

# ARTS

FOR HEALTH AND WELLBEING

# ANNUAL REPORT

2020

# CONTENTS

Foreword	11
The Arts Team	3
Art During COVID	5
HeARTh Gallery	10
University Hospital Llandough	12
Barry Hospital	18
Cardiff Royal Infirmary	19
St David's Hospital	20
University Hospital of Wales	21
UHB Wide	24
Our Ambition for 2021 - 22	27
Reflections	28
Thanks and Acknowledgements	29

# FOREWORD



**CHARLES JANCZEWSKI, CHAIR, CARDIFF AND VALE UHB**

I am really pleased to welcome you to the Arts for Health and Wellbeing Annual report for 2020-2021. This report shows the increasingly important role that art, in all its forms, can play in the wellbeing of our patients and our staff particularly at such a challenging time as we are currently living through.

The range of projects and contributors is a clear indication of the positive impact and appeal that the arts have on us all, and the way in which the Arts for Health and Wellbeing programme with support from the Arts Council of Wales and the Welsh NHS Confederation, has adapted to continue providing joy to us all has been truly remarkable.

I look forward to the year ahead and seeing the fruition of these and future arts projects.

## INTRODUCTION

The COVID-19 pandemic has had a profound impact on life in the UK with many sectors of industry having been affected by the economic downturn caused by the virus and the necessary steps such as the lockdown and physical distancing taken to mitigate it.

One sector in which the social and economic consequences of the pandemic have been felt particularly keenly is the arts industry. According to latest Arts Index, across the UK public investment in the arts per capita has fallen dramatically over the last decade. Beginning with a significant drop in funding following the 2008 financial crisis, the arts sector has since weathered a 35% drop in public funding on a national level.

The pandemic has represented a separate challenge to the NHS; one of the most severe it has faced since the service was founded in 1948. The issues around the direct treatment of patients with COVID-19 has been well-documented but the reprioritisation of resources to allow for this has had far reaching consequences across a wide range of services offered by the NHS. This is as true for Cardiff and Vale University Health Board as it is for any NHS organisation. Before COVID-19, great progress was being made in recognising the benefits of the creative arts to people's physical health, mental health and overall sense of wellbeing in both community and hospital settings. For instance, visiting a gallery or museum every few months reduces your risk of developing dementia by up to 44% – and the benefit lasts for up to 10 years after you stop. According to the Arts Council of Wales in their Arts and Health: Mapping Report.

## ANNUAL REPORT

Sadly, the pandemic has acted as a barrier to some of the work which the team was previously undertaking with its flagship space, the Hearth Gallery. The gallery closed during the peak of the pandemic, and wards closed their doors to the artists who would once fill their patients' days with joy, colour and song, and community centres also closed.

With that in mind and the national context around the current state of the arts sector, it would have been easy for the Arts for Health and Wellbeing team to have become an afterthought for both the Health Board which it serves and the organisations which provide its funding such as the Arts Council of Wales and the Cardiff & Vale Health Charity, which has been almost exclusively focussing on fundraising and providing refuge areas and hot meals for exhausted staff members since the start of the pandemic.

Thankfully, this has not been the case and the Arts Council of Wales have recently announced a continued commitment to provide funding for one of the two existing Arts in Health Coordinators in the UHB's Arts for Health and Wellbeing team with the Health Board matching this contribution for the second post. The team is extremely grateful for the ongoing support for these posts, which are currently held by Alex Staples and Melanie Wotton.

Despite the pressures related to COVID-19, Cardiff and Vale UHB's affiliate charity, Cardiff & Vale Health Charity has also recently pledged ongoing funding towards several arts projects in order that patients may still receive the benefits of the creative arts for the next 12 months, albeit in different ways. But how can the arts contribute to our social and, in the case of some patients, literal recovery from COVID-19? Can small teams working on a local level, such as that within Cardiff and Vale UHB, compensate for the void that has appeared as a result of the closure of theatres and galleries? Can these teams even operate effectively while ensuring that measures such as physical distancing are adhered to?

A definitive answer to these questions seems unlikely in the short term but the outlook at Cardiff and Vale UHB is positive. The arts have been shown to be particularly beneficial in areas such as neurological disorders, patient engagement, child development, reducing health-related stigma, reducing the impact of trauma, dementia / cognitive decline; some of these can be linked with COVID.

In order to respond to some of the challenges presented by COVID-19, the Health Board has relied upon the arts team's resources and insight into how the creative arts can contribute. The arts have been entrenched in the UHB's plans to respond to the pandemic, even as part of the temporary hospital at the Principality Stadium, Ysbyty Calon y Ddraig. Perhaps most crucially, the arts have been used to bolster the wellbeing and resilience of healthcare staff and patients alike.



# MEET THE TEAM

We're a small but dedicated team of artists and art enthusiasts at Cardiff and Vale UHB, all of whom know the benefits of art to patient experience and are passionate about continuing to develop the health board's art offering. Read more about us below:



Simone Joslyn is Head of the Health Charity and Arts teams. Her background within mental health nursing has allowed her to see first-hand the positive impact that art can have on people's health and wellbeing. She was one of the leads in developing the Mental Health Services for Older People wards, the state-of-the-art mental health unit, Hafan y Coed, and the bespoke arts strategies that accompanied them.

She was also instrumental in the development of the Hearth Gallery, a unique space for contemporary art, the first of its kind in Wales. She manages the development and continued growth of the health board's arts programme in order to improve our patients' and staff's lives with art.



Melanie Wotton joined the Cardiff and Vale UHb Arts Team as the HeARTH Gallery Manager initially but has now undertaken the role of Arts Project Manager for the Community. Mel is also a celebrated Artist in her own right with a background including fine art, ecology, complementary therapies and marketing.

As Community Project Manager, she used her experience in countless collaborations with artists in the community and with third sector groups to enrich the Arts for health and wellbeing programme, providing our patients in the community with access to the arts as well as those in hospital, allowing us to create a holistic and well rounded programme for patients and staff



Alex Staples joined the team as Arts Programme Project Manager and primarily focuses on our hospital sites and inpatients. Alex has a background in Musical theatre and worked in the West End as well as growing up with an artist in her close family. She has a great passion for art and the positive impact it has on both mental and physical wellbeing.

She has also been an inpatient in hospital for long periods of time and appreciates the need for a positive environment to aid recovery within in the hospital setting. This is something she works towards on all our hospital sites, continuing to develop and grow the programme within our hospitals and their surroundings and to make a positive difference to the lives of our patients and their families

## MEET THE TEAM

Molly May Lewis joined the Arts team at Cardiff and Vale UHB as the new Gallery Coordinator of the HeARTH Gallery. She has a BA Degree in Fine Art and has exhibited work in various galleries across the UK, worked on a freelance basis for several Artists and Designers in Cardiff and she has been commissioned by Cardiff and Vale UHB for a variety of creative projects.

Her aim is to maintain the artistic success of the gallery, ensuring the smooth running of a variety of exhibitions and projects and providing a positive and thought- provoking experience for the visitor.



Jayne Catherall is new to the Arts team, but has been working in health for the past six years. During this time she has seen the huge impact that the arts have on the health and wellbeing of staff, patients and visitors to our hospital sites. Jayne is incredibly pleased to be working on the Cardiff and Vale UHB Arts for Health and Wellbeing project and will have the task of raising the profile of the arts in healthcare settings, to improve working environments and enhance patient experience.

If you have any queries about this website, or the communication strategy that accompanies the health board's arts project, please get in touch!



