



**List of Artworks**

- A** Three Donated Artworks
  - B** Mosaic Trees
  - C1** Reflections Courtyard
  - D** August Evening 'by Piers Browne
  - E** Main Gallery Space
  - F** 3D Exhibition Space
  - G2** Nightingale's Courtyard
  - G** Chapel
  - H** York Open Studios Collection
  - I** Planets Courtyard
  - J** Small Gallery Space
  - K** Robin Hood's Bay' by Richard Barnes
  - L** Changing Lives Artwork
  - M** York Photographic Society Collection
  - N** Community Gallery Space
  - C4** Friends of York Hospitals Courtyard
  - O** 'York Station' by Richard Barnes
  - P** 'In the Beginning' by Ben Swaine
  - Q** Barlby School Collaborative Collage
  - R** Panoramic photo by Steve Goodwin
  - S** Metal Work by Rebecca Stoner
  - T** Photographs by Jim Poyner
  - U** Paintings in Hospitals Collections
  - V** NHS 60th Anniversary Collages
  - W** 'Rowan Tree' by the Renal Unit
  - X** Philip Wiseman Exhibition
  - Y** Canvases by Renal Patients
  - Z** Photography by N'Images UK
- 'Community' by Tadcaster Grammar



**York Hospital**

**WALKS OF ART**

This map has been designed to show you a couple of interesting walks around York Hospital.

Walking is an easy way to be more active, lose weight and become healthier. Following the two routes outlined within will both improve your health and wellbeing and introduce you to some of the wonderful artworks around this Hospital.

For more information on Health and Wellbeing initiatives, visit the NHS Choices website.

For more information about the Arts in York Hospital, visit [www.york.nhs.uk/arts](http://www.york.nhs.uk/arts)

**Route 1**

**Time:** 15-30 minutes    **Distance:** 0.65km

**Calories:** 54    **Steps:** 1500

**Start:** Information Desk, Main Entrance

- Enjoy **A B C1** and **D** in the main entrance before joining the main corridor at junction 3. Turn left and walk down the corridor, taking in **E** on your left and **F** on your right.
- Continue down the corridor, between junction 4 and 5 you'll notice the star award board on your left, telling you all about our fantastic award winning staff
- Further down you'll see **C2**
- Across the corridor is **G** notice the stained glass and prayer tree within
- Make your way down the main corridor, taking time to see **H C3** and **I**
- At junction 6 you'll find **J** continue to junction 7 to see **K L M** and **C4**
- At the end of the corridor take a look at **N** and turn right. Take the stairs to see **O** mid way up the staircase, or the lift directly to first floor. Here you'll find **P**
- Make your way back downstairs to the main corridor and leave the building at South Entrance. Turn left, walking around the outside of the hospital, past the Emergency Department to the Magnolia Centre on your left. Here you'll see **Q** and **R**
- Return to the main footpath and end your walk back at the Main Entrance.

**Route 2**

**Time:** 10-20 minutes    **Distance:** 0.45km

**Calories:** 36    **Steps:** 950

**Start:** Elerby's Restaurant

- Begin this route in Elerby's Restaurant by having a look at the photographs in the booths at the back **S**
- Join the main corridor and turn left, taking in **T** along the full length of the corridor
- At junction 1A take the stairs or lift up to 1st floor. Between Gillespie Building and Head and Neck you'll find further **T** artworks
- Return downstairs and turn left on the main corridor, take a further left at junction 2 and enjoy **U V W** on this short corridor
- At junction 2A take the corridor to find **X**
- Make your way into the main reception area where you'll find **A B C1** and **D**
- Head towards the York Against Cancer shop, taking corridor A where you'll find **Y**
- At the end of this corridor turn right towards junction 5, stopping to take in **Z**
- At junction 5 turn right, notice **G C2** and the star award board recognising the work of our amazing staff
- Continue down the corridor to find **F E** and more Paintings in Hospitals artworks **T**
- Return to Elerby's to finish your route, maybe treating yourself to a healthy fruit snack or bottle of water. Remember to look out for the 'Choose Health' options.

