

Social narrative: libraries of rest

libraries of rest is an exhibition by artist Ciara Barker. The gallery is on the right side of the first floor in The Dock. At the entrance, there are blue and red PVC strips hanging across the doorframe that visitors have to pass through. Inside the door there is a silver mylar sheet suspended from the ceiling, reflecting blue and red lights. The room is filled with blue and red lights, as well as four white spotlights. Facing the door, on the left side, there is a small white shelf attached to the wall with hand sanitiser, earplugs, and FFP2 face masks. On the right side of the door, there is an introductory text titled 'welcome to the library', explaining the intentions of the exhibition. This text is available online in the digital booklet.

On the right side of the text, there is a low wooden shelf attached to the wall. On the shelf, there are sticky-notes, pens, a white box with crayons and paper fortune tellers with questions printed on them. The fortune teller questions are available online in the digital booklet. Visitors are invited to answer the questions in the fortune tellers by writing on the sticky notes and placing them on the wall. Next to the shelf there is a roll of brown paper suspended from the wall, that rolls out along the floor. Visitors are invited to draw on the brown paper using the crayons from the white box on the shelf. Next to the brown paper is a taller shelf holding the same items as the first shelf.

Across from the taller shelf, there is a black fireplace holding two speakers, which are playing a soundscape made by manky. manky is a musician and artist from Clare. The sound is approximately 40 minutes long. It has instrumental sections, sections with lyrics, and an interview recording.

Next to the fireplace, there is a pile of grey beanbags in the corner of the room. Visitors are invited to sit in the beanbags. In front of the beanbags there are two rows of silver mylar sheets suspended from the ceiling, which visitors can move through.

At the other side of the mylar sheets, there is a blue soft mat on the ground with blue pillows and blankets. The mat is beneath a windowsill which is wrapped in brown paper. There is playdoh on the window sill which visitors are invited to use.

On the right of the blue mat, there is an archway in the wall, which has fishing wire hung horizontally across it. There are wooden pegs on the fishing wire holding white pieces of card.

In front of the archway, there is a rectangular table with four yellow plastic chairs around it. The table is wrapped in brown paper. On the table there is a card game, pieces of card and markers to draw answers to the game. The card game instructions say this:

“Step One. Turn over a card from each deck to create a scenario where

You need this type of rest
But this barrier is blocking you
Use this thing to inspire your idea

If you draw a blank card, fill it in to add to the deck.

Step Two. Using the materials provided, imagine a system, service, or space that could help you solve this scenario.”

There are three decks of cards. The first one has seven rest types on it, which are physical, mental, emotional, social, sensory, creative, and spiritual rest. The second one has barriers on it, which visitors can fill in themselves. The third one has different things on it, which visitors can fill in themselves. When you have played the three cards, you can put your answer on a piece of card and hang it off of fishing wire in the archway.