



CYFARFOD BWRDD PRIFYSGOL IECHYD UNIVERSITY HEALTH BOARD MEETING

DYDDIAD Y CYFARFOD: DATE OF MEETING:	25 January 2024
TEITL YR ADRODDIAD: TITLE OF REPORT:	Hywel Dda Arts and Health Charter
CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:	Sharon Daniel, Interim Director of Nursing, Quality and Patient Experience
SWYDDOG ADRODD: REPORTING OFFICER:	Louise O'Connor, Assistant Director, Legal Services / Patient Experience Kathryn Lambert, Arts in Health Coordinator

Pwrpas yr Adroddiad (dewiswch fel yn addas)

Purpose of the Report (select as appropriate)

Ar Gyfer Penderfyniad/For Decision

ADRODDIAD SCAA SBAR REPORT

Sefyllfa / Situation

This report presents Hywel Dda's first Arts and Health Charter which has been genuinely co-created following extensive engagement with staff; public; patients; partners; the arts sector and Hywel Dda UHB Arts and Health Steering Group over the last 12 months.

What is the Arts and Health Charter?

The Arts and Health Charter is our public promise to integrate the arts into the work of the Health Board, making it an integral part of how we deliver health and wellbeing services.

Our Arts and Health Charter sets out an ambitious vision to 'Put creativity at the heart of health and wellbeing' and outlines a commitment to 'integrating the arts into the work of the Health Board, to improve health and wellbeing and promote healing and recovery' through a set of Arts and Health Principles and pledges.

Why it has been developed?

A growing body of evidence shows that the arts have a powerful role to play in preventing ill-health; improving wellbeing; treating ill health; helping people live well with illness, promoting healing and recovery.

The Charter outlines how we are using the arts to help us to reduce health inequality; encourage healthy behaviours and support the most vulnerable people in our society. For example: children and young people; older adults; those who are frail, lonely or isolated; people living with dementia; those experiencing mental health challenges; critical, palliative and long stay patients; and those communities and individuals with protected characteristics.

Next steps

The draft Arts and Health Charter has been approved by Hywel Dda Arts and Health Steering Group (which included the Chair of the Stakeholder Reference Group) and the Quality, Experience and Safety Committee (QSEC).

Once the Arts and Health Charter has been approved by the Board, we will move to translation and develop and deliver a Communications Plan to publish and communicate the Charter through different methods, formats, platforms and people, working closely with our Communications, Diversity and Inclusion and Welsh Language colleagues.

Cefndir / Background

Health Board Strategic Objectives

Hywel Dda UHB has a strategic vision 'Together we are building kind and healthy places to live and work in Mid and West Wales'.

Our Arts and Health Charter outlines how integrating the arts into the work of the Health Board can help us deliver upon the strategic objectives.

National / local objectives involved

Hywel Dda Arts and Health Charter has grown out of a national approach to put the arts at the heart of service transformation through a Memorandum of Understanding between the Welsh NHS Confederation and the Arts Council of Wales. It is an exciting and rapidly growing area of practice with a burgeoning national Arts and Health movement.

This national agenda is taking place within the context of a growing body of evidence from within Wales, the UK and globally, including research from the World Health Organisation that recognises the benefits of arts and culture in improving health and wellbeing. The work is also driven by the Health Board's commitment to the Future Generations Act for Wales and its commitment to consider the impact of our decisions on the social, economic, environmental and cultural aspects of Wales. The Charter will also help the health board to meet the Wellbeing goals of Objective 4: A Healthier Wales and Objective 6: A Wales of Vibrant Culture and Thriving Welsh Language.

Our national partners, the Arts Council of Wales, fully endorse the Arts and Health Charter and have highlighted that it is a first for Wales. There are other strategies in development in other health boards but comment about the type of public pledge that this Charter brings as follows:

"Thanks so much for sharing your Arts & Health charter with us. It's amazing! As far as we are aware, this is a first in the NHS (certainly in Wales) so you are breaking new ground here in making a public pledge to integrate the arts into the work of the Health Board to improve health and wellbeing. It's great to see the Charter articulate such a strong and clear commitment to Arts & Health through a set of principles, pledges and intended outcomes that have emerged through your careful consultation. It sets out a confident and clear way ahead to frame your more detailed programme of work.

We think this is exemplary and will inspire others working in this field in Wales. Huge congratulations to you and all your colleagues on developing the Charter. It's inspiring to see the progress and lead you are taking in this field at Hywel Dda University Health Board. Bravo!"
Sally Lewis, Head of Arts and Health at the Arts Council of Wales.

Asesiad / Assessment

How did we get here?

