

ARTS & HEALTH SOUTH WEST PRIZE

YEARBOOK 2015



FINE FAMILY FOUNDATION

Arts & Health South West is an information, support and advocacy organisation for everyone who believes in the value of creativity in enhancing health and wellbeing. We believe that the arts, creativity and the imagination are agents of wellness: they help keep the individual resilient, aid recovery and foster a flourishing society. The Arts & Health South West Prize celebrates inspirational arts and health projects and individuals who have made a significant contribution to the field in the South West of England.

£5000 First Prize
£1000 Second Prize
£1000 Individual Prize

We are very grateful to the Fine Family Foundation for sponsoring the Arts & Health South West Prize.

Full case studies of all the projects profiled in this yearbook, as well as those on the longlist for the prize, are available on the AHSW website www.ahsw.org.uk

"I am delighted to be involved with the Arts & Health South West Prize 2015. What these organisations and projects have done through creative healthcare reaches the individual, thinking about their identity and spirit, rather than their illness. It's inherent in this task that it is innovative and untried so I commend them all on having a vision, on believing in what they do and on doing it with heart."

The Director of the Fine Family Foundation



PRIZE WINNERS...

PLYMOUTH MUSIC ZONE MUSIC FOR A CHANGE

FIRST PRIZE

Plymouth Music Zone (PMZ) uses music to reach out and transform the lives of the most marginalised people of all ages in Plymouth and beyond. It works with over 100 partner organisations annually in a diverse range of health, social care and education settings delivering up to 70 sessions to almost 800 people every week.

Music for a Change is an innovative programme of 'musical respite' developed to improve the health and emotional wellbeing of the most vulnerable children, young people and families going through the most challenging and traumatic changes. It specialises in engaging groups other arts organisations often find too challenging - including work in mental health and dementia care units, the only Tier 4 adolescent psychiatric unit in the South West, children with complex, profound physical and

emotional needs, bereaved families and socially isolated asylum seekers/ refugees. It also involved working with women and children fleeing domestic abuse in safe houses reserved for those at "risk of death or serious harm". Independent evaluation showed music sessions developed emotional resilience and wellbeing, rebuilding trust and a sense of control and hope to navigate change. The refuge work enabled mothers to improve relationships with their children, to be a family again while facing the



• Music Leader Anna Batson with Tyler at PMZ; Photo: Amanda Bluglass and Danny Cooke, Bluglass Pictures, 2012/14

• Tyler with gong at PMZ; Photo: Amanda Bluglass and Danny Cooke, Bluglass Pictures, 2012/14

• Artwork by child at domestic abuse refuge; Photo: Anna Batson, 2012/14

upheaval of losing everything. The project also provided celebratory performance opportunities and specialist training to partner organisations' staff and Music Leaders, building delivery capacity. Audio and video recordings leave an invaluable legacy for participants and demonstrate the project's significant impact within the Arts and Health sector.



CODA MUSIC TRUST DEMENTIA NOTES

SECOND PRIZE

Coda devised and delivered an inspirational programme of activities across Bournemouth and Poole using music to address the health and well-being of older people in care, including many with dementia.

The **Dementia Notes** programme provided a rich breadth of participatory music offers to residential care homes and lunch clubs across the town, from participatory workshops and community linked projects to a more individually tailored music therapy service. Alongside this work Coda offered a series of training sessions for carers and created a unique box of resources, The Music Box, to support carers to deliver basic music activities with the people for whom they care, and to promote the benefits of music with older people.

The programme was developed in partnership with commissioners from Bournemouth Borough Council and reached over 1500 older people in the town through 150 music sessions. Coda also engaged external consultants Willis Newson to help evaluate the programme, devising a thorough evaluation framework, training the Coda team, and ultimately using evidence from the evaluation to refine their continuing work and to contribute to the growing body of research to support the benefit of the arts in health care. Coda's programme



- Care staff having fun!
Photo: Hattie Miles/Coda, 2013/14
- The Music Box;
Photo: Coda, 2013/14
- Participation;
Photo: Hattie Miles/Coda, 2013/14

of work with older people continues, with further projects commissioned by Bournemouth Borough Council and the award of an Inspire 2012 Health and Well Being Legacy grant by Dorset County Council to extend the charities work into East Dorset.



INDIVIDUAL PRIZE

VIV GORDON
DIRECTOR OF
MEAN FEET DANCE



INDIVIDUAL PRIZE

This prize is awarded by the judges to mark a significant contribution by an individual to the field of arts and health in the South West.

