

## Evaluation report for charitable-funded requests over £10,000

Please complete this form to tell us about the impact that your charitable funded application has had. We're keen to understand how this funding has made a difference to our patients and service users, their families, carers and Hywel Dda staff.

Please read the guidelines available at [Charities - Home \(sharepoint.com\)](https://sharepoint.com).

Please direct any questions to [CharitableFundsFinance.HDd@wales.nhs.uk](mailto:CharitableFundsFinance.HDd@wales.nhs.uk) / 01267 283055 / 01827 1655.

<b>Section 1: Applicant</b>			
<b>Lead applicant:</b>			
Contact name:	<b>Kathryn Lambert</b>		
Job title:	<b>Head of Arts and Health</b>		
Department/Service:	<b>Arts and Health</b>		
Directorate:	<b>Nursing, Quality and Patient Experience</b>		
<b>Lead director:</b>			
Contact name:	<b>Louise O'Connor</b>		
Job title:	<b>Assistant Director (Legal and Patient Support) Complaints</b>		
<b>Section 2: Application summary</b>			
2.1 Title of application:	Arts and Health – Capacity Building		
2.2 Application reference:	Not applicable		
2.3 Date approved by CFSC/CFC:	12 March 2024		
2.4 Value of funding approved:	£198,065		
2.5 Project start date:	Originally March 2024 Revised with approval to 18 March 2025		
2.6 Project end date/ estimated completion date:	Original end date: 17 March 2028 Extension Agreed: 18 March 2025 New Project end Date: March / June 2029		
<b>Reporting period:</b>			
<b>2.7 Please indicate the period this evaluation report relates to?</b>			
Mid-term:	✓ (end of year 1 of 4 year project)	End of funding:	
<b>2.8 Brief description of your application:</b>			

In no more than 50 words please tell us what you received approval of charitable funds for.

We received approval for charitable funds to expand the Arts and Health Team through a new full-time Arts and Health Project Manager post, associated support costs, and a patient programme budget (2025-2029). This investment will build capacity to deliver the Arts and Health Charter and develop sustainable, high-quality arts and health projects across Hywel Dda University Health Board (HDdUHB).

## **Section 3: Evaluation report**

### **3.1 Key achievements:**

Please tell us about what has been achieved as a result of the funding awarded and to what extent the aims and objectives (as set out in the application form) have been achieved.

#### **Putting creativity at the heart of health and wellbeing**

This year has seen exceptional growth in Arts and Health across HDdUHB as a result of our capacity building programme.

We have been able to incorporate 279 creative sessions—including music performances, visual arts, singing, sculpture, creative writing, photography, dance, collage and more reaching approximately 1,764 patients, families, communities and staff across Carmarthenshire, Ceredigion and Pembrokeshire. This figure includes all arts and health activities for 2025/26. Some individuals will have many repeat and deep engagements whilst others will have had one engagement.

Our Arts and Health provision has reached some of the most vulnerable people in our communities, including young people experiencing mental health difficulties, in-patients living with dementia, people with complex long-term conditions, those experiencing anxiety or loneliness, patients in critical care, new mums and babies supported by perinatal mental health services, cancer patients, unaccompanied asylum seekers and our healthcare staff.

Thanks to Capacity Building funding from Hywel Dda Charities and the commitment of our talented artist community, we have been able to bring in £195,789 of additional funding in 2024/25 and £231,075 in 2025/26 (excluding this grant) and we have delivered a wide range of high-quality creative programmes for our patients, communities and staff.

#### **Through the arts we have been able to:**

- Support young people with mental health needs through creative expression.
- Improve the patient experience for some of the most vulnerable people in our hospitals by comforting and soothing patients in critical care with live music.
- Enhance our healthcare environments, making them calmer and more welcoming through incorporation of art.
- Help people live well for longer by connecting them with arts opportunities in their local communities.
- Support new parents to bond with their babies through singing, art and connection.
- Create meaningful social connection for people who may otherwise feel isolated.
- Begin to promote the arts as the fifth lifestyle pillar for health (alongside Diet, Sleep, Exercise, Nature, Art).
- Support staff emotional wellbeing and offer moments of relief, creativity and joy.
- Reduce distress, improve wellbeing and provide enriching, purposeful activity for in-patients living with dementia.

This report provides an update at the end of Year One of our Arts and Health Capacity Building Programme, in which we have laid the essential structural, strategic and operational foundations to enable full rollout of the Arts & Health Charter.

During Year One of this project (2025/26), we strengthened our Arts and Health Team capacity by recruiting, inducting and supporting our new Band 6 Arts and Health Project Manager job-share, bringing two experienced arts leaders into the team. This has helped us to build our capacity, strengthen our programme delivery and expand the scope of our arts-based health interventions.

