

Arts & Minds

Year 1 Report and Evaluation

Arts for Health and Wellbeing Team, Cardiff & Vale Health Charity

Our Arts for Minds project, funded by the Arts Council of Wales and the Baring Foundation holds bold ambition, and began with a steady, controlled start, building a foundation of mental health support through the creative arts. The project links through 3 sites in the first year, through both in-patient adult mental health care, community out-patients recovery, and supporting ongoing recovery and life-skills building within our communities. Employing an innovative model of co-creation and collaboration, and an orientation to adult learning, recovery and self-care, we aligned to our health board's mid-term strategy, *Shaping our Future Wellbeing*, and created potential for new approaches across many of our services.

Our proposal for the first year was to establish a linked creative programme which bridged provision gaps, identified pathways for support for vulnerable people and facilitated easy access.

Through our services and Third Sector Organisations and charities, we identified a need to support the recovery and rehabilitation and reduce the social isolation experienced by many suffering mental health problems, exacerbated by the pandemic, and for those who require long-term continued support.

Coronavirus: the consequences for mental health (Mind.org.uk) report from 2 surveys showed that of the adults and young people surveyed, approx 12,000 people:

Adults aged 25+:

- 80% experienced mental distress before or during the pandemic
- 46% have long-term problems or learning differences

Young people aged 13-24

- 88% experienced mental distress before or during the pandemic
- 35% have long-term problems or learning differences

The research showed that 65% of adults and 68% young people with mental health problems said their condition was worse as a result of the pandemic. The report also highlights the link between poverty and racialised communities for increased risk of mental health problems.

Aim

Our aim was to build strong partnerships and connections between CAVUHB services, arts organisations, community hubs, Third Sector Organisations and Charities, and a network of artists with the necessary skills and confidence to work within the Mental Health and Wellbeing sector, and to address the challenges and gaps within the support system.

We aimed to provide:

- arts activity support for service users at the Neuropsychiatry Department (NP), Adult Mental Health Unit, Hafan y Coed, University Hospital Llandough

- peer training, co-creation, co-delivery of courses and mentoring support at the Recovery College, and establishing relationships for trained artists to work within the NHS, with third sector and community organisations
- further community mental health support through artists working with Third Sector organisation 4Winds Mental Health Resource Centre.

We were delighted that all three elements of Cardiff and Vale University Health Board's Arts and Minds Project commenced delivery between December 2021 and February 2022. The first phase of planning took place Autumn 2021 for all project elements, and although increased Covid-19 restrictions within wards and the community impacted on each of the 3 elements through the winter period, we were able to work with our partners to find solutions and continued to build the projects.

This report provides feedback on the 3 elements of the Arts and Minds project:

Our partners:

- Rubicon Dance and staff members within our Neuropsychiatry Department (NP), Ash Ward Hafan y Coed Adult Mental Health Unit, University Hospital Llandough (UHL)
- Artist Louise Jensen, The 4 Winds Mental Health Resource and The Grange Bowls Pavillion (GBP)Hub
- The Recovery and Wellbeing College, CAVUHB, and Arts Organisation, Four in Four

All partners, budget and activities were aligned to the original proposal, although timescales for 2 project elements were extended.

As anticipated, each of the project elements has brought in new partners and potential collaborators, and has expanded our learning of the potential for the arts in health sector in support of people with mental health needs.

Delivery was preceded by a period of design and planning through Autumn 2021 for all 3 elements. We worked with our partners and our Arts Team to create:

- Project Milestones, Project road-maps
- Working groups to monitor project progress
- Communications plan for each individual element within the project
- Finance/Budget mastersheet within the Arts Fund, payment pathways
- Artists contracts
- Honorary contracts where appropriate and risk assessments alongside staff members
- established plans for monitoring and capturing evidence for evaluation

1. Rubicon Dance /staff within Neuropsychiatry Department, Hafan y Coed Adult Mental Health Unit, UHL working with in-patients

Aims

- Pilot and evaluate the benefits of movement and music sessions within Neuropsychiatry, Adult Mental Health Unit primarily as in-person sessions, but also as online sessions if restrictions were in place, for vulnerable service users with brain injury
- Improve service user and staff wellbeing, improving mood
- Build strong relationships between departments, between staff members and Rubicon practitioners
- Build a platform for self-care and recovery
- Build support links to our other 2 project elements – 4 Winds Mental Health Resource, The Recovery College.

