



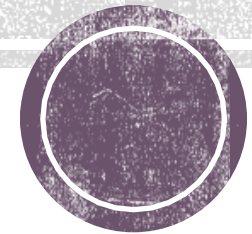
GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Arts in Health

Celfyddydau mewn iechyd

At / Yn Hywel Dda



Introduction

- To promote and encourage the use of the arts across the health board, working with the full range of health services across the 3 counties for the benefit of patients, communities and staff.
- Based with the Patient Experience Team
- An arts in health strategy/manifesto and associated delivery plans
- A vision to create a new and sustainable arts in health service
- Memorandum of Understanding (MOU) 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 HDHB

Hywel Dda Arts in Health Coordinators



Kathryn Lambert (0.8)
Arts background



Dr Cath Jenkins (0.2)
Medical background

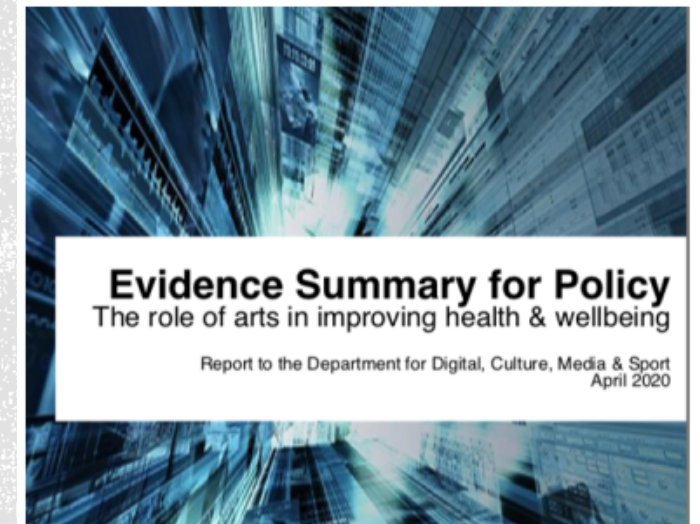


What is arts in health?

- A Healthier Mid and West Wales.
- Hywel Dda University Health Board (HdUHB) has a shared vision with our communities to live healthy joyful lives. The ambition is to shift from a service that just treats illness to one that keeps people well, prevents ill-health and provides help early on.
- Arts in health is any art intervention, commission or offer which is intended to improve health and wellbeing through engagement.
- There is much evidence to suggest that the arts have a role in helping people **live well**
- Improved mental and physical health and wellbeing
- Reduced loneliness and isolation
- Connected communities
- Express complex stories and emotions
- Commemorate, remember and reflect
- Improved environments

