I am worried about strting the juneirs. Joe

I worried about what the future holds. Spiders – I hate them. They are too midgy and mossies.

And also, 'worries' that at least appear not to be...

Humour

Is the hokey cokey really what it's all about?

Religious statements

God said 'Do not worry – look at the birds in the air – they do not worry about what they will eat...

Thanks (secular)

I've just had a stoma reversal op, and would like to thank all the staff here at X hospital, also friends, family and God for looking after me. Dee.

Comment on Artnaos

I'd feel a bit silly sitting in this but a quiet place for reflection is needed.

This is a great idea. My worries are so many and so heavy that I feel a little less burdened just by writing them down. Thanks.

Wishes / Requests / Hopes / Prayers

I hope my son has a good life better than mine.

Please! Pray for my wife to passing her English Test this morning so she can stay with her family in the UK. God bless you all.

I wish that someone would see that I am losing my grip. Everything is running away from me.

Help me!

Miscellaneous

I love my Dog, he loves me never lets me down always there for me.

I am excited.





I worry that I don't have enough time, patience and courage left

Envoi

Artnaos can be many things: a sacred space, yes, a work of art – of course, but also a diversion, a symbol of wasted opportunity, a playhouse. The responses (whether written down or not) have been diverse, from the sublime to the ridiculous. One participant wrote (of *Artnaos*) 'what is the point of this?' For Sally Sheinman, the point is to offer all those people who find themselves in hospital, for whatever reason, a private space in which to consider their demons. In this it has been entirely successful. For many, there is clearly a cathartic or therapeutic outcome in writing these things down and I am sure that a psychologist could say a lot more about this process. What has struck me, apart from the huge range of written responses, is the sheer and immediate rawness of some of them. Confronted with the question 'Does she still see him?' analysis, both impossible and pointless, comes to a full stop. Perhaps the greatest contribution that *Artnaos* can make is to provide us with the opportunity to distil and confront their gravest fears and celebrate their bravest hopes. It is interesting that one writer compares *Artnaos* with the hospital chapel, claiming that the former is an impostor. Although the two can usefully be compared, this judgement seems a little harsh. *Artnaos*, apart from being moveable, does not connote the religious and is likely to offer a rather different quality of space in comparison with the chapel. I'm sure that there is room in our hospitals for both.

Peter Collins

*Senior Lecturer in Anthropology
Durham University*

I am worried about
my nephew who was
involved in a serious
road accident 6 weeks
ago he is still trauma
and semi comatose

I am lonely &
depressed & and
am worried about
the amount of
alcohol I drink

I worry for my two lovely boys and my wonderful wife. I worry about dying before I've saved the world.





I'd like everyone to stop worrying about me





My dad has a new knee he's 81 and the house
is lovely and quiet without him moaning.
Good luck dad!



I worry I'll
never be free.
I worry I will
always wait for
my life to begin,
when he's gone

I'm worried
that I am
going to fail.

really behind on my
admin, going to
get sacked!

I worry this
Itch won't
go away.



School mum dad brother me



I worry about my things getting lost

I am lost, alone and confused where am I going and what will become of me??

I am worried about my exams

I am worried about my nephew who was involved in a serious road accident 6 weeks ago he is still trauma and semi comatose

I am lonely and depressed and worried about the amount of alcohol I drink

I am worried about the cuts & safety

I am worried! Because my granddaughter has just had a cochlear implant operation, only 10 years old and so brave! Hope all goes well for her!

I wand 3some & a freak for a woman in bed that is no any1

I worry about being sick – and not being able to work

I worry about global warming

I worry about my friends housing situation Love S xx please pray for her

I worry about my husband travelling

I worry about my SLICE 2 course, that I’m really not into it too much as I’m not interested but I have to pass this as a requirement. I worry that I love too much and will end up in a mental institution...

I worry I’m not good enough!

I worry about the lack of love for one another is the lack of understanding from the youth today

I would like to sea my daughters with good partners and happy. I hope it happens before I die!

I’m not happy I’m underpaid I am bored no flexible hours I work hard and not appreciated. Bad choices. Food expensive.

I’m worried my friends won’t like me

I’m worried about that 10 hour flight! But Cuba will be worth it

Identity – who am I and where am I going? What am I in this place and who was I before?