Project Partners

Rubicon Dance in Collaboration with Neuropsychiatry Department, UHL

The sessions were made possible through previous working collaborations between Rubicon and Staff members in Stroke Rehabilitation Centre (SRC) and MHSOP, and the recognition in the potential of Rubicon sessions to drive forward an innovative arts-centred approach to recovery in Neuropsychiatry.

Neuropsychiatry Department staff were able to attend Rubicon sessions in SRC with the collaboration of SRC Physiotherapists, so that they could understand and plan for sessions in Neuropsychiatry.

Sessions were also attended by an additional partner, BBC Orchestra with Beatrice Carey, and we were able to firstly pilot live music with Rubicon sessions in SRC, with an aim of piloting this approach in our Neuropsychiatry Department

Participants:

Patients, service-users and staff, Ash Ward, Neuropsychiatry Department

Average of 5/6 patients and 5 staff members per session

Outputs

- Delivered a total of 40 sessions
- Setting up an Honorary Contract
- Risk assessments (Covid)
- Session demonstration and planning for staff, 1 session
- Session demonstration for BBC
- 37 in-person Music and Movement sessions
- Session evaluation/ reflection in collaboration with staff led to learning and the development of tailored sessions
- Creation of a video to highlight the project

Outcomes

- Further tailoring of sessions to the needs of patients, building a skills portfolio for work with vulnerable patients through the creative arts Achieved the following outcomes:
 - Recognition of the differences in personal space/inhibition for patients with a brain injury
 - The need to control energy levels through musical choice, being sensitive to patients' energy levels
 - The need to 'cool down' musically/energetically towards the end of a session
 - Delivery in the communal reception area on the ward provided space and the opportunity for staff to also copy the steps, and extended the number of people joining in – including Housekeepers and Consultants
- Although patients found it difficult to follow movements, Anwen Davies, Rubicon practitioner built in Line Dancing Steps which our participants found easier to follow and sequences of steps were added. Staff goals included increasing ability to copy steps, and this was achieved.
- Sessions moved towards more structure
- Patients developed their musical choice, requesting their selection
- Increased conversation was observed between patients through musical choice- particularly male participants
- Increased conversation between staff and patients
- Other patients began to watch the sessions, and they eventually participated
- Pilot of live music sessions within the department with BBC orchestra resulted in monthly live music/Rubicon sessions in Autumn 2022
- Monthly live music sessions with BBC Orchestra within Neuropsychiatry continue

Feedback from Participants:

“Thank you for the class. It puts you in a good mood and everyone's happy after.”

Patients with brain injuries can often suffer low mood or feelings of frustration. The Music and Dance sessions created a joyful atmosphere in the department – for both participants and staff, providing interest, focus, exercise, mental stimulation and the opportunity to engage as people rather than patients/staff. Live music has brought a new dimension to sessions, delivered every 4 weeks.

Please visit the links to view a video created as part of the project

English Film : <https://youtu.be/dz1qvUpFEk4> Welsh Film: <https://youtu.be/Q2IUwTxR838>



Rubicon Dance and BBC Live Music Now piloting live music and movement and music in the Stroke Rehabilitation Centre, UHL, and providing training for Neuropsychiatry staff members



Anwen Davies, Rubicon Dance in Neuropsychiatry Dept, UHL. Please visit the link to see the video.

2. **Artist Louise Jensen and 4Winds Mental Health Resource, Grange Gardens Bowls Pavillion and National Museum Wales,**

'Inspired by... ' Projects

An Arts project engaging participants in group field visits, discussion and artmaking activities to explore some of Cardiff's cultural venues and spaces, whilst focussing on the question of... *what does it mean to be inspired?*

Aims

- Provide the right support for people with lived experience of poor mental health, raising confidence and self-esteem,
- providing focus and new interests in a gentle inclusive environment through accessible arts activities
- Build a network of participants who can benefit from creative arts engagement, improving social isolation
- Establish and develop links between the Recovery College and Third sector organisations
- To promote a diverse and inclusive engagement with contemporary exhibitions as well as works housed in the national museum
- Develop a relationship with local galleries and curators
- Create artworks for display on 4Winds website and within the centre
- Develop further links with GP surgeries and potential for Arts on Prescription/ social prescribing arts initiatives in collaboration with CAVHC
- Develop arts activities which enable participants to reflect on a personal level, recovery based

Project Partners

4Winds Mental Health Resource Centre

Referred people with lived experience to the sessions, emailing contacts and supporting inhouse sessions during covid restrictions. Also provided a mentor and support for Louise at all sessions, and who additionally monitored participants mood levels and engagement.

National Museum Wales

NMW worked with Louise Jensen to facilitate the visits

Grange Gardens Bowls Pavilion

Provided a safe space for the sessions and encouraged open conversations at the centre with attendees from BAME communities in particular. Indicated a need and interest in expanding the groups to included community members at the pavilion.

