

ARTS CHRISTMAS NEWSLETTER 2021

About the Arts for Health and Wellbeing Programme

The Arts for Health and Wellbeing Team at Cardiff & Vale Health Charity, recognise the importance of the creative arts within the Health Board. The arts can, and do, have a hugely positive effect, improving the lives and the experiences of patients, service users, carers, visitors and staff, as well as those who work in the arts themselves.

Follow us on social media to keep up-to-date with the Arts for Health and Wellbeing Programme



@CAVUHBarts



@CavuhbArts



@thehearthgallery

The Impact of Art on Health and Wellbeing George's Story...

George Pope, a patient in the Stroke Recovery Service, has demonstrated the pivotal part that creating art has played in his recovery from a stroke. George has been undertaking rehabilitation to regain movement in his arms and the ability to walk again. During this time, he has used his innate passion for art to create wonderful paintings which exhibited in the Hearth Gallery at University Hospital Llandough. [Read the full case study of George's creative journey here](#)



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GIVE BACK THIS CHRISTMAS!

We are looking for volunteers to help with our Christmas collections in local supermarkets on 14th and 15th December 2021



If you can help, please contact us on:
02921 836042 or fundraising.cav@wales.nhs.uk



What's Been Going on...



Transgender Day of Remembrance - Artwork by Jaydan Alexander

The Arts for Health and Wellbeing team are currently working with Jaydan Alexander, a transgender artist on a piece showcased on Transgender Day of Remembrance, a day which aims to draw attention to the abuse and violence that is still experienced by many people who are transgender today. [Read more here](#)



Wales HIV Testing Week – Artwork by Nathan Wyburn

Artist and Cardiff & Vale Health Charity Patron, Nathan Wyburn, marks the launch of Wales HIV Testing Week with his latest commission for the Arts for Health and Wellbeing Programme. Nathan created this portrait of Mark Ashton, a British gay rights activist and co-founder of the Lesbians and Gays (LGSM) support group, using charcoal sourced from Wales. [Click here for more information](#)



Growing Flowers Down in Barry Docks

The Arts for Health and Wellbeing team were delighted to commission an innovative, arts project about the discovery of flowers in the docks at Barry, designed by artist Haf Weighton, and delivered virtually to pupils at Ysgol Gyfun Gymraeg Bro Morgannwg. [Read about the project here](#)



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The Arts for Health and Wellbeing Programme Win Cardiff Life Award

The Arts for Health and Wellbeing team are the proud winners of the Health and Wellbeing category at the Cardiff Life Awards 2021. The team were nominated for quickly adapting to changes in the sector to continue to provide accessible art and exhibitions to many local people. [Read the article here](#)



The Shine Bright Appeal Launch

Cardiff & Vale Health Charity's Charismas Campaign, The Shine Bright Appeal, invited supporting organisations to sponsor a star to light up University Hospital of Wales. The launch night invited sponsors to listen to performances from local choirs and enjoy delicious mince pies! [Sponsor a virtual star here](#)

Cardiff Royal Infirmary; People, Place, Future

The Arts for Health and Wellbeing team have secured funding and support from the Arts Council of Wales from the new National Lottery Arts, Health and Wellbeing Fund. The project aims 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.

Artwork Supporting Equality, Diversity and Inclusion for All

Three artworks, funded by NHS Charities Together, have been produced to acknowledge diverse communities throughout Cardiff and the Vale of Glamorgan and are representative of what Cardiff and Vale University Health Board offers within its services. [Read more here](#)



Commissions for John Meirion Rea and Duke Al Durham

Composer and artist, John Meirion Rea, has been commissioned to create a multi-media soundscape work, exploring the rich community in and around Cardiff Royal Infirmary. [Find out more here](#)

Duke Al Durham and his team collaborators, illustrator Dom Tsoi and visual creative Trevor Burgess are creating a unique poem and performance as part of a performative event next year. [Read more here](#)



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We' appreciate any donation you can make to the Arts for Health and Wellbeing team during the Christmas period, please scan the QR code or visit:
www.justgiving.com/campaign/artsforhealthandwellbeing



We are also extremely grateful to be considered when leaving a gift in your will.
for more information please contact:
fundraising.cav@wales.nhs.uk

Current Exhibitions

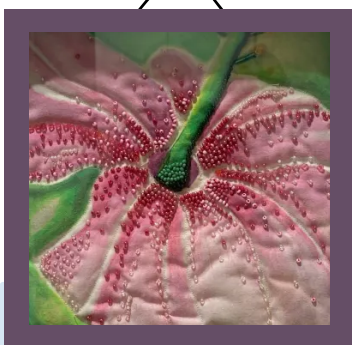


The Hearth Gallery, UHL- #ENERGY/STATE/REACTION

Berlin and New York based artist, Jenny Brockmann, exhibits the discursive performative installation: *#ENERGY/STATE/REACTION* curated by Linda Rocco and in collaboration with the Goethe-Institut London. [Find out more here](#)

The Corridor Exhibition, UHL – Bels Art

The exhibition by Jane Shipton, who started painting after developing Bell's palsy during lockdown. [Read about the exhibition here](#)

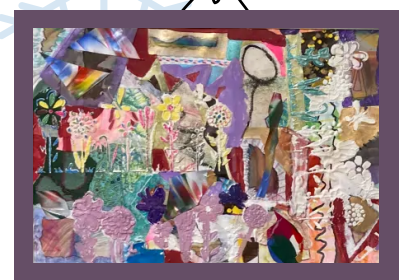


The Plaza Exhibition, UHL - So Much Gained

Showcasing artwork created by the Patient Experience Team Volunteers to highlight the importance of their role to Cardiff and Vale University Health Board, and celebrate their amazing skills and talents. [Click here for more information](#)

Barry Hospital - Creative Exhibition

The exhibition displays artwork created by members of the mental health charity, Links, and showcases a variety of photographs, collage, paintings, drawings and models. [View the exhibition here](#)



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Christmas Shop

All funds raised from sales directly support the Arts for Health and Wellbeing Programme.



Rose Drop Jewellery

Donates 25% from every sale in December 2021 to the Arts for Health and Wellbeing Programme

» [PURCHASE HERE](#)

Print Pack

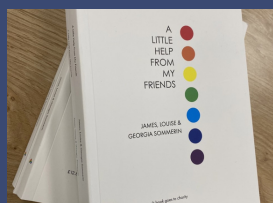
10 A5 prints showcasing the work of the Arts for Health and Wellbeing Programme
£10

» [PURCHASE HERE](#)

Online Auction

Bid to win from our selection of prints, glasswork and other goodies

» [VIEW HERE](#)



James Sommerin Cookery Book

Sharing recipes James and his family prepared for NHS staff during the COVID-19 pandemic
£5

» [PURCHASE HERE](#)

Christmas e-Cards

Send an e-Card instead and donate the cost of a stamp to the Arts for Health and Wellbeing Programme

» [PURCHASE HERE](#)

2020 Diary of Artist Nathan Wyburn

A visual diary documenting a challenging year through art
£5

» [PURCHASE HERE](#)

Challenge yourself for charity in 2022...



The Big NHS Jump

Raise funds for us by braving a skydive.
[Find out more here](#)



Cardiff Half Marathon

Run the Cardiff Half Marathon for the Arts for Health and Wellbeing Programme.
[Sign up here](#)



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