Despite a delayed start, current evidence shows that the programme is already delivering high-quality, high-impact outcomes across all life stages and clinical care groups.

This narrative is supported by:

- Hywel Dda Arts and Health Charter <https://hduhb.nhs.wales/arts-and-health-charter/>
- Arts and Health Capacity Building Extension Request SBAR (previous papers)
- Arts and Health Annual Reports 24/25 [ArtsAndHealthAnnualReport2024](#)

**Key achievements:**

<p>Develop and deliver a series of high-quality <b>person-centred</b> arts and health projects, with a project at each of the four key life stages (Starting well, living well, ageing well and dying well)</p>	<p>We held:</p> <ul style="list-style-type: none"> <li>• <b>64 arts referral</b> Hywel Dda Arts Referral Pathway (HARP), workshops (for GP patients with complex and long-term conditions, depression, anxiety, chronic pain and social isolation).</li> <li>• <b>18 multimedia arts workshops for Young People</b> known to our Children and Adolescent Mental Health Services (CAMHS)</li> <li>• <b>23 live music sessions</b> in Intensive Therapy Unit (ITU) for our Critical Care patients, staff and families.</li> <li>• <b>98 Singing and movement and visual arts and crafts</b> with our in-patients living with dementia across ten healthcare sites including our Older Adult Mental Health settings, Adult Frailty in our acute Hospitals, and across our Community Hospitals.</li> <li>• <b>34 creative activities for wellbeing sessions</b> to support our healthcare staff (wellbeing and workforce support).</li> <li>• <b>36 arts sessions</b> with new mums and babies known to the Perinatal Mental Health Service.</li> <li>• <b>One creative engagement</b> workshop with Unaccompanied Asylum Seekers.</li> <li>• Promoted <b>healthy living messages</b> with arts and health at <b>five Living Well Community</b> sessions.</li> <li>• Supported numerous other schemes such as our <b>Lifestyle medicine Pilot</b> in Pembrokeshire and Launch of the Leri Cancer Unit.</li> </ul>
<p><b>Work Together</b> through a range of collaborative approaches to help <b>grow the HDdUHB Arts and Health movement</b></p>	<p>We have firmly positioned Hywel Dda as a national leader in Arts and Health, demonstrating innovation, collaboration, and strong organisational leadership through award-winning practice, high-quality projects, knowledge sharing and sector-leading initiatives.</p>

	<p>We have established and led a series of multidisciplinary Working Groups to draw in talent and expertise into Arts and Health from right across the Health Board with our Arts and Health Steering Group Creative Prescribing Working Group Creative Collective – Creative Activities for staff wellbeing community. And forthcoming Improving Environments Working Group</p> <p>We are <b>working together</b> across Public Health, Primary Care, Value Based Healthcare, Research and Evaluation and the arts sector to help find a way to better connect people with the arts in their local community through <b>HARP (Hywel Dda Arts Referral Pathway) - A Creative Health Preventions Programme</b> - supporting people to find ways to lead <b>Healthy Lives, Well Lived</b>.</p> <p><i><b>"this group has really sort of saved my life, really. To what I was like two months ago. Where I had the emergency psychiatric team out, I was suicidal, and it's just given me confidence to go past that."</b></i></p>
<p><b>Creative</b> Develop an Improving Healthcare Environments Plan to create more welcoming surroundings for patients, families and staff - building learning, public art development processes and policies across HDdUHB</p>	<ul style="list-style-type: none"> <li>• We have delivered an award-winning flagship public art project for the Leri Cancer Unit, generating significant learning and impact.</li> <li>• We are establishing an Improving Healthcare Environments Working Group to drive a shared vision and sustainable approach across the Health Board.</li> </ul> <p>We are supporting other environmental improvements by:</p> <ul style="list-style-type: none"> <li>• Supporting the commission of a mural in Pili Pala Bereavement suite in Glangwili Maternity Ward.</li> <li>• Supporting the production and installation of donated art boxes by Carmarthen School of Art in Glangwili Hospital (GGH) Outpatients to display local art students work.</li> <li>• Secured Hywel Dda Charities funding to launch an Art in Emergency Department programme to improve the emergency environment with calming art.</li> </ul>
<p><b>Innovative</b> Contribute to the growing evidence base of the impact of Arts and Health through the development of an Arts and Health Evaluation Plan and a series of arts and health evaluation, innovation and research projects</p>	<p>We have taken a real world approach to evaluation with support from our evaluation partners TriTech and Value Based Healthcare, which is outlined in our overview Arts and Health Evaluation Plan.</p> <p>All Arts and Health activity is treated as Innovation Projects. This means that everything we do is designed to test new approaches, generate learning, and strengthen the evidence base.</p> <p>We have trialled and tested a range of Patient Reported Outcome Measures (PROMS) and Patient Reported Experience Measures (PREMS) for different projects and patients.</p>