Artist Louise Jensen

Design, delivery, monitoring and Feedback of all activities.

Louise mentored A. and built relationships with Grange Bowls Pavilion manager, Ali Abdi.

Participants

25 Adults with mental health problems and many with additional long-term health conditions referred through 4 Winds and local GP practices

Outputs:

25 sessions in total :

- 3 terms of 5 sessions (Dec-Jan 2022) & (Feb-March 2022) & (April-May 2022)
- Two visits to the Cardiff National Museums Wales,
- 4 zoom meetings,
- 6 art sessions in two community venues in Grangetown, the Grangetown Hub and the Grange Gardens Bowls pavilion
- 20 people between November 2021 and March 2022 have accessed at least one of the art sessions offered, with most attending 2 or more.
- A core group of 7 individuals attended between 4-8 sessions each over the duration of the project to date.
- Visit to Cardiff's National Museum 'Rules of Art' exhibition:
- Discussions on portraiture
- Workshops exploring portraiture through collage and matchbox portraits
- Visit to Natural History section, National Museum
- Print-making, nature-based
- Visit to the Wetlands in Cardiff Bay

Outcomes

- Improvements in confidence levels
- Improvements in independence – getting out and meeting people, visiting a gallery/museum
- Learning new skills
- Boosting mood
- Providing a focus and interest

During Covid-restrictions, many participants experienced social isolation. These gentle sessions effectively built confidence again, and encouraged participants to meet, discuss and share their experiences.

We also supported an artist with lived experience to gain an understanding of gentle community art sessions, learn new skills, with the aim of supporting him to deliver (A. has been homeless for 10 years)

Louise Jensen was approached by other artists interested in collaborating and expanding the sessions for development in Year 2, and 4 Winds are committed to continuing support for this project.

We were able to support an exhibition in the Plaza Space at UHL and this provided a focus and endpoint for the project, encouraging participants to create artwork for display and sharing with the wider community. Exhibitors visited the exhibition space with Louise

Exhibition of work created at University Hospital Llandough in June/ July 2022

- Boosting confidence levels
- Telling their story (anonymously)
- Learning to use their creative voice, find a creative voice

' it helped to do something constructive and I particularly enjoyed writing the poem.

As I do not usually socialise with others I found it boosted my confidence to be among others'

Participant

'My anxiety has been bad recently, but in spite of this I've just got on with preparing for the session at home. It helped because the process was not overwhelming, I could find patterns and colours, it was very accessible and very relaxing. I could do it without obsessing too much. It was a tonic, I'm feeling joy rather than feeling 'I can't do life'

participant

' It's like being given the tools and your hand is held throughout it, someone is supporting you . I've really enjoyed this'

Participant



Artist Louise Jensen, *Inspired By...* project at the Grange Bowls Pavilion, Grangetown , Cardiff

<https://cardiffandvale.art/2022/03/17/inspired-by-the-second-phase-of-an-arts-in-mental-health-project-in-collaboration-with-4-winds-mental-health-resource-and-artist-louise-jensen/>



Louise Jensen, *Inspired By...* project

3. Recovery and Wellbeing College (RWC) and Arts Organisation, Four in Four

The Cardiff and Vale Recovery & Wellbeing College provides free educational courses on a range of mental health, physical health and wellbeing topics. Courses take place online or in-person at venues across Cardiff and Vale.

Aims:

To support two artists, Paul Whittaker and Tamsin Griffiths, Four in Four, in creative curriculum /curator lead roles to develop the Arts in Health and Wellbeing curriculum at the RWC, and to deliver Arts in health training and peer support for multiple Artists with Lived Experience and Health Professionals.

- provide training and support for two Artists with Lived Experience to co-create & co-deliver a course with a Health Professional, through a model which also supports the mental health of RWC staff and co-creators. This model has the potential to be scaled and developed once the foundations are established.
- Build capacity – training other artists with lived experience sets a wider platform for mental health support and enables new artists to co-create courses
- Four in Four artists, Paul Whittaker and Tamsin Griffiths have been integral in setting up a new and innovative service through funding by Cardiff & Vale Health Charity, opening up opportunities to connect and to embed the arts. We aimed to support this over the first year of the project, building a strategy for potential future funding.
- Establish pathways and formalise training for artists with lived experience to work within the NHS, community and other settings. Create a model of best practice through co-creation and learning.

This project supported the mental wellbeing of Arts & Health workshop leaders / Practitioners, including those with lived experience, and participants in Health and Community settings through an holistic, caring-for-all model.

