



CATCH YOUR BREATH DURHAM EXHIBITION EVALUATION REPORT

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CREDITS

This report discusses the evaluation of the *Catch Your Breath* exhibition at Palace Green Library, Durham (Saturday 24 November 2018 – Sunday 17 March 2019).

Report collated and written by Sarah McLusky and Jade Westerman. Designed by Sarah McLusky and Rebecca Doggwiler. Photographs by John Donoghue, Jade Westerman, Nelli Stavrapoulou and Sarah McLusky. This work is licensed under CC BY 4.0. ©Durham University 2020

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SUMMARY

Exhibition **3952**



1231 Events

7541 Online

Visitors

Visit Time

Average: 11 min

Range:

10 sec-85 min

72%
changed their
understanding of
breathlessness
(events)

Exhibition Visitors

54% Durham/NE
England

84% non-
University

72 Arts
Awards
completed

77
events



What Worked Well

- Interactive elements, especially *Ohmerometer II*.
- Design and general atmosphere.
- Variety and 'unexpectedness'.
- Writer in Residence and Arts Award programmes.
- Exhibition legacy - subsequent iterations bring the total audience to well over 10,000.
- Variety of engagement programme – something for everyone.
- Additional funding/staff for evaluation.
- Holding daytime events in the gallery space.



Areas for Improvement

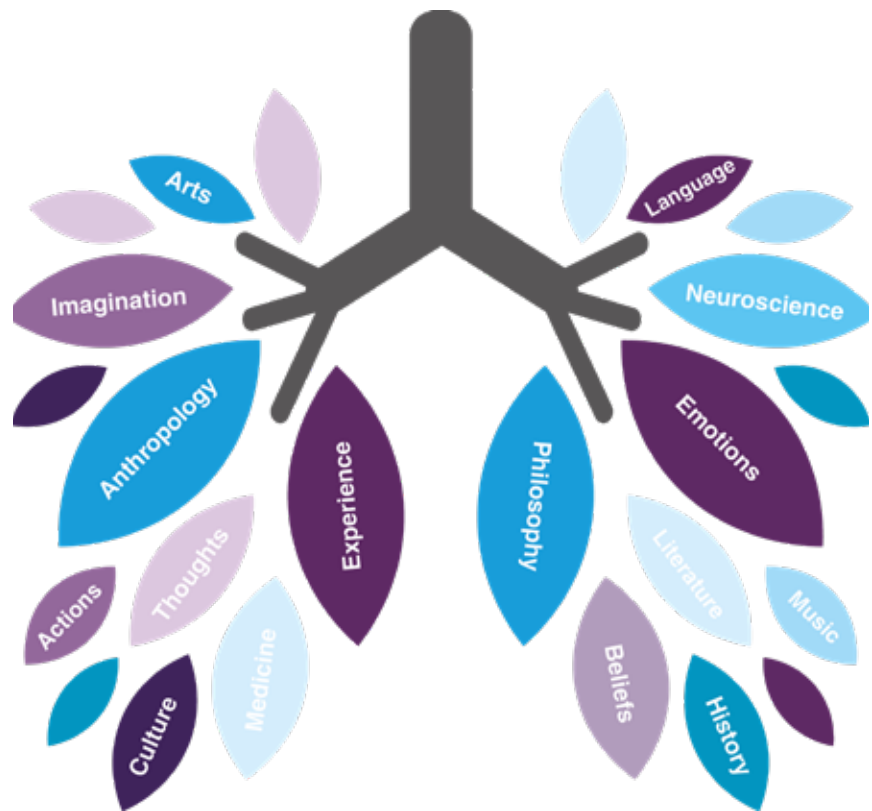
- Breathe Easy groups might have been engaged much earlier, ideally in curation.
- More local, especially mining-related, content and more items from Durham archives could have been included.
- Exhibition about breathing was a challenging proposition, so visitor numbers are about 20% lower than hoped.
- Booking and attendance at most evening and weekend events was also lower than hoped.
- It was hard to get PR and raise awareness, partly due to a lack of local media outlets and partly the nature of the exhibition.

ABOUT LIFE OF BREATH

Life of Breath was a 5-year (2015-20) interdisciplinary medical humanities project, funded by Wellcome. The project was jointly led by Professor Jane Macnaughton (Durham University) and Professor Havi Carel (University of Bristol).



Life of Breath brought together researchers from many backgrounds, including medicine, philosophy, anthropology, history of medicine, literature, and the arts, to find new ways of answering questions about breathing and breathlessness and their relationship to both illness and wellbeing. The team also worked with the British Lung Foundation, people affected by respiratory illness, healthcare professionals and people who use their breath in interesting ways (e.g. musicians).



www.lifeofbreath.org

Havi Carel

Havi led *Life of Breath* at the University of Bristol. She is Professor of Philosophy, and also teaches medical students. Her research examines the experience of illness and of receiving healthcare. Havi has a particular interest in the potential of a phenomenological perspective to improve our understanding of the experience of illness, ease communication between healthcare practitioners and patients, and identify focused interventions.



Jane Macnaughton

Jane led *Life of Breath* at Durham University. She is Professor of Medical Humanities and Director of the Institute for Medical Humanities, the first institute of its kind in the UK. Jane has published in the fields of medical education, medical humanities, literature and medicine, history of medicine, and health care environments, and was founder member of the Association of Medical Humanities. Jane, also a qualified clinician, continues to work in gynaecology at the University Hospital of North Durham.



ABOUT CATCH YOUR BREATH

Everyone breathes. From a baby's first cries to a dying gasp, breath is an ever-present companion on the journey through life. Breathing isn't just a biological process: it enables us to communicate, to speak, to create music. It can have deep cultural and spiritual meaning. It can be a marker of both health and illness.

Based on the work of the research project *Life of Breath*, and incorporating objects, visuals, sound, interactive materials, and text, *Catch Your Breath* told the story of how our relationship with and understanding of the breath has developed over time, from ancient philosophers who equated breath with life itself through to the latest practices in medicine.

Medical advances and treatments formed one part of the exhibition, illustrating how science has shaped our understanding of breathing. In parallel, *Catch Your Breath* explored alternative ideas about breath, showing how it has inspired, and continues to inspire, authors, artists, scholars, and practitioners who want to understand the breath and what it means to us. The exhibition also aimed to challenge ideas about how it feels to be breathless, and address the stigma associated with related conditions, such as asthma, asbestosis, tuberculosis (TB), and chronic obstructive pulmonary disease (COPD).

Catch Your Breath was designed and executed by the exhibitions team at Palace Green Library, Durham University in collaboration with the *Life of Breath* research project. Palace Green Library hosted *Catch Your Breath*, free to the public, from Saturday 24 November 2018 to Sunday 17 March 2019.

www.catchyourbreath.org

'Visited this tremendous exhibition this morning – free of charge and really worth your time. Centuries of exhibits and artefacts about the necessity of breath.'



EVALUATION SCOPE AND METHODOLOGY

The scope of this evaluation is to consider to what extent we achieved our aims, as well as reflecting on what lessons have been learned, what worked well and what could have been done differently. We will also consider any evidence that the exhibition and/or engagement programme had a lasting impact on either the visitors or contributors.

The evaluation was designed by Sarah McLusky and Jade Westerman. Apart from feedback offered spontaneously, much of the data was collected, collated and analysed by student research assistants, employed with financial support from Durham University Research Impact Fund. The types of evidence collected are summarised below.

- Metrics including estimated visitor numbers, event attendees and online analytics
- Gallery observations (n = 200)
- Exhibition online surveys completed (n = 40)
- Comment cards (n = 29)
- Comment book contributions (n = 173)
- Event surveys completed (n = 75, average response rate 19%)
- Reflective interviews with key contributors

Visitor Numbers and Other Statistics

Visitor numbers were estimated by using an infra-red beam counter and then applying Palace Green Library's own formula to correct for anomalies like people going in and out multiple times, bags and pushchairs. Event participant numbers represent a headcount of actual attendees. Audience demographics were collated from visitors who either completed a comment card, completed the online survey or completed the survey when approached in the gallery.

Data relating to dwell time and movement around the gallery come from observation studies. Research assistants stationed in the gallery randomly selected and monitored one visitor at a time, marking their journey on a floor plan and timing their stay at each item or case. A total of 200 observations were completed with a good spread of days and times, between 29 January and 16 March 2019. Findings presented represent the average (mean) and range of this data.

Web statistics were collected from the Wordpress JetPack plugin for the website and Twitter/Instagram analytics.



Qualitative Feedback

Visitors were invited to leave anonymous feedback in the gallery space either in the comment book, which was left open in on a table, or via comment cards (see appendix A for an example). We also created an online survey (see appendix B) which could be completed post-visit via our website. On some days we posted research assistants in the exhibition space to approach visitors to complete the online survey on an iPad. We also received some unsolicited comments via email, Twitter and Instagram.

For events, all participants who had pre-registered were sent a link to complete an online post-event survey. We also received some event-related comments via email and using the comment book and feedback cards left out in the exhibition.

Key contributors including members of the project team, commissioned artists, and event contributors were interviewed by a research assistant, either face to face or by phone. These reflective conversations were recorded and transcribed using Happy Scribe software, then reviewed for useful insights.

The comments chosen for inclusion in this report typify the general sentiment and range of responses received, but expressed particularly clearly or concisely. Where necessary, grammatical or spelling errors in visitor feedback have been corrected to improve readability. Where amended, we have ensured that the sentiment of the comments remain the same.

We acknowledge that our processes of collecting feedback, with most responses offered voluntarily, will bias the results towards those with the strongest desire to share their thoughts, i.e. both the most positive and most negative experiences.

The Exhibition

*I inhale the excitement
as my heart dances
My lungs grow
as I take in air
Amazement everyplace
everywhere*

*I exhale at the end
and inhale
start again*

by Lucy Wallis (age 8)



EXHIBITION BACKGROUND AND AIMS

Catch Your Breath was originally conceived by the research team, as part of the *Life of Breath* project's public engagement strategy. The project team then worked closely with Palace Green Library curatorial staff to develop the exhibition, aiming to reflect the breadth of the research in an engaging and coherent way, with particular emphasis on the lived experience of breathlessness.

Palace Green Library, at the heart of Durham's UNESCO World Heritage Site, has a remit to showcase both the ongoing work at the university and objects from the university's archives and special collections. It regularly hosts exhibitions based on research projects being undertaken at Durham University, with previous examples including *Hearing Voices*, based on the *Hearing the Voice* project, and *Time Machines*, a collaboration between the Physics and English Studies departments. Due to its location adjacent to the Cathedral and Castle, visitors to Palace Green Library exhibitions are predominantly tourists.