My brother Allan. Hope gets better soon xxx

Being fat as well and having bad skin

My nan from Luke

My worries are: not being able to cope with all life brings daily ie childrens problem, friends problem, the state of the world

Why did you people leave this stupid sex box here? Please take it away!!!

Worried about losing my mind. I’ve had many hard experiences that have been hard on my nerves, mental strength, spirit & body. Hope I get better each day, day by day.

How did I get here?

Worried about mum’s coming angioplasty and her multiple strokes. Worried about my mum’s health. Already lost my dad at early age (11 years) & have fear of losing my dear mum. Hope she gets better soon.

This hospital is a complete disgrace to the name NHS. What used to be a very good reliable system is now going by the name of the “No Help Service” I know staff are under pressure, but why employ people who cannot cope and have no interpersonal skills. It seems that all our old school nurses are unemployed and in place we have imported medical staff with no bedside manners and cannot even speak English. Its almost impossible to get anyone by phone & when you do you have to be transferred to another department; I used to be very proud of our NHS (National Health Service), now I fear being sick and have to be brought here. God help us!

I am 74 yrs and trying not to worry about the future. Everyone seems to be sure they are right about their religious faith with the war never ending.

Bleep bleep bleep testing cardiac crash bleep I need a full response bleep bleep bleep...

I am 20 and have 1 child 1 miscarriage and one live birth now died with no kidneys and bladder. I live hating myself every day.

Chelsea FC

Gouly, Gogs & Athos x

Help me to win some money

Hope I will get a house and clear all my debts. I am exhausted with the stress of these.

I love you mum

I am worried about my nan she is ill and I hope she gets better!

I am worried that people will drop rubbish outside the hospital and it will look ugly.

I am worried that my hand might hurt when the cast comes off

I am worried that someone in here will get seriously impaired due to the level of abuse they receive.

I had a stroke yesterday it was lovely get it!

I don’t like the doctors they are scary

I hate my job, bus driver!

I hope I get pregnant and have a healthy child soon!

I love my granny the most

I hope my brother gets well soon he has a difficulty wish him the best

I hope my marriage will last my lifetime and my children be happy

I worry about nurses leaving needals around

I hope that God gives me good health and I have a happy future with my wife and whole family

I hope the penny drops with my beautiful friend. xxx

Worried about what life will be like when my kids are my age

I want real luv understanding, patience, balance, respect, loyalty & good sex wud b a bonus

I went to see my Granddad. Hope he gets better soon. By Ciara

I worry about all the craziness in this world – x –

I worry about all the overworked and underpaid junior doctors – bless them

I worry about all this worrying!

I worry about simple things but not big things, weird shit

I worry I’m going to get a gastric ulcer!

I worry sheep

I worry that people will like my work

I would like to win the lottery and all my stress will be gorn or the bingo

I’m in love with a man who doesn’t really love me.

I’m worried about my back. I was on my heelys then I dropped I couldn’t breath and my back is acking me! Have no broose. Thankyou Safia xxxx

I’ve been waiting here 4 years

If you don’t want to be critisized, say nothing, do nothing and be nothing.

Just selfish concerns – my body falling apart

London Borough of Dungeoness

My dad has a new knee, he’s 81 and the house is lovely and quiet without him moaning. Good luck dad!

My mum is going to have a baby nov 22 I hope is a gril

Please can they find out what is wrong with me and let me out soon so I can get work, pay my bills and stop my Mum and Dad from worrying x K

Please pray for my little boy, he is 7 years old, had 2 major operations

Please pray for my Uncle Simon who is having an operation tomorrow.

Please! Pray for my wife to passing her English test this morning so she can stay with her family in the UK. God bless you all!

We think the selection of food and drink in the vending machine is terribly unhealthy. The hospital is meant to be a place of healing and should not offer junk food.

I am worrying about my cat

When you see someone without a smile. Give them one of yours. It really makes a difference

Security, Health

Worried that the ambulance service is being used for rubbish. Taxi

Why don’t you let the workers run the NHS am sure we would do better job

I am worried that I will not make it in the fire service because of my eye sight

I am worried about my friends

I am worried that people in my new school might bully me

I am my friends

I am worried how long it will take for my hair to grow back to normal

I am afraid when I swallow any tablet. I worry that I will gag? Is that usually the case?

I’m worried that the needle might hurt me

I have got a secret tissue and computer

I hope my sister gets well

I pick my nose

I don’t like to go anywhere but I have to

I worry about what seems to be an increasingly violent society

My dad smoking

I have a big face

Environment – More people should care about our children’s future on earth. Make more effort to recycle and do everything possible to help.

