

IMAGES FROM LOCKDOWN

Make the Ordinary, Extraordinary

This exhibition featured work from patients and staff on Cumbria, Northumberland and Tyne & Wear (CNTW) inpatient wards. CNTW provides a range of mental health, learning disability and neurological care services across the north of England.

Launched as a competition across the Trust, Images from Lockdown was the brainchild of Dolores O'Doherty, supported in Northumberland by myself, fellow Occupational Therapist Doug Jobson. It was conceived as a way for patients and staff to feel inspired during lockdown. At the height of restrictions, CNTW's inpatients were only permitted thirty minutes leave within their hospital's grounds. Whilst lockdown was challenging for the nation, being hospitalised during these times was particularly difficult for our patients, and the staff that support them. Patients became isolated as all visits including from family were suspended, and community activities and groups were closed, many of which have yet to reopen.

Being confined to the same surroundings became frustrating and the thirty minute walks around the same route became mundane for staff and patients. Dolores' idea for this photo competition was to make these walks more meaningful, refocusing staff and patients' attention on something positive and creative. The theme "Make the Ordinary Extraordinary" was proposed to encourage people to look at these now very familiar surroundings in a different way.

The photos that you see are the winning picture from each ward that took part. The response was fantastic with entries from nearly every inpatient ward in the Trust. These final thirty pictures were exhibited and judged by Rachel Brown (General Manager) from The Biscuit Factory art gallery in Newcastle. She chose the top three pictures, the takers of which were presented with prizes by the Trust's Chief Executive, John Lawlor OBE. Rachel said *"The exhibition provides a very personal viewpoint of what has been an unprecedented collective experience. Through the lens of both care provider and patient, we receive a small insight into a hugely nuanced experience. I expect the exhibition will resonate with everyone who sees it, and reminds us that we are as connected as we are individual."*

Because the Trust covers such a vast area, the exhibition went 'on tour' and in Northumberland found itself at The Alwick Garden. The Alwick Garden has supported CNTW in the past with multiple projects at our hospital sites and they run several community projects in the region, which made them a natural fit for this exhibition. The Alwick Garden's Director, Mark Brassell, was enthusiastic about this project from the start, he and his team helped to make this exhibition possible in uncertain times. Sadly further lockdown restrictions in November cut the exhibition short, so the "Discover our Land" exhibition seemed a great opportunity to further applaud a great project during a very difficult time for an often overlooked population of Northumberland.

No names have been included to maintain patient confidentiality.

Lockdown Photo Competition—Ward Winners

Alnmouth



Cuthbert



Lamesley



Clearbrook



Woodhorn



Bamburgh



Elm House

Lindisfarne



Springrise



Tweed



Willow view



Embleton



Longview



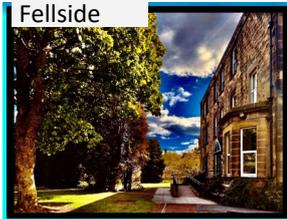
Aidan Ward



Bede



Fellside



Wansbeck



Lowry



Bluebell



Hauxley



Ward 3—Neuro



Newton



Carlton



Tyne



Oswin



Warkworth



Cheviot



Redburn



Kinnersley



Bamburgh



The Prize Winners

First place: A Reflection on Cultural Restrictions: Cross roots; stop, think, adapt, make change, and grow better societies together.



The judges “really enjoyed that the photographer had looked at an everyday 'thing' and had been inspired to look at it differently drawing parallels with a number of global issues. I found it rather poetic to look at the upturned roots, displaced and exposed. “

