

If you are interested in creativity within Medicine, or looking for something different to do in your downtime, do check out the new Undershed gallery, located at the Watershed on the Bristol harbourside.

The first exhibition theme is 'Sing the Body Electric' which it describes as ' a series of immersive pieces that explore the body, with the body'. We visited collection 1 which is there until 24th November. I thought the works were really original and thought provoking with lots of relevance for our clinical and teaching work. Think the Science Museum meets the Tate modern – with some Medicine thrown in as well!

My favourite part was an interactive installation where you sit at a desk and complete a series of tasks, whilst wearing a virtual reality headset, guided by the voice of someone who lives with vestibular migraines. This was a fascinating experience giving insight into the symptoms and challenges faced, and led to reflection on how fragile perceptions can be.

A fun one was a room with a screen of magic mirrors which connects your moving body with digital incarnations of others. There was also a series of sculptures that can only be "seen" by engaging through senses other than vision, with the opportunity to try to later create these invisible sculptures that you have only 'felt' through sound and air. There was also a beautiful silent film exploring touch and gestures in relationships.

I thought it was brilliant, if somewhat random, and definitely something I will be sharing with my year 1 students who are given the opportunity to engage personally and individually with medical themes through creative work. Arts and humanities is one of the helical themes of teaching in our MBChB curriculum at Bristol, and by sharing our experience and insights we can encourage our students to explore art in all its forms. As this exhibition did for me, we hope that through art, the students can understand different perspectives, have increased empathy for patients, a deeper understanding of the complexities of humanity and a broadened perspective of the human condition.

You can read more about the exhibition here:

<https://www.watershed.co.uk/whatson/season/669/sing-the-body-electric>

Collection 2 follows from 30th November until 22nd December.

And if you would like to see more of Medicine and the arts - do remember

<https://outofourheads.net/> which is an online gallery, of work ranging from painting to music, poetry, drama, digital storytelling, sculpture, dance, rap and more. The work is mainly by our very own Bristol medical students but there is also some by patients and doctors as well. In addition, there are more tips about how to use art and outofourheads for your teaching [here](#).