

# ARTS

FOR HEALTH AND WELLBEING

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*Arts for Health  
and Wellbeing*  
Annual  
Report 2023

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# Message from the Chair

## Charles Janczewski

*Chair, Cardiff and Vale UHB*



It is with immense pride and enthusiasm that I welcome you to the Arts for Health and Wellbeing Programme Annual Report for 2023. As Chair of Cardiff and Vale University Health Board, I remain exceedingly proud of this programme and the way in which it continues to harness the dynamic synergy between art and wellbeing.

This report clearly demonstrates the positive impact that the arts continue to have on the well-being of our community members. Through the tireless efforts of the Arts Team and the strategic collaborations that have been forged as part of the Arts for Health and Wellbeing programme, we have cultivated a space where creativity intertwines seamlessly with healing, enriching lives in ways that are truly remarkable.

This year's report further encapsulates the remarkable journey undertaken by the Arts Programme at Cardiff and Vale UHB, guided by the vision of integrating arts into healthcare. The commitment of the Arts team remains steadfast, and the results are tangible. From the pages of this report, you'll discover how our initiatives, inspired by the stories of those we serve, have unfolded. Whether it's the vibrant exhibitions that grace our hospital walls, the therapeutic art workshops that provide solace, or the innovative partnerships that amplify our reach, every endeavor is a testament to the potential that lies at the intersection of art and well-being. This year has overwhelmingly demonstrated how art is a conduit for healing and self discovery, and we are dedicated to further enhancing the holistic wellbeing of individuals within the Cardiff and Vale Community.

I invite you to delve into the pages of this report and witness the transformative power of the arts in action. Join us as we celebrate the achievements, reflect on the challenges, and look forward to a future where creativity continues to illuminate the path to holistic health. Together, we have embarked on a journey of healing, growth, and inspiration, and I extend my heartfelt gratitude to the entire Arts Team whose dedication and passion make these endeavors possible.

# Introduction

Welcome to the Arts for Health and Wellbeing Programme's Annual report for 2023, a testament to the continuing commitment of the Arts for Health and Wellbeing Team, Cardiff & Vale Health Charity and Cardiff and Vale University Health Board in harnessing the healing potential of the arts. As in our previous reports, we invite you to once again join us in celebrating the stories, achievements and impactful initiatives that have marked another year of innovation and transformation.

As you will see, our initiatives span a diverse spectrum, encompassing everything from interactive exhibitions that engage staff, patients and visitors in creative expression, to art workshops that provide solace and empowerment to those facing physical and emotional challenges.

As we reflect on our journey, it becomes evident that creativity and wellbeing are truly inseparable, and we are thrilled to share with you the outcomes that have unfolded through the collaborative effort of our dedicated team, the vibrant local Arts Community and funding organisations such as Cardiff & Vale Health Charity and the Arts Council for Wales.

## Arts, Nature and Wellbeing

Within Cardiff and Vale University Health Board we have an ambitious vision to transform the way in which we deliver and engage health services alongside benefitting biodiversity, sustainability and community engagement through creativity.

Our arts programme aims to;

- Provide opportunities for participants to be involved in meaningful activities that provide skills, recovery and rehabilitation pathways
- Improve staff wellbeing
- Improve the biodiversity of the Health Board estate and the planet
- Engage our community and partners

By engaging participants, our community and our partners in its health service in a different way, we strive to improve outcomes for people and the planet. The vision is to develop a unique programme to enhance the health and wellbeing of all by creating opportunities for the environment, health and creativity to collaborate on projects that improve wellbeing. This unique Welsh approach to partnership working embodies a healthier Wales approach and compliments our Wellbeing of Future Generation Act agenda

# Our Creative Team



## **Simone Joslyn**

Head of Arts and Health Charity

Simone's role in the Arts for Health and Wellbeing Programme is to drive and support the Arts programme across the Health Board working with partners and the team to provide a positive experience and health outcome for patients, staff, volunteers and our communities.



## **Alex Staples**

Arts in Health Programme Manager

Alex's role within the Arts for Health and Wellbeing team is primarily working to create a positive environment to aid recovery within the hospital setting through Art. This is something she works towards on all our hospital sites, continuing to strategically develop and grow the Art for Health and Wellbeing programme within our hospitals and their surroundings



## **Melanie Wotton**

Arts in Health Programme Manager

Melanie's role as Arts in Health Project Manager within the Arts for Health and Wellbeing Team is multi-faceted, incorporating arts project design, curation and management, and supporting a growing network of stakeholders, partners, staff members, community groups, artists and arts organisations to create innovative, sustainable arts interventions within our communities.

# Our Creative Team



## **Justine Winter**

Senior Communications Officer

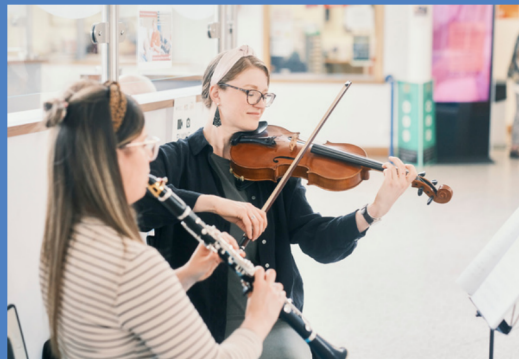
Justine is the Senior Communications Officer, supporting the Arts Team by helping to promote all projects, and raise awareness of the magical work the Team bring to patients, staff and visitors.