Second place: View Through the Lockdown Window

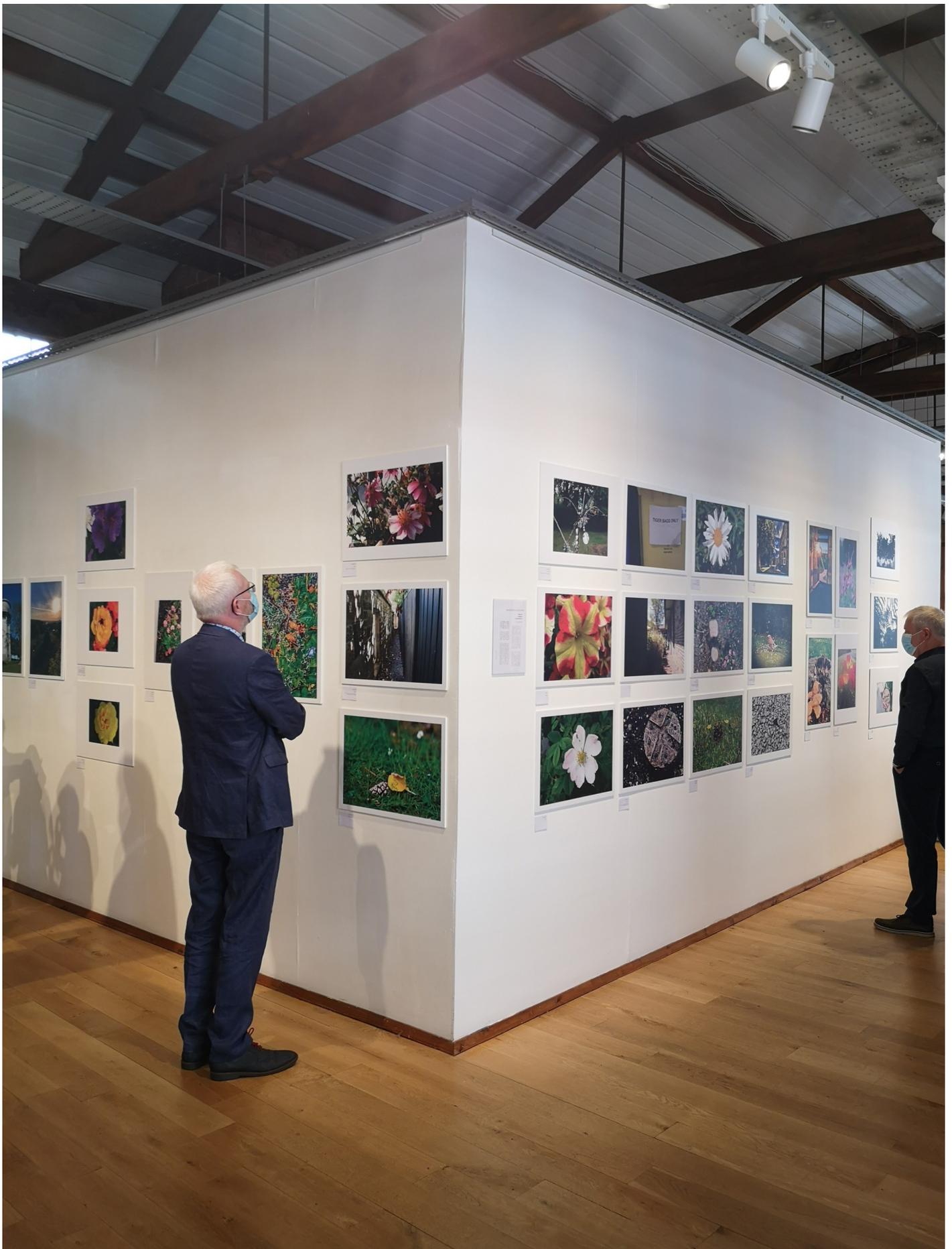


The judges *“found this piece very contemplative. The long view provides a sense of looking forwards, yet the gentle haziness gives the feeling of quiet introspection.”*

Third place: Sunset by the Pool



The judges *“liked the glimpse into the everyday and the pun in the title can be read in different ways, perhaps the photographer desires to be somewhere else or maybe they're just making the best of what is available.”*



The pictures proudly displayed to the public during the summer's brief reprieve from restrictions.