



Get inspired ...

To encourage creativity in hospital scientist-turned-artist, Dr Lizzie Burns together with Dr Philippa Matthews approached people in the Dialysis Unit to participate in the **Viral Footprints** project. The project aims to spark curiosity, wonder and a willingness to try new ideas to make moments special and memorable. Images of viruses encourage creative conversation and making, to discover surprising beauty in nature. Workshops encouraged participants to interact, and reflect on change.



"I've decided they're all going to be good viruses"



For the **second day of workshops**

Lizzie together with Philippa showed images encouraging conversation and interaction. The project is being shaped by the response of everyone who takes part through their images and words.. We hope this will change you too!



The project will continues to grow and evolve....



Everyone was encouraged to make their own unique marks, and reflections on looking at beautiful images from science...



"do get bored"

"been doing a bit of painting again – do love it"

Did the last session encourage you to paint again?
- *"it did"*

"gives me something to do at home – gives something else to think about rather than TV"

Wherever possible participants were encouraged to continue being creative at home and to share and develop and take risks to make their own mark and develop their own projects...



Everyone was encouraged to experiment and share thoughts in response to images of our body including blood at the tiny scale....

"to become a better person you need to change"

"little things like blood when look at more closely – wow!"

"they look like mushrooms!"

"look like raspberries"

"relate to art when I was younger"

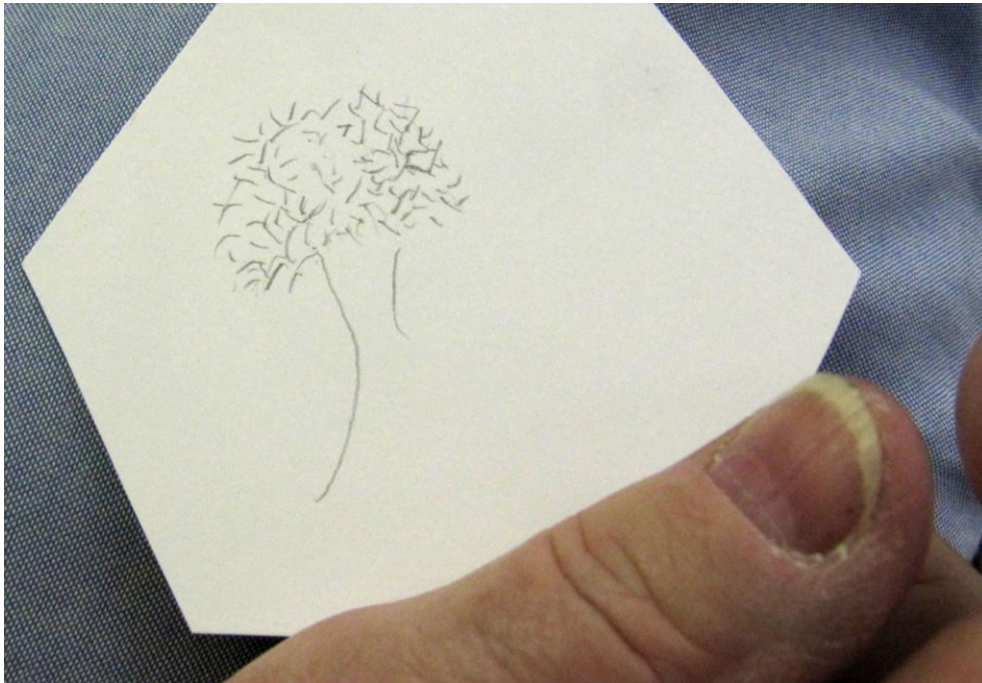
"people think not good and put it off"

Staff were encouraged to look and to be involved...

"they need to keep minds on something else" - staff

"we need ways to have fun at work" - staff

"I wonder if you come and then not then if will miss you"- staff



Regular shapes are being used to build up larger patterns.. Everyone expressed their own words and images and reflected on life...

“not at all surprised when said Lizzie - you look like one”

“isn’t room – difficult to concentrate”

“biggest problem is tied down – one arm on dialysis and other blood pressure”