	<p>We have grown our academic capability within Arts and Health with our Arts and Health Project Managers, Dr Ruth Jones and Dr Sarah Pace, who both hold doctorates in arts-based research.</p> <p>Quantitative and qualitative evidence consistently demonstrates a positive impact on patients, communities, and staff. Improvements in wellbeing scores, alongside compelling patient stories and staff feedback, highlight the meaningful difference our programmes are making.</p>
<p><b>Inclusive</b> Develop a fully accessible arts and health programme that builds on the evidence base that the arts have the capacity to tackle health inequality, incorporating the lived experience in everything we do</p>	<p>Delivered health-equity-focused arts projects with the Community Development Outreach Team and trusted partners, engaging Gypsy and Traveller communities, Welsh speakers, and Unaccompanied Asylum Seekers, ensuring lived experience informs an accessible programme.</p>
<p><b>Safe</b> Build a set of Arts and Health Resources for all healthcare staff to use, making arts in health and wellbeing everyone's business and developing best practice and signposting to training and resources and empowering others to help themselves and sustainably responding to the scale of the need</p>	<p>Created accessible Arts and Health resources for all staff, including an intranet hub, newsletter, and Arts and Health Viva community, with clear signposting to national best-practice tools such as the <a href="#">National Arts in Hospitals Network - Art in Hospitals Toolkit</a>, and the <a href="#">Creative Health Quality Framework</a>.</p> <p>We have worked closely with our Future Workforce Team to develop and secure Trade Union approval for Arts and Health Volunteer Role Descriptions and now an Arts and Health Work Experience Role.</p> <p>We have launched a campaign to recruit volunteers and hosted our first work placement.</p>
<p><b>Sustainable</b> Establish the groundwork for the development of a sustainable Arts and Health Service to improve the health and wellbeing of our patients, communities and staff</p>	<p>The initial arts programme investment of £25,000 (over two years) leveraged a further £107,000, representing a 441% return on the original funding." Every pound invested generated £4.41 in matched or additional funding.</p> <p>We have secured £50,000 over two more years of match funding from the Arts Council of Wales to support the Arts and Health Project Manager Post.</p> <p>Overall, we have brought in £231,075 of funding for 2025/26 towards arts and health. This does include other Hywel Dda Charities funded schemes.</p> <p>Made progress on Arts and Health Planning Outputs with draft Sustainable Funding Plan and emerging Improving</p>

	<p>Healthcare Environments Plan and overview Evaluation Plan.</p> <p>Attended Climate Emergency Spread and Scale Academy to further our vision for <b>Make Art Not Waste</b> - A national Creative Health campaign to save people and the planet and presented our vision to use the arts to reduce healthcare use at the Climate Justice Day. Ran a Nature Based staff Photography Competition for exhibition on digital screens in our Accident &amp; Emergency departments.</p>
<p><b>Local</b> Nurture, support and develop the local arts sector and talent to grow in line with the service</p>	<p>By collaborating with 73 artists and directing £110,539 of targeted investment into the arts and health ecosystem, we have strengthened the sector locally and created new opportunities for patients and communities in West Wales to access high-quality creative experiences that support wellbeing.</p> <p>We want to thank our arts partners: Aberystwyth Arts Centre, Arts Care Gofal Celf. Arts4Wellbeing, Cynefin, Forget Me Not Chorus, Haul, Live Music Now, Music in Hospitals and Care, National Eisteddfod, People Speak Up, Small World Theatre, SPAN Arts, Wales Arts Health and Wellbeing Network, Welsh National Opera, Y Ty Celf and a wide range of talented freelance artists for their ideas, passion and commitment.</p> <p>We are also proud to have a case study featured in the new Future Generations Guidance in Working with Freelancers. <a href="#">Working together for culture: A guide for public bodies working with cultural freelancers</a></p>

### 3.2 Impact:

Please focus on the positive changes or effects that have taken place as a result of the funding awarded and to what extent the anticipated benefits (as set out in the application form) have been achieved.

Across all programmes, Arts and Health activities consistently improve wellbeing, confidence, social connection, emotional expression and care experiences for patients, communities and staff, while also strengthening staff morale and demonstrating strong potential for preventative, person-centred and holistic healthcare impact.