A linked programme of engagement activities and events ran alongside the exhibition, aimed at deepening and extending visitor experience by exploring some aspects in greater detail and introducing other topics not necessarily explicitly or extensively covered in the exhibition. The engagement programme included public talks, musical events, family activities and participatory workshops in yoga, mindfulness and creative writing.

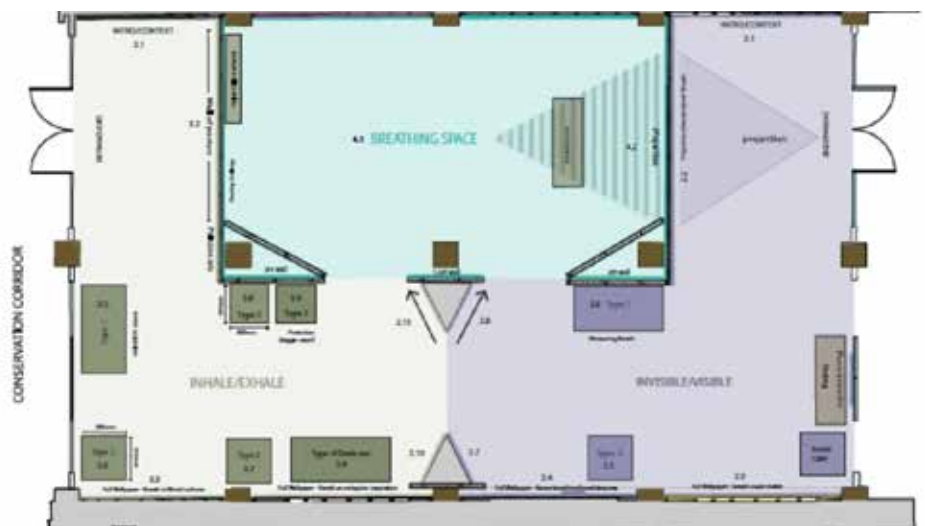
The exhibition and engagement programme aimed to:

- help visitors appreciate how our relationship with and understanding of breath has developed over time in a range of contexts and through technology and art;
- encourage people to reflect on what breath means to them;
- share stories of people affected by breathlessness to tackle stigma and increase empathy;
- share and receive feedback on findings from the *Life of Breath* research project.

THE EXHIBITION

This iteration of *Catch Your Breath* was designed specifically to occupy the Dennyson Stoddart Gallery at Palace Green Library with an introduction and three main sections:

1. Invisible/Visible
2. Inhale/Exhale
3. Breathing Space



INVISIBLE/VISIBLE

Invisible/Visible explored how breathing can be invisible and taken for granted, but can be rendered visible by drawing attention to it. This section illustrated the many ways that breath is made 'visible' as it is used, measured and controlled, including medical technologies, science, arts and the experiences of 'aware' breathers, such as athletes, musicians and those who practise meditation. This was contrasted against stories of individuals who experience breathlessness, and whose lack of breath places constraints on what they are able to do.

Key messages:

- Breathing is something we all do and all take for granted, except when something draws our attention to it. Added awareness of breathing can be both positive and negative.
- Breathing issues affecting health can be clearly visible or completely invisible, varying from person to person. Lung disease is underdiagnosed, while the stigma attached to it can mean those who experience breathlessness in their daily lives can be forgotten and overlooked.
- The invisible act of breathing has been made visible in various ways throughout history. From depictions in art and cinema through to medical technologies, they all play a part in helping us to better understand breath.

'Stunning exhibition @ PalaceGreenLib #CatchYourBreath. Beautiful, moving, uncomfortable at times, especially as someone with #Asthma. I need to re-start #yoga and #singing...'

'Jayne Wilton's art is fascinating and visually stimulating and this is what I loved most about the exhibition. One of my favourite Wilton pieces on display encapsulates the full breathing cycle through blown glass form, how cool is that?!'



INHALE/EXHALE

Inhale/Exhale explored how breathing brings the intimate interior world of our bodies into a relationship with the shared and vast exterior world that surrounds us - for good and ill. This section included images, devices used to add substances to the breath both medically and recreationally (e.g. asthma inhalers, pipes, cigarettes), objects related to breath and spirituality, and literature inspired by the breath.

'Keats' letter to Brawne on the unimaginable nature of illness is very moving and just the sort of "imaginability" issue exhibitions like this do so much to tackle.'

Key messages:

- Throughout history, humans have supplemented the breath by deliberately inhaling substances which treat illness, enhance wellbeing, or alter experience.
- Breathing brings the external world into the body via the air. The quality of this air can have a profound effect on our health and access to breathable air is becoming increasingly political, exacerbating existing inequalities.
- Most major religions and cultures, from ancient Greece to modern Christianity, ascribe spiritual significance to the breath.
- The ephemeral but vitalising nature of breath has inspired all kinds of artists and writers who have sought to convey its metaphorical, cultural, religious or personal significance.

'Interesting #CatchYourBreath exhibition at @PalaceGreenLib with @lifeofbreath. Not enough on devastating global impact of tobacco though @FreshSmokeFree.'



'I am a healthcare professional with COPD patients. It made me consider the daily struggles of simple things like eating'



'Loved it! Amazing interactive exhibition makes it so memorable. A moving message is told.'

BREATHING SPACE

The central space explored lived experiences of breathing and breathlessness – at once personal and universal - through commissioned interactive artworks, including the hugely popular breath-activated music generator *Ohmerometer II*, six short films, listening posts (including a *Catch Your Breath* Spotify playlist) and a digital humming contest. It was also used to host a lively in-gallery engagement programme including yoga, mindfulness and writing workshops.

STILL/BREATHING

by Matt James Smith (2018)
Commissioned by *Life of Breath*, Funded by Wellcome

What is it like to live with breathlessness? In this film, six people share their experiences of living with conditions that make it hard to breathe, including asthma, COPD, tuberculosis and anxiety.



Matt James Smith's short film *Still/Breathing* is available to watch on the *Catch Your Breath* website (and *Life of Breath* YouTube channel) as well as a further behind-the-scenes blog post on about how and why the film was created (Smith, 2019).

www.mattjamesmith.com

'Watching the film made me think about the impact it [breathlessness] has on their life, and the stigma that surrounds the condition. It certainly was an eye-opening film about the struggles of people living with breathlessness.'

SLEEP SONGS

by Miriam Quick and Stefanie Posavec (2018)
Commissioned by *Life of Breath*. Funded by Wellcome.

In mid-2018, Miriam and Stefanie tracked the breathing patterns of themselves and their husbands for a night as they slept. Using data gathered from Spire Stone trackers and the Pillow sleep app, they made two artworks from their breathing rate at various phases of sleep. Stefanie Posavec created a visual *Blanket of Breath* for each couple to highlight 'how breath wraps them close and encircles them as they sleep in their shared bed', with the different colours and patterns representing their breathing rates.

'I really liked the music installation; using breath to make the music. I thought it was a nice way to demonstrate the joy breath can bring us as well as its ability to connect us to each other'

'Amazing!
Who knew
you could do
that!'



Miriam Quick created two pieces of choral music, the *Sleep Songs*, that used the breathing data as both inspiration and creative constraint. Each piece represents a night's sleep for a different couple and one second of music equals two minutes spent asleep. Their musical 'breaths' move in and out of sync as the breathing speed of the sleeping bed-partners fluctuated over the course of the night. The pieces were performed and recorded by the Department of Music at Durham University. *Sleep Songs* can be heard in the online exhibition.

www.miriamquick.com
www.stefanieposavec.com

OHMEROMETER II

by Helen Collard and Alistair MacDonald (2018)
Commissioned by *Life of Breath*. Funded by Wellcome.

Helen Collard and Alistair MacDonald are artists who work with a variety of media, including performance, sound, electronics, code, and illusion. The work often begins with the body, in particular the importance of breath and its influence on the mind. *Ohmerometer II* was a breath-powered installation that became a communal musical instrument, producing light and sound as users blew into it. *Ohmerometer II* asked visitors to consider questions central to the *Life of Breath* project research: what can we create using our breath and what are the benefits of breathing together? A video of *Ohmerometer II* in action can be found in the online exhibition.

'I really enjoyed blowing on the Ohmerometer because you don't realise what's going on around you.'

www.cargocollective.com/helencollard
www.alistairmacdonald.com



THE ENGAGEMENT PROGRAMME

Running alongside the exhibition was a linked programme of engagement activities and events. This programme was developed and delivered collaboratively by the *Life of Breath* project team and the Palace Green Library Exhibition team.

These activities were aimed at deepening and extending the experience of the exhibition. The programme included 77 free events (see appendix C for a full detailed list) and welcomed 1,231 participants.

Events included:

- Exhibition tours
- Talks led by researchers and archivists
- Poetry workshops with writer-in residence Christy Ducker
- Yoga classes
- Mindfulness course and drop-in sessions
- *Under the Surface* choral performance and discussion
- Workshop day with contributing artists Jayne Wilton, Helen Collard and Miriam Quick
- Family craft activities
- Pop-up acapella and brass band performances

A key target audience was people who experience breathlessness and special tours were organised for Breathe Easy support groups from Darlington and Durham/Derwentside. The latter group also participated in the writer-in-residence programme (see p16).

The exhibition also provided an opportunity for the Exhibition team to collaborate with the Learning team on two projects for school pupils - Kids in Museums Takeover Day and Arts Award (see p14-15 for more details). The exhibition was also used as a teaching tool for a variety of courses, hosting visits from Northumbria University Arts FdA students, Durham University BA Anthropology and MA Museum and Artefact Studies students, and trainees from the College of Policing.

'Great exhibition at Palace Green Library, Durham – thanks to the curators for the tour yesterday!'

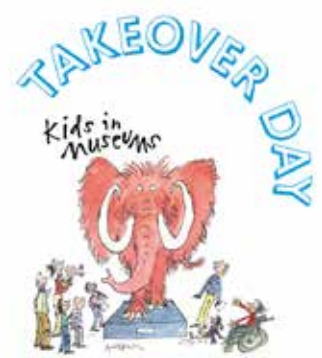


KIDS IN MUSEUMS TAKEOVER DAY

Takeover Day, organised by the charity Kids in Museums, is a day when children are invited into museums, galleries, historic homes and heritage sites to do jobs normally done by adults. The 2018 *Takeover Day* coincided with the opening of *Catch Your Breath*, so ten pupils from Coxhoe Primary School visited the exhibition to become tour guides for the day. This was the first time Palace Green Library had hosted *Takeover Day* in conjunction with an exhibition.

