

WINTER 2018

Welcome to the Christmas edition of our newsletter.

We are looking forward to the new year and celebrating 40 years of training students in art and therapy. We will publish a 40th celebratory newsletter in the summer with reminiscences of students, graduates and friends of Tobias. Please send your thoughts, experiences, stories or pictures to our email address at info@tobiasart.org. A celebratory lunch will take place on the 28th July.

There will be a Renewal Weekend for Graduates of Tobias entitled 'Mars and Mercury as Inspiration for Empathy, Reverence and Grace' from 26-28th July which will tie in with the celebration above. See our website for more information www.tobiasart.org.

Over the last two years our Placement Co-ordinator, Catriona Alderton, has helped secure many diverse and exciting placements for our students. Our students now do their clinical placements in many locations across the world working with: adults, young people, children, special needs, mental health, hospices, the homeless, etc. Our students are keen to be challenged and work enthusiastically at their placements, sometimes resulting in future employment.

Aya Husni Bey did her placement in Laos in a busy hospital – read an account overleaf of her work there. We are very proud of Aya, this year she has also written an article called '**It's more than simply child's play**' which was published in Resurgence Magazine earlier in the year.



Lost in the Right Direction: My Volunteer Experience at Lao Friends Hospital for Children (LFHC)

Aya Husni Bey is a Therapeutic Play Practitioner, Holistic Counsellor, and is currently completing a Transpersonal Arts in Therapy Level 7 training at Tobias School of Art and Therapy. She travelled to Luang Prabang in February 2018 to



volunteer with LFHC for 4 months. What follows here is her recount of her experience at LFHC which she says only touches on the personal rewards she reaped from her time there.

LFHC opened in February 2015, on the back of the phenomenal success of Angkor Hospital for Children in neighbouring Cambodia. Both were founded by Kenro Izu, a noted Japanese photographer who was



distressed by the ill-health and lack of medical care which he witnessed among Cambodian children in the early 1990s.

Why a photographer should have the nous to found a world-beating hospital is unknown, but he did, and the process is being repeated in Laos, a land where about 64 children in every thousand will not live to see their fifth birthday.

By treating preventable illnesses, such as malaria, pneumonia and diarrhoea, LFHC is denting that horrible statistic, and showing how it might soon be in the dustbin of history. Naturally, there is an emphasis on education, but this facility tackles the sophisticated, pricey stuff too: ER, surgery, radiology, diagnostic imaging, laboratory, thalassaemia clinic, childlife & family support, outreach, pharmacy and neonatal facility. This latter is a life saver every day.

Professionals with skills they could sell anywhere in the world (doctors, nurses, pharmacists, nutritionists, physiotherapists, and childlife specialists) choose to come here from the UK, US, Australia, Japan and other countries. This is a job that may put you out of pocket. I know, I have just done four months in LFHC offering my therapeutic art and play counselling support as a member of the childlife and family specialist support unit. It is the best money I ever

spent.

I say this selfishly, because I had the time of my life – and I am well-travelled. Money and career are out of the equation; everyone is here because this is a fantastic place where you get to exercise your skills to the utmost, hopefully do some good (not just tick a box on the CV for NGO advancement!) and stand in awe of what can be achieved with a wise will.

Of course, the people make the place. In backpacker circles, it is a not-very-well-kept secret that quiet Laos, seemingly a bit-part player in the Twentieth Century dramas of SE Asia, is the land waiting to seduce you, and hold you.



Landlocked by five broadly more noted countries, Laos has a reclusive image, but right from when you arrive at LFHC, this seems like one of the most open and accessible cultures on Earth. Volunteers usually sign up for three months to a year, and just about every last one of them leaves with a heavy heart; tears are not rare. Some avoid this pain by not leaving, and find ways to stay on. The Lao staff adopt you



BLUE AND ROSE

LITTLE SON
WHENSE COMES BLUE?
IT COMES WHEN DARK IS SHONE INTO.
BECAUSE THE SUN'S FAIR GOLDEN LIGHT
SHINES DOWN INTO MY BODY'S MIGHT,
MY CLOAK IS BLUE.
MY LITTLE SON.

LITTLE SON
WHENSE COMES ROSE?
IT COMES WHEN LIGHT THROUGH DARKNESS GLOWS.
BECAUSE THE SUN'S FAIR GOLDEN SPARK
IS SHINING FROM MY BODY'S DARK.
MY ROBE IS ROSE,
MY LITTLE SON

CAN YOU HELP?

We have a strong and growing online presence which is vitally important in this digital age but we need to grow further. You can help! If you subscribe to any of the social media sites listed below please:

follow us,
share us,
tag us,
or simply like us



We would appreciate the gesture and it is a great way to tell others about Tobias.

STAY IN TOUCH

We love to hear what graduates and friends of Tobias are working on. Email us or use one of the Social Media sites to stay in touch from time to time.

In addition we produce an email version of this newsletter which you can share with friends. Simply click on 'Sign up to our Mailing List' at the bottom of the home page on the Tobias website.

The Staff and Students at
Tobias School of Art & Therapy
wish you a wonderful & blessed
Christmas and New Year

EVENTS

SPRING TERM AND BEYOND

Visit our website tobiasart.org for details about our courses and to make a booking.

OPEN DAY

Thursday 16 May 2019

A chance to experience our school and find out more about our signature courses.

TWILIGHT LECTURES

For those local to East Grinstead we offer Twilight Lectures between 5.30-6.45pm on some Monday evenings. Dates and details can be found on our website.

SUMMER COURSES - JULY 2019

Uncovering the Form in the Stone

Led by Maria Albiez
15th - 18th July 2019

Explore the Therapeutic Benefits of Phototherapy and Therapeutic Photography Techniques

Led by Sisi Burn
20th - 21st July 2019

The Colour of Memory

Led by Richard Heys
22nd - 25th July 2019

RENEWAL WEEKEND

Mars and Mercury as Inspiration for Empathy, Reverence and Grace

Led by Gill David
26th - 28th July 2019

'Wearing the Red Shoes'- How to work with Trauma Creatively.

Led by Anna Atkinson
29th - 31st July 2019

For more details about our courses please see our website or contact us for a leaflet.