



ArtistsConnect

Artists Connect an artist development initiative of Wicklow County Council

Artists Connect is an artist development initiative of Wicklow County Council with the purpose of supporting artists across all art forms, who are living in or are from the county, to connect, share information and learn from each other. Artist Connects runs events such as Artist Salons co-hosted with Outpost Studios, and The Funding Clinic held earlier this year.

Events are developed with the support of an **Artist Panel** which is made up of artists Philip St John (playwright), Sinead O'Loughlin (filmmaker), Paul Gaffney (visual artist), Karen Gleeson (dance), Joanna Kidney (visual artist), and Olivia Fitzsimons (writer), as well as Jenny Sherwin (Arts Office), Niamh O'Donnell (Mermaid Arts Centre), and Susan Coughlan (independent facilitator).

Artist Resources for Covid Times

The Arts Office is committed to developing initiatives under the Artists Connect framework throughout the lifetime of the *Arts Strategy Growing the Arts in County Wicklow 2020-2025*. The programme is at a really early stage and, while plans have been impacted by Covid 19, we hope this list of resources can be supportive of you and your practice at this challenging time. We are all dealing with change and discovering new things that help us to adapt and to cope so we thought we'd share the resources that are helping us.

Things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.

Pema Chödrön

General | Helpful Articles *(click links to navigate to websites)*

Many people have found this article helpful as a way of understanding our emotional responses to covid linking our feelings to grief

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

On positive thinking

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

Coping With Anxiety for ourselves and children

<https://www.irishtimes.com/life-and-style/health-family/coronavirus-how-to-cope-with-covid-19-anxiety-1.4202396>

Dealing With Worry And Anxiety Amidst Global Uncertainty

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf

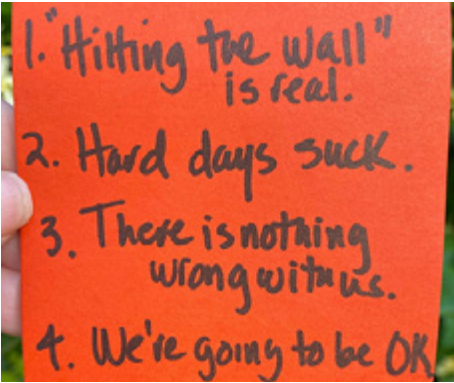


Image from a blog post by [Brené Brown](#)

Now is a time for giving ourselves permission to pause, reflect and take stock so that we respond and adapt from a grounded, connected and wise place more than a reactive one. This takes time, self-care and effort.

General | Self-care, Meditation, Mindfulness

You'll find a treasure trove of free meditations, mindfulness and other resources here at

<https://blog.calm.com/take-a-deep-breath>

Guided meditation for detachment and anxiety

[Guided Meditation for Detachment From Over-Thinking \(Anxiety / OCD / Depression\)](#)

And from Irish sources — from Mary O'Callaghan of Oscailt Centre for Integrative Health on Baggot St, Dublin 2

<http://www.oscailt.com/resources>

The Sanctuary in Dublin 7 hosts a weekly online live and free meditations three times a week

https://www.sanctuary.ie/free-weekly-online-meditation-sessions-for-everybody/?mc_cid=e8c78ad15d&mc_eid=0616a788da

Jenny | Resource Organisations, Schemes, Music, Arts Council of Ireland

[Visual Artists Ireland](#)

[Music Network Ireland](#)

[First music contact Covid Relief fund](#)

[Culture Ireland Ireland Performs](#)

[West Wicklow Chamber Music Festival](#)

[Create — Artist in the Community Scheme](#)

For children and young people — great activities to do at home at:

[The Glucksman Gallery](#), [The Ark](#), [The Hugh Lane Gallery](#), [Cruinniu na nOg](#) Wicklow and [Creative Ireland Cruinniu na nOg](#) nationally, [The National Concert Hall](#), [The National Gallery](#), [DCOI \(Design and Crafts Council\)](#)



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Joanna | Visual art

Presented by art historian and curator, Katy Hessel, the [Great Women Artists](#) podcast interviews artists on their career, or curators, writers, or general art lovers, on the female artist who means the most to them. She is a great conversationalist, informal but drawing out so much with each interviewee.

[Talking with Painters Podcast](#)- predominantly Australian Painters, it focuses on how they became an artist, techniques, process and influences.

[RHA Previous Talk series](#) by individual artists on their practice, covering painting, drawing, lens based and sculptural practices.

[The Secret Lives of Colour](#) book by Kassia St. Clair. Fascinating stories and histories of individual colours, this is a perfect book to dip in and out of.



Bernadette Kiely, *I Heard a Music Sweet Today (in memory of JMH)*
From [One Touch of Nature Makes the Whole World Kin](#)

Karen | Dance and Movement



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[Dance Ireland](#) have put together a list of movement-based classes on their website. You can find links to various classes such as: Contemporary dance; Ballet; Somatics; Gaga technique; yoga; the Barre Method; and many more. They also include a link to Rosas Dance company page, where you can learn their famous choreography: [Online Dance Classes](#).