Hywel Dda's Arts and Health Charter has been co-created following extensive engagement with staff; patients; public; artists and partners over 12 months between September 2022 – September 2023. A full engagement report is available. The Hywel Dda Arts and Health Team, who are based within the Patient Experience Team, are responsible for the Charter.

Findings of the engagement programme were shared with the Arts and Health Steering Group which was chaired by Maria Battle in April 2023.

Arts and Health Coordinator, Kathryn Lambert and Louise O'Connor, Assistant Director (Legal, & Patient Experience) worked with Head of Planning, Daniel Warm to develop a draft charter which was then taken to the Hywel Dda Arts and Health Steering Group for comment and co-creation in October and November 2023.

Hywel Dda Arts and Health Steering group has representatives from heads of services across Hywel Dda. Representatives from the Arts Council of Wales and the chair of the Stakeholder Reference Group were also included. Significant feedback and views were shared which helped to inform the draft Arts and Health Charter.

Planning

Following publication of the Charter, with our Arts and Health principles and pledges, a series of work plans will flow - informed by this overarching and strategic vision.

The Charter will help us to navigate the integration of the arts into health and wellbeing for the benefit of our patients, staff and public and guide our future plans and programmes.

- Arts and Health 3 year Workplan and programme (2025-28) and associated Evaluation Plan
- Arts and Health Communications Plan
- Sustainable Funding Plan
- Communications Plan
- Creative Prescribing Plan (Communities)
- Improving Healthcare Environments Plan (2025-30)

This ground breaking Charter will pave the way for other health boards to follow and we hope that other public bodies will mimic the intentions of the charter and the principles and pledges will guide our partners to help deliver upon Hywel Dda's strategic objectives.

Evaluation

Our Arts and Health Charter sets out a series of overarching success criteria.

We are still at the early stages of our arts and health journey at Hywel Dda and developing with staff and research colleagues the most successful ways to measure the impact of this work. This top level ambition will guide this innovative work.

Economic Impact

Our Arts and Health Charter states a public promise to develop a sustainable Arts and Health Service. As part of this work, we will develop a sustainable funding plan for this provision, whilst also trying to build an evidence base that shows that engaging with the arts can save the Health Board money through a number of routes.

Our Arts and Health Sustainable Funding Plan will identify a diverse range of approaches to funding Arts and Health provision including but not limited to:

- NHS Funding
- Hywel Dda Charities
- Arts Council of Wales
- Other charitable funding
- Trusts and Foundations
- Commercial partners and sponsorship
- Partnership work across health, local authority and 3rd sector including the arts sector
- A % for art approach and policy for Capital Projects.
- Research funding
- Art Donations and volunteering

Environment

The Arts and Health Charter is a public promise to be published in 2024 with at least a 10 year lifespan, circa 2034. It is integral that the service is developed in a way that leaves a positive impact on our environment. The sustainability pledge promises a commitment to considering the economic, social and environmental impact of this service and the natural connections between art and nature will be capitalised upon in order to support the Health Board in achieving its biophilic vision.

Communications

The Arts and Health Charter will be further developed from a design and accessibility perspective to ensure that it fulfils our commitment to equality and inclusion. The Charter sets out a series of ways people can get involved, which will all have a communications model behind them.

The Charter will need to be developed for both print and electronic methods of communication and developed in different languages, easy read and other ways of working to ensure the promise is accessible to all.

Argymhelliad / Recommendation

The Board is asked to **APPROVE** the Arts and Health Charter for implementation.

Amcanion: (rhaid cwblhau) Objectives: (must be completed)	
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	Not Applicable
Parthau Ansawdd:	7. All apply

Domains of Quality Quality and Engagement Act (sharepoint.com)	
Galluogwyr Ansawdd: Enablers of Quality: Quality and Engagement Act (sharepoint.com)	6. All Apply
Amcanion Strategol y BIP: UHB Strategic Objectives:	All Strategic Objectives are applicable
Amcanion Cynllunio Planning Objectives	All Planning Objectives Apply
Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2021-2022	9. All HDdUHB Well-being Objectives apply

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	The Arts & Health work is built on a growing body of evidence which shows the benefits of the arts in healthcare. Hywel Dda have commissioned a film for health professionals which tells this story here https://heiw.nhs.wales/news/the-benefits-of-art-in-healthcare/ There is a growing body of local, national and global evidence. You can find more on our Arts and Health intranet resources page. Arts in Health Resources
Rhestr Termiau: Glossary of Terms:	Contained within the body of the report
Partïon / Pwyllgorau â ymgynhorwyd ymlaen llaw y Cyfarfod Bwrdd Iechyd Prifysgol: Parties / Committees consulted prior to University Health Board:	Quality, Safety and Experience Committee (Dec 23) Hywel Dda Arts in Health Steering Group – with heads of service from all departments. (April/Oct/Nov 2023) Stakeholder Reference Group Engagement programme 2022 Co-production - Working with a wide range of staff, patients, partners and artists 2022/23

Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	As indicated above/within Charter
Ansawdd / Gofal Claf: Quality / Patient Care:	Patient experience will be enhanced as a result of the programme. See success criteria on Charter.
Gweithlu: Workforce:	Staff wellbeing will be improved through the access to creative activities that enable staff to have 'more good

	days at work' and to encourage staff to bring their whole selves to work (including their creativity).
Risg: Risk:	Not applicable
Cyfreithiol: Legal:	Not applicable
Enw Da: Reputational:	Positive – the Arts and Health Charter sets out a public promise to integrate the arts in health and wellbeing.
Gyfrinachedd: Privacy:	We will follow Hywel Dda Privacy Policy to ensure that we protect personal data and identities at all times. We will not share personal data with any external agencies without express permission. We will always ensure that we gain consent from for any photography
Cydraddoldeb: Equality:	The programme will ensure that access is appropriate and equitable for all, through working closely with Hywel Dda Diversity and Inclusion Team and Staff Networks.



GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Hywel Dda University Health Board

Arts and Health Charter

Putting creativity at the heart
of health and wellbeing

Integrating the arts into the work of the
health board to improve health and
wellbeing and promote healing and
recovery.



Introduction

What is Arts and Health?

Arts and Health is used to refer to all work with creativity, arts and culture that supports people's health and wellbeing.

By 'Arts and Health' we mean all artforms and may include visual arts and craft, music, dance, theatre, creative writing, storytelling, singing and more. Arts and Health is delivered by skilled arts and health practitioners, artists, musicians, dancers, writers and theatre makers in collaboration with patients, staff and communities.

Some brilliant examples are – Live music to soothe and comfort patients, dance for falls prevention, singing to improve lung health and memory, visual arts to improve mental health and wellbeing.

What is the Arts and Health Charter?

Our public promise to integrate the arts into the work of the health board making it an integral part of how we deliver health and wellbeing services.



Why has it been developed?

A growing body of evidence shows that the arts have a powerful role to play in preventing ill-health, improving wellbeing, treating ill health, helping people live well with illness, promoting healing and recovery and encouraging healthy behaviours.

Our Arts and Health Charter outlines how we are using the arts, delivered through Welsh, English, British Sign Language and other community languages to help us to reduce health inequality and support the most vulnerable people in our society.

For example, children and young people, older adults, those who are frail, lonely or isolated, people living with dementia, those experiencing mental health challenges, critical, palliative and long stay patients, and those communities and individuals with protected characteristics