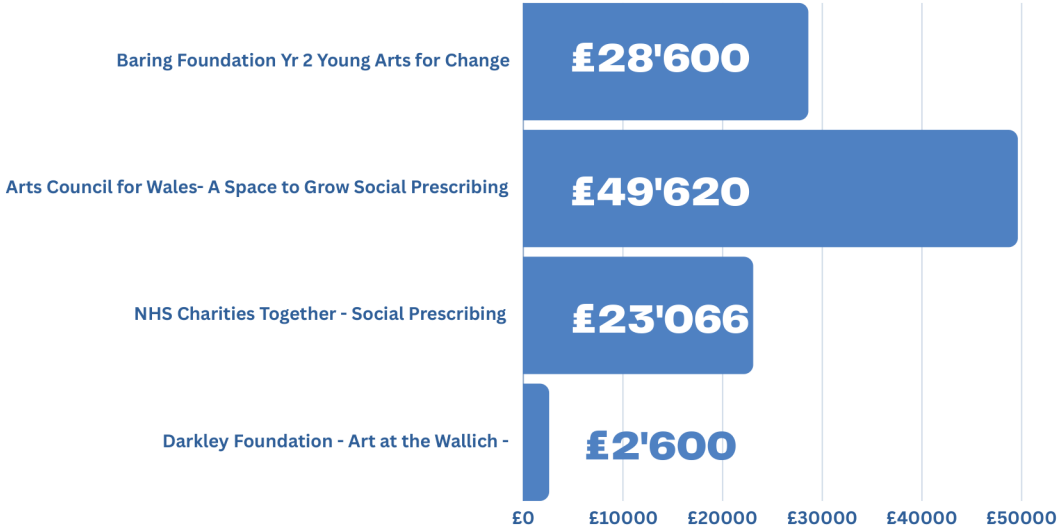
## **Magda Laczowska**

Gallery Coordinator

Magda is the Exhibitions Co-Ordinator of the Hearth Gallery and other associated exhibition spaces at University Hospital Llandough and Barry Hospital. Her role involves programming and curating exhibitions, as well as connecting with patients, staff and artists to cultivate a nurturing community.



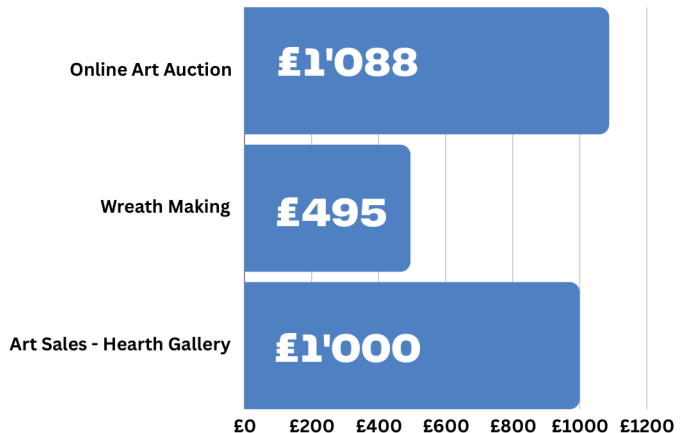
# Funding



# Fundraising

Proceeds of our second online auction, which this year celebrated the NHS@75 were all donated to the Arts for Health and Wellbeing fund

A 25% commission is donated to the Arts for Health and Wellbeing fund from all Art sales in the Hearth Gallery, this amount has trebled in 2023 from that donated in 2022

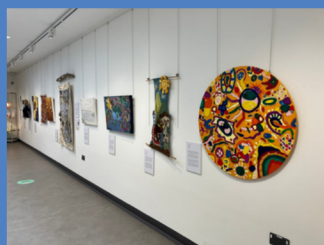


# Exhibition Spaces

## *The Hearth Gallery*

28th February – 27th March - *Still : Here*

Exhibition by artists currently residing at Kings Road Artist Studios. Located in Pontcanna, Cardiff, the studios have been a long-standing staple of the Cardiff arts community. Welcoming artists working in a variety of mediums, the space has encouraged connection-building and collaboration over the years.



12th May - 19th June – *Affinity: A Celebration of Connection*

*Affinity: A Celebration of Connection* featured vibrant artwork made by the Creative and Therapeutic Arts students at University of South Wales, as part of their 2nd year module. This is an ongoing collaborative project with Mental Health Services for Older People (MHSOP) at University Hospital Llandough, the Arts for Health and Wellbeing Programme, Cardiff & Vale Health Charity and Cardiff and Vale University Health Board.



19th June – 31st July – *Coastal Connections: Wild Swimming and the South Wales Coastline*

*The Coastal Connections: Wild Swimming and the South Wales Coastline* exhibition explored the joy of cold-water immersion and celebrated the stunning South Wales coastline.

Some works documented swimming communities, other pieces offer a more personal perspective, capturing the artists' unique experiences of water and the many intricacies of waves, foam, and organisms thriving at the shore.





# Exhibition Spaces

## *The Hearth Gallery*

9th August – 18th September – *Do you want to play?*

*Do you want to play?* was an interactive and immersive exhibition by Four in Four (Paul Whittaker and Tamsin Griffiths), inviting participants to explore intricate dynamics of relationships, be they personal or professional, as well as the philosophy of relationship-centred care.

