



Cyngor Celfyddydau Cymru  
Arts Council of Wales



# Arts and Health in Wales

## A Mapping study of current activity

Volume 2: Appendices  
January 2018

Nicky Delgado, Re-Live production of 'Age'  
Image: Michael Blackwood Barnes



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A person with short dark hair is wearing large black Sony headphones and is focused on typing on a laptop. The laptop is open, and the person's hands are positioned on the keyboard. In the background, a city skyline with several tall buildings is visible under a clear sky. The entire image is overlaid with a semi-transparent blue filter.

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These appendices provide detailed information and examples of Arts and Health work in Wales. Collected through the Mapping exercise and field research undertaken during 2017, they should be read in conjunction with the main report on Arts and Health in Wales. The information included here doesn't claim to be a comprehensive record of all projects that are currently being delivered in this field within Wales. Rather, it aims to provide an outline of relevant activity to further illustrate and expand on points made in the main analysis.

Our online survey achieved good reach within the arts sector, enabling us to gain a fairly detailed picture of Arts and Health through the arts lens. However, the survey didn't manage to elicit the same level of response from partners within the Health sector. To address this imbalance, we decided to make separate approaches to each health board, inviting them to share more information on a consistent set of themes and headings.

The profiles on each of the health boards in [Section 2](#) are the result of this work. We invited each health board to provide information relating to staffing arrangements, their strategy and budget for Arts and Health as well as details of any ongoing current activities. Information was collected through a combination of email, desk research and (where possible) meetings. Unsurprisingly, where an Arts and Health coordinator was in post within a health board, it proved easier to obtain information. In instances where there was no designated member of staff, it proved more challenging. Consequently, there will inevitably be gaps in information. The profiles can also only provide a snapshot of health board arts and health activity at the time of publication. Inevitably - in what is a dynamic environment - strategies, personnel and projects will constantly evolve and change.

Supplementing the narrative, the health board profiles include data in chart form. This information has been collated from responses to the online survey. Although the data is only as good as the responses to the survey, it provides an overview of key activity and the particular area of focus from a regional perspective.

[Section 3](#) provides specific examples of the arts being deployed within social prescribing models in Wales. [Section 4](#) highlights the broad range of activity being advanced by local authorities in this sphere.

Training is the focus of [Section 5](#), which details some of the courses and training programmes related to Arts and Health in Wales. It features the organisations who are active in this field along with some of the Continuing Professional Development opportunities and recent conferences.

Finally, [Section 6](#) expands on the research section within the main report, detailing some of the live academic research interests within Welsh Universities. It also provides information on some of the academics active in this field. This has been gathered largely through desk research and we acknowledge that there may be many more that we will have missed.

## Credits and acknowledgements

The Arts Council of Wales is indebted to a large number of individuals and organisations for their generous help in contributing to this report. Particular thanks go to Frances Williams and Clive Parkinson from Manchester Metropolitan University who with Naoko Skiada undertook the initial phase of research that led on to this report. We are also very grateful to the Wales Arts for Health Network coordinated by ENGAGE Cymru; the Welsh NHS Confederation; Public Health Wales, colleagues in local government and the National Assembly Cross Party Group on Arts and Health who all provided information, intelligence and support along the way.

A special thanks to colleagues from all seven health boards in Wales who have helped build up the picture from the health sector perspective, including Liz Aylett and Andrea Davies (at Betsi Cadwaladr UHB); Prue Thimbleby (Abertawe Bro Morgannwg UHB); Simone Joslyn and Melanie Wotton (Cardiff and Vale UHB); Sarah Goodey (GARTH and Aneurin Bevan UHB); Heather Parnell, Rhian Webber and Amy Lewis (Cwm Taf UHB); Will Oliver and Alison Steere (Hywel Dda UHB); Sophia Bird (Powys Public Health Team) and Anya Pinhorn and Louisa Kerr (Powys Teaching HB).

Above all, this report would not have been possible without the help of those individual practitioners and organisations active in the sector (too numerous to individually name) who took the time to complete the online survey, discuss their work over the telephone and /or provide case studies on their work. Their contributions are at the heart of this report and have helped shaped the conclusions and proposals that emerge.



# 2

## Profiles of the Seven Health Boards



## Abertawe Bro Morgannwg University Health Board (ABMUHB)

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### Department leading on Arts and Health

Arts in Health is well-established at Abertawe Bro Morgannwg. It began in 2005 with an Arts steering committee and an active member of staff in capital planning running small arts projects. A key milestone was reached in 2012 with the appointment of an Arts Coordinator on a pilot basis. Five years on, there is a small team working on Arts in Health at ABMU. Lead responsibility lies with the Arts Coordinator, whose post is now permanent, and situated within the [Nursing and Patient Experience Directorate](#).

Rather than build a discrete team for Arts in Health within one department, ABMU has purposefully sought to embed its Arts in Health staff across different Health Departments within the Health Board. This approach helps to mainstream Arts and Health work across the Board and its services, spreading the practice and impact rather than confining it to one area / team.

### Key Staff

The Arts in Health team at ABMU is comprised of two part-time posts, two NHS posts which have Arts in Health included as part of a wider remit, one voluntary post and three team members who are seconded by other organisations.

[Prue Thimbleby](#), Arts Coordinator, Nursing and Patient Experience Team. Prue is contracted for 20 hours per week and reports to the Director of Nursing and Patient Experience. Originally trained as a nurse and midwife, Prue is also a willow artist and digital story facilitator with more than 20 years' experience in delivering and managing participatory Arts projects. She has been at ABMU for 5 years.

[Heather Parnell](#), Capital Arts Manager, Capital Planning (10 hours per week). Although reporting to Prue Thimbleby, Heather sits in (and is employed by) Capital Planning. A visual artist and lecturer, Heather has been working in the field of public art for 20 years.

[Fiona Edwards](#), Property Manager, Capital Planning. Fiona was a founder member of the Arts steering group and has time allocated within her role to help facilitate Arts in Health. She reports to the Assistant Director of Strategy (within Capital Planning).

[Martin Thomas](#), Strategic Manual Handling Advisor's role also includes time allocated to Arts in Health as the ABMU Heritage Lead. He reports to the Head of Health & Safety.

[Rebecca Kelly](#) has a degree in heritage work. She works as a hospital administrator four days a week and volunteers every Friday on the Heritage projects.

The following three staff are on Honorary contracts (ie not employed by the NHS but able to work directly with NHS patients).

Joanna Humphreys, of [Nordoff Robbins Music Therapy Charity](#) reports to the Arts Coordinator and the Art Therapy lead. Jo is developing a Nordoff Robbins music therapy service in partnership with ABMU Health Board, and exploring opportunities within a range of departments including mental health and traumatic brain injury.

Alyson Pugh, works on the [Ae-sop Dance to Health Project](#), and reports to the Arts Coordinator within ABMU. The local Dance Coordinator for this falls prevention programme in Wales, Alyson works in collaboration with Ae-sop, ABMU and National Dance Company Wales.

Jessica Wilson, with [Elysium Healthcare](#), works one day a week as a clinical nurse specialist in storytelling within mental health care and reports to the Arts Coordinator and mental health management.

The development of the work is actively supported by several members of the senior executive team, including the Medical Director, the Director of Nursing and Patient Experience, the Director of Therapies and the Director of Strategy. The chair of the Health Board is an active Arts champion on the board of directors and chairs the Arts in Health Board meetings. Two examples of how the Arts work has influenced mainstream work are the adoption of 1% for Art in all patient-facing Capital Arts projects and the adoption of digital stories as a major patient feedback methodology.

## Strategy

ABMU's first three year Arts Strategy was developed in 2014. The strategy was updated this year and runs from 2017-2020 with an over-arching vision to:

*'incorporate the Arts into everything we do so that patients, their families and staff experience excellent care in excellent surroundings.'*

The key aims of the strategy (and the objectives that are pursued in order to help fulfil those goals) are outlined below:

1. **Experience & Engagement:** To contribute to people's well-being through facilitating participation in the Arts by:
  - developing projects in Primary and Community Care & Mental Health
  - delivering a music programme in all Hospitals and building sustainable local ownership
  - ensuring that the Patient Story Programme is effective, sustainable and resourced
2. **Environment improvement:** To ensure that all ABMU buildings are pleasant and interesting places to be in through:
  - building Art projects into all capital schemes, creating environments for health and well-being that are fit for purpose and of local distinctiveness, providing a positive experience

- involving patients, staff and the local community in capital projects
- ensuring good governance and the sustainability of the Capital Arts Manager post

3. **Heritage:** To value and learn from the past through:

- ensuring that the Artworks and Heritage that we own are preserved and shared
- the Cefn Coed project
- the Maes Y Gwernen Hall project

4. **Sustainability:** To create an Arts programme that is evidence based and has reliable resourcing through:

- research projects, funding applications, developing partnerships and programme promotion

### Steering Board

The Arts in Health Board is responsible for implementing and monitoring the Arts Strategy. Meeting three times a year, the Arts in Health Board evaluates and reports on progress and the objectives are reviewed annually at the February Board meeting.

The board is currently chaired by Andrew Davies, Chair of ABMU.

The Terms of Reference state that the purpose of the Arts in Health Board (AHB) is to provide assurance to the ABMU Board that:

- a) The Arts contribute and support the delivery of excellent patient care and experience in excellent surroundings for the benefit of patients, their families and staff
- b) There is strategic direction through the development of the Arts strategy
- c) The Arts strategy is delivered, monitored and resourced to a high standard
- d) There is financial accountability to funders including ABMU charitable funds committee

The Arts in Health Board is also expected to provide advice to the Health Board by:

- Providing evidence-based and timely advice to the Board in order to assist it in meeting its responsibilities for the provision of high quality care and experience.
- Recommending programmes, policies, and training relating to Arts development.

### Budget

To date, the Arts Coordinator's post has been funded through Charitable Funds but will move into the Patient Experience budget from March 2018.

The Capital Arts Manager's post is a pilot project until September 2018 and is funded through Capital Planning via the Percent for Art Scheme.

Activities are funded through grant applications and partnerships. Over the last five years, some funding has come from the Health Board's own Charitable Funds and an increasing amount through capital funding of new builds and refurbishments. In addition, £350,000 of external funding has been raised from grants from Arts Council of Wales and Heritage Lottery Fund, sponsorship from TATA Steel and Community Union. There have also been partnerships with charitable organisations such as Nordoff Robbins, Ae-sop and Elysium Healthcare.

### Programme of Activities

There is an extensive, well-established programme of work around Arts and Health at ABMU which has been developed over the past 12 years. Here are some current / recent highlights:

**Reconstructing Ourselves** was an Arts Council of Wales funded project exploring the stories, lives and experiences of breast reconstruction patients and staff at Morriston Hospital, Swansea, UK.

A duo of Artists and a clinical Anthropologist (Prue Thimbleby, Rhian Solomon, and Sarah Wright), worked with clinicians and patients from Morriston Hospital, listening, talking, interpreting and recreating the detailed dialogues and narratives of the people that they met.

Sarah Wright led a parallel research strand to the project to explore whether giving patients the chance to record what they wanted to say to their consultant - and playing it at the start of the consultation - improved the outcome. Rhian Solomon led art workshops with the patients, facilitating creative works in response to their experiences. She worked with Julianna Sissons to create the textile model (opposite) which is now used in the breast reconstruction clinic to demonstrate different options for surgery.



The project culminated in a very successful symposium and exhibition which showed the results of the research, a new collection of work by Rhian Solomon and the digital stories told by participants involved in the project. Since completing the project, videos made by Rhian Solomon and Belinda Cotton from the ABMU Medical Illustration team won the John Corney award for best non-clinical video at the UK Medical Illustration Conference.

**Storytelling and the Patient story programme** – storytelling is a particular area of expertise and focus at ABMU. It is used with patients, relatives and staff in a variety of ways to improve communication and understand more about the patient experience. Storytelling is viewed as an opportunity for ‘deep listening’ to patients’ and families’ experiences of care. It helps service users to process what is happening to them; it aids better communication and the sharing of best practice for staff and the Health Board and can also help as a learning / training tool to inform and improve practice.

There are several models of patient story work in the Health Board. The Arts team supports the digital storytelling model and trains front line staff to make digital stories with patients, families and staff. On many occasions, enabling the patient to create a digital story has brought significant resolution for the patient or family member. In some cases, it has saved the health board money by preventing a complaint escalating to court. Stories have also frequently precipitated learning and service improvements.

In June 2017, with Lottery funding from the Arts Council of Wales (and strong partnership support from the George Ewart Centre for Storytelling at the University of South Wales), ABMU held the first [International Conference on Storytelling for Health](#) in Swansea. There were opportunities to hear the latest research and thinking from across the world and more than 200 delegates came to exchange views on international practice and experiences in this field. [Conference Abstracts](#) and the [Storytelling for Health programme can be found online](#). Feedback from the conference was extremely positive with 82% of those responding to a survey reporting that they had made / intended to make tangible changes to their practice as a result of attending the event. A Facebook group / online community of storytellers also formed following the conference.

In the run up to the conference, five storytellers and a musician worked with local people in different parts of the health service. Daniel Morden and Oliver Wilson-Dickson worked in cancer services, Steve Killick and Nicola Grove worked with foster care families, whilst Jess Wilson and Prue Thimbleby worked with different parts of the mental health service. Using inclusive techniques, ABMU’s resident Storytelling team provided training for clients, patients, carers and staff to equip them to become Storytellers in Healthcare Settings. As part of the project and to facilitate evaluation a website, [Stories for Change](#) was created containing a range of resources to support new storytellers.

**Music in all hospitals** – ABMU programmes regular live music concerts in all its hospitals – both in the foyer spaces as well as on the wards. For a fortnight in October, Morriston Hospital enjoyed a music festival comprising 16 concerts, with a line-up featuring Jamie Smith (accordion/guitar); Llywelyn Ifan Jones (harp); Pegbox (fiddle & cello); Chris Horner (violin); the Icaris Duo (flute & guitar); Joy Cornock (voice and harp); the Salvation Army Band; Quartet 19 (percussion) and the Dave Williams Trio (jazz).

[Music Therapy](#) at ABMU strives to harness the unique powers of music to support patients. Central to this is the belief that despite illness, disability or trauma, the ability to connect and respond to and through music remains; and by using music strategically and flexibly, therapists can work towards clinical goals relating to psychological, emotional, cognitive, physical, communicative or social needs.



Musician, Cheryl Beer, on the Renal Dialysis Ward

Music therapy sessions take place individually or within group settings with patients who have a range of different conditions. These can include mental health concerns, dementia and life-limiting and life-threatening illnesses. Sessions involve active engagement in music making through improvisation, song writing, performing or recording, listening or talking about music. Music therapists also work with parents, siblings, partners and staff depending on what is useful and appropriate.

[Dance to Health](#) is a pioneering falls prevention dance programme for older people conceived and led by [Ae-sop](#). Combining evidence and physiotherapy with the creativity, expression and energy of dance, the programme aims to reduce the risk of an older person suffering a fall, (and by doing so delivering cost savings to the NHS).

Following a £350,000 evaluated pilot, a £2.3 million Phase 1 Roll-out began in April 2017 and will run for two years. It will involve over 800 older people and 800 volunteers through 63 programmes across England and Wales. In partnership with National Dance Company Wales and Artscore, ABMU is involved in the Phase 1 roll-out across Swansea, Neath Port Talbot, Bridgend and Carmarthenshire. The team of dance artists have now been appointed, Alyson Pugh is the local Programme Coordinator and sessions are expected to start in Autumn 2017.



**Heritage projects** – ABMU's Heritage Team takes a creative approach to preserving important historical healthcare items for future generations. One recent addition to the programme is the **Wunderkammer** - a pop-up heritage exhibit and cabinet of curiosities that moves around ABMU hospitals. A 12-drawer wooden chest filled with items gathered from various clinics and hospitals, the Wunderkammer aims to provide a snapshot of the area's healthcare history.



ABMU Chairman, Andrew Davies, and Director of Therapies and Health Sciences, Christine Morrell, take a closer look inside the Wunderkammer.

### Preserving the History of Cefn Coed Hospital

A £10,000 grant from the Heritage Lottery Fund is supporting ABMU's latest Heritage project, *A Mental Picture: Celebrating the History of Cefn Coed Hospital 1931 to 2018*, to help preserve this hospital's historic past. Former members of staff are being invited to come forward to share their memories of working at Cefn Coed Hospital, one of the last remaining mental health hospitals of its era in the UK.

Specially commissioned poetry, oral histories, exhibitions, computer games and an interactive 3D model will link to the past and capture the working life and stories of the hospital.

**Capital Projects** – in 2015, the ABMU Arts team won the award for the Best Collaborative Arts Project at the Building Better Healthcare Awards in London for their work at Hafan y Môr at Singleton Hospital. Since then, a Capital Arts Manager has been appointed and the work has continued to grow. In 2017, through a partnership with LOCWS, pupils from 15 different schools contributed illustrations which have transformed the construction hoardings while Morriston Hospital's major redevelopment work continues.



The courtyards at Morriston Hospital are also in the process of being developed. Having been locked up in recent years to prevent smoking, they are now being opened up once again and a sculpture by Sarah Tombs (sponsored by Community Union and TATA Steel) is being installed in the courtyard next to the Burns Wards.

### Projects in the pipeline

- The Heritage team is working closely with others across Wales on a range of events to celebrate the 70th Anniversary of the NHS on July 5th 2018
- The Arts Team is exploring a possible future project focusing on staff well-being, community health literacy and possibly creative cooking, as part of Swansea's City of Culture plans for 2021

### Partnerships outside of the Health Board

Partnerships are key to the success of the Arts in Health work. ABMU have strong partnerships with University of Wales Trinity St David's, University South Wales, Swansea University, Volcano Theatre, LOCWS, National Dance Company Wales, Live Music Now, Music in Hospitals, Amgueddfa Cymru - National Museum Wales, Swansea Museum, Nordoff Robbins, Ae-Sop, Elysium Healthcare and many other third sector organisations.

### Sector Advocacy and networking

ABMU is very proactive in advocating for and contributing to the wider Arts and Health sector both within Wales and further afield.

- Prue Thimbleby co-authored the [Artists Toolkit](#), a guide for artists working in the Hospital environment funded by Artworks Cymru.
- ABMU currently hosts the webpage for the sector network [WAHN](#) (Wales Arts for Health Network) and maintains close links with [Arts & Health South West](#)
- ABMU Chair, Andrew Davies and Arts Coordinator, Prue Thimbleby gave evidence to the roundtable discussion on Arts and Health Policy and devolution in 2016 as part of the All Party Parliamentary Group's Inquiry into Arts and Health.

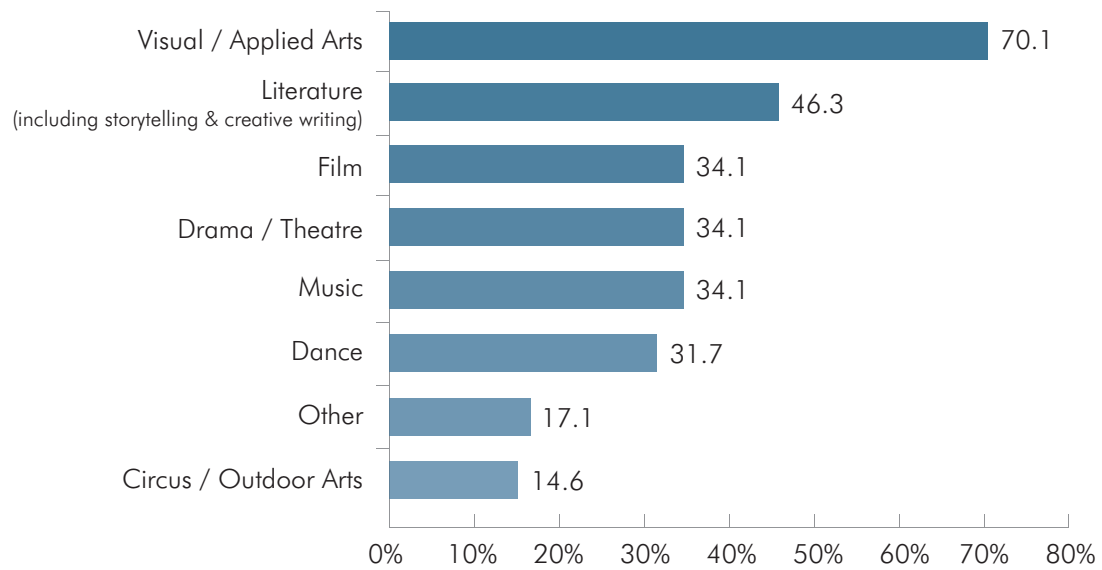
### Challenges

- Managing the workload – the opportunities within Arts and Health are large and grow exponentially
- Funding - Health Boards overall have little or no financial capacity or flexibility – front line services are under severe financial pressure and are being squeezed

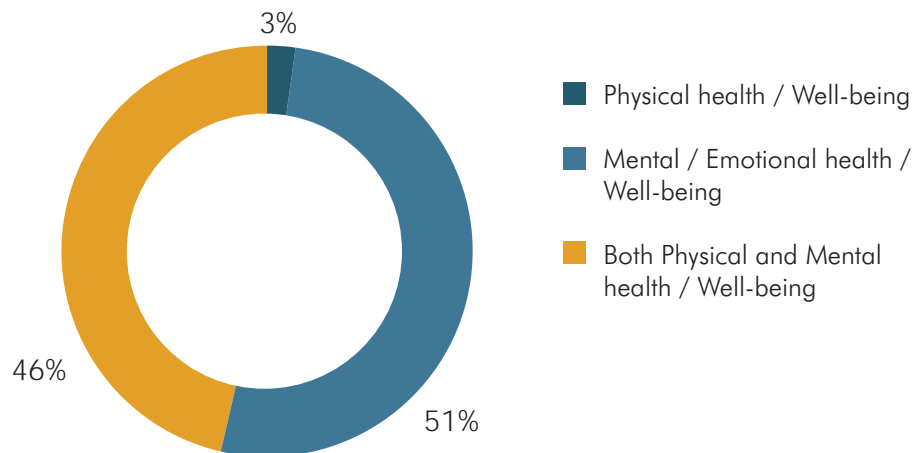
### Weblinks

[www.artsinhealth.wales](http://www.artsinhealth.wales)  
[Story4Health](#)

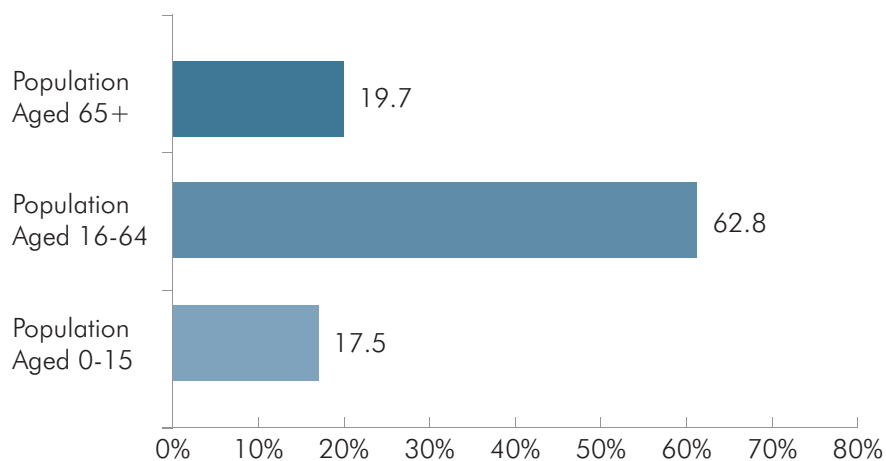
#### Artform:



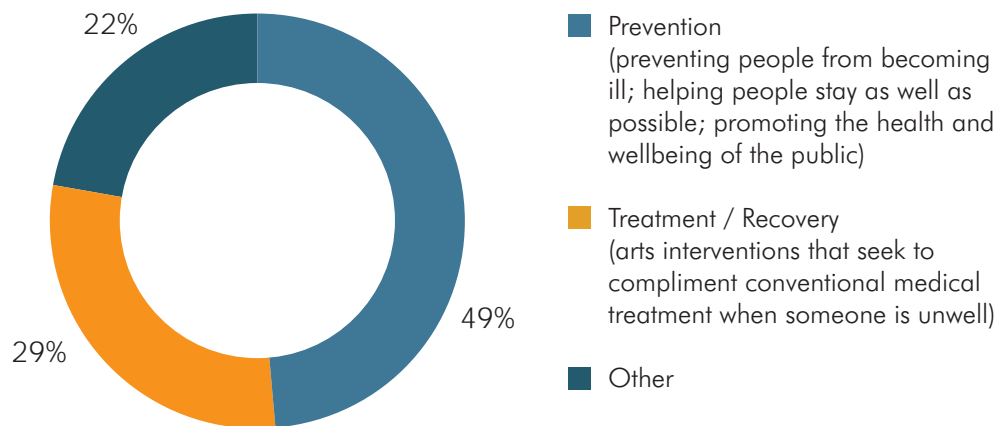
#### Primary Focus of Project:



