An Introduction to the Art Work of Mark Cameron Minard
As Moving Essence Nature Art Therapy (MENA Therapy)

“I bring to therapeutic settings inspired contemplative nature art moving imagery with well-researched health benefits.”

77% of critical care cancer patients who have accessed my work have experienced a reduction in anxiety in a NHS Study:


“Making a connection with Nature has the ability to bring us back into balance.”

How can my work help others?

The NHS Information Centre revealed in England prescriptions for anti-depressants rose 28% over the last 3 years from 34 million prescriptions for 2007/08 to 43.4 million prescriptions for 2010/11.

The North West has the highest anti-depressant use in 2010/11 with 7.2million prescriptions.

Research by the House of Commons states depression is costing the economy almost £11 billion/year.
Recent Co-Designed Projects and Research:

- Christie NHS Trust, Manchester (specialist cancer hospital) is using MENA Therapy in its Critical Care Unit (CCU) to work with the natural cycle of day and night in aiding the orientation of patients to the sleep wake cycle, to relax and distract patients during unpleasant procedures and to bring nature, light, trees, flowers, sky and water to the CCU (as requested by patients.)

Results have shown significant improvements in the ability to sleep, to relax, in the reduction of anxiety and in distraction from unpleasant procedures. (See below)

Excellent Feedback Results

70% to 80% of patients reported help with relaxation, reducing anxiety and providing soulful distraction, 60% reported help with sleeping.

Moving Images in Critical Care

The trial is continuing with similar outcomes. Feedback from other hospital patients, staff, visitors, and from commissioners also reflect these results.

- **Countess of Chester NHS Trust** installed multiple screens in its new breast screening and treatment rooms of the clinic to improve patient/staff experience and wellbeing - reducing stress and anxiety. It was extended into radiology.

- **Royal Oldham Hospital**- Creating Installation for patients in Haematology Ward

- **Linda McCartney Centre at Royal Liverpool Hospital** new installation for Broadgreen Breast Screening redevelopment.

- **GP Practice** – Dr Tim Greenaway of Alexander Road Practice Installed MENA Therapy in nursing treatment rooms and the waiting area. Manchester.

- **Mental Health** – calming supportive interventions providing a soft clear focusing for patients.
• **Dementia care day** in specialist dementia care home with successful feedback and outcomes.

• **Primary and Secondary Schools** - calming and focusing pupils of all ages, demonstrating ways to create a peaceful state of mind, creating connection with nature, inspiring many new creative lessons in writing painting, poetry etc. demonstrating to pupils and staff new ways to see and experience nature first hand for themselves.
  
The aim is to promote not only student and staff wellbeing but the wellbeing of the natural environment by supporting our relationship to it by increasing heartfelt awareness and appreciation.

• **Chinese Hospital studies** by Koonlin Chan PhD study from Manchester Metropolitan University - currently being written.

• **Community Stillness days**
  
  With other artists of a “Quiet Space” group we offered community “Inner stillness” days in a local community space where we projected the nature works to focus and connect people with an inner stillness through their visual and hearing senses.

  We also did movement and explored simple sensory awareness exercises inside and then outside in nature afterwards. This created an increasing atmosphere of appreciation for nature - for life.

  Holistically it created a deep sense of connection and there was a beautiful sense of community amongst us all and the days were repeated.

**My work has also been used in -**

• Child birth support
• Care homes
• Training sessions for NHS health care staff in stress management and personal well being by John Fleet retired Surgeon.
• Palliative and hospice care
• By counsellors
• Private home users
Testimonials

Ref Stillpoint Lauriston
“Absolutely beautiful - thanks so much - a spiritual and emotional resource…”

Wendy

Showing of Nature works Lauriston Scotland
A feedback sheet was put upon the wall and a summary of words used were:

Moving, inspiring, sensual, thought provoking, magical, meditative, calming, delightful, fresh, rejuvenating, extraordinary and stunning.

“It is a pleasure to write an appreciation of the nature art films produced by Mark Minard.
I am a retired Consultant Surgeon and run a retreat centre doing courses for Health Care Professionals. One of the striking things about hospital staff and indeed most people today, is the pressure they work under and the difficulty they find relaxing.
All of my workshops use some time for reflection and I have found Mark’s films excellent for this. Each is short, 5-7 minutes long, and gently takes the watcher into a different and beautiful scene of nature. They work equally well with the accompanying music, or with the natural sounds, or with silence.
The response has been overwhelmingly positive from many different groups, as a means of finding their own inner peace and contentment, and the filming is truly beautiful.

In a hospital environment they would be very calming in Reception, in Outpatient or Casualty waiting areas, and they would be a delight to relax patients waiting on trolleys to go into the operating theatre. I recommend you to use his work and his skills to enhance people’s experience in your hospital.

I have no connection with Mark Minard, or any with UCH, and no vested interest in his work.”

John Fleet BDS, FDS RCS, MBBS, MRCS LRCP Retired Consultant Facio-Maxillary Surgeon

"Mark's work has a calm clear observational quality to it, happy to rest with un-fussy camera-work on natural beauty. With or without the music, he conveys a magical visual world in which there is never any sense of his own interference, though his artistry is fundamental to the totality. He makes us want to spend time looking at things for which we usually deny ourselves time. That is a considerable gift in a world bent on racing to the next thing."

