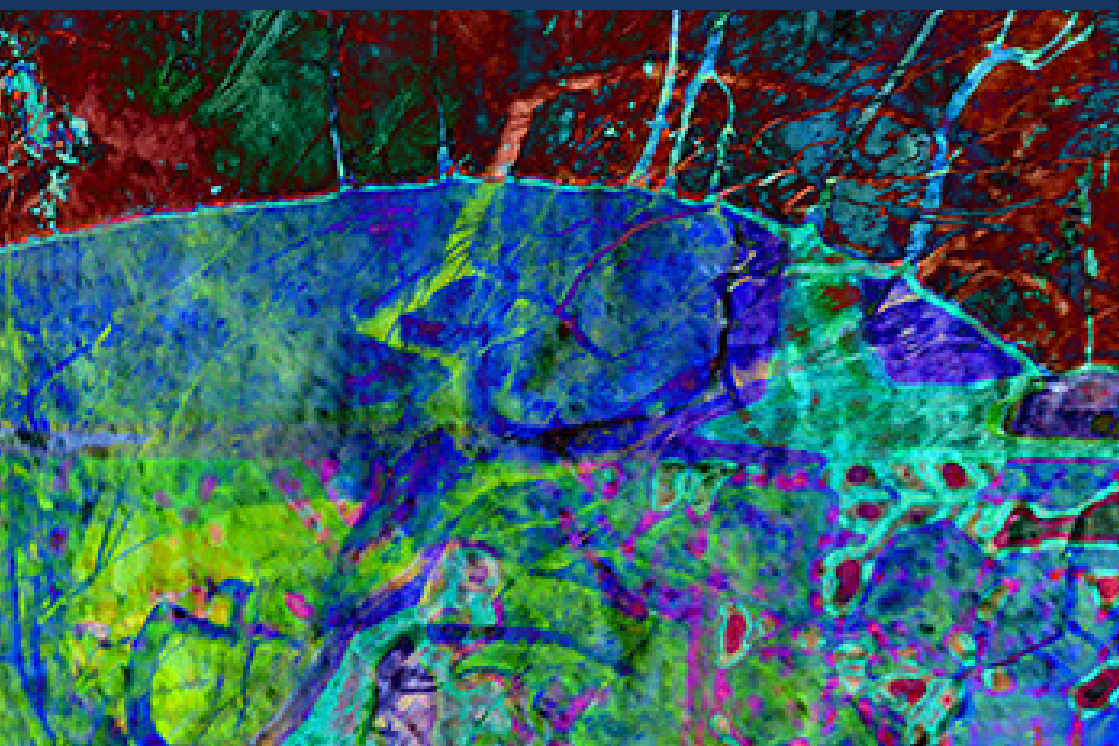


MAP RUMINATIONS



M A P R U M I N A T I O N S

This exhibition is a snapshot of the Mindfulness Art Portal (MAPs) collaborative art projects I have been exploring and developing in health environments.

The work explores and maps human relationships to nature and mindfulness, and how this is shaped by social, spiritual and environmental ecologies.

The collaborations began with the staff at Blacktown and Mount Druitt hospitals and continued with the Cardio Thoracic and the General Intensive Care Unit at Westmead Hospital; using funds from the Australia Council for the Arts to support health staff during COVID-19 and to create a design for the outdoor ICU balcony.



Image: Narelle Holden, Westmead Hospital Balcony workshop

In 2021, I've been working with Fairfield Women's Health Services and Fairfield City Museum & Gallery (FCMG) on a collaboration focussing on the impact of the COVID-19 pandemic on women from the Fairfield LGA. To seek a space of calm when things are beyond our control and to describe and create imagery that helps us find that point of calm became our core focus during the COVID-19 isolation. Further to this came the exploration of mindfulness and breathing as an adjunct to making art.

I have been working as an artist for more than twenty years. My work has grown from a love of narratives and their ability to maintain and transgress reality through individual and collective memory.

This interest in storytelling and people led me to develop community-based practices resulting in creative forms emerging from the shared experiences of people.

This involves making art as a public action by engaging with writers, sound and visual art makers and performers. These collaborators range from professional peers to random strangers and ephemeral definitions of community, or family.

The community-based work explores notions of identity, self, place and territory and the resulting collaborative artworks are displayed in schools, hospitals and parks or public spaces.

Martha Jabour

I would like to thank all the people who have contributed to and enabled the creation of these works.

Special mention to:

Westmead General Intensive Care Unit staff and clients.

Director Dr Dani Goh and Westmead Hospital Redevelopment.

Marily Cintra of HARC for supporting the ongoing project.

Jim Paton for his digital illustration throughout the process.

Leodelia San Jose and Kate Meyer from Liverpool and Fairfield Women's Health Services.

The MAP project acknowledges the Cabrogal people of the Darug nation. The MAPs of Blacktown, Mt Druitt and Westmead reference First Nations artists and localities on Darug land and we acknowledge elders past, present and emerging.

This always was and always will be Aboriginal land.

MAP Projects and portals are available for commission or print.
Please contact the gallery staff.



*Image: Delta tree of life © 2021 digital image ICU Balcony MAP.
Martha Jabour and Jim Paton.*