#### Key Themes of impact include:

- **Improved emotional and mental wellbeing** (reduced stress/anxiety, improved mood, increased confidence).
- **Enhanced social connection and reduced loneliness** across all groups.
- **Stronger patient experience and therapeutic relationships**, especially in intensive care units (ICU), dementia care and frailty settings.
- **Meaningful creative engagement** supporting self-expression, inclusion, skill development and ongoing participation.
- **Positive impact on staff wellbeing and morale**, including reduced stress and improved workplace experience.

- **Early indicators of clinical and preventative benefit**, including reduced agitation, potential deconditioning benefits and improved self-management.
- **Strong promise as a preventative, community-based and rural health model**, especially through HARP.
- **Inclusive, culturally sensitive engagement**, including with Gypsy & Traveller communities, Welsh speakers and asylum seekers

### Programme - IMPACT for Each project?

#### **Arts Boost 3 (2024) and 4 (2025)- (Art for Children and Young Persons (CYP) Mental Health in partnership with Specialist Child and Adolescent Mental Health Services (SCAMHS)**

Arts Boost 3 and 4 demonstrated clear improvements in young people's wellbeing, confidence and social connection, as evidenced through interviews, focus groups and outcome measures including Goal Based Outcomes (GBOs), Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS) and creative wellbeing scales.

***"Everyone is respected and nobody feels left out."***

[AB4 Evaluation Report](#)

[Economic Impact of the Arts Report – See pg 21 for Arts Boost Case Study](#)

**Arts & Dementia** - The arts and dementia programme has delivered clear, measurable benefits across Older Adult Mental Health and Adult Frailty wards by enhancing wellbeing, reducing agitation, improving social interaction and patient experience, strengthening staff morale and therapeutic relationships, and showing early potential to reduce deconditioning in patients.

***"The music brightened up my day and made me feel happy inside."***

Reference to Interim Arts and Dementia Report already shared.

**Live Music in ITU** – The year-long live music programme in our ICU's has delivered highly positive and measurable benefits—most notably significantly reducing stress and anxiety for patients, staff and families, enhancing emotional wellbeing and alleviating loneliness, and improving staff morale—demonstrating that live, responsive music-making is a powerful and patient-centred intervention that enriches the ICU environment and consistently supports holistic care. One patient commented

***"Whoever came up with this idea certainly has patient care as top priority"***.

Our Live Music in ITU Report is available on request.

#### **Art, inclusion and tackling inequalities –**

We partnered with the Community Development Outreach Team to deliver creative workshops that built trust with Gypsy and Traveller communities, boosted wellbeing, and showed the arts to be an effective way of sharing culturally sensitive health messages. Building on this, we began supporting the emotional wellbeing of unaccompanied asylum seekers through collaborative creative sessions, which helped establish trust and revealed their strong interest in rap, music and spoken word for future engagement.

You can find out more about the project via our [Gypsy Roma Traveller Arts Case Study](#)

**HARP 1** - The HARP programme received 49 referrals and supported 23 patients with complex chronic conditions, who reported reduced stress, increased confidence, stronger social connection and improved self-management, demonstrating strong promise as an innovative rural preventative care model despite early GP-capacity barriers.

***"this group has really sort of saved my life, really. To what I was like two months***

**ago. Where I had the emergency psychiatric team out, I was suicidal, and it's just given me confidence to go past that."**

**Leri Cancer Unit** - The Leri Cancer Unit Art Programme transformed Bronglais Hospital's new cancer facility into a calming, culturally rooted space by co-producing public art with patients, staff, and Welsh artists. Evaluation shows the artwork significantly improved emotional comfort and staff morale, with one patient noting it

***"creates a healing environment... in what will be for many a difficult circumstance."***  
[Leri Cancer Unit Case Study](#)

**Creative Activities for Staff Wellbeing (CA4SW)** - The Creative Collective programme received overwhelmingly positive staff feedback, with over 90% respondents reporting improved wellbeing, better mood, and uplifting, high-quality sessions that fostered connection and creative discovery, while the inclusive, bilingual approach strengthened engagement and staff recognised how these benefits enhanced their ability to support and inspire patients.

***"In terms of my well-being, I feel the benefits because it lifted me out of the fast-paced stress of work for 30 minutes and allowed my brain to switch to relaxed and creative mode."***

Reference to Interim CA4SW Report already shared.