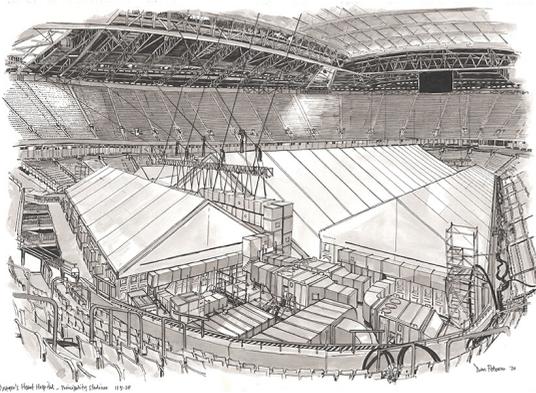
Cardiff & Vale Arts and Health Charity are delighted to welcome Arts & Business Cymru Intern Bex Betton to the team. Bex, who started with the team in early November 2020 for 10 months, has a strong background in fundraising, events and the Arts which has been developed from working within the Welsh Arts scene. Cardiff and Vale University Health Board is the first Health Board in Wales to support an Intern from Arts & Business Cymru within their Arts team.

During her time with the team, Bex will lead on a number of Arts fundraising initiatives and help develop and deliver projects where Arts help with mental health and wellbeing in healthcare environments. This is an important part of the Health Boards Staff Wellbeing Strategy and improves patient experience.



# ART DURING COVID

## ILLUSTRATIONS BY DAN PETERSON

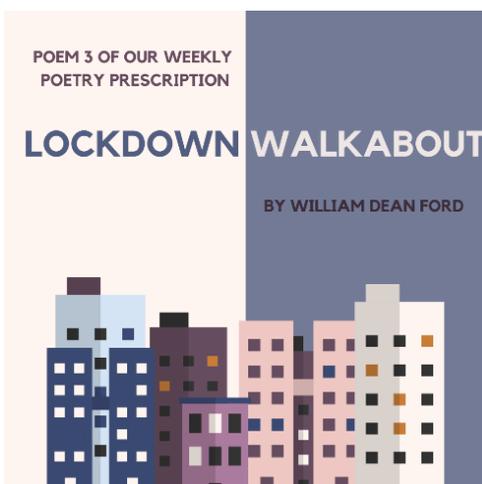


*Dan Peterson*

In May 2020 the Arts for Health and Wellbeing team, supported by Cardiff & Vale Health Charity, commissioned reportage Illustrator and War Artist, Dan Peterson to document Cardiff and Vale University Health Board's response to COVID-19, specifically at the new Dragon's Heart Hospital, the new field hospital built in the grounds of the Principality Stadium in Cardiff. Dan Peterson, who went to Helmand province in Afghanistan as the official war artist to 1st The Queen's Dragoon Guards, The Welsh Cavalry, said: "It occurred to me that this is such a momentous occasion – history in the making – that it needed to be recorded." During his time in the Dragon's Heart Hospital, Dan sketched and photographed the new building and its staff at work, recording a complex and emotional time in history.

The original artworks now reside at Woodland House as part of the 'With Thanks' exhibition. Prints of the artworks are for sale with 50% of all the profits going towards the Health Charity – Arts for Health and Wellbeing fund, to support further arts initiatives.

## WILLIAM DEAN FORD, SPOKEN WORD ARTIST AND POET



William Dean Ford is a poet and spoken word performer and through collaboration with Cardiff and Vale University Health Board, he is providing a weekly 'Poetry Prescription' in response to the uncertainties we are all facing due to Covid 19.

William's poems are real, relatable and uplifting and since starting them in mid March, they have become a great weekly addition to our programme and we have many comments and shares of praise from the community over our social media platforms and website.



## BRIONY GOFFIN - CREATIVE WRITING PROJECT

Whether we are working on the frontline or in our back bedroom, in all likelihood, our day-to-day life has looked very different recently. This creative writing project, designed by Briony Goffin in association with Cardiff & Vale Health Charity, was commissioned as an opportunity to record and reflect upon our personal experiences of lockdown.

Members of the public, staff, parents and their families were all invited to send in snippets of their day-to-day activity (or inactivity) using the title, "Things I have been doing in lockdown". This could also include things they had been seeing, hearing, noticing, feeling, wondering about etc. during lockdown.

The invitation was intended to capture the banal as well as the extraordinary; the tender, as well as the brutal; the slovenly, as well as the industrious; the grim, as well as the luminous; the serious, as well as the down-right daft; and everything in between. We wanted as many different voices and perspectives as possible to create a multifaceted account of lockdown. No detail was too small and the project was highly successful.

## ADAPTED NURSES CAP PROJECT BY MOLLY MAY LEWIS FROM NHS @70 COMMISSION

In a time where so many people are now working from home and juggling caring for their children, craft and keeping creative is a brilliant way to learn, keep motivated and stay positive.

Molly created a simple craft project for anyone to do at home by downloading a free template to cut out (or use as a stencil on a material of their choice) and follow simple instructions whilst using materials which are likely to be found at home.

In celebration of International Year of the Nurse and Midwife, and the 200th birthday of Florence Nightingale this May, the Nurses Cap is an ideal symbol to have as a creative project at this moment in time. We encouraged those who participated in this project to add messages of thanks to the NHS staff on their caps and to make them colourful and positive. Decorated hats were displayed in a reflective, With Thanks exhibition in the Hearth Gallery.



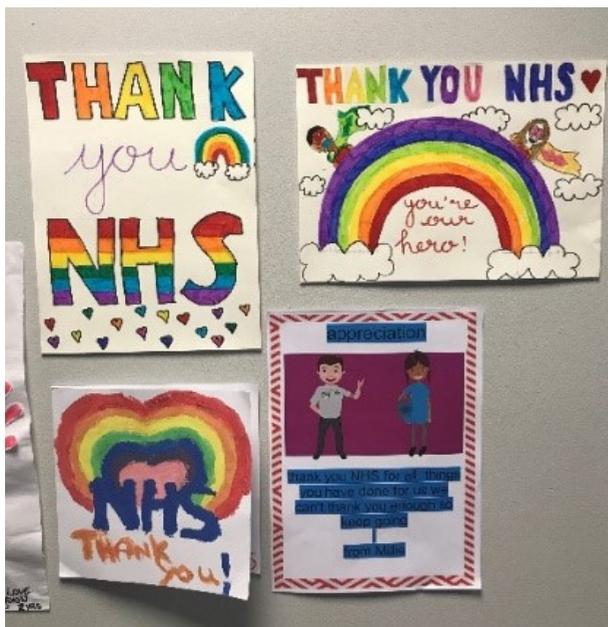
## MOVEMENT AND DANCE SESSIONS FOR PATIENTS

Rubicon Dance will create a video that will be used by physiotherapists and patients in Daffodil ward and E18 ward at University Hospital Llandough and St. Davids Hospital to improve wellbeing. These departments have previously worked with Rubicon, and supported by Cardiff & Vale Health Charity, to successfully deliver a programme of Movement and Music sessions. Rubicon are creating a basic session, 15 minutes in length which will be facilitated by the physiotherapists within the departments. Rubicon dancers, Anwen Davies and Sally Varrall, are also happy to provide a video discussion prior to the sessions to introduce the session to staff and patients, but also to provide guidance and information tailored to the individual needs of patients in the session. Project in continuation of their continuing work with CAV sites.

