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WALES

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



Cardiff & Vale
HealthCharity
Elusenlechyd
Caerdydd a'r Fro

ARTS

FOR HEALTH AND WELLBEING

ANNUAL REPORT

2020-2021

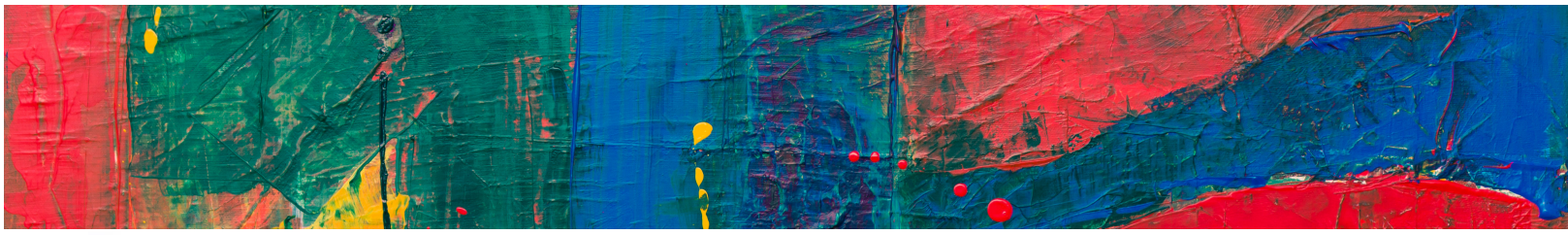




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CHARLES JANCZEWSKI, CHAIR, CARDIFF AND VALE UNIVERSITY HEALTH BOARD.

We are very fortunate at Cardiff and Vale University Health Board to be able to offer our patients and staff the opportunity to support their wellbeing through art. The Arts for Health and Wellbeing programme at Cardiff and Vale is constantly growing and expanding as we listen to our patients, their families and our staff and what they need in order to keep them well. The range of projects and contributors is a clear indication of the positive impact and appeal that the arts have on us all. The way in which the Arts for Health and Wellbeing programme, with support from the Arts Council of Wales and the Cardiff & Vale Health Charity, has adapted during challenging times to continue providing joy to us all has been truly remarkable.

The support from the Arts Team has been invaluable to our patients and staff especially during the COVID-19 pandemic. Recognising and supporting the spiritual and emotional needs of our patients and staff has been so important as it has helped them to face the challenges of these unprecedented times head on. Looking around our sites I'm extremely proud of the work done by the team and the way in which it has enhanced the lives of our patients and staff, championing inclusivity as well and mental and spiritual wellbeing.

I'm really looking forward to continuing to watch our Arts for Health and Wellbeing programme grow and develop in 2022 as it continues to improve lives through art.

INTRODUCTION

This year has been one of the most challenging the NHS has ever experienced. COVID-19 has placed a tremendous strain on health service provisions and we are proud that as the Arts for Health and Wellbeing Team, supported by the official Health Charity of Cardiff and Vale University Health Board, we have been able to play a key role in supporting staff and patients during this period.

The drastic effect of COVID-19 on our day-to-day lives has continued to be felt throughout 2021. New virtual ways of working have now become embedded in our society and the Arts for Health and Wellbeing Team has had to continue to evolve and adapt to enable us to continue providing Arts experiences to our patients, their families and our NHS colleagues.

We can all agree that this year has not been easy, adapting to the 'new normal' as well as keeping friends, family and fellow human beings as safe as possible has added tremendous stress and anxiety into everyday life. The Arts Team is immensely proud that despite these difficult times, we have continued to bring joy, peace and creative opportunities, allowing solace and respite from the pressures of life.

One of the key aims of the Arts Team during 2020-21 has been to align itself with the Health Board's objective of supporting staff wellbeing and this report provides some excellent examples of how we have succeeded. We hope you enjoy reading them.

MEET THE TEAM

We're a small but dedicated team of artists and art enthusiasts at Cardiff and Vale University Health Board, all of whom know the benefits of art to patient experience and are passionate about continuing to develop the health board's art offering.



CARDIFF LIFE AWARDS

The Arts for Health and Wellbeing Team was the proud winner of the Health and Wellbeing category at the Cardiff Life Awards 2021.

