



Cardiff Royal Infirmary Newsletter January 2023

Published by the Arts for Health and Wellbeing Programme as
part of *Cardiff Royal Infirmary; People, Place, Future*

About the Project

The Arts for Health and Wellbeing Team at Cardiff & Vale Health Charity secured funding and support from the Arts Council of Wales from the new National Lottery Arts, Health and Wellbeing Fund. The project aimed to re-frame a deeper, more accessible relationship to NHS services for all, through the creative arts and to people in their communities at Cardiff Royal Infirmary. The team are grateful for the opportunity to work to create a template to embed the creative arts in wellbeing health services and to provide a platform for all to engage in the creative arts and the numerous wellbeing benefits this can bring.

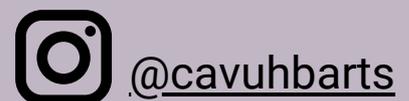


CARDIFF ROYAL INFIRMARY
2021-2022
CELEBRATING THE ARTS FOR
HEALTH AND WELLBEING
PROGRAMME



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Cardiff Royal Infirmary Newsletter

January 2023



Duke AI Delivers Poetry Writing Sessions in Collaboration with Links Community Mental Health Service

Letters to Us was a highly successful and effective arts project which not only developed participants' skills in poetry writing, but gave them the tools to further understand their mental health condition and introduced them to new wellbeing strategies. Sharing personal stories through poetry writing built confidence throughout the course, and provided understanding of other participants mental health. [Find out more](#)



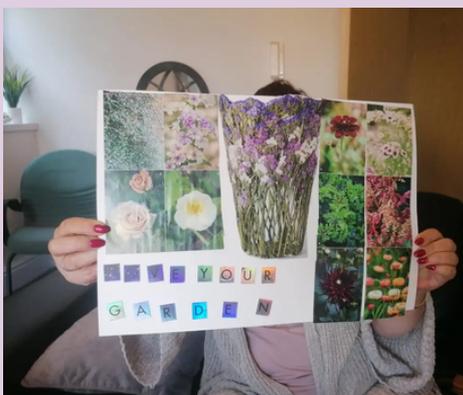
Gweld

The Arts for Health and Wellbeing Team were delighted to commission Haf Weighton and Dewi Tannatt Lloyd to conceive and work on a project, GWELD (See) which used art and photography to widen the experience of Cardiff to a group of clients that attend Oasis using imagination and real experience of the service users at Oasis. [View the online quilt here](#)



Collaboration with the Wales Millennium Centre

We were proud to support artist and community connector, Nerida Bradley, to build new relationships with vulnerable and marginalised groups within our communities with the aim of discovering any hurdles which may exist for vulnerable young people to access our services. [Read more here](#)



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January 2023



The Health Charity Team visit Beloved Cardiff Royal Infirmary Painting at RMA Sandhurst

Many current and previous members of staff and patients of Cardiff Royal Infirmary will fondly remember the painting '*Care of Wounded Soldiers at Cardiff Royal Infirmary during the Great War*' when it hung by the Infirmary's main entrance. During the renovation of Cardiff Royal Infirmary, the Queen Alexandra's Royal Army Nursing Corps Association (QARANC), kindly offered to pay for the refurbishment of the painting and to house it on loan at the Head Quarters of the Army Medical Services in Camberly, where it can be deservedly cared for, protected and researched. [Find out more here](#)

HOSPES

The Arts for Health and Wellbeing Team were delighted to launch '*HOSPES*', an immersive, site-specific installation and online portal created by award-winning composer & multimedia artist John Meirion Rea, in collaboration with cinematographer and photographer, Huw Talfryn Walters. The installation was sited on the first floor of the renovated Capel i Bawb in October and the stories shared by the community are still available through the online portatl. [Click here to view the digital legacy](#).



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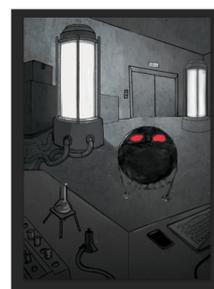
The Staff Lottery Bids Panel are pleased to approve several bids from staff at Cardiff Royal Infirmary. To submit a bid for Cardiff & Vale Health Charity's Staff Lottery or to become a lottery member to be in with a chance of winning £1,000 on each weekly draw, [please visit our website.](#)

Tredegarville's Tales

Funding from the Staff Lottery was granted to create a book from Daniel Buck's workshops with year 5 students at Tredegarville Primary School, which focus on developing storytelling and creative habits drawing inspiration from the local community around Cardiff Royal Infirmary. [The digital book is now available here](#)

Robobot 2.0

Robobot 2.0 was created under big men by a mad scientist. They were able to escape the mad scientist and flew to Cardiff and stole a mansion named the Cardiff Royal Infirmary. Robobot did this because they needed space to do experiments on humans and animals and so they could plan great things. One day they met someone named Mr Chetta in front of the mansion. After a little talking Mr Chetta joined Robobot's side enthusiastically. Robobot and Mr Chetta did experiments on some humans and they got hold of a thing, a rectangle that could turn on. Mr Chetta said "It's a phone." Robobot asked "How does it work?" and Mr Chetta said "It's hard to explain. I'll explain later." When they were at the lab experiment the phone made a beeping noise but only Robobot heard it. It made them feel weird but they thought nothing of it. When the experiment was finished there was a crashing sound from the roof and Robobot shouted "STOP!" The door creaked open and in the doorway stood... MR HOPPS! The so-called 'best hero in the world'. He got this idea by destroying the 'best villain in the world'. HESTER Dester had terrorised the world by bombing every place he went to and leaving everything destroyed, but Mr Hopps was able to take Dester down by using his superpower: telekinesis. In a battle in the city of Boston he had made buildings crash into Dester, defeating him for good.