**HEALTHY WALKING FOR**

**Take deep breaths**  
This can create a sense of calm in your mind and body by slowing your heart rate, improving efficiency of oxygen to the body's cells

**Keep active**  
The recommended amount of moderate activity for adults is 2.5 hours per week

**Boost your mood**  
Physical activity has an important part to play in promoting emotional wellbeing including reducing anxiety and enhancing mood and self-esteem

**Take a break**  
A change of scene is good for your emotional health

**Eat well**  
There are strong links between what we eat and how we feel

### A Donated Artworks

The Arts Team have strong connections with local artists who often donate artworks to the Hospital. Here you'll find works by Ray Fearn, Giuliana Lazzarini and Gerard Hobson. To make a monetary donation to the Arts Team, please visit the Just Giving page at [www.justgiving.com/artsinyorkhospital](http://www.justgiving.com/artsinyorkhospital)

### B Mosaic Trees

The mosaic trees were made by patients in the Renal Unit working with artist, Lesley Seeger. They were designed in such a way that each tree could be cut into small enough pieces for patients to work on individually, making each part unique.

### C1 Reflections Courtyard

The reflections pillars were created in 2013 by Adrian Riley and Rachael Welford, providing a beautiful focal point that celebrates past members of staff.

### C2 Nightingale's Courtyard

This courtyard has been designed with a covered seating area to provide patients, visitors and staff with a 24 hour space where they can find peace and fresh air. The area is enhanced by plants and a bronze turkey hen, produced by Sally Arnup.

### C3 Planets Courtyard

This courtyard was transformed in 2008 by 30 students from St Peter's school in York as part of their 'Voluntary Community Project Action Week'.

### C4 Friends of York Hospitals Courtyard

In 2013, the Friends of York Hospitals generously provided the funds to redesign this courtyard. The Estates and Facilities department of York Hospital provided the ground works and each year the Arts Team work with students from York St John University's Fine Art course to add new art pieces.

### Y Photography by NY Images UK

This corridor is populated by a collection of photographs by NY Images UK, a local photography collective. The photographs are changed annually to reflect a new theme.

### X Renal Canvases

Artist, Van Nong, works with patients in the Renal Unit two days a week, providing an opportunity for patients to work on artist led projects of their own choosing. Their artworks are regularly exhibited and often sold to visitors and staff as a result.

