



GIG
CYMRU
NHS
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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Cyngor Celfyddydau Cymru
Arts Council of Wales



`Creative Well`

ARTS IN HEALTH & WELLBEING

EAHIL CONFERENCE, CARDIFF 11TH JULY 2018



Vision & Aims

The Arts in Health and Wellbeing's vision is to deliver an inspirational programme that is of the highest possible quality, providing value for money creative services, contributing to improving health and providing excellent care.

The aim is to revise the delivery of Arts in Health & Wellbeing within the Board and new Executive Champion representation, to benefit service users, carers and staff in line with best practice and sustainability.

We aim to improve experience of the health boards services through the delivery of high calibre participatory arts activity, enhanced environments and a focus on access by all as an inspiration.

To promote well-being through engagement in the integrated arts and arts therapies programme, acknowledging local priorities and developing evidenced based practice, which will be shared within the wider staff groups/settings to support their activity.

We will support the capturing of patients stories in a dynamic way and present positive communications. Also sharing the good practice via national and local awards and professional forum presentations.

To build on Partnership working with Arts Council of Wales, local authorities, 3rd sector, cultural organisations/establishments, social enterprises and charities. In sharing arts and wellbeing goals, this may include various funding opportunities and grant awards.

The Arts in Health & Wellbeing strategy will work to support the Board's vision and values, and may be a `vehicle` to help deliver strategic goals, delivery plans, quality and standards.

Quality & Outcomes

Facilitate creative arts interventions which enhance the lives of patients, staff and the communities we serve.

We know from our own regional experience, and a wealth of evidence from other organisations and research studies, that the arts have an important role to play in helping people stay healthy, get well and enjoy life in their communities.

Working in partnership with clinicians, academics, artists and the cultural sector – always keeping patient and staff involvement at the forefront of our work.

Innovative initiatives, underpinned by robust research, that have the most potential for impact on health and healthcare over the long-term.

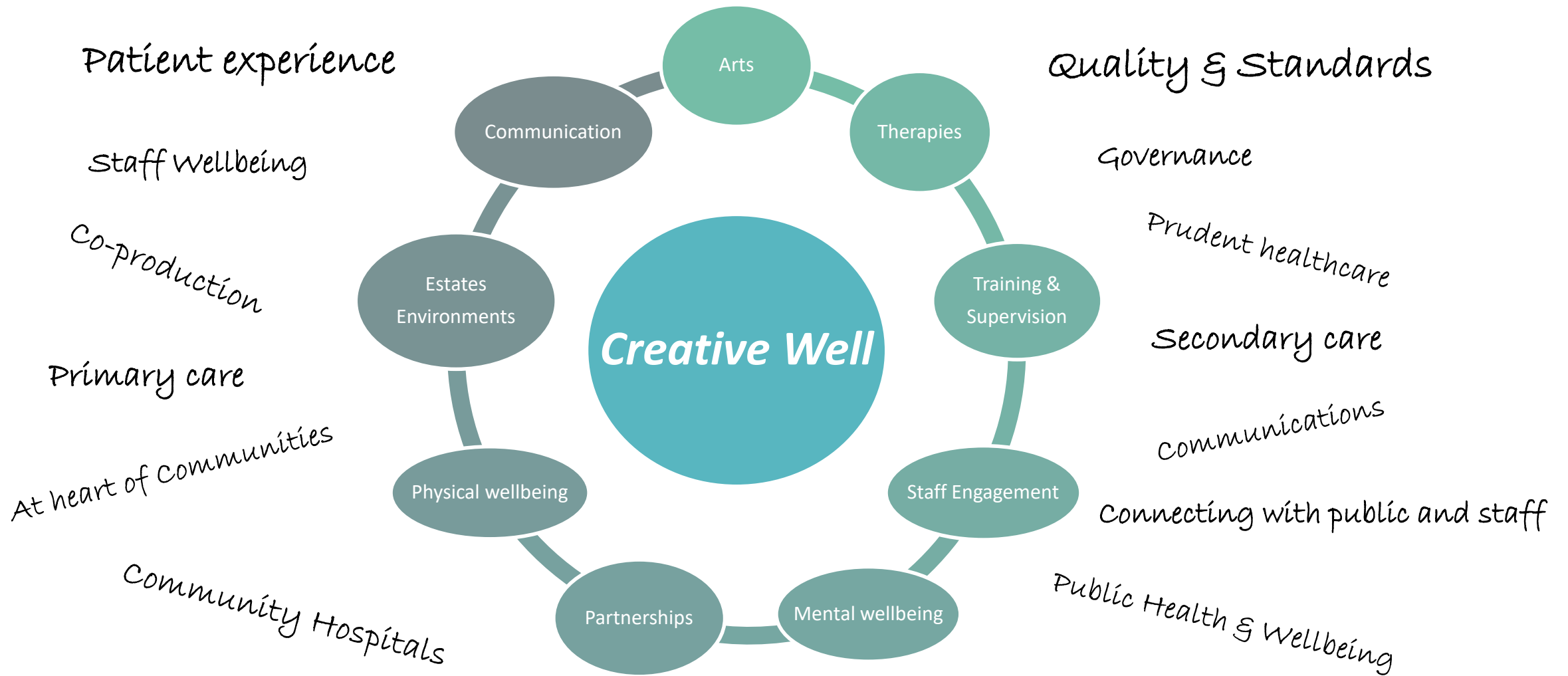


Transformation and Convening role

We aim to bring people together to put the arts at the heart of healthcare. We think great things can be achieved when clinical professionals and patients, artists and academics, share ideas and work together.