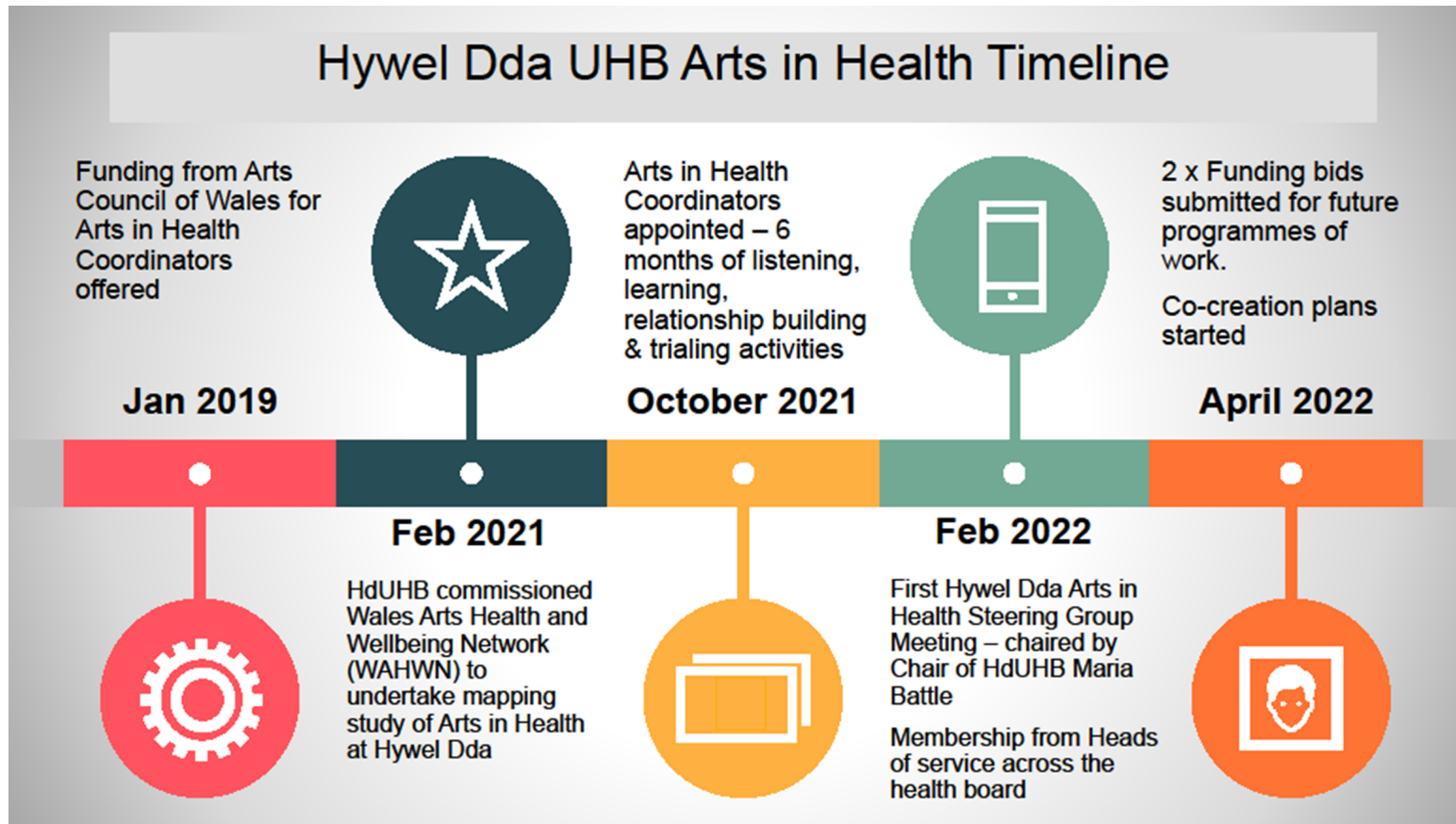
healing
not just 'curing,

Dance for falls prevention
Reading aloud to address loneliness on wards
Drama based workshops to support staff wellbeing
Music to alleviate pain
Visual art to reduce distress
Singing to improve lung health and provide respite.



Situation:

- 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



Arts in Health at Hywel Dda



Image: People Speak Up

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



Current work:

- **Patient Pilot** – Arts Boost – Arts & Mental Health project for children and young people (CYP) with disorder eating and low mood/anxiety. In partnership with Specialist Child and Adolescent Mental Health Service (sCAMHS)
- **Staff Wellbeing Programme** – A healing arts programme: Hywel Dda Creative Collective, Art Gifts, Singing, benefits
- **Arts Seeds** – Patient focused pilots - eg Neuro Art Café with Neuro rehabilitation Team
- In development:
- **Creative Prescribing Development Programme**
- **Dance on Prescription programme**

Arts in Health at Hywel Dda

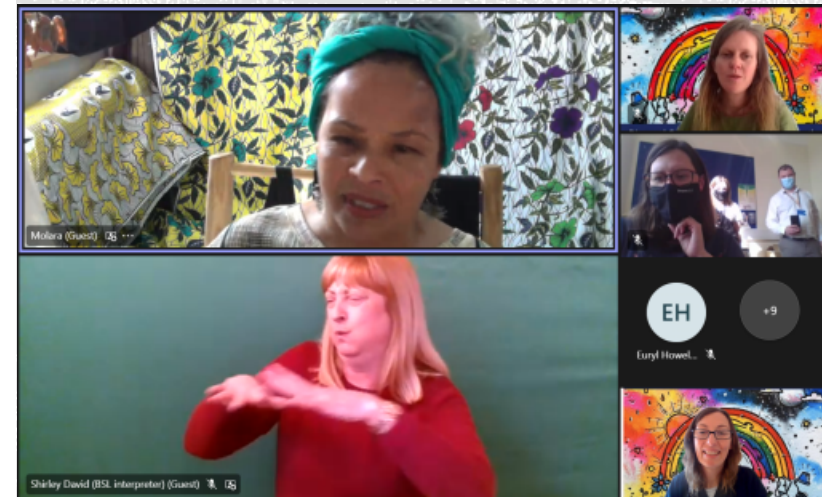


Image: Online singing with Hywel Dda staff to mark the 2 year COVID anniversary



Co-creation of Arts in Health Manifesto/strategy

- What are your thoughts about an Arts in Health Strategy/Manifesto/Charter for the Health Board?
- What do you think about developing a set of Arts in Health Principles?
- What are your priorities for arts in health?
- How could the arts help you to achieve your health priorities?
- If there was a 3 year Arts in Health Programme, what would be your priorities?
- Feedback, thoughts, ideas, suggestions?



Image: Arts Boost, Gemma-Green Hope, Span Arts



Get in touch

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