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

ARTS

FOR HEALTH AND WELLBEING

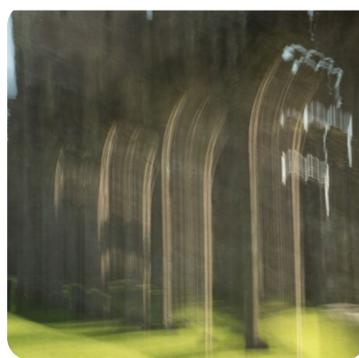
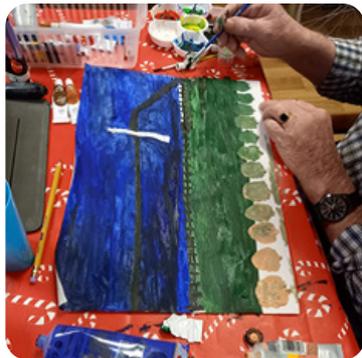


Arts Spring Newsletter 2021

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.

Though the last year has been challenging, the Arts Team have continued to work on a variety of projects, working across multiple mediums to improve hospital environments and encourage creative expression. [Take a look and the 2020 Annual Report here.](#)



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



@CAVUHBarts



@CavuhbArts



@theearthgallery

www.cardiffandvale.art

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What's Been Going on...

Lakeside Wing Collages

Nathan Wyburn, Artist and Patron of Cardiff & Vale Health Charity created two collages to celebrate the opening of the new Lakeside Wing at the University Hospital of Wales. The collages are made using photographs sent to Nathan of the site through its development. [Read more here](#)



William Dean Ford Poetry

After sharing his response towards lockdown with his weekly 'Poetry Prescription' William Dean Ford has kindly gifted a new poem to the Arts for Health and Wellbeing programme, as a reflection of the past year. [Available to read on our website](#)

Threads of Memory, The Spaces Between Us

Cardiff & Vale Health Charity commissioned and supported artist Marion Cheung to work on an innovative project, delivered to staff and patients with dementia at St. David's Hospital, Cardiff. The online sessions covered a range of expressive techniques from using collage to voice. [Read more here](#)



New Mural marks the 25th anniversary of Barry Hospital

Artist, Rose McDonald, was commissioned to create a mural of a window looking out into a peaceful, bright and colourful view. After discussion the decision was made to focus on a local landmark, the Viaduct at Porthkerry Park in Barry. [Find out more here](#)

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One Year On

A year after the first COVID-19 lockdown began, Cardiff & Vale Health Charity spent the week reflecting and sharing the achievements of the Health board and its supporters throughout the year. Numerous arts projects were highlighted during the week, including the 'With Thanks Exhibition', which highlights the dedication of Cardiff and Vale University Health Board staff during the unprecedented challenges faced throughout the pandemic. [Read more about it here](#)



Thank You for Supporting Us

Make a Donation

We appreciate every donation made to the Arts for Health and Wellbeing Programme. If you would like to support us by making a donation, please scan the QR code or click on the link:

www.justgiving.com/campaign/artsforhealthandwellbeing



Fundraise for Us

Are you interested in fundraising for the Arts for Health and Wellbeing Team?

If you already have an idea for how you'd like to fundraise, please get in touch! We'd love to be able to support you and provide any help we can.

Email us at: fundraising.cav@wales.nhs.uk

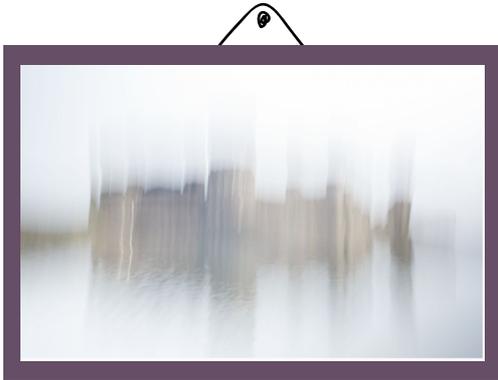


We are thankful to all gifts in wills that have supported our Arts Programme. If you are interested in leaving us a gift in your will, or using our free online will writing service with Farewill for Health Board staff, [please click here](#).

www.cardiffandvale.art

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Current Exhibitions



Plaza Exhibition Space UHL- *The Female Interpretation*

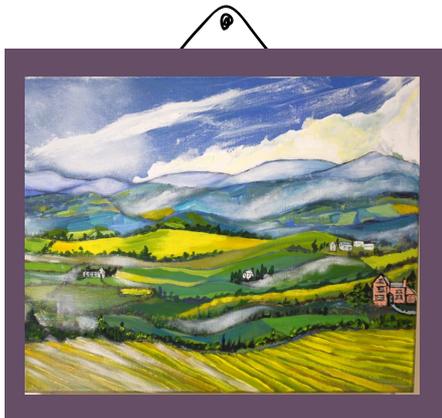
A group exhibition by three local female photographers who all share interests in the subjects and themes of architecture, creative wellbeing and the Welsh landscape, all through experimental and professional photography.