After an initial scoping phase, Four in Four created and delivered a series of training workshops to groups of current and emerging Arts in Health and Wellbeing professionals, and created assets and a learning guide.

In addition, it is proposed that two selected artists will receive additional training in the creation and delivery of Arts & MH / Health based courses within the Recovery & Wellbeing College during 2023.

Partners:

CAVUHB, The Arts for Health and Wellbeing Team, Cardiff & Vale Health Charity, The Recovery & Wellbeing College (RWC) and Four in Four - Lead deliverers of the project.

Participants:

The participants were current and emerging Arts in Health and Wellbeing professionals with an interest in delivering Creative workshops in healthcare and community settings, and CAVUHB staff members.

A&H professionals interested in extending their experience in mental health and wellbeing support, or with a specific interest in the Recovery & Wellbeing College's fidelity model and core values, would potentially receive further RC specific training (identified below).

It is planned that 2 artists from this pool will go on to develop an Arts & MH course within the RWC model during 2022/2023.

Outputs:

Four in Four in collaboration with Recovery College staff, completed an initial scoping phase of the project during which they:

- Identified areas of their (Four in Four) Arts & Health working practice and expertise which would benefit Arts practitioners currently working in / are interested in working in Health / Arts & Health.
- Established an approach to discussing Arts & Mental Health & the RWC with other arts practitioners / organisations that are unfamiliar with the sector, or use different terminology. This shaped workshops and training
- Met with Arts organisations - Literature Wales, Sherman Cymru, The Green Ribbon Festival, Mental Health Foundation, Disability Arts Cymru, Ffilm Cymru, The Wales Wide Training programme and Rubicon Dance to assess their training & support needs:
 - identified gaps for support in the sector,
 - identified the fears / barriers and lack of knowledge around MH support for practitioners and their participants.
- Met with 8 established Arts & Health professionals to assess their training & support needs
- Piloted 5 workshops, the findings of which will be used as the basis for the creation of the Year 1 training programme
- Collated the findings and established the themes of the training programme:
 - Arts & Mental Health CPD,
 - co-production,
 - funding, safeguarding, governance,
 - Arts based NHS induction training,
 - peer mentoring,
 - how to intentionally use lived experience of MH challenges to support others,
 - project / session planning, co-reflection,
 - marketing,
 - how to manage your own MH.....
- Piloted an Arts & Mental Health overview workshop to 9 emerging Arts Professionals.
- Piloted a bespoke Arts & Mental Health workshop for 23 Youth Theatre Practitioners and Youth Theatre Participants
- Delivered an Arts & Health taster session for a Cardiff and Vale Action for Mental Health training event
- Delivered 3 training workshops in 2023, for 65 participants

- Panel participants for the Mental Health Foundation (Scotland) ;'How do we use the arts to explore mental health while safeguarding the mental health of artists and audiences?
 - Learning from the event highlighted the need for Arts & MH practice to be fed through into other areas and groups over the next few years (potential for year 2 / 3+)

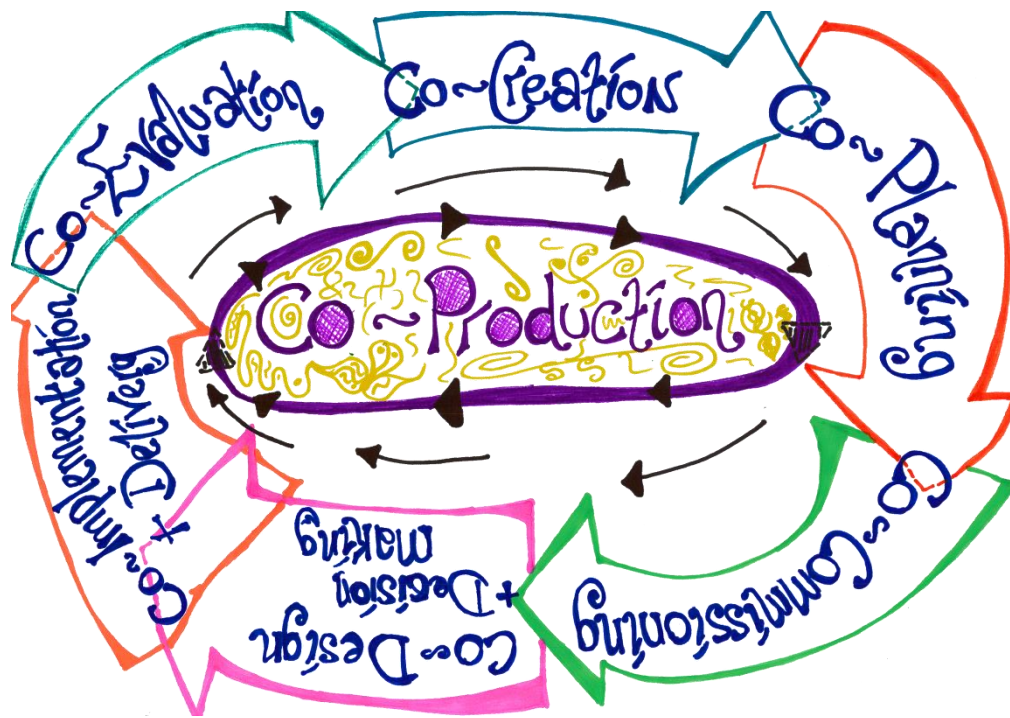
Outcomes:

- Consultation with arts practitioners and arts organisations highlighted the training & support that Arts & Health professionals require to support their Mental Wellbeing and that of their participants
- **Consultation with healthcare professionals and the Recovery College highlighted the skills and training required to co-produce arts interventions across the sector**
- The 3 Piloted workshops, together with numerous conversations and research were used as the basis for the creation of the Year 1 training programme
- **Four in Four brought together arts professionals as part of a wider working group who continue to explore how artists can be supported to work in the wider mental health sector, and how creative arts support for mental health in Wales could evolve over the coming years.**
- Provided training and support for arts professionals to co-create & co-deliver a course with a Health Professional, through a model which also supports the mental health of RC staff and co-creators.
- Created training material, a learning guide and assets - The Creation and delivery of Arts & Mental Health training programme
- A broader scoping of what gaps / needs there are in the Arts to support Arts practitioners MH Long term.
- An understanding of how the Arts & Health sector can develop as well as a long term, sustainable infrastructure to support an Arts & Health Network amongst artists & health care professionals as a starting point.

Whilst this year's project focussed on Adult Mental Health, there is also the challenge of supporting adolescents with mental health issues, increased during the pandemic, and identified as requiring support from our findings

In addition, Four and Four

- Are co-producing Safeguarding, Co-production, Governance, Co-Reflection training materials/policy with Hannah Morland - Jones - Peer Lead & Susie Boxall, Deputy Peer Lead, Cardiff and Vale Recovery & Wellbeing College
- Are co-producing bespoke Developing Evidence Enriched Practice (DEEP) training materials with Nick Andrews, Research Officer, Social Work, Swansea University



Tamsin Griffiths, Four in Four

Extract from the Supportive Guide and Learning created as part of Arts and Minds Year 1 project

<https://cardiffandvale.art/2023/02/22/arts-and-health-support-guide-and-workshops-created-with-four-in-four/>

Output for the Arts and Minds Project Y1:

Partner	Number of sessions/workshops	Online events	Assets/Docs	Total output
Rubicon	40		Film/Video 68 views	41
Louise Jensen/4WMHR	25	2	Art Exhibition 5 weeks	27
Four in Four	45	17	Learning Guide Asset	62
Totals	110			130

Baring Foundation and Arts Council of Wales Arts and Minds Initiative Year 1 – Communications and Engagement Statistics

Statics are representative of communications published by the Arts for Health and Wellbeing Programme only.

Project Name	Webpage Address	Webpage Views	Number of Social Media Posts	Twitter Total Likes	Twitter Total Shares	Facebook Total Likes	Facebook Total Shares
Inspired By...	https://cardiffandvale.art/2021/11/19/cardiff-vale-health-charity-announces-a-new-project-in-collaboration-with-4-winds-mental-health-resource-and-artist-louise-jensen-at-grange-garden-bowls-pavillion/	30	3	18	7	14	5
	https://cardiffandvale.art/2022/03/17/inspired-by-the-second-phase-of-an-arts-mental-health-project-in-collaboration-with-4-winds-mental-health-resource-and-artist-louise-jensen/	22					
	https://cardiffandvale.art/2022/06/15/inspired-by/	23					
Rubicon Dance	https://cardiffandvale.art/2022/03/17/rubicon-dances-its-way-to-neuropsychiatry/	38	2	11	4	15	8
	https://cardiffandvale.art/2021/12/17/rubicons-movement-and-music-sessions/	72					
	https://www.youtube.com/watch?v=dzlgvUpFEk4&t=5s (video)	68					
	https://www.youtube.com/watch?v=Q2IUwTxR838&t=2s (video)	9					
Four in Four at the Recovery College	N/A (Primarily shared through internal communications)	N/A	1	7	4	4	1