The children took part in activities led by the *Life of Breath* team and Palace Green Library Learning team to help them understand the exhibition. The children then confidently carried out their role, making a video describing and demonstrating their favourite parts of the exhibition. Their video can be seen on the *Catch Your Breath* website and on the *Life of Breath* YouTube channel.

Staff supporting the sessions noted how quickly the children picked up on the messages in the exhibition, and how well they understood the objects and artworks showcased. This is evident in the items they chose for their tour. Whilst some pupils chose objects like *Ohmerometer II*, which were expected to appeal to children, others chose more complicated things, for example, *Sleep Songs* which is a highly technical visual representation of breathing data accompanied by classical-style music.



www.kidsinmuseums.org.uk

'Hi Breath! Sorry I don't ever think about you, you're a really vital part of my health.'

'Given that when they came in they'd never really thought about breathing before, I was amazed at how quickly and confidently they put together their section of the tour.'

ARTS AWARD

With generous support from Northern Heartlands, the Durham University Learning Team took the opportunity to mark Arts Award Week (11-15 February 2019) by developing their first Arts Award programme, based on the *Catch Your Breath* exhibition.

Arts Award is a nationally recognised qualification which encourages young people to explore their creativity. The *Explore* Arts Award is the second of five levels, and is generally suitable for age 7 upwards. It requires 35 hours of study and young people create a portfolio of evidence showing that they have taken part in a range of art activities, learnt about artists and created their own artwork.

The Northern Heartlands funding enabled the Learning Team to work with primary schools in 'Category D villages' in County Durham. Category D villages are ex-mining communities that were scheduled for demolition and resettlement. Some are still inhabited, but experience high levels of unemployment and disadvantage. The partner schools were;

- St Chad's RCVA Primary School, Witton Park
- Prince Bishop's Primary School, Dene Valley
- Stanley Crook Primary School, Stanley Crook

The programme included Arts Award training for the Learning Team, a fully funded visit to the exhibition for 72 pupils, one class from each of the three schools, plus a follow up workshop in school, a workbook and all arts materials. After the sessions were complete, all the pupils' artwork was displayed at Palace Green Library alongside *Catch Your Breath* and the packs were sent off for assessment. All pupils who completed the pack achieved their *Explore* Arts Award.

Feedback from teachers indicated that the sessions were engaging, inclusive and allowed students to develop their problem solving, decision making, creativity, and communication skills.

'Science and art combined into this lovely school's @ ArtsAward project at @PalaceGreenLib #MyArtsAward #STEAM #CatchYourBreath.'

'The quality of the portfolios was very good with specially designed booklets, well suited to the needs of the young people.'

'It was a great opportunity to improve the children's aspirations – visiting the exhibition and Palace Green Library, hearing curators speak about the work and creating exhibits.'



OUR PAST
OUR FUTURE
OUR HOME



WRITER-IN-RESIDENCE

To help engage people with lived experience of breathlessness and deepen engagement with the exhibition we secured funding from the Durham University Research Impact Fund to appoint a writer-in-residence. Poet Christy Ducker was appointed under a competitive tender process and she led a series of workshops responding to the exhibition, inviting participants to think about their relationship with breath.

Over a period of five months, Christy collaborated with a total of 45 individuals - 29 members of the general public and 16 members of Breathe Easy Durham and Derwentside, a support group for people experiencing chronic breathlessness. Many of the participants created remarkable poems and several were incorporated into the design of the later pop-up exhibition. Christy also created her own exhibition-inspired work and collaborated with filmmaker Kate Sweeney to create two short films - *The Secret*, based on a poem by Christy, and *To Breathe* with the Breathe Easy group. Three blog posts with a selection of poems and the films can be found on the exhibition website.

Both the public participants and the Breathe Easy group participants saw the potential for poetry to help express and understand the varied experiences of breathlessness. However, the Breathe Easy participants also saw the poetry workshops as a way to pursue self-representation and validation.

A full evaluation report for the *Catch Your Breath* Writer-in-Residence project can be found on the *Catch Your Breath* website (Stavropoulou et al, 2019).

www.christyducker.co.uk

A Chance

*Grab, grasp with gratitude
this chance to speak.
To say what?
Can I do it?
Can we do it?
Do we have the courage?
Do we have the language?
We have the thoughts,
mostly hidden.
But words?
Denied, or rather not asked for
over the millennia.*

*Thoughts fly.
Words flood.
Whose language
do we use?
Who can share?*

by Jill Gladstone





'I loved the coloured lights and music, thank you mummy and daddy for my first visit here.'

INSIDE THE BREATHING SPACE

For the first time at Palace Green Library, the engagement programme was an integral part of the design of the gallery space. The *Breathing Space* was designed as an open area that could be used for small events, such as workshops, of up to 20 participants. The idea was to demonstrate that the space was constantly changing and organic, just like people's experiences of breathlessness and breathing.

Activities that took place in this space included a series of chair yoga workshops led by Durham City Yoga, plus drop-in mindfulness sessions, and a mindfulness course for beginners facilitated by the charity Breathing Space. Also using this space were weekend family activities relating to the exhibition, and regular gallery tours.

Hosting events within this space had both advantages and drawbacks. On the positive side, it gave visitors a reason to enter the gallery space, a simple act that can often be intimidating, especially for those who do not attend exhibitions frequently. Visitors could feel more relaxed in the space and disregard the traditional notion of museums as quiet and solemn environments. Furthermore, hosting workshops within the gallery deepened the experience of the exhibition, encouraged repeat visits and highlighted the relevance of the events.

Despite these major benefits, there were some drawbacks and complications with hosting events within the gallery space. Firstly, a lot of preparation and labour were required to ensure that the *Breathing Space* area of the gallery was set up before attendees arrived. It also disrupted the conventional visitor experience and a strict booking system was required as space was limited. Unfortunately, there were some complaints that the noise around the gallery could be distracting during mindfulness sessions, and that the space was a little cold. However, the facilitators were actually able to incorporate the disruptive noise into their sessions as a focusing technique.

'It was a really nice, different way to experience the space'

www.breathingspace.org.uk
www.durhamcityyoga.com

FACTS AND FIGURES

Visitor Numbers

Catch Your Breath welcomed 3,952 visitors to the Palace Green Library exhibition. This compares favourably with previous Winter exhibitions at Palace Green library and is impressive given the potentially challenging subject matter (see Fig 1). The better attended winter exhibitions are *Between Worlds*, an exhibition about fairies and other mythical creatures, and *Antarctica*, which occupied the entire venue, not just one gallery. The comprehensive engagement programme boosted visitor numbers further to 5,183, with another 7,541 visits to the exhibition website www.catchyourbreath.org during the exhibition run.

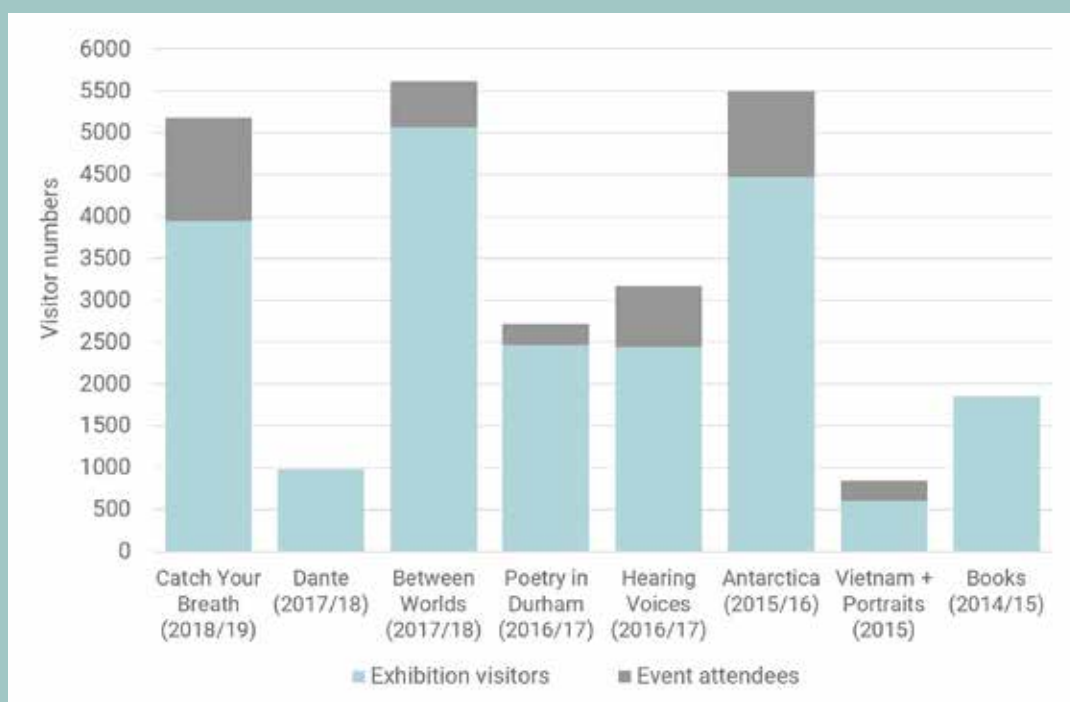


Fig 1. Total exhibition visitors and associated event attendees for *Catch Your Breath* and previous Palace Green Library Winter exhibitions (summer exhibitions tend to have much higher visitor numbers due to tourists)

Audience Demographics

Survey and comment card responses indicate that the audience was largely from Durham and the North East of England (54%), but with a considerable number from the rest of the UK (28%) and overseas (18%) (Fig 2). Given the location of Palace Green Library, adjacent to the Cathedral and Castle, and the fact that 84% of visitors had no association with Durham University (Fig 3), with 58% having never visited Palace Green Library before, this suggests the exhibition drew in a large number of tourists. The events programme drew in a larger proportion of university staff and students (Fig 4) which also makes sense as they are more likely to be able to return/attend on a specific day than tourists/day visitors. As a small town, Durham residents are disproportionately affiliated to the university in some way.

