



Update Report Dec 2018 – June 2019

The Arts Team within Cardiff and Vale UHB is going from strength to strength, following the creation of the Arts Fund in December 2018. These are just a few highlights of our achievements so far:

Achievements

- Our Arts website continues to grow and develop. Since its launch, it has had tens of thousands of unique visitors generates a large number of enquiries and interaction from the general public.
- Development and production of a 5-year arts in health strategy, *Improving Lives with Art*, which is available online and has been granted the accolade of being published bilingually in the National Library of Wales.
- Development of business tools, including a toolkit for collaborators with a comprehensive “Artists’ Guide” and other practical and policy information they may need.
- As a team, focusing on ‘working better’ by maximising resources and streamlining systems to ensure smooth running of the team as a business unit. This supports the arts programme in achieving a level of self-sustainability to help ensure their future.
- Increased the reach of the arts team via social media and art networks; recent call outs for artists generated over 60,000 impressions on social media, which led to over 400 enquiries and submissions from artists all over the world that wished to work with the team.
- Fostering international relationships and working with partners across the globe to boost the profile and highlight the importance of art in healthcare.
- Growing and further developing our music programme, bringing live performances to all areas within the UHB, improving environment and quality of life for our most vulnerable patients.

- Secured funding from the Arts Council of Wales to recruit an Arts in Health Project Manager. The post will work to concentrate on community-based projects and the social prescribing agenda, ensuring a joined up approach to using arts to enhance the experiences of our patients while focusing on health promotion and preventative health messages.



Cyngor Celfyddydau Cymru
Arts Council of Wales

- Secured mirror funding/ post of arts project manager and appointing Alex Staples on secondment basis to this post. The arts project manager will focus on improvements to the arts programme for University Hospital of Wales and contribute to ensuring the infrastructure is developed to implement the strategy.
- Curating a growing catalogue of collaborators that work with us and donate work to us; this is expanding rapidly as more people understand the value of the arts following the promotional work we have been doing.

- Development and launch of suite of animations entitled “Getting the Message Across”. These films were developed in conjunction with the UHB’s Adult Eating Disorder Service, Valley and Vale Community Arts centre and BAFTA award-winning animator Jane Hubbard. The aim of the films was to destigmatise eating disorders while providing candid information about their symptoms. The films were launched in front of a packed cinema at Chapter Arts Centre and have been viewed hundreds of times online since then.





- A successful weekend at the Royal Horticultural Show where we entered a 'Blossoming Bed' competition to highlight the importance of nature as part of the Arts, specifically our work on 'Our Orchard' as a community space. The artists that contributed to the bed are also both working with us on the 'Our Orchard' project itself and, as a team, we were fortunate to win the 'Best Blossoming Bed' category and also the Silver Gilt

medal, all of which helped increase the awareness of Arts for Health and Wellbeing to the general public and allowed us to foster new relationships with artists and potential collaborators.

British Council Delegation to Rome

The Hearth Gallery was selected by the British Council as part of their April 2019 delegation to Rome for the UK/Italy 2020 Season. The gallery was awarded £500 and took part in networking events at the British Ambassador's Residence and Palazzo Massimo in Rome with the Italian Ministry of Culture, British Council representatives, and prestigious arts organisations, galleries and museums from the UK and Italy. Relationships were made with creative practitioners, curators, and representatives from the Museums and Contemporary Arts Sectors in both countries, and we are working towards the possibility of a collaborative project for young adults utilising skype and focussing on third culture.



We have also successfully achieved a large amount of funding since December, with more bids currently being developed for more grants in the future. Achieved so far:

- Arts Council for Wales - £25,000 (for Arts in health post)
- Gibbs Charitable Trust - £1,000
- Colwinston Trust - £4,000
- Regus Housing - £250.00 (pending)
- Arts Council for Wales R&D Grant - £5000 (in partnership with Made in Roath)

- Working in partnership with third sector organisations to support social prescribing projects in the community to assist in our Shaping our Future Wellbeing strategy

Charity Name:	Project:
The Good Wash	Sing & Smile Activity Session
YMCA Barry	Weekly drop-in music sessions and workshops
The Mentor Ring	BME Sewing Project
Creative Therapies Collective	Art Therapy Classes at women's in-patient unit, Cardiff
Headway	Art, Movement and Drama Workshops
Marie Curie Hospice	Sensory Garden
MHA Penarth Live at Home Scheme	Intergenerational Arts Project
Cardiff Women's Aid	Art Workshops

Current projects

Across Health Board projects

- We have secured further collaborations with the Welsh National Opera, Harmoni, and Music in Hospitals and Care to provide live music performances for all areas within the hospital sites.
- Development of a bespoke training video suite for healthcare staff in conjunction with Hijinx Theatre. This internationally renowned production company casts actors with learning disabilities to challenge perceptions of what adults with LD are capable of. It is our hope that these films will be launched with Welsh Government support and rolled out across Wales once completed.

