

Hywel Dda University Health Board

Arts and Health Charter

Putting creativity at the heart
of health and wellbeing

Integrating the arts into the work of the health board
to improve health and wellbeing
and promote healing and recovery.



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Introduction

What is Arts and Health?

Arts and Health is used to refer to all work with creativity, arts and culture that supports people's health and wellbeing.

By 'Arts and Health' we mean all artforms and may include visual arts and craft, music, dance, theatre, creative writing, storytelling, singing and more. Arts and Health is delivered by skilled arts and health practitioners, artists, musicians, dancers, writers and theatre makers in collaboration with patients, staff and communities.

Some brilliant examples are – Live music to soothe and comfort patients, dance for falls prevention, singing to improve lung health and memory, visual arts to improve mental health and wellbeing.

What is the Arts and Health Charter?

Our public promise to integrate the arts into the work of the health board making it an integral part of how we deliver health and wellbeing services.



Why has it been developed?

A growing body of evidence shows that the arts have a powerful role to play in preventing ill-health, improving wellbeing, treating ill health, helping people live well with illness, promoting healing and recovery and encouraging healthy behaviours.

Our Arts and Health Charter outlines how we are using the arts, delivered through Welsh, English, British Sign Language and other community languages to help us to reduce health inequality and support the most vulnerable people in our society.

For example, children and young people, older adults, those who are frail, lonely or isolated, people living with dementia, those experiencing mental health challenges, critical, palliative and long stay patients, and those communities and individuals with protected characteristics.