Combining different perspectives can take thinking to new places, and transform peoples' lives, not only improving patient outcomes but taking health, wellbeing and life-enhancing creativity out into the wider community.





Focus on some key areas

Working with older people and chronic conditions. The arts can make a powerful contribution to increasing the health and wellbeing of older people and those living with chronic conditions, through strengthening social networks and physical and creative activity.

Improving mental health and wellbeing for all ages. Arts Therapists play an important role in secondary care mental health settings, (such as Adult acute mental health, CAMHS, Adult Forensics) with focus on mental illness assessment and providing creative psychological intervention. Pathways may be developed to further support young people and adults in their recovery and staying well via a creativity based model.

Integrating the arts into education, training, professional development and staff wellbeing. We support the development of innovative art-based methods of training for healthcare students and professionals. Arts can make a distinctive contribution to education and training, for example in building crucial communication and analytical skills. So to, participating in the arts to improve wellbeing and morale.

Capitalising on creative therapists` and artists` ability to act as catalysts for innovation. Creative therapists and artists can contribute to the pursuit of innovation, stimulate thinking and problem solving, and motivate and inspire healthcare teams.

Transforming healthcare environments. Art can create more intimate, calming and uplifting environments, contributing to improved health and wellbeing outcomes and bringing real benefits to patients, staff and visitors. We encourage innovative developments in the built environment.

Case Study: Arts from the Armchair (AFTA)

“The creative work we have done included these processes: imagine, plan, decide, think, choose and find. By doing these creative processes we reconnect with important functions. We need to stop disconnecting from them” AFTA Participant

Development of the AFTA project

`Arts from the Armchair' (AFTA) is a unique project developed with strong partnership between BCUHB *Creative well*, Mold community hospital, Flintshire Community Mental Health Team, Memory clinic and Theatr Clwyd, designed to support patients with MCI and their Carers.

Concept:

Provide a positive, creative, participant led experience, with workshops and performances led by professional arts practitioners, with guest musicians/ actors/ dancers/ production and marketing staff etc

Project coordinator/ Theatre lead artist on site; liaise with theatre staff

Tailor made to support patient/ carer; CMHT, Creative Well, GP Cluster, Memory Clinic, Theatr Clwyd

Deliver professional quality sessions within community cultural hub, making best use of facilities, staff and `creatives`

Explore a range of creative activities, whilst promoting well-being through improved engagement.

“It gives us relief knowing that we are going to enjoy our Friday afternoon. It gives us relief from the mundane, from what we all experience [as people experiencing MCI and carers], and from solving problems”

“I feel because of this project, you can be more open with everybody [both inside and outside of the group] and not hide that you have MCI”



`Arts from the Armchair`

This film shares one of our case studies from the programme. <https://we.tl/s-gDCnC9uNhQ>



`Arts from the Armchair` - outcomes



**Theatr
Clwyd**

"We enjoy group discussions each week on a wide range of topics. These provide many people with a lifeline - an opportunity to gain confidence, cope with difficult circumstances (such as the onset of dementia from which I suffer) and learn something new and different."

- Arts From The Armchair
Participant

The success of AFTA from the carers perspective is primarily due to:

Social and mental stimulation with other carers experiencing similar daily challenges.

Lifting spirits.

Escape

(Ref: Milestone Tweed - Impact Evaluation Report 2017)



**Theatr
Clwyd**

"The creative work we have done included these processes: imagine, plan, decide, think, choose and find. By doing these creative processes we reconnect with these important functions. We need to stop disconnecting from them."

- Arts From The Armchair
Participant



Future plans for AFTA

3 strand approach:

1. Initiate a 12 week programme (demand for new referrals)
2. AFTA the Green Room; relaxed cafe style theatre project (follow on from AFTA)
3. Carer support; monthly nurse base in Theatr Clwyd, ½ hour appointments for physical and mental health well-being assessments/ follow on referrals

North Wales Arts, Health & Wellbeing: developing a Concordat; building on partnerships

The vision is for North Wales to be seen as an exemplar region for the engagement of the arts in improving health and well-being.

A place where people are able to engage with effective interventions that make a difference to their lives.

Programmes are sustainably delivered at scale and of the highest quality within a region that is joined up in its thinking and approach.

Training
Funding
Research, evaluation
Celebrating work





Celfyddydau mewn lechyd a Lles BIPBC / BCUHB Arts in Health and Wellbeing

