

**PWYLLGOR CRONFA ELUSENNOL
CHARITABLE FUNDS COMMITTEE**

DYDDIAD Y CYFARFOD: DATE OF MEETING:	21 June 2024
TEITL YR ADRODDIAD: TITLE OF REPORT:	Charitable expenditure request: Interactive singing and movement sessions for Older Adult Mental Health and Adult Frailty inpatient wards
CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:	Liz Carroll, Director of Mental Health and Learning Disabilities and Andrew Carruthers, Director of Operations
SWYDDOG ADRODD: REPORTING OFFICER:	Neil Mason, Head of Older Adult Mental Health Sarah Perry, General Manager Donna Major, Sister Mathew Lawrence, Deputy Head of Tri Tech Kathryn Lambert, Arts in Health Co-ordinator

**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

The purpose of this report is to request approval of charitable funds to deliver fortnightly interactive arts and health (art, craft, singing and movement) sessions for our inpatients with dementia at:

- Older Adult Mental Health Wards - St Non's ward Withybush General Hospital (WGH), Enlli ward Bronglais Hospital (BGH) and Bryngolau ward Prince Philip Hospital (PPH) as well as
- Adult Frailty Wards - Dewi, Teifi, Cadog and Y Lolfa at Glangwili Hospital (GGH), Ward 3 at Prince Philip Hospital, Ystwyth and Ceredig wards at Bronglais and Ward 12 at WGH.

The request is to fund sessions over 2 years, from September 2024 to September 2026.

Cefndir / Background

Arts in Dementia Programme

In response to the mounting evidence of using arts and health to support people living with dementia, our older adult mental health, adult frailty and arts and health team worked alongside commissioned arts partners Forget Me Not Chorus (FMNC) and Arts Care Gofal Celf (ACGC) and delivered a successful arts in dementia programme since April 2023 with funding via the Regional Integration Fund until June 2024. Our pilot arts for dementia programme of work has been delivered at all 4 acute hospitals across the Hywel Dda UHB Region. The programme was delivered to inpatients in the older adult mental health (OAMH) wards and adult frailty wards across the main hospitals across. Hywel Dda University Health Board (HDdUHB) (WGH, BGH, GGH & WGH). Patient engagement has continuously been high during the sessions, as usually 6-8 service users engage in the sessions every fortnight. The Arts &

Dementia Programme was able to deliver 82 sessions across the 4 sites was able to provide activities for 532 patients over that period.

The programme aimed to improve patient experience, reduce loneliness, boredom & isolation, and provide cognitive stimulation & wellbeing for Hywel Dda UHB patients living with dementia, through exposure and engagement with art. The programme closely aligns with the with All Wales and West Wales strategies for meeting the needs of people with dementia. The programme is also based on the emerging principles and priorities of HDdUHB's forthcoming Arts & Health Charter, to put creativity at the heart of healthcare.

Evaluation of the Programme

An evaluation of the service was carried out between November 2023 and April 2024. Throughout the past year, Occupational Therapy (OT) and nursing staff have collected qualitative patient, staff and next of kin (NOK) feedback on the sessions. The evaluation itself was carried out by the Tri Tech institute (HDdUHB) who have produced an evaluation report.

The key elements explored during the evaluation included:

- Improved patient experience (providing distraction and time away from the ward environment, reduced loneliness, boredom and isolation)
- Improved wellbeing – Reduction in agitated behaviour/more positive social interactions
- Improved patient outcomes - increased recovery potential, improved cognitive stimulation and wellbeing, self-worth, and monitoring of other outcomes
- Do clinical teams value the impact of Arts in Dementia?

Summary of the findings from the Evaluation

The Arts and Dementia programme has continued to showcase significant potential for improving the experience and outcome for inpatients living with dementia. This was evidenced by the overwhelming positive feedback from all people who have taken part. Feedback from the artists, people living with dementia and staff have indicated the programme has had a positive impact on patient experience, mood and anxiety levels.

