



GIG  
CYMRU  
NHS  
WALES

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

# ARTS

FOR HEALTH AND WELLBEING



## Arts Summer 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.



#### For Everyone

On Friday 17th June, Cardiff and Vale University Health Board CEO, Suzanne Rankin met with much respected and admired Cardiff Artist, Harry Holland at University Hospital Llandough to view his latest masterpiece of Aneurin Bevan, the founder of the National Health Service. The title of the artwork is aptly named, 'For Everyone', and can be viewed in the main entrance of UHL. [Read more here.](#)

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



@cavuhbarts



@cavuhbarts



@cavuhbarts

[www.cardiffandvale.art](http://www.cardiffandvale.art)

# Arts Summer Newsletter 2022

## We're Supporting Change Makers

The Arts for Health and Wellbeing programme support Engage Cymru in its commitment to tackle under representation of Black, Asian and racially minoritised people within the arts. [Watch the video here.](#)



## Executive Art Programme

The Executive Art Programme brings art to the offices of the Executive Team, both improving the environment and supporting the wellbeing of staff through art. [Click here for more information.](#)

## Video to Conclude the 'Creative Canopies' Project

We are delighted to share the video created to conclude the wonderful 'Creative Canopies' project, a collaboration between the Creative and therapeutic Arts Degree at University of South Wales, Mental Health Services for Older People, and the Arts for Health and Wellbeing Programme. [View the video here.](#)



## COMSC X SHARE GAME JAM at Cardiff Royal Infirmary

The Arts for Health and Wellbeing Programme hosted students from Cardiff University at Cardiff Royal Infirmary as part of the COMSC X SHARE GAME JAM. The mixed group of Computer Science and History students spent the week visiting and exploring the history of three heritage sites in Cardiff as inspiration for the video games they would create at the end of the week. [Read about the project here.](#)

# Arts Summer Newsletter 2022

## Imagine If We Had Somewhere Lovely To Go...

This artwork was created by Beth Morris Workshop students to celebrate the launch of the Meadows Health and Wellbeing Route, which connects the University Hospital of Wales to the meadows at Heath Park. [Read more here.](#)

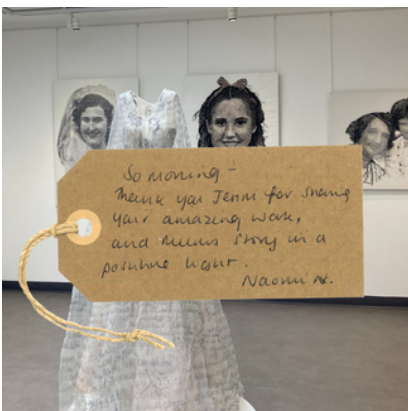


## Marion Cheung Collaborates with Mental Health Matters Wales as Part of the Queen's Green Canopy Project

We are pleased to commission artist Marion Cheung to deliver both online and in-person art tutoring sessions to the Mental Health Matters Wales team at St. David's Hospital as part of our Queen's Green Canopy Project. [Read more here.](#)

## Cardiff & Vale Health Charity Sponsor Art @ the Senedd

Art @ the Senedd is a valued partnership between A&B Cymru and the Welsh Government's Deputy Minister for Culture, Sport and Tourism, which brings high quality live performance to the public areas of the Senedd building, with sponsorship from Cardiff & Vale Health Charity.



## Revisiting the 'Dementia Darnings'

From 3rd May until 13th June 2022 we hosted the 'Dementia Darnings' at the Hearth Gallery. Artist Jenni Dutton was joined by her daughter and Creative Writing Tutor and Mentor, Briony Goffin, to present this inter-generational project spanning 3 generations of women. [Read more here.](#)

# Arts Summer Newsletter 2022

## Welsh Ballroom Community Commissioned to Produce Special Pride 2022 Performance

Cardiff and Vale University Health Board and Cardiff & Vale Health Charity are proud to announce that The Welsh Ballroom Community will produce a special performance as part of our Pride 2022 celebrations. [Find out more here.](#)



## Karen O'Shea to Create Exciting Textile Artwork as Part of our Pride Celebrations

Through its Arts for Health and Wellbeing programme, Cardiff & Vale Health Charity is commissioning Karen O'Shea to create a special piece of textile artwork to celebrates the LGBTQ+ community and further support the Health Board's inclusion agenda. [Click here for more information.](#)



Colleagues who would like to express an interest in joining Cardiff and Vale University Health Board at the Pride Cymru Parade on August 27th are asked to email Helen Anderson on [Helen.Anderson6@wales.nhs.uk](mailto:Helen.Anderson6@wales.nhs.uk) to secure a place and a T-shirt.