• Viv Gordon, Director, Mean Feet Dance

Viv Gordon is a professional dance artist who has lifelong mental health issues. She is the founder and Artistic Director of Mean Feet Dance in Somerset specialising in dance for individual and collective wellbeing, working with people of all ages and abilities, particularly those on the margins of society.

In 2009, she initiated the One Step Forward for Good Mental Health programme championing cultural inclusion for people with this hidden disability – as a means to stay well

and gain artistic voice to challenge stigma and discrimination by speaking up about our experiences.

In 2014, she was the GDance Disabled Choreographic Fellow. She is currently piloting the I Am An Egg Dance Company offering dance training to professional and community dancers with mental health needs. She is making her first solo show, I Am Joan, a hopeful comedy about trauma recovery.

Viv has become a leading voice in dance and mental health practice using her own experiences to better understand the access and inclusion needs of people with mental health issues engaging in the physical, body based practice of dance. She has written several articles for dance industry publications, and spoken at regional, national and international arts and health events.

HIGHLY COMMENDED PROJECTS...



Left to right:

- Az2B Theatre Company - Ben & Lilly; Photo: Ian Cocklin, 2014
- Encounters Arts - Ageing Well Toolkit; Photo: Encounters Arts, 2014
- Mean Feet Dance - What words can't say; Photo: Octagon Theatre, 2014
- North Bristol NHS Trust - Neon Clock; Tobias Rehberger; Photo: Max McClure, 2014
- Misfits Theatre Company - Beth; Photo: Misfits Theatre Company
- Shalla; Photo: Dorsetbays Photography 2014



AZ2B THEATRE COMPANY

GRANDMA REMEMBER ME?

HIGHLY COMMENDED PROJECTS

Az2B Theatre Company, based in Penryn Cornwall, set up in 2012 with the aim “to make a difference and act as a catalyst for change.” The play, ‘Grandma Remember Me?’, is their first production, written from personal experience by Artistic Director, Belinda Lazenby. It tells the story of a grandma who develops Alzheimer’s disease and the impact this has on the whole family.

After three phases of development, **Grandma Remember Me?** was taken out on a national and international tour in 2014, to outstanding reviews. It has been embraced by a diverse range of partners and used as a creative innovative training tool to raise awareness and support understanding around dementia.

The play is written from the perspective of a young child, Lilly, whose Grandma develops Alzheimer’s. It explores their changing relationship

from Lilly’s initial recognition that there is something wrong with her grandma, through the unfolding challenges and final acceptance and understanding of the disease.

Grandma Remember Me? looks at the wider impact of dementia on family and the need for support and understanding within our communities. It explores the importance of memories and relationships within our lives and how to keep and treasure them. It is a piece of high quality theatre, very



• Grandma Remember Me?
Photo: Erwin Van Wanrooij, 2014

• Dad & Lilly;
Photo: Ian Cocklin, 2014

powerful, realistic and deeply moving. The play raises awareness and understanding of Alzheimer’s Disease, supports early intervention and diagnosis and shows it is possible to “live well” with dementia. The play engages on an emotional level, impacts change and reminds us of the person behind the disease.

ENCOUNTERS ARTS

AGEING WELL

HIGHLY COMMENDED PROJECTS

Encounters Arts are a pioneering socially engaged arts organisation based in Devon, working throughout the South West and beyond.

In 2014 they designed and delivered **Ageing Well**, a creative consultation and engagement process on behalf of the Torbay Community Development Trust, to address issues of social isolation in older age and to explore with the community what the ingredients might be to Age Well. They worked with over 1000 people in Torbay, an area known for having a large proportion of its population aged 50+ and where there are over 10,000 socially isolated older people. The creative process led by Encounters was recognised by the Big Lottery as a key

factor in the success of the £6 million bid submitted by the Torbay Community Development Trust. Encounters created an Ageing Well ‘Toolkit’ which included a beautifully designed 3D paper ‘house’ that people filled in with their thoughts, ideas and experiences of ageing. Over 100 volunteers, from a wide range of organisations and individuals, were trained to deliver the tool, taking it out on a 1-1 basis to people. Encounters also took the Ageing Well toolkit onto the streets, setting up Ageing Well sofas and creative activities in public



• Ageing Well – get out and about;
Photo: Encounters Arts

• Ageing Well Sofa;
Photo: Encounters Arts

spaces across the area, and opening up a wide discussion about ageing. Large-scale creative community visioning events took place bringing together hundreds of people who had shared their ideas through the tool. There was also an Ageing Well Photographic exhibition of the process in Torbay Hospital. All the information gathered was fed into the project plan for delivery 2015–2021.