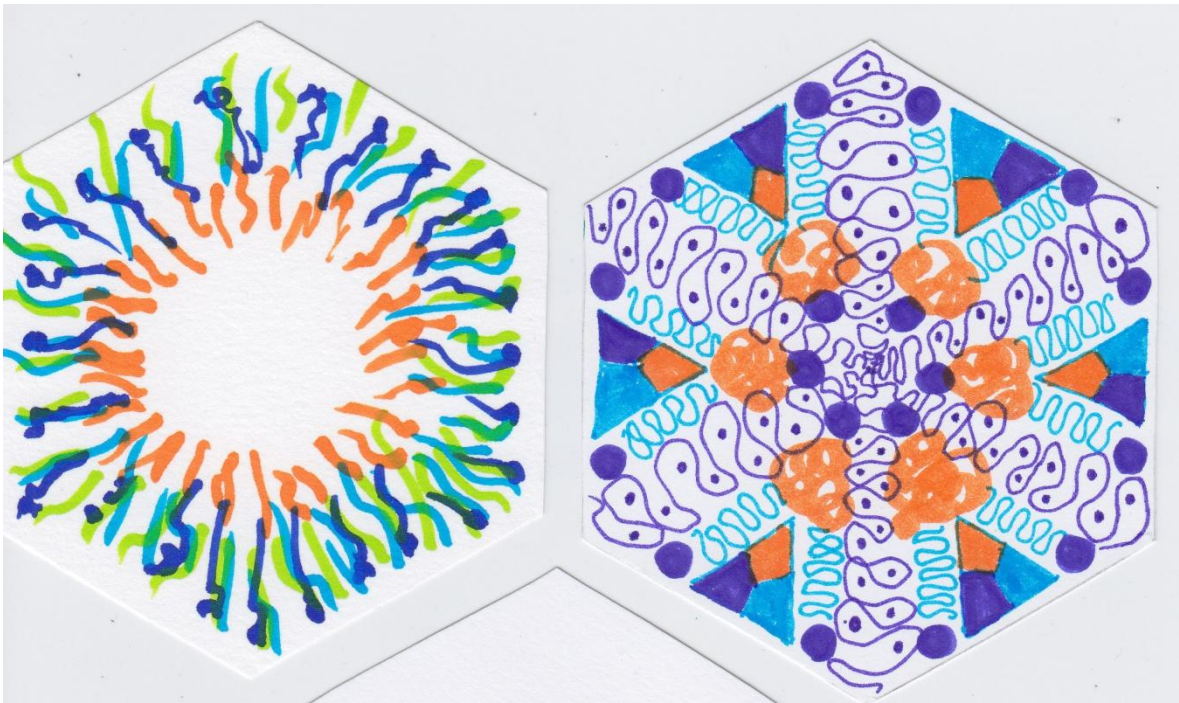
“I just doze off – nothing else to do”

“when three days a week you get bored to tears”

“when you get home – absolutely drained”

“nice to be offered and very interesting”

“a boring thing – nothing – four hours just waiting for end of it – they are artificial kidneys really”



Participants shared the difficulty and change..

“that’s life – a balancing act”

*“it changes your life completely – can’t go for a holiday
and impinges on family”*

“I don’t want to do anything as it will remind me of dialysis”

“difficult for dialysis because only one hand”

“home is where you are”

*“there’s a computer –
even then can’t do it all
the time”*

*“not much to occupy your
mind”*

*“nice to have something else
to do and someone to talk to”*



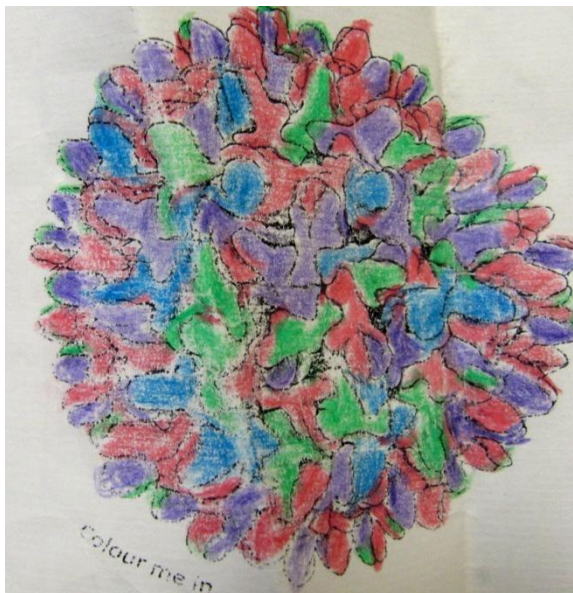


Sessions encouraged a sense of wonder from finding beauty in nature and the impression viruses made. Participants also shared how to get creative..

"looks very much like picture from kaleidoscope"

"lovely beautiful patterns – if interesting look at it more"

"don't think about anything – just let it happen – edges and start colouring.."



"just play and see what happens"

"interesting"

"quite relaxing"

"it's the order of the universe"

"see curiosity for life and the world in children and revert to that as get older"

"inspired me to do painting at home"

With great thanks to the Dialysis Unit and all the people who participated.

Our thanks to the **Wellcome Trust** for funding this project