Be a good girl Bethany We worry about you. Mum Dad Nan xx

When I get in trouble

Worried about work – not being successful in business venture

Superstar – My worry is that Michael Jackson will eventually stay in prison and never sing again

My sister

Nothing

Finding my classes

I am worried about my brother dying

I worry about my sons health, the fact my children are growing up and knowing what to do with my life.

I worry that my new boyfriend will get fed up with how the children are with him

I worry that I might die and go old and wrinkly like an old man

I think my friend is overweight

Being hit on the head by a strawberry

Monsters because they always roar

I will lose rugby tomorrow. Hopefully not but there we go

A friend has lost motivation it seems... and he never sleeps

Am I bothered Face bothered

Clean me!

Does he still see her?

Don't be sad it's over, smile because it happened!

Here's to a life of flat chestedness – aka Kate Moss! x

How to keep calm when under stress – not to lose my cool when irritated by friends.

Hubby is in theatre at the moment. I worry that he'll get an infection that will make him worse. Not all staff seemed worried about infection control so thats wot worries me

I am concerned about my partner who has memory problems and my friend has been diagnosed with skin cancer.

I am Keira Knitly xxx

I am worried about missing my work deadlines.

I am worried for my wife. She is ill and my father is death.

I am worried that I will never be truly happy. I want to find someone who loves me and someone to love. I want to be a good mother one day.

I am worried that my decisions in life are wrong and I will not have the family I want.

I am worried that I have forgotten to defrost the fish for tea tonight

I am worried that in about 3 million years the humans will be gone because of global warming.

I am worried that my relationship will be over.

I don't like having tourettes becaus bully me about it...

I hate my life I know he doesn't love me I have no faith in myself... I work so hard to overcome my fear of failing... but I cannot trust myself like I trust anyone else.

I hope my son has a good life better than mine.

I hope my husband doesn't have cancer

I hope I can overcome my fear of dentist and have my teeth done, come all the way from Essex and fell like I've waisted everyones time and feel very ashamed of myself

I like this idea! Hope you are not too stressed! I dislike waiting! x

I love my dog, he loves me never lets me down always there for me

I talk too much about peoples' private business

I embarrass my mum

I've stopped to fill in this card because I thought I might win a prize or something. Trouble is I've just missed my train home. Oh bugger! (Mike from Tunnetts out-patients)

I worry about how things will get better for everyone and how the human race is spiralling into chaos!

I worry about my parents growing old, without having had enough happiness.

I worry about lots of things (privately not publicly – I may appear calmer than I am!). At the moment my biggest worry is that my wife might soon lose her job.

I worry about my future. I worry about the responsibility it holds. I worry that I won't be up to it.

I worry about my son's health, my finances and all sorts of minutiae in between all the time.

I worry for my two lovely boys and my wonderful wife. I worry about dying before I've saved the world.

I worry I am not good enough at my job. I feel stressed very easily and wish I was more organised.

I got shouted at today but it's okay

I worry I'll never be free I worry I will always wait for my life to begin, when he's gone

I worry that drinking too much booze makes me forgetful.

I worry that I am unable to keep myself safe.

I worry that I'm going to have grey hair when I'm 20, this is making me go grey. xxx

I worry that I might get fat!

I worry that I can't make something wonderful happen in my life in the next three months. Anyway, I've got a chance to change my star, which many people don't.

I worry that I don't have enough time, patience and courage left

I worry that I won't be able to sort things out – it is desperately needs sorting!

I worry that I'm not going to be strong enough to be a nurse. I worry that I'm not going to survive living away from home. But hey, that's what uni all about!

I worry that my hunni doesn't really know how much me loves him cos it is very hard to explain (and he is a wee bit dim bless him) love you hunni xxx

I worry that my new business venture will fail

I'm worried about my weight when I go to school

I worry that my relationship with my husband is breaking down.

I worry this itch won't go away.

I worry that people worry too much... xxx life is amazing if you open your eyes...

I worry that NHS management concern themselves more with 'art' projects rather than making people healthier.

I worry that people actually take the time to fill out one of these cards!

I'd like to know where the mortuary is and what happens to us when we die and who takes us to the undertaker and what do they do to us. I'm desperate to know these things it's been on my mind for a long time – not joking

I'm scared of failing this course

Can you tell me where Dr Who is?

