

Workshop recruitment

Hello,

An exciting opportunity has arisen for Arts & Health practitioners, working in the arts and / or health sectors to attend a series of Arts & Health (A&H) workshops online.

These workshops will look at what it takes to be an Arts & Health Practitioner in a healthcare setting within the Cardiff & Vale University Health Board (CAVUHB); including a guide to working as a Peer Trainer for the Recovery & Wellbeing College.

<https://cavuhb.nhs.wales/recovery-college/>

The workshops are a Four in Four co-production, in partnership with the CAVUHB, The Recovery & Wellbeing College and funded by Barings & ACW.

If you are new to the sector or have been working as an Arts & Health practitioner for a while and are interested in understanding what it takes to work in A&H, we will be hosting open, interactive & conversational workshops around working in health care and the intentional use of lived experience as a tool for promoting Recovery and building connection within your practice.

We recognise that working as an Arts & Health practitioner can feel daunting and often isolating. During the workshop we aim to discuss how to look after our own mental health and wellbeing as a practitioner and also talk about some of the solutions we found helped us with navigating the complexities of the Arts & Health sector as freelance practitioners.

The workshops are a space for learning and information sharing with the aim of us having the opportunity to learn from each other and ask the questions which the majority of us want to know or have wondered about.

The workshops will be held online via Zoom and you are welcome to attend one or as many of the workshops as you like.

The workshop facilitators are: Tamsin Griffiths & Paul Whittaker from Four in Four, & Susie Boxall, The Deputy Lead Manager at the Recovery & Wellbeing College.

Workshops

Introduction to Arts & Health (AH) - 1 hr

- What is Arts & Health
- The memorandum of understanding between ACW & Welsh Confed
- The health benefits of A&H

The Principles of Arts & Health Best Practice - 2.5 hr

- Evaluation
- Partnerships
- Planning
- Access
- Duty of Care
- Recruitment
- Group Reflection

Peer Support & Intro to the Recovery & Wellbeing College - 2.5 hr

- Creating a safe space
- Strength based language
- Trauma Informed practice
- Vicarious trauma
- Triggers
- World view
- Peer support / IPS
- Sharing lived experience
- An introduction to the Recovery & Wellbeing College
- Co-production

Range of Participants attending the workshops

- Dance practitioners
- Volunteer tutor in English, Maths and Creative Writing in Hafan y Coed
- Community Inclusion Officer,
- Recovery & Wellbeing College Student
- Visual Artists
- Violinist Recovery & Wellbeing College Digital Peer
- Creative Chameleon
- Art Therapy student

- Community Creative Writing practitioner
- Poet
- Senior Peer Trainer in Recovery & Wellbeing College
- Creative Engagements Coordinator, HCSW Primary Care GP Surgery
- Lecturer at Cardiff Met

Reflections from the chat

Evaluation

"Yes, I love the wraparound nature of the evaluation. So much more meaningful than an end of session one off sheet."

"Really interesting how you were able to capture the data in a way health providers can understand !! Something i have been thinking about. very insightful. thank you"

"It's a bit scary at the time to talk about what hasn't worked in a project as being valuable not a failing"

"Supportive partners should appreciate that - failing forward - what hasn't worked is the most valuable way to learn how to improve"

Co-production

"I love it when we end up with a participant project because then it feels like it really belongs to them"

Creating a safe space

"Most of my practice is about empowering women and getting stories heard that have been dismissed and ignored I have done several community projects... Really glad you're mentioning environment as that and the ability to give people creature comforts like tea and biscuits really affects the mood of the people who come"

"I had one participant who only communicated through post it notes for the first 3 weeks, then she found her feet"

"I did an exercise last night called Hall of Monsters. It entailed identifying and writing about three people in my history who crushed my sense of being a creative person. I realised they were all teachers or linked to teachers in some way. The feeling was of humiliation and shame and was so toxic."

"Yes... I find that all the time especially when teaching art - so many people carry these put downs for years and they seem to be related either to being creative or speaking out or just being an individual"

Triggers

"Looking at The Gruffalo - I used a toy snake in retelling the story - an adult in the session ran out in distress - took me a while to locate her."

"Years ago, a lad I worked with in a hostel was triggered by the sound of ripping paper. He had no idea why but it caused him to respond violently. I have been badly triggered by a certain smell but the smell of freesias would always soothe me :-)"

"I had a brief spell as a foster carer. I looked after two deeply traumatised brothers, both of whom were triggered by sirens. I never knew how many there were in the world until I lived with those boys. I had simply never heard them all around me in east London until then."

Vicarious trauma

"They brought out in me a rage I had never experienced and am convinced to this day was not my own. Their rage entered me. I was the one to work it out and then to return it to them in a more digested form which we could then find a language for. The price I paid for being around so much trauma was extremely high though."

Self-care

"We are not consistent depending on what is going on for us."

"The visit for me, before the session, is now important to me if potentially difficult workshop"

Feedback

"Fantastic workshops thank you. So much shared and wonderful to see so many people all learning together. So much to think about too. Thank you 😊"

"Thank you. Brilliantly delivered, informative and accessible. Wish I could have attended the previous workshops. Bye for now, chat soon."

"Really inspired and grateful for these two sessions. Diolch"

"Thank You so much both! I have to dash to get my little one. 3 great sessions which have given me a lot to take away and think about and apply in my practise. Many Thanks x"

"I have to go in a minute but huge thanks so much for these workshops which have been great As someone working mainly alone it's really reassuring to put definitions/words for

what I do and wonderful to hear and learn from other practitioners - it's given me a lot to think about especially about co-producing"

"Really valuable! Thank you so much!"

"Thank you so much for these sessions"

"Lots to think about. Thank you soooo much!"

"Thank you so much, such a lovely presentation and space to discuss and share experiences and I look forward to the next session."

"Thank you for the session, good to see so many people."

"Great to meet you all. Really enjoyed the session and look forward to the next one. "

Outcomes

- Four in Four learned how to demystify A&H and discuss a complex, multifaceted practice in an accessible way that resonated with participants from the Arts, Health, Social Care & Education sectors.
- Four in Four created 3 bespoke progressive A&H workshops that can be delivered to support workforce development across CAVUHB and beyond.
- The workshops provided a space for the participants to share & reflect on their practice. These kind of spaces can be beneficial for all practitioners and commissioners across multiple sectors.
- Three A&H Practitioners have been identified and interviews have been arranged to offer two practitioners additional training and support to develop 2 new A&H Recovery focused courses to add to the Recovery & Wellbeing College curriculum.