As part of the exhibition, the Hearth Gallery hosted two internal closing events that gave participants an opportunity to engage in open discussions on the theme of relationship centred care, with Ceri Phillips, Vice Chair of CAVUHB, and Daniel Crossland, the Director of Operations of the Mental Health Clinical Board joining one of the sessions.



## *The Cube*

The Arts for Health and Wellbeing Team is thrilled to announce that the exhibition cube donated by Age Cymru was installed at the front of Barry Hospital.

Age Cymru is the national charity for older people in Wales. They provide various services to make a real difference in seniors' lives. The cube is a fantastic addition to Barry Hospital and allows for showcasing artists' work in a unique way. Patients, staff, volunteers and visitors will have a chance to admire art not only on the hospital's walls but also outside the building.



# Exhibition Spaces

## The Plaza

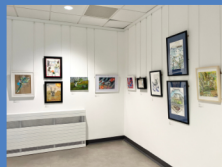
6th March -17th April - Francine Davies

In spring, we welcomed the *A way of life that nurtures the senses: The closer you are the closer you are!* exhibition by Francine Davies to the Plaza exhibition space, University Hospital Llandough. Francine's work explores Welsh and international coastlines, commenting on her love of swimming in the sea and its positive benefits on health and wellbeing.

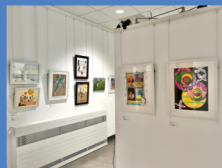


4th September – 16th October – *Going Postal*

The *Going Postal* exhibition by Creative Community Libraries was shown in Barry Hospital and then travelled to the University Hospital Llandough Plaza. Based in the Vale of Glamorgan, members of the local community connect through collaboratively creating a piece of art.

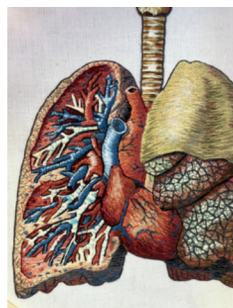


The Creative Community Libraries group was established on Facebook during the first pandemic lockdown. It engaged volunteers and friends of the volunteer led libraries in the Vale of Glamorgan, online in the world of art with creativity as a means of distraction from the situation everyone found themselves in.



6th September – 23rd October – *Anatomical Embroideries* by Cath Janes

The Arts for Health and Wellbeing Programme were thrilled to introduce its latest exhibition featuring anatomical embroideries by Cath Janes, situated in University Hospital Llandough's main Plaza. Cath's meticulously crafted and anatomically precise depictions of the human body are an exploration of our individuality and essence.



# Exhibition Spaces

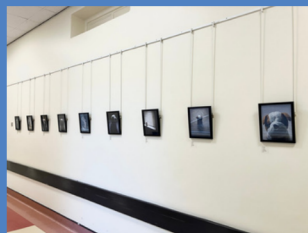
## The Corridor



16th January – 10th April – *Finding Me*

*Finding Me* is about exploring our emotions by expressing through photography, and how this process can provide a positive change on our mental health.

Portrait Photographer Lisa Marie Mansfield captures her own mental health journey by photographing a significant personal object to express periods of emotional challenges. As a recent graduate of an MA in Arts Practice, Arts, Health and Wellbeing, she aims to raise awareness in mental health through her photography and pursue this as a career to encourage others to express creatively.



17th July – 6th November – Brian Marsh

The Corridor exhibition by Brian Marsh explored captivating landscapes and nature. As a valued colleague at Cardiff and Vale University Health Board, Brian extends his creative talents to skilfully capture the atmospheres and feelings of locations through his painting practice. We have been delighted to support Brian during his inaugural exhibition.



# Exhibition Spaces

## Barry Hospital



31st January – 16th May – *The Rhiwbina Sketchwalk Exhibition*

We were delighted to welcome the *Rhiwbina Sketchwalk Exhibition* to Barry Hospital by the participants of the Rhiwbina Sketchwalk. The group was started by Dan Peterson, a long-standing supporter of the Arts for Health and Wellbeing Programme, and the owner of the Peterson Art Supplies shop in Rhiwbina, Cardiff.

Welcoming all members of the community, the Rhiwbina Sketchwalk is an opportunity to cultivate drawing skills, and to meet other artists whilst enjoying the outdoors. The exhibition displays the group's wide range of skillsets through drawings made on location in Rhiwbina.



4th September – 13th November – *Sight Life*

We were delighted to welcome the new Barry Hospital exhibition by Sight Life, a blind and partially sighted photography group. The group captured pictures and subjects ranging from wildlife to musicians performing, as well as portraits and art deco themes.

Sight Life is the new operating name for Cardiff Institute of the Blind, and is one of Wales' oldest charities providing essential advice and services to support blind and partially sighted people across South Wales to enjoy independent, active, social and fulfilled lives.

# Exhibition Spaces

## Sponsorship *The National Grid*



**nationalgrid**

In 2023, The Hearth Gallery secured valuable funding to ensure it can offer future exhibitions for patients, staff and visitors to enjoy.

National Grid Electricity Distribution became the first sponsors of the Hearth Gallery, and will assist the Arts for Health and Wellbeing Programme with providing art to promote mental and physical wellbeing of patients, staff and visitors of University Hospital Llandough.

“Ruth Adams, National Grid Electricity Distribution’s Marketing & Digital Communications Manager, said: “The Hearth Gallery enhances the healing environment at Llandough Hospital and is clearly valued by patients, volunteers and staff.”