## NHS AT 70 STORIES AND COVID - 19

We are delighted to collaborate again with Manchester University in recording stories from our staff and patients to chart and record for the National Digital Archive NHS@70, our experiences of the Covid-19 crisis. Our intention is to make these available as part of a 'thank you' exhibition in the Hearth Gallery, UHL, when we are able to reflect on this difficult and extraordinary time, and the stories will also provide a permanent record as part of the National Digital Archive.

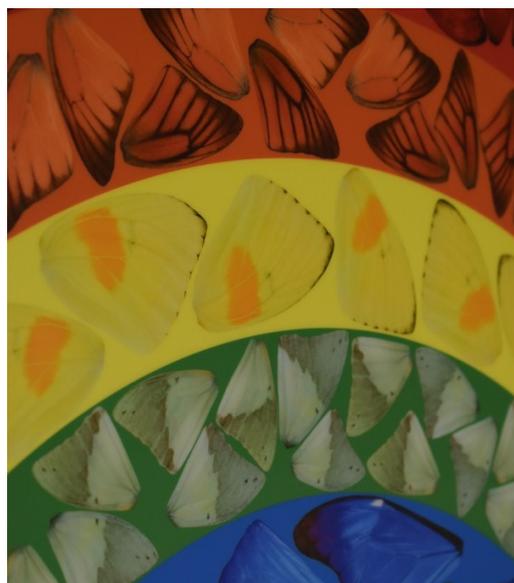
## RAINBOW ROOMS



A call out for colourful rainbows drawn by children in our local communities, to support staff through artworks and messages has had a good response. We have displayed them in staff areas to promote wellbeing and positivity, and to emphasise the ongoing support for the work of our hospital staff in these difficult times. In particular, we have placed them in our two Staff Havens at University Hospital of Wales and University Hospital Llandough.

We will continue to accept these pictures as a way to encourage children at home to keep creative and to continue to lift the spirits of the NHS staff through artwork and supportive messages.

## DAMIAN HIRST



In May 2020, Damien Hirst created Butterfly Rainbow to show support for the NHS in the Coronavirus crisis. The work is made up of bands of coloured butterfly wings, one of the artist's best-known motifs.

A limited edition of the work was produced with all profits donated to NHS Charities Together, raising a total of £1,508,172. Damien Hirst said: "I wanted to do something to pay tribute to the wonderful work NHS staff are doing in hospitals around the country. The rainbow is a sign of hope and I think it is brilliant that parents and children are creating their own version and putting them up in the windows of their homes."

We are proud to display a print of this work at Cardiff and Vale University Health Board. Gestures such as this raise much needed funds to make the lives of our patients, their families and our staff better, but this also strongly supports our Art for Health and Wellbeing programme by helping us to boost the health and wellbeing of those who use our services.



## HARMONI CYMRU CREATIVE BREAKS

During lockdown, the Arts team commissioned music therapists from Harmoni Cymru to provide 'Creative Break' sessions for staff.

The hour long sessions were held every Tuesday at Lakeside on the UHW site. The musical sessions gave staff, patients and their families the opportunity to take some time out in a calm environment. The sessions have been very popular and well attended. Everyone appreciated the opportunity to escape the clinical nature of the environment and the wonderful music.

## NATHAN WYBURN

We worked closely with artist Nathan Wyburn and commissioned ‘NHS Thank You’ to be printed onto large scale banners and posters across our Cardiff and Vale University Health Board sites. ‘NHS Thank You’ is made up of over 200 selfies of NHS Staff workers who sent in their photographs to Nathan after his call out on social media. With these selfies, Nathan then created this digital portrait collage of a staff member wearing a mask with the words, Thank You, underneath.

These large scale artworks can be seen by hospital staff members when they enter the hospital sites at Cardiff and Vale University Health Board and act as a message of thanks and appreciation to our hard working NHS heroes. This art work has been seen nationally over social media and news and features on the introductory video for This Morning.



*Nathan Wyburn*

## HEARTH GALLERY

The Hearth Gallery remains our primary space for displaying art in UHL, and the way in which the gallery has remained crucial to the arts programme has not changed throughout this year, despite the challenges.

In the early part of 2020 the gallery hosted a number of compelling exhibitions.

“Whenever possible I stop and take 5 minutes to look around the gallery at UHL and am always impressed by the creativity there, it’s such a good opportunity to take 5 and be calm in these strange times.” Staff member.

## NATURE IN ART

HEARTH GALLERY EXHIBITION: 27TH FEBRUARY - 18TH MARCH



Nature in Art is a group exhibition which brings together the works of eight individual artists who are all inspired by the beautiful nature in Wales. Working in vibrant and diverse styles and genres, the artists in this exhibition work across a range of disciplines that include painting, drawing, photography and ceramics. The artworks featured in this exhibition told stories of nature, places and moments in Wales, opening our eyes to the intricacy and beauty of the natural world. In these artworks, we see the colours, textures and shapes all stunningly beautiful in their reflection of nature.

### **Artists/ Collaborators:**

Valerie James, Nichola Hope, Sarah Hope, Vicky Washbourne, Kate Bell, Carys Evans, Mike James, Kevin Sinnott

### **Comments from the exhibition:**

“A truly lovely collection. And what a great idea to have this gallery where it is. Arbennig!”

“This is the most marvellous part of the public face of any hospital I have ever been to. Well done! May this thrive for many years.”

“I love seeing the artwork here, there is always something new every time I am here.”

## BLUE PLANET

HEARTH PLAZA EXHIBITION: 8TH JANUARY - 2ND FEBRUARY

### **A solo exhibition by Artist Amy Salisbury**

Amy experiments with paint to express the colours and movements inspired by the photography of NASA and the cinematography of BBC series Blue Planet. She attempts to not only highlight the beauty of the planet but to try and capsule some issues such as the melting of glaciers and harsh habitats.

Each piece has a lot of movement and detail from the application of paint being 'poured' onto the working surface. This allows the viewer to look at the pieces up close and then enjoy the overall energy of the piece from standing further back.

## A SPACE TO ROAM

HEARTH PLAZA EXHIBITION: 4TH FEBRUARY - 1ST MARCH

**A Space to Roam is an exhibition of artworks by Cerys Knighton.** Primarily using a pointillism technique with pen and ink, the pieces have been rendered by delicately layering thousands of individual ink dots to build textures and images. The art explores the findings of Cerys's PhD research into representations of manic-depressive illness, as well as drawing from her lived experience of bipolar disorder.

Cerys Knighton is a 25-year-old Welsh artist and medical humanities PhD student funded by the South, West and Wales Doctoral Training Partnership. Working with both Welsh and English language materials, Cerys's PhD thesis examines representations of manic-depressive illness from 1830-1930 by concurrently analysing archival medical case notes and literary texts. Her work examines the development in diagnostic categories, psychiatric treatment, and perceptions of patients. By combining artwork drawn from this research and from Cerys's own experiences of bipolarity, her work creates a space of reflection: looking at how medical categories and representations have evolved to reflect on our own perceptions of mental illness today.

## FOR THE LOVE OF STEAM

HEARTH PLAZA EXHIBITION: 8TH JANUARY - 2ND FEBRUARY

**For the Love of Steam is a solo exhibition of photographs by Stephen Thomas.**

Railway preservation is not simply "playing trains". It is not just the physical objects that have been restored (and in some cases, built brand new) but the skills and crafts needed to create, operate and maintain these machines from a bygone age have been passed onto generations that were born long after the last steam locomotives were withdrawn from daily use. Local economies have also benefitted enormously from having a "heritage railway" in their midst as many thousands of visitors are attracted to an area that, perhaps, they wouldn't visit otherwise.