### U NHS 60th Anniversary Collage

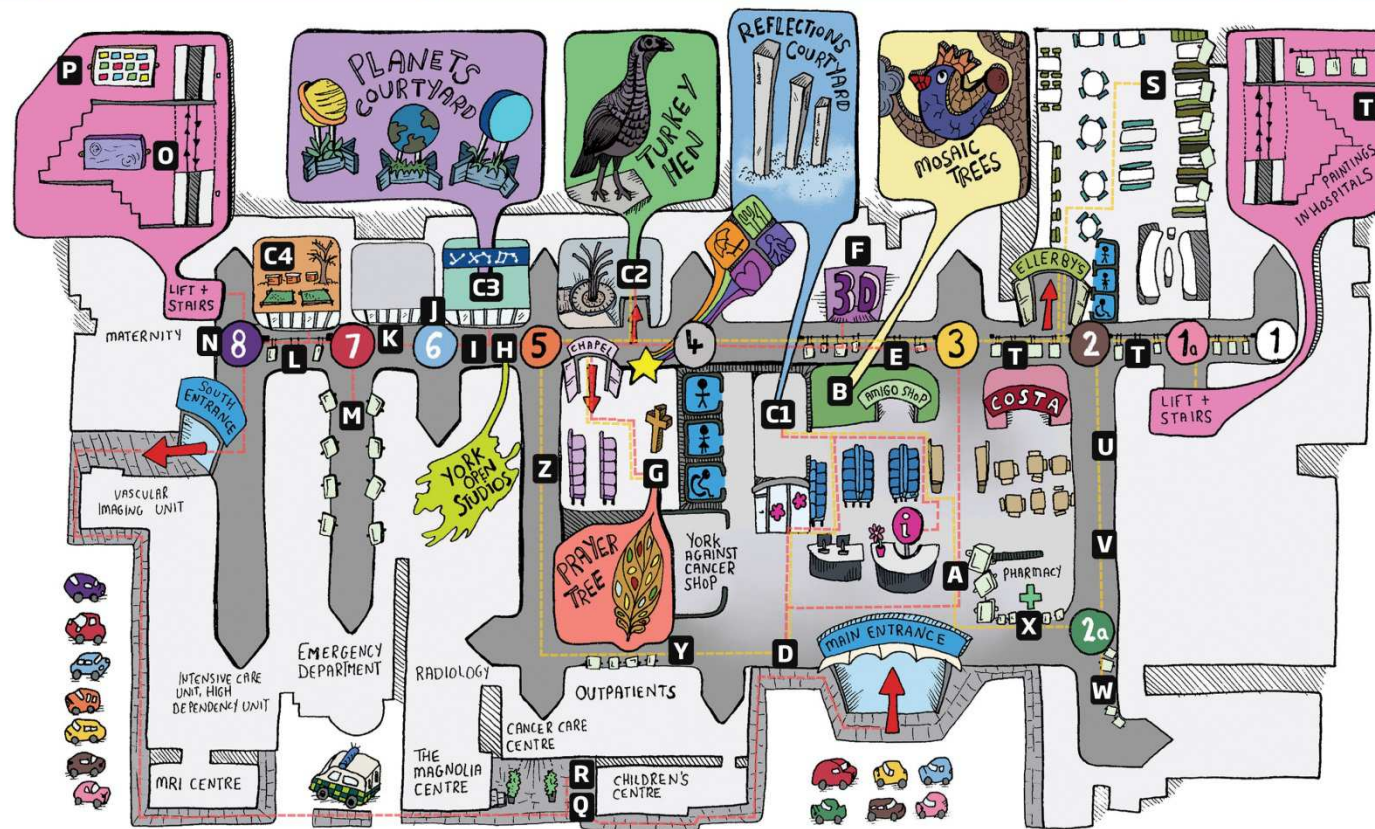
These collages were made in 2008 to celebrate 60 years of the NHS. Artist, Lesley Seeger, led workshops attended by members of the public and hospital employees.

### T Paintings In Hospitals Collections

Paintings in Hospitals is an establishment which enables health and social care providers with the opportunity to display artwork using affordable loan schemes. York Hospital is lucky enough to house the 'store' collection for the North.

### S Photography by Jim Poyner

These photographs were taken by York photographer, Jim Poyner, and chosen by a user group during the Ellerby's Restaurant refurbishment.



### E Main Gallery Space

This space is populated by temporary exhibitions sourced and hung by The Arts Team. Exhibitions change every three months.

### F 3D Exhibition Space

The 3D exhibition space is used to celebrate events throughout the year, including Chinese New Year, Diwali and Christmas. As well as 3D artwork exhibitions.

### G The Chapel

The Chapel is always open for prayer, within it you'll find the prayer tree. It's beautiful leaf shaped structure provides a place for people to leave their thoughts and prayers. Take a look at the stunning stained glass both inside and out.

### H York Open Studios Collection

York Open Studios is an annual art event that sees a range of York artists open their studios to the public for two weekends. Each year York Hospital exhibits a selection of this artwork on the main corridor.

### I Small Gallery Space

This space houses further exhibitions from professional artists and staff members. Collections are changed every three months.

### R Metal work

Rebecca Stoner is a local surface pattern designer. Her work can be found throughout the Magnolia Centre in the form of beautiful floral metal panels and window vinyls.

### Q Panoramic Photo

This photographic piece was created in 2013 to improve the entrance to the Cancer Care Centre and Magnolia Centre. Photographer, Steve Goodwin, worked on the project, not only as a professional photographer but as a patient of the Cancer Care Centre.

### M Community Gallery Space

The Community Exhibition Space provides an area for local community groups to exhibit art-based projects, creating awareness of a variety of city wide initiatives.

### L York Photographic Society Collection

York Photographic Society is a group of passionate photographers of varied ages, abilities and photographic interests. Their philosophy is to help members enjoy and improve their photography. This collection has been kindly donated by members.