The invaluable support from National Grid has paved the way for the continued success of The Hearth Gallery and the Arts for Health and Wellbeing Programme. Through their generosity, over 200 artists were able to display their work in 2023, enriching the lives of patients, staff, and visitors at University Hospital Llandough.

We invite potential supporters who share our vision to collaborate with us. Whether you are an organisation seeking to sponsor the Hearth Gallery or contribute to the Arts for Health and Wellbeing Programme, we welcome your involvement in creating positive and healthy environments for all.

For inquiries about sponsorship opportunities, or to learn more about how you can make a difference, please contact [artsinhealth.cav@wales.nhs.uk](mailto:artsinhealth.cav@wales.nhs.uk).

# Donated Art

## Nichola Hope

Artist, Nichola Hope, kindly created the four bespoke paintings for the Orthopaedics Waiting Room, University Hospital Llandough.

Nichola was passionate to donate the artworks as a thank you, after her daughter was given a late diagnosis of congenital hip dysplasia at age 2. She was treated with two surgeries under Orthopaedics and followed up until her discharge at age 11.

Nichola chose to draw birds, a nature theme that could help create a calming and inviting space for patients, family members and staff in the waiting room area.



## Terry Setch

The Arts for Health and Wellbeing Team and Cardiff & Vale Health Charity were delighted to receive a kind donation of a painting from Terry Setch RA, RWA.

Terry Setch RA, RWA is a celebrated British artist and a Royal Academician. His work explores the tensions between society and the natural world, and has been using the pollution of beaches as his major subject since 1970s, long before it had entered the public's consciousness. Painting in encaustic, Terry Setch RA, RWA uses hot wax mixed with pigment to create texture, and to embed debris found on the beach within his work.



“It is my pleasure to donate this artwork to Cardiff & Vale Health Charity’s Arts Programme. I have spent my long career understanding the effects of industrialisation on our beautiful beaches, encapsulating the devastation in my art. With a new home for this piece, I’m hoping to evoke thoughtfulness and mindfulness in those it attracts. I have a lot of admiration for the NHS, and cannot think of a better home for Seamist than University Hospital Llandough. I hope patients, staff, visitors, and the community enjoy observing, and possibly enticing the inner artist within.” – Terry Setch RA, RWA

# Donated Art

## Phil James

The Arts for Health and Wellbeing team were delighted to receive work kindly donated by Phil James, a Housekeeper in the University Hospital of Wales. Phil's journey with art started around three years ago with adult colouring books, his enjoyment for these soon evolved into creating his own designs. Phil sees his art as spontaneous and creative and it is not planned out. Phil loves colours and lines and his art is created using all sorts of paint pens.

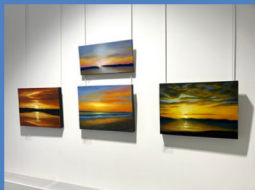


## Gek Lim

The Arts for Health and Wellbeing Team and Cardiff & Vale Health Charity are delighted to receive a kind donation of paintings from our supporter Gek Lim.

Born and raised in Singapore, Gek moved to England to study Sculpture and Visual Arts at Emerson College in Sussex, after 28 years of her IT career. She has exhibited her paintings in Ulaanbaatar, Penang, and Singapore, and held her recent exhibition 'Let the Light Shine' at the University Hospital Llandough Plaza.

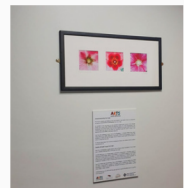
Through her landscape paintings and her abstract pieces, Gek explores light and the meditative process of painting. Inspired by J.M.W. Turner, the artist studies the essence of places, and then translates them onto the canvas.



## Ceri Leigh

The Arts for Health and Wellbeing Team and Cardiff & Vale Health Charity were delighted to receive a kind donation of framed photographs from Ceri Leigh. Ceri studied Wildlife Illustration, including photography, at Carmarthenshire College of Art and Countryside Management in Snowdonia.

Ceri aims for the effect of a painting, to give the viewer a sense of the beautiful flora and wildlife in the Brecon Beacons. The donated photographs showing flora, fauna and local Welsh landscapes, have completely transformed and softened the clinical environment at the Gynaecology/Oncology Clinic at University Hospital Wales.



# Supporting Mental Health *and Wellbeing*

The Arts for Health and Wellbeing Team have designed and supported a number of Social Prescribing and Arts on Prescription projects which are making a positive impact on our communities. Through funding from the Arts Council of Wales, The Baring Foundation, NHS Charities Together and Cardiff & Vale Health Charity we are able to work with a number of our services, third sector organisations, charities, community groups, Arts organisations and artists to develop a rich network of innovative opportunities to support wellbeing within our communities

*Arts and Minds Initiative funded by Arts Council of Wales and the Baring Foundation*  
*Our Project - Young Arts For Change*

In Year 2 of the project we worked with artists and organisations to co-create meaningful, inclusive and innovative arts interventions alongside young people within our communities and vulnerable young people within our services. We worked with Breathe Creative, ACE Dusty Forge, the Youth Forum at the Grange Pavilion, and artists Louise Jensen, Sian Burns, Nicola Parsons, Joe Kelley and Katja Stiller.