## SAM BURNS

CORRIDOR EXHIBITION: DECEMBER 2019 - ONGOING

We are delighted to have on display, the work of Sam Burns, bringing colour to our Hospital corridor. Sam is a Staff member in our Haematology department at Cardiff and Vale University Health Board and through hard times, found a passion for making art. He now creates on a daily basis and we are delighted that Sam has offered to showcase his work for other patients, staff and visitors to enjoy.



# UNIVERSITY HOSPITAL LLANDOUGH

ORIEL YR AELWYD  
HEARTH GALLERY

## HEARTH GALLERY

During the COVID-19 pandemic, the Hearth Gallery was not always able to be open for visitors. However, we have been able safely open the physical space again and are so pleased that patients and staff can again enjoy the exhibitions.

We were delighted to reopen the Hearth Gallery in UHL with a 'With Thanks' exhibition. This was an inspiring and wonderful exhibition that focused on the importance of Art for our Health and Wellbeing and reflects on the continuous dedication of our NHS workers.

During Covid-19 we have seen a cultural shift in the way we see art and creativity within our community. Many people have nurtured their own artistic practice in lockdown and others have used it to learn new creative skills or use creativity in a way to show immense gratitude to those around us.

As an Arts team, we believe strongly in the ability of the Creative Arts to improve the everyday lives and wellbeing of our staff, patients and visitors and so we were delighted to open the Gallery again with this reflective exhibition.

This exhibition featured a wonderful collection of paintings, drawings, photography and textiles created from community response artworks and projects, donated pieces, commissions, and school projects and is still available to view via our **Virtual Gallery**.



ORIEL YR AELWYD  
HEARTH GALLERY  
*virtual*

## VIRTUAL HEARTH GALLERY

Although we are thrilled to have the Hearth Gallery back open, we also must pay consideration to those who will not be able to visit it in person, and to that end we developed and launched the Virtual Hearth Gallery. The Virtual Hearth Gallery is a new, online space for people to enjoy the fantastic pieces contributed by our network of artists from the safety and comfort of their own home. The virtual space also works to make the gallery even more inclusive as it is accessible to hospital inpatients in sites other than University Hospital Llandough as well as those unable to leave their wards. We are hosting the virtual gallery on an online platform which allows users to move around a 3-dimensional space with full control. Instructions on how to move around can be found each time you enter the virtual space.

Our first virtual exhibition was our 2020 Summer Exhibition, which featured a range of pieces by twelve artists with a variety of paintings, drawings, photography and prints and is still available to view on via the virtual gallery

There is a full programme of exhibitions planned for the Virtual Hearth Gallery, all of which will be accessible via this page of our website.

# UNIVERSITY HOSPITAL LLANDOUGH

## POSITIVE REFLECTION FOR STAFF WELLBEING – CREATIVE INSTALLATION

In collaboration with Arts Activities Coordinator Natalie McCulloch on Ward E8 of University Hospital Llandough, The Arts for Health and Wellbeing team are inviting NHS Staff to write a short reflective piece about the positive experiences they have had during the uncertain time of Covid-19. Amongst much sadness and uncertainty, there are also extracts of everyday life that we have been able to enjoy and appreciate far more than we used to.

We will be collecting responses from across all Cardiff and Vale University Health Board sites via our website and will use the responses to create an ongoing installation display, based in the open plan Plaza Space at University Hospital Llandough.

The written responses will be handwritten onto colourful cut out pieces of paper and added to the walls, eventually creating a large scale rainbow on the walls of the walk through space creating a visually pleasing and uplifting environment.

To take part and send us your positive messages and responses, please follow the link below. Your responses will help shine a light on the positive aspects within these uncertain times.

## NUCLEAR MEDICINE DEPARTMENT

We are fortunate to have ongoing positive relationships with many Artists and art organisations, many of which donate their work to help us brighten our spaces for patients and staff. A wonderful example is the Nuclear medicine department which has been transformed by the addition of some original pieces of art work.

*“What previously were bare walls that created a very clinical setting is now a comforting environment. The numerous pieces of art work that were gifted have allowed every corner of the department to benefit from visual escapism. Due to the enormous generosity of the WAA members we were able to extend this to other areas of Radiology in UHL as well as the Nuclear Medicine department at UHW who also underwent a refurbishment at the same time. We often encounter anxious patients who are facing an uncertain future as well as those who require distraction from the procedure at hand. The addition of these stunningly picturesque scenes and captivating creations have offered an additional platform for patients and staff to converse and we have already received many a comment and questions about individual pieces. I wish to offer my heartfelt thanks to the WAA, their creative skills are only out done by their incredible generosity.”*

*Nicola O’Callaghan, Supt Radiographer*

## IS IT A SCIENCE OR AN ART?

FEEDBACK FROM FOUR IN FOUR



In 2020 Tamsin Griffiths & Paul Whittaker (Four in Four) combined their artistic voices to create a multi-discipline Visual Arts exhibition, *Is it Science or Art?* at the Hearth Gallery situated in Llandough Hospital, Cardiff. The exhibition comprised of sixteen original pieces of work based on their experiences as service users to explore the provocation - is Psychiatry a Science or an Art? – and elucidated how the creative arts can assist in communication, and in the healing and recovery process for patients.

Medical staff were fascinated by the exhibition. Dr Mohammed Khan, an on ward Psychiatrist, stated that as a result of the exhibition he now included the question in his patient assessment as well as making other changes to his patient practice.

The purpose of the project was to learn how to adapt Four in Four’s practice to meet the needs of the cystic fibrosis patients & staff both in the hospital and in the community so that they can access the arts; as well as exploring and developing ways to fit appropriate arts activity within the operations of the ward.

*“Living with Cystic Fibrosis and Bipolar disorder means that I spend long periods of time in hospital, every six weeks I have to go in for treatment when all I want is to be at home with my family and keeping myself sane with Taekwondo... but it’s a necessity. When I met Tamsin & Paul I was having a really bad day and felt really low. By the time they left I felt so much better. I have never laughed so much in my life. Most people stigmatise people with CF as lazy and it feels embarrassing because we aren’t, we are just exhausted. When Paul and Tamsin came to do the Human-Kindness project it was so nice to have people to talk to and listen to what I had to say and express. Because they were so open and non-judgemental I was able to communicate who I am and my circumstances and I felt they truly understood CF and my bipolar. I felt I was able to express, offload, let our imaginations go into all sorts of places, laugh and talk about the things I have been through.*

*I would engage with any Arts & Health project that Tamsin and Paul do in the future in and out of a hospital environment.”* Patient living with CF & Bipolar

# UNIVERSITY HOSPITAL OF LLANDOUGH

## HARP SPRINT: RENGARIFIC

We responded to a Y Lab/ NESTA call out at the beginning of lockdown to take part in a Wales wide arts in health project focussing on the virtual delivery of arts interventions as a result of the COVID-19 crisis. As many of our ongoing and planned hospital and community based projects were placed on hold, the need for continued support via the creative arts for vulnerable patient cohorts during lockdown was already identified. The timely project with Y Lab offered an ideal opportunity to explore the delivery of creative arts in new ways, and in collaboration with people working in a variety of creative fields and within the Arts in Health sector.

