



GRŴP CYFEIRIO RHANDDEILIAID STAKEHOLDER REFERENCE GROUP

DYDDIAD Y CYFARFOD: DATE OF MEETING:	17 January 2023
TEITL YR ADRODDIAD: TITLE OF REPORT:	Have Your Say about Arts and Health Engagement Project
CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:	Louise O'Connor, Deputy Director of Legal and Patient Experience
SWYDDOG ADRODD: REPORTING OFFICER:	Kathryn Lambert, Arts in Health Coordinator

Pwrpas yr Adroddiad (dewiswch fel yn addas)

Purpose of the Report (select as appropriate)

Er Gwybodaeth/For Information

ADRODDIAD SCAA SBAR REPORT

Sefyllfa / Situation

In 2022, Hywel Dda's new Arts & Health Team presented to the Stakeholder Reference Group (SRG) information about their new role to promote and encourage the use of art within healthcare at Hywel Dda University Health Board (HDdUHB) for the benefit of patients, staff and communities. It was agreed that the Arts & Health Team continue to report progress to the SRG and engage with the Group.

The Arts & Health Team has been making good progress, uncovering opportunities for the arts to improve people's health and wellbeing across the Health Board and is in the process of co-creating a vision and plan for Arts & Health for HDdUHB and have been engaging with health professionals right across the Health Board, the arts sector and listening, learning and trialling activities. We are also launching a public engagement campaign inviting people to help shape the vision for Arts & Health at Hywel Dda called,

Cefndir / Background

The Arts & Health Team is funded also via the Arts Council of Wales (ACW) as part of a Memorandum of Understanding between ACW and the NHS Confederation Wales to put the arts at the centre of service transformation.

The Arts & Health agenda is of national significance, and the Hywel Dda Arts & Health Co-ordinator sits on a team of co-ordinators in other health boards across Wales and on the Welsh Government Cross Party Group for Arts & Health.

Asesiad / Assessment

The new Arts & Health Vision and Plan for Hywel Dda will be developed out of the engagement process to guide the Arts & Health Team and help them to develop a vision, in which creativity is at the heart of all our services to improve the health and wellbeing of patients, communities and staff across Hywel Dda through arts engagement.

At Hywel Dda University Health Board we have a shared vision with our communities for us to live healthy, joyful lives.

Our strategy called 'A Healthier Mid and West Wales: Our future generations living well' shares our vision for improving health and well-being for our communities in Pembrokeshire, Carmarthenshire and Ceredigion.

As part of this work, we are keen to build on the knowledge and growing evidence base that tells us that the arts have a powerful role to play in supporting health and wellbeing.

To help Hywel Dda develop a vision for Arts in Health, the new Arts & Health team is engaging with people from across the 3 counties of Carmarthenshire, Pembrokeshire and Ceredigion to

Have Your Say about Arts & Health.

- **We want you to know what you think?**
- **How might the arts help to improve people's health and wellbeing across Hywel Dda?**
- **How might art and music improve the quality of your hospital or care experience?**
- **How might the arts and creativity have helped you?**
- **Tell us your story...**

We are keen to know what members think and would appreciate SRG Members sharing this engagement opportunity with their communities, so that we get as much engagement as possible in order to ensure the widest reach possible, the campaign will be shared via social media.

We want everyone to help shape Hywel Dda's vision for Arts & Health.

To find out more please visit our online engagement platform:

Welsh

www.dweudeichdweud.biphdd.cymru.nhs.uk or
www.dweudeichdweud.biphdd.cymru.nhs.uk/dweud-eich-dweud-am-y-celfyddydau-ac-iechyd-yn-hywel-dda-2

English

www.haveyoursay.hduhb.wales.nhs.uk or
www.haveyoursay.hduhb.wales.nhs.uk/have-your-say-about-arts-health-at-hywel-dda

Contact: HdUHB Arts & Health Coordinator Kathryn Lambert Kathryn.lambert@wales.nhs.uk.