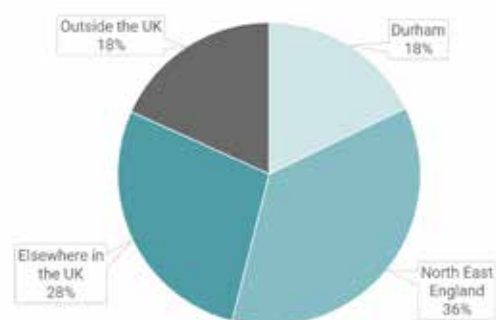


Fig 2. Exhibition visitor location

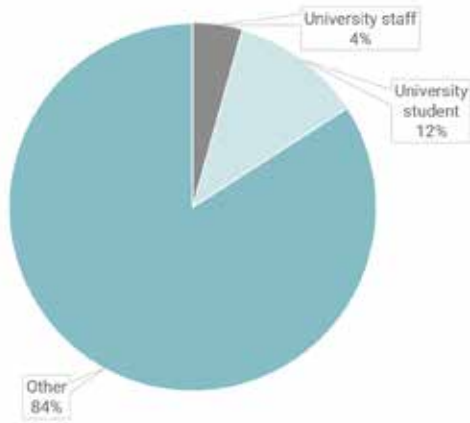


Fig 3. Exhibition visitor types

The exhibition drew in visitors from across the age range, while perhaps understandably, the events audiences tended to be older (Fig 5).

Comparing how people heard about the exhibition or events (Fig 6), it is clear that event attendees were often responding to a poster, flyer or online advert. Of the exhibition visitors who checked 'other', 75% said they were 'just passing'. Word of mouth was strongly represented in both groups, which correlates to a feeling amongst the staff team that the audience grew steadily over time as people heard about the exhibition and events from friends or family.

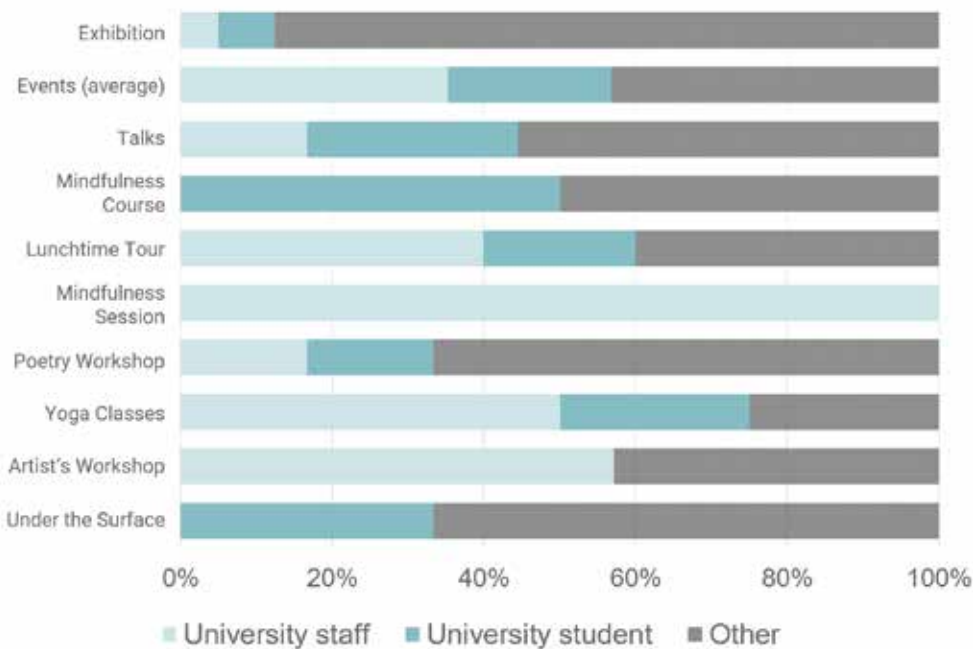
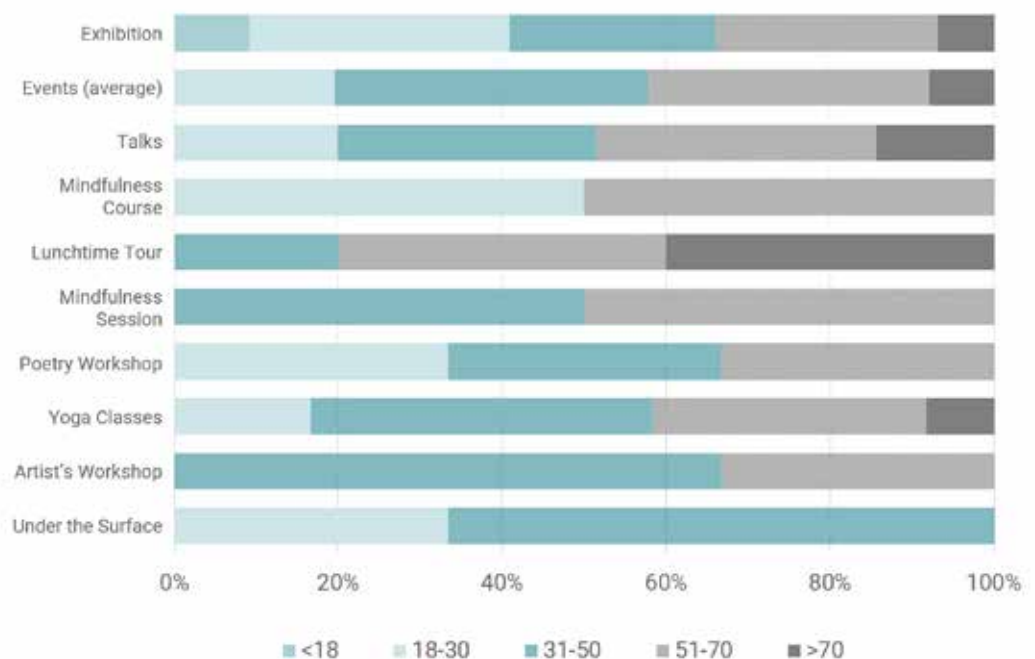


Fig 4. Comparison of exhibition and events audience by type

Fig 5. Exhibition visitor and event attendee age profile



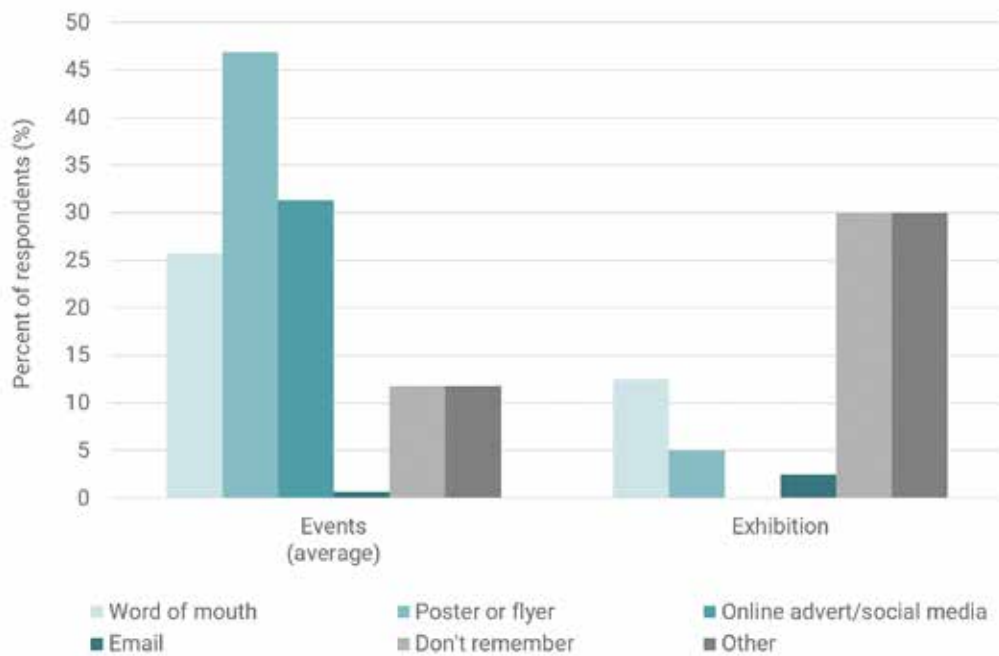


Fig 6. How did you hear about the exhibition?

Exhibition and Events Programme Effectiveness

Visitors and event attendees were invited to score their experience by moving a slider on an unmarked 0-100 scale. The average results are shown in Fig 7. All aspects scored well, with the musical event *Under the Surface* (99%), the art and poetry workshops and the yoga classes (all 93%) being the most highly rated.

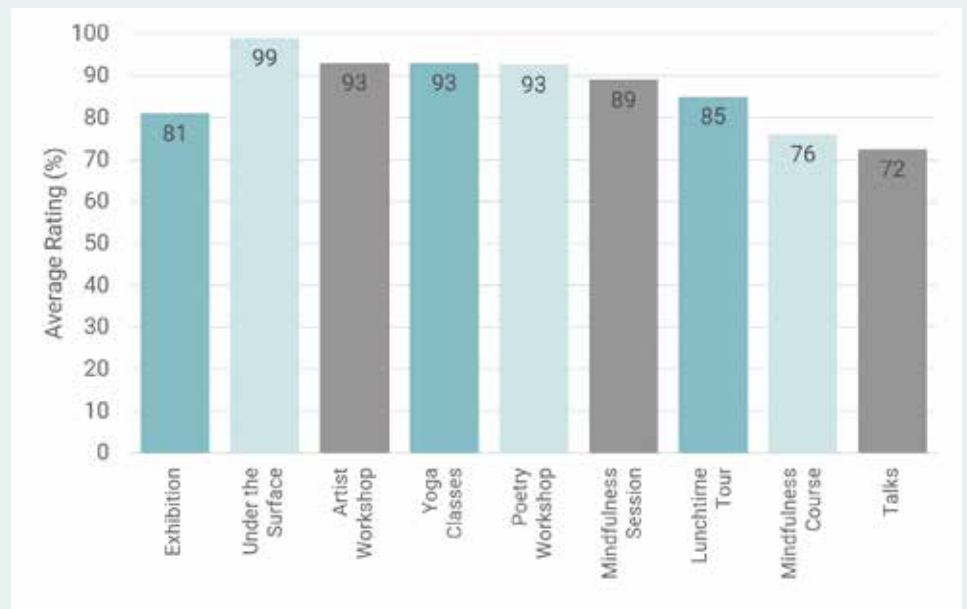


Fig 7. Audience average rating (sliding scale 0-100)

A key aim of the exhibition was to prompt visitors to think more about their breathing and challenge the stigma associated with breathlessness. Event participants were asked this question directly with the results shown in Fig 8. Most events scored well, with the tour, one-off mindfulness sessions and poetry workshops being most effective in this regard.

