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Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

# Arts & Health at Hywel Dda

## Celfyddydau ac Iechyd yn Hywel Dda

Creative activities for staff wellbeing  
Funded by NHS Charities Together



### **Creative activities for staff Wellbeing:**

Improving the well-being of our staff by encouraging colleagues to take part in creative activities as part of a pilot programme of creative activities for staff wellbeing funded by NHS Charities Together.

- **Creative Collective** - a creative staff community
- **Shorelines / Traethlinau** – Sand Art for healthcare staff
- **Live music in staff settings** – lifting spirits
- **Hywel Dda Singing Bursaries** – promoting the wellbeing benefits of singing
- **Benefits** – Cheaper tickets to arts and cultural events
- **Cultural Cwtsh** – an online creative resource of health and social care workers
- **Movement for wellbeing** for teams....

“What is this life, if full of care, we have no time to stand and stare ... ”  
Kerry Steed



# A pilot - Offering choice Exploring what works...

- Offering a breadth of arts experiences – Singing, visual arts, music, writing, photography, movement....
- Trialing different offers and times of the day - Day/weekend/evening, breakfast, holiday, term times
- Providing offers open to all staff right across the Health Board
- A mix of in person and online
- *"It has been a tremendous help to me this year and I am very grateful to you and all the creators that have taken time."*
- *"When are we having our next cultural cwtch session? I can't wait to do something creative again! 😊"*
- *"The harp is one of my favourite instruments and I spoke to patients during the performance and they found it therapeutic and calming. It was of great benefit to the staff."*







By Emma Harries



By Nicola Parry



By Saul Symis

## Creative Collective

- Hywel Dda Creative Collective aims to help improve the well-being of our staff by encouraging colleagues to take part in regular creative activities.
- The collective provides a creative outlet, supportive community and a space away from traditional high-pressure roles to experiment, learn and share ideas through arts and culture.
- Hywel Dda Creative Collective provides a safe space for staff to explore how to use the arts to express themselves and as a creative coping skill to rest, reflect, recover and recuperate.
- Mindful Photography, Writing, mending, stitching, drawing, collage, gift making...



# Shorelines/Traethlinau

## Sand Art circling the coast of Hywel Dda

*"The sandy art we made that day, saw the tide then washed away"*

Take a look at the spectacular beach art created by Hywel Dda staff and sand artists along the coast of Hywel Dda last Autumn.

[Final-Shorelines-Reel-2.mp4](#)

"A collaboration between everybody, we are all so glad we ventured out."

"Really, really enjoyed - it got us out when we would have otherwise been at home"

"You look at the blank canvas and you can't imagine it becoming what you see on the paper. You get so involved in it and it's when you step back and see what's been created at each step and not just the end."

"It was a wonderful, creative and inspiring experience in a beautiful setting."

"Good to connect with colleagues."

"A simple yet beautiful experience."

"Lovely doing an collaboration between everybody, we are all so activity and being part of the NHS outside of work."

With thanks to Wales Arts Health and Wellbeing Network and sand artists Rachel Shiamh and Jon Foreman





# Writing Well

A series of 6 evening hour long writing for wellbeing workshops with writer Kerry Steed

- *Keep on going, even if uphill*
- *I am so glad I came as I do feel better for the session and have some insights into how I will nurture myself. Thank you*
- *Thwarted by stickiness. Today I learned that can be changed in part, moving toward harmony and balance.*
- *I didn't think anything coherent could emerge from my frenetic brain, but I was surprised at the simple truths & ideas that came*



## Before:

- Anxious
- Tired, Overwhelmed, Grateful.
- Tired and distracted
- glad to be here
- tangled spaghetti mind
- rushed desperately to be with you for this hour of peace!

## After:

- Refreshed and thankful for brave people who share!
- settled and at ease, hopeful
- I'm feeling happy and calm, invigorated actually
- I really enjoyed this session I felt emotional and at peace.

## Hope Is ...

Hope is other people

Hope is brightness in the darkest time

beginnings, endings, routine, repetition, trust and believing

hope is human

hope is in the laughter of my children

hope is difficult sometimes

Hope is seeing the sunrise over a snow topped mountain...

Hope is waking up every day and leaving your bed knowing you've started another day.

hope is in hugs

hope is always there if we look for it

Hope is a family reunion where everyone is united, welcome and loved


hope is in music and the voices that sing to me

Hope is baking brownies with your friend and realising you've found belonging.