Key Statistics

Projects funded by Barings Foundation and Arts Council of Wales, *Arts and Minds* year 1 had a combined total of:

262 website views, 97 likes on social media, 29 shares on social media on CAVUHB sites

Please visit our webpage <https://cardiffandvale.art/arts-and-minds/> to view more about the project and our social media posts

Instagram: @cavuhbarts <https://www.instagram.com/cavuhbarts/>

Twitter : @Cavuhbarts <https://twitter.com/CavuhbArts>

FaceBook Arts for Health and Wellbeing <https://www.facebook.com/CAVUHBarts>

In- Kind Costs CAVUHB, Arts and Minds Year 1

Healthcare Professional	Hrs as described	TOTAL/yr
Band 8a Recovery College	6 hours per week	9672
Consultant/s Psychologist/health professionals	1 Hr per week (Up to 2 hrs/week)	9870 - 19740
Director 1hr/term	3/hrs	630
Admin Band 4	2 hrs /week	1128
Band 8a Arts Team	1h/mth	403
Band 8a Neuropsychiatry	1hr/ mth	403
Band 6 x 4 (Neuropsychiatry, 4 Winds, Stroke Rehabilitation, Arts Team Admin),	Based on Av 0.5 days/ week for average 6 mths	2141
Band 4 OT Neuro	1 hr/week/ 6 mths	379
Comms	2 days	180
Patient experience	1 day	90
Admin HR, accounts	1 day	90
Total		Total = 24,986

The first year of the Arts and Minds Initiative at CAVUHB had specific aims in establishing a foundation for embedding creative arts within mental health support, and Four in Four therefore, worked extensively with the Recovery and Wellbeing College staff members and healthcare professionals within Adult Mental Health Services across CAVUHB. This is reflected in the large in-kind costs.

In addition, Rubicon Dance worked with both Neuropsychiatry and Stroke Rehabilitation staff. Our initial estimate in April 2022 of £9630 in-kind costs has been exceeded as both FIF and Rubicon developed their relationships and partnerships within CAVUHB.

Learning from the Y 1 Project:

<https://cardiffandvale.art/2023/02/22/arts-and-minds-concluding-year-1/>

1. Rubicon and Neuropsychiatry Department, Hafan y Coed:

Welsh : <https://youtu.be/Q2IUwTxR838>

English : <https://youtu.be/dzIqvUpFEk4>

“Thank you for the class. It puts you in a good mood and everyone’s happy after.”

Rubicon Music and Movement participant:

Patients with brain injuries can often suffer low mood or feelings of frustration. The Music and Dance sessions created a joyful atmosphere in the department – for both participants and staff, providing interest, focus, exercise, mental stimulation and the opportunity to engage as people rather than patients/staff. Staff also reflect on improved mood between patients on the wards after the Rubicon sessions. Participants are also now looking forward to their weekly sessions.

“One of the ladies joined in singing and dancing (seated) to Bon Jovi with me (living on a prayer) but has never joined in singing before. L. (staff member) witnessed it and chatted to me afterwards. L told me that she had been a PHD researcher before her injury and now can't remember anything passed her childhood. Therefore for her to be singing the words and remembering them, was a tremendous outcome”.

Anwen, Rubicon

Arts Team Feedback:

Although the project was slightly delayed due to Covid pressures and ward closures, we knew it was necessary in the first instance to deliver in-person sessions for this extremely vulnerable patient group at Hafan y Coed in order to gain both staff and patient 'buy-in' to the sessions. We know well the extremely positive outcomes that Rubicon sessions have delivered in our Stroke Rehabilitation Centre (SRC), so Rubicon facilitated 'sample' sessions in SRC for Neuropsychiatry staff so that we could continue to prepare for the sessions until in-person delivery was possible.

Rubicon were able to tailor sessions to suit the new group during the first six sessions, building trust, relationships and an approach which delivered excellent outcomes for participants and the staff who care for them. We were able to see rapid, positive outcomes, including the heart-warming feedback detailed above.

The Arts for Health and Wellbeing Team collaborates with Rubicon in a number of departments and wards across our sites and greatly value their versatility and adaptability, their insight into the needs of vulnerable, fragile patients, and the joyful, uplifting sessions they deliver.

We are confident that there is appetite to not only extend these sessions to other wards/departments in Hafan y Coed, but to also deliver these to staff members in support of their mental wellbeing. In addition, staff members have also requested the possibility of sessions based at community venues in support of this patient cohort

2. Louise Jensen and 4 Winds Mental Health Resource:

<https://cardiffandvale.art/2022/06/15/inspired-by/>

“The Grange Gardens Bowls Pavilion has been a very beneficial space to work in and the hope is that some other groups currently meeting in that space might also be interested in being offered arts workshops to creatively improve mental health and wellbeing.