Argymhelliad / Recommendation

The Stakeholder Reference Group is requested to receive the update on the Arts in Health for Information.

Amcanion: (rhaid cwblhau) Objectives: (must be completed)	
Committee ToR Reference: Cyfeirnod Cylch Gorchwyl y Pwyllgor:	2.1.1: Early engagement and involvement in the determination of the UHB's overall strategic direction. 2.1.2: Advice to the UHB on specific service improvement proposals prior to formal consultation. 2.1.3: Feedback to the UHB on the impact of the UHB's operations on the communities it serves
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	Not Applicable
Safon(au) Gofal ac Iechyd: Health and Care Standard(s):	1. Staying Healthy 1.1 Health Promotion, Protection and Improvement
Amcanion Strategol y BIP: UHB Strategic Objectives:	1. Putting people at the heart of everything we do 2. Working together to be the best we can be 4. The best health and wellbeing for our individuals, families and communities
Amcanion Cynllunio Planning Objectives	2M Arts in Health Programme development
Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2018-2019	9. All HDdUHB Well-being Objectives apply

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	N/A
Rhestr Termiau: Glossary of Terms:	Contained within the body of the report
Partïon / Pwyllgorau â ymgynhorwyd ymlaen llaw y grŵp cyfeirio rhanddeiliaid: Parties / Committees consulted prior to Stakeholder Reference Group:	N/A

Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	No financial impact

Ansawdd / Gofal Claf: Quality / Patient Care:	No adverse quality and/or patient care outcomes/impacts
Gweithlu: Workforce:	No adverse existing or future staffing impacts
Risg: Risk:	No risks identified.
Cyfreithiol: Legal:	No legal impacts or likelihood of legal challenge.
Enw Da: Reputational:	Visibility and understanding of Health Board values with open and transparent communication and engagement.
Gyfrinachedd: Privacy:	N/A
Cydraddoldeb: Equality:	N/A