**StARTing Well** - This initiative demonstrates that arts-based interventions in perinatal care are not a luxury, but a vital, cost-effective response to maternal mental health challenges. The ripple effects of the programme extend into homes, communities, and health systems—fostering emotional wellbeing, creative confidence, and social connection during the maternity and perinatal period. (*Katie Icton, Senior Public Health Practitioner*)

***"Making the collage helped me put my feelings into something I could see and share."***  
***"I loved the storybook activity; it made me reflect on my journey."***

***"We're grateful for this funding—it's been one of the most meaningful parts of our work. We've seen mums re-engage with their creativity, confidence, and identity, and the nurturing sessions have supported bonding, wellbeing, and genuine growth for both mothers and babies."*** (*Diane Lewis, Specialist Perinatal OT*)

Evaluation Report to follow.

### **A Sustainable Funding Plan for Arts and Health**

<b>We said we would</b>	<b>We have</b>
Secure funding for arts and health projects as per the Sustainable Funding Plan making the post fully funded by external funding by 2028.	<b>Secured multi-partner funding for arts and health delivery, successfully attracting external grants and leveraging national programmes.</b>
Focus on the development and delivery of larger programmes of work and large-scale funding bids.	<b>Delivered several HDdUHB wide programmes and submitted collaborative large-scale funding bids with arts, community and academic partners, strengthening our regional and national presence.</b>
Evaluate and improve the Health Board's understanding of the impact of arts and health projects on service provision and value based health care.	<b>Established evaluation frameworks, partnered with TriTech Research and Innovation and Value Based Healthcare Teams and gathered evidence from live programmes to demonstrate impact on</b>

	<b>patient experience, staff wellbeing, and value-based healthcare outcomes.</b>
Using the programme budget as match to draw down larger funding applications thereby doubling or even tripling its value.	<b>Successfully used programme funds as match-funding, unlocking significantly larger investment and amplifying the value of our core budget through regional, national, and charitable sources.</b>
Guide external partners to design arts and health schemes that meet the needs of our patients and people bringing in other funds to the sector.	<b>Provided strategic guidance and co-design opportunities for partners, resulting in new schemes aligned with patient needs and increased external funding flowing into arts and health across the three counties.</b>
Generate interest and investment in arts and health across HDdUHB for the benefit of our patients, communities and staff.	<b>Raised the profile of arts and health through the launch of the Charter, successful programmes, staff engagement, and public visibility, leading to growing interest, participation, and investment across the organisation.</b>

We are developing a draft Sustainable Funding Plan that outlines our vision for sustainability, funding targets, financial strategies, potential funders and priorities which is now under discussion as part of our Arts and Health Strategic Planning Programme which will take place in 2026.

We are in the process of setting Funding Targets and have brought in £300,000 for 2026/27. Our funding is aligned to programmes rather than financial years.

### **Funding Priorities**

- **Secure and sustain the Arts Project Manager post** through a blended funding model, ensuring the role is fully supported beyond 2029. This includes:
  - Using external grants and multi-agency investment to fund the post in the short and medium term;
  - Embedding the role within Health Board workforce planning in the longer term;
  - Demonstrating the post's value through evidence, outcomes, and cost-avoidance data so it becomes recognised as essential infrastructure.
- **Seed new initiatives to demonstrate impact and potential**, enabling innovative pilots that build evidence and unlock future investment.
- **Leverage external funding and partnership** support by working collaboratively with cultural, community, academic, and charitable partners to amplify resources and broaden delivery capacity.
- **Use evidence to demonstrate impact and strengthen the case for long-term integration**, ensuring Arts and Health becomes fully embedded in healthcare planning, commissioning, and resource allocation through Clinical Care Groups (CCG's).

### 3.3 Beneficiaries:

Please tell us how many people have benefited as a result of the funding awarded and how you have determined these numbers. Beneficiaries may include patients, service users, patient families/carers, and staff.

#### Arts and Health Activity Summary

Arts and Health activities have been taking place across a wide range of settings within the organisation, engaging diverse patient groups, staff, and communities. These activities span all CCG's, demonstrating the breadth and inclusivity of the Arts and Health Programme.

This cross-cutting reach ensures that creative approaches to wellbeing support are embedded throughout the Health Board.

#### Patient and Community Groups Reached

Arts and Health activities have been delivered with the following patient groups and communities:

Group	Estimated beneficiaries
Young people (CAMHS)	16
Complex long-term conditions adults	23
ICU patients/families/staff	194
In patients living with dementia	904, across 10 sites,
Perinatal Mental Health (mums/babies)	33
Staff	414 (25/26)
Unaccompanied Asylum Seekers	3
Cancer patients and staff	9
Community Living Well Events	168
Total	1764

These groups have participated in a variety of creative and therapeutic sessions designed to support emotional wellbeing, social connection, cognitive function, and overall quality of life.