I am currently in dialogue with Ali Abdi, the Cardiff University Community Gateways Partnership Manager who has strong links with the community of Grangetown, and has been managing community events in the Grange Bowls Pavilion. Early discussions have touched on the idea of a consultation period with different groups to discuss art sessions and how best to maximise

accessibility and inclusivity. These groups include the 'Youth Forum' and 'Mummy and Me', amongst others.

Other Arts practitioners may potentially be invited to offer inputs for certain groups, at certain times, as a result of the consultation process. For example, inviting a poet, or a theatre practitioner, or storyteller, to collaborate and help extend the content of the project. "

Louise Jensen, April 2022

Participant's Feedback, Louise Jensen and Inspired by....

'I've achieved something that I've never done before and it's such a pleasure I feel safe I'm learning I feel more confident going to art gallery's it has definitely sparked my interest there'

'My anxiety has been bad recently, but in spite of this I've just got on with preparing for the session at home. It helped because the process was not overwhelming, I could find patterns and colours, it was very accessible and very relaxing. I could do it without obsessing too much. It was a tonic, I'm feeling joy rather than feeling 'I can't do life'

'I don't know, you make a mess ...then you create art, I've really enjoyed it'

'I don't like painting ...but I liked this kind of painting. It's like being given the tools and your hand is held throughout it, someone is supporting you . I've really enjoyed this'

Blog – Louise Jensen, 4th March 2022

We have just completed our second phase of the project 'Inspired By..' in which we are exploring all of those things that inspire us to reach that bit further, those things that breathe life into us. Fuelled by a visit to the Cardiff National Museum we began by creating small matchbox portraits of the people that inspire us, and have more recently been exploring, through different monoprint techniques, the things in nature that we enjoy and take sustenance from.

So far we have had over twenty participants joining in at some point or another and we have had some lovely pieces of work along the way. There is a core group who have been attending nearly every session and over the last month in particular we have managed to build on new skills and explorations week on week.

One of the participants commented on 'how good it has been to have something different and creative to focus on, to see the creative process of other people and the diversity of what has emerged.'

One of the most important elements of the arts process that I offer is to try to introduce ways of working that absorb and engage us, without too much fear of failure. I try to encourage as best I can a spirit of playfulness and experimentation, with as little worry about outcome as possible. There is always that little voice inside us that wants to criticise ourselves, and compare ourselves unhelpfully to others. By nurturing our ability to see beauty in those small details, that might otherwise be missed, I hope to offer ways in which we can be surprised and gain delightful insights into our own process. To be inspired by ourselves!!

The final part of the project will be running in May.

Arts Team Feedback:

We were delighted with the results of this project and the potential it has uncovered. We are particularly interested in building our relationship with Cardiff University Community Gateways Partnership Manager, Ali Abdi, to link with marginalised and vulnerable groups, younger people and the Grange Bowls Pavillion community. Post- art sessions within the Grange Town hub were welcoming and friendly and we received approaches from women from communities interested in the project.

We are grateful for the support offered by 4 Winds and wish to further develop this in relation to GP referrals, and monitoring of the sessions. This innovative project element enabled us to monitor wellbeing for both participants and the artist, and enabled 4 Winds to improve their service for the individual participants.

We are appreciative of Louise's very gentle, personable approach which has attracted vulnerable participants in need of calm, non-intrusive, accessible opportunities for self-expression. These sessions have an in-built 'quietness' which we feel has allowed participants to flourish.

We are keen to support the interest these sessions have attracted within the local community, bringing new partners to collaborate, including artists, and extending to more participants in Year 2, particularly the younger members at Grange Bowls Pavilion

3. Recovery College and Four in Four

Feedback from Participants

"I found the talks by Paul Whittaker and Tamsin, Four in Four, really enjoyable, inspiring and informative, particularly the advice from Tamsin and Paul on my university project - again, hearing speakers be so honest about their experiences is so helpful at this stage in my career. I guess because they're so honest and genuine, it makes achieving my own goals not feel so daunting if that makes sense? It's the not just talk of achievement/success, but the routes to it that are the most helpful, and something that you don't get from a lot of university talks. It was actually something that my colleagues at university spoke about when our teaching ended, that we'd all really value more career focused advice about how to get a foot into the industry and knowing where to start, especially when you're doing it alone. Having a group of like-minded people who are also starting out would be super useful, not just to share experiences, but for potential collaboration, opportunities etc. - something that I, and a lot of my Uni colleagues, would be really interested in - an AHWB 'collective' if you will. Shadowing opportunities/practical work experience is something that I'd also be really interested in too - though not sure how doable this is with Covid still a thing!"

