

# STAFF LOTTERY



## ARTS FOR HEALTH AND WELLBEING PROJECTS SUPPORTED BY THE STAFF LOTTERY 2020/22





# Introduction

Cardiff & Vale Health Charity manage the Staff Lottery which gives Cardiff and Vale University Health Board staff the chance to win £1,000 every week. Entry into the Staff Lottery is automatically deducted from a member's payroll and each entry costs £1 per week.

The Staff Lottery also enables staff to apply for funding via the Health Charity's Staff Lottery Fast Track Scheme and from the Staff Lottery Bids Panel, which has recently awarded grants of over £1.5 million to support numerous projects across the UHB. These projects can range from refurbishing staff and waiting rooms, enabling staff to attend training to continue their professional development and funding novel medical equipment to benefit a variety of patients. Staff can apply for funding of up to £250 via the Fast Track Scheme and bids between £250 and £10,000 can be applied for via the Staff Lottery Bids Panel, which meet three times throughout the year.

Cardiff & Vale Health Charity's Staff Lottery scheme has previously granted funds to support Arts for Health and Wellbeing projects across Cardiff and Vale University Health Board. The Arts for Health and Wellbeing Programme is part of Cardiff & Vale Health Charity, and their growing body of work proves that engagement in the arts and creative activities has been extremely beneficial to patients and staff of Cardiff and Vale University Health Board. By inviting the hospital community to take part in exhibitions, workshops, and larger projects, the Arts Programme provides creative opportunities to all, regardless of previous experience.

This report details the Arts for Health and Wellbeing projects for which the funds were granted by the Staff Lottery Scheme in 2020/2022 to support the NHS patients, staff, volunteers and our communities.

The Arts for Health and Wellbeing Programme works to improve the lives of patients and staff through the creative arts. By supporting the Arts Programme at Cardiff and Vale University Health Board, you are bringing colour, hope, and self-expression to our hospital sites.

If you would like to find out more about the Arts Programme and its benefits on the hospital community, or if you have an idea for a creative project that would suit the hospital environment, please visit <https://cardiffandvale.art/>

We welcome artists from all walks of life to our exhibition spaces across University Hospital Llandough and Barry Hospital. If you are interested in exhibiting your work with us, please contact [ArtsinHealth.Cav@wales.nhs.uk](mailto:ArtsinHealth.Cav@wales.nhs.uk)

## Hijinx Christmas Charity Single

Hijinx is one of Europe's leading inclusive theatre companies, striving for equality by making outstanding art with learning disabled and/or autistic actors. The professional company performs acclaimed work in a variety of settings, both in the UK and overseas.

Across Wales, Hijinx Academies provide professional drama training for 70 uniquely talented actors who have various conditions such as Downs Syndrome, Autism and Asperger's Syndrome. The company also run a range of community activities and corporate training programmes.



Staff Lottery funding was granted to sponsor Hijinx and its inclusive house band, Vaguely Artistic, to enable the creation of a Christmas charity single for 2020. The band worked with learning disabled and/or neurodivergent adults and young people on the single which also provides further opportunities to raise money for Hijinx's other community projects.

With support from a professional songwriter, the single was written, composed and recorded by the participants, who also filmed a music video, which was released alongside the single for Christmas 2020.

## Barry Heritage Project

Barry Hospital Heritage Project has now been installed in the Mary Lennox Community Room at Barry Hospital.

Initially planned to celebrate the 25th Anniversary of Barry Hospital in 2020, this Health Charity funded project charts the history of healthcare in Barry and the Vale of Glamorgan during the past 100 years, and celebrates the past 25 years of Barry Hospital at its current Colcot Road location.

Actual artefacts collected over the years are included as part of the display, and photographs from People's Collection Wales and staff of Barry Hospital have been included resulting in an informative and almost interactive wall of history.



# Capel i Bawb: Chapel for All'

## Painting by Malcolm Murphy

Artist, Malcolm Murphy, was commissioned by the Arts for Health and Wellbeing Programme, to create a painting to acknowledge the 100 years of the Chapel at Cardiff Royal Infirmary and its bright and sustainable future.

The Chapel has been closed to the public since 1999 and the Grade II building has recently been restored and transformed into a community hub, library, café, and meeting place to serve Cardiff Royal Infirmary Hospital and the wider city in a way which offered social, economic, and spiritual value.

The painting captures the view of the Chapel and Cardiff Royal Infirmary from Newport Road and displays its historic fabric at the Cardiff Royal Infirmary today.



## Cardiff Royal Infirmary Postcards

For the 100th anniversary of the Chapel at Cardiff Royal Infirmary, CRI staff and supporters received a card of thanks for their contribution to the hospital and its community.