Robobot in their Laboratory. The phone they found it on the desk. Do you think you could explain to a robot how a phone works?
Character illustration by Click, Age 10.



Art for SARC – Phase 2

In the recent Staff Lottery Bids Panel Meeting, Phase 2 of the 'Art for SARC' project has been approved to install wall vinyls at the Paediatric Area of Ynys Saff. Following regional SARC developments, Ynys Saff is already the Paediatric Hub for South East Wales for clients under the age of 14 who have experienced acute sexual assault. [Find out more here](#)

Nominate for a Portrait

In 5th July 2023 the NHS celebrates 75 years of service. It's our hard-working staff who make the NHS, so to celebrate this milestone renowned artist Harry Holland will work in partnership with Cardiff & Vale Health Charity's Arts for Health and Wellbeing Programme to paint a portrait of ONE member of #TeamCAV. [Click here to make a nomination](#)



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January 2023

Recent News

Donations Needed for CAVHIS

In February, four volunteers from Cardiff and Vale Health Inclusion Service (CAVHIS) are travelling to Calais and Dunkirk offering on-the-ground first aid support to displaced people living in makeshift camps in Northern France. If you would like to donate any items, such as clothing or medication that could support those living in the camps, the team would greatly appreciate it. Items for donation can be dropped off at the Porter's Lodge on the ground floor of CRI, at the main entrance.



Winter Homeless Drop-In Clinic

Between 9th January and 31st March 2023, there will be a doctor and nurse on site from 9am -12pm to provide advice and treatment for urgent healthcare needs. This service is managed by CAVHIS and will not have any pre-booked appointments.

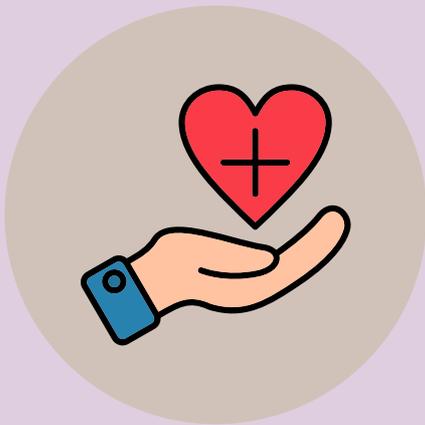
Monday - Ty Ephraim

Tuesday - Huggard/ Tresilian

Wednesday - Ty Ephraim

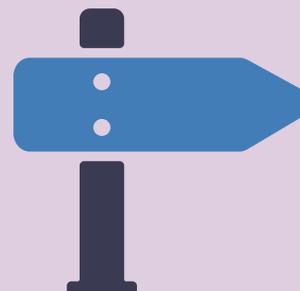
Thursday - Adam's Court

Friday - Huggard/ Tresilian



GP Winter Provision Location

Staff would like to politely remind you that the GP Winter Provision is based in Outpatients at the rear of the building (not to be confused with the Out of Hours Service!)



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January 2023



Artwork in Memory of Jan

A vinyl print has been created for display at the Neuro Rehabilitation Centre in memory of Janice Davies. Jan's daughter Sarah, and family, raised the funds for the print and, with the support of the Arts for Health and Wellbeing Programme and Cardiff & Vale Health Charity, worked with Grosvenor Interiors to design a wall vinyl that reflects Jan's memory. If you are interested in commissioning or gifting an artwork for one of our hospital sites in memory or appreciation of someone special, please contact artsinhealth.cav@wales.nhs.uk

Ways to Support Us



Breast Centre Appeal
Afternoon Tea with Rose Fizz
1.30pm Friday 10th March 2023
Culley's Kitchen & Bar at The Coal Exchange
£25 per person
To book visit [Healthcharity.wales/events](https://healthcharity.wales/events)



Prop Appeal
Afternoon Tea with a glass of fizz
2.30pm Friday 17th February 2023
Culley's Kitchen & Bar at The Coal Exchange
£25 per person
To book visit [Healthcharity.wales/events](https://healthcharity.wales/events)



A collage of photos showing people at the Breast Centre Appeal and Prop Appeal events. The photos show people sitting at tables, eating, and socializing. There are also photos of cakes and drinks.



Logos of partner organizations: FOC, Cardiff & Vale Health Charity, GIG, and NHS.

Breast Centre Appeal and Prop Appeal Afternoon Tea

Tickets are £25 per person for each event, and include a glass of fizz, lots of lovely cakes and sandwiches and plenty of fun!

To book your tickets, please visit: <https://healthcharity.wales/events/>

NHS Online Art Auction 2023

After the success of last year's NHS Online Art Auction, we are delighted to be running the event again in 2023 with a selection of new artworks kindly donated by local artists to raise funds for the Arts for Health and Wellbeing Programme. Please keep an eye on our social media channels for more information.



As we conclude our final newsletter, are delighted with the impact we have made to Cardiff Royal Infirmary, it's staff, patients and community over the past year and would like to thank everyone who supported the project, including all who love Cardiff Royal Infirmary and who have, and will play a role in its past, present and future.