Ballet Barre Class on Youtube with the Dutch National Ballet: [Ballet Barre Series - Dutch National Ballet](#)

Contemporary Dance Class on Zoom with the amazing Jose Agudo: [Jose Agudo](#)

Conscious Movement Body Mind Centering videos with [BonnieBainbridgeCohen](#) and Feldenkrais Awareness Through Movement (ATM) classes and resources freely available [OpenATM.org](#): ATM Recordings

Marianne Bentzen meditations: [Voor jou: inspiratie en oefeningen tijdens de 'social distance' periode | Bodymindopleidingen](#)

Olivia | Literature + For Children



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<https://www.cuirt.ie>

<https://www.youtube.com/>

Great recordings of the festival online curated by Sasha De Buyl. Kevin Barry, Jan Carson, Rob Doyle, Sinead Gleeson, Sara Baume, Eimear McBride talk about their work and inevitably the effect of lockdown.

Irish Writer Centre Writer-In-Their-Residence Project: Six writers from different back grounds and different genres offer video blogs about their practice during lockdown. New initiative that the Writers Centre brought online to support writers during this time. Paying the six professional writers to talk and write about their experiences during the pandemic. Follow [@IrishWritersCtr](#) or [#WritersInTheirResidence](#)

Follow the [@MooreInst](#) part of [@nuigalway](#) and their work around the social response to the crisis. e.g Writing During the Pandemic and Education during Covid 19.

For Kids

[Daily creative writing practice for kids with children's author Sarah Webb](#), and [author Jan Carson writes a postcard sized story and sends it to a person who is isolating](#). She asks kids to respond to her stories and puts their drawing and her story up on her instagram each week

Paul | Visual Art

Over the past couple of months I have been listening to a very enjoyable new podcast by Donal Dineen called [Make Me an Island](#), which dedicates an hour each week to a world tour of music history.



99% Invisible

[99% Invisible](#), is another podcast that I'd highly recommend for anyone with an interest in the often overlooked details of everyday architecture and design.

[Vdrome](#) is an interesting 'online cinema', which offers regular, high quality screenings of films and videos directed by visual artists and filmmakers whose production lies in-between contemporary art and cinema.

Philip | Theatre and Literature

One of the very few boons of the epidemic has been the chance to see some fantastic theatre from abroad.

National theatre shows:

<https://www.youtube.com/user/ntdiscovertheatre>

Globe theatre shows:

<https://www.youtube.com/user/ShakespearesGlobe>

Hampstead theatre shows

<https://www.hampsteadtheatre.com/whats-on/hampstead-theatre-at-home/aiww-the-arrest-of-ai-weiwei/>



Globe Theatre, *A Winter's Tale*

On the literature side, here are just three podcasts that I listen to regularly. Jessa Crispin's is probably my favourite. She is very smart and funny.

[Public Intellectual — Jessa Crispin](#)

<https://www.readitforward.com/deadpeoplepod/>

<https://lithub.com/lithub-radio/>

Finally, conversations from the Cúirt online digital festival are here:

[Cúirt 2020 online conversations and interviews](#)

Sinéad | Film

I have really enjoyed the free short film programme from the SXSW film festival. One of my favourites so far is *Broken Orchestra* by Charlie Tyrell. <https://mailchimp.com/presents/sxsw/>

If you are into documentary, [the International Documentary Film Festival Amsterdam](#) has many titles available to watch for free on their website.

For more short film, Vimeo is a great resource. I recommend starting with their [staff picks section](#). One of my favourite short films [Thunder Road](#) by Jim Cummings is also available (he since went on to create the feature version, which is available on Netflix).

If you are looking at up-skilling or for some creative motivation [Screen Skills Ireland](#) and [Screen Skillnet](#) have expanded their range of courses and moved them online and many are free in response to the crisis.

I would also recommend checking out <https://nofilmschool.com/> and <https://collab.sundance.org/> for free resources.



Charlie Tyrell, *Broken Orchestra*

Susan | Resources for Practice, Change, and Leadership

Reflective practitioners



Mary Oliver and Percy © Rachel Giese Brown,
Mary Oliver, [Listening to the World](#) interview on the OnBeing podcast

The [On Being podcast](#) offers insightful, informative, and inspiring interviews with leading practitioners and thinkers from many disciplines.

Other resources there include a podcast about [how movies change us](#), a short poetry podcast [Unbound](#) and many [thoughtfully curated collections of audio, essays, and poetry](#), including [a guide to having better conversations](#).

[How To Fail](#) With Elizabeth Day is a podcast in which interviewees explore what their failures taught them about how to succeed better.

Arts and Cultural Leadership During Times of Uncertainty

[Change Creation](#) offers arts and cultural leaders frameworks for understanding and navigating change, including in the Covid-19 context. Watch 38 min video [Change Creation — People Make It Work: How We Respond to Change and Uncertainty](#).

[Arts Professional](#) Though this is a UK-based arts management journal, it offers very useful 'big picture' resource around impact of Covid-19 on arts and culture.

[A New Republic of the Heart](#) podcast explores how we can create change together.

[The Presencing Institute](#) site includes essential practices and methodologies that can be used by practitioners interested in working intersectionally on social justice, equality, and other local and global issues.

Two orienting esources for those of you in leadership roles right now: [The Psychology Behind Effective Crisis Leadership](#)
[Tuning in, turning outward: Cultivating compassionate leadership in a crisis](#)



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