University Hospital of Wales

- Cardiff Camera Club photography Exhibition – As part of our focus on UHW as an arts space, we are turning the Urology Corridor in UHW into an exhibition space with the assistance of the Community Payback team, who are decorating the space, and Cardiff Camera Club who will be exhibiting their work and also staging their annual exhibition there in the autumn.

- B6 Mural - After a successful call out for artists, Adele Pask was chosen from hundreds of applicants to create a mural for the patients on B6. The work will stimulate memories and reminiscence as well as improving their environment



- B6 will also be collaborating with a local primary school, with patients and pupils working together to design the decoration of the corridor leading to the ward. This project is in the planning stage and will be started at a tea party we are holding for the patients and the pupils from the school, where they will meet and share their ideas.

- Collaboration with Yinhu Elementary School, Fuyang, Hangzhou, Peoples Republic of China – Exhibiting work from the school to highlight a globally responsible Wales and the importance of Art in Healthcare



- Improving environment for the young patients in the Cardiology ward cubicles through art by decorating a space specifically for the younger patients that are on the ward. We have also donated VR equipment for the patients to use.
- Lullaby Hour – live music for the wards in the Children’s hospital for Wales, singing the children to sleep.
- ICU Hear – Live music for the families and patients of the Critical Care Unit, helping to ease anxiety and make the environment less clinical.
- Splish Splash returned to the Children’s hospital for another successful performance with the children, which was again excellently received.

University Hospital Llandough

- Pilot project to improve the health and wellbeing of post-operative patients at the Breast Centre by bringing dance, movement and mindfulness work to the patients via a weekly workshop.
- Further programme of work with the Forget me not Chorus, providing musical workshops for patients with dementia and an exhibition for their families and carers

- Rubicon - a number of other wards, E7, E8 and E18 are also interested in taking these sessions forward A new commission of Rubicon dance starting in September
- Boxing group for male patients with dementia to support activity and muscle strengthening and deter falls
- *Gwanwyn Festival Community Project - Mnemonic V3.*

A film project supported by Cardiff & Vale Health Charity and Age Cymru's Gwanwyn Festival 2019, saw a successful collaboration between The Hearth Gallery, Solace and film maker Jorge Lizalde. Working and recording in the Highlight Centre in Barry, members of the Solace Group -carers of dementia sufferers, recorded



their strong memories through writing and conversation, with a reconstruction of these memories as part of the video installation. Solace staff members, carers and dementia sufferers attended an opening view of the film in the gallery. Giving carers a voice through these stories proved to be a poignant and valuable experience by everyone who took part.

- *Tai Chi Sessions in Day Rehabilitation, Gwanwyn 2019*
Tai Chi sessions were delivered during May (into June) as part of this year's Gwanwyn Festival in UHL with the support of Age Cymru and Cardiff & Vale Health Charity. The focus was on Parkinson's patient groups, falls prevention, and cardiac patients with two practitioners, and the results have been promising.
- *Wellbeing: Nature, Spaces and The Feminine*
A Mindfulness Session piloted in the gallery with the kind support of Dr Kerry-Ann Holder, Consultant Clinical Psychologist and Head of Child Health Psychology, Dr Nicole Parish, Clinical Psychologist, Child Health Psychology , utilising the gallery as a relaxing, recuperative space.
- *Nuclear Medicine Injection Room*
A call-out to the Women's Art Association for donation of artworks received an enormous number of donations. The injection room is an area where women begin their journey for treatment of breast cancer and WAA were eager to support us in improving the environment.