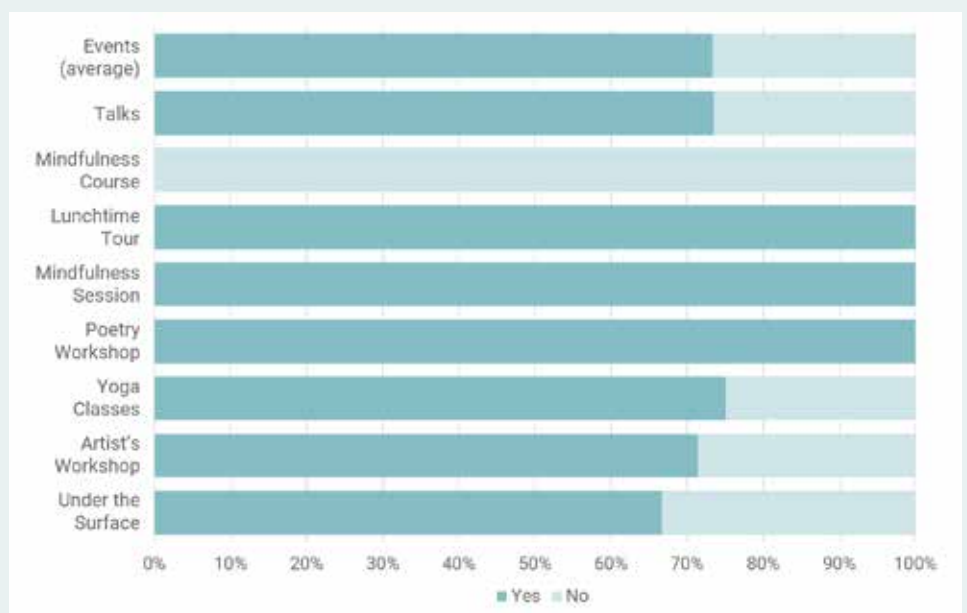


Fig 8. Did this change your understanding of breathlessness?

As part of the survey, visitors were asked to choose words to describe the exhibition. The list included both positive and negative terms and visitors could also add their own words. The full list of options can be found in appendix B.



Fig 9. Word chosen by visitors to describe the exhibition (bigger/more frequent = more common) (Created using <https://wordart.com>)

Gallery Observations

The average visit time, based on 200 gallery observations, was 11 minutes. However, this encompasses a wide range of dwell times, from as little as 10 seconds to the longest observed visit of 85 minutes. Fig 10 shows the areas where visitors spent most time with the average visit duration given in seconds (from a very broad range). The places where visitors spent the most time were those which encouraged interaction or had a lot to read or take in.

Fig 10. Average time (in seconds) spent at the most popular exhibition areas (data from 200 observations)



REFLECTIONS AND RECOMMENDATIONS

Exhibition Development

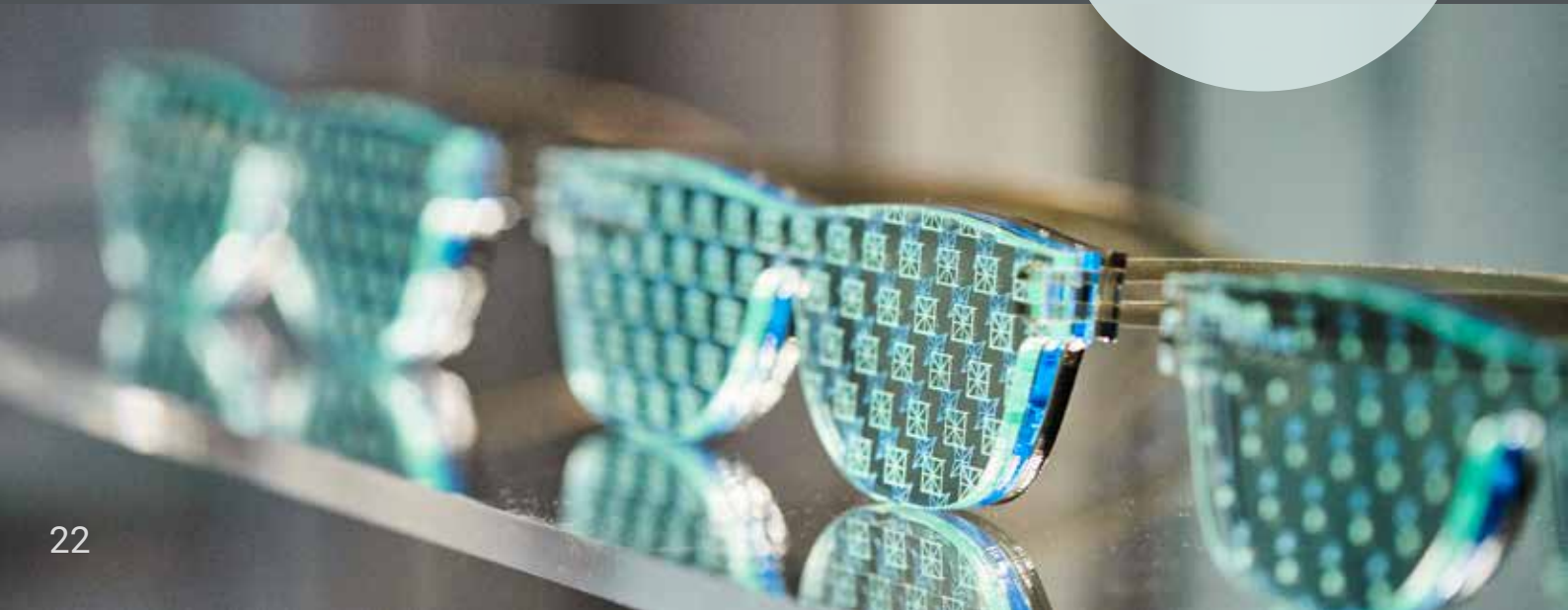
The design and content of the exhibition was the subject of many meetings and much debate. Initial discussions involved the entire *Life of Breath* research team when a general concept and a very long list of ideas and potential objects was drawn up. This concept was then refined and realised by a core project team of Sarah McLusky (manager), David Wright (curator), Carolyn Gaw (designer) and Jade Westerman (project officer). Although there were challenges along the way – notably around final content selection and the general look and feel of the exhibition – ultimately the team worked well together. The project officer role (funded by *Life of Breath*) was particularly valuable for providing a bridge between the exhibition team, based at Palace Green Library, and the research team.

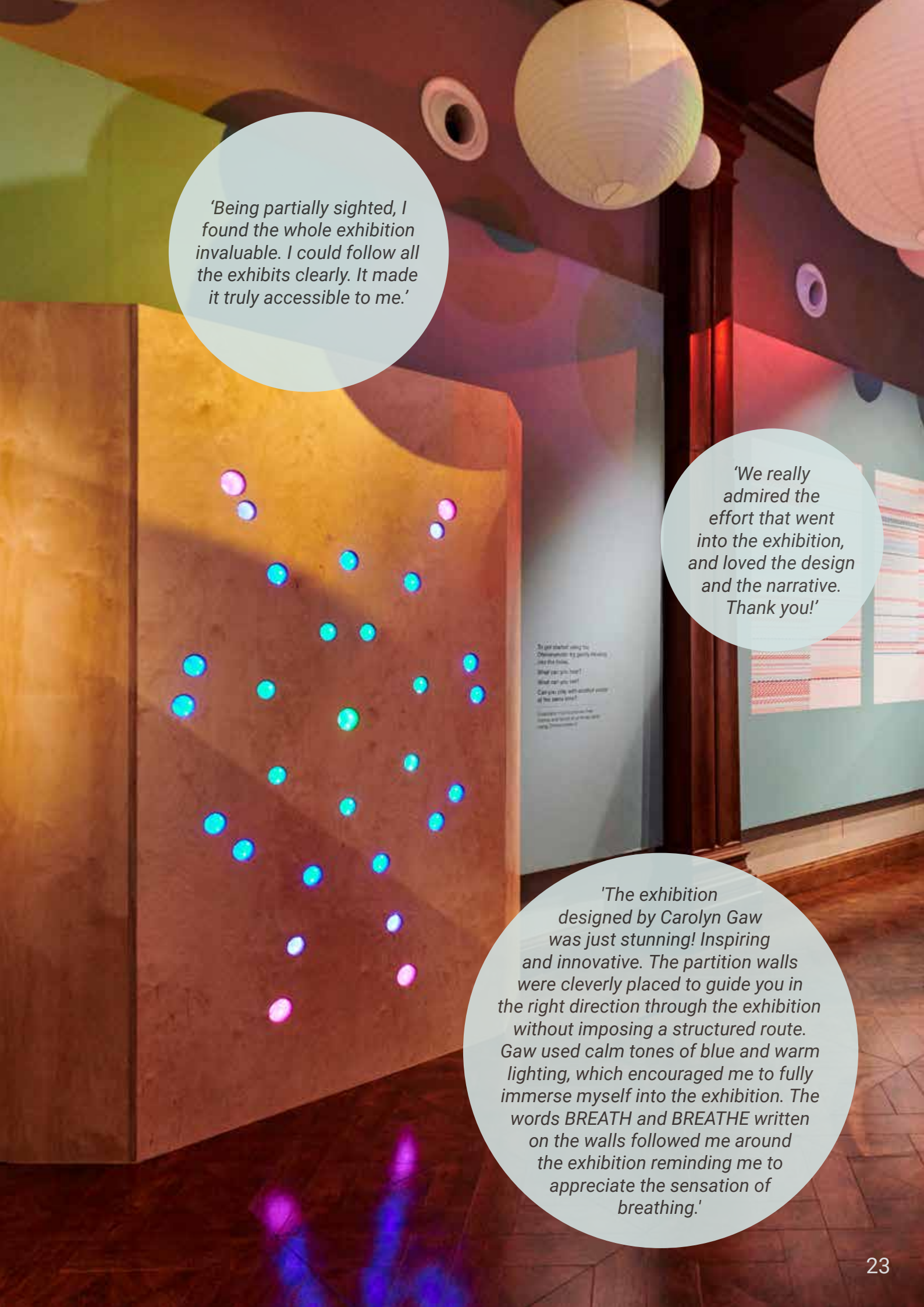
Exhibition Content and Design

The exhibition design was universally admired. Throughout the exhibition there was a play on dichotomy and juxtaposition – inhale/exhale, visible/invisible, light/dark, old/new. The final colour choices, an airy blue/green and a smoky grey, captured notions of air which is either fresh or tainted and polluted. The positioning of walls in the exhibition and the lighting design created areas of light and dark, constriction and expansion, to pick up on the inhaling and exhaling theme. Objects were sited on clear acrylic mounts or suspended, which enhanced the airy feel and made even quite ordinary things like modern inhalers seem special.