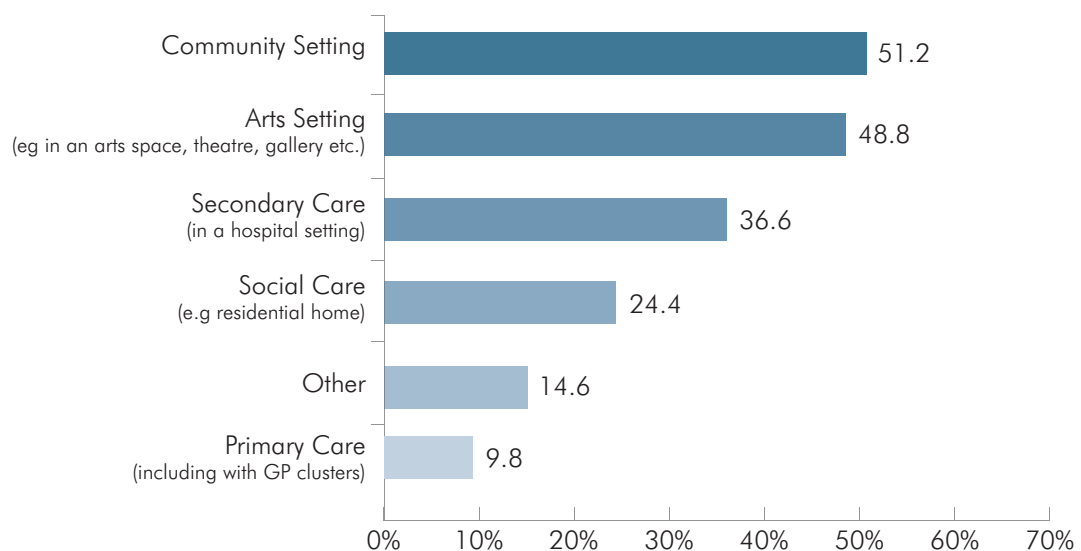
#### Age Profile:



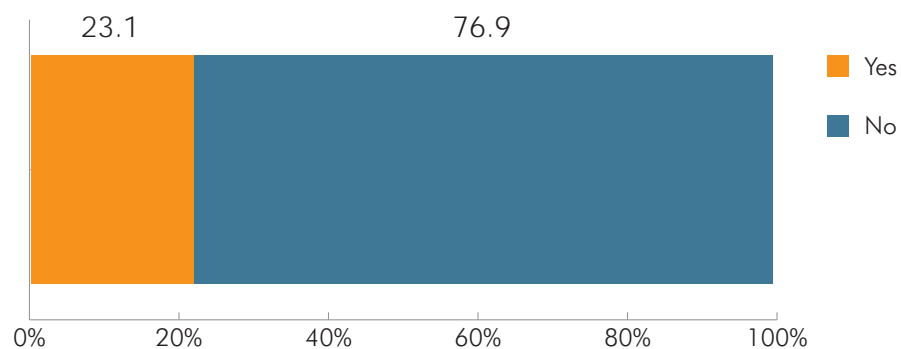
### Main outcome:



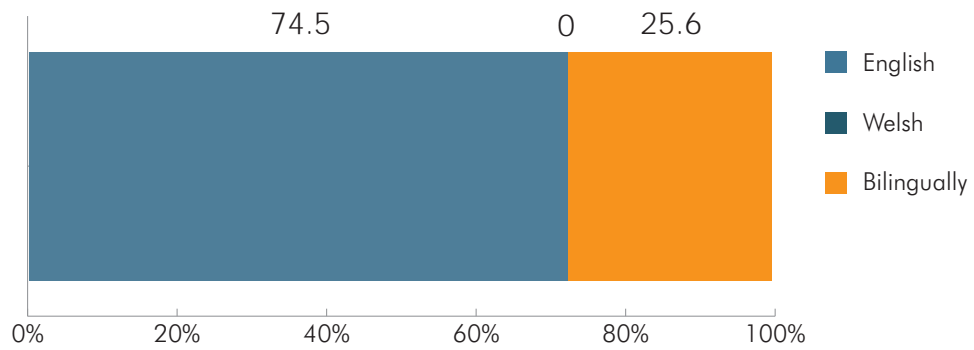
### Setting:



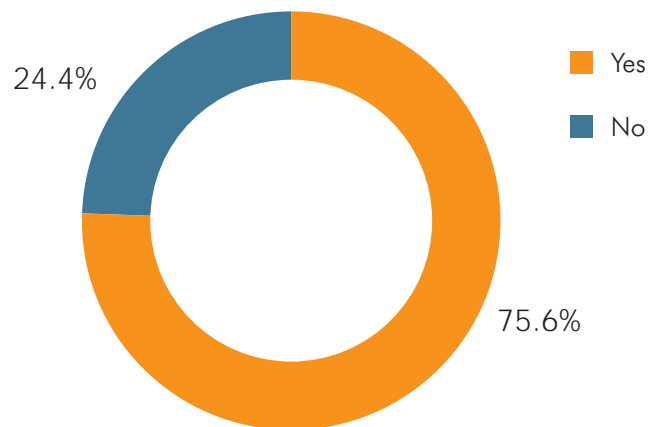
### Project focused Social Prescribing:



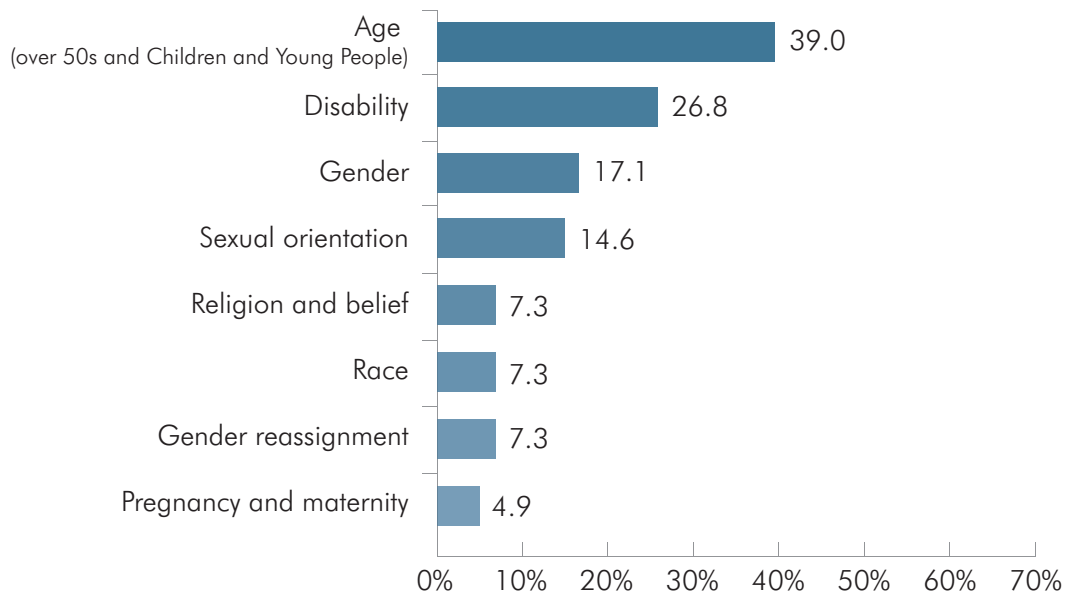
### Language of Project:



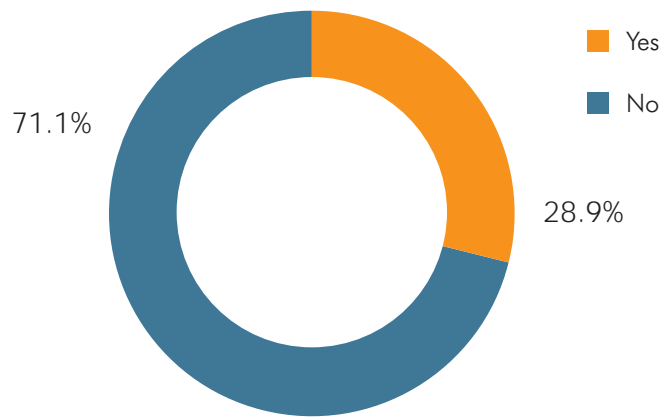
### Project Evaluation:



### Project targeted at those in the protected characteristics:



Published Research:



## Aneurin Bevan University Health Board (ABUHB)

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### Department leading on Arts and Health

Aneurin Bevan University Health Board has a unique partnership arrangement with the independent charity, Gwent Arts in Health (GARTH), to develop and deliver Arts and Health interventions across the health board region for the past 15 years.

### The background to GARTH

Arts and Health work at ABUHB grew out of a successful Artists in Residence programme in the 1990s, with artists Carol Hiles and Heather Parnell working at the Royal Gwent Hospital and Caerphilly District Miners Hospital respectively. Following a review in 2003 (commissioned by what was then Gwent Healthcare NHS Trust), the residency model was changed to involve a broader range of art forms and approaches. An Arts Development Manager (Sarah Goodey) was appointed on a freelance, part time basis in late 2004 and, in 2006, GARTH was set up as a separate, free-standing charity to deliver the programme, with activities being funded through the Trust's Charitable Funds.

In 2015, GARTH's Arts Development Manager post was taken in-house at ABUHB. Salary costs are now met by the Health Board whilst GARTH continues to raise funds from other sources to cover project costs.

The Arts Development Manager is situated within the [Planning Directorate](#) at ABUHB. There are dual reporting lines – both to the Assistant Director of Planning at ABUHB and to GARTH's Trustees. Whilst continuing to support the GARTH charity, the Arts Development Manager provides valuable professional advice within the Health Board and leads a range of arts based projects. The partnership with GARTH has helped ABUHB embed activities more deeply into the organisation, creating opportunities for arts programmes to work alongside a range of HB services and strategic approaches.

### Staffing

[Sarah Goodey](#), Arts Development Manager for GARTH works part time (for 22.5 hours per week, an NHS funded position) and has been in post with GARTH for 13 years. An experienced arts practitioner, Sarah reports to both the Planning Department within the Health Board and to GARTH'S Trustees. The Arts Development Manager advances GARTH's aim to improve patient experience through a range of arts based projects – some short-term, others on a permanent basis – and the role involves delivering a range of creative projects, developing new ways of working as well as responding to the needs and ideas of patients and staff.

More recently, [Daniel Madge](#), Senior Education & Development Manager - and other staff from the Organisation Development team – have begun to work with GARTH on a number of creative initiatives using art as a tool for community engagement. Co-produced projects include ART-zheimers at Llantarnam Grange Arts Centre and the

Serennu Centre's Youth Group, both of which formed part of the successful presentation leading to ABUHB being awarded the Platinum Corporate Health Standard from the Welsh Government in December 2015.

## Strategy

Although there isn't an Arts and Health strategy at Aneurin Bevan University Health Board at present, an ongoing mapping exercise within the Health Board is likely to inform the Board of the extent of current activities and to suggest where energy and resources might be focused in the future.

ABUHB's [Clinical Futures Strategy](#) sets out how it is moving to a better balance of care, a significant part of which is The Grange University Hospital – a Specialist Centre for Critical Care (SCCC) – for which preparations started in July 2017.

<http://www.bbc.co.uk/news/uk-wales-south-east-wales-40605998>

As part of the Business Case, an Arts Strategy for the SCCC was prepared for and on behalf of Laing O'Rourke by EMP Projects & Associates in August 2015. The strategy outlines the ways in which art work and creativity can be incorporated into the new hospital.

In 2016, ABUHB's Integrated Medium Term Plan (IMTP) included an outline of ongoing Arts, Health and Well-being Activities and will be updated in the next iteration. The IMTP is the Health Board's key planning document and the basis of its accountability with Welsh Government.

## Steering Board

The Arts and Health programme at ABUHB is agreed by GARTH's board of Trustees and also discussed at funding reviews of the HB's Charitable Funds Committee. Sarah Goodey manages an ongoing programme of music and visual arts activity alongside responding to requests for projects from staff and patients. Both are monitored by feedback and evaluation procedures.

Inspired by the Arts Council of Wales' Mapping project, ABUHB has recently initiated a Board-wide [Arts and Health group](#). This aims to share best practice and to undertake its own mapping project of the HB's arts, health and Well-Being activities.

The group has representation from Primary Care, the Community Division, Engagement, Arts Therapies, Therapies and Health Sciences, Medical Directors, Corporate Services, Organisational Development and Emergency Planning. The group aims to give staff the opportunity to promote creative approaches to delivering healthcare across and beyond the Health Board.



## Budget

Project funding for specific Arts, Health and Well-being projects is usually secured through successful grant applications to external bodies, and historically by application to the Health Board's Charitable Funds Committee. On average, the annual project budget is in the range of £10,000 - £15,000, depending on activities and the available resources.

In recent years, there has been a greater emphasis on encouraging departments within the Health Board to use funding sources available to them through Charitable Funds and other fundraising activities.

GARTH has worked with a variety of funding partners in addition to ABUHB Charitable Funds on specific projects, for example:

- Newport Live, Torfaen County Borough Council, Literature Wales, Gwanwyn, (Healing Words & Pictures project)
- Arts Council of Wales Lottery, Newport City Council Arts Development Fund, Welsh Church Funds (Music While you Wait)
- WRVS and Abergavenny Rotary Club (for Dreamscape, a community installation led by Arts Alive)
- NHS Blood and Transplant (for Gift of Life)
- Artworks Cymru (seed funding for the Artists in Hospital Toolkit – Publication (2015) and CPD training sessions)

Newport Live is no longer able to offer the Community Arts Development funding.

## Programme of activities

Across the ABUHB, there are many creative initiatives that incorporate arts, health and well-being activities for patients, staff and visitors. The Therapies and Health Sciences Directorate and the Mental Health and Learning Disabilities Directorate both deliver healthcare with Therapists (Art, Music, and Drama) and Technicians (who use a range of creative responses and activities within their work).

For example, in 2016, the OT team of Sycamore Ward, St Woolos Hospital decorated walking frames as part of a falls prevention initiative, resulting in 'Pimp my Zimmer'.

In November 2016, Organisation Development, the Arts Development Manager and partners from outside of ABUHB (1000+ Lives, UW Trinity St David, Abertawe Bro Morgannwg UHB, and Cardiff and Vale UHB) organised '[The Art of Healthcare](#)'. This was a day-long event / symposium that looked at creativity across different areas of healthcare, art and design at National Museum Cardiff.



'Pimp my Zimmer' Sycamore Ward, St Woolos Hospital (Image: Sarah Goodey, GARTH/ABUHB)

GARTH and the ABUHB have benefited from working in partnership with a number of local and Wales-wide organisations to deliver meaningful projects of quality across the Health Board within acute and community settings. Key partners for Arts and Health interventions include:

[Arts Alive Wales](#) – working in South Powys, Blaenau Gwent, Torfaen and Monmouthshire.

[Inside Out Cymru](#) – working across the ABUHB region to provide ongoing creative opportunities for those at risk of or diagnosed with a mental health condition.

[Literature Wales \(South Wales Literature Development Initiative\)](#) and local authorities, partners for Healing Words, a project using creative writing and visual arts as a tool for positive mental health.

[Schools, FE and HE establishments](#) – who have provided artwork for Nevill Hall Hospital and St Woolos Hospital. [Nurture](#), a exhibition celebrating nurses at St Woolos, was created by [Creative and Therapeutic Arts students at the University of South Wales](#) in response to a professional brief. It has resulted in a permanent visual art display at the hospital.

[Engage Cymru and Artworks Cymru](#) have supported Arts and Health networking sessions, providing valuable training opportunities for the sector (and professionals who often work in isolation) as well as opportunities for peer support and review. Artworks Cymru provided seed-funding that enabled the production of the Artists in Hospital Toolkit, and the delivery of Arts in Health training within ABUHB.

[Music in Hospitals](#) delivers concerts across the Health Board, enriching and complementing the Music While You Wait programme.

In addition to the partnership activities listed above, recent programme highlights include:

- [Aerial](#), a public art commission undertaken by Arts Alive leading to Dreamscape , a community-produced installation for the Main Outpatients space at Nevill Hall Hospital
- GARTH Seasonal Staff Choir, a well-being activity for staff
- A changing exhibition programme at Nevill Hall Hospital
- Visual arts projects in Acute Mental Health Wards (Adferiad Ward, St Cadocs, Ysbyty Aneurin Bevan, Talygarn Ward – County Hospital)
- An Arts Impact Portal, a Research & Development project supported by NESTA
- Dementia Awareness Training
- [Hidden Now Heard](#) – Mencap’s Heritage Project about Learning Disability Hospitals and Care
- Llanfrechfa Grange Walled Garden Community – a Heritage Oral History Project
- Murals and art to improve the hospital environment at the Fracture Outpatients Clinic and the Critical Care Unit Relatives Rooms
- Music While You Wait - live, professional music for long-stay acute patients and those attending clinics
- [Gift of Life](#), a commemorative arts project working with staff, patients and families affected by Organ and Tissue Donation resulting in permanent art works at the Royal Gwent Hospital, Newport and Nevill Hall Hospital, Abergavenny

Through its Arts Development Manager, ABUHB proactively contributes to sector-wide CPD and networking within the Arts and Health field in Wales.

## Challenges

- Increasing pressures on the available funding across the whole field from Charitable Funds to local authority and external partner funding
- Capacity to deliver – the Arts Development Manager is part time, and has limited funds so long term, indefinite projects are not feasible
- Perceptions of healthcare colleagues – What is art, health and well-being? How can it help or improve my workforce, team, strategy, patient experience?
- Evidence – measuring outcomes that have relevance and strength for engaging and maintaining stakeholders.

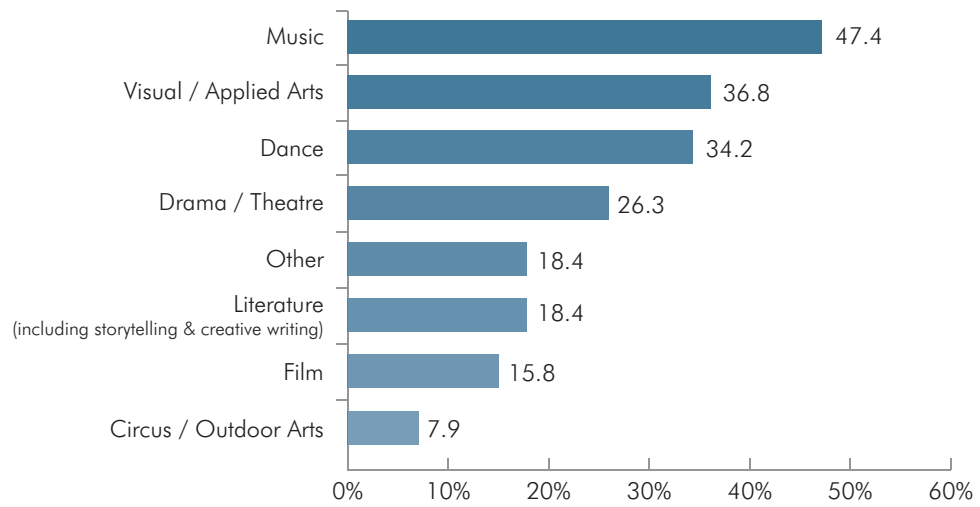
## Web links

[About ABUHB](#)

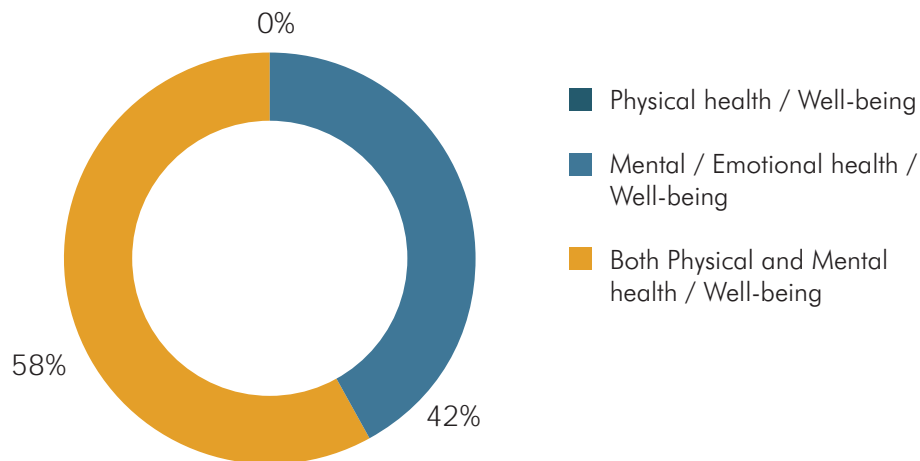
[About GARTH](#)

[Healing Words and Pictures](#)

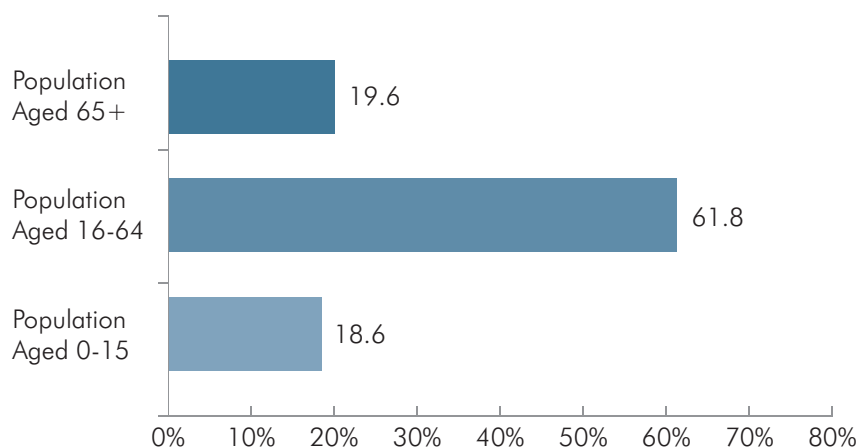
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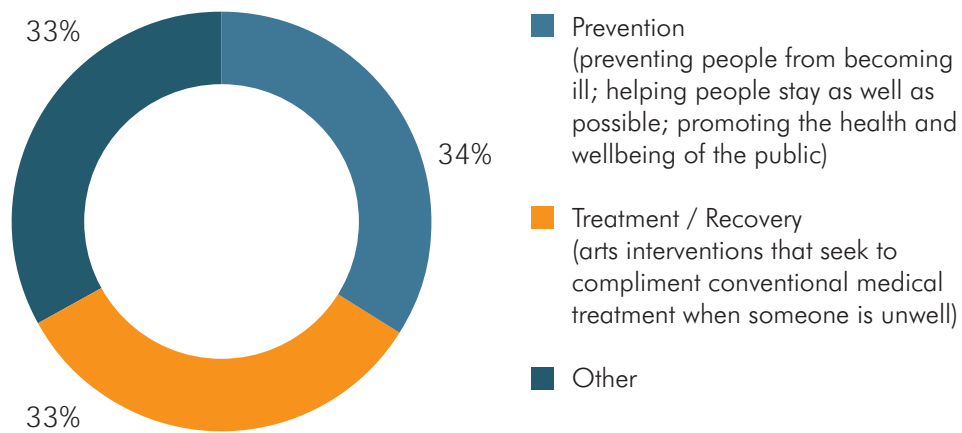
#### Primary Focus of Project:



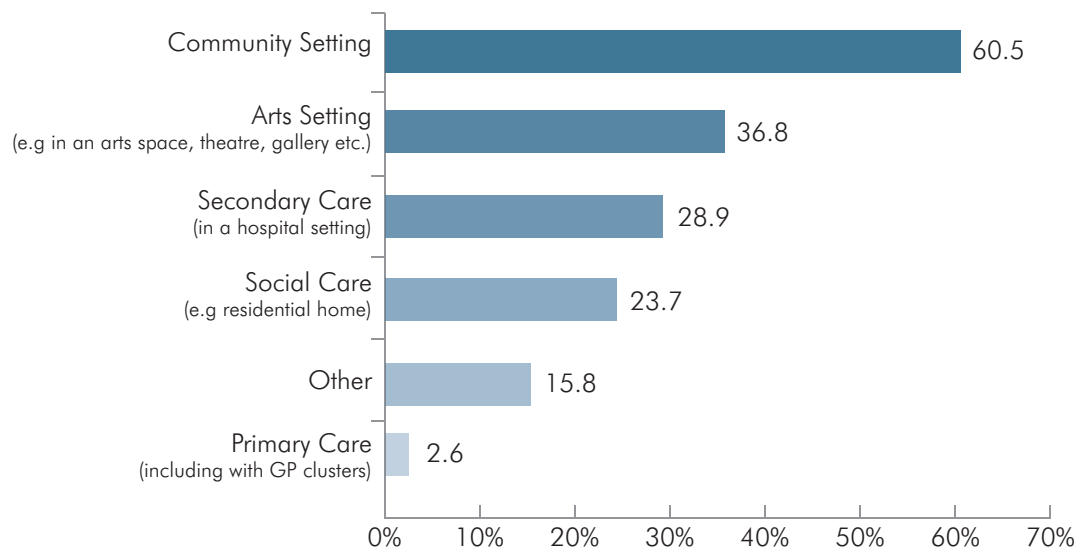
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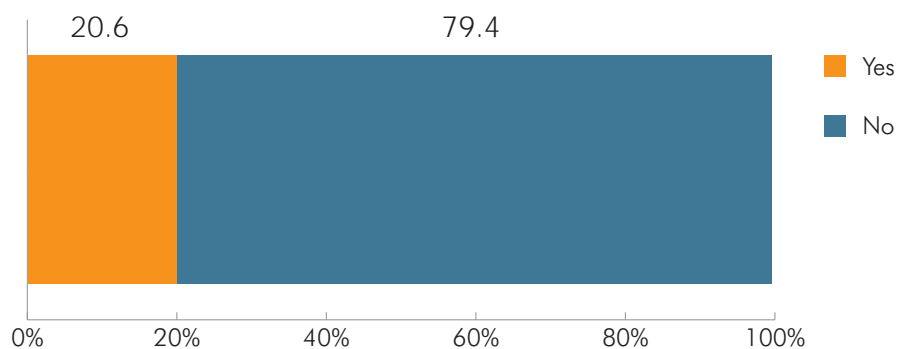
### Main outcome:



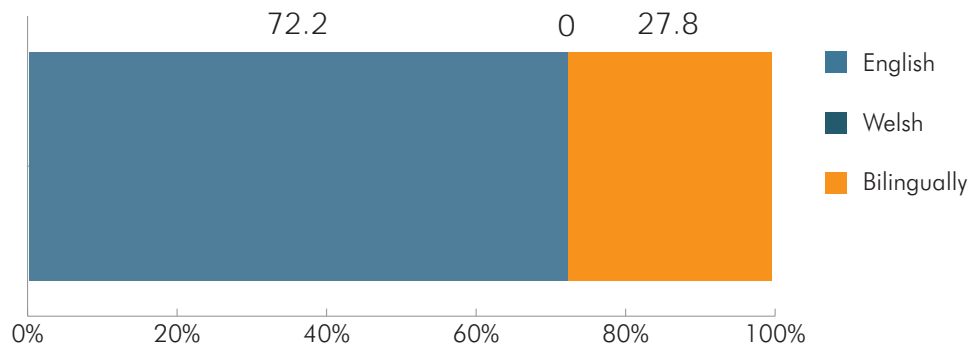
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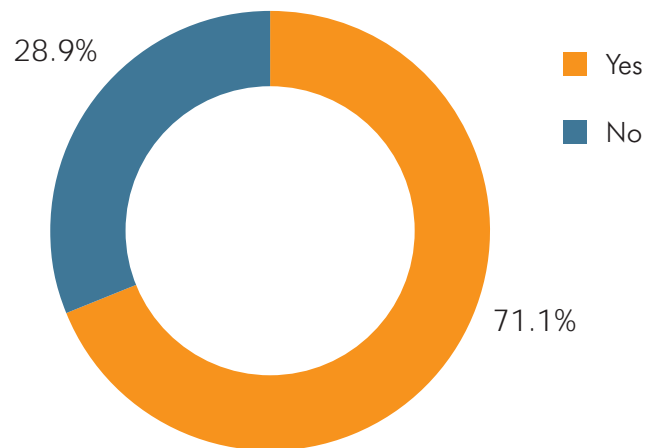
### Project focused Social Prescribing:



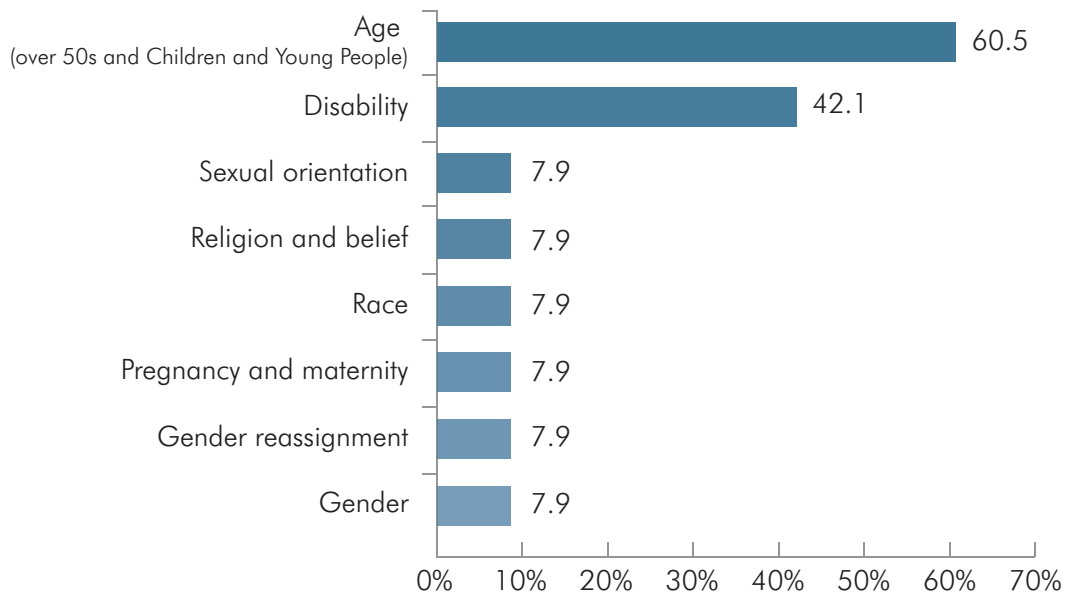
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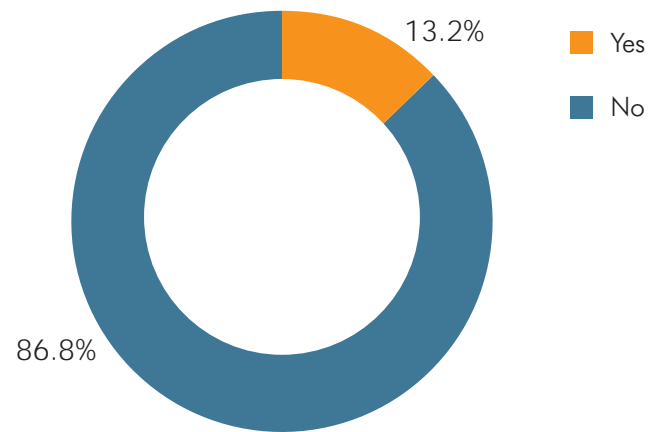
### Project Evaluation:



### Project targeted at those in the protected characteristics:



Published Research:





### The department leading on Arts and Health

The overall department responsible is the Arts Therapies Service. It sits within the Therapies consortium of the health board. Having started in 2007, Arts and Health work is now well-established, and the positioning within Arts Therapies has enabled the Arts and Health offer at BCU to straddle specialist psychological arts based interventions as well as participatory arts for well-being work.

Discussions over the past year have broadened out to involve colleagues from the Planning and Public Health teams, signalling an intention on the part of the Health Board to extend Arts and Health work across its services and promote partnership collaborations.

### Key staff

**Liz Aylett**, Arts Health & Well-being Programme Manager/Strategic Lead.

Liz is the strategic lead for the Arts Health & Well-being Programme at BCUHB, currently working one day a week. An experienced state registered (HCPC) Arts Therapist (and formerly the lead for Arts Therapies Professions) Liz has been developing Arts and Health at BCUHB for 10 years.

**Andrea Davies**, Arts Health & Well-being Programme Projects Coordinator, has a background in community arts practice. As coordinator, she has been responsible for the day-to-day delivery of the Arts Health & Well-being Programme at BCUHB for 5 years. This has recently been made a full-time NHS funded post.

Both staff and the programme report to the Clinical Director of Therapies and the Executive Director of Therapies and Health Sciences. The latter acts as a Board Champion for Arts in Health & Well-being.

Further staff are also closely involved in helping develop the wider thinking around Arts and Health within BCUHB, especially in relation to how Arts and Health can help deliver the Health Board's overall strategy, priorities and vision.

These staff are:

**Sally Baxter**, Assistant Director, Health Strategy

**John Lucy**, Consultant in Public Health

## Strategy:

The current strategy, [Creative Well : Arts in Health & Well-being](#) is in its 5th year of existence.

It focuses on 5 main areas:

- Working with older people and those with chronic conditions
- Improving mental health and well-being for all ages
- Transforming health care environments
- Integrating the arts into education, training, professional development and staff training
- Using creative therapists and artists as catalysts for innovation

The programme of activity arising from the strategy has been part-funded by Arts Council of Wales Lottery grants since 2007.

BCUHB places great importance on connecting with the wider arts and cultural sector. It has a history of regularly bringing people together to share practice and inform strategy around Arts and Health. This initially took the form of a regional Arts and Health network for North Wales. More recently it has evolved into an Arts and Health Reference Group (comprising arts and third sector organisations, local authority partners as well as BCUHB staff). Meeting twice a year, it is chaired by Dr Peter Higson, Chair of the Health Board.

The Reference Group is complemented by a smaller steering group which takes forward actions and refines strategy and policy.

Working in partnership, BCUHB is currently looking to formulate a new strategy and approach towards Arts and Health over the coming year. This will map out pathways for Arts and Health interventions through primary care, community settings and hospitals. Collaborating with partners outside of the Health Board is regarded as critical to future sustainability and to enable work to be properly scaled up. Key considerations will be quality, scale, evaluation, resources and training as well as finding ways to extend the offer in community settings to relieve the current pressure on GPs and primary care.

This presents an opportunity and challenge to the arts sector, third sector organisations and the wider population to take ownership and play a part in shaping and delivering the new model.

The vision being proposed is to develop a North Wales *Concordat* that aims to:

- Celebrate and share experience
- Explore funding options with a view to mainstreaming activity
- Develop skills and capacity to undertake Arts and Health work and
- Evaluate effectiveness and build the case for Arts, Health and Well-being

In addition, the new Health Board strategy and plan for Health in North Wales, [Living Healthier Staying Well](#) will focus on a number of priorities that lend themselves well to Arts and Health interventions. These include:

- Moving towards a wellness service (helping people to live healthier lives)
- Reducing health inequalities
- Supporting GPs and primary care, developing services in the community
- Delivering care closer to home
- Giving children the best start in life

The Arts and Health agenda benefits from discussions at Board level within BCUHB as well as the ongoing, proactive commitment and support from the top of the organisation.

Responding to the Well-being of Future Generations Act, there appears to be a renewed appetite for Arts and Health to become viewed as a resource to be mobilised alongside other non-clinical interventions such as exercise. The challenge will be to deliver the benefits of Arts and Health work at scale and to a high quality.

In taking forward the strategy, BCU's Arts Health and Well-being work will also be looking to explore its contribution to the New Ways of Working for Allied Health and other clinical professions, with an emphasis on Co-production, Social Prescribing and Prudent Healthcare.

## Budget

Although there isn't a core activity budget earmarked for Arts and Health activities at present, BCUHB does invest in a full-time dedicated post. This is in addition to a part-time strategic consultancy post (1 day a week) to oversee and manage projects. The programme of work is currently financed through an Arts Council of Wales Lottery grant, Capital Estate Planning Funds (for new capital build projects) and a small mix of charitable funds (e.g. Organ and Tissue Donation Fund). Looking ahead, the aim will be to draw in funds from a range of public, private and third sector sources and to mainstream funding for effective interventions.

## Range of activities

There is a well-established, wide-ranging programme of work within BCUHB ranging from hospital-based arts participation to work in specialist clinical settings and projects based within the wider community. The work spans all age groups, tackles physical and mental ill health and involves a broad range of partners and services both within and outside of the Health Board.

The programme includes:

[Patient participatory hospital based work](#) in various services including Care of the Elderly (COTE), Dementia, Child and Adolescent Mental Health (CAMHS), Adult Mental Health, Adult Mental health and Learning Disability).



Image: BCUHB Communications

[Community residencies through clinical referral systems](#) (Mild cognitive impairment, Dementia, Adult mental health, Children's services, Chronic Obstructive Pulmonary Disease, Substance Misuse Service)

[‘Arts from the Armchair’](#) - a joint BCUHB / Theatr Clwyd multi-arts intervention for people with mild cognitive impairment and their carers - was recognised by an Arts, Business & Health Award in 2017 and has been listed as a finalist in the Sustain Wales Award 2017. Further details are included in the featured case study in this report.

### [Raising Awareness about Dementia](#)

In 2015, BCUHB commissioned a play, *The D Word*, to portray the experience of Dementia for the individual and carer, and to raise awareness amongst staff. The play toured across North Wales within health care settings and community / public venues.

### [Staff training](#) (Healthcare workers, Nurses, Occupational Therapists)

Currently in development, a staff training programme, *CREATIVE CARE*, is for Health care staff who may have a role in running activities for patients and wish to develop skills in delivering arts activities/ workshop ideas.

### [Relationships with Universities](#)

A partnership with Wrexham Glyndŵr University has resulted in the launch of a new joint research project focusing on Training and Development in Arts in Health. Undertaken by a PhD Student in Residence at the Health Board, the aim of the research is to embed the arts within existing healthcare structures at BCUHB through the training of artists and health care practitioners.

It will:

- identify whether and how arts activity improves the well-being of BCUHB service users
- assess, develop and manage the competence of BCUHB arts practitioners, and the quality of their output
- grow the Arts and Health output within BCUHB, in a financially sustainable manner and
- lead to the development and delivery of accredited training packages that ensure that engagement in the arts at BCUHB is of the highest standard nationally and internationally

### Staff Well-being & Engagement

A staff choir runs at Ysbyty Glan Clwyd to enhance staff well-being. The weekly sessions lead to patient engagement in a variety of settings including performing at special events and ward-based bedside singing.

**Environment** (ACUTE, Community and Healthcare), includes Radiology departments, Outpatients, Accident & Emergency, waiting rooms, clinical areas, wards. The commissioning of public artworks as well as participatory arts engagement projects have helped transform healthcare environments across the health board (for example in Llangollen Healthcare Centre as well as the emerging Healthcare Centre in Flint).

**Evaluation** is increasingly being factored into project work and R&D collaborations with academic institutions are being proactively explored. Independent evaluations undertaken by Abigail Tweed (of Milestone Tweed) on behalf of the Health Board have provided a clear analysis of the impact and value of projects. This has been the case for both Arts from the Armchair (at Theatr Clwyd) and Arts Together (a multi-arts creative engagement project for pre-school children and their parents in Denbighshire).

**Social Prescribing** – BCU is supportive of Made in North Wales, the social prescribing initiative being progressed by the 2025 Movement and Glyndŵr University.

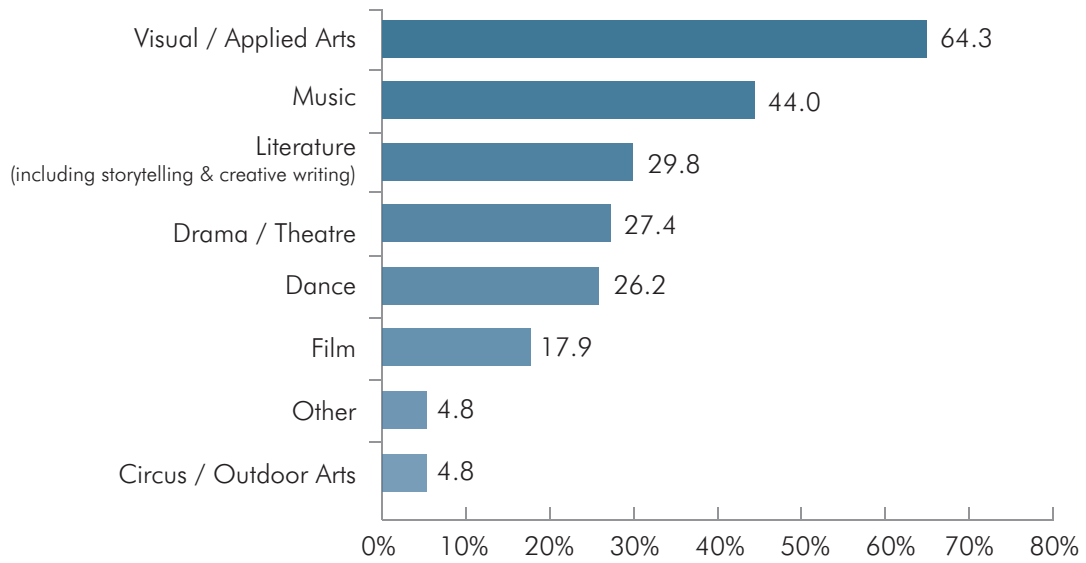
### Challenges

- The nature of short term and uncertain funding
- Sustaining activity beyond the initial phase (in financially challenged times)
- Limited capacity of staff coordinating Arts and Health work across the Health Board
- Availability of high calibre, skilled arts in health practitioners

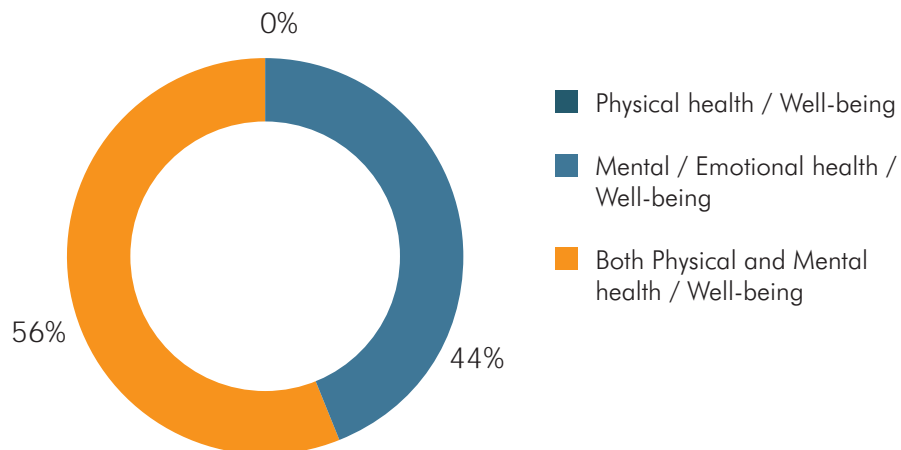
### Web links

<http://www.wales.nhs.uk/sitesplus/861/page/84956>  
<http://www.aandbcymru.org.uk/arts-business-and-health-2017/>

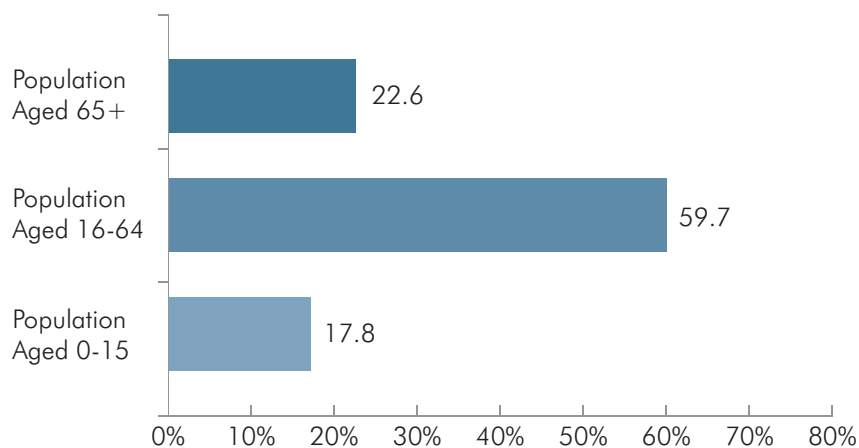
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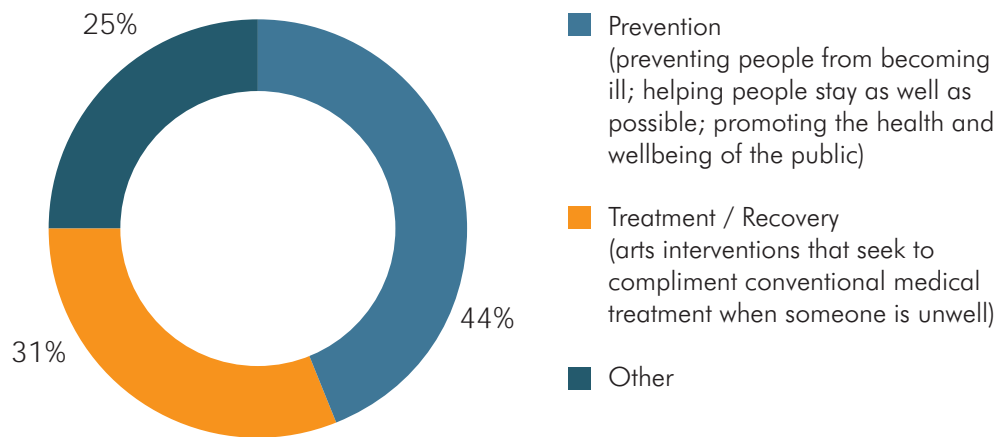
#### Primary Focus of Project:



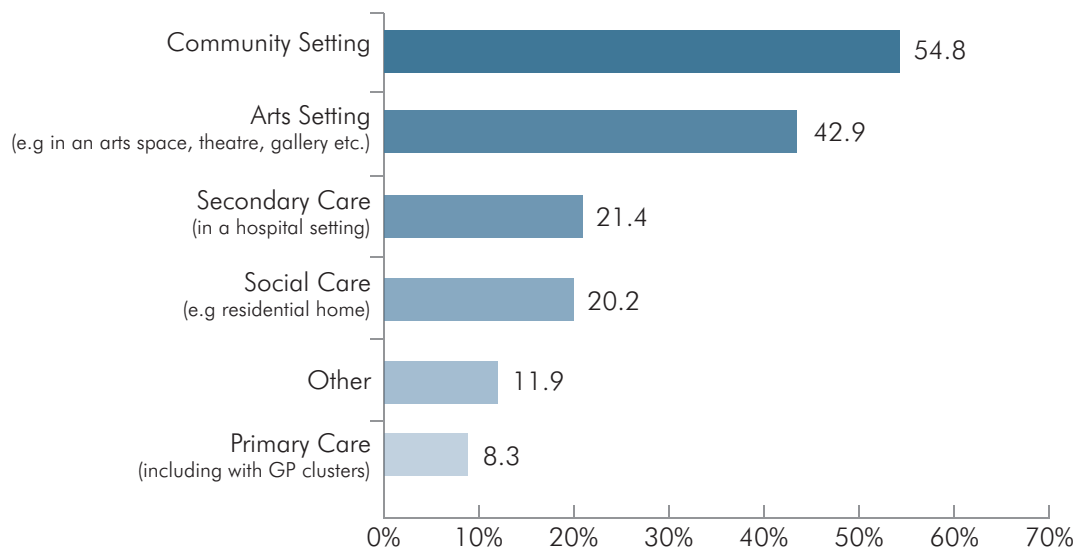
#### Age Profile:



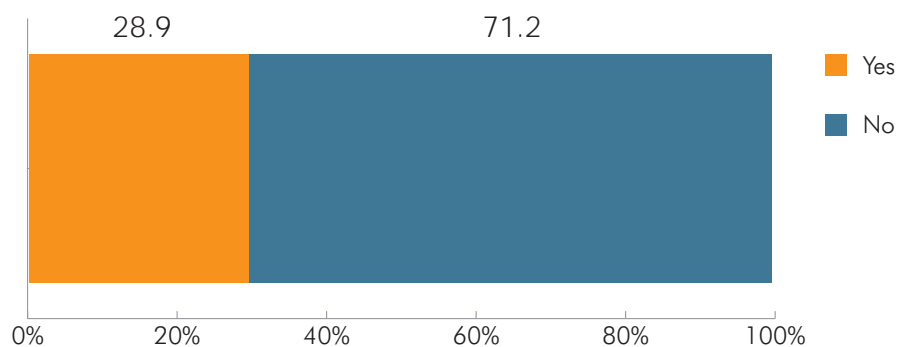
### Main outcome:



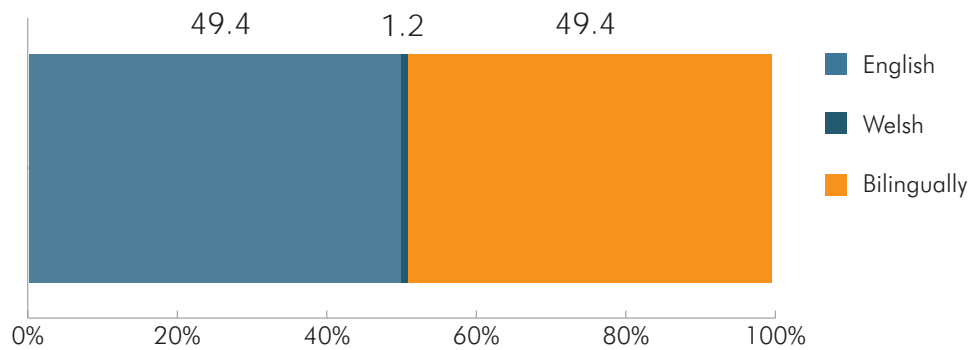
### Setting:



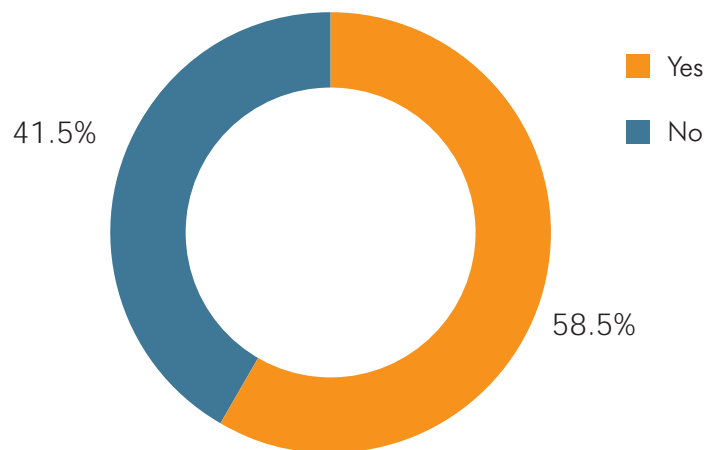
### Project focused Social Prescribing:



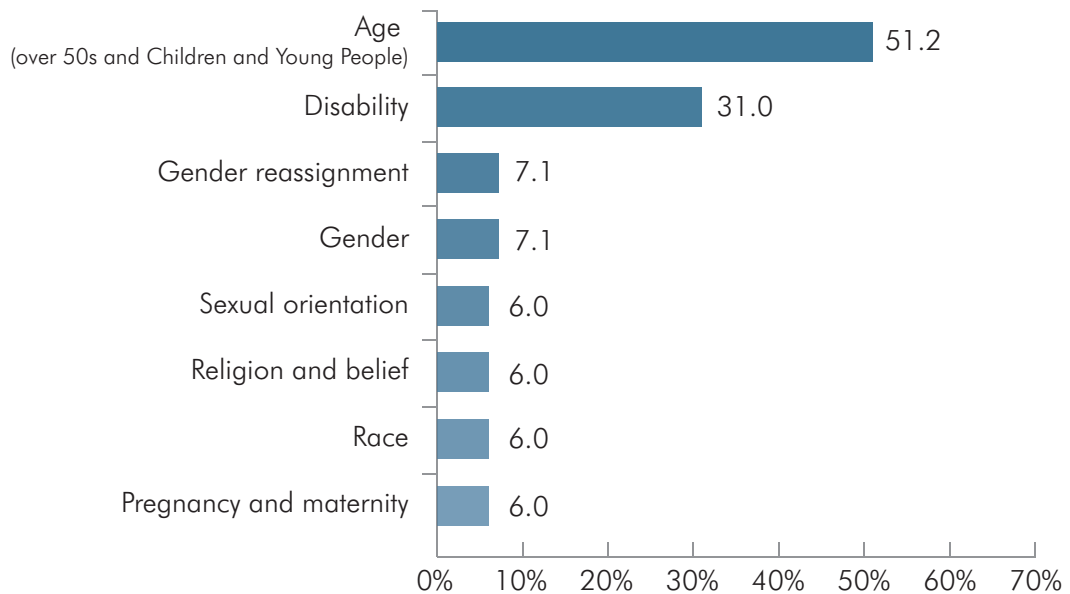
#### Language of Project:



#### Project Evaluation:

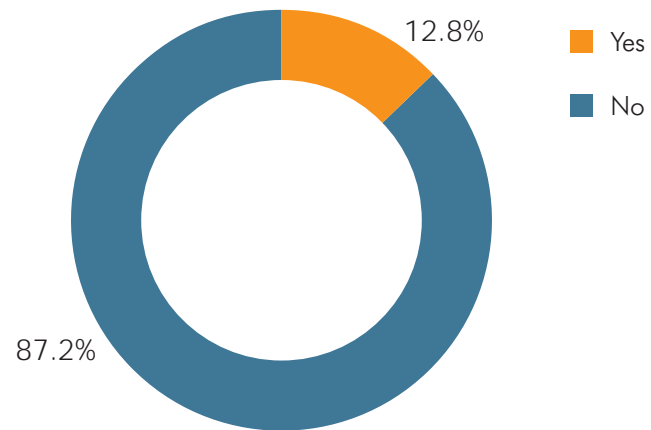


#### Project targeted at those in the protected characteristics:





Published Research:



## Cardiff & Vale University Health Board (CVUHB)

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### Department leading on Arts and Health

Responsibility for Arts and Health sits within the Strategic Planning Team and is led by the Engagement Lead.