The card features a print of the painting Capel i Bawb:Chapel for All by Malcolm Murphy, which was commissioned by the Arts for Health and Wellbeing Programme and will go on display in the Chapel.

The card was gifted to Cardiff Royal Infirmary staff as well contributors to the long-standing Arts for Health and Wellbeing Project - Royal Infirmary: People, Place, Future.





## Cardiff Royal Infirmary Timeline; 200 Years of Organised Healthcare Being Provided in the South and East Cardiff Locality Area



Cardiff & Vale Health Charity, Arts for Health and Wellbeing Programme were proud to create a timeline to reflect 200 years of organised healthcare being provided in the South and East Cardiff Locality area, which is now on display in the Therapies corridor at Cardiff Royal Infirmary.

The timeline follows the journey of the hospital since 1822 as it moved to numerous locations from the Cardiff Dispensary's first site on Working Street, The Hayes and eventually, to the current site of Cardiff Royal Infirmary. The timeline captures significant events, achievements and changes that took place at the hospital, throughout this time as well as demonstrating an idea of what it would have been like for the patients and staff who were based there.

The content of the timeline was curated and identified by Bex Betton who led on the project and Gwawr Falconbridge with the support from local museums, archives, newspapers and current and past members of staff. The timeline was then illustrated and installed as a wall vinyl by Grosvenor Interiors.

## Art for SARC

The Staff Lottery Bids Panel supported an application to brighten up the space of Ynys Saff at the Sexual Assault Referral Centre (SARC) at Cardiff Royal Infirmary in an aim to create a safe and nurturing environment for those who come to use the Sexual Assault Service.

Ynys Saff provides a service for individuals impacted by sexual assault. Following regional SARC developments, Ynys Saff is already the Paediatric Hub for clients under the age of 14, and will soon be the hub for South East Wales for over-14s who have experienced acute sexual assault.

Following building work at the department to meet forensic standards required to complete medical examinations, the department was looking very clinical and uninviting. By installing the artwork depicting nature scenes in key waiting areas, the department has now been transformed into a safe and inviting space for individuals waiting for their appointments and examinations.



## Art for SARC – Children and Young People area

Phase 2 of the 'Art for SARC' project was 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.

The project will focus on the Paediatric area, in an aim to create child-friendly spaces for interview, support, advocacy and examination.



Improving this clinical environment will make an incredible difference to children who have experienced sexual assault from across Cardiff and Vale, as this is also where children from across the whole of south, west and mid Wales undergo forensic examinations. Adding points of interest and joyful imagery will help to engage with the younger clients, and will help them feel safe, secure and grounded. These improvements will also have a positive impact on the wellbeing of staff throughout their daily interactions with traumatised clients.

## Staff Wellbeing Space at the Cochrane Library

The Staff Lottery Bids Panel recently supported a project to improve the environment of the newly created staff wellbeing area in the Cochrane Library at University Hospital Llandough. Cardiff University have funded furniture, leisure reading, wellbeing books, information and games to be installed in the designated area, and Staff Lottery funding will provide bright and modern artwork and wall vinyls to adorn the walls of the library.

The library is already a safe and quiet space for Cardiff and Vale University Health Board staff, where they can use computers to catch up with training, or study away from the busy hospital environment. The décor was previously dated and uninviting, with no designated relaxation space for the library users. By transforming the space with bright and modern artwork, the dedicated wellbeing area will welcome NHS staff to relax, decompress and find information on a range of mental health and wellbeing support. It can also be used to host wellbeing-related activities such as book clubs and mindfulness workshops.



# Paediatric Emergency Unit Improvements

The Paediatric Emergency Unit at University Hospital Wales has been transformed with a range of bright, colourful vinyls uplifting the walls. The images even feature the department's mascot of a red dragon with bandages and plasters, with the hopes of bringing more smiles to patient, visitor, and staff faces.

It has been proven that our environment can have a fundamental effect on our behaviour whilst receiving care. Creating a space that provides a better experience for patients, children, young people and their families is paramount to helping nurture a comforting and more relaxing stay. It's also never been more important than to boost morale through the Winter season.

These changes were made possible from a generous donation from Nathaniel Cars, the Health Charity's Staff Lottery Bids Panel, and even from staff getting together and fundraising.



## Spinal Rehabilitation Gym Transformed with Motivational Artwork



A joint funded project was recently granted by the Staff Lottery Bids Panel and the Morgan Legacy Fund to transform the walls of the Spinal Rehabilitation Gym at University Hospital Llandough, in an aim to make it a more vibrant and welcoming space.