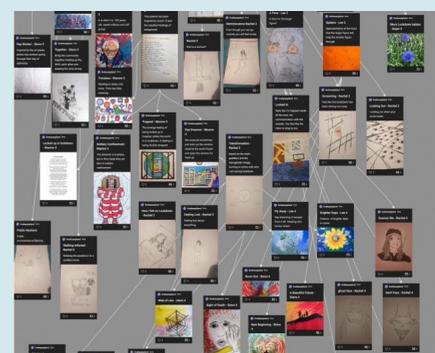
We designed and delivered an innovative, virtual arts intervention in collaboration with the Neuropsychiatry Day Unit at Hafan y Coed, and also to two groups of veterans and community members at the Veterans and Community (VC) Gallery in Pembrokeshire. Rengarific offered an opportunity to discuss feelings, thoughts and inspiration and to build connectedness and feelings of togetherness during challenging times, and was thoroughly enjoyed by everyone.

### Comments from participants, Neuropsychiatry :

“The group got me out more and interacting with things more during lockdown which brought my mood up a lot instead of just constantly hearing about coronavirus which is a drag, so that was huge. I’ve never really been into art as through school it was just drawing and that’s not my forte but with what we’ve done here expanded on that for me and gave me so many more avenues to go down which took the stress out of it and allowed me to be more creative (clay/paint/photos) which actually made me quite the fan of art in the end and will continue to be.

### Feedback from Staff Members, Neuropsychiatry Department

“The Rengarific art project has been a very positive experience for attendees and staff at the Neuropsychiatry service. Prior to lockdown we ran a variety of weekly support groups including a creative project group. Lockdown inevitably brought this to a halt along with some of the benefits that came with it i.e. an opportunity for peer support, social cognition, cognitive stimulation as well as creative thinking and exploration.



## WAYFINDING ARTS IN HEALTH PROJECT: HAND THERAPY OUTPATIENTS, UHL

Staff members in Occupational Therapy, Hand Therapy Out-patients at University Hospital Llandough worked closely with artist Robert Kennedy to design creative way-marking for their department in a project supported by Cardiff & Vale Health Charity,

Helen Petherick, Occupational Therapy:

“Utilizing the Kings Fund Environmental Assessment Tool, we identified the need to improve the way-finding and appearance of the department. We worked as a team developing the type of signage required, taking into account the needs of our patients. It was agreed a visual representation would be helpful and the development of “Hands to Lead the Way” became established.

With support from Cardiff & Vale Health Charity we were able to work with artist Robert Kennedy, who provided advice, encouragement and patience throughout the process, and this was extremely appreciated. The experience of working together in partnership with the Arts Team and Robert was unique and a thoroughly enjoyable venture. It has produced an excellent outcome for patients, staff and all who participated in the process.”

Robert Kennedy :

“Staff members collaborated at every stage of the project, including discussions around how best to direct patients clearly to Hands Physiotherapy and incorporating easy to read, meaningful visuals. Silhouettes of the staff members’ hands are featured in the guiding logos for the wall and the branded stickers. This project was a big ask on top of the staff’s regular duties, but they certainly have energised and clarified the area in which they work. It was an honour and a pleasure to work with the department”.

Robert Kennedy has worked as an artist since 1984 through collaborative, supportive and community based projects in a variety of materials and media, creating artwork for public spaces and interiors.



# RUBICON DANCE COMPANY

Cardiff and Vale UHB's partnership with Rubicon Dance, which is funded by the Cardiff & Vale Health Charity, has been running for a number of years and provides older patients with the opportunity to engage in fun physical activity to enhance their health and wellbeing. Many patients are at risk of physical and mental health decline while they are in hospital and it is well documented that song and dance can help to improve their mood while encouraging them to move. The highly acclaimed project has been led by the multi-disciplinary team in the Mental Health Services for Older People unit, in partnership with Rubicon Dance, and has proved extremely successful with patient outcomes carefully monitored through a method called dementia care mapping. Prior to the COVID-19 pandemic, the groups took place in wards and units across the UHB and also in community settings.

Now, in order to ensure continuity of service, the sessions have been taking place virtually as Rubicon Dance produced a series of videos for use on the wards as well as the Health Board's rehabilitation website, <http://www.keepingmewell.com>

The positive impact of the sessions continue as they give patients the opportunity to interact and dance together, albeit in a COVID-safe environment. Funding from Arts & Business Cymru has meant that this vital programme of work has been able to continue. The partnership and success of the project has been recognized by a number of prestigious Arts organisations, most notable the recent Arts & Business (A&B) Cymru Awards 2020 where this partnership scooped a much coveted award at the ceremony which took place virtually on Friday 9 October with an online audience of hundreds of guests from across the globe.



“Kathryn Williams, Director of Rubicon Dance, said, “Cardiff and Vale University Health Board and Cardiff & Vale Health Charity are committed supporters of Rubicon’s Dance in Health Programme, and this has seen the partnership between us deepen over the years. It is wonderful to see how patients have reaped real benefits by taking part in our dance activities and working together has significantly contributed to the sustainability of this important aspect of Rubicon’s work.”



## BARRY HOSPITAL

## NEW EXHIBITION SPACE



In February 2020 we created a new exhibition space at Barry Hospital to showcase art created by local artists, providing an opportunity for staff, patients and visitors to take time out and relax. Our first exhibition features work from Vale of Glamorgan Artists, VoGA.

VoGA, founded in 1997, aim to create a greater awareness and accessibility of the visual arts through exhibitions, open studios, charitable activities and community events. Members of the group live across the Vale and work in a variety of different art mediums including Fine art painting, printmaking, sculpture, photography, textiles, ceramics and wire sculpture.

## REMINISCENCE SESSIONS: SAM DAVIES WARD

The Music for Health and Wellbeing sessions on the Sam Davies Ward in Barry Hospital began in September 2016 facilitated initially by Person Centred Creative Practitioners Katja Stiller and Ruth Bradshaw. Many of the patients on the ward suffer from dementia. Since 2017 up until the present these sessions have continued to bring the pleasure of singing reminiscence songs to hundreds of patients on the ward with weekly music sessions. Music has been shown to improve the mood, memory and overall quality of life in people living with dementia.

Since the pandemic Ruth has adapted the music sessions which she now facilitates virtually. Patients use hand held percussion instruments to join in with the music she plays on different instruments and they are also encouraged to do some gentle movement exercises to music.

The staff on the Sam Davies Ward have amazing feedback for these sessions,

'This service is invaluable for my patients' mental health and wellbeing. Many of our elderly, frail patients have been in hospital for prolonged periods and can be anxious and low in mood. I note a very positive impact from music for health and wellbeing, bringing people together for a brief period and allowing them to interact together. For our dementia patients, who have very limited methods to communicate, music is of enormous clinical benefit.'