The Arts for Health and Wellbeing Programme was nominated for quickly adapting to changes in the sector to continue to provide accessible art and exhibitions to many local people through creating the Virtual Gallery, when the Hearth Gallery at University Hospital Llandough had to close in response to Welsh Government advice during the COVID-19 pandemic. The Team embraced new technologies and working methods to benefit patients, staff and the community, including continuing to raise funds for the programme through online art sales.



WE COULDN'T DO WHAT WE DO WITHOUT YOU

The Arts for Health and Wellbeing Team would like to thank our partner organisations in the Arts in Health Community in Wales and beyond. We simply could not work to the scale we have been able to without their support .



Cyngor Celfyddydau Cymru
Arts Council of Wales

The Arts for Health and Wellbeing Programme has benefitted enormously from the Building Capacity funding for three years from the Arts Council of Wales. This commitment has enabled the Team to flourish and have a positive impact on outcomes for patients, staff, visitors and communities who have engaged in the eclectic, kaleidoscopic and ambitious programme over the past three years.

The Arts Council for Wales works tirelessly to embed the Arts and Health agenda and conserve the arts sector in Wales. This focus is required to improve the experience of health and wellbeing and change the culture of health service provision in the future.

This continued funding and support means that great progress can continue to be 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.

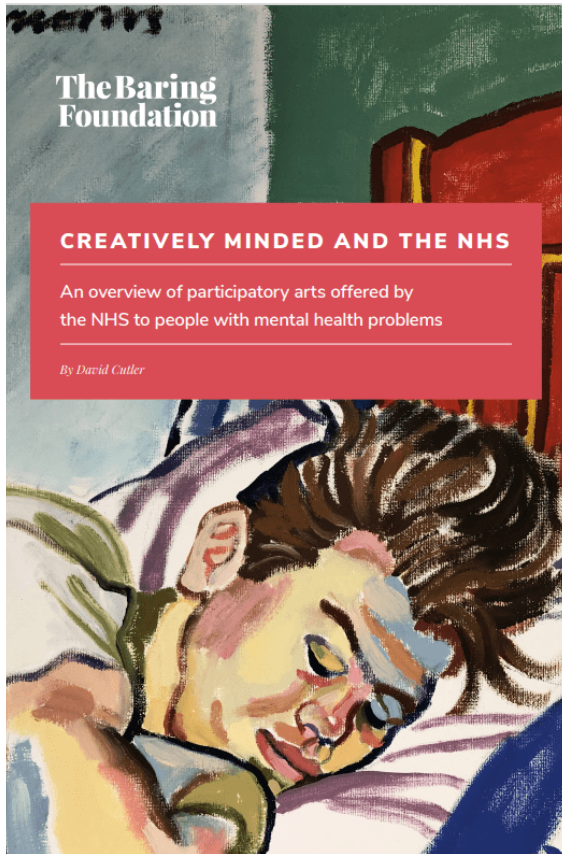


The collaboration between Nesta, Cardiff University and the Arts Council of Wales and the Arts for Health and Wellbeing Team through the 'HARP' (Health, Arts, Research, People) innovation and research programme has been a pivotal part of the Arts Programme.

Seeding, nourishing and embedding innovation can only happen if the right conditions are in place: teamwork, openness and permission from leadership to find new and better solutions. In particular, this funding has enabled work with the Cystic Fibrosis team to show real ambition and embed creativity within the service and harness the power of the arts to support better shared decision making between patients and staff.

We are extremely grateful to all our contributors and funders for allowing us to continue working on our Arts in Health projects across Cardiff and the Vale of Glamorgan. It gives us the resources to ensure patients, staff, volunteers and visitors are able to experience the benefit the arts provide.

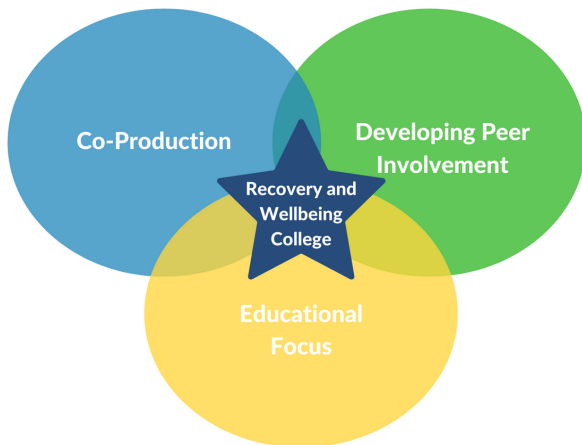
Their continued support allows us to tackle challenges, improve patient experiences and embed innovation in the culture of Cardiff and Vale University Health Board.