Impact on Patient Experience, Wellbeing and Outcome: The anecdotal and qualitative data collected for the study supported the obtainment of the 3 key objectives set out for this service. that the evaluation has shown that the patient experience was improved, providing a distraction/time away from the ward environment, reducing loneliness/boredom by providing a platform for social interaction. In addition, an improvement in patient wellbeing was observed, where patients were noticeably less agitated, happier and displayed an improved mood. Furthermore, staff were able to assess cognitive and functional skills (e.g. understanding instructions, following movement, recalling songs and lyrics and improved speech) identifying improvements in many patients. Examples of the positive feedback received from patients staff can be seen below, as well a testimonial from staff and a case study form a service user:

Example of service user feedback:

- *"That was uplifting and brightened my day!"*
- *"Don't change a thing. I can't wait for next time"*
- *"When I see you on the ward I am always happy. Music always makes me happier"*
- *"Well I didn't think I could move like this anymore! What a difference music can make."*
- *"I count down the days to art class!"*

Example of staff feedback:

- *"Overall, as clinical staff we feel it is so worthwhile for our patients and staff"*
- *"The benefits we have seen on the ward have been quite remarkable"*

- *“Patients feel they are valued & cared for instead of spending so much time sitting in a chair facing yet another long day. It helps with bonding staff members”*
- *“They make a huge difference to our service and offer a positive change to usual day to day life on a hospital ward.”*

Example of next of kin feedback:

- *"You are going above and beyond for the care of your patients and we can really see the benefits"*
- *Sometimes it feels like I have lost him and lately it has been difficult to see him decline and it feels like he is not his old self. This has been enjoyable because I could spend time with him doing something we used to love which is dancing. We would always make a fool of ourselves on the dance floor when we were younger – neither of us can dance but it doesn't matter!"*
- *“The Christmas sing a long was brilliant. Often when I visit mum she doesn't seem in the best of moods and I feel that she blames me a lot for being in hospital. Today I could just enjoy time with mum, seeing her happy and in good spirits. That means a lot to me.”*

Staff testimonial:

“The forget me not chorus sessions run every two weeks on St Non's Ward. Each session engages our patients to sing and dance to songs they know and love. The musicians are very skilled in engaging our service users, offering room for reminiscence and interaction throughout the sessions. As an Occupational Therapist I join the sessions as it offers opportunity for us to assess patients mood, mobility, cognition, memory and interaction skills which is very useful to feed back in our ward rounds and share with other members of the MDT. Our service users absolutely enjoy the sessions and we have high numbers of engagement. It's often the highlight of our week and we have had a lot of positive feedback from service users, their family members and staff from the ward” OT, St Non's Ward.

Patient case study:

“Patient is a gentleman who experienced a long stay in hospital following a fall at home, he has a confirmed diagnosis of Dementia and Parkinson's disease and was an inpatient on Cadog ward while awaiting EMI placement. The patient attended 6 ART workshops. The older adult mental health team who were involved with the patient noted how much his behaviour and mood improved gradually over this time and as a result of this improvement they could reduce some of his medications into more manageable regime which then supported him into a placement in the EMI placement of his choice that had previously been unable to accept him due to his behaviour.” Junior Sister Donna Major, GGH.

Acceptance by the Clinical teams: Staff commented on how well run the sessions were and that they were 'just right' in terms length, content, theme and activity. They also commented on how friendly and engaging the artists were when working with the patients. The staff noticed significant improvements in their patients behaviour and mood and the session allowed the staff to interact with the patients in a new way improving relationships and communication. The integration of Arts in Dementia sessions at the 4 hospitals was welcomed by all staff and there was recognition that arts in health approaches provided something additional that the traditional approach was missing. The staff unanimously advocated for the continuation of the Programme.

In Conclusion

The evaluation has highlighted the success of the programme. The long term aspirations of this project is to create an exemplar programme for delivering arts in dementia to treat and enrich the lives of people living with dementia, leading to improved long-term wellbeing and health for the individual and long-term value for the health board. Professional artists and musicians have

a skillset that go beyond those of our healthcare staff. As they are highly skilled and experienced, these sessions are developed and carried out in a way that cannot be recreated by staff on the ward, which is why this charitable funds request has been put forward. Where possible, artists can provide a range of ideas and inspiration for healthcare staff to deliver activities on other days of the week and in between artist led sessions to maximise the impact of this funding.