The role the artists played is absolutely vital to the success of the project, and we were thrilled that in Year 2, over 87 art workshops across various arts mediums, including poetry, character design and creative writing, mask making, night shoot photography, filmmaking, collage, batik, painting, drawing and animation, were delivered.

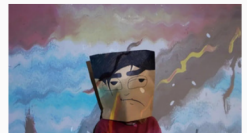
We also supported our first Summer Arts Festival at the Grange Pavilion, attended by over 100 people, with opportunities for everyone to enjoy the arts.

It's been really amazing to get involved, and just think about art and how that helps with your wellbeing, and actually how it can bring people together. I think the film shows the work that we've been on, and the journey we've had over the last five months, and just how different ages, different backgrounds come together to work on a really powerful piece and I think that's quite emotional for them. It brings together all our different identities and just shows what Grangetown is all about.'

‘Nirushan -Youth Forum



Breathe Creative and SHED, Specialist High Risk Eating Disorder Service, Cardiff and Vale University Health Board





# Supporting Mental Health *and Wellbeing*



Youth Forum, Grange Pavilion and our Summer Arts Festival, musician Idrissa Camara

Please have a look at the link if you want to see the film, Unify co-created alongside the Youth Forum, Grange Pavilion, and the book, The Waiting Room created in support of the mental health of vulnerable people in hospital waiting rooms, and further information on the project.

<https://cardiffandvale.art/arts-and-minds/>

It means a great deal to everyone involved to be supported by the Arts Council of Wales, and the difference these projects make to the wellbeing of young people through engagement with the creative arts is considerable.

We are really looking forward to Year 3!



# Supporting Mental Health *and Wellbeing*

## *Breathe Magic*

Working in partnership with the Arts Team, Breathe Arts Health Research delivered a six-week pilot Breathe Magic for Rehabilitation programme, delivered for two cohorts of up to eight adults who are in-patients at the University Hospital Llandough.

The first group of up to 8 participants were stroke in-patients, and the second group participants were neuro and spinal injury in-patients. The sessions were delivered by one Breathe Magician, supported by clinical team members from CAVUHB. The aim of the sessions was to increase wellbeing as well as to strengthen and improve upper limb movement.



## *CF Trail*

The Cystic Fibrosis Transition Trail was created to support patients aged 14+ who are transitioning from paediatric services to the All Wales Adult Cystic Fibrosis Centre at University Hospital Llandough. The CF Transition Trail is designed to be played on a patient's mobile phone or tablet and guides them through the hospital site as well as introducing different locations and meeting staff who will support them at the adult centre.

*“This project has been a great opportunity to create a digital resource for young people that will help them feel more confident about transitioning to the adult service whilst having some fun. The guidance and expertise of the Arts for Health and Wellbeing team was essential!”*

Bethan Watkins, Senior Youth Worker in Cystic Fibrosis

*“I always love collaborating with the Arts for Health and Wellbeing team: their work makes a huge impact on the local community and working with them is a great way to demonstrate the benefits of computing and technology on people and society.”*

–Dr Daniel J. Finnegan, Senior Lecturer in the School of Computer Science and Informatics at Cardiff University.

# Social Prescribing

The Arts in Health team works closely with Cardiff and Vale University Health Board to ensure that the Arts activities offered align with UHB priorities, including the UHB 10 Year Strategy, Shaping our Future Wellbeing and also the aims and goals highlighted in the Wellbeing of Future Generations agenda

Thanks to funding from NHS Charities Together, we were delighted to be able to support three projects this year as part of this initiative

## Heledd

We worked in collaboration with Mind in the Vale and musicians Nicole Boardman, Giordano Ferla and Angharad Smith to support a fortnightly singing group for people with long term mental health conditions.

These uplifting sessions have become a real fixture, the participants really enjoy the sessions and see them as the highlight of their week.

“I was extremely nervous when the group first started but Nicole made me feel included. My confidence grew over a period of time and I started to look forward to the singing and felt a sense of positivity after the session’.

‘We were all feeling very happy after the session’.

‘I have had a good laugh.’

‘My low mood has lifted.’

‘I don’t want this to end as it makes me happy’.



# Social Prescribing

## Bloom



We also worked with Rubicon Dance and Mental Health Matters alongside our refocusing nurses in MHSOP to support people living in the community who might be living with a long-term condition, or have been recently discharged from hospital. We delivered Movement and Music sessions at Rubicon Dance studios and are providing taster sessions at various community venues. We aim to establish community based in-person and on-line music and movement session support in collaboration with our Neuro Rehabilitation Discharge Team, Mental Health Matters, Community Resource Team nurses, Community Coordinators First Point of Contact Team as part of this social prescribing initiative.

## Artworks

We are delighted to work with Beth Morris Workshops – award-winning artist facilitator Beth Morris delivered a creative art workshop programme aimed at supporting 16- 25 year olds who may not have access to education, may be disengaged from society or who may need the transformative power of creativity to support their mental health. Art sessions include creative writing and positive affirmation, billboard design, tattoo design, textiles, sketching and painting and jewellery design. The sessions are supportive of an inclusive group of young people experiencing mental health difficulties, and include guest speakers.

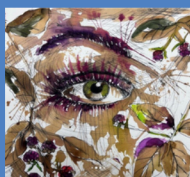
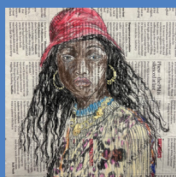


Photo Credit  
Beth Morris  
Workshops

“Beth has organised a number of guest speakers and guest facilitators that the young people have enjoyed immensely; including C. Reece Talk to Coco, Ophelia DeSantos, and a local jewellery maker who helped us to make beautiful rings and bracelets. All of the young people engaged brilliantly in these sessions, and Beth really makes an effort to find diverse and exciting creatives to enhance the work we do.. [...]