# Impact

***‘its just a bit of breathing space’***

- Improving the wellbeing of our staff - Happier and more contented staff
  - Fulfilling a gap in provision in supporting staff wellbeing – nothing else like this being offered across the health board
  - 100% positive feedback from staff
  - High levels of need
  - Time and space for staff – providing an opportunity to unwind or debrief
  - Happier staff = happier patients
  - Providing support for staff
  - Improvements in staff retention
  - keeping staff well
  - Reduction in staff burnout and illness
  - The capacity for the arts and artists to unlock emotions so quickly and to surprise healthcare workers in its power to improve mood and wellbeing.
- 
- “Hyfryd! Lovely!!”***

***“Hyfryd! Lovely!!”***

*"I feel Inspired with the Hywel Dda Creative collective as being introduced."*

*'Thank you, I needed that'*

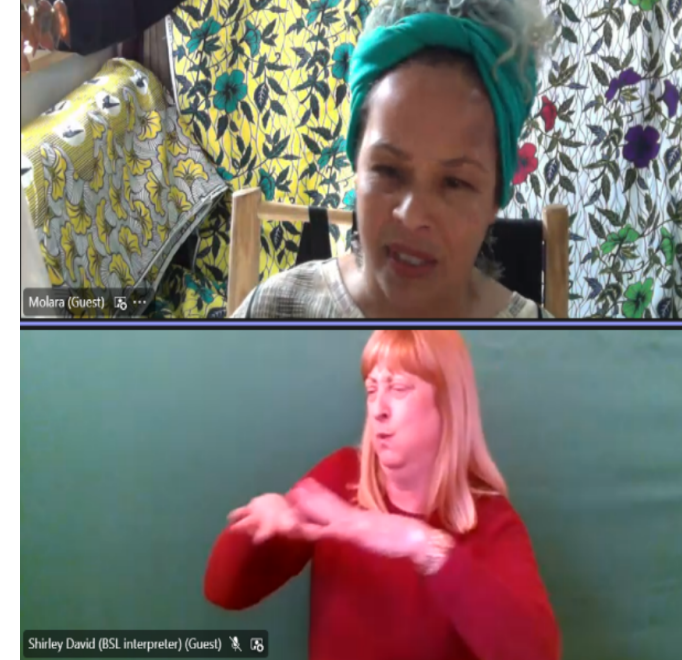
*'Thank you so much for this time. So inspiring to have arts being valued and brought forward in health'*

*'Thank you so much for today and providing this group! It's a necessity'*

*‘Validating the need for time and space for ourselves - it is not a selfish need’*







## Priorities:

Work together with staff wellbeing teams to put together a 2 year offer to improve staff wellbeing responding to the findings from:

- Evaluation of Creative activities for staff wellbeing programme 2022/23
- Discovery Report
- Performance Appraisal and Development Review (PADR)
- Reducing stress and burnout in staff
- Living Well


## Ideas:

- Grow and Develop what works
- Continually trial and pilot new interventions
- Creative Collective – regular, uplifting creative activities
- Breadth of choice and artform
- Time and space
- Opportunities to explore dedicated projects that support/promote key staff agendas: Welsh language, Diversity and equality, Green health
- Sharing/highlighting staff talent
- 121 – Creative Clinics with breathing clinic with choir leader, movement clinic with dancer
- Artist in residence with wellbeing teams and wellbeing days?
- Strengthen communications

## Themes:

- Self care, relaxation, mindfulness, breathwork, taking notice
- Care/kindness, compassion, healing
- Hope
- Respite, recovery, rejuvenation,
- Inspiration or a response to a key date in the celebrating diversity calendar
- Creative coping skills for life
- Reminiscence, reflection, pride





"Early in 2021, the Mass Vaccination Centres across the three counties started collecting thousands of little plastic lids from the tops of the vaccination vials with the idea of creating a piece of art. Each one representing 6, 8, 10 or 20 vaccines delivered. With the help of Hywel Dda's Arts & Health Team we are well on the way to making our idea a reality. We hope that the piece of art will celebrate and memorialise the hope, freedom, life and togetherness brought to us by our enormous team effort in delivering the Covid 19 vaccine to our communities."

Gemma Brown Hywel Dda MVC



## A Dose of Art:

- Hywel Dda is delighted to announce that the artist selected to create a unique artwork out of all of the plastic lids of the vaccination vials across Hywel Dda to celebrate the enormous staff and volunteer effort in the fight against Covid-19 is: **Nathan Wyburn**.
- Staff and volunteers voted for their favourite artist from a choice of 3 artists selected by a steering group made up of health professionals from across Hywel Dda.
- Next steps: Contracting, development, production, development of a tour across the Hywel Dda Health Board, installation and launch...



# Diolch

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An introduction to Arts and Health in Wales for health professionals

[Arts and Health in Wales | CPD for General Practitioners \(heiw.wales\)](#)

Arts & Health at Hywel Dda Intranet Pages

[https://nhswales365.sharepoint.com/sites/HDD\\_Arts\\_in\\_Health](https://nhswales365.sharepoint.com/sites/HDD_Arts_in_Health)

Arts in Health Padlet

<https://padlet.com/kathrynlambert1/artsinhealthH DUHB>

Health through Arts Padlet

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