I'm worried I'll never find somewhere to live where I can get a decent might's sleep.

Is the hokey cokey really what it's all about?

If my new teachers are nice to me

Wish my mum all the best in her operation today to remove a life threatening hernia. Wish her all the best. (Best mum ever!)

Music would be good inside the box

My mother's health is deteriorating

School mum dad brother me

My worry at the moment that life is full of unexpected things... how you don't know what the future holds. And I may actually like my boyfriend.

Really behind on my administration going to get sacked!

Seek the Lord while he can be found!

Stop worrying Be happy All is well

Never ever drown yourself in worry because if you worry all the time your worries will trouble you if not double trouble for you. Why not try to smile a small bit it wont cost you much. But at least your smile will make someone else happy especially if cos you a fortune you only live once so smile and smile.

No war!!!!

Pay Nurses more, we do all the work! (especially Practise Nurses...) I am worried – very worried... x

Peace love and happiness

Spent all my money at a strip club and my girlfriend doesnt no cant pay the bills.

To everybody in Guys hosspitl I hope you get well sone Bethany age 8

Was homeless until recently now I have a tenancy support worker who is messing up my tenancy. He is lazy, incompetent, manipulative and bullying, and it is now clear he will use information I trusted him with against me. I'm totally over stressed.

When will our lives be better?

Will this temper go away! rahh

Whoever takes away your smile takes away your soul, so in order to keep your soul keep smiling! xxxx

Worried that I will be in a constant state of conflict with my partner

Worried that my 3 year old son has just been diagnosed with autism.

I'm worried how dad will cope without mum.

Am I going to relapse and start self harming and stop eating? Am I ever going to feel worthy? I am a flaw.

Dear Daddy – x – I love you so much, I'm missing you. Thinking of you everyday. Dylan loves you so much. Why did you have to go? Sleep tight with the Angels xxx Love your daughter: Manuda xxx

Deliverance from all the stress I am experiencing – housing problems (priority) – clear most of my debts – find a trustworthy honest generous and fun loving man to share my life (non– priority)

Don't worry be happy

God bless Henry my dear husband who is terminally ill, please give him peace + comfort + freedom from pain from June his wife

Having the stress of my fiancé & the moving house process, having no money. My parents being extremely ill. Not having my nan around when I need her. Love everyone!

Hi I got worry to save money to buy good house

I hate spiders. I don't really like beatles. I don't like bees either or gooeey stuff

Finances!

I am worried about my baby sister Elleana + my mummy who went to heaven. I miss them so much.

I am worried about my children. My daughter has had her 4th Op since Xmas, she seems fine now. My son has lots of problems I had to leave him at home with a blood clot. He is very desperate

I am worry about problems of life and how to cope it every day. From Samia xxx

I don't like arguments – let her see how manipulative she really is. Also – help my daughter Thanks

I have a habet of criyeg

I really worry about the new restaurant business. God please help us to sort out the problems and to carry on. I really worry about my health. Antoinette

I wish someone would see that I am losing my grip. Everything is running away from me.

I worry every day about how I will get through the present day. I hope to come out of this mess a beautiful butterfly who is loved for who I am and continue to do well with my life.