MEAN FEET DANCE

ONE STEP FORWARD



HIGHLY COMMENDED PROJECTS

One Step Forward is a leading Dance and Mental Health programme aimed at supporting recovery, resilience and self-management and facilitating cultural enfranchisement for adults with mental health needs in Somerset.

As an artistically driven, user-led programme, **One Step Forward** is the first of its kind in the UK. It has been developed by Viv Gordon, Artistic Director of Mean Feet Dance who has lived experience of mental ill health. The project extends access and inclusion to dance and reduces isolation, stigma and discrimination by enabling participants to find their artistic voice and model good mental health. Whilst it is not a therapy programme, it harnesses the multiple therapeutic health and wellbeing benefits of dancing.

Mean Feet Dance supports participants to recognise the impact of their involvement on their wellbeing, gain new skills and self-management tools, develop supportive peer relationships, foster healthy behaviours and progress in their lives. In 2014, they offered a 6 month programme which included taster sessions in Mental Health settings and extended drop-in courses in 3 local communities reaching a total of 154 participants.

- Isolation;
Photo: Gabriel Munns, 2014
- Today is our day of freedom;
Photo: Liz Pearson

Additionally they supported 2 dance graduates with mental health needs to work on the project. In May 2014, they offered participants a progression opportunity onto a week long performance intensive at Bridgwater Arts Centre followed by a short 5 date tour to arts and community events. 11 participants took part in devising and performing the piece, 'What words can't say', depicting a journey from isolation, struggle and powerlessness to support, wellbeing and personal progression, reaching over 900 audience members.

THE MISFITS THEATRE COMPANY

PREMATURE DEATHS OF PEOPLE WITH LEARNING DISABILITIES



HIGHLY COMMENDED PROJECTS

The Misfits Theatre Company, a unique Bristol based theatre and social group led by People with Learning Disabilities (PWLD), evolved from a drama group at a local day centre (2000) to an established Community Interest Company (2010).

The Misfits Theatre Company mission is to improve life opportunities and aspirations of PWLD and to challenge their discrimination in society. They aim to enable PWLD to be creative and reach their full potential through participation, performance, volunteering and employment. Recognised since 2005 for providing unique tailor-made training for professionals in the public, private and voluntary sector, they use theatre to tackle difficult issues, describe experiences and challenges faced by PWLD and how they want to be treated by the services and

professionals they meet. Commissioned by the University of Bristol in 2013, they devised and performed a film with the key findings and recommendations from their research 'Confidential Inquiry into Premature Deaths of People with Learning Disabilities'. The aim was to illustrate the complex messages of the research by portraying individual experiences of primary and secondary healthcare. The film was formally presented at a fully booked Bristol cinema in January 2014, followed by a Q&A session with researchers and actors. The project exceeded their

- Talking to Camera;
Photo: The Misfits Theatre Company

expectations, with The Royal College of Nursing and The Royal College of Paediatrics using the film as a learning resource; NHS England using it as part of their 'Patient Stories Week of Action' and by the end of 2014, the film was screened at two international conferences in France and Austria.

NORTH BRISTOL NHS TRUST

A BETTER PLACE TO BE



HIGHLY COMMENDED PROJECTS

The seven-year 'A Better Place to Be' public art programme at Southmead Hospital, Bristol was delivered by Fresh Arts, the arts programme managed by North Bristol NHS Trust (NBT), in collaboration with arts and health consultants Willis Newson.

This ambitious public art plan, featuring work by local, national and internationally recognised artists as well as by recent graduates, animates environments, creates uniquely identifiable areas within the hospital building and grounds and supports physical and emotional healing and recovery. These commissions sit within a wider arts programme involving patients, staff and the local community, particularly through the focus of the first Fresh Arts Festival in October 2014. This Festival brought poetic first

aid, a community knitting installation, model car racing, promenade theatre, 12 community choirs, live music and a writer-in-residence on the wards to celebrate the opening of the new building and demonstrate the impact of arts and creativity on health and wellbeing to a wider public audience. Fresh Arts also managed five years of arts projects which helped ease the transition from the old hospitals to the new and supported patient, visitor and staff wellbeing. Southmead Hospital Bristol sets a new benchmark for the

• Mason Chick with Laura Ford's A&E Monkey; Photo: Max McClure, 2014

quality of the patient environment and the role played by art in delivering this. It has also demonstrated the importance of the arts to the Trust as a whole and resulted in strong Board-level commitment to, and understanding of, the role that the arts can play in the culture of the Trust in the long term.