### 3.4 Evaluation methods:

Please tell us what methods you have used to measure the effectiveness of the funding awarded.

Group	How measured – PROM or PREM	How measured – Qualitative
Young people (CAMHS)	GBO's SWEMWBS, Outcome Rating Scales(ORS) Creative wellbeing Scales	Feedback forms and interviews
Complex long-term conditions adults	SWEMWBS, Social Services and Well Being (SSWBS) , GP DATA	Focus group and interviews
ICU patients/families/staff	Piloting Pain Score Measurement	Feedback forms
In patients living with dementia	EQ5D tested. Now using new PREM	Feedback forms and staff interviews
Perinatal Mental Health (mums/babies)	Valued Living Questionnaire and Core-OM (Season1)	Feedback forms, debrief sessions

	Barkin Index of Maternal function & CORE-OM & Edinburgh Postnatal depression scale (Season 2).	
Staff	Piloting wellbeing poll.	Feedback forms and focus group
Unaccompanied Asylum Seekers		Creative engagement - Graffiti Art
Cancer patients and staff		Interviews and feedback forms

We have undertaken a real world evaluation approach to Arts and Health. Taking established and understood arts programs and integrating them into health services. The aim is to evaluate the impact and value of Arts and Health by gathering and creating evidence from the different arts programs being delivered. We are taking a pragmatic approach to the evaluation, hoping to link any changes to health and wellbeing as well as people’s perspectives and opinions on Arts and Health. Our evaluation is:

- Patient centred – i.e. sensitive and accessible to those take part (e.g. patients living with dementia, non English speakers, patients who are delirious or under sedation in ITU for example)
- Proportionate to the funds and resources available for evaluation

We have been working with a set of internal and external Evaluation partners including TriTech, clinical teams, Value Based Healthcare, higher education partners, the Arts Council of Wales, Wales Arts Health and Wellbeing Network, the arts sector and capturing feedback from service users.

### What they have shown?

- Arts and Health programmes have shown positive impact on patient, community and staff wellbeing with lots of qualitative feedback.
- Some PROMS (SWEMWBS, ORS) and PREMS have been used with some positive results.
- Some programmes generate almost exclusively positive feedback which we are capturing through interviews, feedback forms and focus groups.
- We have already learnt a lot and identified a set of challenges and opportunities from the work programme to date.

### What have the schemes helped others show?

- The potential for meaningful change if scaled – Arts Boost is highlighted as Case Study two in this national economic Impact Study [Assessing the Economic Impact of the Arts on Health and Healthcare Services in Wales | Arts Council of Wales](#) which suggests that “Using published SWEMWBS valuations (as used in Granger et al., 2025)<sup>29</sup> and applying them to the mean changes in wellbeing reported by CYP in the first two cohorts, we estimate the mental health and wellbeing benefits of Arts Boost to be £3,621 per year, per participant.” Pg 21
- “*Coming to Our Senses* programme may be effective in generating positive social value by improving self-reported mental health and wellbeing among NHS healthcare workers in Wales”. <https://www.mdpi.com/3703024>

### Challenges & Next Steps

- Difficulty capturing quantitative data
- Need for feasible PROMS/PREMS

- Need for patient centred approach
- Lack of baseline data in most cases
- Capacity – for healthcare staff, evaluation staff, research staff, artists
- Aim for cost-effectiveness study
- Need to map evidence and research gaps and opportunities from the Health Boards perspective.

We understand there is a lot more to do in building the evidence base in the way the Health Board seeks to understand the impact of Arts and Health.

**Our Key Evaluation Priorities are:**

- Impact on patient/community wellbeing, outcomes and experiences
- Impact on Reduced Healthcare Use (RHCU)
- Impact on staff wellbeing/retention/sickness

**Overall themes of evaluation findings:**

- Emotional wellbeing and mental health benefits
  - Increased confidence and empowerment
  - Reduced loneliness and stronger social connection
  - Enhanced care environments and patient experience
  - Improved staff morale and therapeutic relationships
  - Culturally sensitive engagement and trust building
  - Better communication and emotional expression
  - Increased motivation, attendance, and ongoing engagement
  - Skills development and creative confidence
  - Support for prevention and self-management and enhanced patient activation

**3.5 Lessons learnt:**

Please tell us what lessons have been learnt from the delivery of your funded project in terms of what went well and not so well. Did you have to adapt your delivery, or did you face any unforeseen challenges? If so, how did you adapt or overcome any challenges? Will any lessons be shared with colleagues across the organisation?