The Spinal Services, relocated from Rookwood Hospital to University Hospital Llandough, the new rehabilitation facilities give patients the best possible chance of recovery and enhance their rehabilitation process through the use of the state-of-the-art equipment.

The enhanced environment will benefit users of the Spinal Rehabilitation gym, inspiring current and future patients throughout their rehabilitation.

## Occupational Therapy Pottery Group

The Staff Lottery have supported a bid to deliver pottery workshops to the patients at the Adult Rehab Mental Health Services based at Hafan Y Coed. The bid was submitted by the Occupational Therapy team who work alongside a wide range of mental health conditions often resulting in lengthy hospital admissions.

The workshops will be run by the Occupational Therapy Team alongside Cardiff Pottery Workshop, a local community organisation. The initial 6-week course will cover the basics of throwing, hand-building, team building, and will include 1-1 sessions.

At the Adult Rehab Mental Health Services there was previously a lack of variety of activities available for the patients, which was exacerbated by the pandemic. The pottery workshops have a potential to support greater sense of routine for the individuals, reintegrate patients across multiple wards, and award a qualification on completion of the course. Supported by in-depth research, the activity would assist patients with engagement, wellbeing, social interaction skills, sensory stimulations, as well as providing them with an opportunity of creative expression.



# Environment Improvements at the Antenatal Clinic – University Hospital Llandough

Cardiff & Vale Health Charity team have recently supported a project to improve the environment of the Antenatal Clinic at University Hospital Llandough where the Rainbow Clinic is also based.

The Rainbow Clinic cares for women and their partners who have very sadly lost a baby or babies during pregnancy, or shortly after birth. Within the clinic, families meet with clinicians to understand why their baby died and to plan future pregnancy if desired. The clinical team provide specialist care to these women in subsequent pregnancies to minimise risk of recurrence, and provide continuity of care to these families.



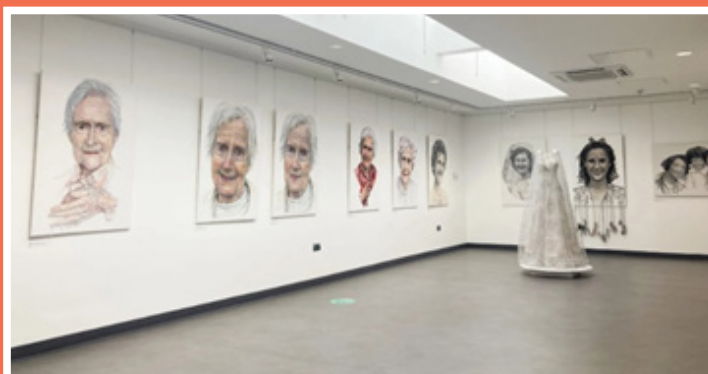
The Staff Lottery Bids Panel were delighted to grant the remaining funds to improve the waiting areas that were included in the initial improvement request by the women attending the clinic. Recognising that women and partners attending the clinic are living through some of the most distressing time of their lives, improving the environment they enter is the first step to ensure that they feel a sense of hope and reassurance.

## Dementia Darnings

In May 2021, Staff Lottery funding enabled the intergenerational 'Dementia Darnings' project to come to the Hearth Gallery at University Hospital Llandough. This involved an exhibition by artist Jenni Dutton, multiple 'Meet the Artist' sessions, as well as creative writing workshops by Jenni's daughter, Briony Goffin.

In this body of work, Jenni responds to her mother's dementia diagnosis by using stitching to re-create portraits of her mum from old photo albums. The exhibition has toured extensively in the UK and travelled to Europe, and China. This was the first time the artwork was exhibited in Wales.

Jenni's daughter, Briony Goffin, delivered creative writing workshops inspired by the Dementia Darnings exhibition exploring the power of Writing as Tribute. Participants were given the opportunity to write a tribute to someone special in their lives in the form of a simple list poem.