### Staffing

There are two NHS-funded posts within CVUHB that cover Arts and Health:

[Simone Joslyn](#), Engagement Lead, Strategic Planning. This is a full-time post covering a wide range of strategic and corporate partnership and engagement responsibilities. Arts and Health is one of a number of responsibilities within Simone's remit.

[Melanie Wotton](#), Exhibitions Coordinator, Oriel yr Aelwyd : The HeARTh Gallery, University Hospital Llandough. Previously, run on an hourly-rate basis, this post became a part-time NHS-funded position (3 days a week) in July 2017. Melanie's job entails curating and managing the changing programme of temporary exhibitions and related activities at the HeARTh gallery at Llandough Hospital. This involves regularly liaising with established and emerging artists and arts organisations.

### Strategy

Building developments have proved an important catalyst for strategic advancement around Arts and Health, with strategy tending to evolve hand-in-hand with major capital projects. University Hospital Llandough has been very much at the heart of these developments and its 5-year strategy - 'Creativity for Health & Well-being 2013-2018' - was written in preparation for the establishment of the HeARTh gallery.

A companion Arts strategy was drawn up to inform and underpin the design of the Adult Mental Health Unit at Llandough (Hafan y Coed), securing the arts as an integral and enduring element of the new build.

Llandough's strategies clearly underline CVUHB's belief that the arts make a significant contribution to improving the lives, health and well-being of patients, service users, staff and carers. However, there isn't currently an over-arching Arts and Health strategy for the Health Board as a whole. Instead, Arts and Health activities (independent of capital projects) have grown organically in response to opportunities and partnerships (such as the Gwanwyn Festival and the Mental Health Festival). Arts and Health is seen as an important means of responding to the Well-being of Future Generations goals.

### Steering Board

Arts and Health work is mainly overseen by the Arts and the Environment Group which is chaired by Maria Battle, CVUHB's Chair. The Executive Board is also supportive of

Arts and Health work. With responsibility positioned within the Planning Team, matters relating to Arts and Health often feature within broader planning discussions. The Engagement Lead enjoys good, direct lines of communication with senior decision makers including the Chair, the Executive Director for Corporate Governance; the Executive Director of Public Health and the Director of Planning. This helps keep Arts and Health on the broader agenda at the Health Board and 'mainstreams' it within broader strategic discussions.

## Budget

There is no specific budget allocated for Arts and Health within CVUHB. The arts are not viewed as a 'core' NHS responsibility but are considered to add value to and enhance healthcare. However, there are some 300 separate charitable funds, as part of Cardiff and Vale Health Charity associated with CVUHB that can help support projects and initiatives. These are independent of the Health Board's core NHS budget.

Many of these charities are funded through legacies and donations, some of which specifically to support particular wards or specialist equipment. The Making it Better Fund is Cardiff & Vale's general fund that has the flexibility to support projects across all of the Health Board's hospitals, health centres and community teams. This fund often helps support arts projects. The HeARTh Gallery itself was funded as part of the Section 106 agreement when Hafan y Coed, the new Adult Mental Health Unit, was built at Llandough.

## Programme of activities:

There is a fairly extensive range of Arts and Health activities happening across the Cardiff & Vale University Health Board region. Some of these are centrally coordinated; others are initiated by individual wards and staff making it hard to keep across everything that's taking place at any one time.

There are a number of innovative new approaches and projects being piloted in community / primary care settings that have potential to advance work around Arts and Health.

These include initiatives that explore how creative activities could:

- form part of wider social prescribing models at certain GP practices
- feed into Well-being 4U a community well-being service (run in partnership with GPs and United Welsh Housing Association) which involves a team of Well-being Coordinators providing a flexible, tailor-made service to help people achieve their health goals

However, it's within Secondary care that the most momentum has been generated and Llandough hospital is a particular hotbed of Arts and Health activity. The public art / visual art offer is particularly strong with Llandough housing its own contemporary gallery space within the hospital with a changing exhibition and event programme, designed to 'inspire and engage to enhance recovery and well-being.' [The HeARTh Gallery](#) exhibits

work by both established and emerging artists and acts as a focal point for a broader range of creative activities that take place with professional artists across various artforms.

The HeARTh gallery has mounted 16 exhibitions since it opened in 2015 inviting artists to respond to themes spanning mental health; breast cancer; PTSD responses to the clinical environment; dementia; perceptions around health; illness and recovery as well as non-health subjects. An Open exhibition invited staff members, patients, carers, service users and hospital visitors to submit and exhibit work in a group summer exhibition, and bringing together participants from across the health board to engage in the creative arts. Pupils from Pencoed Primary School have also exhibited work resulting from a Lead Creative Schools Project led by artist, Haf Weighton.

Art features prominently at Hafan y Coed, the new mental health unit where a diverse and eclectic collection of sculpture, ceramics, photographs, prints, poems and paintings can be viewed on a circular walk around the public spaces. In addition, University Hospital Llandough is the regional centre for [Paintings in Hospitals](#) in South Wales exhibiting artworks on loan from this diverse collection of almost 4,000 artworks.

The Llandough Art Trail on the website usefully lists all the various artworks and locations across the site.



Oriel yr Aelwyd – The HeARTh Gallery, Llandough UHW

CVUHB also has an ongoing relationship with C21 Medical students (who are on Cardiff University School of Medicine's MBBS programme) and displays work from the Annual Artwork Competition which invites students to create work inspired by elements of the undergraduate medical course.

A major project currently underway is *Ein Berllan – Our Orchard* an accessible outdoor space to aid recovery and rehabilitation as well as enhance staff, visitors' and the wider community's well-being – and will be created on a seven acre greenfield site at University Hospital Llandough.

Funded by the Cardiff & Vale Health Charity, *Our Orchard* will be an ecological community health park, comprising a fruit orchard with wildflower meadows, a bee garden and nature routes. With Llandough fast becoming a long term recovery and rehabilitation hospital centre, *Our Orchard* will offer patients a break from the traditional clinical environment, allowing them to enjoy fresh air and natural light which can assist with relaxation and recovery.

A number of environmentally-inspired arts projects are taking shape (and being exhibited in the foyer space) as plans to develop the orchard develop.

There is a large and diverse collection of health related artefacts housed across Cardiff and Vale University Health Board sites. This has prompted a project, *Our Health Heritage*, to ensure that these are protected and preserved for future generations. Plans include increasing access to the artefacts by displaying and using the collection in UHB sites as well as loaning artefacts out to museums and other partners such as Whitchurch Hospital Historical Society and Cardiff Metropolitan University School of Art & Design.

Live *music* is a feature of creative activities across most Cardiff & Vale Health care sites. Activity is organised and coordinated under the banner of the *Music to our Ears* programme and work is delivered by a range of partner organisations including Music in Hospitals, Welsh National Opera (WNO), Llandough Hospital Community Choir, as well as by individual musicians and performers. The Music to our Ears programme coordinates the approach to providing live music to clinical areas and offers stimulation and a welcome distraction for patients. It aims to improve the experience of patients, staff and visitors; provide the opportunities for social interaction and helps enhance celebration events.

*Drama* has lent itself to a range of Arts and Health interventions at CVUHB including Re-Live's life story work with the Memory Team at Llandough; Elaine Paton's, site specific performance of *Moment(o)s of Leaving*, at Whitchurch Mental Hospital; Drama therapy sessions as part of the Gwanwyn Festival and future developments are in the pipeline with National Theatre Wales in connection with the NHS 70th Anniversary celebrations.

Opportunities for *dance* to play into the agenda can be seen through Rubicon Dance's longstanding work and tailored movement sessions with young patients and their families at the Noah's Ark Children's Hospital for Wales at UHW. At Llandough, working with the Mental Health Services for Older People, dance artist, Cai Tomos has

led improvisational movement workshops as part of the Gwanwyn Festival, provided a framework for creating relationships and communication through movement and touch.

Key staff within CVUHB are well-networked with artists and arts organisations across the region. In addition to the artists and arts organisations listed above, CVUHB works with Chapter Arts Centre; Cardiff Camera Club; Cardiff MADE; the Norwegian Church; Insole Court and Menshed.

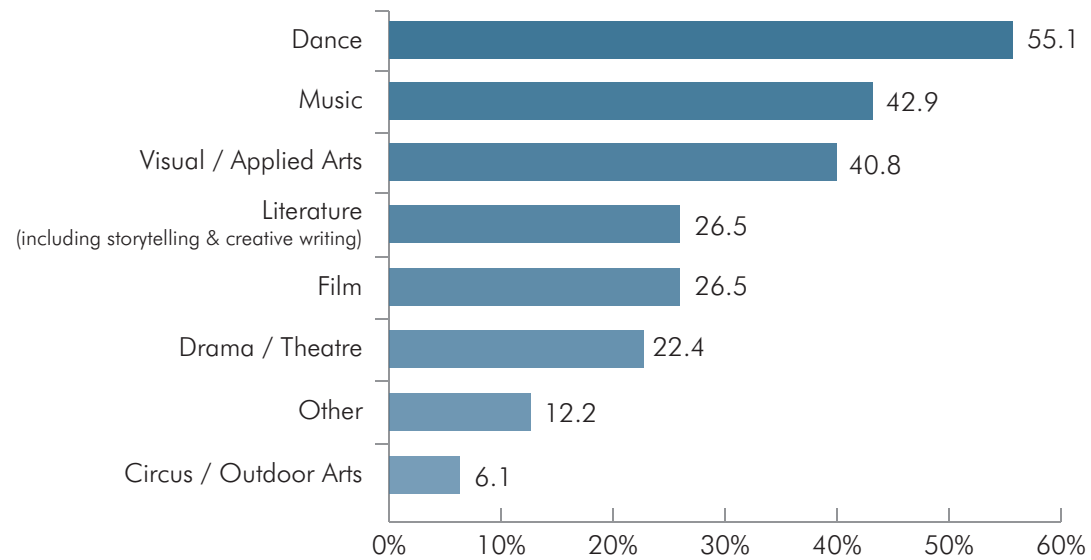
## Challenges

- It is hard to keep track of the range of Arts and Health activities across the Health Board with more than 14,500 staff and many different sites and an over-arching, health board-wide strategy on Arts and Health has not yet materialised
- Engaging with outside agencies/ art galleries to promote work and to gain media exposure for developments
- Certain sites (eg Llandough Hospital which focuses on rehabilitation and recovery) may lend themselves more to Arts and Health work than others (eg University Hospital Wales where the emphasis is more on acute and emergency medicine). The size of UHW also makes it difficult to gain visibility for Arts and Health work;
- Despite the rich range of projects underway at CVUHB in this field, the Health Board is not yet well connected with the wider Arts and Health sector in Wales – such as the Wales Arts for Health Network or the Cross-Party group on Arts and Health. This means that much of the excellent work is not disseminated or profiled outside of the Health Board.

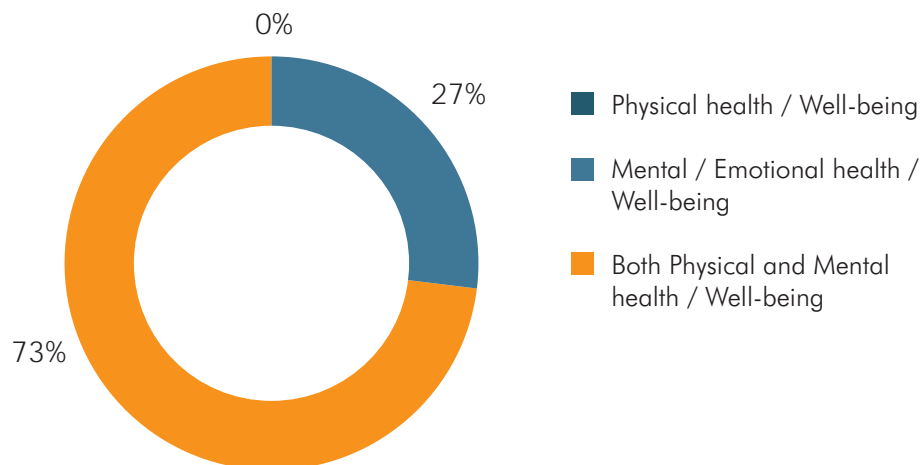
## Web links

Key Arts and Health initiatives for Cardiff & Vale University Health Board are documented online at: <http://www.cardiffandvaleuhb.wales.nhs.uk/creative-arts-in-healthcare>

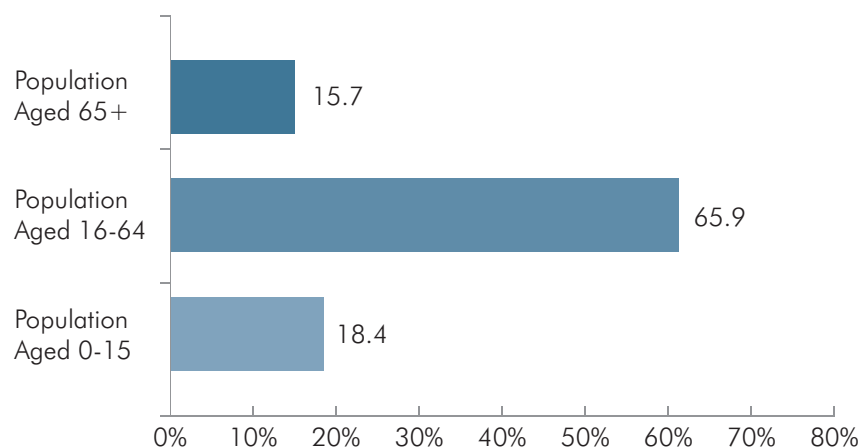
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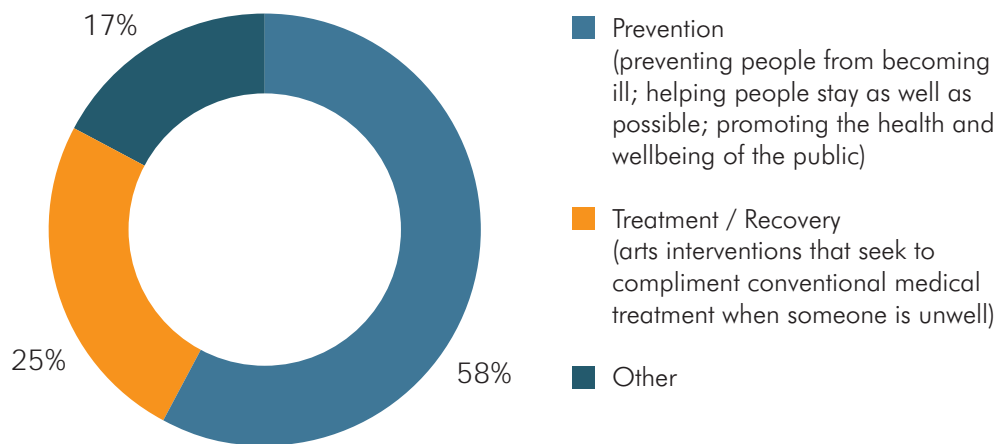
#### Primary Focus of Project:



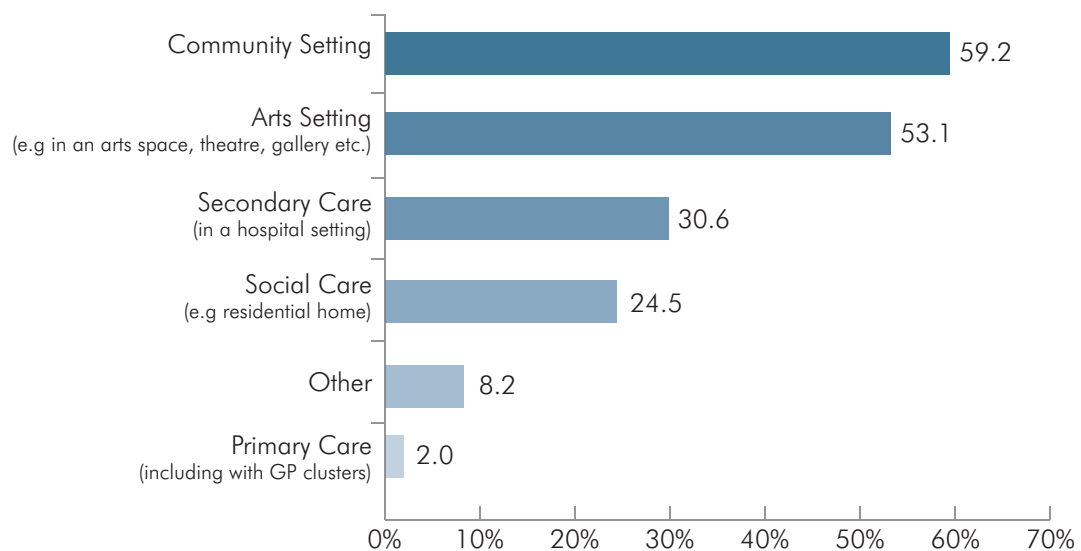
#### Age Profile:



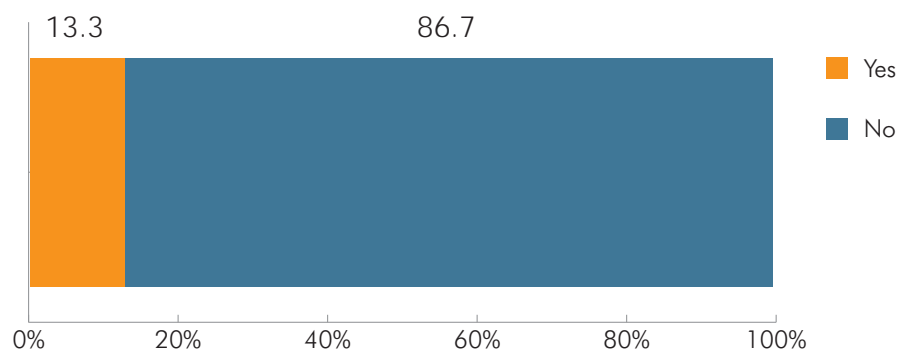
### Main outcome:



### Setting:

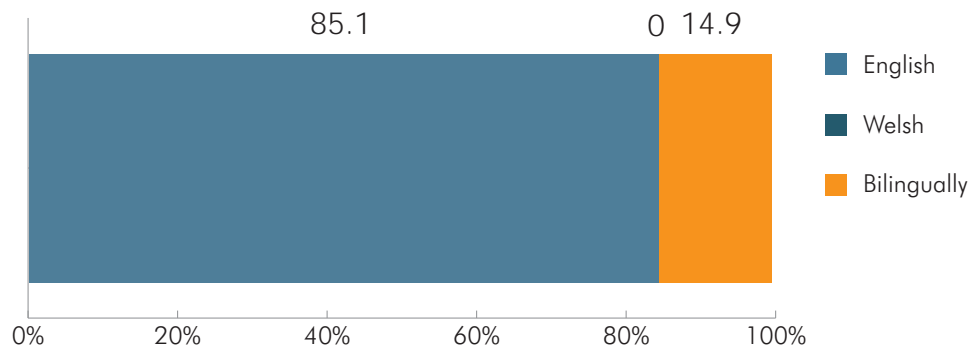


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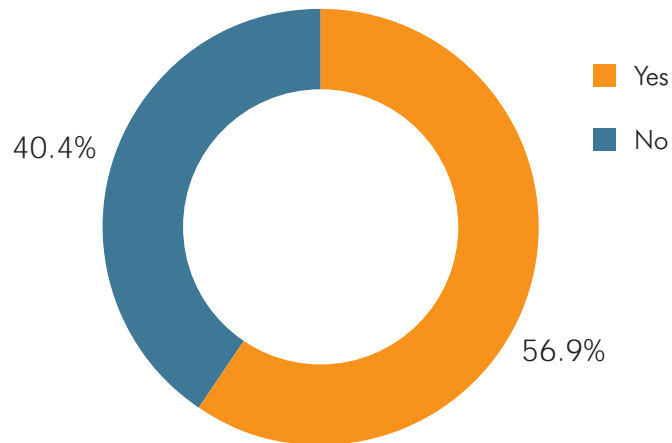




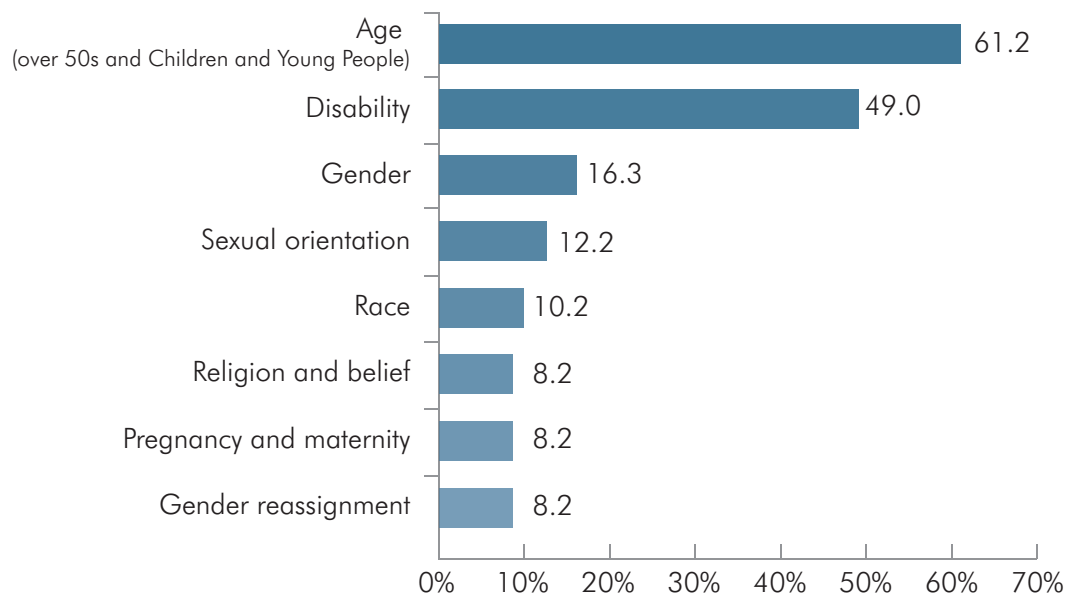
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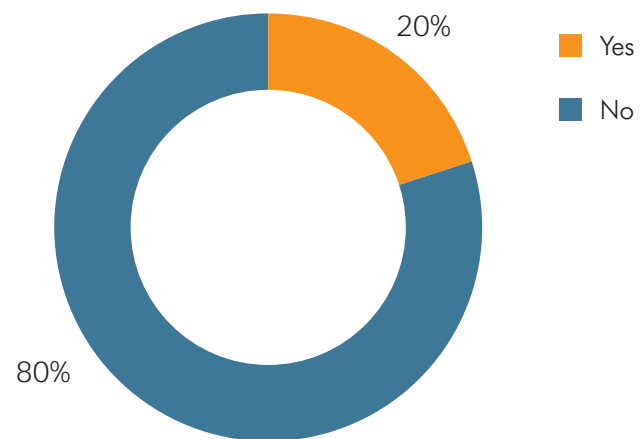
#### Project Evaluation:



#### Project targeted at those in the protected characteristics:



Published Research:



## Cwm Taf University Health Board

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Arts and Health work at Cwm Taf University Health Board is approaching its 20th year. Over the past two decades, a series of ambitious public art projects linked to capital developments, have transformed a number of Cwm Taf sites. The beginnings date back to 1998 with the development of the Royal Glamorgan Hospital at Llantrisant. The then Pontypridd & Rhondda NHS Trust developed a Public Art Strategy (with Cywaith Cymru) and the Artist in Residence programme started in 2002 (with a 3 year grant from the Arts Council).