Despite strong evidence, Arts and Health continues to face challenges—being seen as non-essential, difficulties with procurement, limited capacity, evaluation barriers, rural delivery issues, and inconsistent engagement from artists and staff. To address this, the programme is developing strategic development workshops, a new Arts and Health Procurement Framework, training and resources, multidisciplinary groups, improved evaluation approaches, collaborative partnerships, and a long-term sustainable funding plan.

What went not so well?	How are we adapting? What are we doing?
Arts and Health is still considered a 'nice to have' rather than an embedded part of healthcare, in spite of the evidence base.	We now have executive approval to hold three Arts and Health Strategic Development Workshops in 2026 to help co-create a vision and move arts and health from 'nice to have' to an integrated part of healthcare planning and delivery.
Procuring artists and arts partners is difficult as procurement guidelines and systems are built for large scale organisations not small scale and freelancers.	We are working with our Procurement colleagues to develop a new Arts and Health Procurement Framework.

Freelance artists and arts partners have gaps in knowledge and understanding of healthcare.	Speaking with Wales Arts Health and Wellbeing Network to help shape Arts Sector Training and Support. Developing guidance around Artist Wellbeing. Providing more detailed induction packs and workshops ahead of programme delivery.
Healthcare staff have gaps in knowledge, understanding and training in the benefits of arts and health.	Supporting partners to develop arts and health training for healthcare staff and we have: <ul style="list-style-type: none"> <li>provided clinical conversation guides for staff</li> <li>supported Health Education and Improvement Wales (HEIW) to develop an Arts and Health Module for Occupational Therapy Support Workers.</li> <li>supported Dr Cath Jenkins to make an Emerging Researcher Award application to support her to develop as a researcher to build the evidence base for arts and health.</li> </ul>
People have long held ways of receiving healthcare – so art can come as a surprising offer or be difficult for clinicians to prescribe.	We are developing films, resources, guides, and sharing training for staff and providing taster sessions – all leading to our goal to transform our understanding of healthcare.
Capacity – We are experience huge levels of need and opportunity – difficulty in prioritising – new requests come in weekly.	We are building a movement, through partnership work with Future Workforce and recruitment of volunteers, through hosting Multidisciplinary Working Groups and inviting others to chair. Our strategic planning workshops will help guide us with agreeing shared priorities.
Difficulties remain with evaluation of arts and health due to – lack of suitable tools, poor fit with patients and experience, lack of confidence and skill in arts sector	Need to design and accept projects that have strong potential for creating change and capturing impact of change e.g. New focus on Y Bwa – New deconditioning project. Map gaps in evidence better to inform research partners and sector where to place their research efforts.
PROMS are not a good fit for arts and health?	Continue to trial and test new PROMS and PREMS where possible as a priority part of our evaluation planning. Challenge notion of PROMS being the best and most accessible and inclusive tool to capture complex change.
Designing a service right across a rural geography	Focus on the development of rural provision, building in transport and connecting with rural and community arts assets.
Challenges with staff sickness, bereavements across the team and diagnosis.	Our Administrator has now reduced their hours to part time to allow for recruitment into the role.

Lack of time for staff (to commit to evaluation)	Focus on securing research funding to bring in capacity to support data capture.
Lack of engagement from Welsh speaking artists	Collaboration with the Eisteddfod in 2026
Bringing in funds to support the posts long term	Develop and implement Sustainable Funding Plan

Lessons will be shared through Hywel Dda Arts and Health Steering Group, various project working groups, staff training, and future planning. We will also share through various knowledge sharing opportunities, poster presentations, networking events such as the National Network for Arts and Health Wales Arts, Health and Wellbeing.

### 3.6 Exit strategy (for revenue expenditure requests):

Please tell us if, and how, the funded project will continue or has continued beyond the end of the time-limited period of charitable funding. If this project will not continue, please tell us how the project will or has been brought to a close.

At this stage we are reporting only on the end of year one of a four-year project, during which we have successfully recruited, inducted, and supported our new Arts and Health Project Managers and established the core structures required for long-term sustainability. Our exit strategy, as set out in the original application, focuses on: leveraging in additional funding, supporting national arts and health policy development, and demonstrating how integrating the arts into healthcare can improve wellbeing while reducing pressure on the NHS.

