

ARTS | CELF

FOR HEALTH AND WELLBEING | AR GYFER IECHYD A LLES

Arts Winter Newsletter 2023

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.

Rubicon Dance – The Benefits of Dance for Health and Wellbeing

The Arts for Health and Wellbeing team were pleased to commission our long standing collaborators, Rubicon Dance, to work with patients within our Neuropsychiatry Department at Hafan y Coed through funding from the Baring Foundation and the Arts Council of Wales. [Click here to watch the video.](#)



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



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Since 2020, the Arts for Health and Wellbeing Programme has been able to introduce a range of new artworks and projects as a result of funding from NHS Charities Together and are delighted to be recipients of the stage 2 funding to continue to develop the programme further.



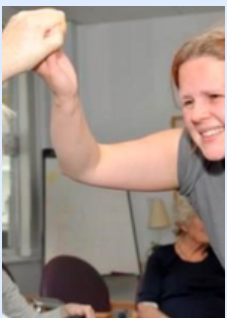
ARTWORKS with Beth Morris Workshops

In collaboration with Beth Morris Workshops, over the next two years, we aim for ARTWORKS to offer regular accessible creative workshops, providing opportunities for students to develop artistically and fulfil their potential. [Sign up here.](#)



MUSIC FOR WELLBEING with KIRAN Cymru

With KIRAN Cymru, we are looking forward to launching lessons in African percussion instrument (Djembe) and Indian percussion instrument (Tabla) and to support the KIRAN Cymru community to share music, film, culture and food. [Find out more here.](#)



BLOOM with Rubicon Dance and Mental Health Matters

We are preparing for Movement and Music sessions with our long term collaborators, Rubicon Dance and Mental Health Matters Wales, to begin in February 2023 aimed at building confidence, bringing people together and improving wellbeing. [Click here for more information.](#)



HELEDD with Mind in the Vale of Glamorgan

We are pleased to share a new Creative Arts initiative in collaboration with Mind in the Vale and musical duo, Nicole Boardman and Giordano Ferla and look forward to the first session. [Read more here.](#)

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Artwork donated by Terry Setch RA, RWA

The Arts for Health and Wellbeing Team and Cardiff & Vale Health Charity are delighted to receive a kind donation of a painting from Terry Setch RA, RWA. [Click here for more information.](#)



Photography Prints Donated by Gareth Johns

We would like to thank photographer Gareth Johns for kindly donating three photography prints displaying landmarks of Cardiff to the Arts for Health and Wellbeing Programme. The prints have been gifted to Mental Health Services for Older People (MHSOP) at University Hospital Llandough. [Find out more here.](#)

NHS Online Art Auction 2023

After the success of last year's NHS Online Art Auction, we are delighted to be running the event again in 2023 with a selection of new artworks kindly donated by local artists to raise funds for the Arts for Health and Wellbeing Programme. Please keep an eye on our social media channels for more information.



Artwork in Memory of Jan

A vinyl print has been created for display at the Neuro Rehabilitation Centre in memory of Janice Davies. Jan's daughter Sarah, and family, raised the funds for the print and, with the support of the Arts for Health and Wellbeing Programme and Cardiff & Vale Health Charity, worked with Grosvenor Interiors to design a wall vinyl that reflects Jan's memory. If you are interested in commissioning or gifting an artwork for one of our hospital sites in memory or appreciation of someone special, please contact artsinhealth.cav@wales.nhs.uk



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Jewellery for Sale by Sam Burns

We are delighted to present this year's resident jewellery maker and designer, Sam Burns, a long-standing supporter of the Arts for Health and Wellbeing Programme. His beautiful hand-crafted jewellery range is available to purchase through the Hearth Gallery, with 25% of all sales kindly donated to the Arts Programme. [Click here for more information](#)



Get Healthy for 2023

Have you given up alcohol or set yourself a #nhsstepchallenge this month? Keep your health in check and support Cardiff & Vale Health Charity! [More information can be found here](#)

Nominate for a Portrait

In 5th July 2023 the NHS celebrates 75 years of service. It's our hard-working staff who make the NHS, so to celebrate this milestone renowned artist Harry Holland will work in partnership with Cardiff & Vale Health Charity's Arts for Health and Wellbeing Programme to paint a portrait of ONE member of #TeamCAV. [Click here to make a nomination](#)