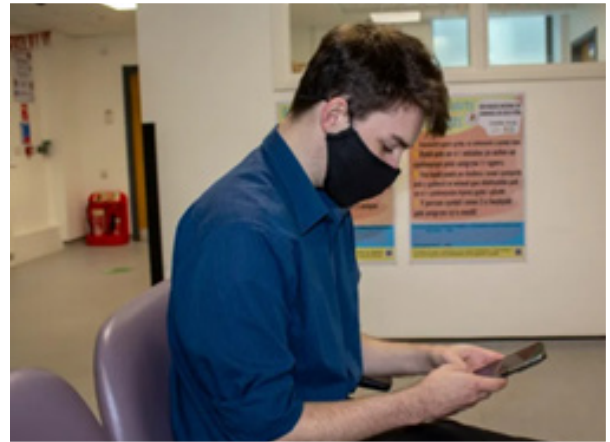




## Texting Games for Patients

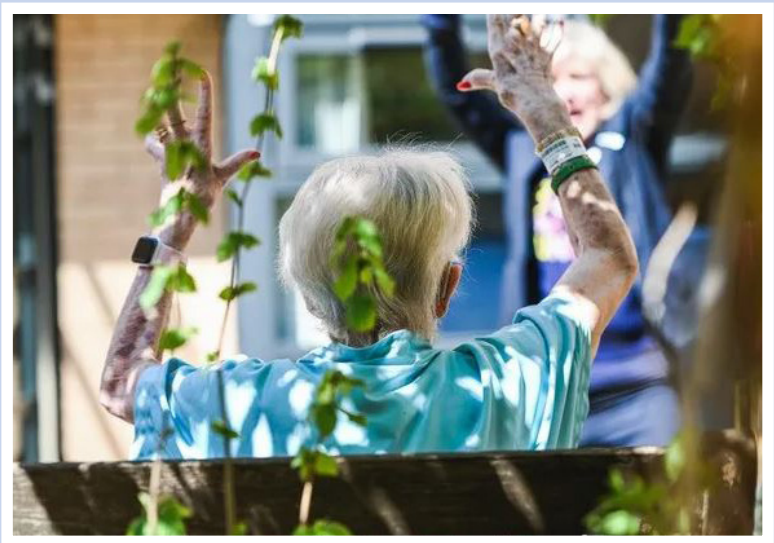
The Arts for Health and Wellbeing team were delighted to implement the first games project for the Arts for Health and Wellbeing Programme with Modular Designer, Jordan Draper.

With the majority of patients now having to attend hospital appointments alone, the four games are intended to be played by a patient in a hospital setting with their friend or family member who is at home. Each game is in both English and Welsh, has a creative theme and is based on an exchange of text messages on the patient's own mobile phone.



## Arts for MHSOP Wards

The Staff Lottery Bids Panel are supporting a project to develop and advance a series of creative arts sessions for Mental Health Services for Older People (MHSOP) wards at University Hospital Llandough and Barry Hospital. Within dementia care, it is well known that aspects of rhythm and patterns are maintained when other processing and executive skills are often lost. Capturing this ability to engage is important and brings joy to the patients and their family. It can allow a form of communication that is often not seen day-to-day.



The sessions will bring three forms of art to the patients on the wards. The first will be a more traditional artist collaborating with MHSOP to set up weekly visual art sessions that will explore creating art through various mediums. The second collaboration will be with Rubicon Dance who will provide truly interactive movement and dance sessions to patients on a monthly basis. The third art form will be music, introducing a year-long programme of weekly sessions/concerts from two musicians that will allow patients to engage in music, song, interaction and rhythm.

The sessions will be a huge benefit to MHSOP patients, and will celebrate the power the arts have to improve health and wellbeing. The art sessions will allow patients with impaired communication to communicate through art, touch and movement. It will also support continuation and maintenance of skills such as hand-eye coordination. The Rubicon Dance sessions will promote and encourage patients to move and express themselves through dance. The music aspect will engage, and connect with the present moment.

# The Platinum Patisserie Competition

To celebrate the Queen's Platinum Jubilee, the Staff Lottery Bids Panel supported an Arts for Health and Wellbeing project to award prizes for winners of the Platinum Patisserie Competition.



As the late, Majesty Queen Elizabeth searched for a winning pudding to mark her 70 years as a Monarch, the Arts for Health and Wellbeing released a callout to all departments across Cardiff and Vale University Health Board to design a cake. The winning ward were gifted a £50 Amazon gift card and a custom-made Platinum Jubilee cake, and the runners up received fruit baskets.

## Why YOU should support the Staff Lottery!

The Staff Lottery Bids Panel endeavours to work towards all seven wellbeing goals set out by the Wellbeing of Future Generations Act whilst utilising the five ways of working; long term, prevention, integration, collaboration and involvement.

By joining the Staff Lottery, you are actively supporting a wide range of projects funded by the Bids Panel which enhance countless services across the UHB. Through this funding, you are helping the Bids Panel and Health Charity make things better for both our staff and patients, helping us all work together to create a more Prosperous, Healthier and Resilient Wales.

If you would like to join the Staff Lottery, application forms can be completed on <https://healthcharity.wales/staff-lottery/>. If you would like to apply for funding from the Staff Lottery Bids Panel, please contact [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) for details.

Cardiff & Vale Health Charity encourages you to join the Staff Lottery and apply for funding, which can enhance your department or service and inform others of the benefits of joining the Staff Lottery. And who knows, maybe you will be our next winner?