Since then, public art has featured prominently in key capital builds at Ysbyty Cwm Rhondda in Llwynypia; Ysbyty Cwm Cynon in Mountain Ash and Keir Hardie Health Park in Merthyr Tydfil. An exhibitions programme and participatory arts projects have developed alongside.

### Department leading on Arts and Health

Responsibility for Arts and Health currently lies with the [Planning & Partnerships Team](#) reporting to Ruth Treharne (Director of Planning and Performance and Deputy Chief Executive).

### Staffing

[Heather Parnell](#), Artist in Residence, has been working with Cwm Taf Health Board since 2002, during which time she has been involved with most of the Health Board's major public art schemes and has delivered or facilitated many smaller projects. An experienced visual artist and lecturer, Heather is currently employed on a freelance basis for one day a week (a post which is currently funded through the Facilities Department's budget). She reports to the Arts Steering Group.

From 1998, Capital planning Project Manager, [Garry Bater](#), provided the vital interface between the Health Board and external partners to integrate public art schemes into their new building programmes. Upon his retirement in July 2017, Project Manager, [Ian Phillips](#), took up the role.

Recently, two further staff have become involved with developing and coordinating the plans around Arts and Health at Cwm Taf as part of their broader work within the Planning & Partnerships Directorate:

[Rhian Webber](#), Health & Well-being Improvement Manager, Planning & Partnerships  
[Amy Lewis](#), Health & Well-being Improvement Manager, Planning & Partnerships.

## Strategy

Cwm Taf is in the process of developing a new Arts, Health & Well-being Strategy. Pontypridd & Rhondda NHS Trust created the first Arts Strategy, which dates back to 2002 and was written to coincide with the capital development of the Royal Glamorgan Hospital. The strategy focused on providing a positive environment, reinforcing local identity & distinctiveness, creating a sense of place and contributing to health and well-being. There was a desire to 'de-institutionalise' the hospital through the new building and a great deal of importance was placed on the need to include staff and local communities in the project.

Cwm Taf's new arts strategy is likely to extend beyond consideration of the built environment to reflect the wider range of arts interventions that are now evolving across the Health Board. To kick-start the thinking, a recent workshop brought 12 staff together from a cross-section of departments to map the current Arts and Health activity underway across Cwm Taf and to share ideas on future priorities. There is a sense of renewed excitement around the potential to make greater use of the arts as part of the healthcare offer at Cwm Taf. It is envisaged that the new Arts, Health and Well-being strategy will be in place for 2018.

## Steering Board

Cwm Taf has had an Arts Steering Group since 2002. Meeting every two months, its key function has been to advise and support the artist in residence programme. The Terms of Reference have recently been updated and the membership has begun to change and grow.

The Steering Group is now undergoing a period of review and renewal under the recent co-chairmanship of Rhian Webber and Amy Lewis (Health & Well-Being Improvement Managers within Planning & Partnerships). Staff interest and corporate support (including from the Capital, Estates and Facilities Team and the Director of Community, Primary and Mental Health) suggests that there is a genuine appetite to extend the arts offer at Cwm Taf.

Current membership includes representation from a range of different teams including Heather Parnell (Artist in Residence, Facilities); Russell Hoare, Director of Facilities; Keith Powell, Senior Business Manager, Community Services; Debbie Owen, Communications Manager; Ian Phillips, Capital Planning Project Manager; David Moody-Jones, retired A&E consultant.

## Budget

There is no specific budget currently ring-fenced for Arts and Health activities. The cost of Arts and Health projects tend to be realised through hospital charitable funds. Art works for major capital projects have been financed through % for art and Arts Council of Wales Lottery funding.

## Programme of Activities

The main thrust of Cwm Taf's work to date could be said to be Art in the Environment with public art and visual art within secondary care settings featuring strongly.

Major public art commission programmes with community participation built in have transformed key buildings and improved the experience of those who use them including at: Kier Hardie Health Park (KHP), Ysbyty Cwm Rhondda (YCR) and Ysbyty Cwm Cynon (YCC). Positive surroundings, local identity and distinctiveness continue to be central concerns.

To this end, there have been additional initiatives in each building since they became operational. An exhibition programme has been established at Kier Hardie Health Park for medical students as a means of articulating their views on health care and particular health issues. Ysbyty Cwm Cynon recently launched an imaginative response to North Cwm Taf's heritage via a memorabilia garden and Ysbyty Cwm Rhondda staff have forged links with the family of a local, prominent, artist patient, curating a collection of paintings for permanent loan and display in the hospital.

## Public Art commissions and Artworks linked to Capital projects

- **Royal Glamorgan Hospital (1998 – 2000)** : Public art strategy  
Cywaith Cymru was commissioned to create public art for the Atrium and Foyer, Chapel and Courtyards. Three joint artists' residencies followed (Heather Parnell; Carol Hiles and Nigel Talbot) over the period 2002 – 2006. An art strategy review in 2002 led to participatory projects being introduced including an Exhibition programme (still ongoing), Stairwell artworks and evening music performances.
- **Ysbyty Cwm Rhondda**  
Between 2007 – 2009, a series of public art commissions accompanied the redevelopment of Ysbyty Cwm Rhondda in Llwynypia. Consultants, Cywaith Cymru, identified a strong line-up of artists to create work including Josh Smith (front entrance); Selina Somalia (chapel and mortuary); Howard Bowcott (courtyard seats); Ailsa Magnus & Ian Randall (Courtyard of the out patients department); Heather Parnell, David Mackie and Andrew Rowe (stairwells) and Martin Donlin (Glass wall). More recently, and on a smaller scale, exhibitions of artwork have enhanced the corridors at YCR ranging from Francis Thomas' Paintings on Nature to American Acrylics and an exhibition of staff photography.
- **Ysbyty Cwm Cynon**  
The public art strategy for 2010 – 2012 (attached to the capital build of Ysbyty Cwm Cynon) resulted in the following commissions: Kathy Dalwood (Atrium wall); David Pearl (Lightwell glass); Laura Thomas (Ground floor corridor); Pascal Dubois (landing). The art consultants were Celfwaith. Recent smaller-scale projects have concentrated on the corridors and day rooms – where 29 bespoke artworks are displayed from BA Art Practice students from the University of South Wales. Nigel Talbot's heritage project has also brightened up the ground floor corridor and courtyard.

- **Keir Hardie Health Park** (2012 – 2014)

Completed in 2012, this ground breaking Health Park in Merthyr has some of the most modern healthcare facilities in Wales, and offers a new model of healthcare, bringing together a wide range of primary care services for health, well-being and social care under one roof. It's home to community health and GP services, outpatient clinics and therapies as well as mental health and learning disability services. The park also houses local authority-run services and provides a base for voluntary sector organisations, including Citizens Advice, the Alzheimer's Society and Age Concern.

Heather Parnell and David Mackie took on the commission to create public art for the entrance area and first floor glazing. Since the building opened, there have been a number of smaller-scale art initiatives including an Artists purchase scheme which has enabled works by Sue Hunt, Pete Williams, Anthony Evans to enliven the corridors, along with projects from students at Merthyr College the University of South Wales, and an exhibition of staff photography and the re-siting of stained glass work from St Tydfil's hospital.

Central to the success of Cwm Taf's public art approach has been a commitment to engage the staff in co-curating the environment. For example, the picture purchase schemes involve hospital staff in visits to artists' studios to select the artworks. The annual staff art competition also celebrates the creativity of the staff with the Estates department providing invaluable support in mounting exhibitions.

### **Participatory projects**

Although public art has historically been the mainstay of Arts and Health work at Cwm Taf, a number of recent participatory projects are broadening the offer.

**Your Medicines Your Health**, has been a flagship public health education programme at Cwm Taf. Starting in 2015, it has continued to go from strength to strength. Led by Alison Warner in Pharmacy and artist Nancy Evans (initially of Artis Community) the project worked with 7 primary schools using art as a tool to educate children about the safe use of medicines. The pupils created textile banners and a poster campaign to raise public awareness and the project attracted the attention and support of Welsh Government, education, pharmacy and public health bodies.

**Get up and Dance** – this is an initiative led by the OT / Occupational Health at Ysbyty Dewi Sant that encourages staff to get up and dance every 4 hours.

The recent mapping workshop at Cwm Taf provided an opportunity for staff to take stock of significant past projects in Arts and Health as well as identify current areas of work that can be built on.

These include:

- Memory books and iPads in action on dementia wards and at Ysbyty George Thomas' Dementia Hub in Treorchy
- A young people's photography group
- Creative writing groups and mental health groups
- Staff choir
- Mosaic project
- Monthly craft stalls
- Ward be-frienders
- way finding signs
- creative activities, performances and concerts delivered by local voluntary groups

### Partnerships

Cwm Taf enjoys strong links with HE partners including with University of South Wales students, BTEC students at Merthyr College and Cardiff University Medical students training at the academic centre at Kier Hardie Health Park.

The Arts Development Team at Rhondda Cynon Taf CBC – Caroline O'Neill and Anne Hayes are also important partners in relation to Arts and Health.

### Challenges:

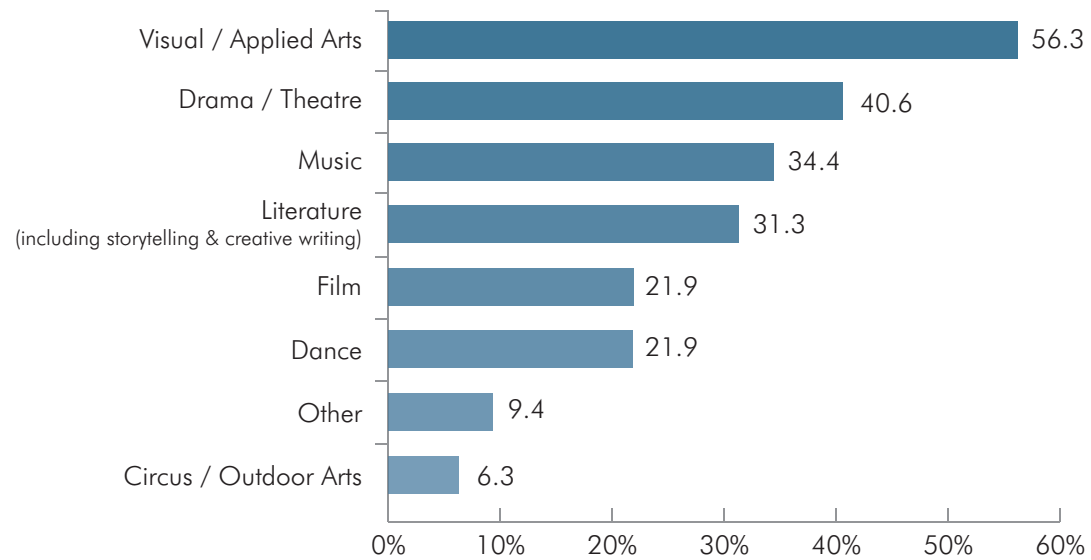
- Limited time and capacity to grow the work
- Funding constraints
- Raising the profile of the Arts Steering Board within Cwm Taf and gaining greater corporate support
- The spread-out nature of hospitals and healthcare sites across Cwm Taf can make it difficult to gain an overview / be aware of the complete picture

### Weblinks

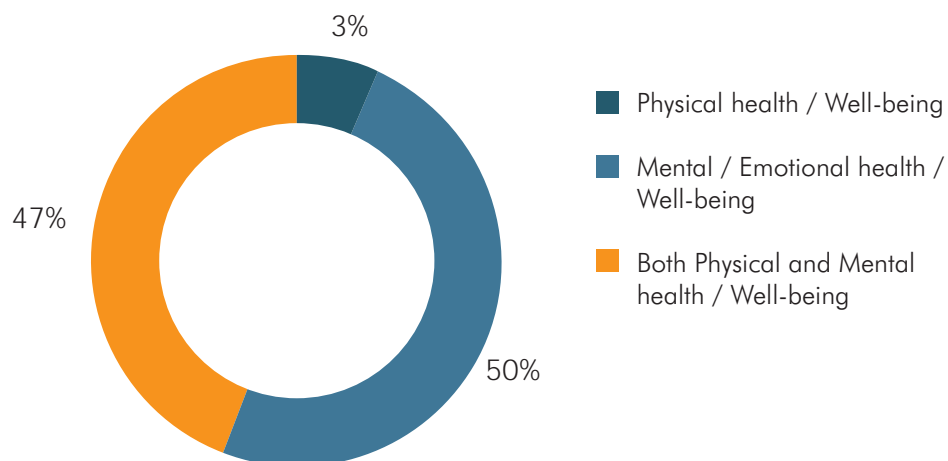
Cwm Taf Home page

[http://cwmtaf.wales/Keir Hardie University Health Park](http://cwmtaf.wales/Keir_Hardie_University_Health_Park)

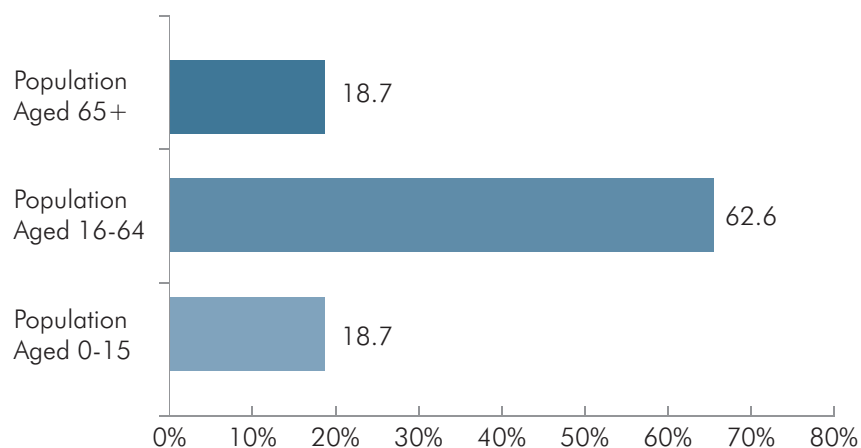
#### Artform:



#### Primary Focus of Project:

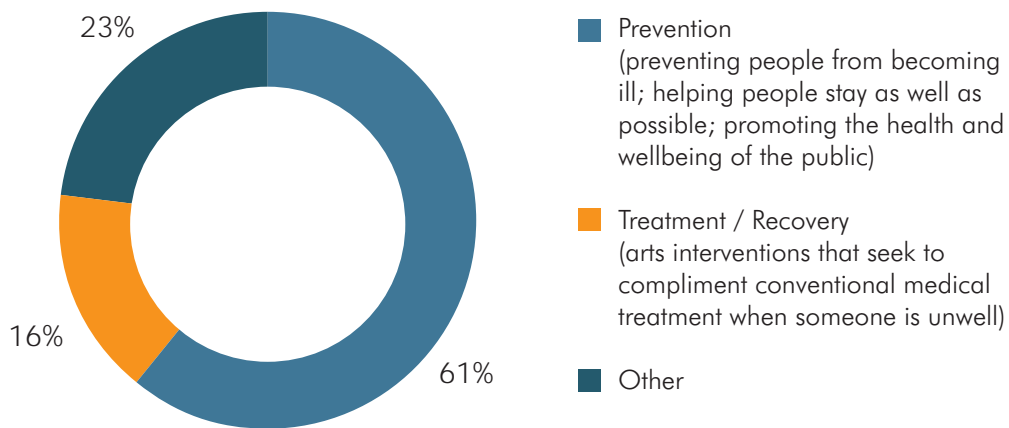


#### Age Profile:

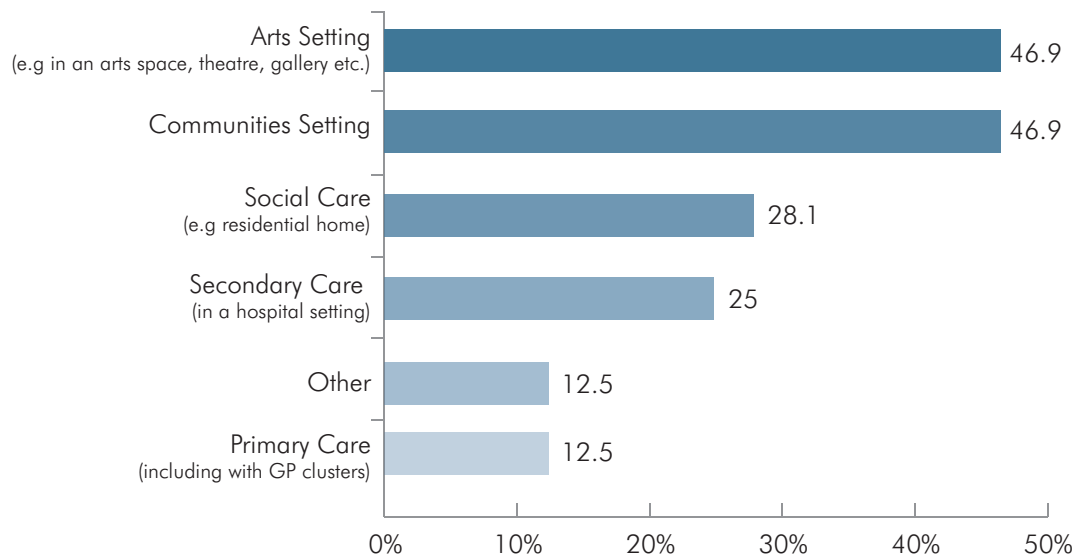




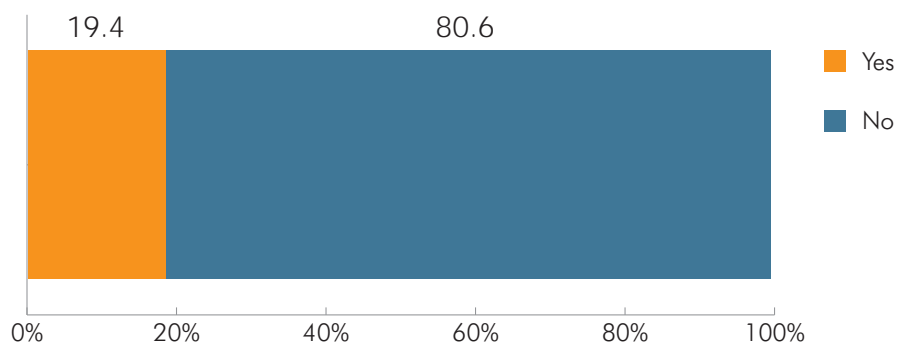
### Main outcome:



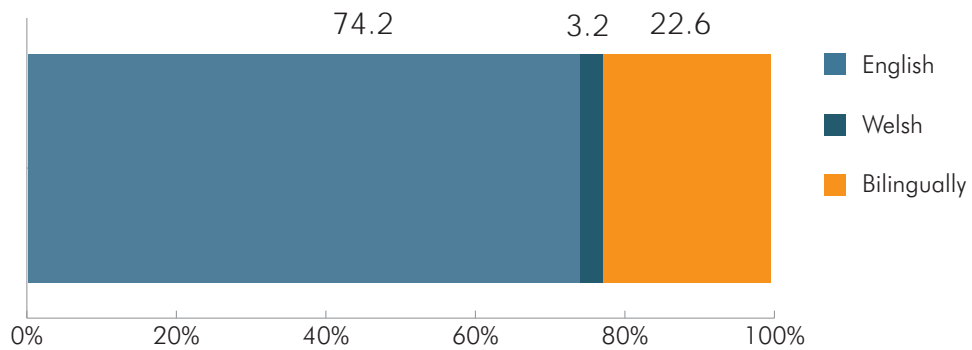
### Setting:



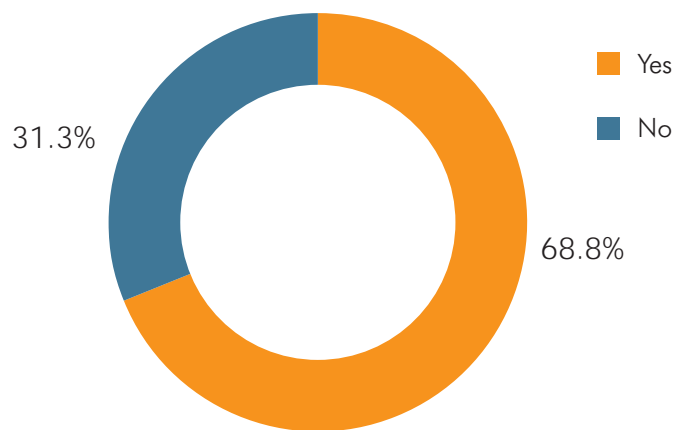
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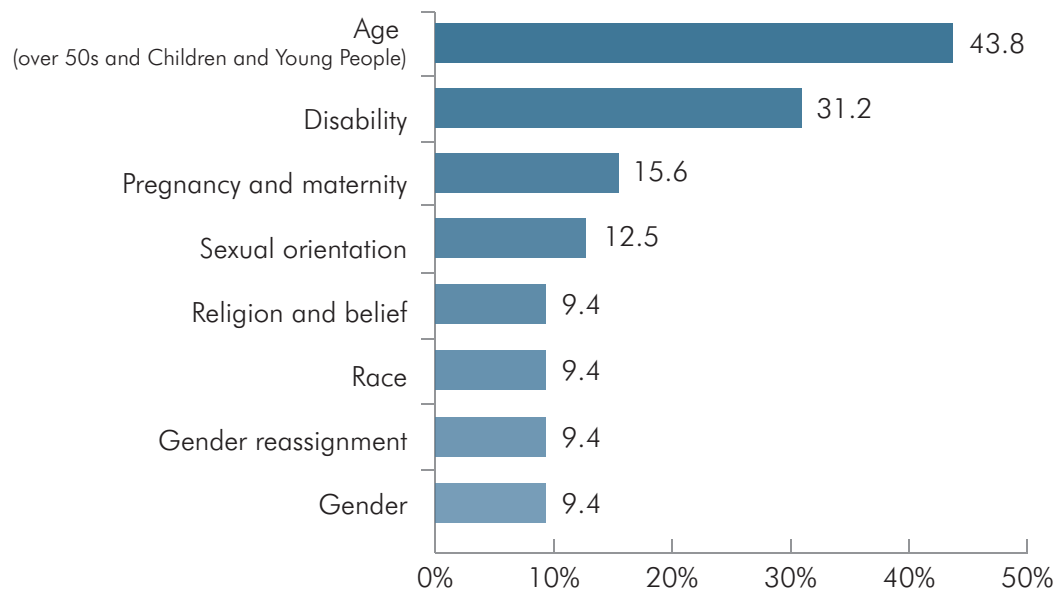
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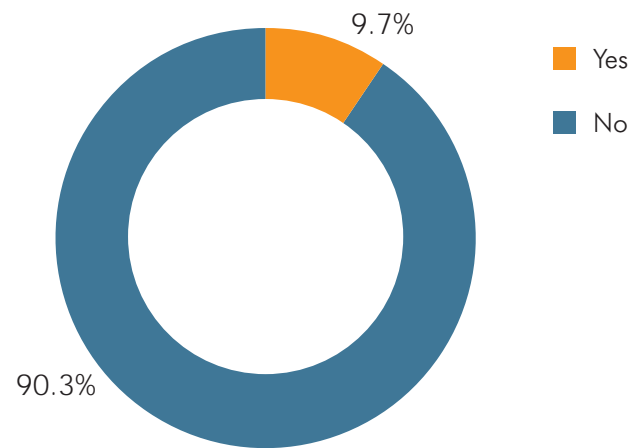
### Project Evaluation:



### Project targeted at those in the protected characteristics:



Published Research:



## Hywel Dda University Health Board

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### The Department leading on Arts and Health

There isn't currently a department designated to lead on Arts and Health within the Health Board.

### Key staff

Although Hywel Dda doesn't have a Coordinator for Arts and Health, various colleagues are advancing work in this sphere as part of a wider remit (see below). [Will Oliver, Assistant Director, Therapies and Health Science \(Workforce, Education and Training\)](#) is currently acting as Health Board link. Hywel Dda University Health Board currently employs two dedicated Arts Therapists.

