



The Trauma Unit is hosting a special project to inspire people in hospital to get creative. It can be a chance to get focused and think about other things, as well as using skills and bringing colour and joy.

The **Viral Footprints** sessions are being run by scientist-turned-artist, Dr Lizzie Burns who is approaching people in the Trauma Unit. Lizzie shared beautiful images of viruses to spark conversation, and encouraged people to create their own unique patterns in response. Images revealed the surprising beauty of viruses as part of nature. Everyone was encouraged to express themselves. For people who didn't feel able to create they could instruct Lizzie as to what shapes and colours to use to decorate a tile which will contribute to a larger collage to be exhibited in the hospital...



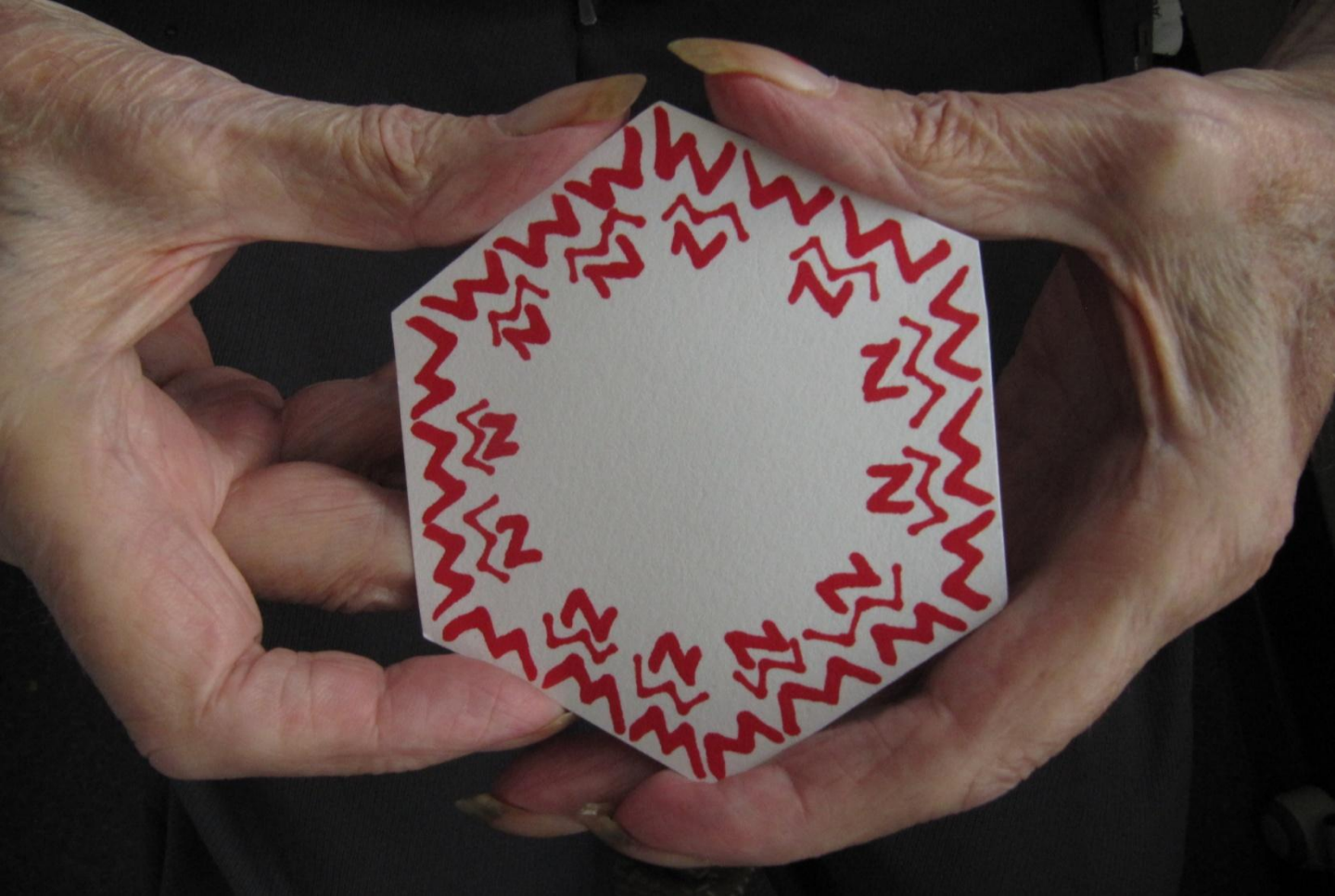
"stimulating and that's what he needs"

"made him alert – certain amount of dexterity"

"maybe essential – who knows what like in reality" (on looking at viruses)



The project will grow and evolve....



Images together with conversation were used to stimulate curiosity and the imagination, and reflections captured. In this case an idea was explored by using letters as angular marks to build up an intricate and unique design as a collaboration.

“put new things into it”

“a W then an M then an N”

“it was absolutely different”

“when I first saw them I thought they were coins” (looking at images of viruses)



Activities were adapted to the needs of each person. Colouring-in was a good option for helping people get started on appreciating the beauty of viruses, and helps bring focus and calm.

"I used to paint when I was younger"

"I feel pretty good"



Where possible hands and minds got busy with colour and patterns , and allowed time for conversation about other things... Images provoked conversation and thought, and reminded people of other things...

"they're not all plants are they?"



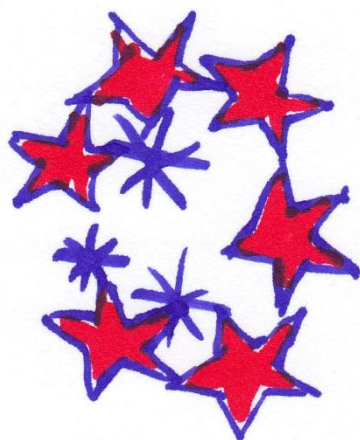
Nurses were very welcoming of the project and opportunity, and really interested in the material to inspire, as well as what was made. A kaleidoscope was also used to help participants enter colourful patterns with similarities to viruses, as well as looking down a scientific instrument. It provokes a sense of wonder and memories from youth, and provides visual interest and stimulation. The artwork created helped staff to see patients in new ways, and brought conversation and a sense of fun.

“most patients are confused, lonely and we don’t have time to do things”

“would be amazing to have support and simple things for patients to become more creative and more busy - our patients can be here for weeks”

“it’s diversional therapy”

“quite surprised by concentration”



With great thanks to the Trauma Unit and all the people who participated. Our thanks to the **Wellcome Trust** for funding this project.