Love you	S.O.S. My biggest worry is my mothers health and my health and money problem’s thankyou… please help me…	I am worried about getting into uni for medicine	Why do family always give out?	I am worried bout the tramp urinating in the box.	I don’t like blood	I’m STILL worried that my sister is STILL in labour and STILL has no idea what to expect. Please help. Day 3	My cousin Lorraine is dying of cancer. I have a very big family and can’t bear the thought of anyone going so young and leaving a space in our lives. Please help everyone through this difficult time.
I worry that I will keep on feeling pushed around by my manager till I break down	My Kness	“Worrying” is not the same or as healthy as “thinking” or even “contemplating”. Do not think or dwell on anything negative. Take your mind to love and be happy.	I am worried about being skint	I am worried loosing my job in NWPB (NHS)	I worry because I’ve been here 3 Days waiting for my waters to be broken & delivery suite keep getting too busy to take me. I don’t want my daughter to be born on Friday 13th!!	If your worried try Jesus he will fix it for you act 2 verse 38	
If Sally cannot recover, then please don’t let her suffer too much	I am worried that animals are going to die and there will be none left	1 no money yet there is money to purchase blocks instead of spending it on research & treatment of serious illness etc. 2 I’m worried about Claire’s exam tomorrow	Hello sexy nice bum!!	I don’t want my grandparents to live at the hospital anymore	I have the bestest boyfriend in the world and I’m only 11 years old	In my bubble I must keep, swimming, floating, in the deep, Meandering a path like this purple haze, The way I keep from my mind’s gaze.	My worries are nothing compared to what others are struggling with. My thoughts and hopes go out to you, I am thankful for my am situation.
More drugs!!!	This is lovely I hope this is recycled card	I worry this green box is a Tardis…	His muslim and I’m Irish catolic and he has a big family to support him and I have no family hear to support me I don’t know what to do I pray all the time things will work out but it doesn’t stop the pain and fear I feel please let everything work out well for me as I don’t know what I will do to myself if it doesn’t	I hope my dad will be happy and come on holiday with us in September Dx	I worry because they pay me too much.	I worry my Mum won’t be able to cope living independently	Not qualifying 2nd time Round! Loved one to be better xx
My family make me feel like killing myself. I really wish I was dead. Away from them. In peace.	I don’t like sharp scissors	About my mum and weight.		I like kittens	I worry that I may not have enough space for my regulars	I am scared	I worry about doing my best for my parents
My sis and dad and my boyfriend are in this hospital and I am so sad plz don’t want them 2 di	Time!	After considerable thought I now know that I was born to struggle in all parts of my life. WHY? Ps so please help soon	Horses are the best, wish everyone good happiness	I like the fact that ‘I like kittens’ isn’t a worry. I just hope that everybody can sort out their worries in this box. What a great idea! x	I worry that I’m far too good looking for this place	Why sit in a box & leave a worry on a wall when you can sit in the hosp chapel & leave a prayer on the board? The chapel is there for all people all the time – it’s a real place where joys & sorrows are dealt with – not an artificial gimmick.	I’m worried today about this anorectal physiology (camera) & ultrasound I’m having plus the end results – the damage done & the operation I will have to have to put it right tho the money its cost to come here from Bolton Lancs & to stay
My thoughts are with Alan for his near loss, his wife is dying and only has days to live. I wish him strength. Debs x	I am worried that my friends are starting not to like me	Attitude to mental health		I locked my purse in my locker. HELP	Make me happy again. Learn to forgive and resolve all my problems with my husband & his family.	We are worried that our friend/Dad/ Husband wont stay sober. Please God Help him	Please help my mum recover who is seriously ill she is such a sweet kind person who does not deserve to suffer like this please help her.
My worry is that I need rest and a place to stay for a while/long while & for all this to come to an end. Please bring my worries to an end so that I will not wake up every day with this heavy burden. Thankyou Love me Thanks for envelope & card	To my best sis Bex I love u get well soon miss u hope you get well soon	Carlos	How to cope with the elderly please help all in this hospital	I want to recover from my heart attack. And live to 96.	My baby is being a pain. I have symptoms of pre-eclampsia. We both trying to hold on as he is only 33 wks. Lets pray we both be safe.	I am worried that my dog is sad	Please help my son Ross to get fit AND well again and that he can Tracsence his very terrifying attack luv mum
Papa I wish I would never see my papa	My impending Bankruptcy, my love life!	I worry that my baby will be very small, because my other child w sly 1lb and I want this baby to be bigger than my last I want it to be healthy	I am so worried at the moment I have been in a violent marrage for a long time. I have tried to take my own life several times due to this, we are now going through a divorce and my husband is trying to take my 2 boys away from me I don’t know if I am strong enough for court I am so scaired	I’m worried bc I’m not ready for the baby to pop out. 36 wks. Lots to do and our house is a building site! Baby pls stay there!	I wish my uncle well and want him home soon! L x	July 1st, 2007 May God bless and give rest to my mother Peggy, who passed away 21 years ago June 30. She was the best mother any child could have. Also thinking of my little sister Heather who passed away aged 2 in 1989 and my partner Peter in 1992. Please God give them peace forever. My cat Scampy is now suffering with cancer. Please pray for him. Bless you all.	
I don’t like sleeping in the dark in case someone comes and I don’t like them	We desperately need more wheelchairs, we should have a wheelchair kiosk and when each chaire is returned it should be disinfected before the next person sits in it, to prevent MRSA.	Dear Purple Fairies, I’m still thinking luck and still waiting!!! Brownbear		I wish the phones worked all the time	I worry that time is constantly running out JH		
Please help my friend Jefferson! He needs an operation but it keeps getting cancelled! HELP! xxxxxx	We wish win LOTTO!!	Don’t have any David Murry’s	I am worried about my life. Please help me.	I worry about workload in the NHS – ridiculous and quite unsafe sometimes. Here I am supposed to finish @ 17.00 still here. Don’t say I had time to write this – no time to leave worries in a box – won’t change anything!	I’d feel a bit silly sitting in this, but a quiet place to reflect is needed		
Please let my granddad get out of hospital okay and be back to his normal self. He’s been a second father to me x	My sister and me had a fight and I want her to be my friend again	Endometriosis if bad enough is better off getting rid of Hysterectomy is not the end of the world but is the end of pain. 34 is young enough to adopt – Good Luck	I am worried because I worry about everything	I am worried because my sister is in early labour and has no idea what to expect. God help her!	I’d like everyone to stop worrying about me x		Please St Jude answer my prayer. Help me I am so scaired. Jeaus and Mary & Jesus please help me. Please take this feeling of fear away
	Will I ever stop binge eating when I am feeling down?				I’d like to say hello to Karen		Thankyou! I feel much better now.
					I’m always worried. Give me a break!		The spots on me to go away
					I’m still worried my bleep will go off.		