The Arts for Health and Wellbeing Programme has been awarded £28,600 as part of funding made available by Arts and Minds, a new Baring Foundation and Arts Council of Wales programme. The programme aims to promote better mental health in Wales and is supported by the National Lottery. Cardiff & Vale Health Charity and Arts for Health and Wellbeing Programme underpinned the Health Board’s proposal.

The funding will be invested in creative activities to support adult mental health. It will help bolster the Recovery & Wellbeing College’s arts offering, allowing the college to expand on courses that support recovery through creativity and art. The funding will also support the availability of movement and music activities in the Neuropsychiatry Department, helping engage some of the Health Board's most vulnerable patients. We are also working with 4 Winds Mental Health Resource at the Grange Garden Bowls Pavillion.

We know first-hand that arts and creativity have an extremely positive impact on mental health. This funding is going to be instrumental in allowing the Health Board to enhance its offering of creative outlets that will ultimately support people with their recovery.



“Creating artwork allows your mind to be in a safe place while it contemplates the tougher issues you are dealing with. One can use the tools of brush, paint, pastels, crayons etc. to expose and even for a short time colour those issues in a different light.”

— George E. Miller



THE HEARTH GALLERY

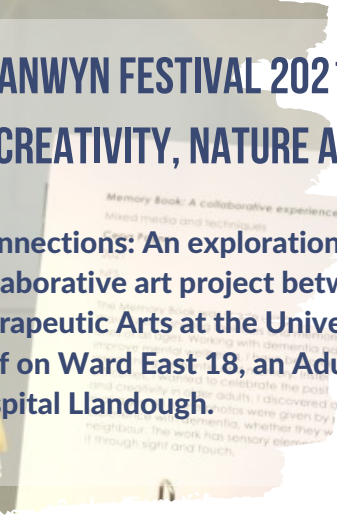
AMY JACKSON "UNsung HEROES"

The Arts Team hosted an Exhibition of prints of pointillism illustrations of NHS staff during the pandemic by Amy Jackson at the UHL Plaza. The idea for the project and collection of work is heavily inspired by the pandemic and the loss and destruction that it has brought upon our lives.



GWANWYN FESTIVAL 2021 – "CONNECTIONS: AN EXPLORATION OF CREATIVITY, NATURE AND IDENTITY"

"Connections: An exploration of creativity, nature and identity" is a Collaborative art project between students on BA (Hons) Creative and Therapeutic Arts at the University of South Wales, and the patients and staff on Ward East 18, an Adult Mental Health Ward at University Hospital Llandough.



PATIENT EXPERIENCE VOLUNTEERS

"SO MUCH GAINED"

Showcasing artwork created in a variety of mediums, the exhibition highlighted the importance of Patient Experience Team Volunteers to Cardiff and Vale Health Board, and celebrates their amazing skills and talents.



JANE SHIPTON "BELS ART"

Jane started painting after developing Bell's palsy during lockdown. Since then she has produced a series of wonderful paintings that explore colour and texture. She hopes that her artworks have a positive impact on the viewers' wellbeing and will inspire them to get creative.



#ENERGY/STATE/REACTION

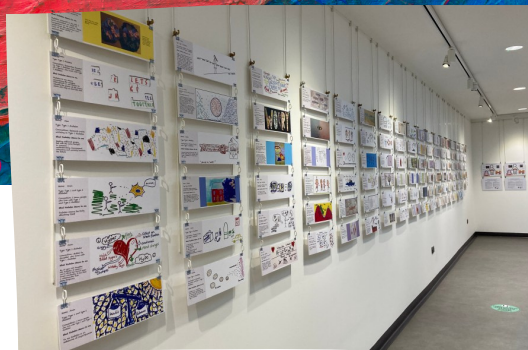
The Hearth Gallery were delighted to host an international exhibition by German artist Jenny Brockmann, curated by Linda Rocco. #ENERGY/STATE/REACTION looked into the properties of the liver and culminated in two events where the artist and participants took part in a discussion whilst sat on Jenny Brockmann's sculptural installation Seat#12.