Our participants have also shown immense progress, such as being accepted onto art foundation courses, taking their driving test, and making beautiful art in our sessions that have empowered them to be more creative in their day to day lives” Millie Tucker, project volunteer

# Social Prescribing

## A Space to Grow

Our project, A Space To Grow, Lle i Dyfu, connects growing and creating: art, food and nature. Through a combination of the creative arts, nature and food-based learning and sharing, we are exploring the distinct benefits of a synergistic approach to improving wellbeing and connecting people across Cardiff, the Vale of Glamorgan and Wales. A Space To Grow aims to develop confidence, new skills and focus on the creative opportunities that growing and sharing of food across cultures and communities can inspire.

This social prescribing initiative brings people together to address inequality, to better manage their health and wellbeing and build strong creative communities. We are exploring and celebrating the deep connection between food, nature and the arts across different cultures, employing innovative interventions including belly-dancing for gut health, recycled film performances, innovative printing and dyeing, spoken word poetry, creative writing and journaling.

Our partners include Urban Vertical CIC, Safer Wales, the All Wales Paediatric Diabetes Service, Vale of Glamorgan Libraries, Third Sector and Community Organisations and a number of talented artists and arts organisations.

We are delighted that Urban- Vertical CIC have created the following innovative, rich arts and wellbeing workshop courses available to our local communities - Belly dancing for the Menopause, Song writing for Wellbeing, The Art of Eating Well, Power Pedal Life Cycles.

*Funded through the Arts for Health and Wellbeing Lottery Fund, Arts Council for Wales*



# Social *Prescribing*

## *The Power of the Pen*

As part of the Space to Grow project, The Arts for Health and Wellbeing Team are delighted to support Spoken Word Poetry Workshops, The Power of the Pen, created and delivered by Duke Al and hosted at the Railway Gardens, Splott, Cardiff.

“The pen, and the insulin pen. The ink and the insulin. As a poet and a person living with type 1 diabetes (T1D) both pens are vital, the insulin, well, I’m sure you know what that does... but the ink, maybe not so much. The ink in the pen, is a powerful tool, it allows me to express myself and really tell the page about how T1D affects me, I do this in the form of poetry, it is my very own superpower.”  
Duke Al

The workshops were giving young people the opportunity to share their experiences, meet other young people, and have their voices heard. Our sessions are co-produced by CAVUHB’s Paediatric Community Diabetes Liaison Nurse and Youth Support worker for Young People, and funded as part of our Space to Grow project, funded by Arts Council of Wales.



*Funded through the Arts for Health and Wellbeing Lottery Fund, Arts Council for Wales*

# NHS@75

## *Celebrating Cardiff and Vale UHB*

As part of the celebrations of the NHS turning 75 this year, the Arts for Health and Wellbeing Programme, with funding from Cardiff & Vale Health Charity's Staff Lottery, commissioned drawings of the 5 biggest sites of Cardiff and Vale University Health Board.

The two main commissions of University Hospital Llandough and University Hospital Wales were created by artist and illustration lecturer at University of Wales Trinity St David, Swansea College of Art, Jonathan Williams.

The three smaller pieces were made by students of the BA (Hons) Illustration course at University of Wales Trinity St David, Swansea College of Art. The students have captured Barry Hospital, St David's Hospital and Cardiff Royal Infirmary in their own personal drawing styles, and a variety of mediums.

All five pieces were then gifted to the respective sites as a token of appreciation of the NHS and the staff within Cardiff and Vale University Health Board. We thank you all for your hard work caring for people; keeping people well, especially during the COVID-19 pandemic



## *Live Music Now*

As part of our NHS@75 celebrations we welcomed musicians from Live Music Now into University Hospitals of Wales Cardiff and Llandough. Acoustic music sets were enjoyed by patients, staff and visitors, which was a wonderful way to celebrate this special birthday.



# NHS@75

## *Geraint Evans - Dawns Bywyd*

Geraint Ross Evans was commissioned by the Arts in Health and Wellbeing team to produce an artwork in celebration of the NHS's 75th anniversary. Geraint met with a selection of local health and wellbeing community groups across Cardiff and the Vale of Glamorgan to experience and capture their activities and wellbeing strategies first-hand.

These experiences have been reimagined in his studio into this large-scale drawing of unfolding events over the course of one day. Dawns Bywyd (The Dance of Life) is on display at University Hospital Llandough and a smaller image will be exhibited at University Hospital of Wales.



“This artwork lays out a utopian vision for what Wales could look and feel like, inspired by the good work that is already taking place. - Geraint Evans”

## *Nominate a Portrait*

The Arts for Health and Wellbeing Team's 'Nominate a Portrait' campaign celebrates our NHS staff using art to acknowledge and celebrate their immense dedication and selflessness,

As part of NHS@75 staff were asked to nominate the colleagues they believed deserved extra recognition for going above and beyond to care for patients, their families and those they work with. Those with the most nominations would be asked to sit for a portrait by a celebrated artist.