Arts & Health at Hywel Dda

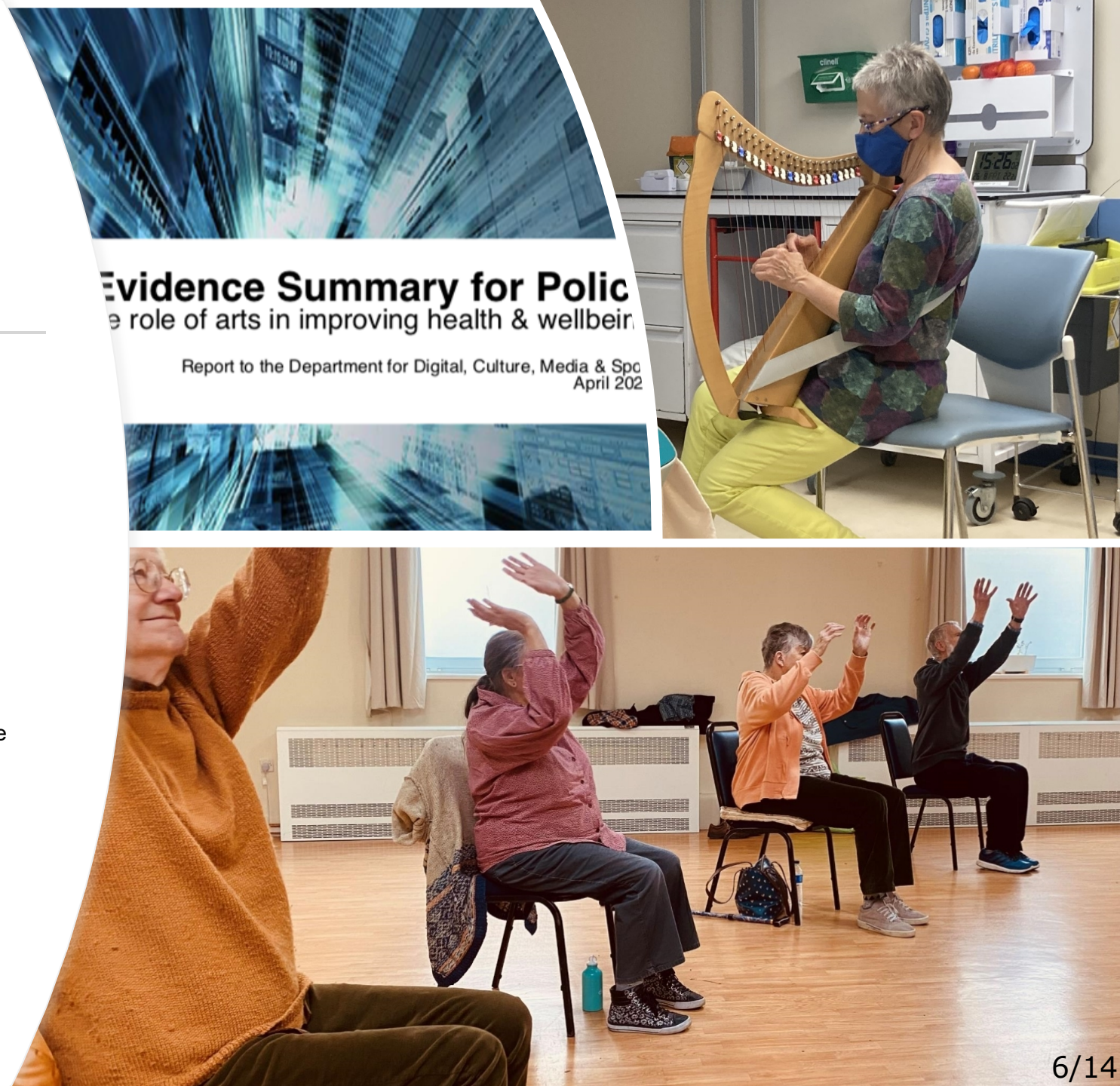
Background

- To promote and encourage the use of the arts across the health board for the benefit of patients, communities and staff.
- Based with the Patient Experience Team
- Memorandum Of Understanding between Arts council of Wales(ACW) and NHS confederation – with a vision for putting arts at the heart of service transformation
- Capacity building funding from ACW with match funding from HdUHB
- Part of a wider network of arts in health coordinators in every health board in Wales
- Based on the growing body of evidence which shows that the arts have an important role to play in healthcare:
 - World Health Organisation
 - Department of Culture Media & Sport,
 - All-Party Parliamentary Group on Arts, Health and Wellbeing Inquiry Report - Creative Health: The Arts for Health and Wellbeing (July 2017)

Evidence Summary for Polic

the role of arts in improving health & wellbeing

Report to the Department for Digital, Culture, Media & Sp
April 202



Update

- Overwhelming interest, need, support and enthusiasm for arts in health provision right across the health board.
- Huge possibilities for arts in health interventions right across the health board

What we have been doing?

- Established an Arts in Health Steering group
- Piloting further creative activities for patients, staff and communities
- Co-producing an Arts in Health Charter and work plan



What is arts & health?


- Arts & health is any art intervention, commission or offer which is intended to improve health and wellbeing through arts engagement.
- 'The arts' - Visual art, music, dance, theatre, creative writing, storytelling
- *Arts in Health is delivered by and with artists, musicians, poets, song writers, theatre makers, choir leaders, with patients, people, staff and communities etc*
- Arts & health is different to Arts Therapy – which is delivered by healthcare professionals for psychotherapeutic benefit.
- There is much evidence to suggest that the arts can improve health and wellbeing.




Visual arts & crafts to improve mental health – reducing distress and enabling expression



The arts can create environments which raise our spirits, soothe and comfort us and help us to feel better.