Breast Centre Appeal
Afternoon Tea with Rose Fizz

1.30pm Friday 10th March 2023
Culley's Kitchen & Bar at The Coal Exchange
£25 per person
To book visit [Healthcharity.wales/events](https://www.healthcharity.wales/events)

Prop Appeal
Afternoon Tea with a glass of fizz

2.30pm Friday 17th February 2023
Culley's Kitchen & Bar at The Coal Exchange
£25 per person
To book visit [Healthcharity.wales/events](https://www.healthcharity.wales/events)



Breast Centre Appeal and Prop Appeal Afternoon Tea

Tickets are £25 per person for each event, and include a glass of fizz, lots of lovely cakes and sandwiches and plenty of fun!

To book your tickets, please visit:
<https://healthcharity.wales/events/>



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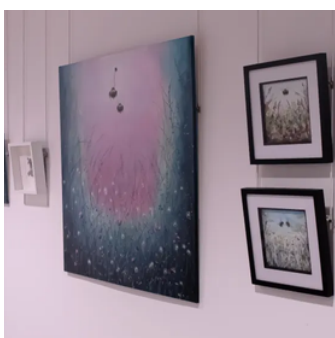
Exhibition Spaces

We are proud to showcase the Hearth Gallery and other exhibition spaces across our hospital sites, offering a calming and reflective space for our patients, staff and visitors. It is a pleasure to exhibit artwork created with our hospital community and local artists and organisations. [Watch the video here](#)

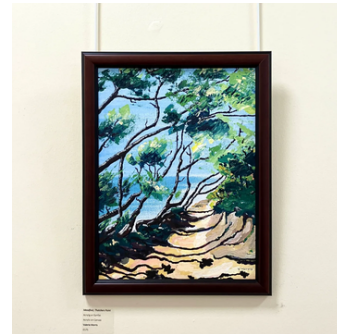


The Hearth Gallery – Winter Open Exhibition 2022

The group exhibition showcases paintings, drawings, photography, ceramics and prints that were created by staff, patients, members of our community, and artists who connected with us online. [Find out more](#)



UHL Plaza - Exhibition by Victoria Perkins
Victoria is heavily inspired by nature and animals adopting a distinctive, ethereal, and whimsical style to her watercolour, acrylic and ink paintings. [Click here for more information](#)



UHL Corridor - Exhibition by Valerie Morris

The pieces on display depict local landscapes, and familiar beach scenes in England and Wales, transporting the viewer to the calm natural environments. [Read more here](#)



Barry Hospital – My Gratitude for Nature – by Elaine Jones

Elaine's artwork depicts flora and fauna, and beautiful local landscapes. [Find out more](#)

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The Staff Lottery Bids Panel are pleased to approve several bids from staff at Cardiff Royal Infirmary. To submit a bid for Cardiff & Vale Health Charity's Staff Lottery or to become a lottery member to be in with a chance of winning £1,000 on each weekly draw, [please visit our website](#).



Art for SARC – Phase 2

In the recent Staff Lottery Bids Panel Meeting, Phase 2 of the 'Art for SARC' project has been approved to install wall vinyls at the Paediatric Area of Ynys Saff. Following regional SARC developments, Ynys Saff is already the Paediatric Hub for South East Wales for clients under the age of 14 who have experienced acute sexual assault. [Find out more](#)

Tredegarville's Tales

Funding from the Staff Lottery was granted to create a book from Daniel Buck's workshops with year 5 students at Tredegarville Primary School, which focus on developing storytelling and creative habits drawing inspiration from the local community around Cardiff Royal Infirmary. [The digital book is now available here](#)

Robobot 2.0

by Olok

Robobot 2.0 was created under big ben by a mad scientist. They were able to escape the mad scientist and flew to Cardiff and stole a mansion named the Cardiff Royal Infirmary. Robobot did this because they needed space to do experiments on humans and animals and so they could plan great things.

One day they met someone named Mr Cheeta in front of the mansion. After a little talking Mr Cheeta joined Robobot's side enthusiastically. Robobot and Mr Cheeta did experiments on some humans and they got hold of a thing, a rectangle that could turn on. Mr Cheeta said "It's a phone."

Robobot asked "How does it work?" and Mr Cheeta said "It's hard to explain. I'll explain later."

When they went at the last experiment the phone made a beeping noise but only Robobot heard it. It made them feel weird but they thought nothing of it. When the experiment was finished there was a crashing sound from the roof and Robobot shouted "STOP!"