Staff Nurse Jenny Jones and Consultant Keith Wilson were chosen by their colleagues to have portraits painted by renowned artists Harry Holland and Susannah Fiennes and we look forward to displaying the portraits at the University Hospital of Wales



# NHS@75

## Online Art Auction

We were delighted to present the *NHS @ 75 Online Art Auction*, raising funds for the Arts for Health and Wellbeing Programme at Cardiff & Vale Health Charity. This year's auction is extra special, as it coincides with the NHS turning 75. To celebrate, local artists have very kindly donated a piece of their work to show their appreciation of our wonderful NHS.



Many of the contributing artists have a previous connection with the Arts for Health and Wellbeing Programme and have a personal reason for supporting the NHS and specifically the Arts for Health and Wellbeing Programme at this time.



## University of South Wales Collaborative Performances

The Arts for Health and Wellbeing Team worked in collaboration with Masters Students at the University of South Wales on a project to benefit patients and staff within Mental Health Services for Older People at University Hospital Llandough.

The students worked in collaboration with the Arts programme to create a bespoke drama performance entitled 'Medical Mayhem' for the patients and staff in University Hospital Llandough to celebrate the NHS@75. The performance included historical references to the NHS through the years and what it means for patients and staff alike. The performance not only celebrated the NHS but highlighted the importance of the arts in promoting health and wellbeing and providing a welcome distraction from the clinical environment and a sense of fun and joy.



# Supporting Patients

## Talking Point

Talking Point, music and art creative sessions are being delivered to the patients of the Sam Davies Ward, the rehabilitation ward at Barry Hospital, and are providing a positive focus for the patients, carers and staff. The aims of the project are to remind participants of their strength, resilience, sense of humour and creativity through Art and Music.



## Motion Control Dance

Motion Control Dance provides weekly interactive, dance and movement sessions at two wards at Barry Hospital, the Sam Davies Ward and the Young Onset Dementia Service.



The sessions support the health and wellbeing of our patients, and to establish patterns of healthy movement, improved wellbeing and positive, uplifting experiences for our patients and those who care for them.

## Rubicon

The Arts for Health and Wellbeing team were pleased to continue to work alongside our long standing collaborators, Rubicon Dance, on a project with patients within our Neuropsychiatry Department at Hafan y Coed through funding from the Arts Council of Wales.

## Calon Chorus

Forget-me-not Chorus, in partnership with the Arts for Health and Wellbeing programme run by Cardiff & Vale Health Charity and Cardiff and Vale University Health Board, has a chorus to support those who are bereaved after having cared for a loved one with dementia.

## Forget me not Chorus

The Forget me not Chorus provides weekly music sessions for dementia patients on our wards as well as their families and our staff. The aim of these sessions is to bring joy and laughter to patients through singing and movement, which can foster a sense of worth, and enrich the lives of those affected by dementia.

Calon Chorus is a community of shared experience and support, providing an opportunity to find company and friendship from those in similar circumstances.



# Supporting Patients

## *Welsh National Opera*

Our long term partners Welsh National opera work with the Arts Team to provide two projects over our hospital sites. We run weekly music sessions and concerts for the enjoyment of our older patients in St David's Hospital, and the University Hospital sites in Llandough and Cardiff. The sessions boost mood, increase wellbeing and allow our patients and staff to express themselves through music.

They also work with us on Breathe - A programme to aid respiratory health for patients suffering from Long Covid and other chronic health conditions

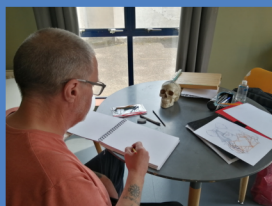
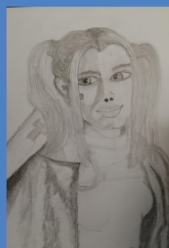


## *Keys - At the Julian Hodge Hostel*

The Arts for Health and Wellbeing team worked with Artist Patrick Coombes to deliver workshops to the residents of the Julian Hodge Hostel for those experiencing homelessness, creating collaborative artworks that explore identity and the idea of home. With lived experience of homelessness, the artist made close connections with the workshop participants to make pieces that aim at improving the wellbeing and representation of patients and service users.

The aim of the 'Keys' project, was to use collaborative art to breakdown the stigma around homeless and allow residents to feel more connected and welcome in NHS services. Following the exhibition, the artworks will be installed at the Julian Hodge Hostel to increase the tranquillity of its environment.

The Arts for Health and Wellbeing Programme extend their gratitude to the Darkley Trust for making this project possible with through their generous funding.



# Celebrating Culture and Inclusion

## Pride

Every year, PRIDE is celebrated at Cardiff & Vale Health Charity and The Arts for Health and Wellbeing Programme is proud to stand alongside this community and be an ally for all. This year, our PRIDE celebration included a portrait of Professor Tracy Myhill OBE by Nathan Wyburn.

Tracy has a long and distinguished career with 37 years' experience within the NHS, including working as Chief Executive within the ambulance sector, Chief Executive and Deputy Chief Executive of integrated health boards, HR Director nationally and locally and has experience in Chair and Non-Executive Director roles in the public sector.

Tracy has been recognised for her energetic and charismatic approach to advocating equality and diversity in the workplace – not just within NHS Wales but also across the NHS in the UK – securing a Stonewall Cymru Role Model of the Year accolade in 2015 and numerous listings in the Pinc List (the 40 most influential LGBT people in Wales).