Worried about my finances my children my sickness

To the lady about her lovely cat Swampy. Who is not well. I love the way you talked about your family. Myself I'm a great cat lover, to me they are babys with fur (and dogs too) who need our love, so I will pray for u swampy god bless Joy M xxx

Could you look after my Dads girlfriend I think shes sad from loosing the baby xx Jessica

Help me!

Hoping for Good Results Good Health, Good life! For me + everyone I love + Care about xxxxx

How will I get my work done?

I'm worried I came to late to have my bloods done and will have to come back here and do It all again and they wont be able to help me anyway I'm worried I'll never come to terms with the painful things that have happened to me in my life and will always be tainted by them

Hi Doctors + Nurses, I am not worried about anything because I know my family care about me and I am been taken care of well. Love from ? age 11 this is an anonamous letter. Jesus + God is with me

My worry might be small but it takes up a lot of my time + thought y can't Mark love me + will I have a baby

I'm worried about everything but I've realised that wether things will happen so Ive decided to stop wastin time worrying + start enjoying myself xxx

Please wait in the safe room 6

Get beter

About what I don't want to be/happen

God dam! I am too sexy

I am worried that Neil has bad thoughts (inspired by my evil mind)

I'm in my final year at Uni and I worry that my dissertation will not be upto scratch (good enough standard for my expectations)

I am very sad

I am worried about starting my new job. Lorraine

I feel very sad and I need help now please

Craigs feet smell

I might not make my thesis deadline

I used to worry about tings in life no matter how big or small the problem but when I was told I had cancer nothing in my life mattered more than my family but Rule 1 if you worry at all it don't make it go away so look for a positive in life

I worried about having another pregnancy and never having children of my own to love x Louise

I'm very pleased my sister had a baby – she's Beautiful! It helps my feelings of not being able to have children ourselves! She's a Godsend made me + my husband very happy!

I'm worried the IVF drugs won't work and will make my M.E. worse. And how I'll cope with a child.

Don't worry be happy o

I'm worried about: 1) my injured shoulder 2) where I'll have a job in 2 months time + I work for the NHS! 3) whether I made the right decision to work for the NHS

I'm worried that my IVF won't work and that it might make me feel worse. I'm worried it might work and make me feel worse! I'm worried about how we'll cope with a child and if that child will be OK. I'm fearful of the future generally & about how my health will hold up.

I am worried about lots of things most of the time, but things always have a way of working themselves out.

I am worried a plane will crash when I go on it

My husband has cancer – worried how it will progress

The voices in my head making me kill

Will this rain ever stop!

Am a bit worried about labour, would like to avoid another section

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how I do it. Learn the unforced rhythms of grace. I wont lay anything heavy or illfitting on you keep company with me + you'll learn to live freely + lightly. Words of Jesus:- Matthew 11:28-30 (from the message)

Chikin be strong for Gaz + Kai

Chill out

For the first time in a lifetime, not a worry but a joy – 3 daughters later – a boy

God said 'Do not worry – look at the birds in the air – they do not worry about what they will eat...

