



GIG
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NHS
WALES

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

ARTS

FOR HEALTH AND WELLBEING



Arts Spring Newsletter 2022

About the Arts for Health and Wellbeing Programme

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

We have recently released an animation to share the work and vision of the Arts for Health and Wellbeing Programme. [You can watch it here.](#)



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



@CAVUHBarts



@CavuhbArts



@theearthgallery

www.cardiffandvale.art

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What's Been Going on...

Queen's Green Canopy Project

We are working with University of South Wales students to deliver online arts projects for patients in MHSOP in celebration of the Queen's Green Canopy project and the Platinum Jubilee and were delighted to receive a Hawthorn tree from lecturers and students. [Read more here.](#)

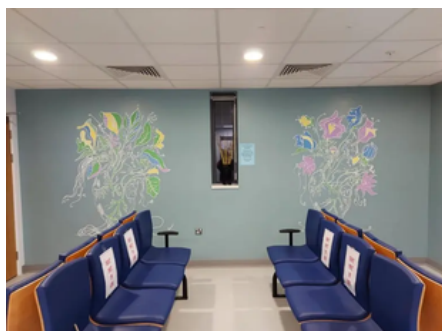


Artwork by Victoria Perkins for the Ambulatory Care Unit

The Arts for Health and Wellbeing Team are always pleased to be able to assist in improving environments for our patients and colleagues. We were delighted to work with local artist Victoria Perkins to create a piece of art for the Ambulatory Care Unit are within the Emergency Unit at University Hospital of Wales. [Find out more here.](#)

Heritage 'Wall of Life' at Barry Hospital!

After a project spanning well over 2 years of work which has been hindered by the pandemic, we are delighted that the Barry Hospital Heritage Project has now been installed in the Mary Lennox Community Room at Barry Hospital. [Click here for more information.](#)



Cathy May's mural Brings Life to the Cardiac Physiology Department

A new mural was recently completed in the Cardiac Physiology Department by local artist Cathy May, funded by Cardiff & Vale Health Charity's Cardiac Fund. [Find out More here.](#)

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Arts and Minds, Project Update: Rubicon Dances Its Way To Neuropsychiatry

We are delighted to collaborate with Rubicon Dance and our staff members within our Neuropsychiatry Department at Hafan y Coed, University Hospital Llandough as part of the Arts and Minds project, jointly funded by Arts Council of Wales and The Baring Foundation. [Read more here.](#)



'Inspired By...' The Second Phase of an Arts in Mental Health Project in Collaboration with 4 Winds Mental Health Resource and Artist Louise Jensen

This new funding initiative enables the Arts Team to support a network of artists and health professionals to co-create and deliver innovative arts interventions and opportunities for adults in recovery and in need of mental health support, building life-skills and a network of support within our communities. [Click here for more information](#)



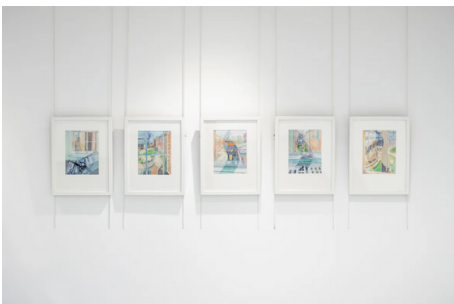
Wall Glamour for the Pelvic Health Service

Using charitable funds and working with Grosvenor Interiors who have assisted us with many projects across the Health Board, the idea was to bring some light and space into the internal corridor area of the hospital, and we're sure you'll agree the new 'wall glamour' is a very welcome addition. [Read the full story here.](#)



In-Memory Artworks Kindly Donated by Eve Hart

Artist, Eve Hart, has generously gifted the Arts for Health and Wellbeing Programme five beautiful artworks in memory of her husband and the care he received at University Hospital Llandough. Read about Eve's story and how you can commission an artwork in memory of a loved one. [Find out more.](#)



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Texting Games for Patients Gifted to your Area

With funding from the Staff Lottery at Cardiff & Vale Health Charity, we have a limited number of texting games to give to departments with waiting areas. For more information, please contact bex.betton@wales.nhs.uk

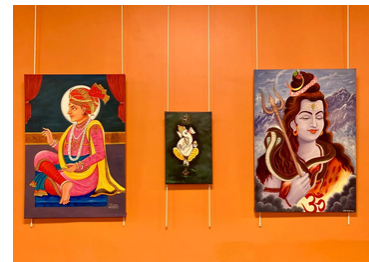


Current Exhibitions



UHL Corridor - Brecon Beacons Garden by Ceri Leigh

A series of photographs by Ceri Leigh, who studies and documents wildlife near her home in the Brecon Beacons. [Click here for more information.](#)



UHL Staff Room Exhibition – Creative Arts by Hiralal Hirani

Hiralal decided to follow his passion for the arts during the COVID-19 lockdown, and has been enjoying the therapeutic effects of painting ever since. [Read more.](#)



UHL Plaza - Landmarks by Amelia Unity

Unity aims to challenge public perceptions of 'tagging' and graffiti by presenting it in newly accessible ways, remaining true to the community-based culture. [Find out more.](#)