Our Arts in Health Principles



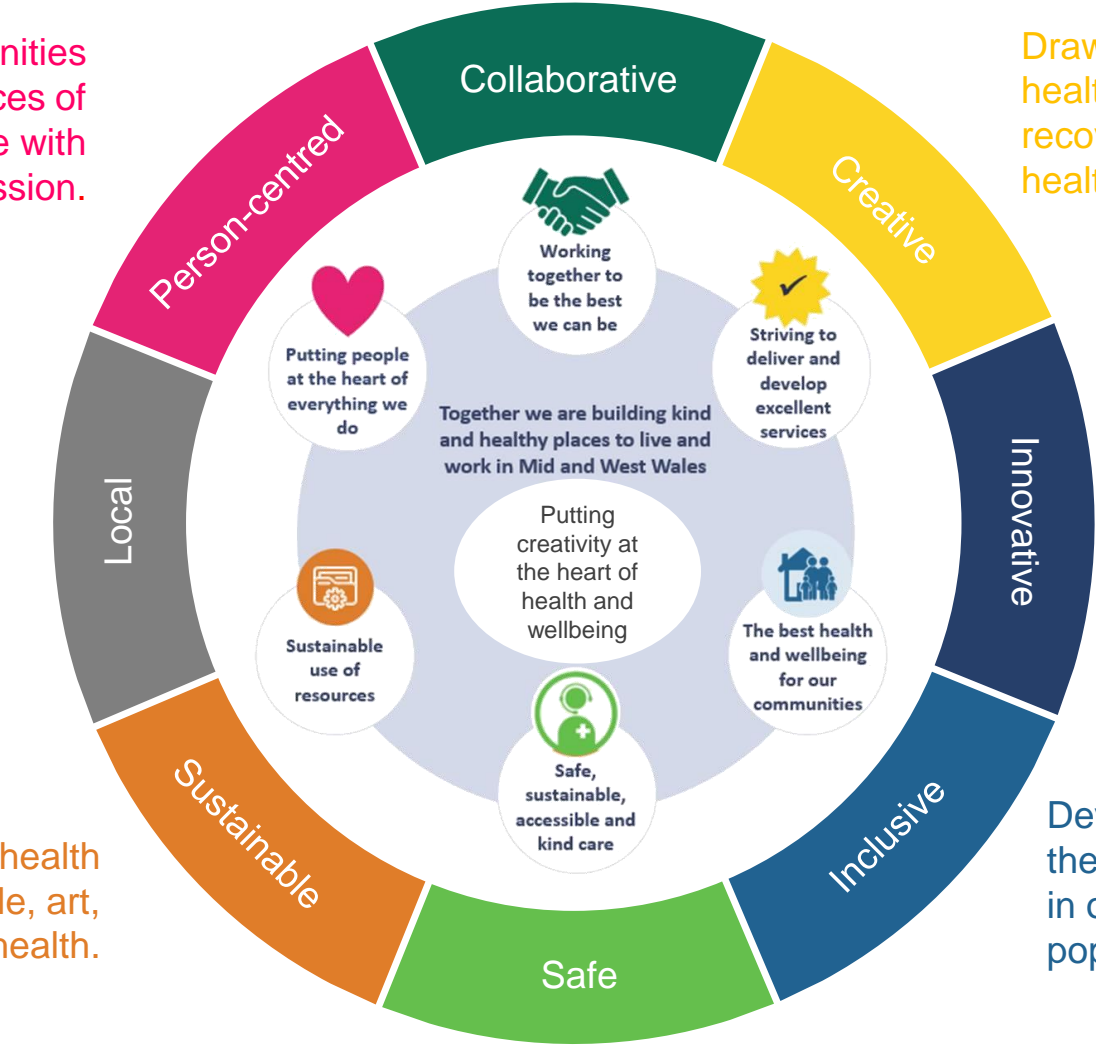
Our Arts in Health Pledges

Work together to connect people to community arts to support their health and wellbeing.

Provide a choice of creative opportunities that respect the needs and preferences of each person, treating everyone with kindness and compassion.

Develop creative projects that value, honour and celebrate our Welsh heritage, culture and language.

Grow a sustainable arts and health service that connects people, art, nature and health.



Draw on all art forms to transform healthcare environments to aid healing and recovery and to support people to live healthier, happier, more joyful lives

Use creativity to drive innovation and transform our thinking about health.

Develop creative opportunities that prioritise the most vulnerable and marginalised people in our society, meeting the needs of a diverse population at all stages of life.

Ensure that all creative activities are safe, appropriate, and sensitive to people's needs, based on evidence and best practice.

What does it mean for me?

As a patient I will:

- feel safe and understood
- experience a better hospital stay with all elements of myself being cared for including my creative self
- be cared for in a more therapeutic, healing and kind healthcare environment
- be offered a range of non medical/creative options to promote my healing and recovery

As a member of staff I will:

- have more good days at work – with improved wellbeing
- be able to draw on my creative self at work
- have a better working environment
- feel heard and valued
- feel more confident in promoting the benefits of the arts to my patients
- be inspired to lead a greener and more nature connected life

As a member of Hywel Dda's population I will:

- be more actively engaged in the arts
- be better able to manage my own health and wellbeing
- have the creativity, courage and confidence to take part or tell my story
- know that my loved ones are being well cared for



What are the four things that would show success in mid and west Wales?

Output measures/things you will see:

- A sustainable Arts and Health Service exists to improve the health and wellbeing of our patients, staff and communities
- People are better connected with Arts and Health activities in their community
- The arts have helped transform and improve healthcare services
- The buildings/settings where healthcare is delivered are more therapeutic and healing environments

Output measures/things you will feel:

- People will feel better, happier and lead more joyful lives
- People have more support with staying well
- People will have more control over their own health and wellbeing
- People will have better quality of care and patient experience



How can I get involved?

- **Visit** our Website/booklet/social media/ films
- **Take part** in our public programmes
- **Watch** [The benefits of art in healthcare - HEIW \(nhs.wales\)](#)
- **Ask** your GP or Community Connector
- **Volunteer** with Hywel Dda Volunteer Team to support our Arts and Health Team/Service
- **Try** something creative for yourself – visit our website to find out more about what is happening in your area
- **Share** post your creativity #artsathyweldda
- **Read** (link to be added to evidence base)
- **Contact** Hywel Dda Arts and Health Team
- **Join** our database – find out about opportunities