## Polyn Pren

Another exciting project has been completed at Our Health Meadow! With thanks to funding from the Arts for Health and Wellbeing Team at Cardiff & Vale Health Charity, the beautifully carved Polyn Pren proudly stands in the wooded area of Our Health Meadow at University Hospital Llandough.

With the intention to represent the different horizons of Our Health Meadow, and with help from Thomas Carvings, Down to Earth, Cardiff & Vale Health Charity and a group of wonderful volunteers watched their vision come to life.



## Sycamore Sculpture

Our beautiful and dynamic Sycamore sculpture by Gideon Petersen has been moved to its forever home at Our Health Meadow located at University Hospital Llandough. The artist behind the sculpture, Gideon Petersen, met with the arts team to agree a sculpture that would link the outdoor space with the existing nature theme within Hafan y Coed.

The sculpture within Our Health Meadow can be seen and appreciated by patients, staff, volunteers, and walkers for many years to come.



# Improving Environments

## *Dandelions at Maelfa*

As part of the Maelfa project, we commissioned Gideon Petersen to produce stunning sculptures of dandelion seeds which hang from the ceiling in the healthcare area. In this instance, the dandelion was chosen as it is a symbol of hope, love, and happiness.

The bright yellow colour of its petals represent the sun shining on all the good deeds in your life. The black seeds of this plant are said to carry wishes for prosperity and new beginnings with them as they fly away into the sky.



## *Cardiff Prison*

Through a recently approved Staff Lottery bid, the Healthcare Department at HM Prison Cardiff underwent a transformation with the installation of welcoming wall vinyls in both staff and patient areas.

The patient waiting rooms within the Healthcare Unit at HMP Cardiff were previously basic and lacked visual interest with limited natural light, creating an unwelcoming atmosphere for patients who could spend up to two hours in these rooms.

Similarly, the Healthcare Staff Rest Room also saw much-needed improvements. The staff room, like the patient waiting rooms, was previously dark and uninviting, leading colleagues to have lunch breaks at their workstations. Recognising the importance of providing a positive and welcoming space for staff to rest, changes were made to enhance the rest area.



# Engagement

## *Hearth Gallery*

New followers - 10  
Total followers - 195  
Impressions - 16,379



## *Arts for Health and Wellbeing*

New followers - 99  
Total followers - 789  
Impressions - 51,115

## *Arts for Health and Wellbeing*

New Likes - 88  
Page Likes - 651  
Follows - 797  
Page Reach - 13,778  
Page Visits - 885



## *Hearth Gallery*

New Likes - 15  
Page Likes - 43  
Follows - 67  
Page Reach - 10,884  
Page Visits - 550

## *Hearth Gallery*

New Followers - 170  
Total Followers - 1391  
Page Reach - 5311  
Profile Visits - 1630



## *Arts for Health and Wellbeing*

New Followers - 162  
Total Followers - 564  
Page Reach - 794  
Profile Visits - 516

# What's Next?

## *Social Prescribing Framework*

Continuing work with our third sector and community partners via our NHS Charities Together and Baring Foundation projects.

## *Influencing Pathways of Care*

Working with patients and clinicians to inform and change pathways of care for the benefit of patients, their families and our staff.

## *Hearth Gallery*

- Continuing the provision of the innovative and thought provoking HeARTh Gallery catalogue of exhibitions
- Planning the Gallery's 20-year anniversary exhibition in September 2025
- Securing funding to develop a regular creative workshops programme at the Hearth Gallery for staff and patient benefit

## *Inclusion and Diversity*

Sponsoring Inclusion award at Arts & Business Cymru ceremony to encourage further equality within arts arena and to assist the Health Board in ensuring that equality, inclusion, diversity and human rights principles are owned, valued and demonstrated by everyone within the organisation

## *A Space to Grow*

Delivering and building on outcomes from our 'A Space to Grow' project

## *Improving Environments*

Continuing to improve clinical environments for the benefit of all that use the areas, promoting wellbeing through the creation of inviting and calming spaces throughout our Healthcare sites

## *Community Connections*

Building stronger and maintaining relationships to deliver good quality Art community resources

# Reflections



**Suzanne Rankin**

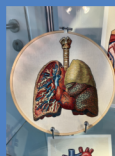
*Chief Executive  
Cardiff and Vale University Health  
Board*

I'm delighted to share the achievements of Cardiff and Vale Health Board's Arts for Health and Wellbeing programme for 2023.

In the midst of financial constraints, commitment to continue support for Arts in Health activities over the past year has been a testament to the resilience of the vision. The transformative impact of these initiatives to improve the wellbeing of patients, visitors and colleagues has been invaluable, and continues to have an immensely positive impact on the way in which we care for each other and also in shaping patient care pathways for generations to come.

I have been particularly interested to see the work on the Arts in connection with nature, and how this symbiotic relationship has become a powerful catalyst for enhancing emotional resilience and overall mental wellbeing, something I look forward to seeing blossom during a time we all need it.

As Chief Executive, navigating this tight financial climate has reinforced the need and significance of creative solutions and partnerships in fostering a holistic approach to healthcare, and I am extremely proud of the way in which we are continuing to lead the field with the Arts in Health Programme at Cardiff and Vale UHB. I look forward to seeing the Arts programme for 2024 continue to thrive and make a difference to us all, and encourage you to follow our programme via its website and social media.





# With Thanks