Our Arts in Health Principles



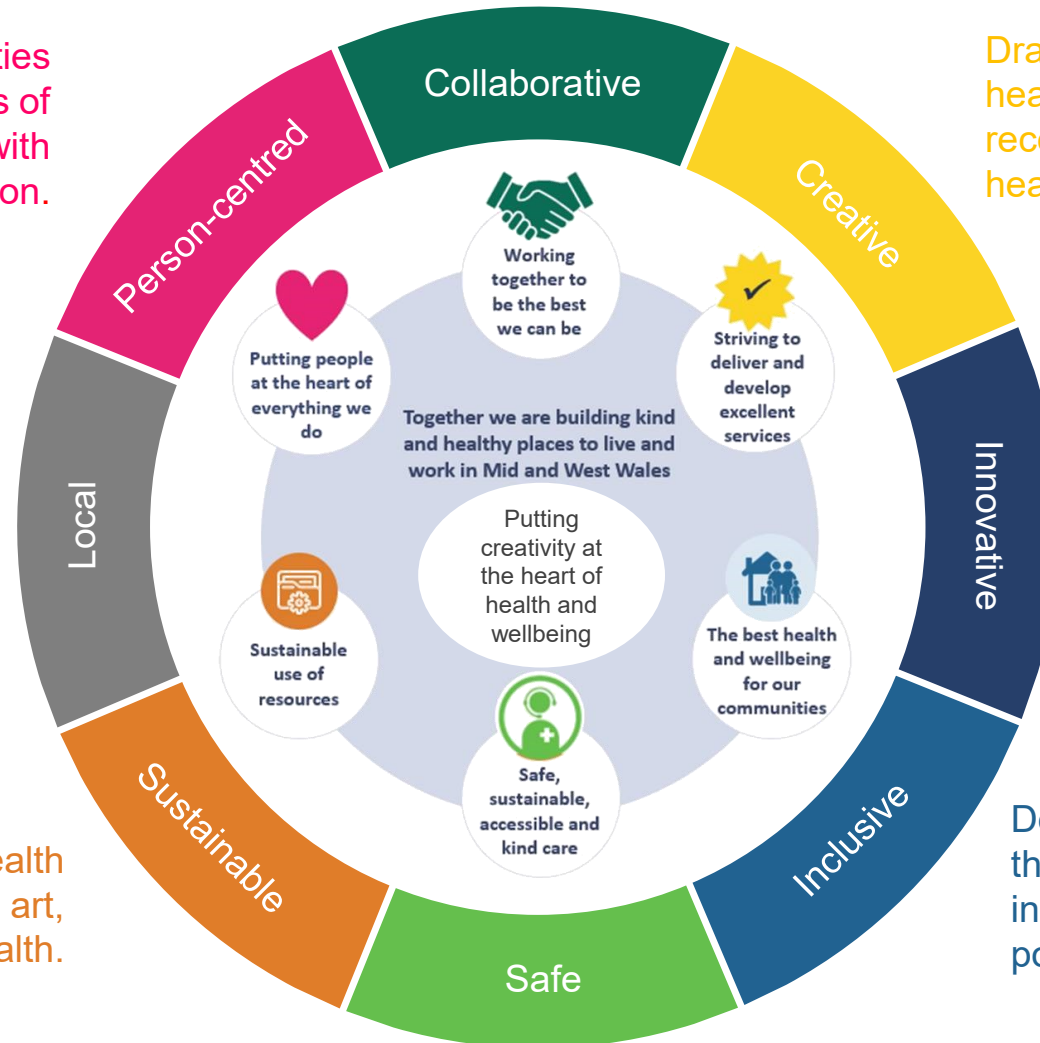
Our Arts in Health Pledges

Work together to connect people to community arts to support their health and wellbeing.

Provide a choice of creative opportunities that respect the needs and preferences of each person, treating everyone with kindness and compassion.

Draw on all art forms to transform healthcare environments to aid healing and recovery and to support people to live healthier, happier, more joyful lives

Develop creative projects that value, honour and celebrate our Welsh heritage, culture and language.



Use creativity to drive innovation and transform our thinking about health.

Develop creative opportunities that prioritise the most vulnerable and marginalised people in our society, meeting the needs of a diverse population at all stages of life.

Ensure that all creative activities are safe, appropriate, and sensitive to people's needs, based on evidence and best practice.

Grow a sustainable arts and health service that connects people, art, nature and health.

What does it mean for me?

As a patient I will:

- feel safe and understood
- experience a better hospital stay with all elements of myself being cared for including my creative self
- be cared for in a more therapeutic, healing and kind healthcare environment
- be offered a range of non medical/creative options to promote my healing and recovery

As a member of staff I will:

- have more good days at work – with improved wellbeing
- be able to draw on my creative self at work
- have a better working environment
- feel heard and valued
- feel more confident in promoting the benefits of the arts to my patients
- be inspired to lead a greener and more nature connected life

As a member of Hywel Dda's population I will:

- be more actively engaged in the arts
- be better able to manage my own health and wellbeing
- have the creativity, courage and confidence to take part or tell my story
- know that my loved ones are being well cared for



What are the four things that would show success in mid and west Wales?

Output measures/things you will see:

- A sustainable Arts and Health Service exists to improve the health and wellbeing of our patients, staff and communities
- People are better connected with Arts and Health activities in their community
- The arts have helped transform and improve healthcare services
- The buildings/settings where healthcare is delivered are more therapeutic and healing environments

Output measures/things you will feel:

- People will feel better, happier and lead more joyful lives
- People have more support with staying well
- People will have more control over their own health and wellbeing
- People will have better quality of care and patient experience



How can I get involved?

- **Visit** our <https://hduhb.nhs.wales/arts-and-health/>
- **Take part** in our public programmes
- **Watch** [Arts and Health in Wales | CPD for General Practitioners \(heiw.wales\)](https://heiw.wales)
- **Ask** your GP or Community Connector
- **Volunteer** with Hywel Dda Volunteer Team to support our Arts and Health Team/Service
- **Try** something creative for yourself – visit our website to find out more about what is happening in your area
- **Share** post your creativity #artsathyweldda
- **Read** <https://wahwn.cymru/evaluation-reports>
- **Contact** Hywel Dda Arts and Health Team
- **Join** our database – find out about opportunities



People Speak Up and Arts Care Gofal Celf