**Take 5 - Cultural & Creative Practitioner in Residence - Open Call - Donegal**

Donegal County Council in partnership with the HSE’s Health Promotion and Improvement, Integrated Healthcare Area Donegal are seeking a Panel of Experienced Creative Practitioners for a Shared Island Creative Health and Wellbeing programme – Take 5 – to work with communities in County Donegal.

From September to October 2025, the Take 5 Shared Island Creative Health and Wellbeing programme will work within communities across the Donegal and Derry City and Strabane District Council areas, taking a co-designed creative approach to health and wellbeing.

The programme aims to lay a foundation for participants to feel a sense of belonging, build self-esteem and resilience, and develop a creative mind-set by offering a different lens with which to see the world. The programmes will integrate arts, culture, and wellness practices for mental, emotional, and physical wellbeing.

**Residency Format**

The **Take 5** programme will take place over a period of five weeks in four different locations in Donegal.

The Donegal locations are Portnoo or surrounding area; Gaoth Dobhair; Letterkenny; and Inishowen

The practitioner will be paired with a specific group to co-design and lead out on a creative programme around these five themes - ‘*Take Notice’*, ‘*Be Active’*, ‘*Keep Learning’*, *‘Give’* and *‘Connect’*. (See Appendix 1 for further outline)

The cultural practitioners will enable participants to creatively explore a broad range of creative activities including visual and performing arts, heritage experiences, music, dance, drama, creative writing, storytelling, crafts, digital arts, nature walks and gardening.

The residency will take place over a prescribed five week period from mid-September where each week the artist in residence will help participants explore each of the five themes in a creative way.

1. Take Notice
2. Be Active
3. Keep learning
4. Give

*The first four sessions will take place for participants at a venue in their own locality.*

1. Connect

*The fifth session will focus on the “Connect” step which will see all participants meet at one location*.

Additional Information:

* Further details about each of the five themes is available in Appendix 1.
* A project manager is in place to coordinate the fifth sessions venue and will liaise with practitioners about content and format.
* Details of how the residencies are delivered will be agreed with participants in each location and will depend on the number’s participating, interests/abilities, facilities/space and other considerations which may differ from location to location.
* Residencies will take place on agreed day(s) and times in consultation with the venue taking local factors into consideration such as public transport etc.
* Residencies may involve large or small groups depending on the practice, the location and the participants.
* An exhibition or performance of learning may be included at the fifth session of the residency and will be agreed upon with the project manager.

**Residency Brief**

It is expected residencies would be delivered at between €4,000 and €4,500 each, including all related costs, depending on the nature of proposals.

Practitioner’s fees will include preparation, contact time/workshops, travel, and all tax liabilities. If materials are required – say in the case of a craft or visual arts residency – these should be referred to in the application form and costed.

Practitioners should have their own insurance and must provide evidence of same.

NB there may be a requirement to pay tax on payments and applicants are advised to inform themselves of same.

Requirements of role included in the fee include:

* Minimum direct contact of three hours per week over 5 weeks plus required preparatory time.
* Liaise with project manager and the venue to secure dates and times of each session.
* Liaise with participants and co-design activities/ discussions around the *Take 5* themes.
* Liaise directly with the project manager as required and submit ideas for facilitation for the week 5 joint location event.
* Organise consent for photography/ videography of one or more sessions from participants.
* Organise a bus to transport participants to and from the fifth session in consultation with the project manager.
* Gather feedback from participants for evaluation of the project.
* Submit a short report, and evaluation to include photographs/video/sound clips/other evidence of the residency in progress.

These residencies aim to:

* Foster connections and deepen engagement with culture and creativity.
* Value, support and widen the group of practitioners working in health and wellbeing contexts.
* Deepen and promote the value of culture and creativity within health and wellbeing settings.

**Residency – eligible practices**

Practitioners from any discipline that could translate into a meaningful residency under the **Take 5** themes approach may apply.

Likely proposals are visual art, music, singing, dance, drama, film, photography, craft, traditional skills, storytelling, reminiscing, literature, or creative writing. However, expressions of interest from practitioners of other areas are also welcome. What will be important in any expression of interest, is to demonstrate how the residency will work in practice, the benefits to participants/observers and so on.

Selected reports interested practitioners may find of interest can be found at:

* [Arts-and-creativity-executive-summary-Final\_0.pdf](https://www.publichealth.ie/sites/default/files/resources/Arts-and-creativity-executive-summary-Final_0.pdf)
* <https://www.creativeireland.gov.ie/app/uploads/2021/11/2021_ResearchBrief_CreativeActivity-1.pdf>
* [Arts and wellbeing - Northern Health and Social Care Trust](https://www.northerntrust.hscni.net/health-and-wellbeing/arts-and-wellbeing/)

**Residency – Evaluation**

Proposals will be evaluated on the following submitted via the application form:

* Creative and artistic strength of the project or practice in the context of Health and Wellbeing **(30%)**
* Track record of work to date in community settings. **(30%)**
* Strength and viability of planning - including projected budgets - of the applicant to deliver the project or activity.**(30%)**
* Quality of supporting documentation **(8%)**
* Ability to deliver in the Irish language **(2%)**

**Residency – Key dates**

It is anticipated facilitation of the project will begin the week of 15th September and will run each consecutive week until the week of 13th October.

**All tasks including invoicing, reporting and evaluation must be completed by 31st October.**

**Residency – Application**

To apply, please complete an application form available at <https://www.donegalculture.ie/en/services/creative-ireland/events-and-initiatives/>

**Closing date: 12 Noon, Monday 1st September 2025**

For queries or clarification please contact:

Naoise Nolan

Email applications to [NAOISENOLAN@Donegalcoco.ie](mailto:NAOISENOLAN@Donegalcoco.ie)

Tel: [(074) 912 9186](tel:0749129186)

**Appendix 1**

There are five simple steps to help maintain and improve your wellbeing. The project seeks to explore each of the 5 themes below in a creative way.

**Take Notice**

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

**Be Active**

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

**Keep Learning**

Don’t be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

**Give**

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

**Connect**

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

The 5 Steps are drawn from work by the New Economics Foundation (www.neweconomics.org).