Healthcare staff across our Community Hospital settings are also interested and keen to be involved in the programme. We anticipate an application for provision in community hospital settings will come in due course. In the meantime, we are all working closely with our Arts and Health Team to see how we can scale up in an affordable and manageable way by creating artist kits and packs for our community inpatients with dementia.

Asesiad / Assessment

This request is to enable the continuation of the arts and crafts and interactive singing and movement sessions following the successful pilot.

The request is to fund fortnightly sessions over 2 years, from September 2024 to September 2026 in each of our older adult mental health and adult frailty wards, totalling 364 sessions across 7 settings where we care for our inpatients with dementia over 2 years. On current figures, with an average of 7 patients attending each session this will reach circa 2,555 inpatients with dementia across HDUHB.

The 2024 to 2026 programme has been designed to improve the patient experience and improve outcomes for our inpatients with dementia based on the success of our recent Regional Investment Funded pilot programme and the growing body of evidence that shows that utilising the arts in our care for inpatients with dementia is beneficial. For example, please refer to Bangor University Research Study [Dementia and Imagination | Dementia and imagination](#)

Benefits of the programme to our people living with Dementia

Our successful pilot programme has begun to:

- Improve emotional wellbeing - providing fun, enjoyable and distracting activities.
- Reduce agitated behaviour - which has the potential to improve the ward environment, reduce the need for medication and reduce the need for enhanced patient care
- Provide cognitive stimulation - improving movement and dexterity.
- Provide social interaction - reducing loneliness and isolation.
- Improve patient experience - improving mood and regulation, reducing boredom, providing time away from the ward.
- Improve staff wellbeing.
- Improve outcomes for our inpatients with dementia – with examples of patients being able to orientate themselves around the week with a day to look forward to or being able to be placed in their care setting of choice, when previously they were unable

Costing

The proposed programme is based on a financial model of:

- £165 per session for interactive singing (to cover the costs of a singing leader and pianist/musician)
- £185 per session for arts and crafts (to cover the costs of preparation and delivery of an artist and materials for patients)

How will the programme be delivered moving forward

The sessions will be led by professional artists and musicians (singer and pianist or visual artist) and will be supervised/accompanied by clinical staff from each ward. Arts activities have been chosen to be varied with different artists and musicians delivering activities such as singing, movement, clay making, silk painting, pom pom making, textiles, printmaking etc. We will continue to offer a range of choice and accessible programme of activities that meet the needs and interests of patients.

This provision is in line with the promise made within Hywel Dda's Arts and Health Charter and will help us to achieve Hywel Dda's vision for Dementia Friendly Hospitals Charter. The programme dovetails with West Wales Regional Dementia Strategy and the All Wales Dementia Care Pathway of Standards.

The singing provision is bilingual and can be accessed by patients in their mother tongue which also enhances the calming effect the provision has on our Welsh speaking patients when they are at their most vulnerable.

The groups will continue to be accompanied/supported by a member of the OT or clinical teams so that assessments on motor-, process skills and social interaction skills during this workshop can simultaneously be assessed by OT as well as to ensure sessions can be facilitated in a risk free and failure free environment.

Staff will continue to gain service user feedback as well as staff feedback during the sessions, to evidence satisfaction, therapeutic input and effectiveness of these sessions.

Support from charitable funds will enable us to provide the upmost care and experience for our patients based on the evidence that engaging in live music and singing is good for people to live well with dementia.

The programme will help us to realistically measure the potential of live music and singing to positively impact upon the outcomes and experiences of our inpatients with dementia, which is difficult to measure in older adult mental health wards. It will help us to understand the wider value such as reductions in agitated behaviour and how this might impact on the reduced need for enhanced patient care and medication. Our nursing team has explained for example "At first we created patient inclusion criteria that excluded patients who have a Deprivation of Liberty Standards (DOLS) in place. However, we have now relaxed this as part of our criteria as we have noticed that the arts and health provision has improved mood and reduced agitated behaviour in such patients."

Clinical staff from our OAMH team and wards will work together with our Arts and Health Team and Procurement Team to appoint an experienced supplier to provide interactive singing for our patients with dementia across Hywel Dda via the Request for Tender procurement process in line with health board policy.

