

ARTS

FOR HEALTH AND WELLBEING



MERRY CHRISTMAS!



Though 2020 has been a challenging year for us, the Arts for Health and Wellbeing team at Cardiff and Vale is full of Christmas spirit!



We're proud of the projects we've managed to run this year. Thanks to all the clinicians, staff, artists and art organisations for their contributions. We hope that our Christmas activities will inspire you to get creative, have fun and engage your creative self. If you are able, please support our future arts projects by making a donation to help bring creativity to our patients and staff in the future.



GET CREATIVE THIS CHRISTMAS!

Christmas Window Competition 2020

Spread some extra sparkle in your community by decorating your window in a festive fashion and snapping a photo. The event is open to homes and businesses!



[ENTER HERE](#)



Christmas Bauble Colouring Competition

Download one of our templates and colour in a bauble! Entries cost £1 each. Get colouring – there's some amazing prizes up for grabs!



[ENTER HERE](#)



WE'VE BEEN GETTING INTO THE CREATIVE CHRISTMAS SPIRIT!

Hijinx Christmas Charity Single



Cardiff and Vale Arts for Health and Wellbeing have collaborated with Hijinx Theatre, one of Europe's leading inclusive theatre companies, to create a Christmas Charity Single being released on Saturday 19th December 2020!

Ruth Bradshaw - The joy of Music



Music, health and wellbeing sessions for the Sam Davies Ward have continued to be funded by the Health Charity as part of the Arts for Health and Wellbeing programme. Weekly sessions are led by Ruth and reach many patients on the ward suffer from dementia.



NHS Staff Christmas Disco with Rubicon Dance



Rubicon Dance have created a video for NHS staff to utilise and move along with, providing some relief over the Christmas period. [Access the video here.](#)

Harmoni Cymru Perform 'Once in Royal David's City'



Our friends at Harmoni Cymru have recorded some beautiful festive music to brighten the stay of patients in hospital this Christmas. [Watch the video here.](#)

★ And Look out for the exclusive Cardiff and Vale Christmas performance recorded by the Welsh National Opera coming soon....

Time to Reflect

It has been a year unlike any another and we will need time to come together, albeit virtually, and reflect on our shared experience of the year and remember those who we have lost to this awful disease, including our staff, who we continue to miss greatly. You are invited to the Health Board's upcoming Time to Reflect service, which will be premiered on our Facebook page at 6pm on Thursday 17th December. Ahead of the service, you are welcome to leave a message or dedication on our [Reflection Wall](#)



CURRENT EXHIBITIONS



University Hospital Llandough



Hearth Gallery - Winter Open Exhibition



Our Winter Open Exhibition showcases a group exhibition of paintings, drawings, photography, textiles and prints by our staff members, Patients, visitors and members of our community.

[View this exhibition in our virtual gallery](#)



Plaza - CF Voices



Artistic expressions by people living with Cystic Fibrosis created through reflective online sessions with Paul Whittaker and Tamsin Griffiths

[Read more](#)



Corridor Exhibition

- Adrian Ford

A calming exhibition of seascapes by self-taught amateur artist Adrian Ford



Barry Hospital - Barry Town

Work created as part of an arts in health project by pupils at Ysgol Bro Morgannwg in collaboration with artist, Haf Weighton, exploring the rich and fascinating history of Barry

[Read more about this exhibition.](#)

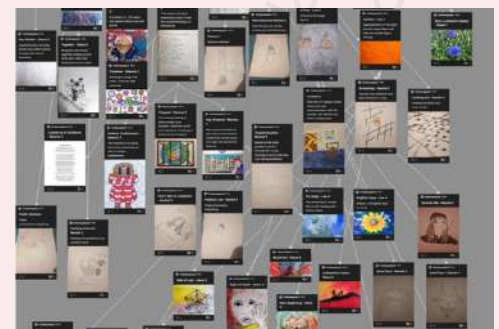


COMING IN 2021...



HARP Sprint: Rengarific

A virtual arts in health project in collaboration with Y Lab and NESTA, supporting two groups of adults experiencing mental health problems and a third group of brain injury survivors, to access creativity from home. The participants created story chains of visual art and creative writing inspired by each other's work. The project will be showcased at the Hearth Gallery and through our Virtual Gallery in 2021



We'd appreciate any donation you can make to the Arts for Health and Wellbeing team during the Christmas period, please scan the QR code or visit:



www.justgiving.com/campaign/artsforhealthandwellbeing

Christmas Shop



**James Sommerin
recipe book
£15**

» [PURCHASE HERE](#)



**Health Charity Diolch
NHS face masks
£5**

» [PURCHASE HERE](#)



**Health Charity
buff
£5**

» [PURCHASE HERE](#)



**Bee seed bombs for the
garden
£8**

» [PURCHASE HERE](#)



**Our Orchard bee
scarf
£10**

» [PURCHASE HERE](#)



**E-Book, Only Time Will
Tell - Len Nokes
£7.95**

» [PURCHASE HERE](#)

We're always updating our website with news about our projects and opportunities! Keep up-to-date at: www.cardiffandvale.art and follow us on Facebook!



Send an alternative Christmas card and help save the planet!



For the second year running, we're encouraging everyone to send an ecard rather than an actual card.

» [FIND OUT MORE](#)



Sponsor a bauble on our virtual Christmas Tree to send a special message to a loved one.

» [FIND OUT MORE](#)



GET CREATIVE ...

For each of the 31 days in January, 64 Million Artists release a short, fun and free creative challenge - and invite anybody and everybody to have a go. [Find out more and sign up for free here.](#)

Kickstart your new year, boost your wellbeing and keep connected with [#TheJanuaryChallenge](#)

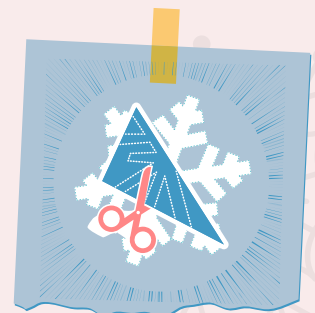


Sharing Your Story



If you are a member of hospital staff, you are warmly invited to share your story of the COVID-19 crisis. Your words will be created into poetry and gifted back to you. To find out more about having your story listened to, honoured and reflected as poetry please [click here](#)

We hope you find some time this Christmas to reflect and express yourself creatively. We're making a virtual scrapbook and we'd love to add all your Christmas reflection pieces, whether its painting, writing or photography! Please submit your creations and any ideas to: fundraising.cav@wales.nhs.uk



www.cardiffandvale.art