[View this exhibition in the Virtual Gallery.](#)

Corridor Exhibition UHL – *Rachel Hannah*

A series of bright and colourful meadow paintings by local painter, Rachel Hannah; Specialising in acrylic paint on canvas, Rachel enjoys creating bright, colourful and textured canvases in a variety of shapes and sizes.

[Read more here](#)



Barry Hospital - *Cowbridge Art Society*

A new body of work by members of Cowbridge Art Society showcasing a variety of genres, styles and approaches by talented local artists.

[Click here for more information](#)

Coming Soon...

Facing up to Dementia by Dementia Research Nurse, Joanna Waring, is an exhibition coming to the Plaza Space at UHL from the 12th May 2021.



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Spring Shop

All funds raised from sales directly support the Arts Programme

Holding onto Hope Art Sale

£50

An exhibition and affordable art sale created by the Beth Morris Workshop Students, celebrating a community who bonded in a time where connection through creativity became a lifeline.

» [Purchase Here](#)



2020 Diary of Artist Nathan Wyburn

£15

The visual diary of Artist and Patron, Nathan Wyburn, displaying how he used pop culture art and unusual materials to document and reflect the times, boost morale during a challenging year.

» [Purchase Here](#)

Dan Peterson Lakeside Wing Prints

£40

Reportage illustrator and war artist, Dan Peterson is fundraising by selling limited edition prints of the new Lakeside Wing at the University Hospital of Wales site.

» [Purchase Here](#)



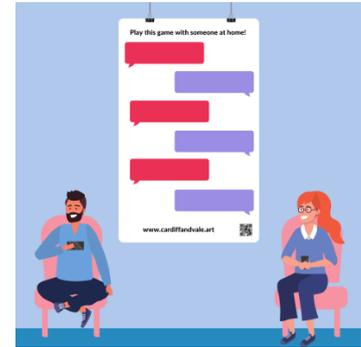
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Projects in the Works

Texting Games for Patients

The Arts for Health and Wellbeing Team are working on an exciting project supported by the Staff Lottery Fund, to create a variety of games that patients can play whilst in hospital waiting areas.

[Read more here](#)



**FORGET
ME NOT
CHORUS**

HARP Digital Threads: Weaving Lives Together Through Song

Partnership with Forget Me Not Chorus and artist, Louise Osborn, to deliver three blocks of interactive Zoom singing sessions with accompanying exhibition, connecting patients with dementia, family members, volunteers and staff at St David's Hospital, Cardiff

HARP CF Voices

Collaboration with Four in Four, to deliver interactive online arts sessions for people with Cystic Fibrosis (as well as staff, family & carers), to build confidence and connection.



Inclusion Art

A number of artists are being commissioned to produce work that celebrates and acknowledges the contribution of Cardiff and Vale University Health Board staff from Black, Asian and Minority Ethnic backgrounds. [Read more here](#)

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Gwanwyn Festival 2021, Connections : an exploration of Creativity, Nature and Identity.

As part of the Gwanwyn festival this year, The Hearth Gallery is showcasing the artwork and creativity produced within a recent collaborative art project between University students and patients in hospital. [Read more on the website](#)

Get Involved



Free Portraits for NHS Staff

Artist and Illustrator, Amy Jackson, is looking for NHS staff who would like their portrait drawn as part of an ongoing project. The portrait will be free of charge and the recipient will also receive a print of the finished portrait.

[Click the link for more information](#)

Free Children's Art Competition

A range of content, styles and materials are welcomed, and artworks are encouraged to be uplifting and positive. Entries will be displayed to decorate our Mass Vaccination Centres.

[Find out more here](#)



FREE Children's Art Competition

Entries will be displayed to decorate our Mass Vaccination Centres.

A range of content, styles and materials are welcomed, and artworks are encouraged to be uplifting and positive.

There are fantastic prizes for each age category: (0-6 years, 7-9 years, 10 - 12 years, 13 years +)

Please include your name, contact details and age and post your artwork to:

Cardiff & Vale Health Charity, Woodland House, Maes y Coed Road, Cardiff, CF14 4HH

Entries close on Monday 17th May 2021



www.cardiffandvale.art