As part of this tender process the supplier will have to provide evidence of the following:

- Any training related to music for health or attendance at relevant training events.
- An outline of what training the supplier provides for registered musicians entering these settings.
- Robust policies and procedures. To provide copies of their safeguarding and data protection policies as well as their risk assessment for this provision.
- Experience of delivering music and singing sessions for inpatients with dementia.

Details of governance and safeguarding procedures will be obtained following the successful appointment of the supplier.

Evaluation

The proposed provision is based on the successful delivery of our pilot programme which has been evaluated by Tri Tech Research and Innovation Team. As part of this work, we have been able to capture the views of staff and patients via surveys, feedback forms and a Research Nurse led focus group which have all enthusiastically shown that the provision is very beneficial to our patients.

We have also convened a working group made up of value based healthcare, service change and research and innovation staff and the Dementia Wellbeing Team to try to shape a viable Evaluation Model for this important area of work. We will continue to work with this team and colleagues to monitor the impact of this provision by measuring the impact on our patients and staff.

The Arts and Health Team will provide the funds of £5000 over 2 years for our Tri Tech team to help to prepare an Evaluation Report. The report will help to inform a Research Project Proposal. CFC members are reminded of the patient focused arts in health charitable funds budget of £25,000 per year approved by the CFC in January 2024. This budget is intended for smaller scale projects, for a range of patient needs right across the health board. It will also support ad hoc requests and has already been allocated for year 1. We will use some of this funding to pay the Research team to help evaluate this project so that clinical teams do not have to draw down on their own charitable funds for evaluation.

Exit strategy

Earlier this year, our colleagues from the Dementia Wellbeing Team conducted a literature review which showed that although there was evidence of over 27 research papers published on the impact of Arts in Health in an inpatient setting for inpatients with dementia, the team didn't feel that there was specific scientific research evidence on the impact of the interventions and that there is a gap in the scientific research. As such, our research colleagues have told us that this means that there is an opportunity for Hywel Dda to lead on this work by developing a rigorous research project.

Our research colleagues have advised us that it takes at least two years to develop a research project and secure research funding to rigorously measure the potential impact of this work on the outcomes and experiences of patients with dementia.

This proposed two-year programme, will provide high quality outcomes and experiences for our patients and staff whilst also providing us with the time and opportunity to work together towards an exit strategy for charitable funding. The programme will help us build a body of knowledge and evidence, shape a multi-disciplinary team and research expertise within the team and test different evaluation tools in order to put together a robust research funded study for years 3 and 4 (2026/7 – 2028/9). At this point, we hope to have sufficient evidence to mainstream this work within our care for inpatients with dementia if the financial position improves.

Availability of charitable funding

The proposed funding contributions for these projects are summarised below.

The Mental Health and Learning Disabilities management team has approved the funding contributions below from directorate funds. Due to the value of designated funds held for

Older Adult Mental Health services, a contribution of £8,580.00 from the Support for Life General Fund (T600) is requested to match-fund directorate funds:

Fund code	Fund name	Setting	Value of contribution
Older Adult Mental Health			
T403	PDT - St Non's	St Non's ward WGH	£8,580.00
T790	MHLD Services Carmarthen	Bryngolau ward PPH	£4,290.00
T600	Support for Life General Fund	Bryngolau ward PPH	£4,290.00
T871	Enlli ward	Enlli ward BGH	£4,290.00
T600	Support for Life General Fund	Enlli ward BGH	£4,290.00
Total			£25,740.00

The GGH and PPH Unscheduled Care management team has approved the funding contributions below from directorate funds:

Adult Frailty Carmarthenshire			
T289	CAR - GGH General Purposes	Dewi, Cadog, Teifi & Y Lolfa wards GGH	£9,620.00
T300	CAR - PPH General Purposes	Ward 3 PPH	£9,620.00
Total			£19,240.00

Local approval of funds from the BGH and WGH Unscheduled Care management teams is pending. The CFC is asked to note that the BGH and WGH request for funding is therefore subject to the receipt of written approval from the relevant management teams:

Adult Frailty Ceredigion and Pembrokeshire			
T330	Bronglais General Hospital General Fund	Ystwyth & Ceredig BGH	£9,620.00
T906	Medical Services Fund Pembrokeshire	Ward 12 WGH	£9,620.00
Total			£19,240.00

The total request of funding being requested is £64,220.00.