Dr Lisa Beynon

# CARDIFF ROYAL INFIRMARY

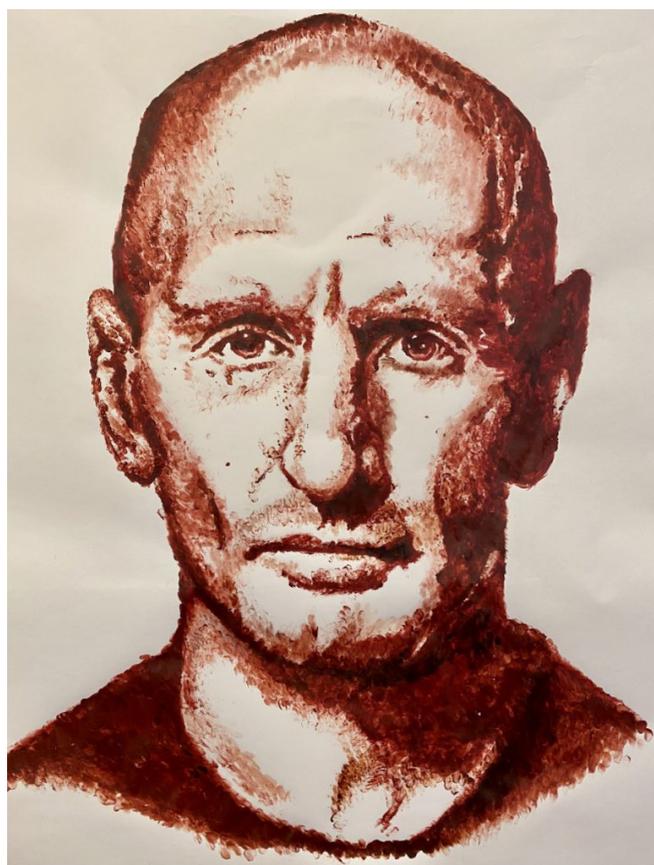
## PRIDE

We commissioned Nathan Wyburn to create a special artwork to celebrate Pride, and Gareth Thomas agreed to be the subject of the painting in recognition of his relationship with the Sexual Health Clinic in Cardiff Royal Infirmary

In September 2019, Gareth announced that he was HIV positive with undetectable status meaning that he is not infectious. Following his diagnosis, Gareth receives regular treatment and counselling from the Department of Sexual Health at Cardiff Royal Infirmary and credits the team at the clinic for their care and compassion, helping him through such a difficult period in his life, enabling him to come to terms with his diagnosis and encouraging him to look forward to the future with pride.

**Rachel Drayton, Clinical Director for the Department of Sexual Health said:**

**“It’s great to see Gareth doing so well. He’s such a great role model to many, using his professional status as a platform to champion issues close to him, such as LGBTQ+ equality, mental health and raising awareness about HIV. We hope displaying this artwork inspires others to go forward with strength and hope for the future.”**



## ADULT EATING DISORDER SERVICE

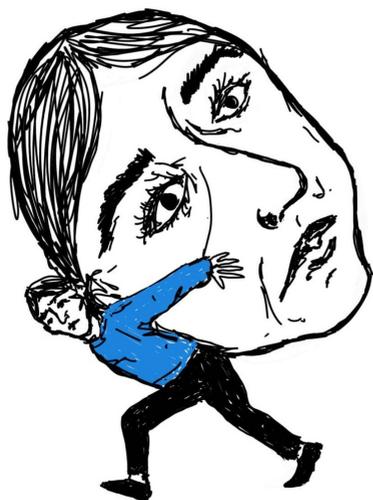
We commissioned Katja to redesign the website for the Adult Eating Disorders Service (Cardiff and Vale UHB) with participants who are experienced service users which started at the beginning of March. Although, we are not funding the website itself, we are providing funding for these sessions and the creative content on the site.

In times of crisis many of us feel powerless and emotional. The workshops give an opportunity for a shared experience, and a space to explore and process the situation we are in, to step back and regain some stability. We use a person-centered, non-judgmental approach, ask open questions, how the participants are feeling and encourage their input throughout the project. We actively listen, respond to any event or request, celebrate creative achievements and remind each other of our strengths and positive coping mechanisms. After an initial check in we offer a five minute mindfulness meditation or relaxation activity, followed by creative writing.

The shared experience of lockdown has brought the group closer together.

This pandemic is unprecedented and has created fear, many struggle with sleep and feel stressed, taking control over the creative process has increased the participant's confidence and self-esteem and given us all a meaningful focus. All of the participants understand what it is like to live with an eating disorder. The work they create is insightful and of a very high standard and will reach out to many seeking help. We are looking forward to launching the website and to exhibit the work to mark eating disorder awareness week in March 2021.

It's not the weight.



It's the mind.

### KEY OBSERVATIONS:

*I've found this group so helpful especially during the lockdown as it gives me something to look forward to and helps me get out of bed on a Monday morning. I love spending time with the other people involved, it feels so good to be able to help redesign the website for the NHS.*

*I am so grateful for this group; it is definitely something positive during lockdown.*

Creative Insights is delivered by Tanio, an Arts Council of Wales portfolio client, who are committed to igniting creativity, community and change.

# MUSIC TO OUR EARS

# ST DAVID'S HOSPITAL



WELSH NATIONAL OPERA



The Welsh National Opera has always been at the heart of our music programme offering interactive sessions in ward spaces.

As this is no longer a possibility, we are working with the team at Welsh National Opera and Mental Health Matters to provide courtyard sessions for patients to enjoy, a festive concert and also virtual sessions for patients to enjoy via smart TV technology. The interactive sessions have been extremely successful. They worked with our Mental Health Matters colleagues Anne and Rebecca to delivery the sessions.



Anne and Rebecca had a tablet each and went around two wards spending great amounts of time with each person and it allowed the performers to say hellos and have a little chat, introduce a song directly and then perform. Every patient gave really lovely feedback and told us they were really enjoying it, and thanked the performers for 'spending time with them'. There was lots of applause and we could see lots of mouthing along to the songs!

As an addition, the WNO provided opera themed craft resources that can be made and used in each session as props, which adds that extra touch for the patients and staff.



April Heade of the Welsh National Opera said “We reached about 16 patients in the initial session with, plus around 4 staff who had a little look. There was even a husband and wife on the same ward who told us they sang with WNO Community Chorus a few years ago so that was a lovely connection...we will be reaching more people in subsequent sessions as we will be introducing the sessions to a third ward area.”



The Welsh National Opera also kindly recorded some festive songs for our patients and staff to enjoy over the Christmas period.



## WALES AND AFRICA



The Arts for Health and Wellbeing team recently worked on a project highlighting the amazing work done by the Cardiff and Vale UHB in collaboration with other partner organisations and the Welsh Government on the Wales and Africa Programme. The UHB has a multidisciplinary Co-ordinating group which over sees and supports our partnerships in Sub-Saharan Africa, we are very proud of our work initiatives of sharing skills, establishing positive and collaborative working relationships and helping to build stronger communities in Africa.

We wanted to share the good work that has been and continues to be done with our patients and staff and have identified a space in UHW to utilise as a permanent exhibition space for wonderful pictures of some of the Wales and Africa work as well as information Boards on the projects. This has been made possible by funding from the Arts for Health and Wellbeing Programme, along with a generous donation from Amazon UK.

We look forward to displaying the work and watching the Wales and Africa programme continue to grow and flourish.

## BLACK, ASIAN AND ETHNIC MINORITY AGENDA

The Black Lives Matter movement has highlighted to us all the issues and barriers faced everyday here and abroad by our Black, Asian and Minority Ethnic (BAME) patients, colleagues and friends.

It has also drawn our attention to the many ways in which we need to continue to progress and change to remove these barriers. We recognise that issues exist here in Cardiff and the Vale of Glamorgan, not just elsewhere and we stand in support of our BAME colleagues and against all racism, and prejudice or discriminatory behavior.

Staff from the BAME community play such a fundamental part in, and make a vital contribution to, the NHS in Cardiff and the Vale of Glamorgan across general practice, community, mental health, our hospital services, and across commissioning. We are very proud of their work and commitment as part of the wider NHS team. Without this contribution, we would simply not be able to offer the level of patient care and services which patients in need.