Live music to soothe and comfort patients



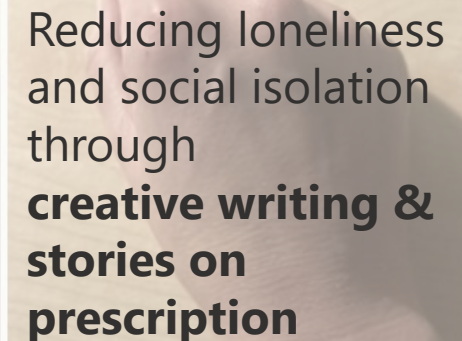
Improving mobility, balance and preventing falls through **dance.**



Enhancing healthcare spaces to enable patients to recover more quickly



Singing to connect and uplift people, improving memory, lung health and outcomes for long Covid patients.



Reducing loneliness and social isolation through **creative writing & stories on prescription**

Update

Current work & emerging priorities:

- Improving Patient Experience:
 - Arts Boost - SCAMHS project – improving CYP mental health & wellbeing
 - Neuro rehabilitation
 - Music in hospital settings
 - Live Music in ITU
 - Arts in Dementia ward settings
- Improving Staff wellbeing:
 - Creative Collective – creative activities for staff wellbeing
 - Shorelines
 - A Dose of Art commission
- Improving community wellbeing:
 - Creative prescribing discovery programme
 - Arts & Health wellbeing activities with refugees



Arts Boost:

A collaboration with SCAMHS – Hywel Dda Children and Adolescent Mental Health Service

Findings:

- Improvements in mood and wellbeing
- increased confidence,
- development of self-expression,
- and feelings of safety via the provision of a calming, relaxing environment.

Recommendations:

- Explore opportunities to expand the offer
- Ensure future collaborations are underpinned with comprehensive and adaptable plans
- Use knowledge gained during the pilot to improve future implementations
- Promote extensively within the health board to ensure Arts in health interventions have the widest vital clinical leadership needed



Dance on Prescription:

2Ts GP Cluster Project

November 2022 – Spring 2023

Pilot dance on prescription project

- Patients with chronic illness and /or mobility issues
- AIMS: Increase physical activity, reduce social isolation and improve mental wellbeing
- Develop links with community MDT, local GP surgeries and local Arts and health organisation
- Available to patients of local GP surgeries in Llandovery, Llandeilo, Carmarthen and Whitland



Creative Prescribing Development Project

Embed evidence based arts in health into social prescribing practice.

- Partnership between Hywel Dda University Health Board (HDdUHB), Public Health Wales (PHW), the Social Prescribing Community of Practice (COP) HIEW and 6 Arts partners.
- **Learning and Development** – engaging / referrers / barriers / facilitators
 - HIEW 'Vitals' film
 - gp Training – pilot showed
 - Creative Prescribing Cafes – with 3 arts partners

Artists in residence

- Working with groups who experience poorer health outcomes
- Priorities:
 - Perinatal Mental Health
 - Economic poverty – linking with warm hubs and food banks
 - Diversity – Gypsy & travellers
- **Arts in Health Research Group**



Co-Creation Arts & Health Vision

- English www.haveyoursay.hduhb.wales.nhs.uk/have-your-say-about-arts-health-at-hywel-dda
- Welsh www.dweudeichdweud.biphdd.cymru.nhs.uk/dweud-eich-dweud-am-y-celfyddydau-ac-iechyd-yn-hywel-dda-2
- **Have Your Say about Arts & Health.**
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Contact

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Dr Cath Jenkins

Catherine.Jenkins5@wales.nhs.uk

Arts in Health Padlet

<https://padlet.com/kathrynlambert1/artsinhealthHDUHB>

Health through Arts Padlet

<https://padlet.com/drcathjenkins/sp9mv26se2mnt041>

Hywel Dda Intranet

https://nhs.wales365.sharepoint.com/sites/HDD_Arts_in_Health