"Paul and Tamsin were so engaging – their work is so good and both have lived experiences of mental health. I found their "setting boundaries" slide really useful."

"As an Intern Fundraiser I found their breakdown of what to budget in a funding application so helpful – pre and post meeting etc and not just budgeting for the actual delivery of work. Apply for what you need – don't be cautious! I also picked up on when writing a funding application everyone in the project should be involved with the content."

“Paul and Tamsin’s visual representation of projects was really good! I could see how much thought they had put into making their session tailored to us all and this was really appreciated. The session was tailored to us and our current levels of experience. One person asked a particular question and this was answered in such a thoughtful way and so meaningful to the person who had asked it.”

“So important to adapt each session to each person, group of people, time of day, what has happened on the ward that day, on the mood on the group, how the health professionals feel.”

“I really took a lot from Paul and Tamsin’s session. Thoroughly liked the idea of setting boundaries and explicitly telling people what will be expected of them throughout the presentation/zoom call – helps with anxiety (I think this could prevent the often awkward start of zoom calls, people can prepare for what to say/expect). Enjoyed they use their less successful situations as learning opportunities, rather than failures.”

Art Team Feedback:

We are impressed by Four in Four’s thorough scoping for this project, and their work conducted in building a foundation for artists’ wellbeing in the sector, building knowledge of good practice, and bringing a network of artists and arts organisation into the wider discussion. Outcomes and learning have been valuable for all partners and have informed our plans for further development over the coming years. We are grateful to Four in Four for the extensive Learning Guide they created and the workshop sessions delivered to artists planning to work with the arts in health and wellbeing sector during Phase 2, January 2023 of the project. The learning and support guide will be of enormous benefit for both artists and health professionals and for CAVUHB in relation to future co-production and co-creation through the arts.

We believe that Four and Four’s collaboration with artists and arts organisations within the wider arts community will lead to development and evolution of this sector across Wales over the coming years.

Arts and Minds – Learning Y1

Our approach was to bring together a project consisting of 3 elements, all interconnected in terms of building a coherent, support foundation for mental health wellbeing through the arts for patients within hospital care, those with lived experience within the community across Wales and via social prescribing. This model provided an excellent template to support both clinical or hospital services and those within the community, and to begin to link together health and wellbeing support partners.

We discovered gaps in our services, and also the need to support further the wellbeing of arts professionals working with us in the arts in mental health and wellbeing sector, and to increase the knowledge base, particularly in working with people from a BME background.

A study by the British Medical Journal found that people from BME backgrounds require considerable mental health literacy and practical support to raise awareness of mental health conditions and combat stigma. There is a need for improving information about services and access pathways, and the report states that healthcare providers need relevant training and support in developing effective communication strategies to deliver individually tailored and culturally sensitive care. Improved engagement with people from BME backgrounds in the

development and delivery of culturally appropriate mental health services could facilitate better understanding of mental health conditions and improve access. FIF 's research and work as part of this project is building a knowledge base through training artists and healthcare providers to address the above issues.

The Grange Bows Pavilion offered an opportunity for a greater number of Welsh black participants to join the project, or to take note that these opportunities were available, and this informed our Year 2 project. Young people's mental health has been disproportionately affected by the pandemic, and was identified as a priority going forward into Year 2.

Our project involved collaboration with healthcare professionals and third sector / community organisations, and begins to build referral pathways both through our services and through social prescribing for the arts. At the heart of the project is a co-creation and co-production approach, and each of the 3 project elements were able to provide a mixed approach in terms of delivery where needed, and to maintain continuity and stability for participants.

Our evaluation confirms the need within our communities and services for this support: there is clear evidence that the pandemic brought enormous pressures across our services and a large body of government research which highlights increases in mental health distress across our communities. Building arts in health projects which specifically address these needs has delivered successful outcomes for participants, for staff who have supported the projects, and our partners.

These 3 projects have not only built their own momentum, extending their reach and working with new partners and organisations, but also within the wider arts in mental health and wellbeing sector. We recognise the need to support everyone involved through co-production, including the artists, staff members, health professionals and project teams, and aim to further develop and evolve this approach during Year 2

Melanie Wotton,

Arts in Health Project Manager, Cardiff & Vale Health Charity, CAVUHB