Dr. John Purser
Musicologist
“Mark,

I was very impressed with the Natures Grace compilation and we use the work in our inpatient unit for our patients to watch.

Kind regards,

Angela Farrow
Complementary Therapies Co-ordinator
Nightingale House hospice”

High Professional Artistic Standard and Technical Quality

I moved to High Definition (HD) video quality in 2005, (while many were still waiting). HD is a high resolution video for clear high quality images to match the needs of large wide screen displays and projections used in health, education and home. My Hi Definition work is created to professional artistic quality and standard.

With a degree in mechanical engineering design and 10 plus years professional experience I can work with people in many areas, practical and technical such as IT.

Professional Background

I am also a professional design engineer / scientist with 10 years experience internationally with practical field experience in

- Design
- Project Management
- Commissioning and Installation
- Working in project teams

I am very experienced in meeting budgets, time scales and working as part of a team. My commissions and community projects have been no exception (as listed here). From my professional experience I bring a unique valuable attention to detail at all levels, creating high technical and professional quality results.

Permissions and liabilities

I am a member of the Artists Network (AN) having £5 Million cover for public liability as well as BECTU public liability cover. I have been CRB checked for my community work.
Artistic Journey and Influences

I was born in New Zealand where I lived for 37 years immersed in wild rich nature. I have been taking photos since the age of 10 and I have been creating unique nature moving image art works for over 12 years, filming in New Zealand, USA, Ireland, Scotland, Wales and England. I have now been based in the North West of England for 6 years.

I explored dance movement, music, psychology and moving image within health settings for many years and it taught me to become more aware of what I was seeing, hearing and feeling. This increased attunement to my senses has brought about an awareness of an inner stillness and calm that I found through each of the art forms.

My art is inspired by the desire for inner stillness.

With the development of hi definition digital moving image cameras, for 7 years now I have been able to create even more amazing nature art moving imagery. This combined with HD digital technology has enabled me to co-design works with users and providers of health care, education and other artists to share the benefits of that inner stillness and calm that arrives when I engage with nature in this way.

I introduce people to a natural state of contemplation which is very calming and inspiring. The way I film naturally focuses and connects people with the beauty and essence of nature’s movement.

This helps to create a coherent relaxed state of mind. Many ancient traditions and cultures recognize this and we know from our own experience of being in nature, how it helps us in times of stress.

This holistic point of view is now recognized within the traditional medical models of health care and is being integrated to create healing environments.
Other Filming Work and Commissions

In 2007 I completed a collection of 16 contemplative nature art films called “The Nature’s Grace Collection” which is being used in health areas above and general home and family use as it appeals to young and old.

In June 08 I released “Stillpoint Laurieston” a site specific nature work filmed in Scotland, The main difference to existing work is the ambient nature sound track and longer clips of each nature scene. It has been very well received at the Laurieston community review.

Followed by “Stillpoint NZ” a short New Zealand nature film in HD

“Stillpoint” explores creating art that evokes the “Stillpoint”, where the mind approaches stillness. What do we experience if witnessing from this place? What is the effect on our health and well-being?

Nature and Dance - Collaborative Works

Dance in Nature Films Achieve Selection

“Cracks Threshold” won Birthright’s top viewer film selection.

While Both “Reflect” and “Cracks Threshold” were chosen for “Moves 09” dance film festival which tours internationally.

“Cracks Threshold” is a dance film about 8 month pregnant dancer Tracy West and is set both inside and in nature. Director/Producer Annabel Newfield chose me to film this work due to my ability to film nature and dance with the improvisational style necessary to capture the essence of Tracy West’s amazing expressive performance. The choreographer was Katy Dymoke. Funded by Arts Council England

“Reflect” is a collaboration with dancers Katy Dymoke, UK and Ray Chung, USA, and the musician Olivia Moore and her band Unfurl with poetic text by Katy Dymoke
“Mask” - A New Nature Based Multimedia Performance featuring Buddhist composer / Indian violinist Olivia Moore and her band Unfurl. It is about lowering our masks and finding a deeper connection with self through nature and becoming still. It showed to full houses at the Contact theatre as part of the Manchester Jazz Festival in July 09.

“Sweet Divine Awakenings” Dance in Nature work with Katy Dymoke, UK and Ray Chung, USA and the wonderful music of gifted singer Denise Hagan, Northern Ireland.

“The Invitation” a Nature film set to the music of singer Denise Hagan filmed in the mountains of North Wales.

“Within Without” - an artistic dance /documentary with blending of nature imagery from Scarborough with multi projected filming. A film made for Dance Lecturer/ Choreographer Duncan Holt and Dance Students of the University of Hull, Scarborough. It is a catalyst film for presenting research on the importance of holistic approach to what performance students learn inside and outside their course outcomes. Funded by University of Hull

Working with Community to Promote Healthy Living
I worked with the Chorlton Good Neighbours community group caring for older people defining and making a film with them about their amazing community support service started 40 years ago.