CELEBRATION OF MEDICINE

SUSAN WONG AND BRIDGET O'BRIEN "WHAT DIABETES MEANS TO ME"

A research based art exhibition celebrating one hundred years since the discovery of Insulin. Made up of community participation and responses, clinical films, artwork, research and installation, this exhibition is a collaborative achievement and celebration of all the work and dedication towards understanding Diabetes.



RUBICON DANCE

The Arts Team continues to work in collaboration with Rubicon Dance delivering music and movement in various venues including the ongoing provision at the Stroke Rehabilitation Centre in UHL, Ward E18, Ward 8 and Ward 7, St David's Hospital.

BETH MORRIS "HOLDING ONTO HOPE"

The Beth Morris Workshops team met with students of all ages and abilities virtually throughout the pandemic bringing words, pictures and hope together. The artists involved in "Holding on to Hope" may have been socially distant but they were connected by a common thread. A love of art.

of hope



VACCINATION ART

Artist Nathan Wyburn was commissioned by the Arts team to create a piece of art recognising the hard work and dedication of those working on the COVID-19 Vaccination Programme within Cardiff and Vale University Health Board.

CELEBRATION OF MEDICINE

FORGET-ME-NOT CHORUS

The Forget-me-not Chorus, who support people living with and alongside dementia through the joy of song partnered with the Arts for Health and Wellbeing programme, part of Cardiff & Vale Health Charity and financially supported with monies provided by the HARP programme to provide singing and engagement sessions.

The project Digital Threads, connects patients with dementia, family members and staff at St David's Hospital, Cardiff and is facilitated by staff from Mental Health Matters Wales.

The singing sessions lead by Kate Woolveridge (Artistic Director, FMNC) used song to connect with the participants and collect music and stories pertinent to the patients, a writer then wove elements of these stories into a piece of prose to represent and honour all participants, reflecting conversation stimulated through song. This poetry has been formed into a piece of artwork created by Nathan Wyburn, which will be displayed at St David's Hospital.



Digital Threads:

I'll find your voice though you lost it long ago.

I'll sing for you -

Be your rhythm, your allegro, your adagio.

Wanderlust, adventure, you never lose it you know;

I may not have the same get-up-and-go

But my heart beats beneath Africa's endless skies

Mesmerised, hypnotised by the

Beautiful sky, O wonderful day

So let's whip crack away, whip crack away, whip crack away
just you and I.



SUPPORTING PATIENTS

WELLNESS WITH THE WELSH NATIONAL OPERA

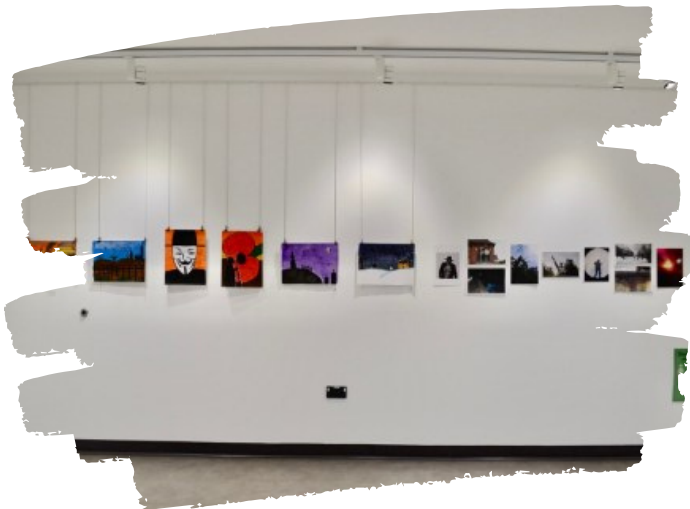
The Arts Team are working on an exciting project with Betsi Cadwaladr University Health Board, Cwm Taf Morgannwg University Health Board and Welsh National Opera to design and present a singing and breathing programme to support people with Long COVID in Wales. The project takes place online and is designed to support people who may be experiencing feelings of breathlessness and anxiety, that may continue longer term after the symptoms of COVID-19.

By using breathing exercises and singing techniques to contribute towards improved breath control, lung function, circulation and posture in a sociable and joyful environment, the project teaches self management techniques and connects participants with others facing similar challenges.

RENGARIFIC

The Arts Team and Cardiff & Vale Health Charity were delighted to take part in a cross- Wales HARP Sprint project initiated by Y Lab and Nesta's People Powered Results Team at the beginning of lockdown, which focussed on the virtual delivery of arts interventions for vulnerable groups.