In the Breathing Space, the paper lanterns were initially just decorative but the air conditioning made them sway gently, casting ever changing shadows around the room. To complete the multi-sensory experience a soundscape, including breath sounds and snippets from breath related songs, played on a loop (supplemented at times by the music from the *Ohmerometer*). The overall result was truly stunning and impressed visitors. Although the main design elements were carried forward into the subsequent exhibition venues, some of the impact was lost as it was never possible to recreate the full atmosphere of the enclosed space at Palace Green Library.

'2nd visit – I enjoy the calm and bringing attention to my breath as much as the (very interesting) exhibits.'





'Being partially sighted, I found the whole exhibition invaluable. I could follow all the exhibits clearly. It made it truly accessible to me.'

'We really admired the effort that went into the exhibition, and loved the design and the narrative. Thank you!'

'The exhibition designed by Carolyn Gaw was just stunning! Inspiring and innovative. The partition walls were cleverly placed to guide you in the right direction through the exhibition without imposing a structured route. Gaw used calm tones of blue and warm lighting, which encouraged me to fully immerse myself into the exhibition. The words BREATH and BREATHE written on the walls followed me around the exhibition reminding me to appreciate the sensation of breathing.'

Visitor Experience

Although the gallery could be entered from either side, around three quarters of visitors arrived via the *Inhale/Exhale* side (nearest the toilets and main library entrance). Visitors departed equally through both sides. There was also no dominant route around the gallery with visitors following their own interests. This is what the curator and designer intended, so it is pleasing to see that it was a successful strategy. The places where visitors spent the most time were those which encouraged interaction or had a lot to read or take in (see Fig 10).

Due to the sensitive nature of the display objects, the gallery had to be kept quite cool which made the space uncomfortable for some, particularly during events. However, the seating in the central *Breathing Space* both encouraged visitors to stay longer, and provided welcome respite for those unable to stand for prolonged periods (including our Breathe Easy group collaborators).

From visitor comments, the most popular item in the exhibition was definitely the *Ohmerometer*. The interactive elements like the humming contest were also popular. The inclusion of these interactive elements was unusual for Palace Green Library, but considered very effective and something they plan to build on for future exhibitions. Indeed, the *Ohmerometer* was so popular that it was retained and reprogrammed with animal sounds for the next exhibition in the space, *Wild: A celebration of the natural history of the British Isles*.

Visitors also praised the breadth, variety and 'unexpectedness' of the exhibition. Mirroring the breadth of *Life of Breath* research interests, the curatorial team collated a wide variety of items, grouped by connecting themes, rather than a small number of 'star objects'. There was also a temporal element, with the old and new showcased side-by-side. This was done not only to show change throughout history, but also so that visitors of all ages could connect different objects of the same type. For example, ceremonial pipes were displayed beside e-cigarettes; modern inhalers beside Victorian ones. There was also considerable variety in the types of content, with artworks, musical and medical instruments, a range of literature, from religious texts to poetry, and recreational and spiritual objects.



"Ultimately, an exhibition is nothing more than what its audience makes of it, so it has been hugely enjoyable to see this gallery brought to life by a varied and interesting range of visitors. A quick scan of our comments book reveals messages left by visitors young and old, local and international. Most significant are the contrasting comments from those who had never given their breath a second thought, to those who are affected by breathing conditions day in, day out." Curator David Wright, writing for the *Catch Your Breath* blog

In terms of impact, many visitors commented that it had really opened their eyes to the experience of living with breathlessness, or how much they took their breath for granted. Others felt moved by the stories of injustice, including health inequalities, and industrial exploitation of both human labour and the environment.

'The fact that you are bringing together medical history, philosophy, art, literature and music is very exciting!'

'I understand [my aunt] better now, feeling empathetic towards her'

'Much greater understanding of lung disease, air pollution. I want to look up more about the politics around this'

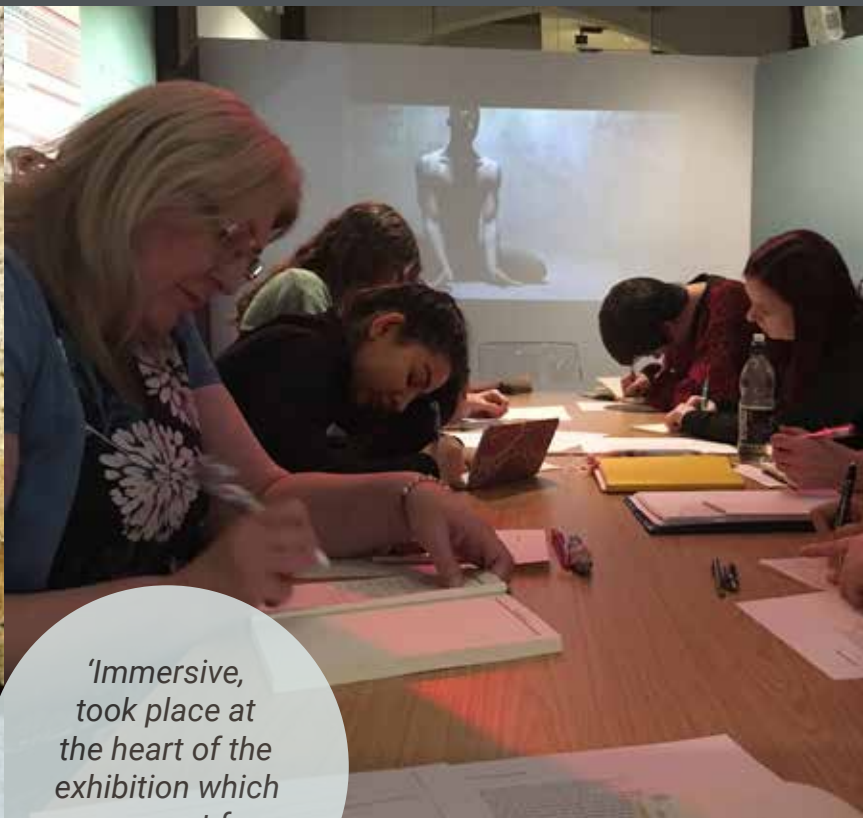
'A lady visiting her son at the University and worked in libraries said the exhibition was fascinating, and even though it was unrelated to her field, she still found the exhibition's content relevant to her. Her child has asthma, so she found the display of inhalers very interesting too.'

Reflecting on the exhibition content the team felt that there could have been a few improvements, notably more local references and material, particularly relating to mining. Unfortunately initial enquiries at Durham County Council archives were not fruitful. It would perhaps have been better to engage with Durham Miners Association. The team were also impressed by the section of the London exhibition which was co-curated with the Breathe Easy group and would have liked to do something similar at Palace Green Library. Finally, while preparing for an event, the librarian identified some books from the University Special Collections which would have been worthy of inclusion in the exhibition, such as Tobias Venner's *'Treatise on Tobacco'* (1650) had they been found sooner.

'I found it most fascinating, particularly as in my youth I nursed TB patients. It really made me realise how little we appreciate the ease of breathing.'

'So thought-provoking! Changed the way I thought about breath and breathlessness'

'It must be very scary not to breathe properly'



'Immersive, took place at the heart of the exhibition which was great for inspiration'

Engagement Programme

The events and engagement programme was extremely comprehensive – there really was something for everyone. As highlighted earlier in the report, the team felt the most successful aspects of the programme were the writer-in-residence programme, the Arts Award programme and the workshop events in the gallery *Breathing Space*. A separate report on the writer-in-residence programme is available (Stavropoulou et al, 2019).

In terms of visitor numbers, the best attended events were the chair yoga, mindfulness and poetry workshops (which all booked up rapidly) and the later academic talks. With respect to visitor feedback, the most highly rated session was the *Under the Surface* choral performance, followed by the Artist Workshop with Jayne Wilton, Helen Collard and Miriam Quick, the yoga classes and the poetry sessions with writer-in-residence Christy Ducker (see Fig 7).

The team also felt that the choral performance, of a piece inspired by *Life of Breath* research and organised as part of the Durham Vocal Festival, was a stand-out event in terms of the quality and visitor experience. Unfortunately, attendance was on the low side (around 40% of capacity) and the late January date problematic for reasons discussed below. The other highly-rated sessions on art, poetry and yoga were all led by skilled practitioners, highly interactive and notably made use of the gallery space.

This utilisation of the gallery space for events and activities was something new for Palace Green Library, but a highly successful experiment which will be repeated for future exhibitions. It helped to bring people into the space and really experience the exhibition rather than just passing through.

'I have told clinicians at UHND and Freeman Hospital about your great exhibition and encouraged them to pass on the news to their health care professionals. I hope they come because there is something for everyone in your programme. Superb.'



'Lots of breath-related ideas to work with! Christy was a great workshop leader too.'

'Excellent poetry workshop as part of #CatchYourBreath exhibition @ PalaceGreenLib... feeling very inspired!'

Attendance at some events, particularly early in the exhibition run, was disappointing. There are probably a number of factors for this. In December and January there may have been a lot of conflicting demands on potential guests' time such as competing festive events, end of term assignments and then holidays for students and staff. Poor weather and dark evenings may have made people disinclined to leave home. As already mentioned, word of mouth appears to have been an important factor, meaning that attendance grew as awareness grew. In addition, the pressures of getting the exhibition installed meant that staff capacity was strained in the weeks before opening. The work required to confirm and advertise events was understandably lower priority and, in many cases, was delayed until after the exhibition opened. This meant that those early events didn't have the same level of marketing or lead-in time as the later events. Longer lead-in times would have been helpful across the programme with many events feeling a little rushed. On reflection, the team were perhaps too ambitious and organised too many events. Really focusing on a smaller number of events would probably have been beneficial for concentrating both audience and effort.

Like the exhibition, all the events were free to attend, although guests were usually requested to register in advance. This is in line with the funders' policies and also a desire to make the work as accessible as possible. However, as is often the case with free events, there was quite a high drop-out rate – on average 28%. Anticipating this by slightly overbooking high demand events helped minimise the impact of this.