His Bobbness is with you all x "The answer is blowing in the wind"

I am afraid of falling through a wormhole in the space/time continuum

I am worried my girlfriend is pregnant but I am not sure It is mine. Help

I am worried that I wont win the lottery before I retire so I can tell my managers where their job can be put

I am worried that my Emma worries too much, it'll all be alright in the end Gaz & Kai – x –

I hope my daughter and grandchildren are alright. I love them lotts

I love him so much he loves me as well. Third month of my pregnancy but my husband is angry with me not sleeping or talking to me. I don't know what will happen but I'm in lots of stress now. Hoping for good to come. He realises that he is doing is wrong. But I still hope for Good luck and happiness.

I am worried about flying on Friday

I want my baby to come soon. I'm fed up of being on bed rest. And want to be back home with my kids.

I worried about what the future holds

I worry that some people worry about the wrong things

I worry if my cancer will come back, at some time. Why me. Will my husband stand by me if it does come back.

I worry that there is no enough faith in this world

I worry that if I put all my worries down that it will worry and panic other people

I worry that my baby will stay in there until its 40. Am 13 dayz ova due xx

I worry that my life will always be ful of anxiety panick attack, and bad thought's. will I survive this!?!?

I worry that other people worry, so I don't worry and I won't worry. So we can trust that we will save some space. Lots of love to you all

I worry that there is not enough hours in the day to text

I'm worried my labour will hurt more or be longer than the first one and its getting scarily close.

I'm worried that Gayle hides her runner beans under her cabbage, so that she only pays for the cabbage in the women's hospital canteen!!!

I'm worried that I'll not be working for long time – I am young + educated – I should be working providing good life for my kids

I'm worried that people worry.

I'm worried about the safety of our children today

I'm worried my kids will be taken away from me I'm worried my newborn won't be able to come home once its born.

I'm worried my parents won't accept this baby as I am not pregnant and they don't even know I'm pregnant!!!

I'm worried there are not enough maginets for my worries! (Didn't realise so many hypocondriacs about)

Look after my dad for my sister and me. Keep him safe xx Lynn

Mom (JO) ya took long but it was worth it, my lil bro is cute luv ya xx Desha

My life to be happy 4 eva

My mom had just received the dreaded news, keep us both strong.

Nice one nat> love Chrisie & your son Christopher xx

Please watch over my darling Princess Lauren and protect my unborn grandchild at this time of pregnacie and Thank all who help care from them both D.C.I.J.N.

Rule 1: Don't sweat the small stuff Rule 2: It's all small stuff

The delivery of my babies. Will I be OK? Will they be OK? Will we all cope?

To myself. This is my 5th times but hopefull my 2nd child, I am 33wks scared to bits pray 4 me Thank N

We're 2 Med Students, worried about exams, Collecting cases, our consultants & the long pressurised stressful year ahead

Worried about twin daughters born 12 weeks premature

I love this green box. Went in there and felt so happy

A mixture of worries left at Birmingham Women's Health Care NHS Trust, Northwick Park Hospital, Central Middlesex Hospital, Guy's and St Thomas' NHS Foundation Trust, and Birmingham Children's Hospital NHS Foundation Trust.

Biography: Sally Sheinman

Sally Sheinman is an American who grew up on a dairy farm close to the Canadian border and also worked on Wall Street. She received a BA Degree from the State University of New York at Albany. She undertook postgraduate studies at Hunter College, New York City. Sally has lived in the UK for over 20 years. She is a prolific painter and committed to a rigorous work schedule. Her recent exhibitions include:

Artkacina
firstsite, Colchester, 2006

The Wishing Ceremony, a touring exhibition
University of Hertfordshire, 2005

Sacred Vessels, a touring exhibition
Rugby Art Gallery and Museum, Rugby, 2003

Days, a touring exhibition
The Gallery, Stratford-upon-Avon, 2002

The Naming Room
Roadmender, Northampton, 2001

Fragments of Time and Thought
Liberty, London, 2000

Artjongg
University College Northampton, 1999

Between the Lines
Ikon Touring, Birmingham, 1997

New Work
City Gallery, Leicester, 1995

With thanks

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and to the venues who displayed the
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Northwick Park Hospital
Central Middlesex Hospital
Guy’s and St Thomas’ NHS Foundation Trust
Birmingham Children’s Hospital NHS Foundation Trust

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Just selfish
concerns - my
body falling apart!