The project ran in 2020 and resulted in a memorable Hearth Gallery and Virtual Hearth Gallery exhibition in early 2021. The project inspired staff members to extend the provision of online creative activities for service users, and many staff members themselves are currently creating works of art for a new exhibition.



CF VOICES

CF Voices is an innovative project funded by the Arts Council for Wales, Y Lab (Cardiff University and Nesta), through the HARP Nourish programme, working in collaboration with Four in Four and the All Wales Adult Cystic Fibrosis Centres at UHL

CF Voices is an ongoing project 2021-2022, and a fruitful collaboration between the Arts Team, Four in Four and dedicated CF Staff members. The aim is to increase connections, build relationships and work toward a shared decision making service for people living with CF through creative conversations and the arts. The project offers an opportunity to dive deeper into the benefits that arts in health can bring to our services, ensuring that all voices had an opportunity to be heard.

CELEBRATING CULTURE AND INCLUSION

NATHAN WYBURN HIV TESTING WEEK

Artist and Cardiff & Vale Health Charity Patron, Nathan Wyburn, marked 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 Support for the Miners (LGSM) group, using charcoal sourced from Wales.



JAYDAN ALEXANDER

We were proud to commission Jaydan Alexander, a transgender artist on a piece celebrating PRIDE. Like us, Jaydan believes in giving a voice to those who are not given the chance to be seen often enough, in a world that can cost everything, highlighting that creativity as queer creators is something to be valued.



GUNK ILLUSTRATION - WONDER

The artist, by his own description – a queer and trans illustrator, was delighted to be given this special opportunity to create a piece of art for Cardiff Royal Infirmary during Pride 2021, celebrating the diversity of staff and patients within the NHS.

KYLE LEGALL - BLACK LIVES MATTER

Kyle was commissioned to create a cluster of images of characters who are representative of the Health Board's staff from all the various roles within a health care system. The work will be installed on a billboard in Grangetown and throughout Health Board sites.



“During these strange times, I have loved being involved in this project. Meeting NHS staff and hearing about their stories about what it’s been like for them during the pandemic has helped me to design these images through my eyes, interpreting what they’ve been through, I see them as superheroes and I hope my art reflects that.”

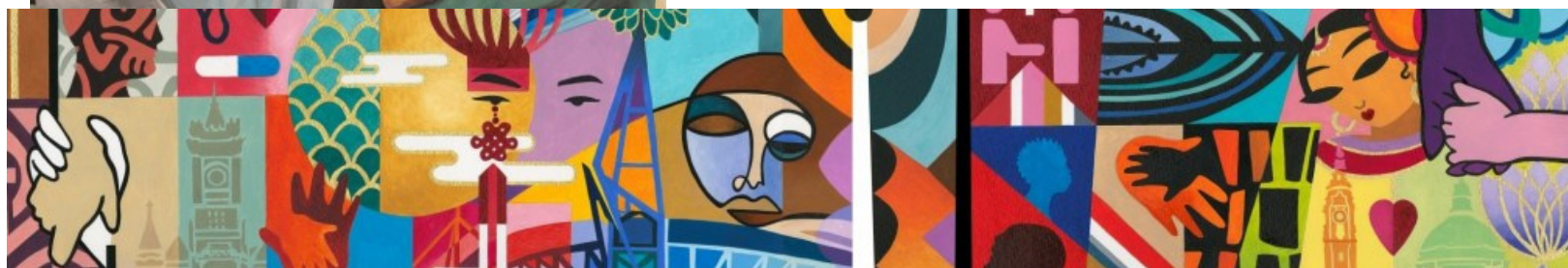
CARDIFF ROYAL INFIRMARY



EQUALITY, DIVERSITY AND INCLUSION FOR ALL

The walls at Cardiff Royal Infirmary are displaying inspiring and uplifting artwork to reflect Cardiff and Vale University Health Board's commitment to continue to work with patients, staff and colleagues and to provide support as part of their collective commitment to equality, diversity and inclusion for all.

These unique artworks have been produced to acknowledge diverse communities throughout Cardiff and the Vale of Glamorgan and is representative of what Cardiff and Vale University Health Board offers within its services; placing humanity, kindness and compassion at the centre of its service design, aiming to remove the barriers that create undue effort and separation.