- *Stroke Unit*
Following the success of the Rubicon Movement and Music sessions in the Stroke Unit last year, permanent sessions are now in progress. We are collating information as part of a full case study.
- *Hands Physiotherapy UHL*
We are currently collaborating with staff members and artist Rob Kennedy exploring the use of art for wayfinding and improving the environment in the department.
- Continuing to support the UHL Community Choir in performances and helping them to look at methods to partly self-fund the programme in the future

Rookwood Hospital



- We have commissioned Louise Jenson to provide “Between the Trees” a project that will research to find out the significance of what the family did regarding the planting of trees, explore references to trees and woodland on the house itself such as leaves and woodland creatures in the stonework, create a map, organise a guided walk through the grounds and document the different leaves for use in art workshops.
- Secured an artist residency for a project titled, ‘Touch a Flower, Talk to Me’ to create interactive, embellished felt flower heads with patients, staff, carers, volunteers and school children using simple embroidery, florist accessories and digital, touch technology
- Working with Beth Morris workshop, based at Insole court, working with Silver Lining Group (people who have suffered head injury) to produce a project “ Roots” to assist in the transition of services from Rookwood to Llandough Hospital
- Commissioned Cardiff Camera Club to produce 6 images for the day room of Ward 7 to provide interest, orientation and start creative conversation, as well as brightening up an uninspiring room
- Identified an artist to produce a mural for the large day area of Ward 7
- On-going historical project with Glamorgan Archive to celebrate the history of Rookwood Hospital resulting in bi lingual history boards, now on display at the Boardroom

Our Orchard

- Developing our Orchard sculpture trail.
Facilitating the installation of Orchard and outdoor art by coordinating a number of sculptures and art pieces as part of the community orchard space, working with both Dilys Jackson and Gideon Peterson
- *The Bee Project*
Artist Nick Davies has been commissioned to deliver an educational arts- in- health project through collaboration between Llandough Primary School, Our Orchard, MHSOP staff and patients and Professor Baille at Cardiff University. A series of workshops with school children and patients and staff on MHSOP will look at environmental concerns and responsibility, nature, the importance of wellbeing activities, introduce new skills, and provide an opportunity for creative expression whilst creating artworks and planters for the gardens in MHSOP, Llandough Primary School and Our Orchard.



Barry Hospital

- We have commissioned an artist to lead the arts contribution to the 25th anniversary celebrations of the hospital.



- We commissioned Haf Weighton to complete a piece of mixed textile to be exhibited in the Mary Lennox community room to celebrate Barry.
- We have identified an artist to complete a mural in the children's phlebotomy room to aid the experience for children and young people.
- We are working with Michaela Ismael to photograph local landmarks to be displayed on the main corridor.
- Working in partnership with Year 9 pupils Bro Morgannwyg School to produce a series of work based on "Patterns in Nature".
- We have exhibited the coffee portraits of Aneurin Bevan, Sir Mansel Aylward, Julian Tudor Hart and Betsi Cadwalder and the NHS@70 quilt

- We have displayed the Time to change photography winning images close to the entrance for the Vale Community Mental Health Team
- Liaising with Criw Celf to provide a programme that introduces young people to a rich and varied programme of art activities (e.g. painting, sculpture, ceramics, textiles, 3D work, film, jewellery making etc.) and opens their eyes to the vast possibilities that the arts can provide. The scheme is aimed at engaging young people aged between 11-19 with the arts and creativity.
- We have purchased a hanging system to have an exhibition area at Barry Hospital and have initial conversations with Cowbridge arts society, VOGA and others regarding future exhibitions

St David's Hospital

- We are currently in discussion to introduce some projects at this site to include Techniquet, dance and music to the wards and art and sculpture to the Wales Gender service

Community projects

- *Urdd Eisteddfod – Get Well Soon*
A collaboration between the Health Board and The Makers Guild in Craft in the Bay, 6 artists workshops during Urdd Eisteddfod May 2019. *Get well soon* workshops will be conducted in the Welsh Language and explored Welsh culture, identity, belonging, and the NHS as a Welsh icon of caring. Young participants will be encouraged to learn new skills, creating emblems, symbols, paper sculpture and cards which were added to a growing installation in the gallery. At the end of the exhibition, the greeting cards are to be distributed to older patients in St. David's and Barry hospitals as a Get Well Soon message from the young.
- *A Brief History of Healing*
A collaborative project between the Hearth Gallery, Arcade Gallery Cardiff and Made in Roath Director, Gail Howard, has received funding from Arts Council Wales and Cardiff & Vale Health Charity. The project will be launched at the Hafan y Coed Garden Party in July and will continue as a participatory project in the plaza exhibition space in August and in the Hearth Gallery during September. The pilot study will be evaluated and measured as an arts-in-health case study.