[Gudrun Jones](#), Arts Therapist, Palliative Care.

[Phil McFadden](#), Arts Therapist, providing an Arts Therapy Psychotherapy service across a range of client groups, including those with psychosis.

[Mandy Rayani](#), Director of Nursing, Quality & Patient Experience has recently met with colleagues at Arts Care Gofal Celf to start to explore areas of potential joint working across Arts and Health.

[Alison Steere](#) has recently been appointed by Hywel Dda on a one-year contract to work 4 days a week as the Hub Administrator for West Wales Academic Health Services Collaborative (a jointly-funded venture between University of Wales Trinity Saint David (TSD) and the Health Board).

Based at the Carmarthen campus of TSD, Alison's role is to coordinate and maintain communications between the primary partners of Hywel Dda UHB and the UWTSD group (as well as other HEIs and FEIs in the region); healthcare industries; the third sector; health and social care researchers and the South West and Mid Wales regional learning partnership. Tasks will include establishing, promoting and maintaining networks between the key stakeholders as well as developing a database to record and maintain a regional profile of research activities and areas of interest.

The aim of the Administrator is to contribute to building a culture of partnership and collaboration by providing the West Wales academic health services collaborative hub partners and the University Partnership Board with advice on strategic direction. One element of the work will involve research within the Arts and Health field. Working across Carmarthenshire, Ceredigion and Pembrokeshire, Alison will be brokering partnerships across the Hywel Dda region (in addition to linking with Swansea University), establishing and promoting networks with key stakeholders.

The Hub Administrator role centres on 3 main work priorities: Arts and Health, One Health (population and planetary health) and commercial trials activities.

## Strategy

Although Hywel Dda doesn't currently have an Arts and Health Strategy in place, a meeting in November 2017 will bring together key people working in this field to explore first steps in moving towards one.

The Health Board recognises that the Arts can impact on health and well-being, both through active patient engagement with the arts, and by utilising Arts and Design to influence clinical environments. One example of this is a Fine Arts PhD study looking at the impact of the environment's design to help improve it.

The Health Board is keen to ensure that any input into Arts in Health and Well-being is led by the evidence base and can demonstrate tangible improvement in the patient experience. It welcomes and supports the recent MOU between the Arts Council of Wales and the Welsh NHS Confederation.

## Budget

There is no dedicated budget for Arts and Health work at present but Hywel Dda UHB is currently reviewing the use of its charitable funds to support the Arts in Health agenda.

## Range of activities

In May 2017, Hywel Dda UHB jointly hosted with University of Wales, Trinity Saint David an event entitled Good Health Wales: Arts for Health and Well-being Symposium. This brought together local and national practitioners and users of Art in Health to share their experiences in an academic, research led environment.

### [Good Health Wales: Programme and Presentations](#)

The arts are used by the Arts Therapy Team in its specialist interventions in:

- **Palliative Care.** This service has been at the forefront of development and research in Arts Therapy for immuno-suppressed people, utilising telehealth technology
- **Psychotherapy** - with a range of client groups including those with psychosis. This Arts Therapy Psychotherapy service is another area of research and research application.

Both Arts Therapists are research active, have published and regularly meet with colleagues to share ideas and experience through the Wales Arts Therapy Advisory Forum.

Hywel Dda UHB's [Mental Health & Learning Disabilities Service](#) also commissions a number of third sector organisations (including Hafal, MIND Cymru, Arts Care Gofal Celf). Their work includes access to arts activities.

In addition, Hywel Dda UHB [Occupational Therapists](#) work in partnership with local third sector organisations, signposting and supporting people to engage in the arts to support their health and well-being. For example, LINKS, HUTS, Mensheds and the Stroke Association Choir.

There is also an arts project based at the [VC Gallery](#), Pembrokeshire supporting a wide range of client groups, which has been awarded funding via small grants from the Integrated Commissioning Fund.

[Social Prescribers \(SPICE\)](#) - attached to GP surgeries - make links to local participatory arts opportunities to engage patients depending on the individual's preferences.

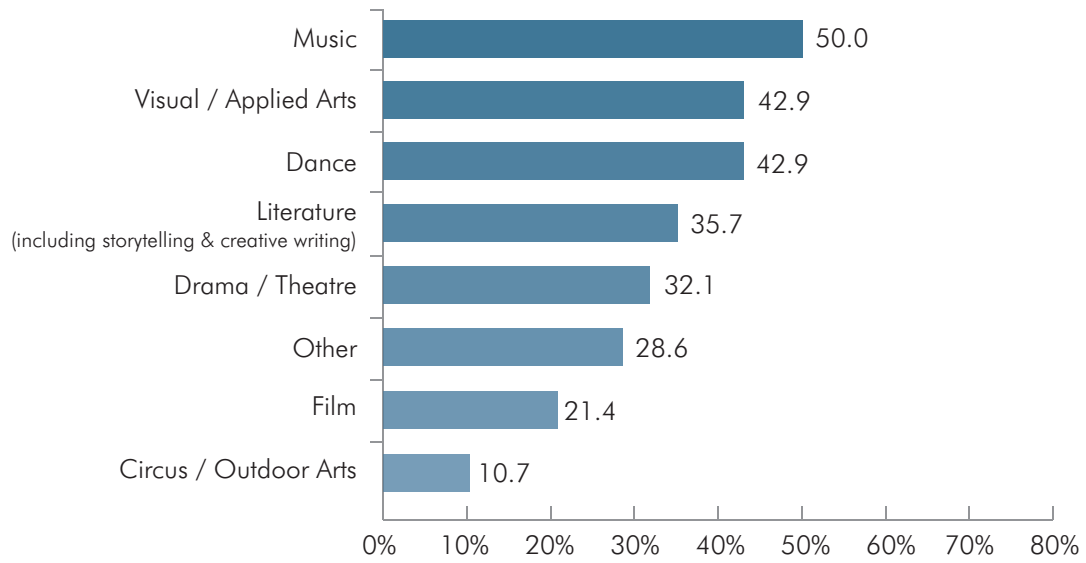
### Challenges

- Engagement in the arts can be limited by uncertain governance arrangements and short term funding arrangements. A strategic framework for Wales on Arts and Health would be welcome to create structure and encourage more engagement.
- Any framework needs to include clear links to the Higher Education sector, as experience in Hywel Dda suggests that our University partners are a unique and vital resource to help drive the academic development and the evidence base required to justify financial commitments to the Arts in Health (and Well-being).

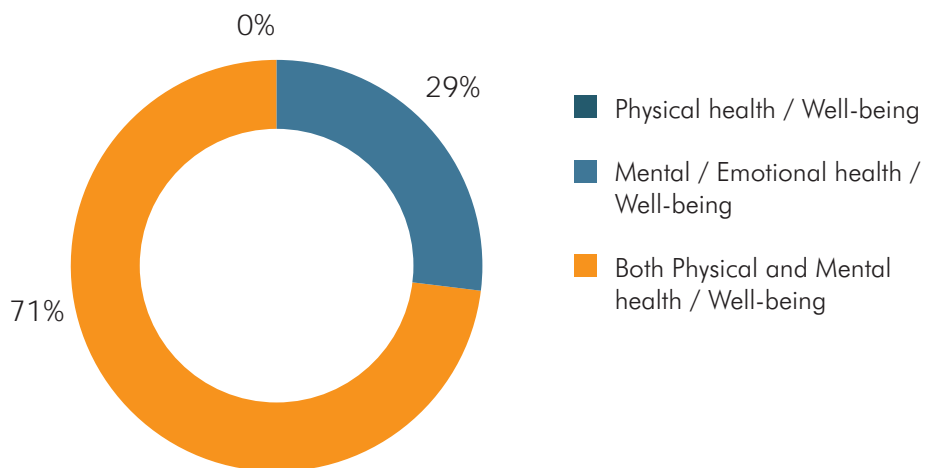
### Web links

[Hywel Dda UHB Home](#)

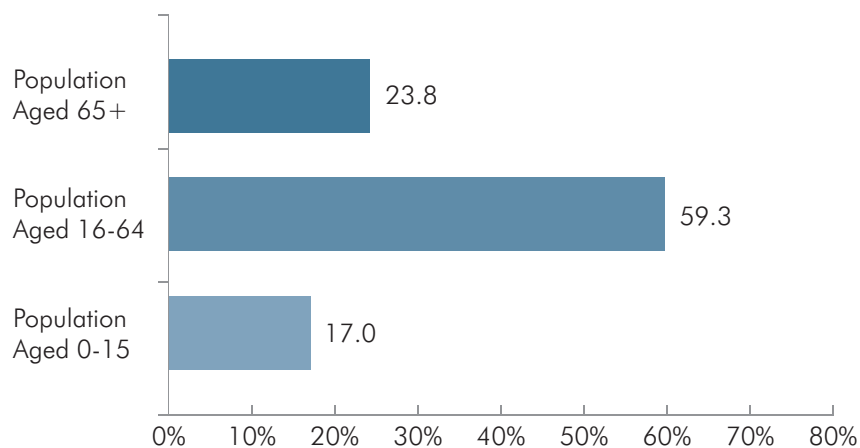
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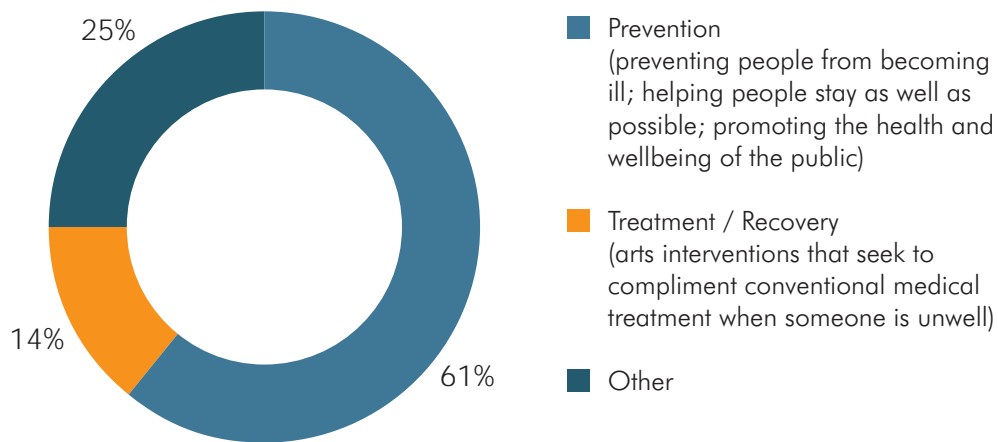
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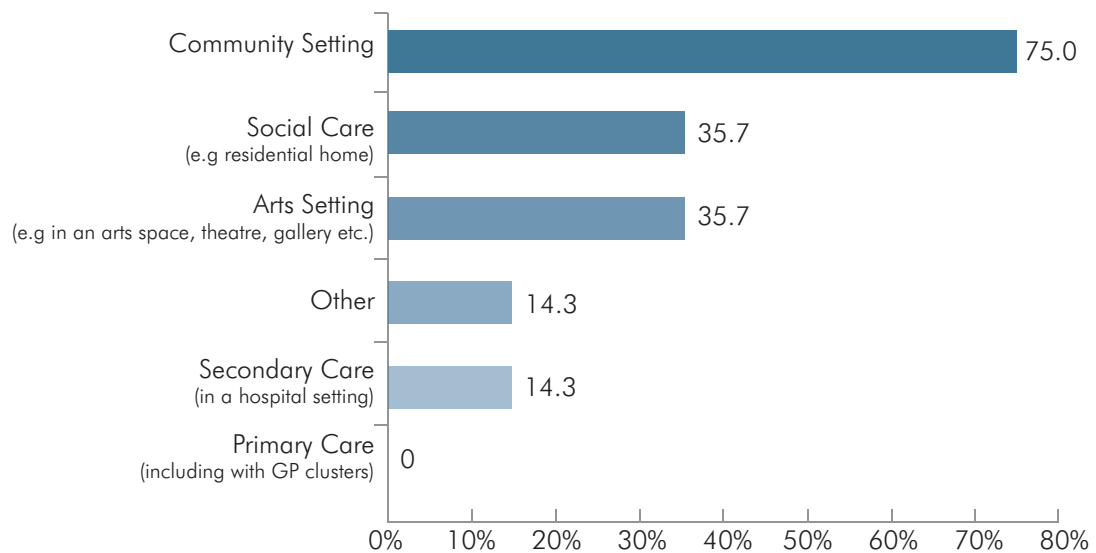
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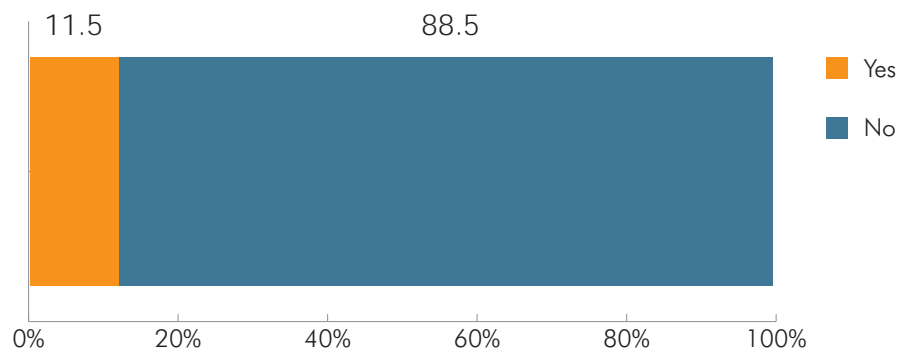
### Main outcome:



### Setting:

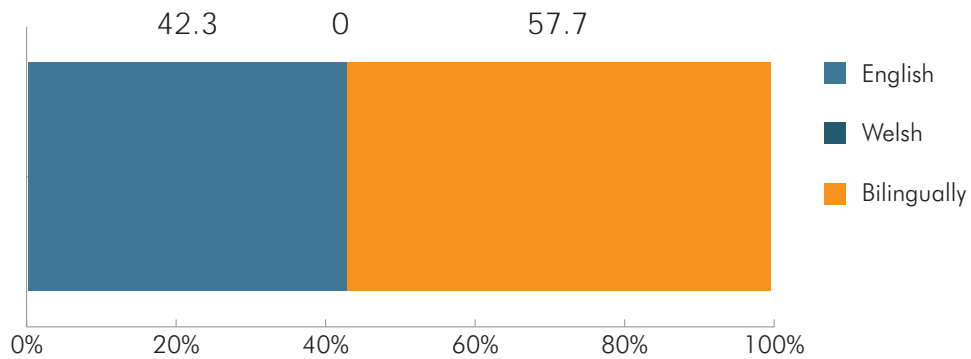


### Project focused Social Prescribing:

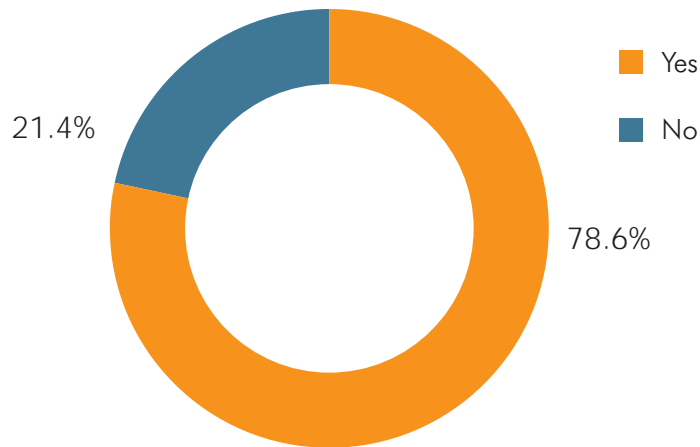




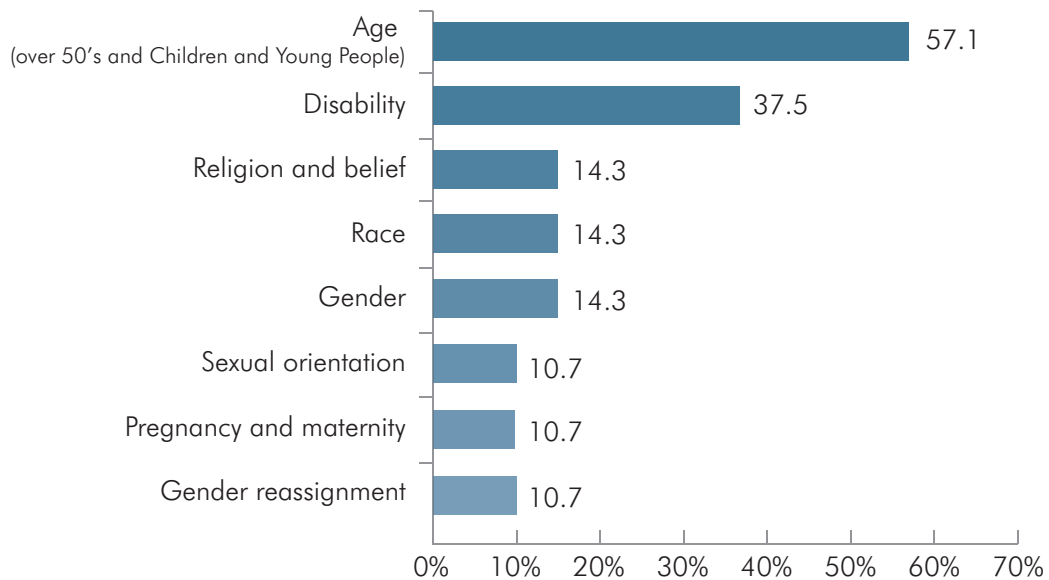
#### Language of Project:



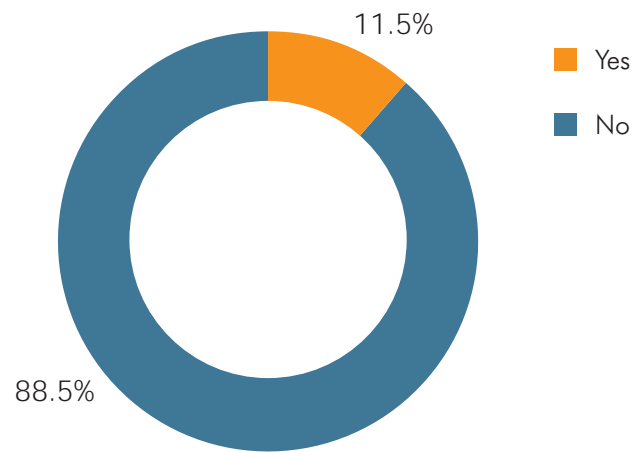
#### Project Evaluation:



#### Project targeted at those in the protected characteristics:



Published Research:



## Powys Teaching Health Board

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### The Department leading on Arts and Health

There is no dedicated lead on Arts and Health within the Health Board.

### Key Staff

Although there isn't a Coordinator for Arts and Health as such, the following staff have been involved with various Arts and Health-related projects.

[Louisa Kerr](#) (Powys Mental Health Partnership and Project officer),

[Sophia Bird](#) , Principal Health Promotion Specialist, Powys Public Health Team, Bronllys Hospital,

[Anya Pinhorn](#), Brecon Rehab, Older Adult Services, Ystradgynlais Community Hospital  
In addition, the [Mental Health Department](#) commissions an Art / Ceramics tutor to take weekly studio sessions for in-patients on the adult mental health ward. It also employs [Occupational Therapists](#) on inpatient wards, part of whose work includes arts and craft activities with patients. [Volunteers](#) also hold regular music (singing for the brain) sessions on the Older Adult wards.

### Strategy

Powys THB doesn't currently have an Arts and Health Strategy in place although opportunities to engage with the arts are beginning to open up through the social prescribing work stream within primary care.

### Steering Board

There isn't currently a steering Board for Arts and Health at Powys THB.

### Budget

There is no dedicated budget for Arts and Health work at present. However, within Mental Health, the Occupational Therapists are core funded and music and arts workshops are funded from charitable funds.

### Range of activities

Projects that Powys THB are advancing in the Arts and Health field tend to be driven by departmental priorities (rather than any over-arching strategy) and often stem from the enthusiasm and professional interest of individual colleagues. Examples of recent successful projects are outlined below:

### Marking Time: development of green spaces on the Bronllys Hospital site (2013).

This project saw colleagues from Public Health (Sophia Bird) and Mental Health (Louisa Kerr and Tania Dolley) partnering Armed Forces Veterans, sculptor (Rebecca Buck) and local schools to create an accessible woodland walk to allow patients, staff and visitors to take some quiet time in the small mature woodland adjacent to Bronllys Hospital.

The project aimed to boost community cohesion and improve people's quality of life and resulted in the creation of:

- a new, wheelchair-accessible walk through the bluebell wood, incorporating a specially-commissioned sculpture to celebrate the Veterans and Armed Forces
- a wheelchair-accessible, outdoor therapy garden

Bronllys community hospital is a large green site in the Brecon Beacons, an area used regularly by the Armed Forces. In 2013, building on community consultation, a Ministry of Defence Community Covenant grant of £21,000 was awarded to develop outdoor therapy spaces for Veterans and other patients at Bronllys Hospital.

Building on research showing horticultural therapy benefits for Veterans, (Atkinson:2009)<sup>1</sup> a working group was formed, including local Veterans, Green Valleys CIC, PTHB Estates, The Abandoned Solder Project (TAS, a support organisation) and Public Health. A veteran designed the garden and woodland walk and local veterans took the plans forward.

Alongside this, students from Mount Street Junior School, Brecon and Llandrindod Wells High School, led by sculptor, Rebecca Buck, were invited to create images to symbolise the link with the Armed Forces. The resulting sculpture draws inspiration from these workshops with the children's work forming a mosaic which fits in and around the sculpture. In addition, poems were commissioned for the walk from poets, Emma Van Woerkom and Mark Christmas.

The *Marking Time* project has increased access to the hospital's green spaces and anecdotal evidence along with an informal survey, suggest that it has led to some behaviour change with increased numbers of patients, visitors and staff using the walk.

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<sup>1</sup> Atkinson, J (2009) An evaluation of the gardening leave project for ex-military personnel with PTSD and other combat-related mental health problems The Pears Foundation



Rebecca Buck's Marking Time Sculpture at Bronllys Hospital. Photographed by Ann Dierikx

**Hwyl** - a partnership project involving Brecon War Memorial Hospital, Arts Alive Wales, and Dementia Matters in Powys - ran for 18 weeks from October 2016 - March 2017. Aiming to reduce social isolation, improve well-being, enjoyment as well communication and interaction, a series of 90 min weekly arts sessions - for elderly patients and their families, carers and ward staff - took place in the Day Rooms of the Epynt and Y Bannau Wards.

Coordinated by a lead artist, Tessa Waite, the project introduced patients to a range of activities including music making, movement, song, reminiscence, poetry, visual arts and craft. Graham Harthill (poet), Sarah Harman (singer), Louise Money (movement and music practitioner), Siôn Marshall-Waters (film-maker), and two volunteers formed the creative team.

Medical colleagues involved with Hwyl noticed that it helped to change staff and family attitudes towards what is possible when working with people with cognitive impairment and other physical challenges. Dr Anya Pinhorn (Consultant in Health Care of the Elderly at Powys THB) and Rhiannon Davies (from Dementia Matters in Powys), were invited to give a presentation on Hwyl at the Royal College of Psychiatrists and a patient's art work now features on the main cover of their RCP's dementia audit publication. Funding has since been secured for the hospital and Dementia Matters in Powys to continue this arts intervention.

On an occasional basis, Powys THB also arranges music concerts (for example to celebrate St David's Day and Christmas) and the Ashley Family Foundation funded a free concert at Brecon Hospital in 2017 by Royal Welsh College of Music & Drama students. Local school children have also performed at Ystradgynlais Community Hospital. On the ward, a visit by a professional storyteller who looked at local myths with the elderly patients, proved very popular. This created a buzz on the ward for some time with patients discussing it and one patient getting in an easel and starting to paint as a result. A number of staff were surprised at how well patients engaged with this activity and the impact it had.

There is a pottery kiln at Bronllys Hospital which is used regularly.