CARDIFF HEALTH INCLUSION SERVICE

The Cardiff Health Inclusion Service in Cardiff Royal Infirmary is a GP Practice managed by the Health Board providing access to essential services for some of Cardiff's most vulnerable groups including, Asylum Seekers, Vulnerable Groups & Safe Haven patients.

The Arts team has worked with the practice to create a warm and welcoming environment for patients and their families using art. Including poetry in the wall art has also helped to promote a calm and tranquil experience for those attending the clinic. This piece was supported by NHS Charities Together funding.



SUPPORTING OUR COMMUNITIES

CARDIFF ROYAL INFIRMARY: PEOPLE, PLACE, FUTURE

The Arts for Health and Wellbeing Team at Cardiff & Vale Health Charity are delighted to receive funding and support from the Arts Council of Wales from the new National Lottery Arts, Health and Wellbeing Fund to undertake this project. Cardiff Royal Infirmary; people, place, future aims to re-frame a deeper, more accessible relationship to NHS services for all, through the creative arts and to people in their communities.

Cardiff Royal Infirmary is developing as an innovative Health and Wellbeing Centre. It already provides a huge range of services to the people in Cardiff and across Wales including community mental health services, health access for asylum seekers and refugees and support for vulnerable women and families.

The Arts for Health and Wellbeing Team is excited to be working with partners; Cardiff Women's Aid, Oasis, National Museum Wales, composer and sound artist John Rea, filmmaker and photographer Huw Talfryn Walters and producer Oliver Norcott.

Also included in this project are Duke Al Durham, Spoken Word Poet and his team of collaborators, Tredegarville School, and a network of community based artists and third sector organisations.



Welcome / Croeso



GROSVENOR INTERIORS

The Arts for Health and Wellbeing team are pleased to have once again worked with Grosvenor interiors on some amazing Arts projects. One of the aims of the Arts programme, supported by Cardiff & Vale Health Charity, is to enhance the experience of our patients and their families, and we are pleased to have collaborated with Grosvenor to design and install vinyl artwork in a few of our hospital sites.

PETER GREY ROOM UHW

The artwork placed in the staff room at the Peter Gray Room was designed in order to promote calmness, but also as a specific 'Thank You' to ICU staff that have worked tirelessly through the Pandemic.



“We wanted to mark the hard work of our ICU staff with a positive image, and also to brighten their staff space - we are very grateful to the Health Charity for both co-ordinating and financially supporting this project. Thank you”
- JULIE HIGHFIELD, CONSULTANT CLINICAL PSYCHOLOGIST



THERAPIES REHABILITATION ROOM UHW

The aim of the work placed in the Therapies Rehabilitation room in A4, UHW was to not only enhance the environment but to actively support patient recovery. The wall vinyl was specifically designed for the patients that use the space for rehabilitation and recovery as they perform everyday tasks in a supported environment.



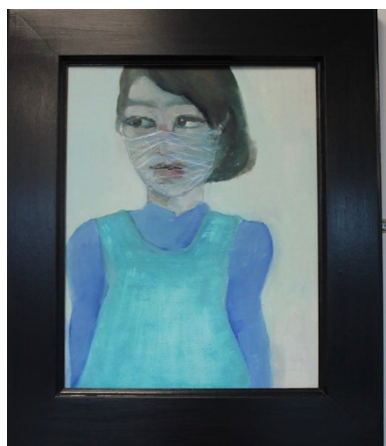
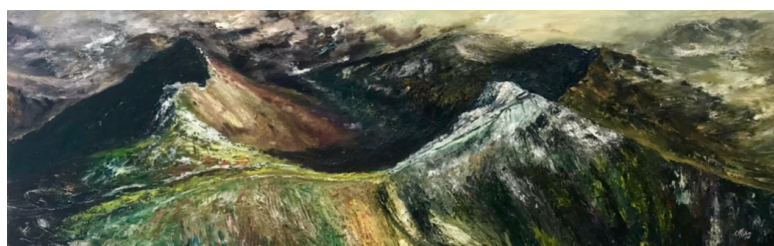
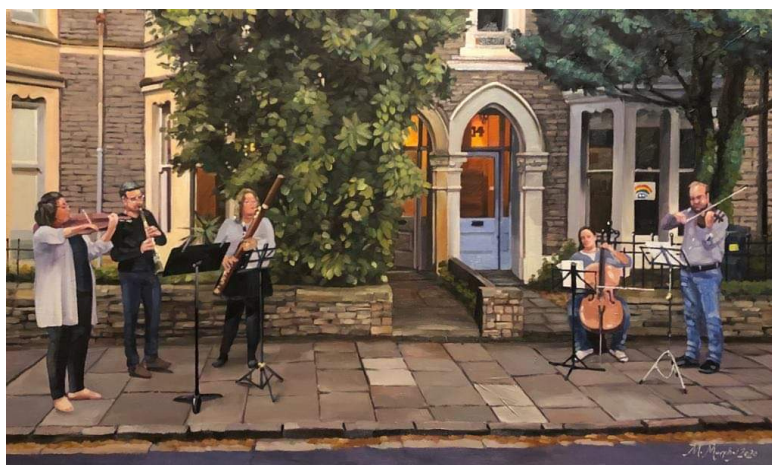
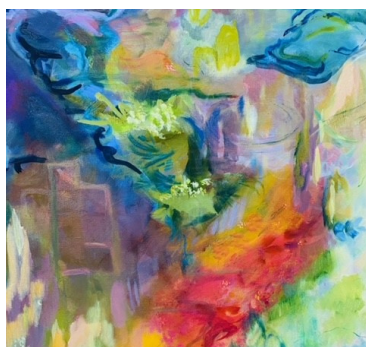
EMERGENCY UNIT - UHW