ORIEL YR AELWYD HEARTH GALLERY

Exhibitions in Oriel yr Aelwyd: The Hearth Gallery
December 2018 - May 2019

5/11/18 - 5/12/18

The 56 Group

The 56 Group are one of the most prestigious and well recognised artists' collectives in Wales, exhibiting both nationally and internationally since their beginnings in 1956. The gallery first became associated with the group through Michael Edmonds' work with the renovation of the miners mural at UHL and exhibition of his previously unseen abstract works of the mining industry as part of Reflections on Our Industrial Legacy-an exhibition which also featured a number of well-known Welsh artists. The 56 Group artists work generally responds to current contemporary social, cultural and political themes, and various artworks on display focused on, for example, 100 year anniversary of WWI, the environment, technology and surveillance, political themes alongside landscape paintings and portraiture. The exhibition firmly established the Hearth Gallery as a contemporary, well respected and well recognised arts venue.

10/12/18 - 02/1//19

Winter Open Exhibition

The exhibition received a huge response and attracted a number of new staff members, patients and longer-term visitors via our new website and social media, 13 artists exhibited.

The aim of our 'open' exhibitions is to encourage as many staff as possible to take part in exhibiting and creating new work, including everyone from beginners to established artists, and we now have an increasing network of artists within the health board who are eager to take part.

8/1/19 – 29/1/19

Vale of Glamorgan Artists – VOGA

A local artist's collective supported by Jane Hutt AM involved in community arts initiatives.

Sculpture, painting, print and textiles from 14 local artists

1/2/19 – 10/3/19

The Welsh Group- *Diverse Imaginations*

Established in 1948, the Welsh group is widely exhibited across Wales and is well connected within the artists' community. The exhibition opening was well attended

and supported by Contemporary Arts Society of Wales, and alongside the 56 Group exhibition, firmly placed The Hearth Gallery as a notable exhibition venue for established, professional artists groups.
30 artists exhibited.

13/3/19 – 3/3/19

Lee Phillips- The Shed Project

A solo exhibition by Lee John Phillips which highlighted the importance of mens creative art practice and hobbies, and which was linked to Men's sheds.

The Shed Project, illustrating the entire contents of his grandfathers shed, began 5 years ago, has been featured on ITV Wales, BBC Radio Wales and Wales online, and in the Jerwood Drawing Prize, and the Hearth Gallery is the first venue to stage a solo exhibition of the Shed Project.

8/4/19 – 3/5/19

Wellbeing: Nature, Spaces and the Feminine

An exhibition by three women artists who explore through their work ancient healing sites, alternative urban utopias and the creation of wellbeing spaces.

Vaida Barzdaite presented *Urban Feminine Utopia*, a photographic project exploring wellbeing, peace and balance through a deep connection with nature.

Nick Davies presented work inspired by ancient healing sites, health and wellbeing associated with the feminine, and Catherine Lewis re-created the + wellspace + she made during her residency at 1A Inverness Place, Cardiff, for the Made in Roath Festival. It became her place of sanctuary and recovery during her treatment for breast cancer at UHL: a + wellspace + of memories, objects, inks, playfulness, craft, mindfulness, questions, empathy, security and friendship.

Our first Mindfulness Session with Dr. Nicole Parish, Clinical Psychologist, Child Health Psychology, UHW in the gallery ran during the exhibition, and visitors had ample opportunity during the exhibition to chat to the artists involved. The exhibition was particularly well documented on social media.

5/5/19 – present

Gwanwyn Festival:

Jorge Lizalde, *Mnemonic V3*

Tai Chi sessions in Day Rehabilitation Hospital

The exhibition, beginning 10/6/19

Cowbridge Art Society

This exhibition will feature work from members of Cowbridge Art Society in a variety of different media; accessible, affordable art

Plaza Exhibition Space

A series of solo exhibitions by emerging or recently graduated artists, together with an exhibition of photographs from Forget – Me – Not Choir

Currently showing Rachel Hannah Art – bright, uplifting floral artworks until 3/6/19.

Hannah will donate a painting to Cardiff & Vale Health Charity for auction.