## SAVE THE DATE!

## Saturday 20th August

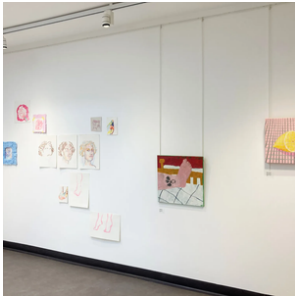


The Arts for Health and Wellbeing team will be running a fundraising event at St Andrew's Coffee Court in August. The event will be a day of creative activities with music from talented buskers, hosted by our wonderful supporters Wyburn and Wayne.

[www.cardiffandvale.art](http://www.cardiffandvale.art)

# Arts Summer Newsletter 2022

## Current Exhibitions

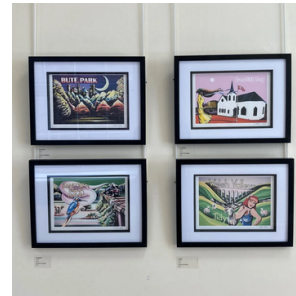


**The Hearth Gallery – Sinsyne by Klatch Collective**  
an exhibition by Klatch Collective, which displays the distinct painting styles of their members. [Read more.](#)



**UHL Plaza - *Colour in a Dark World* by Hilary Griffiths**

Hilary explores the themes of colour, nature and relationships through photography, printmaking and painting. [Find out more.](#)



**UHL Corridor - *Postcards from Wales* by Patrick Coombes**

A display Welsh scenery and landmarks, crafted by the artist with his love for the beautiful country. [Click here for more information.](#)



**Barry Hospital – by Cardiff Museum Drawing Group**

Created by a local community who get together to develop their skills, whilst exploring the inspiring collection of the National Museum of Wales. [Find out more.](#)



**UHL Staff Room Exhibition - *Cynefin* by Cathy May**

A series of works that comment on the importance of connecting with nature and the happiness it brings the artist. [Read more.](#)

# Arts Summer Newsletter 2022

## Sealed Bid Auction for Sculpture by Dilys Jackson

Thank you to Established International Sculptor, Dilys Jackson, for kindly donating 'Romanesco Pollen Form III' to raise funds for the Arts for Health and Wellbeing Programme. To place a bid in the sealed bid auction, please email [bex.betton@wales.nhs.uk](mailto:bex.betton@wales.nhs.uk)



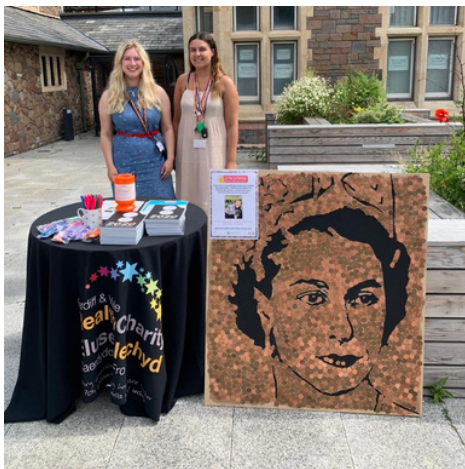
## NHS Online Art Auction 2022

We'd like to say a HUGE thank you to everyone who supported us with our very first online art auction! We are delighted with the £2151.88 raised for the Arts for Health and Wellbeing Programme. If you are interested in donating an artwork to a future auction, please keep an eye on our social media channels where we will be posting call-outs to artist



## In For a Penny

The Health Charity team have been visiting Cardiff and Vale UHB sites with this stunning on-theme artwork by Nathan Wyburn to answer your questions about In For a Penny. [To find out more about the payroll giving scheme, please click here.](#)



## Artwork in Remembrance of a Loved One

Commissioning a bespoke artwork to be displayed at your hospital site is special way to share a loved one's legacy. Jayne Catherall raised funds to commission a stunning poppy themed artwork to reflect the joy poppies brought to her mum, June which can now be shared with staff, patients and visitors. [For more information click here.](#)



# Arts Summer Newsletter 2022

## STAFF LOTTERY SUPERDRAW



The Staff Lottery SuperDraw took place on Friday 27th May where Ian Evans at the Dental Service, St David's Hospital, took home £6000; what a win! We also had four lucky £1000 winners too! Congratulations to all our successful staff members.



[Read More](#)

Do you work for Cardiff & Vale UHB? Have you signed up to the staff lottery? Every week you could win £1000!

## Take on a Health Charity Challenge...

### Good Luck Lisa-Marie!

Lisa-Marie Mansfield will be taking part in the Wizz Air Cardiff Half Marathon on Sunday 2nd October 2022 to raise funds for the Arts for Health and Wellbeing Programme. If you would like to support Lisa-Marie, please consider making a donation through her [JustGiving Page](#).

Are you ready to take on a new adventure?  
Take a look at our upcoming events below.



### CHALLENGE EVENTS



**NHS 5K. DO IT YOUR WAY**  
31st JULY

[Sign Up Here](#)



**CARDIFF HALF MARATHON**  
2nd OCTOBER

[Sign Up Here](#)



**WELSH 3 PEAKS**  
16th OCTOBER

[Sign Up Here](#)