Artist Victoria Perkins was commissioned to create something to brighten the environment for those waiting and working in the Emergency Unit at the University Hospital of Wales. Her piece, 'We're All in this Together' is bringing great joy to the department.

“LITTLE AS WE KNOW ABOUT THE WAY IN WHICH WE ARE OFFERED BY FORM, COLOUR, BY LIGHT, WE DO KNOW THIS, THAT THEY HAVE A PHYSICAL EFFECT. VARIETY OF FORM AND BRILLIANCE OF COLOUR IN THE OBJECTS PRESENTED TO PATIENTS ARE ACTUAL MEANS OF RECOVERY”
- FLORENCE NIGHTINGALE

SUPPORTING ARTS FOR HEALTH AND WELLBEING

The Arts for Health and Wellbeing team are very fortunate to be part of a strong and generous local community of artists and art lovers. Over the past year we have been fortunate to have received generous sponsorship, donations and donated artwork. All of these donations contribute towards the Arts fund, allowing us to continue to bring joy to all through art.



“My life has been saved and I’ve been cared for by the NHS since I was seven years old and in all that time there has never been a hint that I was anything other than important and worth that care. This is my way of saying thank you to the people who did that.”

HARRY HOLLAND - ARTIST

SUPPORTING ARTS FOR HEALTH AND WELLBEING

SHINE BRIGHT APPEAL - ARTS

We were proud to be part of the Cardiff & Vale Health Charity Shine Bright Appeal where businesses sponsored an LED star to light up University Hospital of Wales for our patients and staff. We are grateful to Bad Wolf for supporting the Arts for Health and Wellbeing Programme by sponsoring a star just for the Arts for Health and Wellbeing Programme.



MANIC STREET PREACHERS

Cardiff and Vale University Health Board was fortunate to receive an extremely generous donation of £ 35,000 from the Manic Street Preachers following their immensely successful concerts in Cardiff. Some of this money will be used by the Arts for Health and Wellbeing Programme to support NHS staff and patients.



INTERNATIONAL DAY OF CHARITY ART SALE

In celebration of International Day of Charity, the Arts for Health and Wellbeing Team held an art auction, allowing the purchase of art at accessible and affordable prices. Each of the items on sale was an original artwork that has been kindly donated to the Arts for Health and Wellbeing Programme to sell in order to raise funds to support NHS patients and Staff with creative environments and experiences.

2020 DIARY OF ARTIST NATHAN WYBURN

Artist, patron and staunch supporter of the Arts Team and wider Health Charity, Nathan Wyburn released his book '2020 Diary of Artist Nathan Wyburn' in collaboration with Cardiff & Vale Health Charity.

The book has been exceedingly popular, and all profits from the book go to the Arts for Health and Wellbeing programme. The book is still for sale it can be purchased via Cardiffandvale.art





2022

The art programme continues to develop a bold ambitious plan for 2022, working in pro-active mutually beneficial partnerships.