The door creaked open and in the doorway stood... MR HOPPS! The so-called "best hero in the world." He got this title by destroying the best villains in the world. HESTER! Dexter had terrorised the world by bombing every place he went to and leaving everything destroyed, but Mr Hopps was able to take Dexter down by using his superpower, tickle-ness. In a battle in the city of Rosson he had made buildings crash into Dexter, defeating him for good.



Robobot in their Laboratory. The phone they found is on the desk. Do you think you could explain to a robot how a phone works?

Character illustration by Olok, Age 10.



Staff Wellbeing Space at the Cochrane Library

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

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Environment Improvements at the Antenatal Clinic – University Hospital Llandough

Cardiff & Vale Health Charity team have recently supported a project to improve the environment of the Antenatal Clinic at University Hospital Llandough where the Rainbow Clinic is also based which cares for women and their partners who have very sadly lost a baby or babies during pregnancy, or shortly after birth. [Read more information](#)



Cardiff Royal Infirmary; People, Place, Future

A project supported by the Arts Council of Wales, that aims to re-frame a deeper, more accessible relationship to NHS services for all, through the creative arts and to people in their communities around Cardiff Royal Infirmary.

HOSPES

The Arts for Health and Wellbeing Team were delighted to launch 'HOSPES', an immersive, site-specific installation and online portal created by award-winning composer & multimedia artist John Meirion Rea, in collaboration with cinematographer and photographer, Huw Talfryn Walters. The installation was sited on the first floor of the renovated Capel i Bawb in October and the stories shared by the community are still available through the online portatl. [Click here to view the digital legacy](#).

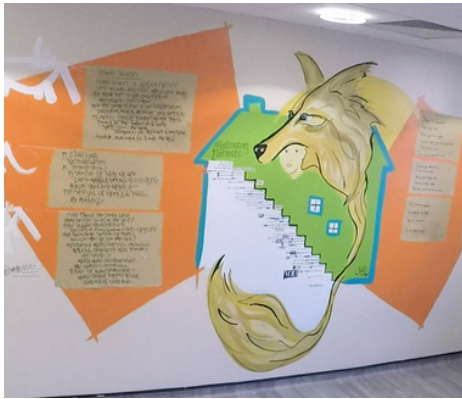


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Duke AI Delivers Poetry Writing Sessions in Collaboration with Links Community Mental Health Service

Letters to Us was a highly successful and effective arts project which not only developed participants' skills in poetry writing, but gave them the tools to further understand their mental health condition and introduced them to new wellbeing strategies. Sharing personal stories through poetry writing built confidence throughout the course, and provided understanding of other participants mental health. [Watch video here](#)



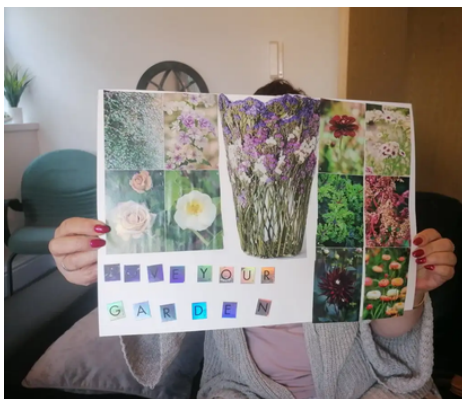
Gweld

The Arts for Health and Wellbeing Team were delighted to commission Haf Weighton and Dewi Tannatt Lloyd to conceive and work on a project, GWELD (See) which used art and photography to widen the experience of Cardiff to a group of clients that attend Oasis using imagination and real experience of the service users at Oasis. [View the online quilt here](#)



Collaboration with the Wales Millennium Centre

We were proud to support artist and community connector, Nerida Bradley, to build new relationships with vulnerable and marginalised groups within our communities with the aim of discovering any hurdles which may exist for vulnerable young people to access our services. [Read more here](#)



CRI Arts Report

The Arts for Health and Wellbeing team are grateful for the opportunity to work to create a template to embed the creative arts in wellbeing health services and to provide a platform for all to engage in the creative arts and the numerous wellbeing benefits this can bring.



[READ REPORT](#)



CARDIFF ROYAL INFIRMARY
2021-2022
CELEBRATING THE ARTS FOR
HEALTH AND WELLBEING
PROGRAMME