SHALLAL SHALLAL 2013/2014



HIGHLY COMMENDED PROJECTS

For over 20 years Shallal has championed inclusive arts for all people, whatever age, background or ability.

Shallal is a small inclusive, intergenerational Penzance based charity providing opportunities in dance, movement, theatre and related arts for a range of participants, including people with Down's syndrome, Alzheimer's, autism, mental health issues, chronic fatigue, physical disability, and those suffering from disadvantage and social exclusion and isolation. Their company members are from across Cornwall and aged between 15 to 83 years. Their work uses dance and creativity as a means to address issues relating to health, wellbeing and social isolation that

affect many of their members. Devised and led by its members, projects tackle barriers to inclusion through supporting people to have a voice, to value and share their talents. Shallal celebrates diversity, ability and community. 2014 was an incredible year of growth and creativity for Shallal. Their projects matured into confident performance collectives such as Friends and Dancing and Shallal 2. Shallal brought diversity and inclusion to community events in Cornwall such as Remapping St Ives and Walkabout West Cornwall App. Alongside these new projects the

• Remapping St Ives Project - Kerry's stunt on the slipway; Photo: Marc Nolan, 2013/14
• Shallal; Photo: Dorsetbays Photography 2014
• Shallal Main Company; Photo: George Bradley Peers, 2013/14

core company's main areas continued to provide the bedrock to Shallal: a Community Outreach programme offering regular dance/movement/theatre workshops in a variety of locations in Cornwall currently Redruth, Helston and Falmouth; Shallal's flagship main Performing Company meeting one day a week in which participants from the outreach programme progress to showcase their creative talents; Shallal Studios which offers visual arts workshops and platform for exhibitions.

THE JUDGES

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Frances Chinemana, Associate Director of Public Health, Wiltshire:

“Arts organisations and health trusts are working together to develop creative and innovative interventions, designed to help some of the most vulnerable groups. I am hopeful that increasing the profile of arts and health and its effectiveness through the AHSW prize will add to commissioners’ understanding of this work, and encourage them to mainstream it as part of public health provision.”

Paul Dieppe is an academic physician who has been a Professor of Rheumatology and Health Services Research in the past, and is currently Professor of Health and Wellbeing at the University of Exeter Medical School. His research has spanned many different clinical and public health issues, including the evaluation of healthcare, and in particular the assessment of so-called ‘complex’ interventions:

“The large number of applications gave me a very positive impression of both the breadth and the high quality of art work going on with the aim of improving the health of people in the South West Region. I was particularly excited by the way in which many of the artistic groups applying for the prize were tackling very difficult health problems, targeting some of the most vulnerable and marginalised groups in our society”.

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Sue Isherwood, Chair of AHSW. Sue runs an independent cultural consultancy, C3, specialising in strategy development, leading change and facilitation for problem solving across the culture and voluntary sectors:

“It is a great privilege to read and share in the amazing work being done across the region with all sectors of the community, including some of the most challenging and hard to reach. Committed and expert arts and health organisations are delivering programmes which really make a difference to people’s lives.”

Jane Willis, Director of Willis Newson and winner of the AHSW Individual Prize in 2013:

“I was hugely impressed by the quality of the work taking place across the South West, as well as by the depth and breadth of practice. I was particularly pleased to see arts programmes which were delivering valuable and sustainable legacies, which were clearly focused on health needs or gaps in provision, and which were working creatively and collaboratively across a range of diverse and interesting partnerships.”

For further information about the projects in the Arts & Health South West Yearbook 2015 or about the Arts & Health South West Prize please contact info@ahsw.org.uk or visit the website www.ahsw.org.uk

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Arts and Health South West is a registered charity and an infrastructure organisation which seeks to facilitate positive changes in people’s health and well-being by encouraging creative participation in the arts. We are a free membership organisation of more than 1300 members, open to any individual or organisation with an interest in, or actively engaged in, arts and health activity. We draw on the knowledge we have gained over a decade, to facilitate collaborations and productive partnerships within the arts and health sectors to create exciting projects and build on opportunities; and, as a well-respected voice within these sectors, we provide information, research, support, training and advocacy for people who believe in the value of creativity in enhancing people’s health and well-being.



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