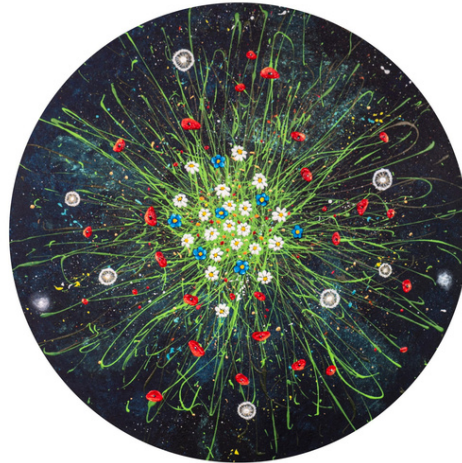


Barry Hospital – Bels Art by Jane Shipton

This exhibition highlights the positive effects the Creative Arts have on your health and wellbeing as Jane created through her Bell's palsy journey. [Find out more.](#)

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NHS ONLINE ART AUCTION 2022



» [BID HERE](#)

An online auction to raise funds for the Arts for Health and Wellbeing Programme, running until 02/05/2022 and being exhibited in the Hearth Gallery, UHL.

All of the artworks in the auction have been kindly donated by artist we have previously worked with, as well as some new supporters. To view the artwork for sale, please visit www.NHS.Auction

Run Barry 10K

Cardiff & Vale Health Charity still have a number of FREE places available for runners to take part in the Barry Island 10k on 7 August 2022. All we ask is that you commit to raise £100 in sponsorship.



» [ENTER HERE](#)

Virtual Easter Balloon Race

Raising money for
the Arts for Health and Wellbeing Programme

An eco-friendly event - buy, create and name your virtual balloon. Once launched, and using real weather data, you can track your virtual balloon 24/7.

Easter Race from Australia - Launches Easter Sunday, 17th April 2022 for 7 days.

Just £4 per balloon with some great prizes to be won.

To enter please scan the QR code or visit <https://ecoracing.co/user/page/2171>



ARTS for Health and Wellbeing
GIG NHS
Cardiff and Vale Health Charity

Virtual Easter Balloon Race

We have some fantastic prizes to give away to the winners of the Virtual Easter Balloon Race! Design and follow your balloon this Easter, all funds raised support the Arts for Health and Wellbeing Programme.

» [ENTER HERE](#)

www.cardiffandvale.art

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Carrdiff Royal Infirmary, People, Place, Future

The Arts for Health and Wellbeing team have secured funding and support from the Arts Council of Wales from the new National Lottery Arts, Health and Wellbeing Fund. The project aims to re-frame a deeper, more accessible relationship to NHS services for all, through the creative arts and to people in their communities at Cardiff Royal Infirmary.



Capel i Bawb : Chapel for All – Painting by Malcolm Murphy

A4 prints are available for purchase at £15 each through a pre-order system until Friday 18th April to raise funds for the Arts for Health and Wellbeing Programme.

» [PURCHASE HERE](#)

Actor and Interactive Storyteller, Daniel Buck, Runs Creative Project with Tredegarville Primary School

We have commissioned Actor and Interactive Storyteller, Daniel Buck to deliver an innovative creative writing, improvisation and role-playing workshops at Tredegarville Primary School. [Click here for more information](#)



International Women's Day Launch of *Dancing the Self*

The Arts for Health and Wellbeing Team launched *Dancing the Self* in collaboration with Cardiff Women's Aid and dance artist, Zosia Jo at the Women's Wellbeing Fair. The focus of our project is reclaiming the body and empowering the mover to make choices about the ways they inhabit the body and space. [Sign up to a taster session here](#)

A New Wall Vinyl to be Installed at Cardiff Royal Infirmary

A wall vinyl presenting Health Board staff as super heroes has been installed in the corridor leading to Links. with funds from NHS Charities Together. [Find out more here.](#)



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Guess How Many Eggs are in the Jar!

1 Guess = £2

3 Guesses = £5

The competition closes on Monday 17th April.
The closest guess keeps the jar of chocolate eggs.



» [ENTER HERE](#)

Supported by
Gifts in Wills
Cefnysylltydd Rhodd mewn Ewyllys

This Easter, we have a limited number of free Wills to gift to our supporters as part of our partnership with Farewill.

To claim your free Will, please visit the Farewill website and enter the code:

CAV-EASTER

ARTS Health Charity Elusen Iechyd GIG NHS Cardiff and Vale University Health Board

Leaving a gift in your will to Cardiff & Vale Health Charity this Easter can support our work and help us make a difference to service users, staff and visitors across the Health Board.

This Easter, we are gifting our supporters a free Will to ensure a long lasting legacy of the causes important to you. We have a limited number of free Wills available, to claim yours, please visit: www.farewill.com/cav-easter and enter the code: "CAV-EASTER"

Ways to Support Us

Sign up for our Staff Lottery –

Money raised will benefit both staff and patients and will give you the chance to win £1,000 on each weekly draw, plus 2 Super Draws every year!

www.healthcharity.wales/hospital-staff/staff-lottery/

STAFF LOTTERY SUPERDRAW ALERT

Sign up to the **£6,000** SuperDraw taking place on Friday 27th May 2022. Register by April 30th 2022 to be in it to win it.

One lucky lottery member will win **£6,000** in addition to four **£1,000** winners.

If you would like to increase your chances of winning, why not increase your numbers?

Email fundraising.cav@wales.nhs.uk for more information.

Fundraise for Us

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

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

Make a Donation

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

www.justgiving.com/campaign/artsforhealthandwellbeing



www.cardiffandvale.art