We are actively delivering this strategy through:

- **Strategic Planning Workshops** to embed Arts and Health into healthcare planning and CCG's.
- A drafted **Sustainable Funding Plan**, alongside securing multi partner investment to support posts and programme delivery beyond the charitable funding period.
- **Developing a long-term Arts and Health Evaluation Plan** to strengthen the evidence base and reinforce the case for ongoing investment.
  - **Considering splitting post responsibilities** to support long-term integration via project development and funding.
  - E.g. one part time post to focus on *Staff wellbeing, environment/climate and strategic development (Make Art Not Waste)*.
  - *And one part time post on Patient experience and preventions (including HARP)*.
- **Building the evidence base** through real-world evaluation, economic impact studies, and alignment with national benchmarks such as National Health Workforce Accounts (NAHN) workforce ratios.

These actions ensure that the programme is on track to sustain itself beyond the charitable funding period through diversified income, strengthened strategic alignment, and demonstrable value across the organisation.

### 3.7 Other:

Please provide any other relevant information about your funding award and its delivery that you would like to share with us.

We have been delighted to win several awards and nominations/recognition of our work this year as follows:

- Leri Cancer Unit won Runner Up in the Environment of Care Category and Finalist in the Cancer Experience of Care Category at the National Patient Experience Awards (PENNA).
- Arts Boost Team Awarded Highly Commended in Chair's Commendation
- Kathryn Lambert was nominated for Hywel Dda's Applause and the WWRPB West Wales Health and Social Care Awards.

We have also presented our work and represented Hywel Dda Charities at numerous knowledge sharing events this year as follows:

- Rural Health and Care Wales Conference – HARP poster
- Welsh Government Cross Party Group on Arts and Health - Arts Boost
- All Parliamentary Group on Arts and Health focused on Children and Young people's mental health Arts Boost (Presented by Dr Cath Jenkins)
- Weave – National Conference on Arts and Health – Arts Boost - Katie O'Shea, Consultant Systemic Psychotherapist and Lead for Psychological Therapies CAMHS Hywel Dda who co-presented with Kathryn Lambert
- Climate Emergency Leadership Day in Cardiff - Make Art Not Waste

We have had an articles published and/or work highlighted here:

- Our Leri Cancer Unit project was highlighted by PENNA in their Book of Best Practice which maps the winners against the NHS 10 year Plan [Patient Experience and the NHS 10 Year Plan](#) .
- Featured an article in Public Health Network Cymru E-bulletin - [HARP](#) See page 23-24
- Used as a Case Study in [Working together for culture: A guide for public bodies working with cultural freelancers](#)
- Been mentioned in Future Gens 25 report

#### 4.1 Expenditure breakdown:

Please provide a breakdown of all expenditure associated with the funding awarded that has been incurred to date.

<b>Item/Category</b>	<b>Budget (£)</b>	<b>Actual (£)</b>	<b>% Variance <i>budget vs actual</i></b>
<b>Arts and Health Project Manager Post (1 year)</b>	<b>£23,173</b>	<b>£21,242</b>	<b>8% decrease</b>
<b>Arts and Health Programme 2024/26</b>	<b>£25,000</b>	<b>£12,785</b>	<b>49% decrease</b>
<b>Totals</b>	<b>£48,173</b>	<b>£34,027</b>	<b>29% decrease</b>

The above budget reflects a full year i.e. to 31 March 2026, whereas actual costs relate to the period up to the end of February 2026. Future spend is on track.

At the point of reporting, we have not yet completed the financial year 2025/26. The project manager post budget will be fully spent by the end of the year.

We still expect to receive invoices totalling circa £6,500 before the end of the year bringing our spend against our annual programme budget of £25,000 to £19,285 as 50% of one contract will fall into the next financial year. In the original application we also budgeted for expenses. However, we have received additional funding from the Arts Council of Wales to cover expenses for 2025/26. Otherwise, we are all on track to spend as planned.

## Section 5: Authorisation

### 5.1 Evaluation report prepared by:

Contact name:	Job title:	Date:
Kathryn Lambert	Head of Arts and Health	26/02/26

### 5.2 Evaluation report authorised by:

Contact name:	Job title:	Date authorised:
Sharon Daniel	Executive Director of Nursing, Quality and Patient Experience	
Louise O'Connor	Assistant Director of Nursing (Legal & Patient Support)	

## For Charitable Funds Finance Department

### Finance review:

I confirm that I have reviewed this report and that the expenditure incurred to date is an accurate reflection of the project spend.

Contact name:	Job title:	Date reviewed:
Tracy Davies	Deputy Head of Financial Accounting	27/02/2026

### Please return completed form via email to:

[CharitableFundsFinance.HDd@wales.nhs.uk](mailto:CharitableFundsFinance.HDd@wales.nhs.uk)

### or via internal mail to:

Charitable Funds Support Officer  
 Finance Department  
 Ty Gorwel, Building 14  
 St David's Park, Job's Well Road  
 Carmarthen SA31 3BB