Argymhelliad / Recommendation

The Charitable Funds Committee is asked to **CONSIDER** and **APPROVE** an application for £64,220.00 of charitable funding to support interactive singing and movement sessions as well as visual arts and crafts for our inpatients with dementia across HDdUHB.

Amcanion: (rhaid cwblhau)

Objectives: (must be completed)

Committee ToR Reference: Cyfeirnod Cylch Gorchwyl y Pwyllgor:	4.20 The following thresholds are approved in the Charitable Funds Procedure: "Expenditure less than £10,000 shall only need approval by the nominated fund manager. All expenditure in excess of £10,000 and up to £50,000 will require the approval of the Charitable Funds Sub-Committee. Expenditure in
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	<p>excess of £50,000 will require the approval of the Charitable Funds Committee. Expenditure over £100,000 will require the approval of the Corporate Trustee”.</p> <p>4.21 In addition, the following expenditure types regardless of value require Charitable Funds Committee consideration and approval:</p> <ul style="list-style-type: none"> ▪ Research & development expenditure. ▪ Pay expenditure. ▪ Requests of any nature resulting in ongoing charitable funds commitment.
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	Not applicable
Parthau Ansawdd: Domains of Quality Quality and Engagement Act (sharepoint.com)	7. All apply Choose an item. Choose an item. Choose an item.
Galluogwyr Ansawdd: Enablers of Quality: Quality and Engagement Act (sharepoint.com)	6. All Apply Choose an item. Choose an item. Choose an item.
Amcanion Strategol y BIP: UHB Strategic Objectives:	All Strategic Objectives are applicable Choose an item. Choose an item. Choose an item.
Amcanion Cynllunio Planning Objectives	6 Clinical services plan 5 Mental health and CAHMS Choose an item. Choose an item.
Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2021-2022	7. Plan and deliver services to enable people to participate in social and green solutions for health Choose an item. Choose an item. Choose an item.

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	<p>The Arts & Health work is built on a growing body of evidence which shows the benefits of the arts in healthcare.</p> <p>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/</p> <p>There is a growing body of local, national and global evidence</p>

	A Literature Review was prepared by Hywel Dda Dementia Wellbeing Team which show 27 research papers evidence the impact of the arts on in patients with dementia. For example; see Bangor University Research Study Dementia and Imagination Dementia and imagination
Rhestr Termâu: Glossary of Terms:	Contained within the body of the report
Partïon / Pwyllgorau â ymgynhorwyd ymlaen llaw y Pwyllgor Cronfa Elusennol: Parties / Committees consulted prior to Charitable Funds Committee:	Older Adult Mental Health Tri Tech and Hywel Dda Research and Innovation Dementia Wellbeing Team Hospital Management Nursing Directorate

Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	No current funds available to support a project of this nature hence a submission being made to the Charitable Funds Committee. Piloted with Regional Investment Slippage Funding which has now run out.
Ansawdd / Gofal Claf: Quality / Patient Care:	Patient experience will be enhanced as a result of the programme with overall care improved based on the accepted evidence base that demonstrates the arts have powerful role to play in dementia care.
Gweithlu: Workforce:	Staff wellbeing will be improved through participation in positive creative activities with inpatients with dementia. Staff have reported enjoying witnessing their patients enjoy the provision. Staff are freed up to do other work where possible, some staff report being able to use the sessions to undertake observation during a meaningful activity for patients.
Risg: Risk:	Risk assessments will be undertaken to ensure that any potential risks are mitigated before the establishment of the project and lessons learnt from the pilot programmes. Project Teams are established to ensure the management of risk throughout.
Cyfreithiol: Legal:	Not applicable
Enw Da: Reputational:	Not applicable - As the programme directly benefits patients and NHS staff there is no likelihood of public/patient opposition.

Gyfrinachedd: Privacy:	<p>We will follow Hywel Dda Privacy Policy to ensure that we protect all data and identities at all times.</p> <p>We will not share any data with any external agencies without express permission.</p> <p>We will always ensure that we gain informed consent from all involved for any photography/video or documentation and feedback.</p>
Cydraddoldeb: Equality:	<p>The programme will ensure that access is appropriate and equitable for all, through working closely with Hywel Dda Diversity and Inclusion Team and Welsh language teams.</p>