As the statistics in Fig 1 bear out, the engagement programme made a considerable contribution to participant numbers. It seems to have helped to bring people into Palace Green Library who had never visited before, and certainly brought *Life of Breath* research to a new audience. It was a lot of work and required a dedicated member of staff to coordinate it, but felt like a very worthwhile and enriching contribution. It is clear that the events programme encouraged people to engage much more deeply with the exhibition content than they would have done otherwise.

Website, Marketing and Social Media

The website received 7,541 hits during the exhibition run and, as of September 2020, had received over 24,000 views. During, and just after the exhibition, 24 blog posts about the Durham iteration were published, plus a further 20 about London and Bristol. They included behind-the-scenes stories and further information about some of the content. They also serve as an online catalogue of sorts with photos and videos of the space, as well as directly sharing some of the audio-visual exhibition content. Popular posts include *'Making the Invisible Visible'* about our writer-in-residence programme, *'Breathe Better'* breathing exercises recorded especially for the exhibition iPads and *'Johanna Under the Ice'* about the film which provided the exhibition's main marketing image.

By far the most popular blog post is *'Breathing Like the Iceman'* about endurance athlete Wim Hof's shorts with over 1,050 views to date (well ahead of the next most popular *Breath in Visual Art* on 430). Its popularity received a significant boost when Wim Hof retweeted it to his 100,000+ followers.



Direct marketing was primarily through established *Life of Breath* and Palace Green Library communication channels, particularly email lists, Twitter and Instagram. Using the hashtag #CatchYourBreath rather than establishing new accounts capitalised on existing follower bases. This marketing approach was particularly important for the events and engagement programme with 'digital advert' being the second most common way people heard about what was on (Fig 6). The top way people found out about events was posters/flyers (Fig 6). Exhibition project officer, Jade Westerman, created posters and flyers for all the events. An initial engagement programme leaflet quickly became outdated as so many events were confirmed late, and after that we relied on single-event flyers which were put up around Palace Green Library and shared online and by email.

A Challenging Topic

Although visitors who engaged with the exhibition seem to have been impressed, it was clear throughout that an exhibition about breath was a challenging concept. Even the curatorial team were initially unsure about whether it would work.

It also proved a hard sell for the public and visitor numbers, although good for a typical winter exhibition at Palace Green Library, were lower than hoped. As highlighted in Fig 3 the majority of the exhibition visitors are assumed to be tourists who were 'just passing'. Even once in the building it was hard to encourage some people to take a look. Project Manager Sarah McLusky chatted to a woman sitting in reception who had a long wait before a booked event at the Cathedral was due to start. Despite having time, and the exhibition being just a few steps away (and free), when told about it she replied *'Oh no, that's not for me'*.

Locally it was very difficult to get media coverage. North East England has only a few regional news media outlets, and all (except the Darlington-based *Northern Echo* newspaper) are Newcastle-centric. We did pay for some adverts and an editorial in the local arts listing magazine *The Crack*, but otherwise had to rely on word of mouth and our own (limited) communication channels. As highlighted in Fig 6, the data bears this out as the most common ways people heard about the exhibition were 'Don't remember', 'Just Passing' and 'Word of Mouth'. There was a sense amongst the exhibition team and Palace Green front of house that word of mouth was particularly important as visitor numbers and event attendees increased towards the end of the exhibition run.

'I thought visitors might reject the idea of an exhibition about breathing. It sounded really challenging, but now I have a lot more confidence that there's not a subject – no matter how intangible – that can't be explored in an interesting way to make it exciting and engaging for visitors.'

David Wright, Curator on *Catch Your Breath* at PGL

OUTCOMES

This report concludes with a review of the exhibition aims and achievements. Overall, the exhibition aims have all been achieved or partially achieved. Where they were incompletely achieved, in some cases this was due to circumstances beyond our control. In some cases a lack of evidence means clear conclusions cannot be drawn, and in other cases unanticipated opportunities led to different, but still worthwhile outcomes e.g. the Arts Award project.

Aim	Achieved?	Notes/evidence
Help visitors appreciate how our relationship with and understanding of breath has developed over time in a range of contexts and through technology and art.	Achieved	Evidenced by exhibition content and visitor quotes.
Encourage people to reflect on what breath means to them.	Achieved	Evidenced by visitor comments and Fig 8.
Share stories of people affected by breathlessness to tackle stigma and increase empathy.	Mostly achieved	Stories were shared particularly through the <i>Still/Breathing</i> film and writer-in-residence participant poems. Comments and feedback indicate clear increase in empathy. Fewer comments point clearly to stigma, and some visitors felt we were too neutral on tobacco indicating the deep roots of this stigma.
Share and receive feedback on findings from the <i>Life of Breath</i> research project.	Partially achieved	The exhibition certainly did an exemplary job of sharing project research in an accessible way, but there is less evidence of the desired feedback and dialogue around the research.

Target Audience	Actual Audience
People affected by respiratory illness and their friends/families/carers.	Engaged particularly through the writer-in-residence programme in collaboration with Breathe Easy Durham & Derwentside, as well as a visit and tour for Breathe Easy Darlington.
Clinical practitioners who have to deal with conditions causing breathlessness, including respiratory and cardiac specialists, palliative care doctors, and general practitioners.	Lower numbers of clinical practitioners than anticipated. A concurrent event in collaboration with the British Lung Foundation (BLF) was planned, but this was abandoned due to staff redundancies at BLF.
People conscious of their breath, such as musicians, singers, athletes, and yoga and mindfulness practitioners.	Most of these groups engaged, particularly through the events programme, with the possible exception of athletes.
School pupils studying English, History Biology, Science and Society, or How Science Works.	School pupils studying art.
University students studying Medical Humanities, History, Philosophy of Science, or Medicine.	University students studying medical anthropology, museum studies, arts, and English.
	Professionals specialising in the communicating complex subject matter to a lay audience, including the College of Policing and museum professionals.

IMPACT

As well as sharing the research findings from the *Life of Breath* project, achieving ‘impact beyond academia’ as defined by the Research Excellence Framework (REF) was also a key goal of the exhibition. REF defines impact as ‘an effect on, change or benefit to the economy, society, culture, public policy or services, health, the environment or quality of life, beyond academia’.

The *Catch Your Breath* exhibition and engagement programme achieved significant impact across a number of different dimensions - these are summarised in the table below.

Category	Key Impacts
Conceptual impacts (changes to how people think: knowledge, understanding, attitude, awareness)	<ul style="list-style-type: none"> • Feedback repeatedly emphasised making people really think about their breath, often for the first time. • Perceptions of those with respiratory illness were challenged and empathy increased. • Enhanced understanding of the cultural underpinnings of our relationship with breath and the difficulties of breathlessness (including causes and treatment).
Capacity building impacts (changes in what people do: skill development, participation)	<ul style="list-style-type: none"> • Palace Green Library Learning Team have been trained in the delivery of Arts Award and this has already been rolled out to other exhibitions and collections. • The Exhibition Project Officer had a museums background but had never done marketing before. She built her skills on the job and has now moved into a marketing and communications role. • The writer-in-residence programme built the confidence and creative writing skills of the Breathe Easy group participants leading to some impressive outputs and making them feel heard, validated and empowered.
Instrumental impacts (changes in how things work: policies, behaviour, practices)	<ul style="list-style-type: none"> • Success of interactive elements and in-gallery events have changed the way Palace Green Library uses the space and plans their future exhibitions.
Economic impacts	<ul style="list-style-type: none"> • Jobs created and existing roles sustained. New opportunities included Exhibition Project Officer, freelance Writer-in-Residence, 5 casual Impact Assistants who helped with evaluation and evidence collection, two freelance artist commissions and freelance filmmaker commission. • Enriched the tourism offer in Durham, helping to increase time spent in the city which according to the council directly correlates to money spent in shops and cafes, including those in Palace Green Library.

LEGACY

Although the exhibition at Palace Green Library ended on 17 March 2019, *Catch Your Breath* lives on. It was first adapted for installation at the Royal College of Physicians in London (2 April - 21 September 2019). It was then readapted for installation in Bristol Southmead Hospital (24 September - 31 December 2019) and Bristol Central Library (10 January - 26 February 2020). In addition to these fixed exhibitions, a travelling 'pop-up' version was created which toured libraries in North East England during Autumn 2019. Fig 11 shows all the locations and dates of these exhibition iterations to date. The pop-up exhibition remains available for hire so this list may expand in time. Separate evaluation reports are available for all these exhibition variations.

The coronavirus pandemic of 2020 meant that some bookings for the pop-up exhibition had to be cancelled or rescheduled. It also meant a shift to online exhibitions and engagement with the team at Palace Green Library taking the opportunity to create digital versions of recent successful exhibitions, including *Catch Your Breath*. So there is now a fully online version of *Catch Your Breath*, accessible to anyone in the world via www.catchyourbreath.org and the Palace Green Library website www.dur.ac.uk/palace.green. It seems fitting that, like a breath of air, *Catch Your Breath* has now escaped from the confines of panels and display cases to diffuse out into the ether of the internet.

Visit *Catch Your Breath* Online at stories.durham.ac.uk/catch-your-breath/



Fig 11: Locations of fixed and touring versions of Catch Your Breath during 2019 and 2020



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Catch Your Breath Core Project Team

Sarah McLusky, Project Manager
David Wright, Curator
Jade Westerman, Exhibition Project Officer
Carolyn Gaw, Designer

Curatorial and Event Teams

Durham University Conservation team
Durham University Learning team
Life of Breath project team and collaborators
Palace Green Library Exhibitions team
Palace Green Library Front of House team

Original Art/Film Commissions

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Stefanie Posavec and Miriam Quick
Matt James Smith

Writer-in-Residence

Christy Ducker

Lenders

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Mechanical Engineers
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Preston Park Museum and Grounds
Royal College of Physicians
Spire Inc.
Jean Symoms
Tyne & Wear Archives & Museums
Jayne Wilton

Films

Ian Derry
Damien Hirst
Roundhouse Pictures
United States Department of the Interior

Event Performers and Practitioners

Gillie Boggon, Breathing Space
Durham University Brass Band
Foot Notes
Northern Spirit Singers
Quintessential Voices
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APPENDICES

Appendix A: In-Gallery Comment Card

CATCH YOUR BREATH

How has the exhibition inspired you?

Who do you know that is affected by breathlessness?

Do you understand their lives better now?

If so, how?

Flip over...

CATCH YOUR BREATH

What was the most interesting or most memorable part of the exhibition?

Which of these best describes you?

- University staff
- University student
- Other

Where do you mainly live?