### Challenges

- Health Board systems and structures can be confusing for outside partners, and appear to complicate processes
- Having people willing to champion less 'traditional' well-being developments is important

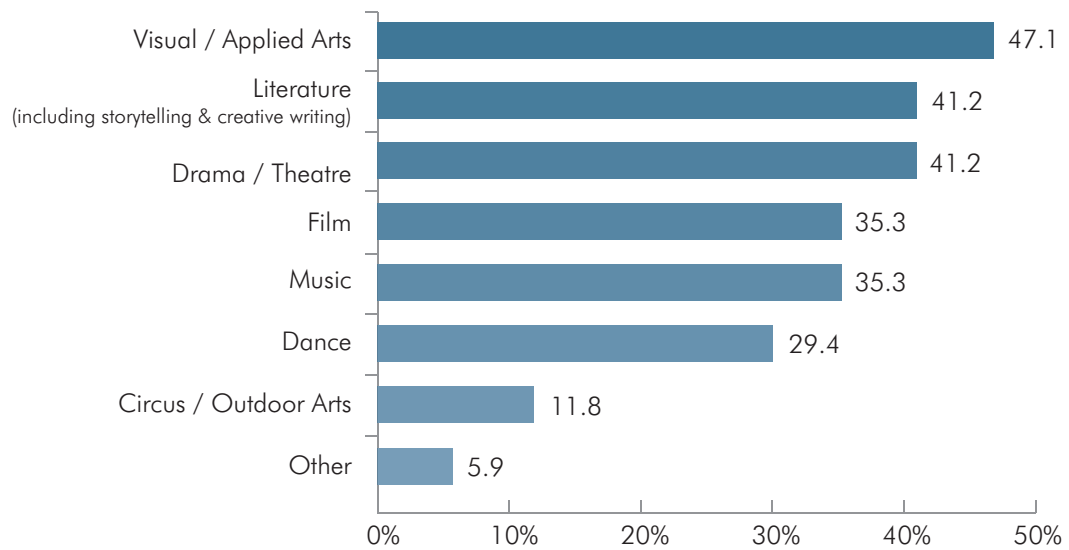
### Weblinks

[Powys Teaching Health Board](#)

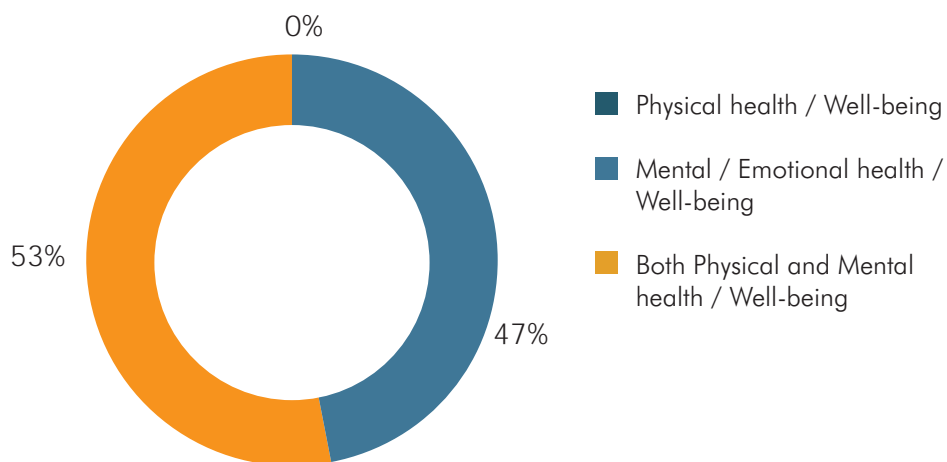
[Rebecca Buck's blog of the Marking Time Project](#)

[Film of the Hwyl Project on Arts Alive's website](#)

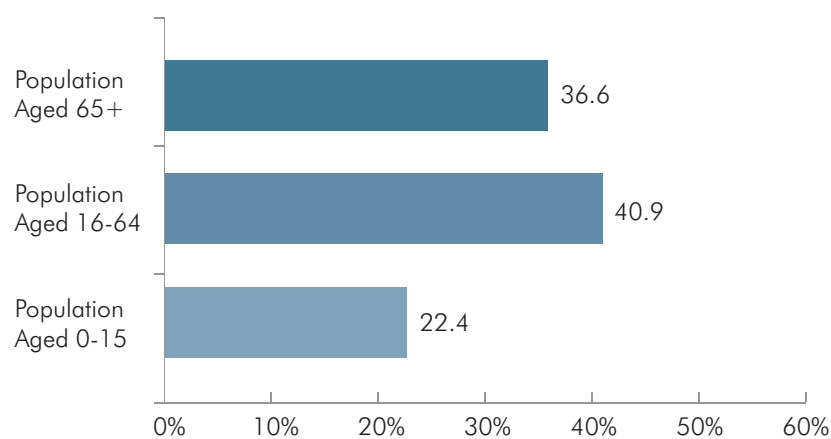
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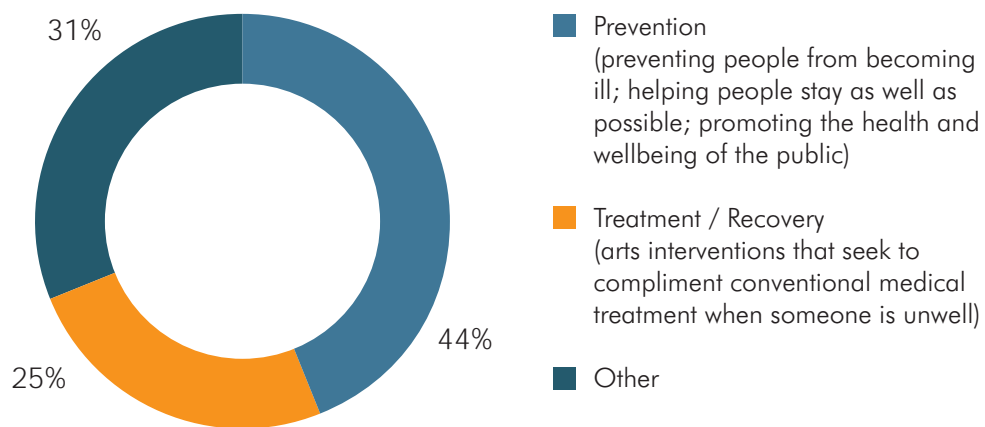
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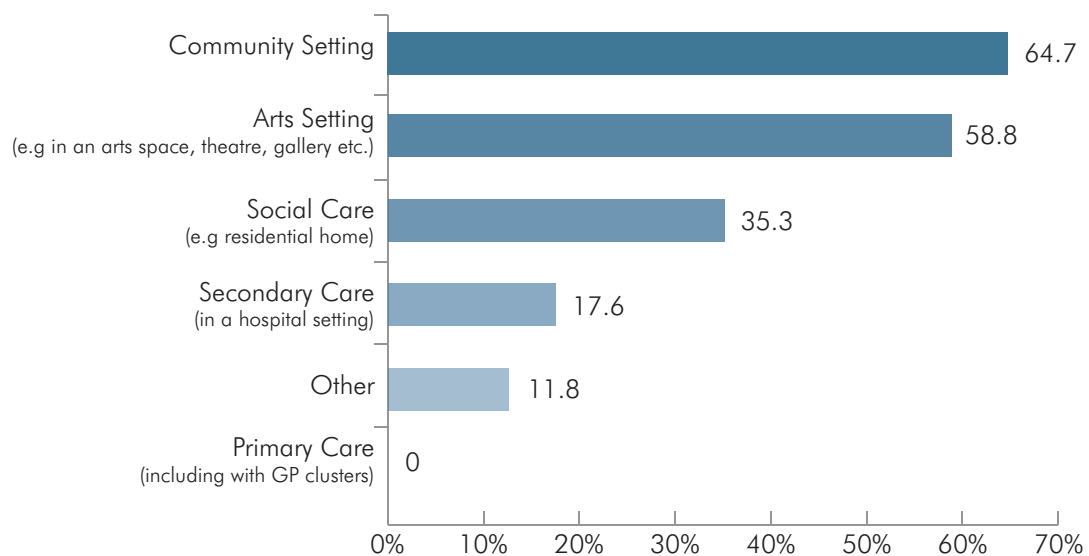
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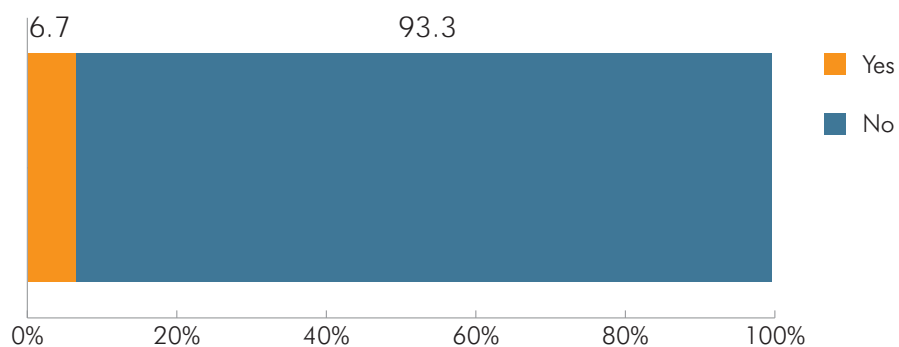
### Main outcome:



### Setting

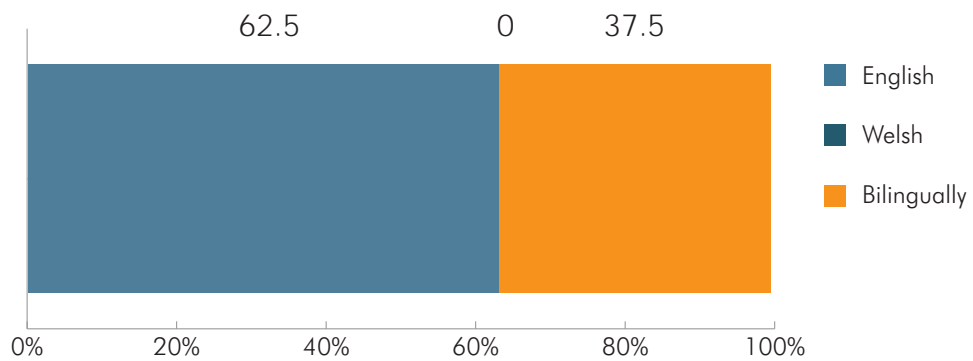


### Project focused Social Prescribing:

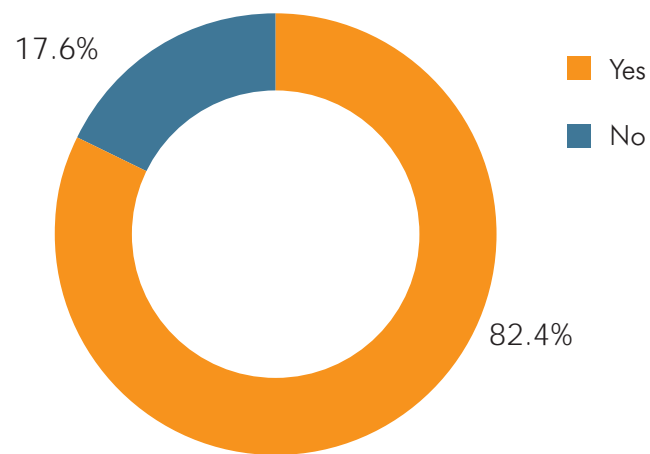




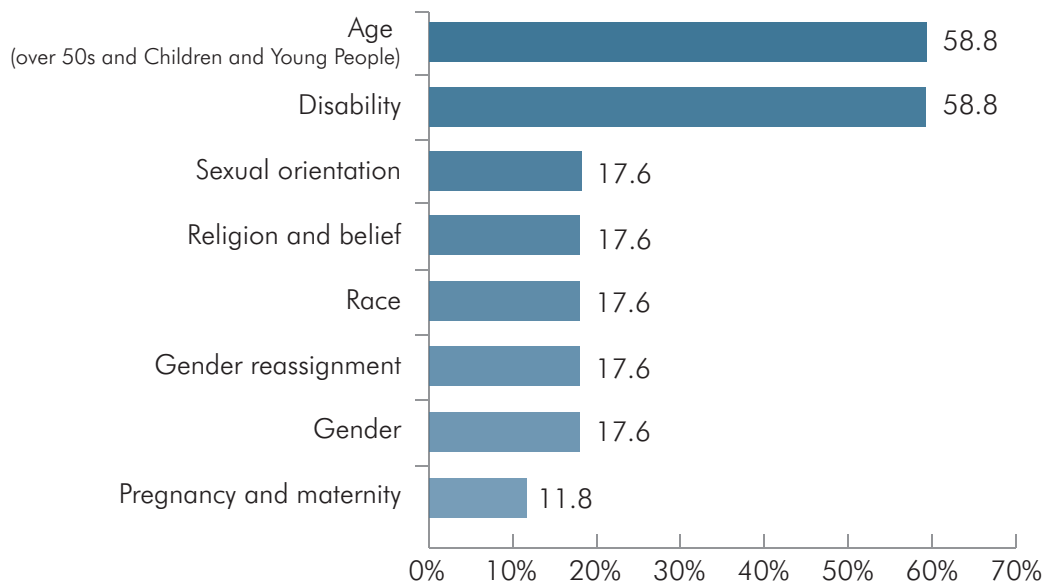
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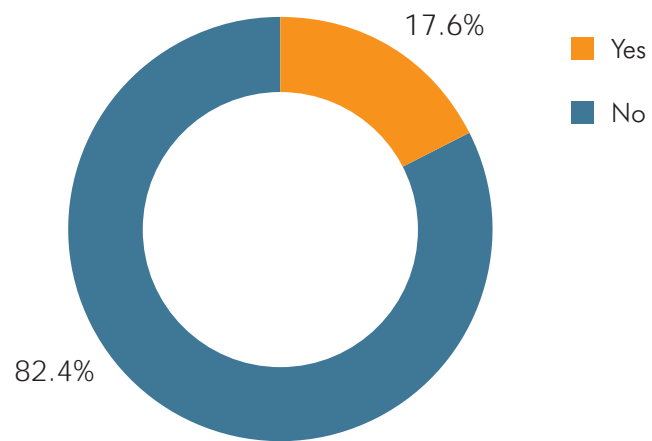
#### Project Evaluation:



#### Project targeted at those in the protected characteristics:



Published Research:



# 3

## Examples of Social Prescribing

## Made in North Wales: Social Prescribing Project

A partnership between Glyndŵr University, BCUHB and the 2025 Movement, this ambitious North Wales-wide social prescribing scheme was launched in October 2017. It aims to involve and benefit 4000 people by 2020.

The proposed programme will focus on 14 primary care cluster areas and include cultural partners (as well as other third sector partners) on the delivery side. Made in North Wales is deliberately broad-based in its approach, with a wide alliance of referral agencies including housing associations. It makes provision for many groups not usually associated with social prescribing schemes - the homeless, people in care homes, and individuals involved in anti-poverty programmes and promises to provide an all-encompassing programme that goes outside the narrow definition of social prescribing.

Built into the scheme is a focus on achieving a Social Return on Investment and economic benefits across all sectors, linked to robust evaluation.

## Creative Well-being Social Prescribing pilot

Voluntary Arts Wales is currently working with Artis Community, Valleys Steps (a mental health charity) and other arts and third sector partners to pilot an arts component to the existing Valleys Steps social prescribing model in Cwm Taf UHB.

VAW are exploring how people with low-level mental health problems might benefit from being prescribed creative activities. Valleys Steps was established with a Wales Well-being Bond, so the partners are also exploring the considerations for an arts-based manifestation of the Well-being Bond.

## HAUL arts in health: Be Creative Be Inspired

HAUL has run 14 x 10 week courses over the course of a year based on the Arts on Prescription model in 8 towns across Ceredigion. Working with the local GP surgery in each area, HAUL offers courses aimed at anyone with a long term health condition and those experiencing stress, depression, loneliness, anxiety or having limited mobility. Each course offers a different creative activity which is led by professional and experienced workshop leaders on HAUL's database. The course and materials are free to participants.

## Arts from the Armchair (Theatr Clwyd / BCUHB)

AFTA began in November 2015 and is a multi-arts intervention for people with mild cognitive impairment (MCI) and their carers. Participants are signposted to the group by South Flintshire GPs via the Memory Clinic at the Mold Hospital. The group meet weekly at Theatr Clwyd to engage in a wide range of arts-based activities inspired by the theatre's current programme of work and led by the Creative Producer.

## Theatr Clwyd Social Prescription

In partnership with South Flintshire GPs, Theatr Clwyd is embarking on a new social prescription initiative based on providing a number of free tickets to all of Theatr Clwyd's public performances for referred patients. This will include any public event held at the theatre including drama, musicals, dance, comedy, cinema and public art.



Our Mapping exercise found that many local authorities were actively advancing work around Arts and Health, often commissioning, leading on and partnering others in delivering a broad range of Arts and Health activities. Engagement across North Wales was found to be particularly strong with local authorities linking into Betsi Cadwaldr University Health Board's over-arching programme of work as well as complementing it with additional projects.

**Denbighshire County Council's** Arts Service has built up a particularly comprehensive and strong offer around arts and health through its community arts programme which aims to build community cohesion, independence and resilience. It registered an impressive portfolio of 18 live projects through the survey including arts interventions with the elderly and young people as well as wide-ranging partnership projects and social prescribing initiatives. Some of these are highlighted below.

*Work with the elderly (including those with dementia):*

- Lost in Art has been running for 5 years and is aimed at people living in the community with dementia. Weekly visual arts sessions led by professional artists aim to address social isolation whilst improving people's confidence, communication skills and quality of life. Comprising an intergenerational component and celebrating the participants' work via exhibitions, this flagship programme is now being rolled out to other LA areas including Flintshire.
- Music for the Mind (in partnership with Canolfan Gerdd William Mathias) delivers fortnightly music memory sessions in care homes across Denbighshire.
- Weekly visual art workshops for residents work with artist, Claire Halliday at Nant y Môr Extra Care Facility, Prestatyn.
- Capel y Waen Day Care Facility is a club for frail elderly people living in the Waen / St Asaph area. Denbighshire Arts Service provides regular music, dance and art activities for the group.

*Work with Young People and schools:*

- Early Years Intervention – Transformative Transition - This pilot takes a multi-agency approach to improving family interaction and supporting transition into school for early years children. Working closely with Education Services, the Arts Service and BCUHB, the projects aim to fulfil priorities within the Future Generations Wales Act and give all children, regardless of background, the best start in life.
- Art of Mindfulness Transition Project – a resilience and confidence building partnership programme between the Youth Service and Denbighshire primary schools. Visual arts and mindfulness activities are used to support Year 6 children who have been identified as needing help with the transition to high school.

- Youth Service partnership – Arts and Health projects in the pipeline focus on home schooled children; children with additional needs as well as Alternative Curriculum Projects for those who are unable to access mainstream education due to depression, obesity, self-harming, bereavement etc.

### *Social Prescribing initiatives:*

Responding to requests from local GPs for arts interventions that tackled social isolation, Denbighshire has set up two projects; the Arts and Friendship group – offering weekly visual arts and craft workshops with the Carriageworks social enterprise in Denbigh and Taste of craft, weekly craft sessions at Ruthin Craft Centre. GPs signpost and refer patients to both these programmes.

### *Other Partnership projects:*

- Denbighshire Arts Service works in partnership with the health board (BCUHB) on a number of different ventures including the development of an arts programme for the Substance Misuse Use Service and two drama productions (capturing stories of staff and service users at Denbigh Community Hospital and another exploring dementia, which was performed at a nurses' conference, subsequently filmed and used as a training tool for BCUHB).
- a series of Arts in Health interventions with Denbighshire Housing Services to address community cohesion and residents' well-being. Supporting the elderly, socially isolated and hard to reach families are particular priorities.
- MIND Arts project – weekly workshops led by professional artists in various media including willow work, photography and felting. These take place at the regular MIND venues in Denbigh, Ruthin, Llangollen, Rhyl, Corwen and St Asaph for participants experiencing mental health issues.
- The Stroke Association Art Project – monthly art workshops with people who have suffered a stroke, their family and carers in Rhyl and Denbigh.
- Parkinson's Society Art & Dance programme – delivered in partnership with NEW Dance and the Parkinson's Society, these monthly art and dance sessions at Meliden are designed for people with Parkinson's and their carers.
- Hafod Y Green in Trefnant – artist, Tara Dean, delivers weekly visual arts workshops at this nursing and rehabilitation care centre for people with severe brain trauma and injuries and those living with congenital brain diseases or injuries.



Several other local authorities are taking forward work on Arts and Health:

Rhondda Cynon Taf CBC 's commitment to supporting older adults and combat loneliness has resulted in *Daytime Delights*, a diverse range of relaxed, monthly activities including music, drama, cinema, tea and cakes at RCT Theatres.

Across Carmarthenshire the Creative Communities community Mental Health Programme provides adults who have experienced mental health problems with the opportunity to engage in arts workshops led by Art Care Gofal Celf's professional artists in Llanelli, Carmarthen and Llandovery.

Cyngor Gwynedd has commissioned Canolfan Gerdd William Mathias to run an innovative music programme to tackle loneliness among older people in Gwynedd's rural communities, with music making proving to be a powerful means of bringing communities together and encouraging inter-generational interaction. This complements the work that Cyngor Gwynedd's Community Arts Unit is undertaking in the Dementia care homes of Plas Maesincla and Bryn Seiont Newydd in Caernarfon where the arts, poetry and storytelling are used as a means of engaging and energising residents. As part of the work in Bryn Seiont Newydd, Literature Wales facilitated visits by poet, Gwion Hallam, who spent time with the residents over a six week period, writing poetry inspired by the residents' words and memories.

At the Children's Unit at Ysbyty Gwynedd, Chwarae Creadigol offers a varied programme of creative activities led by community arts practitioners for children and their families to take part in whilst in the hospital.

Led by artist, Ticky Lowe, Conwy County Borough Council's project, *Time to Remember*, used the local museum and archive collections as inspiration for reminiscence sessions and creative work with patients at Llandudno hospital (many of whom had dementia). A further partnership between Conwy's Arts Service and Venue Cymru led to *Creative March*, a month of free Creative Sessions for people aged 50+.

Looking ahead, Monmouthshire County Council is turning its attention to addressing social isolation through an action research project, *Creative Lives, Active Lives*, which aims to establish Creative-Active hubs in locations across Monmouthshire and rural Newport. The hubs will deliver a wide-ranging programme of place-based, creative and exercise-based activities for older people including those living with dementia and their carers, helping to shape the county's older people / dementia strategic plan. A broad coalition of partners drawn from Monmouthshire CC's Museums, Arts, Countryside and Leisure services along with third sector and community partners as well as a Higher Education research partner is driving this initiative forward.

This is just a flavour of the Arts and Health programmes being initiated and developed by local authorities across Wales. There are no doubt further examples that didn't surface through our mapping exercise and survey.

# 5

## Training



## HE courses

### [MA Arts Practice Arts, Health and Well-being - University of South Wales](#)

This is a one year MA within the Creative Industries Faculty at USW, based at Treforest. Led by artist, Heather Parnell, (who also works part-time at ABMU and Cwm Taf Health Boards) this course offers an opportunity to pursue creative practice and research within relevant critical and contextual frameworks.

A key element is the cultivation of partnerships, internships and artist in residence schemes with NHS Trusts, arts organisations, social services, charitable trusts and commercial companies. This provides students with opportunities to work on live projects with a range of creative professionals.

The course reflects the broad and expanding field of arts, health and well-being and provides scope for multifarious forms of creativity, from participation and socially engaged practice to site-specific art works aimed at enhancing healthcare environments. A number of past students are now working in the field within Wales.

### [BSc in Medical Sciences and Humanities – Swansea University](#)

This 3 year undergraduate degree differs from many other existing combined medical sciences degrees available because of its equal focus on the humanities. The course embodies the modern bio-psycho-social view of health and illness and aims to foster a broad and deep understanding of medicine and healthcare. It covers how people experience health and illness and why that might also be central to modern conceptions of medicine and healthcare. The degree includes perspectives from the healthcare sciences, the human sciences and the humanities and therefore provides a broad preparatory base for those wanting to working in healthcare or medicine.

In North Wales, an innovative partnership between [The School of Creative Arts at Wrexham Glyndŵr University](#) and [Betsi Cadwaladr UHB](#) is looking to fill a gap in provision by developing training packages for artists and healthcare professionals working on arts in health projects across the Betsi Cadwaladr Health Board region.

Through co-funding an MPhil/PhD studentship post in the [Training and Development in Arts in Health](#), this project aims to lead to positive improvements in the quality of provision arts in health work, making it more efficient and sustainable.

The research project will involve a detailed training needs analysis for both artists and health care workers and result in a template (and curriculum content) for the accreditation and assessment of competencies needed to facilitate arts activities within the *Creative Well* programme at BCUHB.

This has the potential to establish a qualification that could become a recognised benchmark both within the NHS and the arts sector.

## Training identified through the Mapping

### Re-Live's Training – in Life Story Work, Dementia awareness and Compassionate Communication

Re-Live's Life Story practice involves working alongside people and communities, empowering them to share their stories and experiences. Recognised by an International Leadership in Arts and Health Award, from Arts and Health Australia, Co-Directors, Alison O'Connor and Karin Diamond, have worked with veterans with post-traumatic stress, people diagnosed with a terminal illness and people living with dementia. Alongside projects and staged work, they offer training programmes in Dementia Awareness, Life Story Work and Compassionate Communication.

In 2017, they ran their 5 day experiential training course: [Everyone Has a Story to Tell](#) at Chapter and Theatr Clwyd. This course equips participants with the skills needed to carry out innovative and ethical life story work.

[Rubicon Dance's Wales-Wide Dance Training](#) provides regular training on a range of themes for the community dance sector in Wales. The programme, which brings together dance practitioners and guest experts has included days focusing on Dance and Music in Health; Dance for Parkinson's and Evaluation. These meetings provide a chance for the dance sector to share current practice around Arts and Health programmes that are achieving good outcomes in relation to both physical and mental well-being.

[The BCUHB / Helfa Gelf Arts residency](#) on medical wards within an acute hospital setting, provides local artists in North Wales with the opportunity to upskill and be mentored by a professional artist who is experienced in the field of health. The process involves the selection and matching of artist with mentor, the arts residency and a culminating exhibition within the hospital. The resulting artwork remains in the hospital's permanent display collection.

[Dance to Health](#) is a UK wide falls prevention dance programme for older people. Combining evidence based physiotherapy with the creativity and energy of dance, it is devised and managed by the arts charity and social enterprise, [Ae-sop](#). Following a pilot phase in England, the programme has been rolled out further and sessions are now underway across Swansea and Neath Port Talbot led by partners Abertawe Bro Morgannwg University Health Board, National Dance Company Wales and Arts Care Gofal Celf.