ALL WALES GENOMICS SERVICE - CARDIFF EDGE

We look forward to working on an exciting arts programme for the relocation of the All Wales Genomics Service to new premises in Cardiff North, integrating creative arts with cutting edge medical technology, enhancing the environment for staff and service users.

UHW 2

The Arts for Health and Wellbeing Team will be working with our colleagues in Planning and Service design on the capital designs for a new state of the art hospital. Incorporating the Arts Programme into the design of the building allows the creative arts to be embedded in the very fabric of the buildings and services offered there, allowing amazing opportunities to further enhance the lives of our patients and staff.

SOCIAL PRESCRIBING

The Arts for Health and Wellbeing Social Prescribing Agenda will continue to grow in 2022, with a number of exciting programmes planned, from Community engagement, Creative Green Prescriptions for staff wellbeing and collaborative projects with Cardiff University.

ENGAGE

The Arts Programme will continue to champion inclusivity and support artists from the Black and Ethnic Minority community via our 'Engage' programme.

WELLBEING SERVICES

Engagement in Health and Wellbeing Centres and Wellbeing Hubs is a central part of our 2022 programme for the Arts team, working with stakeholders and community partners to improve the environments for Wellbeing services.

ARTS AND CANCER SERVICES

The Arts team will be working with colleagues within Cancer Services across the region on collaborative projects with staff and patients in order to support and further enhance the experience of patients and their families whilst in our care.

ARTS FOR THE CARDIFF AND VALE RECOVERY COLLEGE

We will be working closely with the Cardiff and Vale Recovery College to further develop the Arts Curriculum for 2022.

REFLECTIONS



RUTH WALKER
EXECUTIVE NURSE DIRECTOR

Like all other NHS and social care organisations, we at Cardiff and Vale University Health Board are facing an unprecedented level of demand on our services and our staff. Now, more than ever, as well as medical treatment, we need to continue to care for the emotional, spiritual and mental wellbeing for our patients, staff and communities.

The Arts for Health and Wellbeing Team at Cardiff and Vale UHB has been working tirelessly to provide respite from the challenges we all face, providing opportunities to appreciate and become involved in the creative arts. This hasn't been easy, and the Team has needed to adapt to the new virtual world, however they have risen to the challenge and delivered art, music and opportunities to some of our most vulnerable patients.

I am incredibly proud of the Arts for Health and Wellbeing Programme at Cardiff and Vale UHB, we are blazing a trail in the field of Arts and Healthcare, working with partners such as the Arts Council of Wales in order to share the power of the arts for healthcare within Wales and further afield. Our Arts for Health and Wellbeing Strategy aims to help prevent illness and reduce the strain on services wherever possible, supporting treatment and contributing to service redesign such as the CF Voices project in the Cystic Fibrosis Unit.

We are recognising the power of the arts to assist in medical treatment, as well as in nurturing the soul. A collaborative social prescribing project with the Arts Council of Wales, Welsh National Opera and two of our fellow Health Boards, involves singers, working with respiratory specialist to treat patients with Long COVID through breathing exercises and song, using a virtual platform to deliver a programme which is hoped can be rolled out throughout Wales in the New Year.

We need uplifting and positive things to look forward to and I know that the arts projects that are planned for 2022 will offer more wonderful opportunities to embed art in the way that we care for our staff and patients, the way in which we design our services and also in the legacy we provide for the wellbeing of future generations and the communities of Cardiff and the Vale of Glamorgan.

“MOST OF THE FUNDING AND EFFORTS IN RELATION TO HEALTH GO TOWARDS TREATING ILL HEALTH INSTEAD OF PREVENTING IT. I HAVE RECOMMENDED A NEW SYSTEM THAT PRIORITISES KEEPING PEOPLE WELL IN THE FIRST PLACE. CULTURE, INCLUDING THE ARTS, IS A POWERFUL MECHANISM FOR MAINTAINING GOOD HEALTH AND PREVENTING ILLNESS. THE ARTS FOR HEALTH AND WELLBEING PROGRAMME CLEARLY BUILDS ON THIS RECOMMENDATION AND IS IMPROVING THE HEALTH AND WELLBEING FOR PATIENTS, SERVICE USERS, CARERS, VISITORS AND STAFF.”

SOPHIE HOWE, WELLBEING OF FUTURE GENERATIONS COMMISSIONER FOR WALES