We understand the importance of leading by example to embed positive change and retain the confidence and trust of our BAME colleagues. We want to commission art projects to provide messages of support, respect and to reaffirm our commitment to continue to work with our staff, colleagues and provide support as part of our collective commitment to equality, diversity and inclusion for all, not just while this is so prominent in the media, but every day. We put out a call to artists to submit proposals in order to help us do this and look forward to unveiling the completed projects in 2021.

# MUSIC TO OUR EARS

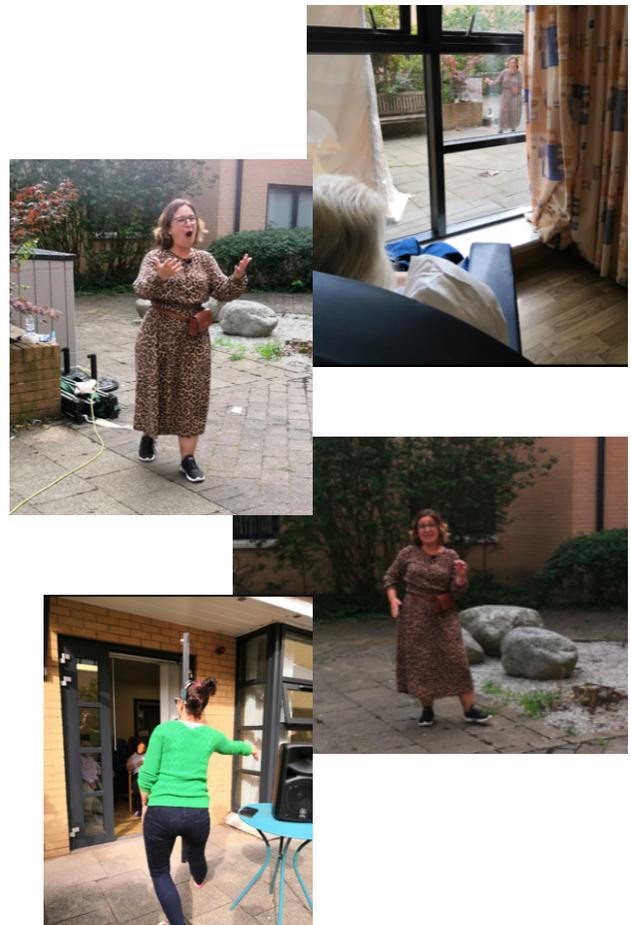


Due to COVID, we have had to adapt the way in which we offer music to our patients and staff. Historically we have been able to invite musicians into our clinical spaces to enhance the patient and staff experience whilst in hospital, however we need to look for new and innovative ways to keep our music programme working well and safely for everyone. We work with a number of partner organisations to provide our music programme to patients.

## THE FORGET ME NOT CHORUS

The Forget Me Not Chorus have provided some outdoor concerts for patients and staff at St David's Hospital in conjunction with the Mental Health Matters team. They utilised a courtyard space to perform, that can be overseen by patient rooms on the upper floor. Staff wheeled patients to the windows and opened them to ensure that the music could be heard and appreciated. These concerts have been so appreciated by patients who, due to COVID were not having visitors and they looked forwards to these sessions.

The Forget me not Chorus are also supplying musical DVDs for our elderly patients to enjoy and play over the festive season and offering virtual sessions for everyone to enjoy. We have ensured that our patients have access to technology and assistance to use it so that they can enjoy all the virtual music sessions.



## HARMONI CYMRU

Harmoni Cymru have been instrumental in allowing us to offer ward based music to our patients and staff, and even though restrictions have meant that ward performances have been unable to continue, Harmoni musicians have continued to work with us throughout lockdown. They have provided DVD's and online resources as well as the Creative Break sessions for staff and patients at Lakeside UHW. They have also recorded festive music for our patients to enjoy at their leisure throughout the festive period.

## NATHAN WYBURN

Nathan Wyburn is a proud patron of Cardiff and Vale Health Charity and has created a number of wonderful pieces of art for Cardiff and Vale UHB and the wider NHS. We also commissioned Nathan to create a mosaic of Welsh NHS staff photographs to mark International Nurses Day (May 12). Together, the tiles make up a larger portrait of nursing pioneer Florence Nightingale. This year marks the 200th anniversary of her birth – a day which has come to be observed around the world each year as a celebration of the important contribution nurses make to society.



This year's event carries extra significance, with medical staff engaged in a worldwide struggle to save the lives of patients who are seriously ill with Covid-19. Nathan's portrait, then, not only honours the founder of modern nursing, but all those who are currently working on the coronavirus front lines. To create the Florence Nightingale portrait, he used 100 pictures of nurses who work for Cardiff and Vale University Health Board.

We are very proud of our collaborations with Nathan and we are sure that we will see more work by Nathan around our hospital sites in the future.

## PRIDE: TOGETHER WE MOVE MOLLY MAY LEWIS



Artist Molly May Lewis, who is part of Cardiff & Vale Arts for Health and Wellbeing team has created a special installation named "Together We Move" to celebrate Pride Cymru 2020 which showcases the ongoing support and importance of inclusivity at Cardiff and Vale University Health Board.



The installation consists of 40 individual screen prints mounted onto wood and displayed in handmade frames.

*"Ultimately "Together We Move" symbolises individuality but also the coming together as we continue to create a more inclusive society. With reference to the Pride Progressive Flag, my work highlights the importance of a community that has, and is, making great progress but not forgetting that together we must continue to keep moving forward."*

Molly May Lewis - Artist

*"We are so pleased that Molly has produced this work for us. Molly has been an integral part of the Health Board's Pride celebration for a number of years and we wanted to ensure that we remained innovative for this year's Virtual Pride and continue to support our creative practitioners."*

Simone Joslyn, Head of Arts at Cardiff and Vale University Health Board

# MENTAL HEALTH



## GREEN RIBBON FESTIVAL

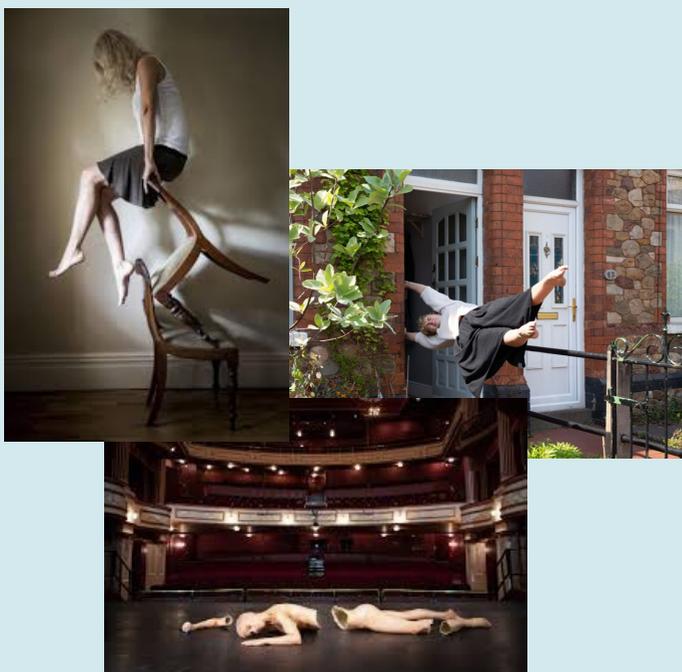
Funded by the Arts Council of Wales and the Baring Foundation, the Green Ribbon Arts Festival is a brand new event in Wales to promote how the arts can prevent mental ill health, challenge perceptions, and improve artist's networking. The event is 'powered by the Mental Health Foundation'

The Mental Health Foundation (MHF) has a vision of good mental health for all. It works to prevent mental health problems. It wants to drive change towards a mentally healthy society for all, and support communities, families, and individuals to live mentally healthier lives, with a focus on those at greatest risk. It is also the home of Mental Health Awareness Week.