Training is integral to the programme. Careful selection of dance partners ensures that all dance artists on the programme are of a high calibre with proven experience in delivering participatory dance with older people. Once selected, all Lead Dance Artists and Dance Artists (session leaders) are required to undertake intensive training to obtain the Postural Stability Instructor (PSI) qualification from Later Life Training. This involves 3 days face-to-face training, supplemented by online study, a practical assessment and written exam. In addition, Ae-sop runs unaccredited 'Cascade Training' in all its six health partner areas for Assistant Dance Artists and volunteer Peer Motivators.

The final training strand is the Programme Development phase which involves Lead Dance Artists leading dance teams in preparing to deliver sessions. The overall budget for Training, Cascade Training and Programme Development across all partners has been approximately £90,000. Dance to Health dance artists are paid for their time whilst undertaking this training.

## Training within Social Care

[Social Care Wales](#) is in the process of developing a new suite of qualifications for the health and social care, early years and childcare sectors for delivery in September 2019. It has convened an expert reference group on the arts and social care to explore the scope for including new content and modules related to the arts and social care that would form part of the Healthcare workforce's future training.

Arts and Health colleagues including from Betsi Cadwaladr UHB, Valley & Vale Community Arts, Coleg Llandrillo, Denbighshire Community Arts Development, Head4Arts, Re-Live as well as Arts Council of Wales are part of the reference group. City & Guilds and WJEC Consortium have now been commissioned to formulate working groups to review and develop specific content areas.

Some 78,000 people work in social care across Wales so there is considerable potential to influence the quality of care that people in Wales receive if we can encourage more creative approaches to care provision moving forward.

One arts organisation already active in this field is [Valley & Vale Community Arts](#). Their three-day course provides an introduction to [Person Centred Creativity](#) and its application within Health and Social Care. Designed and delivered to mixed groups of community artists as well as health and social care workers, the course itself provides an opportunity for participants to share an understanding of people's respective roles and working contexts. In line with the Social Services and Well-being (Wales) Act 2014, the course emphasises care delivery through person centred practice and the identification and meeting of individual outcomes.

## Creative Conversations: an arts-in-health-approach to communication

A training programme is currently being developed by Dr Katherine Algar of DSDC Wales through this research project to extend teaching around the benefits of the arts to health professionals and those undertaking social care courses. It uses examples from creative arts (eg poetry, music, & films) as a way of helping staff in care homes understand more about how people living with dementia feel and to suggest new ways of communication. Working in partnership with Flintshire County Council, this £203,000 project is funded through Health and Care Research Wales.

Other programmes include training and /or mentoring as an integral part of the project design. For example, [AGE Cymru's cARTrefu programme](#) builds ongoing support and mentoring for its artists throughout their residencies in care homes. A free activity pack

for care homes has also been produced featuring 20 simple but effective activities for care home staff to run with residents after the residencies.

Training is also central to [Live Music Now](#)'s work. All musicians joining the scheme receive induction training; mentoring during their early performances as well as continued professional development and peer-sharing thereafter through a structured training offer. This ensures that LMN musicians develop the skills to work and interact across the broad range of community and healthcare settings that LMN works. There are specific themed training sessions on Working with older people and Music and dementia. In 2016/17, LMN delivered 201 performances in hospitals and care homes across Wales.

## Conferences

The growing number of Conferences, symposia and networking days related to Arts and Health form an increasingly important element of the sector's Continuing Professional Development. They reflect the rising demand for training and networking.

Recent key events include:

- December 2015: [ADUK National Seminar: Arts, Health & Well-being](#), St David's Hall, Cardiff
- May 2016: Wales Arts in Health Network's [The Art of Health in Wales Symposium](#) at Llandrindod Wells
- November 2016: [Aneurin Bevan UHB conference](#) on Arts & Health at National Museum, Cardiff
- 6 April 2017: Arts Council of Wales / Age Cymru's [Arts & Older People Conference](#) at RWCMD
- 25 April 2017: Hywel Dda / UWTSD [Good Health Wales 2017: Arts for Health and Well-being Symposium](#) at UWTSD, Lampeter
- 15-17 June 2017: [ABMU's International Storytelling for Health](#), Swansea
- 26 October 2017: [Made in North Wales Social Prescribing Conference](#) at Theatre Clwyd

## Beyond Wales

Survey responses underlined the importance of practitioners attending training outside of Wales with many attending *Culture, Health & Well-being*, the National Alliance for Arts, Health & Well-being's International Conference held in Bristol. Many practitioners were also part of wider networks including the North West Arts and Health Network, Arts and Health South West Network, the London Arts in Health Forum and NOAH (the National Organisation for Arts in Health) USA.



# 6

## Examples of Academic Research

A number of major research projects reveal a particular strength around arts projects involving the elderly and those who have been diagnosed with dementia.

[The Dementia Services Development Centre at Bangor University](#) is a national significant resource comprising a specialist team of 14 researchers and academics focusing on dementia.

[Dementia & Imagination](#), led by Gill Windle at Bangor University, along with Clive Parkinson at Manchester Metropolitan University, was a large-scale research project, unfolding over three years from 2013-2016, supported by the Arts and Humanities Research Council (EHRC) and Economic and Social Research Council (ESRC).

This pioneering project examined the benefits of visual arts activity for people living with dementia across North Wales, Derbyshire and Newcastle. Denbighshire County Council's Arts Service was a key delivery partner, involving their pre-existing project, Lost in Art within the research project. Many different kinds of research outcomes were published as a result of *Dementia & Imagination*, not only in academic journals, but also in a more accessible booklet form, as a guide intended for artists and clinicians alike intending to work in this field - *Dementia & Imagination, Research Informed Approaches to Visual Arts Programmes*.

Gill Windle is soon to take on a lead role of the wider body, *Wales Centre for Ageing and Dementia Research*. This will continue alongside her role as Director of the influential Hub project, *Created Out of Mind*, at the Wellcome Institute in London from 2016-2018. This will explore 'what dementia means to us all and what we can learn about art, consciousness and the brain from the experiences of people with dementia.'

The Centre for Applied Research in [Inclusive Arts and Design \(CARIAD\)](#) [Cardiff Metropolitan University](#) is a multi-disciplinary centre, bringing the disciplines of the arts, sport and psychology together to work on applied research projects with stakeholder partners. A number of interesting projects are underway related to Arts and Health.

[LAUGH \(Ludic Artefacts Using Gesture and Haptics\) Design for Dementia](#)  
[Prof. Cathy Treadaway](#)

This international three year project is investigating the design of playful objects for people living with advanced dementia. Funded by Arts and Humanities Research Council, the outputs currently in development are hand-held playful objects designed to soothe, comfort and engage people living with advanced dementia. They aim to help broker conversations with carers and family members and support well-being.

The LAUGH project is an international collaboration with researchers at the University of Technology, Sydney and Birmingham City University, and is led by Professor Cathy Treadaway from Cardiff Metropolitan University.

[Somability, Wendy Keay-Bright, Professor of Technology and Inclusion](#)  
at CARIAD, Cardiff Met.



Somability is a project led by Wendy Keay-Bright in collaboration with Rhondda Cynon Taf Skills for Independence and Artis Community. Originally trained in Graphic Design and Animation, Wendy worked in the animation industry for many years before becoming an academic. Working with dance artists from Artis Community, Somability explores how this technology can enable expressive communication, promote independence, increase opportunities for authentic physical exercise, and reduce the need for carer intervention for people who are profoundly disabled.

Wendy has also developed an Evaluation Swatch through ArtWorks Cymru's research strand. They are exploring with Public Health Wales possible applications including for social prescribing communities.

### [Cardiff University](#)

[Dr Eva Elliott](#), Senior Lecturer, School of Social Sciences.

Michael Marmot's work around the Social Determinants of Health strongly informs the extensive research of Eva Elliot, whose work on the role of art in addressing issues around poverty has been very influential in Welsh Government. Amongst other major projects, she was Lead Researcher on Representing Communities which undertook five case studies, one of which explored how theatre (facilitated through National Theatre Wales) could help stigmatised and disadvantaged communities take more control of how they are represented (in Merthyr Tydfil).

Eva leads a research theme within the Cardiff Institute of Society, Health and Ethics entitled 'The Determinants of Health and Regeneration' part of which looks at the interrelationships between health behaviours and the social, economic and environmental determinants of health inequalities.

[Prof. Jenny Kitzinger](#), Director of Research: Impact and Engagement, at the [School of Journalism, Media and Cultural Studies](#). Active in public and policy engagement /dialogue, Jenny works closely with artists and policy makers. Jenny has co-produced a series of radio programmes on ethics and end-of-life decision-making; co-authored a report for the Welsh Government on Advance Decisions (Living Wills), developed a [touring exhibition about coma](#) and curated the 'Before I Die' Festival. Her research has also been crafted into a multi-media [healthtalk.org](#) resource for families and health care/legal practitioners.

[Dr Jemma Hawkins](#) is a research fellow with the Public Health Improvement Research Network (PHIRN) and based in the School of Social Sciences. Her role involves developing and evaluating complex interventions in public health.

[Julie Browne](#), Senior Lecturer in the School of Medicine, leads on a network of people working within the Medical Humanities - or the -Science Humanities - as this grouping is more broadly framed at Cardiff.

[Swansea College of Art, UWTSD](#) pioneered Medical humanities through establishing one of the first teaching courses in the subject in the mid-1990s. UWTSD has five live research projects which explored the potential of art practice and the culture of health

led by [Professor Catrin Webster](#). These connect the College of Art and Design to companies through the EU funded, KESS II company placements.

The three reported on in the mapping were:

- The Ontology of Health: A practice-based study into a 21st century philosophy of health, through the lens of critical theory, applied art practice and the culture of lived experience, a partnership with Coastal Housing Group.
- A collaboration between Mission Gallery and Coastal Housing researching the effect of 'The Encounter' in community based 'socially engaged' practice. Whether the introduction of curating 'Encounters' in Community based Third Spaces, has a beneficial effect on the health and well-being of participants and increased contact with other cultural organisations and events.
- Responsive Art Practice: This project explores the potential of a collaborative, engaged artist's practice in the context of social housing and shared space on the enhancement of the mental health prospects of residents. Working with Coastal Housing and Volcano Theatre.

[Prof. Karen Ingham, Professor of Art, Science & Technical Interactions, UWTSD](#)

Karen Ingham is an interdisciplinary artist. She is also Honorary Interdisciplinary Research Fellow at Swansea College of Art UWTSD and Honorary Fellow at Swansea University Medical School. Her practice is broadly positioned across three main fields of exploration: art and the biological sciences, art and environmental sciences, identity and subjectivity in relation to themes of migration, dislocation and belonging.

Working on the project [Virtual Embodiments](#) with Dr Ann John, the project explored how young people who suffer from mental health issues may be helped by visualizing their feelings. This arts and science collaboration worked with 18 to 24-year-old gamers. It shows how, by drawing on their knowledge of virtual realities and avatars, they can create unique virtual versions of themselves and their environments and be immersed in a 3D version of their state of mind.

[The Art, Design and Health Hub at Swansea College of Art UWTSD](#) is home to a diverse team of researchers and practitioners working across the College's disciplines to address the health and well-being agenda:

[Prof Ian Walsh](#) is Dean of Swansea College of Art and Director of the Institute for Sustainable Design and Principal Investigator for the Cerebra Innovation Centre. His current research interests include the role of design thinking in assisted living and nurturing innovation in individuals and organisations.

[Prof. Sue Williams](#) is a visual artist whose work is concerned with communication, both sexual and cerebral. Sue collaborates with Cardiologist Dr Ossei-Gerning of the University Hospital Wales on a project called THROB, an art-meets-science encounter, that addresses the taboo of talking about [Erectile Dysfunction \(ED\)](#) and raises awareness about it being a harbinger of heart disease.

[Professor John Wyn Owen](#)'s career has spanned public, private and charity sectors in the UK and internationally including the NHS, Civil Service (UK) and Government Chief Executive Service (Australia). With a life-long interest in arts and health, John Wyn Owen has advocated a 'place-based' policy approach for the sector in Wales, identifying a sense of belonging - or Cynefin - as a key concept to employ when thinking about collective well-being in Wales, drawing on 'systems thinking.'

[Arts Council of Wales](#) is a partner on two UK wide research studies led by The Centre for Performance Science in London (a partnership of the Royal College of Music and Imperial College).

## 1. Arts, Society and Public Health: An Exploration of the Major UK Cohort Studies

Led by Dr Daisy Fancourt at the Department of Behavioural Science and Health at University College London, this fellowship is exploring the impact of arts and cultural engagement on health and well-being at a population level, using the longitudinal cohort data that have been collected in the UK over the past 70 years. Research will examine the effects of (i) cultural engagement (ii) active arts participation and (iii) passive arts consumption on:

- Diagnosed mental health conditions, self-reported mental health and well-being
- Diagnosed physical health conditions, self-reported health and somatic symptoms (such as pain)
- Physiological measures (e.g. stress hormones/inflammation/lung function/cardiovascular measures)
- Cognitive measures (e.g. memory/mood/reasoning)
- Psychosocial measures (e.g. self-esteem/social support/quality of life/life satisfaction)

The project will focus in particular on children and young people, people with chronic conditions and older adults. Analyses will aim to identify how different populations within society, including people of varying ages, socio-economic status, ethnicities and education attainment, might be differently affected.

## 2. HEARTS

[The Health, Economic and Social impact of ARTS engagement](#): A public health study Led by the Centre for Performance Science, this three-year study investigates the impact of arts and culture on public health and well-being, from individual, social and economic perspectives. Using extensive epidemiology methods involving an ambitious sample size with nested qualitative data, the findings promise to transform the uses and value of the arts in the UK and how they are integrated within social and health services.

## Research questions

Specifically, this study explores the effect of arts activities that involve participation and attendance (e.g. attending concerts, museums, galleries and theatre). There are four overarching research questions:

1. What is the prevalence of participatory engagement with the arts and culture in everyday life across the UK (including factors affecting involvement, gaps in service provision and perceived value)?
2. What are the effects of participatory arts and culture on health (including mental health, well-being, health service usage and condition symptoms)?
3. What are the effects of participatory arts and culture on social determinants (including social well-being, networks and social functioning)?
4. What impact do participatory arts and culture have on health economic measures (such as QALYs and subjective well-being)?

It is anticipated that the study will generate a large volume of peer-reviewed journal articles as well as conference presentations, industry talks, a policy report, an impact conference, project website and short film. The dataset will be made publicly available following the end of the study for future research.





Cyngor Celfyddydau Cymru  
Arts Council of Wales



THE **WELSH NHS** CONFEDERATION  
CONFFEDERASIWN **GIG CYMRU**

## **MEMORANDUM OF UNDERSTANDING**

**BETWEEN**

**Arts Council of Wales**

**AND**

**The Welsh NHS Confederation**



Cyngor Celfyddydau Cymru  
Arts Council of Wales



THE WELSH NHS CONFEDERATION  
CONFFEDERASIWN GIG CYMRU

**THIS MEMORANDUM OF UNDERSTANDING** (hereinafter referred to as 'MOU') is made on the **25 day of September 2017**.

**BETWEEN**

**Arts Council of Wales**

**AND**

**The Welsh NHS Confederation**

**WHERE AS**

- A The Arts Council of Wales and The Welsh NHS Confederation wish to develop joint areas of work in furtherance of the shared goal of improving the awareness of the benefits that the arts can bring to health and well-being and creating a more equal, cultural and more sustainable Wales as required within the Well-being of Future Generations (Wales) Act 2015.
- B The Arts Council of Wales is the country's official public body for funding and developing the arts. The Welsh NHS Confederation charitable purpose is "the relief of sickness and the preservation and protection of public health".
- C The Arts Council of Wales and The Welsh NHS Confederation wish to co-operate to promote, facilitate and implement co-operation in the following activities.

**NOW IT IS HEREBY AGREED AS FOLLOWS:**

**ARTICLE 1  
AREAS OF COOPERATION**

The Arts Council of Wales and The Welsh NHS Confederation agree to the following goals and objectives:

- a) To work together to support the advance of good practice, promote collaboration, coordinate and disseminate research and inform policy and delivery around the benefits that the arts can bring to people's health (both physical and mental health) and well-being;





Cyngor Celfyddydau Cymru  
Arts Council of Wales



THE WELSH NHS CONFEDERATION  
CONFFEDERASIWN GIG CYMRU

- b) To work together to identify how art could contribute to policy thinking around the Wales well-being bonds and social prescribing as well as working together to support mental health and resilience;
- c) To work in collaboration on a review around the impact that being creatively active can have on people's health and well-being;
- d) To work in collaboration to develop a new work-plan for the Arts Council of Wales and the Welsh NHS Confederation / Partners to promote the arts and health agenda;
- e) Produce relevant joint briefings or reports around the benefits of the arts to people's health and well-being and contribute to the growing evidence base for arts and health;
- f) To be proactive participants on the National Assembly for Wales Cross Party Group on arts and health;
- g) Work together to raise awareness with the people of Wales around the benefits of being creatively active for people to enjoy and lead more active, more equal and healthier lives; and
- h) Work together to support the drive for a mass shift in public thinking about their health and support Wales to become a creatively active nation.

## **ARTICLE 2 MANAGEMENT**

The Arts Council of Wales and The Welsh NHS Confederation will appoint representatives to agree and oversee the joint management activities. The representatives of the Arts Council of Wales and The Welsh NHS Confederation may meet as and when necessary to review progress in the implementation of the agreed arrangements, define new areas for agreement and programmes of cooperation as well as discussing matters related to the MOU.

## **ARTICLE 3 AMENDMENTS**

This MOU may only be amended by mutual agreement evidenced in writing by a duly authorised representative from each of the Arts Council of Wales and The Welsh NHS Confederation.





Cyngor Celfyddydau Cymru  
Arts Council of Wales



THE WELSH NHS CONFEDERATION  
CONFFEDERASIWN GIG CYMRU

#### ARTICLE 4 TERM OF AGREEMENT

This MOU shall commence on the date of its execution by the last to sign of the Arts Council Of Wales and The Welsh NHS Confederation and shall remain in force for a period of three years **with a joint review after a period of 18 months. The memorandum** may be renewed upon its expiry and with the agreement of both parties. If the MOU remains dormant for eighteen consecutive months it will be deemed to have lapsed.

Either the Arts Council of Wales or The Welsh NHS Confederation may cancel the MOU by giving six months' notice in writing to the other. The termination of this MOU shall not affect the implementation of the projects or programmes established under it prior to such termination.

#### ARTICLE 5 LEGAL STATUS

Nothing in this MOU shall be construed as creating any legal relationship between the parties. This MOU is a statement of intent to foster genuine and mutually beneficial co-operation.

**Arts Council of Wales**

**The Welsh NHS Confederation**

[INSERT NAME AND ROLE OF  
AUTHORISED SIGNATORY]

[INSERT NAME AND ROLE OF  
AUTHORISED SIGNATORY]

Date: 25/9/17

Date: 25.9.17.

# 8

## The Online Survey

## MAPPING ARTS AND HEALTH IN WALES

Thank you for taking part in this Art Council of Wales survey which aims to map the range and current level of activity within Arts and Health in Wales. Please complete this survey if your work is:

- An arts project that intentionally sets out to deliver health and well-being outcomes for participants
- A capital project that engages artists to improve the physical environment within a healthcare setting
- Based in Wales
- Currently ongoing / has taken place / will definitely take place within the 3 year time frame spanning 1 April 2016 – 31 March 2018
- Please also complete the survey if you are a Wales-based clinician/ employed by the NHS/ an academic / researcher / health care professional / or arts practitioner with a specific interest / practice / expertise in Arts and Health.

Please note that the separate practice of arts therapy (recognised by specific professional qualifications) is beyond the scope of this particular survey.

We estimate that it will take you approximately 15 mins to complete this survey. However, if you require any assistance with filling in the survey, please contact XXXXXXXXXXXXXXXXXXXX. We would be grateful if you could submit all completed forms as soon as possible but no later than Friday 28 April 2017.

Are you involved in running an Arts and Health project?

Yes

No

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## Section A: ARTS AND HEALTH PROJECTS

In this section, please list the projects you are involved with. Make a separate entry for each project.

### 1. NAME OF PROJECT

### 2. PROJECT DESCRIPTION

Please summarise your project as succinctly as you can (150 word limit)

### 3. KEY CONTACT:

Name:

Address:

Postcode:

Email:

Tel:

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### 4. HEALTH BOARD AREA

(tick all Health Board areas that your project works across)

Betsi Cadwaladr

Powys

Hywel Dda

Abertawe Bro Morgannwg

Cardiff & Vale

Aneurin Bevan

Cwm Taf

### 5. KEY PARTNERS

List all your project partners in the table below

Name of partner	Sector (eg Arts / Health / Social Care)	Role in project

## 6. ART FORM

Which art form(s) does your project involve? (please tick all that apply)

MUSIC

DRAMA / THEATRE

DANCE

VISUAL / APPLIED ARTS

CIRCUS / OUTDOOR ARTS

FILM

LITERATURE (including storytelling & creative writing)

OTHER (please specify)

## 7. INTENDED IMPACT & AREA OF FOCUS

A) Which of the following areas is your project primarily aiming to impact?

- PHYSICAL health / well-being
- MENTAL / EMOTIONAL health / well-being
- Both PHYSICAL and MENTAL health / well-being

B) Which of the following best describes your main area(s) of focus?

- PREVENTION (preventing people from becoming ill; helping people stay as well as possible; promoting the health and well-being of the public)
- TREATMENT / RECOVERY (arts interventions that seek to complement conventional medical treatment when someone is unwell)
- OTHER (PLEASE SPECIFY)

C) Does your project focus on Social Prescribing? YES / NO

## 8. SETTING

Which of the following best describes the setting in which your project operates?

COMMUNITY SETTING

ARTS SETTING (eg in an arts space, theatre, gallery etc)

SOCIAL CARE (eg residential home)

PRIMARY CARE (including with GP clusters)

SECONDARY CARE (in a hospital setting)

Other (please specify)

9. Which of the following areas best describes the HEALTH SPECIALISM that your project concentrates on? (please tick all that apply)

- Cancers
- Neurodegenerative diseases (Parkinsons, Dementia etc)
- Heart Disease and Stroke
- Mental Health
- Public Health (Prevention/Promotion/Protection)
- Other (Please specify)

10. Who INITIATED the Project?

Who commissioned this project? (if co-commissioned, tick all partners)

Health Board? (which one)?

NHS

Public Health Wales

Arts Organisation (which one)?

University

Other (please specify)

11. BENEFICIARIES

Fill in the table below to indicate how many people and which age groups benefit from your project as well as how often and for how long they take part in your project

Age group	Total number of participants	Gender break down		Contact time per week	Length of project (weeks)
		Male	Female		
0-18					
19-25					
26-50					
51-65					
66-100					

## 12. PROTECTED CHARACTERISTIC GROUPS

a) Please indicate if your project specifically seeks to involve people on the basis of any of the following protected characteristics (Tick all that apply. Leave blank if you do not specifically target any of these groups).

- Disability
- Gender
- Gender reassignment
- Pregnancy and maternity
- Race
- Religion or belief
- Sexual orientation
- Age (over 50's and Children and Young People).

## 13. DELIVERY LANGUAGE

Please indicate which language your project is delivered through:

- WELSH
- ENGLISH
- BILINGUALLY
- OTHER (PLEASE SPECIFY)

## 14. FUNDING YOUR PROJECT

Please detail your funding partners in the table below:

Name of partner	Sector (Health / Arts / HE)	Financial contribution
Total cost of project:		

15. Is your project being evaluated? YES / NO

If yes, please detail below:

16. Please detail below any research partners / Evaluation Frameworks you are using to evaluate your work or measure impact.

17. Has this project resulted in any published research? YES ? NO

If yes, please detail below:

18. List below what you consider to be the three main strengths of this project

- 1.
- 2.
- 3.

19. List below the 3 main challenges associated with running this project

- 1.
- 2.
- 3.

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## Section B : ABOUT YOU

20. Which of the following best describes you

- ARTIST / ARTS PRACTITIONER
- CLINICIAN
- RESEARCHER / ACADEMIC
- NHS STAFF
- CARE PROFESSIONAL
- EVALUATOR
- OTHER (Please specify)

21. Please detail your professional area of SPECIALISM below (50 words text limit)

## 22. NETWORKS

Which Arts and Health Networks are you involved with? (Tick all that apply)

- Welsh Arts for Health Network (WAHN)
- Wales' CROSS PARTY GROUP on ARTS AND HEALTH
- Local HEALTH BOARD FORUM (which one)?
- Other UK NETWORK / BLOG (PLEASE SPECIFY)
- International Network (PLEASE SPECIFY)
- NONE
- OTHER (Please specify)

23. Please list any published research / papers you have authored related to Arts and Health in the box below



24. Include any additional relevant information (including any events conferences you have organised) in the box below (leave blank if N/A) (150 word limit)

Thank you so much for taking the time to complete this survey. It will help us build a detailed picture of the current Arts and Health scene across Wales, which will help inform and shape future developments in this field in discussion with colleagues in Welsh Government.

[Click here to SUBMIT](#)



Cyngor Celfyddydau Cymru  
Arts Council of Wales

[arts.wales](http://arts.wales)