- Durham
- North East England
- Elsewhere in the UK
- Outside the UK

What could be improved?

Flip over...

Appendix B: Feedback Survey (used both online and for in-gallery interviews)

Which of these best describes you?

[multiple choice]

- DU staff
- DU student
- Other

Where do you mainly live?

[multiple choice]

- Durham
- North East England
- Elsewhere in the UK
- Outside the UK

How many people in your party fall into each age range? [short comment boxes]

- Under 18
- 18-30
- 31-50
- 51-70
- 71+

Are you doing anything else in Durham today?

[check boxes, select all that apply]

- Working
- Studying
- Visiting other attractions e.g. cathedral, castle
- Shopping
- Eating out
- None of these

Have you visited Palace Green Library before?

[multiple choice]

- Yes
- No

How did you find out about the exhibition?

[multiple choice]

- Word of mouth/personal recommendation
- Poster or flyer
- Digital advert (social media, website)
- Printed advert (newspaper, magazine)
- Email
- Don't remember
- Other (please specify) [comment box]

Overall, how would you rate the exhibition?

[sliding scale from poor to excellent, position on scale converted by software to a number between 0 and 100]

Which of these words would you use to describe the exhibition? Select up to 5

[order randomised by software]

attractive, beautiful, biased, boring, confusing, depressing, disappointing, disturbing, entertaining, fascinating, harrowing, inclusive, inspiring, interesting, intriguing, irrelevant, judgemental, OK, oppressive, optimistic, ordinary, pessimistic, pointless, shocking, stimulating, surprising, thought-provoking, topical, uninspiring, unusual, vibrant

Would you like to add any words of your own?

[comment box]

Have you attended any of the exhibition-related events? [multiple choice]

- Yes
- No but intend to
- No and don't intend to
- If yes or intend to – which events?
[Comment box]

General comments [comment box]

Conversation prompt questions for interviewers to choose from

1. What was the most interesting or most memorable part of the exhibition?
2. What could be improved?
3. Do you know anyone who experiences breathlessness? Do you understand their lives better now?
4. Has your understanding of breathlessness changed? If so, how?
5. Do you feel more aware of your breath now?
6. Has the exhibition inspired you to do any follow up or to do anything differently?
7. Did you know anything about the research project beforehand?

Appendix C. Full List of Events and Engagement Activities

Date	Event/activity	Description	Attendees
23 Nov 2018	Exhibition Preview	Launch event for exhibition organisers, contributors and collaborators	65
23 Nov 2018	Kids in Museums Takeover Day	Pupils from Coxhoe Primary School were the exhibition's first guests and tour guides	12
24/25 Nov 2018	Breath in Breathe Out	Drop-in family activity to make model lungs	14
27 Nov 2018	Private exhibition tour	Durham University MA Museum and Artefact Studies students	20
27 Nov 2018	Private exhibition tour	Volunteer Induction Tour	12
29 Nov 2018	Private exhibition tour	Northumbria University Art Foundation degree students, to support 'the body in art' module	31
30 Nov 2018	Public exhibition tour	Open to all, 1 of 4	7
1/2 Dec 2018	Origami Lanterns	Drop-in family activity to make an origami box that inflates using breath	9
1 Dec 2018	Wandering Christmas Acapella	Pop-up performances at Durham Christmas Market (held just outside Palace Green Library)	95
2 Dec 2018	Breath and Brass	Pop-up performances at Durham Christmas Market (held just outside Palace Green Library)	95
6 Dec 2018	Private Evening Viewing	Open evening for Friends of Palace Green Library and invited guests	48
8/9 Dec 2018	Air Ball Game	Drop-in family activity to make a mini ball game played by blowing through straws	2
7 Jan 2019	Private exhibition tour	College of Policing to support training on approaching the public	11
9 Jan 2019	Breath as an Anchor (Mindfulness)	Drop-in session on using breathing and body scan techniques to help ground in the present	5
10 Jan 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	12
12/13 Jan 2019	Balloon Power Racers	Drop-in family activity to make a racing car which is powered by the breath	11
16 Jan 2019	Breathtaking Books & Inspiring Incunabula	Show and tell session with selected exhibition-related items from the University Archives and Special Collections, session 1 of 3	5
16 Jan 2019	Mindfulness course	Session 1 of 5 on the habit of thinking, and coming out of autopilot	8
17 Jan 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	9
19/20 Jan 2019	Marvelous Music	Drop-in family activity to make panpipes using straws	11
22 Jan 2019	Public exhibition tour	Open to all, 2 of 4	10
23 Jan 2019	Private exhibition tour	Members of the Anthropology of Health Research Group, Durham University	11
23 Jan 2019	Breath as an Anchor (Mindfulness)	Drop-in session on using breathing and body scan techniques to help ground in the present	3
24 Jan 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	15
24 Jan 2019	Café Breath (talk)	A Social History of Spirometers with Dr Coreen McGuire (university of Bristol)	11
26/27 Jan 2019	Rainbow Blowers	Drop-in family activity to make an fluttering party blowers	12
30 Jan 2019	Mindfulness course	Session 2 of 5 on breathing and body scan techniques	8
31 Jan 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	15
31 Jan 2019	Under the Surface of Our Voices	Performance of Life of Breath-inspired choral piece Under the Surface by Toby Young as part of the Durham Vocal Festival. Performed by the Northern Spirit Singers and Quintessential Voices. Followed by a panel discussion with composer Toby Young, choir directors and researcher Dr Alice Malpass.	25
2 Feb 2019	Breathing Art Into Life: Workshop and Symposium	A day of talks and workshops led by the artists Jayne Wilton, Helen Collard and Miriam Quick, whose work featured in the exhibition	8
6 Feb 2019	Breath as an Anchor (Mindfulness)	Drop-in session on using breathing and body scan techniques to help ground in the present	4
7 Feb 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	14

7 Feb 2019	Café Breath (talk)	The Invisibility of Breathlessness - Physiology, Perception, Politics with Prof Jane Macnaughton (Durham University)	14
10 Feb 2019	Poetry Workshop	Public session with writer-in-residence Christy Ducker	5
10 Feb 2019	Poetry Workshop	Public session with writer-in-residence Christy Ducker	10
11 Feb 2019	Arts Award workshop and tour	Stanley Crook Primary School	28
12 Feb 2019	Breathtaking Books & Inspiring Incunabula	Show and tell session with selected exhibition-related items from the University Archives and Special Collections, session 2 of 3	6
13 Feb 2019	Mindfulness course	Session 3 of 5 on mindfulness meditation	8
14 Feb 2019	Poetry Workshop	Session for Breathe Easy Durham and Derwentside group with writer-in-residence Christy Ducker	12
14 Feb 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	15
14 Feb 2019	Arts Award workshop and tour	Prince Bishop Community Primary School	25
15 Feb 2019	Arts Award workshop and tour	St Chads Primary School	20
16/17 Feb 2019	Party Blowers	Drop-in family activity to make an noisy party blowers	21
19 Feb 2019	Private exhibition tour	Guests from Wellcome (exhibition funders)	2
19 Feb 2019	Bubble Art	Drop-in family activity to make bubble pictures	98
20 Feb 2019	Private exhibition tour	Durham University BA Medical Anthropology students as part of medical humanities module	55
20 Feb 2019	Breath as an Anchor (Mindfulness)	Drop-in session on using breathing and body scan techniques to help ground in the present	5
21 Feb 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	15
23/24 Feb 2019	Catch Your Words	Drop-in family activity to write a 'letter to my breath'	29
24 Feb 2019	Poetry Workshop	Public session with writer-in-residence Christy Ducker	9
25 Feb 2019	Poetry Workshop	Follow-up session for Breathe Easy Durham and Derwentside group with writer-in-residence Christy Ducker	13
25 Feb 2019	Public exhibition tour	Open to all, 3 of 4	3
27 Feb 2019	Mindfulness Course	Session 4 of 5 on using mindfulness in everyday life	8
28 Feb 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	15
28 Feb 2019	Café Breath (talk)	Adding Smoke to Breath with Dr Andrew Russell (Durham University)	21
2/3 Mar 2019	Brilliant Badges	Drop-in family activity to make badges using bubble art	10
5 Mar 2019	Café Breath (talk)	Sighs and Swoons: Breath and Breathing in Medieval Writing with Prof Corinne Saunders	21
6 Mar 2019	From Swamps to Smogs (talk)	Exploring Historic Theories about the Effects of Air on Health with Dr Danielle Westerhof (Durham University Rare Books Librarian)	10
6 Mar 2019	Breath as an Anchor (Mindfulness)	Drop-in session on using breathing and body scan techniques to help ground in the present	8
7 Mar 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	12
11 Mar 2019	Breathtaking Books & Inspiring Incunabula	Show and tell session with selected exhibition-related items from the University Archives and Special Collections, session 3 of 3	10
12 Mar 2019	Café Breath (talk)	Breath in Poetry with Prof David Fuller (Durham University)	22
13 Mar 2019	Mindfulness Course	Session 5 of 5 on using mindfulness to reduce stress and anxiety	8
14 Mar 2019	Private exhibition tour	Breathe Easy Darlington group	18
14 Mar 2019	Breathe Yourself Calm and Content (Chair Yoga)	Lunchtime yoga session with gentle movement and breathing exercises	15
14 Mar 2019	Café Breath (talk)	Art, Empathy and Breath with Dr Peter Garratt (Durham University)	23
15 Mar 2019	Public exhibition tour	Open to all, 4 of 4	9
16/17 Mar 2019	Wonderful Windmills	Drop-in family activity to make a breath-powered windmills	10
		TOTAL	1231

The Breathing Box

by Sylvia Hocking

*Now: an exhibit at the library –
a box with doors which open
to display a cylinder, tubes,
needles, a plunger on top
to blow up 'magic' to inflate
an air duct
to collapse*

my diseased lung and promote healing.

*Back then: I would lie on a table
and wait in dread for the needle
to be inserted, the plunger
to be pressed, while staring
at the ceiling.*

*Now: I stare at the scarring
of pin holes left after years
of needles. Was all this worth it?*

Yes.

All to breathe.



Poem by Breathe Easy support group member Sylvia Hocking, written in response to *Catch Your Breath* with support from writer-in-residence Christy Ducker



Palace
Green
Library



**Catch Your Breath Exhibition, Palace Green Library, Durham
24 November 2018 - 17 March 2019**

www.catchyourbreath.org
www.lifeofbreath.org
stories.durham.ac.uk/catch-your-breath

CATCH
YOUR BREATH