The Green Ribbon Arts Festival has been showcasing the work of artists and practitioners who support people with mental ill-health, whilst also ensuring that the support needs of artists working in the arts and health field are met. The festival included networking sessions, hosted by the Wales Arts Health and Well-being network to support creative practitioners and organisations through research, advocacy and training, whilst exploring the affective support needs of creative practitioners working in Health and Wellbeing settings.

We have been so pleased to have the opportunity to contribute to the wonderful work this festival is doing by raising awareness of Mental Health conditions. We recently hosted the wonderful visual artist and photographer Suzie Larke. Her exhibition, Unseen, is an exhibition of new conceptual photography which gives those with mental health experiences a way to translate their experiences and communicate what's difficult to verbalise through imagery and a visual language.

Unseen conveys the message that mental health experiences, that might be considered beyond articulation and comprehension by others, are something that can be shared and acknowledged by the outside world and need not be suffered in isolation. The exhibition shows insights into a world as seen by a group of co-creators, visualising the struggles they may face on a day-to-day basis. The viewer observes an emotion or an experience, rather than simply capturing a moment in time.



**I work as a palliative care consultant in Llandough Hospital. I find the art displays on the corridors and in the gallery are like a 'recharge' between patients, and am often stopped in my tracks between wards when I see an exhibit that is striking in some way or another. A recent example is Suzie Larke's work on isolation, which I found really hit home. Many of my patients have struggled being at home during Covid-19, and when I have done video consults with them it became clear that they had not spoken to anyone for a long time.**

**Dr Mark Tauber, Clinical Director Palliative Medicine and Honorary Senior Lecturer**

## THE RECOVERY AND WELLBEING COLLEGE

The Arts team are really pleased that two bids for funding from the staff lottery Panel have recently been agreed that allow the Arts for Health and Wellbeing Team to work with the Recovery and Wellbeing college.

The Cardiff and Vale Recovery & Wellbeing College provides free courses on a range of mental health and wellbeing topics - available to people who are currently using or have used mental health services, their carers, and mental health workers in the Health Board, Local Authority and Charitable Sector.

Underpinned by the principles of recovery and co-production, the Recovery & Wellbeing College is flexible and has an educational focus, with the promotion of wellbeing at its core.

The first bid was to commission a singer with experience of delivering to people with mental health challenges to work with a peer professional trainer to provide a course. A singer has been found that has experience working with people who have dementia and or who are recovering from strokes. The course will teach participants strategies from singing such as breathwork, emotional regulation and being part of a group building social skills, self esteem and confidence. Courses are available for all staff, people with lived experience of mental health issues and their carers.

The second bid was to fund two tutors to deliver mental health and wellbeing courses to patients, staff and carers at the recovery college. The funding is for art materials to allow students to participate in virtual activities during Covid. Both of these projects allow the Arts team to further develop and strengthen our community based workstreams and allow our messages on Arts for health and wellbeing to grow beyond budgetary restraints of the Arts team.

**Hannah Morland-Jones of the Recovery College said “this is a great opportunity to widen the courses on offer in the Recovery College, engage service users across the age range and to improve the wellbeing of staff, service users and carers through the arts. Without the Health Charity we would struggle to fulfil our ambitions to deliver a really wide range of courses or to recruit people who have such unique skills to offer our students.**



Cardiff and Vale  
**Recovery &  
Wellbeing College**

## OUR AMBITION FOR 2021-22

- Build on the success of the 2020 programme, continuing to develop our virtual programmes alongside reawakening projects with a physical presence in clinical spaces.
- Commission art for the transfer of services from Rookwood Hospital, to University Hospital Llandough.
- Utilise Art to promote the celebration of the 25th anniversary and to proactively engage in the Future of Health and Wellbeing Centre at Barry Hospital.
- Commence an Executive Woodland House Art programme to embed the Arts programme in service provision and change
- Work with the Cardiology team to assist in providing a stimulating and way finding element to the corridors of their newly refurbished areas in UHW.
- Continue to work with the National Museum of Wales to improve our clinical spaces.
- Look at income generation for the Arts fund.
- Commission some inclusion arts projects.
- Work with our third sector organisations to promote creativity and art provision in our communities.
- Explore opportunities for areas of reflection across our Hospital estates.
- Work with new partners, such as Wales Millenium Centre to continue to find ways to engage our communities.



*Manon Bradbeer*

# REFLECTIONS

Using art to thank healthcare staff for their efforts and sacrifice is something that many members of the public have relied upon in lieu of being able to do anything in person other than a weekly round of applause.

It feels as though you're unable to walk down a street without at least one house proudly displaying its resident's thanks in the front window. This communal expression of gratitude is something that the arts team wanted to replicate and has been a central driving force for the work that has been undertaken recently.

A second objective has been to ensure that patients continue to benefit from the arts wherever possible and, crucially, that their wellbeing is not negatively affected from an abrupt cessation of the various programmes into which they had been enrolled which could potentially lead to a reduction in movement or an increased sense of isolation while in hospital.

Chief Executive of the University Health Board, Len Richards said

"We are really proud of our Arts for Health and Wellbeing programme at Cardiff and Vale University Health Board supported by Cardiff & Vale Health Charity.

Since its inception the Arts team has helped bring the arts to our patients in both hospital and community settings, enhancing their healthcare experience and providing respite from clinical environments. The Hearth Gallery in UHL has played an integral part in this, we are the only healthcare provider in Wales with an Art gallery in a hospital setting and it is an invaluable resource for both patients, staff and members of the public.

I visit the gallery and the Plaza exhibition space whenever I am in University Hospital Llandough and never fail to feel uplifted by the sight of the amazing artwork that we have on display there, I always take a moment to stand in the gallery and reflect.

During these challenging times, it has never been more important to provide spaces that are calm and tranquil and allow our patients, staff and volunteers to escape the immensely busy and often emotional hospital environment. I am really pleased that our Arts programme are continuing to provide cultural stimulation and solace to all of us despite the current challenges we are all facing. I always look forward to the next exhibition and am thrilled that we are also providing art projects across all our estates and into the community"



If you would like any further information on any of the projects mentioned in this report or future collaborations, please contact us via email on: [Alex.staples2@wales.nhs.uk](mailto:Alex.staples2@wales.nhs.uk)



Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



# WITH THANKS TO



Cardiff and Vale  
Recovery &  
Wellbeing College



FORGET  
ME NOT  
CHORUS

Supporting people with dementia and  
their families through the joy of song



Arts  
& Business  
Cymru

ORIEL YR AELWYD  
HEARTH GALLERY  
*virtual*



HARMONI  
CYMRU



RUBICON  
DANCE



WELSH  
NATIONAL  
OPERA  
CENEDLAETHOL  
CYMRU



Cyngor Celfyddydau Cymru  
Arts Council of Wales



ORIEL YR AELWYD  
HEARTH GALLERY





SPECIAL THANKS TO ALL THE WONDERFUL, TALENTED ARTISTS WHICH WE HAVE HAD THE PLEASURE OF WORKING WITH OVER THE PAST 12 MONTHS.